

Recipes in 5 Minutes

William Gore

Copyright William Gore 2016

Published at Smashwords

Table of contents.

1. [Recipes](#)

Recipes

1. Salads

Taste - the feeling arising at action of various substances on receptors of taste, located on flavoring bulbs of language, and also a back wall of a throat, a soft palate.

1-1. Salad with a tuna

1 bank of a tuna in oil, 1 bank of corn, mayonnaise.

Tuna to crush a fork, to mix with the dried corn, to dressing with mayonnaise to taste and to mix. If in bank there is a lot of oil, it is better for merging.

1-2. Salad refined

1 oranges, 1 carrots, 1/2 cup of walnuts, sour cream for filling.

Orange to clear, small to cut, carrots to clear, rub on a large grater, nuts to crush and connect to orange and carrots. To fill salad with sour cream.

1-3. Salad with a garden radish and green onions

300 g of a garden radish, 150 g of green onions, 100 g of sour cream, pepper and salt to taste.

Garden radish to wash and small to cut. Green onions to wash, cut, connect to a garden radish, to salt, pepper, fill with sour cream.

1-4. Salad with a radish and pomegranate

3-4 radishes, 1 grenades, 1 bunch of greens of coriander.

Radish to wash, clear and rub on a large grater. From 1/2 grenades to squeeze out juice. The greens of coriander to wash and cut.

Radish to mix with coriander greens, to lay out in a salad-dish, to water with garnet juice, to decorate with pomegranate grains.

1-5. Salad with haricot and onions

300 g of haricot, 3–4 bulbs, 2 teaspoons of 3 % - a vinegar foot, mayonnaise and salt to taste.

Onions to clear, wash, small to cut, salt and add vinegar. Haricot small to cut, mix with onions, to dressing with mayonnaise.

1-6. Hunting salad

300 g of meat of a rabbit, 200 g of pasta, 2 apples, mayonnaise, pepper and salt to taste.

Meat of a rabbit to wash out, cook to readiness in the added some salt water, to cut small cubes. Pasta to lower in the boiling added some salt water, to cook to readiness, then to add away on a colander and to wash out in cold water. apples to cut small cubes. The prepared Components to connect, carefully to mix. Salad to salt, pepper, dressing with mayonnaise.

1-7. Salad with a garden radish and cucumbers

3 garden radishes, 3 cucumbers, 2 tablespoons of vegetable oil, salt to taste.

Garden radish and cucumbers to wash, small to cut, mix, salt, fill with vegetable oil. When giving to a table it is possible sprinkle with parsley and fennel greens.

1-8. Salad with fish

150 g of sardines, 2 tablespoons of mayonnaise, 1 cucumber.

Cucumber to wash, clear and small to cut. Fish to knead a fork, to mix with a cucumber and mayonnaise. When giving to a table it is possible sprinkle salad with fennel greens.

1-9. Salad with a cod liver

100 g of a liver of a cod, 5–6 eggs, 2 red bulbs, olive oil, pepper and salt to taste.

The liver of a cod to cut small slices. Eggs to cook in to cut segments. The onions to clear, wash and cut half rings. Everything to mix, salt, pepper, fill with olive oil.

1-10. Salad with sausage and onions

100 g of boiled sausage, 1 bulb, 1 tablespoon of mayonnaise.

Onions to clear, small to cut, sausage to cut portions. Onions to mix with sausage and mayonnaise. When giving to a table it is possible to decorate salad with parsley branches.

1-11. Salad with fillet of chicken, potatoes and eggs

3 tubers of potatoes, 200 g of boiled fillet of chicken, 2 eggs, sour cream, pepper and salt to taste.

Fillet of chicken small to cut. Potatoes to boil, clear and cut cubes. Eggs to cook in to clear and cut. Meat to mix with potatoes and eggs. Salad to salt, pepper, fill with sour cream.

1-12. Salad with crabs

150 g of meat of crabs, 2 pickles, 1 egg, mayonnaise to taste. Cucumbers small to cut. Egg to clear,

cut. Crabs to cut, mix with egg and cucumbers. Salad to dressing with mayonnaise.

1-13. Salad with crab meat and rice

150 g of boiled crab meat, 50 g of boiled rice, 1 teaspoon of mustard, mayonnaise to taste.

Meat of crabs to cut, mix with rice and mustard. Salad to dressing with mayonnaise.

1-14. Salad with a liver of a cod

150 g of a liver of a cod, 2 tubers of potatoes, 1 carrots, mayonnaise to taste.

Potatoes and carrots to wash, boil, clear and to rub on a large grater. A liver of a cod to limber up a fork, to mix with potatoes and carrots, to dressing with mayonnaise.

1-15. Salad with boiled fish, vegetables

300 g of boiled fish, 1–2 cucumbers, 150 g of a garden radish, sour cream, pepper and salt to taste.

Fish to cut small slices. The garden radish and cucumbers to wash, cut thin portions. Everything to mix, salt, pepper and fill with sour cream.

1-16. Salad with squids, an asparagus

300 g of the cleared squids, 200 g of an asparagus, 1 green apple, sour cream, pepper and salt to taste.

Squids carefully to wash out, lower in the boiling added some salt water, to cook within 3 minutes, then to add away on a colander, to dry and cut thin rings. An asparagus to wash, lower in the boiling added some salt water, to cook to readiness, then to add away on a colander and to dry. Green apple to wash, clear, remove a core and to cut thin shaving. The prepared components to lay out on a flat dish, to salt and pepper. Salad to fill with sour cream.

1-17. Salad with cucumbers and tomatoes

2 cucumbers, 2 tomatoes, 2 tablespoons of vegetable oil, salt to taste.

Cucumbers and tomatoes carefully to wash, accurately to cut portions, it is good to mix, salt, fill with vegetable oil. When giving to a table it is possible sprinkle salad small cut by greens of fennel and green onions.

1-18. Salad with marinade mushrooms and pickles

100 g of marinade mushrooms, 2 pickles, 1 tablespoon of mayonnaise.

marinade mushrooms and pickles small to cut, mix with mayonnaise.

1-19. Salad with cabbage and potatoes

100 g of cabbage, 2 tubers of potatoes, 1 bulb, vegetable oil and salt to taste.

Cabbage to wash, chop, pound with salt. Potatoes to wash, boil, clear and to cut cubes. The onions

to clear, wash and cut. Everything to mix, fill with vegetable oil. When giving to a table it is possible to decorate salad with green branches of parsley and fennel.

1-20. Salad with marinade mushrooms and green peas

500 g of marinade mushrooms, 200 g of green peas, 2 hard-boiled egg, mayonnaise to taste.

Some egg to clear and cut. Mushrooms to slice, mix with eggs and green peas, to dressing with mayonnaise.

1-21. Salad with haricot, sesame

500 g of haricot, 50 g of seeds of sesame, 40 ml of olive oil, salt to taste.

Haricot to wash, boil in slightly added some salt boiling water to readiness, then to add away on a colander, to dry and cut slices the in length 3 see. Sesame to fry on the heat frying pan to golden color. Haricot to lay out on a dish, to salt, sprinkle with the fried sesame, to water with oil.

1-22. Salad with greens and cottage cheese

1 bunches of greens of fennel, 1 bunch of greens of parsley, 300 g of cottage cheese, salt to taste is swept away also.

Greens of fennel and parsley to wash, small to cut. In cottage cheese to put greens, carefully to mix, salt, add sour cream and once again to mix.

1-23. Salad with sauerkraut, a radish and walnuts

200 g of sauerkraut, 2 radishes, 4 tablespoons of the crushed kernels of walnuts, vegetable oil to taste.

Radish to wash, clear and rub on a large grater, to add sauerkraut, walnuts, to fill with vegetable oil, everything is good for mixing.

1-24. Meat salad with a vegetable marrow

400 g of pork, 1 vegetable marrows, 3 garlic gloves, vegetable oil, pepper and salt to taste.

Pork to wash out, boil and cut small cubes. A vegetable marrow to wash, clear, remove seeds, to cut large cubes, to salt and fry in vegetable oil. Garlic to clear, wash, small to cut. The prepared components to connect, salt, pepper, accurately to mix.

1-25. Salad with meat and vegetables

500 g of boiled beef, 4–5 tomatoes, 2 cucumbers, sour cream, pepper and salt to taste.

Cucumbers to wash, clear and cut cubes. Tomatoes to wash and cut portions. Meat to slice, mix with cucumbers and tomatoes, to salt, pepper, fill with sour cream, to issue portions of tomatoes.

1-26. Salad of allsorts

4 red tomatoes, 2 eggs, 1/6 cup of Vinaigrette sauce, parsley greens to taste.

average size dense red ripe tomatoes to cut portions. Also portions to cut hard-boiled egg To lay the prepared tomatoes and eggs in a low and wide salad-dish a hill, alternating ranks of tomatoes and eggs. From above to fill in salad with Vinaigrette sauce and to decorate with strips beams from a salad top to the salad-dish walls, made of the eggs crushed egg yolk and white. To decorate salad with a from egg or a tomato and parsley branches.

1-27. Salad with grains and onions

2 average bulbs, 1 large pomegranate, salts to taste.

small chopped onions 2–3 times to wash out in hot water, to add away on a colander. To clear of a peel of grenades of a sour grade, of a part of grains to squeeze out juice, other grains to mix with onions, to put in a salad dish or a vase, to water with the squeezed-out sour juice. For a salad ornament from white onions to cut out "sockets" and, having filled them with pomegranate grains, to put on the middle. Along the edges to lay onions rings.

1-28. Salad with potatoes and paprika

2 average tubers of potatoes, 2 paprikas, 1 pickle, vegetable oil to taste.

Potatoes to wash, boil, cool, to clear and cut cubes. Paprika to wash, remove a fruit stem and seeds, small to cut. The cucumber to cut cubes. Potatoes to mix with paprika, a cucumber and to fill with vegetable oil.

1-29. Salad with cheese and garlic

100 g of cheese, 1 garlic glove, 20 g of mayonnaise.

Cheese to rub on a large grater. Garlic to clear and crush. Cheese to mix with garlic, to dressing with mayonnaise. When giving to a table it is possible to decorate salad with green peas.

1-30. Salad with cheese and eggs

2 hard-boiled egg, 100 g of cheese, 20 g of mayonnaise, salt to taste.

Cheese to rub on a large grater. Some egg to clear and cut. Cheese to mix with eggs, mayonnaise, to salt. When giving to a table it is possible to decorate salad with fennel greens.

1-31. Salad with carrots and prunes

2 carrots, 100 g of prunes, 4 tablespoons of sour cream, chopped greens of fennel and salt to taste.

Carrots to clear, wash and rub on a large grater. Prunes to wash out, fill in with boiled water, to leave for 20 minutes, then to remove stone-fruit, and pulp small to cut and add to carrots. Sour cream to mix with salt and to fill with it carrots and prunes. Salad sprinkle with fennel greens.

1-32. Salad with a beet and mushrooms

150 g of a beet, 50 g of dried mushrooms, 1 bulb, mayonnaise and salt to taste.

Beet to wash, boil, clear and to rub on a large grater. Onions to clear, wash, small to cut. Dried

mushrooms to presoak at 3-4 o'clock, then to boil and small to cut. A beet to mix with mushrooms and onions, to salt, dressing with mayonnaise.

1-33. Salad with a radish and cucumbers

1 radish, 2 cucumbers, 3 tablespoons are swept away, salt to taste.

Radish to clear, wash, rub on a large grater, to salt. Cucumbers to wash, rub on a large grater. A radish and cucumbers to mix, fill with sour cream.

1-34. Salad with tomatoes, eggs and greens

2 hard-boiled egg, 2 tomatoes, 1 bunch of greens of fennel and parsley, mayonnaise and salt to taste.

Some egg to clear and cut portions. Tomatoes to wash, accurately to cut portions. The greens to wash and cut. Eggs to mix with tomatoes and greens, to salt. Salad to dressing with mayonnaise.

1-35. Salad with carrots and prunes

3 large carrots, 200 g of prunes without stone-fruit, 1 bunch of greens of fennel, it is swept away, sugar and salt to taste.

Prunes to wash out in warm water, to fill in with boiled water, to sustain within 10 minutes, then to cut small slices. Greens of fennel to wash and crush. Carrots to clear, wash, rub on a large grater, to add prunes, carefully to mix. Sour cream to mix with salt and sugar, to fill with the received mix carrots with prunes. To lay in a salad dish, sprinkle with fennel greens.

1-36. Salad with an asparagus and a celery

300 g of an asparagus, 200 g of a celery, 1 green apple, mayonnaise, pepper and salt to taste.

Asparagus to wash, boil to readiness in the boiling added some salt water. cut a celery slices the in length 1 see. Apple to wash, clear, remove a core and to cut thin slices. The prepared components to mix, salt, pepper, dressing with mayonnaise.

1-37. Salad with a kohlrabi

200 g of a kohlrabi, 1 bulb, 40 g are swept away, sugar to taste.

Kohlrabi to clear, wash, rub on a large grater. Onions to clear, wash, small to cut, add to a kohlrabi. Sour cream to mix with sugar, to fill salad.

1-38. Salad with fried mushrooms

150 g of fried mushrooms, 1 bulb, 50 g of green peas, is swept away to taste.

Onions to clear, wash, small to cut, mix with mushrooms and green peas. Salad to fill with sour cream. To decorate with greens.

1-39. Salad with tomatoes and paprika

4 tomatoes, 2 paprikas, 3 tablespoons of mayonnaise, chopped greens of parsley and salt to taste.

Tomatoes to wash and small to cut. Pepper to wash, remove fruit stems and seeds, small to cut, mix with tomatoes, to salt, dressing with mayonnaise, decorate with parsley greens.

1-40. Salad with tomatoes, cheese and prunes

2 tomatoes, 100 g of cheese, 50 g of prunes without stone-fruit, salt to taste is swept away also.

Tomatoes to wash and small to cut. Cheese to rub on a large grater. Prunes to fill in with boiled water, to leave for 30 minutes, then small to cut. Tomatoes to mix with prunes, cheese and sour cream, to salt.

1-41. Salad with eggs and a cucumber

Eggs – 3 pieces, a cucumber – 1 piece, mayonnaise – 2 tablespoons, parsley and fennel greens – on 0,5 bunches, salt to taste.

Cucumber cut thin portions, greens of parsley and fennel crush. Eggs cook in cool, clear and small cut.

All products mix, salt and dressing with mayonnaise.

1-42. Salad with green onions

Onions green – 200 g, pomegranate grains – 150 g, juice lemon – 1 tablespoon, salt and pepper to taste.

Onions wash, crush, add lemon juice. Add pomegranate grains, salt, pepper and mix.

2-1. Vegetable soup with potatoes

1 l of a vegetable broth, 3 tubers of potatoes, 1 carrots, greens of parsley and salt to taste.

Potatoes and carrots to wash, clear, cut cubes. The greens of parsley to wash and cut. A broth to finish to boiling, to add potatoes and carrots, to salt, cook to readiness, sprinkle with parsley greens.

2-2. A beetroot soup with color haricot

1,5 l of a vegetable broth, 1 beet, 50 g of color haricot, parsley greens, mayonnaise and salt to taste.

Beet to wash, clear, cut cubes. The greens of parsley to wash and cut. A broth to finish to boiling, to add a beet and previously the soaked haricot, to salt, cook to readiness, sprinkle with parsley greens, to add mayonnaise.

2-3. Green cabbage soup

1,5 l of a vegetable broth, 100 g of a sorrel, 2 tubers of potatoes, sour cream and salt to taste.

Potatoes to wash, clear, cut cubes. A sorrel to wash and largely to cut. A broth to finish to boiling, to add potatoes, to salt, cook within 10 minutes, to add a sorrel, to cook 5 more minutes, to fill with sour cream.

2-4. Cold tomato soup

1 l of tomato juice, 4 tubers of potatoes welded in a peel, 3 boiled carrots, greens of parsley and salt to taste.

Potatoes and carrots to clear, cut portions. The greens of parsley to wash and cut. In tomato juice to add potatoes, carrots and greens, to salt.

2-5. Soup with field mushrooms, zucchini

150 g of field mushrooms, 150 g of zucchini, 2 tubers of potatoes, greens of fennel and salt to taste.

Potatoes and zucchini to wash, clear, cut cubes. Field mushrooms to wash out, slice. Greens of fennel to wash, small to cut. 1,5 l of water to finish to boiling, to add potatoes, zucchini and mushrooms, to salt, cook to readiness, to add fennel greens.

2-6. Dairy soup with vegetable marrows

1,5 l of milk, 200 g of vegetable marrows, 2 tubers of potatoes, salt to taste.

Potatoes and vegetable marrows to wash, clear, cut cubes. Milk to finish to boiling, to add potatoes and vegetable marrows, to salt, cook to readiness.

2-7. Dairy soup with a pumpkin

1,5 l of milk, 150 g of a pumpkin, 50 g of butter, sugar to taste.

Pumpkin to wash, clear, rub on a large grater. Milk to finish to boiling, to add a pumpkin and sugar, to cook to readiness, to fill with butter.

2-8. A broth with chicken

Carcass of chicken, the 3 carrots, 2 bulbs, bay leaf, pepper and salt to taste.

Carcass of chicken to wash out, cut. Carrots to wash, clear, largely to cut. Onions to clear, wash up. Meat to fill in with boiling water (3 l), to cook within 30 minutes, periodically removing foam. To add carrots and onions, to cook 10 more minutes, to put pepper, salt, a bay leaf, to cook to readiness. Meat to take out, a broth to filter.

2-9. Soup with beef, potatoes

2 l of a beef broth, 300 g of boiled beef, 5 tubers of potatoes, a bay leaf, pepper and salt to taste.

Potatoes to wash, clear, cut cubes. Beef to cut pieces. A broth to finish to boiling, to add potatoes, to cook 10 minutes, to put meat, a bay leaf, to salt, pepper, cook to readiness.

2-10. Soup with beef, potatoes and onions

2 l of a beef broth, 3 tubers of potatoes, 2 bulbs, butter, a bay leaf, pepper and salt to taste.

Potatoes to wash, clear, cut cubes. Onions to clear, wash, small to cut, fry in butter. A broth to finish to boiling, to add potatoes, to cook 10 minutes, to put onions, a bay leaf, to salt, pepper, cook to

readiness.

2-11. Fish cream soup

400 g of fillet of a pike perch, 50 g of a flour, 2 egg yolks, butter, fennel greens, pepper and salt to taste.

With fillet to wash out, fill in 1,5 l of water and to cook to readiness. The greens of fennel to wash and cut. Fillet to get from a broth, to crush by means of a blender. A flour to fry in butter, to dissolve with a broth, to finish to boiling, to filter, add fish mashed potatoes, again to finish to boiling, to salt, add the shaken-up egg yolks. When giving to a table sprinkle with fennel greens.

2-12. Tomato soup with a sprat

250 g of the sprat preserved in tomato sauce, 2 tubers of potatoes, the 2 carrots, parsley greens, a bay leaf and salt to taste.

Potatoes and carrots to wash, clear, cut portions. The greens of parsley to wash, cut. Water (1,5 l) to finish to boiling, to add potatoes and carrots, to cook 10 minutes, to add a sprat, to put a bay leaf, to salt, cook to readiness, sprinkle with parsley greens.

2-13. Soup with squids, olives

200 g of the cleared squids, 50 g of olives without stone-fruit, 100 g of croutons, greens of coriander and salt to taste.

Squids to cut rings. The greens of coriander to wash, cut. Water (1 l) to finish to boiling, to add squids and olives, to salt, cook 3 minutes, sprinkle with coriander greens. When giving to a table in each plate to put croutons.

2-14. Porridge with raisin

200 g of oat flakes, 400 ml of milk, 50 g of raisin, butter, sugar and salt to taste.

Oat flakes to fill in 200 ml of water, to finish to boiling, to cook within 10 minutes. To pour in milk, to put sugar, salt, to cook to readiness, to add previously the soaked raisin and butter.

2-15. Boiled rice with raisin

300 g of rice, 100 g of raisin without stone-fruit, 20 ml of olive oil, sugar and salt to taste.

Rice to wash out, fill in 700 ml of water, to cook within 10 minutes, to add raisin, sugar, salt, to cook to readiness. Porridge to fill with olive oil.

2-16. A vegetable broth with noodles

1 l of a vegetable broth, 100 g of noodles, 1 carrots, greens of fennel and salt to taste.

The greens of fennel to wash and cut. Carrots to wash, clear, cut portions. A broth to finish to boiling, to add noodles and carrots, to salt, cook to readiness, sprinkle with fennel greens.

2-17. Vegetable soup with turnip

1 l of a vegetable broth, 2 tubers of potatoes, 1 turnip, green onions and salt to taste. The green onions to wash and cut. Potatoes and turnip to wash, clear, cut cubes. A broth to finish to boiling, to add potatoes and turnip, to salt, cook to readiness, sprinkle with green onions.

2-18. Mushroom soup with potatoes and carrots

1 l of a mushroom broth, 3 tubers of potatoes, 1 carrots, greens of parsley and salt to taste.

Potatoes and carrots to wash, clear, cut portions. Greens of parsley to wash, small to cut. A broth to finish to boiling, to add potatoes and carrots, to salt, cook to readiness, constantly stirring slowly. To add parsley greens.

2-19. Pea soup with smoked products

100 g of peas, 200 g of smoked pork ribs, 200 g of a smoked gammon, pepper and salt to taste.

Previously the soaked peas to fill in with boiling water, to cook within 20–30 minutes, to add smoked products, to cook 10 more minutes, to salt, pepper, cook to readiness.

2-20. Soup with chicken wings, a cauliflower

300 g of chicken wings, 150 g of the frozen cauliflower, 3 tubers of potatoes, parsley greens, pepper and salt to taste.

Potatoes to clear, cut cubes. Greens of parsley to wash, crush. Chicken wings to wash out, fill in with boiling water, to cook within 10 minutes, periodically removing foam. To add potatoes and a cauliflower, to salt, pepper, cook to readiness.

2-21. Cabbage soup, chicken and turnip

300 g of chicken ham, 200 g of cabbage, 1 turnips, tomato paste, sour cream and salt to taste.

Turnip to wash, clear, cut portions. Cabbage to wash and chop. Ham to wash out, fill in with boiling water, to cook 15 minutes, to add turnip and cabbage, to salt, cook within 10 minutes, to add tomato paste, to cook to readiness, to fill with sour cream.

2-22. Soup with a smoked chicken breast, potatoes and cheese

350 g of a smoked chicken breast, 2 tubers of potatoes, 100 g of cheese, greens of parsley and salt to taste.

Potatoes to wash, clear, cut cubes. A chicken breast to cut. Greens of parsley to wash, small to cut. Cheese to cut cubes. 1,5 l of water to finish to boiling, to add potatoes and meat, to salt, cook to readiness, to add greens of parsley and cheese.

2-23. Fish soup with potatoes and carrots

1 l of a fish broth, 2 tubers of potatoes, the 2 carrots, a bay leaf and salt to taste.

Potatoes and carrots to wash, clear, cut cubes. A broth to finish to boiling, to add potatoes and carrots, to cook 10 minutes, to put a bay leaf, to salt, cook to readiness.

2-24. Mushroom soup with potatoes and macaroni

1,5 l of a mushroom broth, 2 tubers of potatoes, 100 g of pasta, greens of fennel and salt to taste.

Potatoes to wash, clear, cut cubes. Greens of fennel to wash, small to cut. A broth to finish to boiling, to add potatoes and pasta, to salt, cook to readiness, to add fennel greens.

2-25. Cheese soup with vegetables

150 g of cheese, 2 tubers of potatoes, 1 carrots, salt to taste.

Potatoes and carrots to wash, clear, cut cubes. Cheese to rub on a large grater. 1 l of water to finish to boiling, to add potatoes and carrots, to cook 7 minutes, to put cheese, to mix, salt, cook to readiness.

2-26. Cheese soup with ham

150 g of processed cheese, 150 g of ham, 2 tubers of potatoes, vegetable oil, black ground pepper and salt to taste.

Potatoes to wash, clear, cut cubes. Cheese to rub on a large grater. Ham to cut portions, to fry in vegetable oil. 1,2 l of water to finish to boiling, to add potatoes, to cook 5 minutes, to put cheese, ham, to mix, salt, pepper, cook to readiness.

2-27. Chicken soup with processed cheese

1,5 l of a chicken broth, 100 g of processed cheese, 3 tubers of potatoes, fennel greens, pepper and salt to taste.

Greens of fennel to wash, crush. Potatoes to wash, clear, cut cubes. A broth to finish to boiling, to add grated processed cheese, potatoes, to salt, pepper, cook to readiness, sprinkle with fennel greens.

2-28. A beetroot soup with beef

1 l of a beef broth, 200 g of boiled beef, 1 beet, fennel greens, is swept away also salt to taste.

Beef to cut cubes. A beet to wash, clear, rub on a large grater. The greens of fennel to wash and cut. A broth to finish to boiling, to add a beet and meat, to salt, cook to readiness, sprinkle with fennel greens, to add sour cream.

2-29. A vegetable broth with carrots and green onions

1 l of the vegetable broth, the 2 carrots, 1 bunch of green onions, salt to taste.

Carrots to wash, clear, cut portions. The green onions to wash and cut. A broth to finish to boiling, to add carrots, to salt, cook to readiness, sprinkle with green onions.

3-1. Corn with sour cream

200 g of corn, 50 g are swept away.

Corn to heat in bank, to merge liquid. To lay out corn in a stewpan, to mix with sour cream and, stirring slowly, stew, while sour cream will not be evaporated approximately on a third. To give at once.

3-2. Sauerkraut with mushrooms

300 g of sauerkraut, 100 g of marinade mushrooms, 1 bulb, vegetable oil to taste.

Onions to clear, wash and small to cut. Mushrooms to slice. Cabbage small to cut, mix with onions, mushrooms, to fill with vegetable oil.

3-3. Snack with vegetable marrows and tomatoes

300 g of vegetable marrows, 4 tomatoes, 2 bulbs, mayonnaise and salt to taste.

Onions to clear, wash and small to cut. Vegetable marrows to wash, clear, rub on a large grater and to salt. Tomatoes to wash, slice, mix with vegetable marrows and onions, to dressing with mayonnaise.

3-4. Snack with a horse-radish

100 g of a root of a horse-radish, 1 tablespoon of 3 % - a vinegar foot, 2 teaspoons of sugar, salt to taste.

Horse-radish to clear, wash, grate, to put in ceramic ware, to pour in 2 cup of water, to add vinegar, sugar and salt, to mix and put in a cool place.

3-5. Snack with a horse-radish and sauerkraut

100 g of a root of a horse-radish, 150 g of sauerkraut, 1 apple, vegetable oil and salt to taste.

Root of a horse-radish to wash, clear and rub on a large grater. Apple to wash, clear, remove a core and to cut portions.

Horse-radish to mix with cabbage and apple, to salt, fill with vegetable oil.

3-6. Eggplants with garlic

5-6 eggplants, 5-7 garlic gloves, 100 ml of vegetable oil, 3 % - ny vinegar and salt to taste.

Garlic to clear, wash and pound. Eggplants to wash, bake in an oven, then to cool, husk, small to cut, salt, add vegetable oil and vinegar, to mix, lay out a ingredients in a dish, sprinkle with garlic.

3-7. Sticks cottage cheese

Cottage cheese – 500 g, butter – 250 g, a flour – 400 g, salt to taste.

Cottage cheese pass through a meat grinder, add salt, oil and a flour. From cottage cheese weight form sticks, put them on the oiled baking sheet and bake in an oven to readiness.

3-8. A canape with cheese and olives

4 slices of bread, 100 g of cheese, 4 olives without stone-fruit, mayonnaise and pepper to taste.

Cheese to pass through a meat grinder, to mix with mayonnaise and to pepper.

The prepared mix to lay out on bread slices, from above to put olives.

3-9. A canape with a herring and apples

8 slices of rye bread, 50 g of fillet of a salty herring, 2 apples, butter to taste.

Herring and apples to slice. Bread to oil, put a herring and apples. A canape to pierce.

3-10. A canape with cheese and a quince

4 slices of white bread, 50 g of grated cheese, 1 quince, 20 g of butter.

Quince to wash, cut half-and-half, to remove a stone-fruit, then to cut on 4 parts. Bread to oil, lay out on it cheese. A canape to pierce, to decorate with quince segments.

3-11. Snack with meat of chicken and cucumbers

5–6 cucumbers, 200 g of boiled meat of chicken, 100 g of mayonnaise, salt to taste.

Cucumbers to wash and cut portions. Meat to cut small slices, to mix with cucumbers and mayonnaise, to salt.

3-12. Snack with eggs and a smoked gammon

10 — 12 hard-boiled egg, 150 g of a smoked gammon, 150 g of mayonnaise, salt to taste.

Gammon small to cut and mix with mayonnaise. Some egg to clear, cut portions, to salt and lay out on a dish. From above to put a gammon.

3-13. Snack "Gulliver"

200 g of doctor's sausage, 200 g of cheese, 2–3 tomatoes, mayonnaise, salt to taste.

Cheese to cut portions, sausage – small cubes. Tomatoes to wash, cut segments, to salt. The prepared components to lay out on a flat dish, to water with mayonnaise.

3-14. Sharp snack with tomatoes

4-5 tomatoes, 1 bulbs, 1 pod of hot pepper, vegetable oil and salt to taste.

Tomatoes are good for washing up, accurately to cut portions. A pod of hot pepper to wash, remove seeds and small to cut. The onions to clear, wash, cut rings, to lay out in a frying pan, to add the cut pepper, salt, vegetable oil, to pour in a little water and stew on weak fire within 10 minutes, then to mix with portions of tomatoes and a cucumber.

3-15. Snack with fish and pickles

300 g of boiled sea fish, 3 pickles, 1 bulb, mayonnaise to taste. The onions to clear, wash and cut rings. Pickles to cut cubes.

From boiled fish to remove bones. Fillet small to cut, mix with cucumbers, to lay out on a dish, to decorate with onions rings, to water with mayonnaise.

3-16. Snack with sausage and garlic

300 g of boiled sausage, 2 garlic gloves, 1 teaspoon seasoning, mayonnaise to taste.

Mayonnaise to mix from the seasoning. Garlic to clear, wash and crush. Sausage to slice, lay out on a dish, sprinkle with garlic, to grease with a mix seasoning and mayonnaise.

3-17. Snack with tomatoes and carrots

5-6 tomatoes, the 2 carrots, 1 bulb, vegetable oil and salt to taste. Tomatoes to wash and cut portions. The onions to clear, wash and cut. Carrots to wash, clear, rub on a large grater, to lay out on a frying pan, to add salt, onions, vegetable oil, to pour in a little water, stew to readiness.

Portions of tomatoes to lay out on a dish, on the middle of everyone to put a ingredients on 1–2 teaspoons of a mix of carrots and onions.

3-18. Snack with tomatoes and baked onions

5–6 tomatoes, 3–4 bulbs, 3 tablespoons of vegetable oil, salt to taste.

Tomatoes to wash and cut portions. Onions to clear, wash, bake in an oven and to cut rings. Portions of tomatoes to lay out on a dish, to salt, from above to put onions, to water with vegetable oil.

3-19. Snack "Parisian"

4 — 5 tomatoes, 100 g of cheese, 2 tablespoons of mayonnaise, fennel greens to taste.

Tomatoes to wash, cut off tops and to take out a teaspoon a part of pulp. Greens of fennel to wash and small to cut. Cheese to rub on a large grater, to mix with mayonnaise and greens. To fill with the prepared mix tomatoes.

3-20. Snack with carrots

3 carrots, 1 tablespoon of 3 % of vinegar, 1 teaspoon of pepper red ground, vegetable oil and salt to taste.

Carrots to wash, clear, rub on a small grater, to add salt, pepper, to fill with a mix of vegetable oil and vinegar.

3-21. Snack with carrots and walnuts

300 g of carrots, 3 tablespoons of the crushed kernels of walnuts, 100 g of mayonnaise, salt to taste.

Carrots to wash, clear, rub on a small grater, to mix with nuts, to salt, dressing with mayonnaise.

3-22. Snack with an asparagus

500 g of an asparagus, 3 tablespoons of vegetable oil, 1 bunch of greens of fennel, salt to taste.

The greens of fennel to wash and cut. An asparagus to wash, clear, cut large pieces, to boil in the added some salt water, to add away on a colander, to cool, salt, mix with fennel greens, to fill with vegetable oil and a add to a table.

3-23. Eggs in tomato sauce

10 — 12 boiled eggs, 100 g of tomato paste, 1 bulb, vinegar, pepper and salt to taste.

Onions to clear, wash and small to chop. Tomato paste to salt, pepper, lay out in a pan, to add vinegar, onions, to cook within 3 minutes on weak fire, then to cool. Eggs to clear, lay out on a dish, to sauce the prepared.

3-24. Roll with an omelette with crabsticks

6 eggs, 150 g of crabsticks, 30 g of mayonnaise, vegetable oil and salt to taste.

Crabsticks to rub on a large grater, to mix with mayonnaise. Eggs to salt, shake up, pour out on a frying pan with the heat vegetable oil. To fry an omelette from both parties, to cool. On the middle of an omelette to lay out the prepared mix, to curtail roll, to cut pieces.

3-25. Snack with onions

2 bulbs, juice 1/2 lemons, 1 teaspoon of sugar, vegetable oil and salt to taste.

The onions to clear, wash, cut rings, to douse boiled water, to sugar, water with lemon juice and to leave for 10 minutes. Then to salt, fill with vegetable oil.

3-26. The tomatoes stuffed with caviar

5-6 tomatoes, 100 g of caviar, 2 garlic gloves, salt to taste.

Tomatoes to wash, cut off tops, to take out a teaspoon a part of pulp. Garlic to clear and rub on a small grater. Tomatoes to salt, fill with caviar, sprinkle with garlic.

3-27. Haricot boiled with greens

Haricot red – 200 g, butter – 3 tablespoons, parsley greens – 0,5 bunches, spices, salt, pepper to taste.

Haricot touch, wash and cook to semi-readiness. Then add 1 tablespoon of oil and spice. Ready haricot throw back on a colander, fill with remained oil, sprinkle with pepper, I will merge and largely cut greens of parsley.

3-28. Uvar with honey

Dried fruits – 100 g, water – 1 l, honey to taste.

Dried fruits wash out, fill in with cold water and lead up to boiling. Cook on small fire of 30 minutes , add honey and remove from fire. To a table uvar give cooled.

3-29. The tomatoes stuffed with a celery and pineapple

5–6 tomatoes, 100 g of pulp of pineapple, 100 g of a root of a celery, mayonnaise, pepper and salt to taste.

Tomatoes to wash, cut off tops, to take out a teaspoon a part of pulp. A celery to wash, clear and grate. The pineapple pulp small to cut.

Pulp of tomatoes to wipe through a sieve, to mix with the prepared celery and pineapple, to salt, pepper, add mayonnaise and to mix.

Tomatoes to fill with the prepared mix.

3-30. Snack with cucumbers and a sorrel

4 cucumbers, 100 g of leaves of a sorrel, 2 tablespoons of mayonnaise, salt to taste.

Cucumbers and sorrel to wash, small to cut, salt, mix, dressing with mayonnaise.

3-31. Cucumbers with fennel in sour cream

5–6 cucumbers, 2 bunches of greens of fennel, 100 g are swept away, salt to taste.

Cucumbers to wash and cut thin portions. The greens of fennel to wash and cut. Cucumbers to salt, lay out on a dish, to water with sour cream and sprinkle with fennel greens.

3-32. Pepper French

5 pods of paprika, 3 tablespoons of vegetable oil, 3 garlic gloves, salt to taste.

Garlic to clear, wash and rub on a small grater. Paprika to wash, remove fruit stems and seeds, to cut everyone on 4–6 parts and to fry in vegetable oil within 10 minutes. Then to husk, lay out on a dish, to salt, sprinkle with grated garlic.

3-33. Medallions with a turkey

500 g of fillet of a turkey, bacon slices, olive oil, black ground pepper, salt to taste.

Fillet of a turkey to cut pieces, slightly to beat off, salt and pepper to taste.

Each piece to wrap up bacon slice, to fix wooden toothpicks. To fry in the heat olive oil.

3-34. Salad with a tuna

1 bank of a tuna in oil, 1 bank of corn, mayonnaise to taste.

Tuna to crush a fork, to mix with the dried corn, to dressing with mayonnaise to taste and to mix. If in bank there is a lot of oil, it is better for merging.

3-35. Salad with shrimps, apples

300 g of large shrimps, 1–2 sweet-sour apples, easy mayonnaise, salt to taste.

Shrimps to boil in the added some salt water during 1–2 minutes , to cool, clear, cut.

Apples to wash, remove a core, to cut thin slices.

Parsley to wash, dry, cut.

Components to connect, dressing with mayonnaise and carefully to mix.

3-36. A sandwich «Morning in flood»

8 slices of bread, 1 tablespoon of butter, 2 bulbs, salt to taste.

Bread fry from both parties on butter. Onions cut rings and put on bread slices. Salt and roast.

3-37. Onions paste

100 g of butter, 1 bulbs, 1 teaspoon of sour cream, salt to taste.

Onions to clear, wash, pass through a meat grinder, to salt, mix with butter and sour cream.

3-38. Fried potatoes with green onions

7 tubers of potatoes, 2 bulbs, 3 bunches of green onions, vegetable oil, pepper and salt to taste.

The onions to clear, wash and cut. Potatoes to wash, clear, cut and to fry in vegetable oil together with onions. The green onions to wash and cut. Potatoes to mix with green onions, to salt, pepper.

3-39. The tomatoes baked in the father-in-law

4 — 5 tomatoes, 2 tablespoons of a flour, 100 g of grated cheese, vegetable oil, pepper and salt to taste.

Tomatoes to wash and cut portions. In a flour to add it is a little waters, salt and to knead liquid dough. To dunk each circle of tomatoes into dough, to lay out on the baking sheet greased with vegetable oil, sprinkle with cheese, pepper and to put in the oven heat up to 180 °C for 3 minutes.

3-40. Haricot with sour cream

200 g of haricot, 200 g of sour cream, 25 g of butter, greens of parsley and salt to taste.

The greens of parsley to wash, cut. Haricot to wash, largely to cut, lay out in a frying pan, to pour in a little water, stew 10 minutes, to add butter, to fry 5 minutes. To add sour cream, to salt and stew to readiness. When giving to a table sprinkle with parsley greens.

3-41. A turkey baked with dried apricots and prunes

1 kg of a turkey, 100 g of prunes without stone-fruit, 100 g of dried apricots, vegetable oil, pepper and salt to taste.

Turkey to wash out, cut pieces, to rub with salt and pepper. Prunes and dried apricots to wash out.

Pieces of a turkey to fry on a frying pan in vegetable oil before formation of a golden crust, to shift in a form for roasting and to put for 30 minutes in previously heat oven. To add dried apricots and prunes, to bake to readiness, periodically watering with being formed juice.

3-42. The ham fried in crackers

300 g of ham, 1 eggs, 2 tablespoons of breadcrumbs, vegetable oil and ketchup to taste.

Egg to shake up. Ham accurately to cut thin slices, to dunk everyone into the shaken-up egg, to roll in breadcrumbs and to fry on vegetable oil to golden color.

3-43. Cucumber paste

100 g of butter, 1 cucumbers, 1/2 bunches of greens of fennel, salt to taste.

Cucumber to wash, clear and pass through a meat grinder. The greens of fennel to cut. To mix butter with a cucumber and salt.

3-44. Mushroom paste

100 g of butter, 20 g of mayonnaise, 100 g of marinade mushrooms, pepper and salt to taste.

marinade mushrooms to pass through a meat grinder, to mix with butter and mayonnaise, to add salt and pepper.

3-45. Tomato paste

100 g of butter, 1 tomatoes, 1/2 bunches of greens of fennel, pepper and salt to taste.

The greens of fennel to wash and cut. A tomato to wash, douse boiled water, to clear of a thin skin, to pass through a meat grinder, to connect to butter, to salt and pepper.

3-46. Eggplants in oil

2 average eggplants, butter, black hammers, pepper, salt to taste.

Eggplants to clear, cut cubes, add in oil within 5–7 minutes, to salt and pepper to taste.

It is possible to give as an independent dish or as a garnish to meat or a bird.

3-47. Soup potato

4–5 tubers of potatoes, 2 tablespoons of a flour, butter, greens, salt to taste.

Potatoes to clear, cut cubes, to fill in with boiled water, to salt to taste.

To cook to readiness of potatoes, then to enter a flour dissolved with water, to finish and to boiling. To remove from fire, to put oil and greens to taste.

Instead of flour filling it is possible to enter the tomato.

3-48. Zucchini in lemon juice

300 g of zucchini, 20 g of butter, 4 tablespoons of lemon juice, salt to taste.

Oil to lay out about heat resisting ceramic ware and to kindle it. Zucchini to cut thin slices, to put in oil, to salt to taste, to water with lemon juice. Ware to cover. To prepare at full capacity about 5 minutes.

Ready dish to take in the switched-off microwave of 1-2 minutes. It is possible to give both hot, and cold.

3-49. Juicy fried eggs

5–6 eggs, 3–4 tomatoes, 2 average bulbs, salt to taste.

On the oiled and heat frying pan fry tomatoes together with onions. After they will a little be reddened, hammer into an egg frying pan, salt.

3-50. Omelette "Island"

3 eggs, 1/4 cup of milk, 1 beet, green onions, salt to taste.

Beet in advance boil, that she managed to cool down. Then cut it small cubes.

Separate the whites from the yolks, shake up them carefully, mix with yolks and milk, salt. heat a frying pan and put there the cut beet, fry and pour out the shaken-up eggs. When the omelette will be reddened and will rise, he is ready to the use.

3-51. Omelette "Morning"

3 eggs, 200 g of a meat broth, salt, pepper to taste.

Into a boiling meat broth hammer all eggs and cook, without ceasing to stir slowly, salt and pepper. Eggs from above should cook.

3-52. Dessert fried eggs

4 eggs, 30–40 g of oil, 1 cup of currant jam.

Oil heat on a frying pan. Separate the whites from the yolks and separately shake up. Then pour out weight on a frying pan and as soon as fried eggs talker will be reddened, overturn it. After that lay out "pancake" on a dish, grease it with jam and combine so that the semicircle turned out.

3-53. An ear

500 g of fresh fish, 1 bulbs, 1 red sweet pepper, salt to taste.

Fish to clean, draw, wash out, to cut on pieces, to salt and combine in a pan. The heads, fins and tails to weld separately with the cut onions.

When water will begin to boil, to put red pepper and to cook until a bulb will not boil soft. A broth to filter, fill in with it fish, add on weak fire within 10-15 minutes. A pan from time to time to stir up. A spoon not to mix not to rumple pieces of fish. In an ear it is possible to add the cut green

paprika.

3-54. Sturgeon baked

500 g of fish, on 1 tablespoon of sour cream and oils; salt, pepper – to taste.

Cleared of cartilages and bone scale fish to salt, sprinkle with pepper, to lay on a frying pan, to grease with sour cream, add oil, to add on a bottom of a frying pan 1? 2 cup of water and to put in an oven for 25–30 minutes, from time to time watering with the allocated juice.

3-55. Rural fried eggs

100 g of lard, 3 eggs, salt, green onions to taste.

Cut fat small cubes and fry on strongly heat up frying pan. Fat was roasted, it is possible to shake up there eggs. On reddened fried eggs crumble green onions.

3-56. Polar lights fried eggs

5–6 eggs, 4 average tomatoes, 30–40 g of butter, salt, pepper to taste.

heat a frying pan, kindle butter, fry tomatoes and hammer into them on one egg. Then salt and pepper.

3-57. Tartlets with tomatoes and cheese

6 ready small baskets from shortcake dough, 3 tomatoes, 100 g of cheese, mayonnaise, parsley greens, pepper and salt to taste.

Tomatoes to wash and small to cut. Cheese to rub on a large grater. The greens of parsley to wash and cut. Tomatoes to mix with cheese, to salt, pepper, dressing with mayonnaise and to lay out the prepared mix in small baskets. Tartlets sprinkle with parsley greens.

3-58. Tartlets with a garden radish and cheese

6-8 ready small baskets from shortcake dough, 1 bunch of a garden radish, 100 g of cheese, mayonnaise and salt to taste.

The garden radish to wash, cut. Cheese to grate, mix with a garden radish, to salt, dressing with mayonnaise. To lay out a mix in small baskets.

3-59. Tartlets with beef and cheese

6 ready small baskets from shortcake dough, 100 g of boiled beef, 50 g of cheese, mayonnaise and salt to taste.

Meat to cut small slices. Cheese to rub on a large grater, to mix with meat, to salt, dressing with mayonnaise. To lay out a mix in small baskets.

3-60. Tartlets with meat of chicken and walnuts

6 ready small baskets from shortcake dough, 100 g of boiled meat of chicken, 3 tablespoons of the

crushed kernels of walnuts, mayonnaise and salt to taste.

Meat of chicken to cut cubes, to mix with nuts, to salt and dressing with mayonnaise. To lay out a mix in small baskets.

3-61. Tartlets with a herring and eggs

6 ready small baskets from shortcake dough, 100 g of fillet of a herring, 3 eggs, mayonnaise to taste.

Herring fillet small to cut. Eggs to weld, clear and grate. A herring to mix with eggs, to dressing with mayonnaise and lay out in small baskets.

3-62. Fried eggs «Breakfast in American»

6–8 eggs, 5 potatoes, 30 g of butter, salt to taste.

Boil potatoes in salty water and after it will cool down, cut it portions the in thickness of 5-7 mm.

heat a frying pan and kindle on it oil or any fat for frying. Fry potato slices from both parties and hammer there eggs on one, without mixing. The breakfast will be ready, when eggs will a little be reddened.

3-63. The talker «Travel across Italy»

100–150 g of cheese, 4–5 eggs, salt to taste, 30 g of butter.

heat on a frying pan butter and pour out there a following mix. To the shaken-up eggs add the wiped cheese, salt. Even it will be better, if cheese appears dryish – so it will need to be frayed. Fried eggs talker are ready, if the mix thickened and cheese almost melted.

3-64. Paste with cucumbers and cheese

200 g of cucumbers, 50 g of butter, 100 g of cheese, pepper and salt to taste.

Cheese to rub on a small grater. Cucumbers to wash, clear, rub on a large grater and to connect to cheese and oil. The received weight to salt, pepper, mix.

Ready paste to put in a cool place at 2 o'clock. Before giving to a table it is possible to decorate with coriander branches.

3-65. Carrots, stewed with onions

500 g of carrots, 4–5 bulbs, 1 tablespoon of tomato paste, vegetable oil, fennel greens, pepper and salt to taste.

Onions to clear, wash and small to cut. The greens of fennel to wash and cut. Carrots to wash, clear, cut portions, to lay out on a frying pan, to salt, pepper, add onions, vegetable oil, tomato paste, to fry within 5 minutes on average fire, then to pour in a little water, stew to readiness, sprinkle with fennel greens.

3-66. A goose baked with apples

Carcass of a goose, 10 apples, 100 g of sour cream, parsley greens, pepper and salt to taste.

Apples to wash, remove a core and to cut segments. Greens of parsley to wash up. A carcass of a goose to wash out, salt, pepper, to lay out in a poultry roaster, to add apples, to pour in a little water, to put sour cream and to bake in moderately heat up oven to readiness. Then to lay out a goose on a dish, to sauce remained from suppression and to decorate with parsley branches.

3-67. The beef baked with vegetable marrows

300 g of beef, 300 g of vegetable marrows, 1 bulb, pork fat, pepper and salt to taste.

Vegetable marrows to wash, clear and cut portions. Meat to wash out and slice. The onions to clear, wash and cut rings. Meat and vegetable marrows to salt, pepper, lay out on the baking sheet greased with fat, from above to put rings of onions and to bake in moderately heat up oven to readiness.

3-68. Potatoes in sour cream

1 kg of potatoes, 1 cup of sour cream, 4 eggs, salt, greens to taste.

cleared potatoes to cut quite large cubes or segments, to put in a low pan, to pour in boiling water so that it only half covered it, to add salt, to put to cook. Through 15 minutes to fill in potatoes with sour cream and again to cook on small fire. Before giving potatoes plentifully sprinkle with greens and largely cut, hard-boiled egg..

3-69. A baked pudding with potatoes

1 kg of potatoes, 4 eggs, 250 g of grated cheese, 2 tablespoons of butter, pepper to taste.

cleared potatoes to boil in the added some salt water, to dry and carefully to knead. Cheese, salt, pepper to mix with egg yolks, to shake up. To add potatoes and to stir.

Baking dish to oil, put in it potato weight, from above – oil slices. To put a form in a warm oven for 20 minutes. To beat egg whites, having added a salt pinch, and, having taken out from an oven a form, to grease with them a surface. To put a form in an oven for short time while the weight will not be reddened.

3-70. Sausages with cheese

4 sausages, 60 g of cheese, 150 g of bacon.

sausages (sausage) deeply to make an incision from two parties. To enclose in cuts cheese slices. To wrap up bacon slices. To heat in a microwave and to give to a table with bread and mustard.

3-71. Roll with bacon

250 g of bacon, 200 g of cheese, on 1 bunch of green onions and fennel to taste.

cheese to cut small oblong slices, bacon to cut strips. Cheese to wind with bacon and to chop toothpicks. To put on a lattice for roasting or on a dish. To cover with the oiled paper. To bake 4 minutes at average capacity while cheese will not start to melt. Ready rolls sprinkle with chopped greens.

3-72. Haricot, stewed with onions

300 g of the frozen haricot, 3–4 bulbs, 100 g of tomato paste, vegetable oil and salt to taste.

The onions to clear, wash, cut. Haricot to cut, mix with onions, to lay out on frying pan with the heat vegetable oil, to fry within 5 minutes, to add tomato paste, to salt, stew to readiness.

3-73. Herring paste with cheese

100 g of butter, 50 g of fillet of a herring, 1 tablespoon of grated cheese.

Fillet of a herring to pass several times through a meat grinder, to mix with grated cheese and butter.

3-74. Chops

4 pork chops, 120 g of cheese, 4 branches of parsley, salt, pepper to taste.

to wash and dry pork chops. To make in each of them a cut pocket. To salt and pepper inside. To divide cheese into 4 parts, to wash and dry parsley and to put all this in a cutlet. Densely to fix edges a toothpick. To fry chops on a lattice from two parties of 3 minutes.

3-75. A salmon fried

1 kg of fillet of a salmon, salt to taste, olive oil, lemon juice.

fillet of a salmon to cut on some pieces. Each piece slightly to salt, add olive oil and to bake for 2–3 minutes from each party. To remove from a lattice, to water with lemon juice.

3-76. Fish broth

700 g of a fish food waste, 20 g of onions, 20 g of parsley.

the best broth to taste turns out from a pike perch, perches, ruffs and fishes of sturgeon breeds. It is not recommended to use the head of the bream, a sazan, a vobla, small fry, as the broth from them can taste bitter. The processed food waste of fish – the heads, bones, fins and skin – carefully to wash out. Large bones and the heads before cooking to split into parts, and at the heads previously it is necessary to remove gills. To put in a pan, to pour cold water at the rate of 4–5 l on 1 kg of fish, to add parsley and onions, to close a cover and to heat up to boiling. After that a cover to remove and continue to cook at weak boiling within 50–60 minutes. During cooking periodically to delete foam and fat. A ready broth to remove from fire and through 20–30 minutes to filter. When cooking broth from fishes of sturgeon breeds of the head to take out in 1 h from the moment of the beginning of cooking of a broth, to separate pulp, and cartilages to cook separately to a softening (3–4 h). Cartilages to use for fish refueling soups.

3-77. Gammon the smoked boiled

1 kg of a smoked gammon, spices, 1 cup of hot sauce from a horse-radish.

the smoked gammon is more tasty in a boiled look for fried it happens too salty. At first the gammon needs to be soaked in cold water. Then to put in other pan and to fill in with cold water. When water will begin to boil, to remove foam, to put spices and to cook to readiness. The cooked

meat to leave in a broth until will cool down. Such gammon will be juicy. When giving on a table accurately to cut thin slices, to fill in with sauce from a horse-radish.

3-78. Steak

625 g of meat, 50 g of salted pork fat, 4 tablespoons of fat.

meat to wash, smooth out from sinews, to cut pieces from a beef rib-steak some fibers in thickness of 1,5-2 cm and to beat off, salt, pepper. The beaten-off meat to lard salted pork fat slices, to salt, pepper, roll in a flour and to fry on strongly heat up frying pan in fat.

3-79. "FRI" potatoes

360 g of potatoes

to cut potatoes in thickness of 5 mm, and length 6 see. To wash out and dry it. To put in a deep fryer basket, to prepare in hot oil, but not to a brown crust. To get from oil, to dry. To salt before giving on a table.

3-80. A stuffed cabbage with meat of chicken

500 g of fillet of chicken, 50 g of rice, 1 average of forks of cabbage, vegetable oil, tomato sauce and salt to taste.

Cabbage to wash, remove leaves, to douse them boiled water. Fillet to wash out, largely to cut, pass through a meat grinder. Forcemeat to salt, mix with fig. On leaves of cabbage to lay out forcemeat, to curtail an envelope. A stuffed cabbage to lay out in a deep frying pan with the heat vegetable oil, to fry, pour in a little water, to add tomato sauce, stew to readiness.

3-81. Chicken with the greens, fried in a foil

Carcass of chicken, 2 bunches of greens of parsley and fennel, 1 bunch of green onions, pepper and salt to taste.

Green onions, greens of fennel and parsley to wash, small to cut. A carcass of chicken to wash, fill with greens of parsley, fennel and green onions, to rub with salt and pepper, to turn in a double layer of a foil, to put on a baking sheet and to put in the heat oven for 40 minutes. A foil to remove, chicken to cut pieces.

3-82. Veal, stewed with onions and tomatoes

700 g of veal, 4 bulbs, 4 tomatoes, vegetable oil, pepper and salt to taste.

The onions to clear, wash, cut rings. Tomatoes to wash, cut segments. Veal to wash out, cut slices, to lay out on a frying pan with the heat vegetable oil, to fry, add onions and tomatoes, to salt, pepper, stew to readiness.

3-83. Mashed potatoes with haricot

500 g of white haricot, 500 ml of milk, 50 g of butter, salt to taste.

Haricot to wash out, presoak at 3-4 o'clock in cold water, then to boil in the same water. Water to

merge, haricot to wipe through a sieve. To pour in, shaking up, hot milk to add oil and salt, carefully to mix.

3-84. Stewed vegetable marrows and eggplants

500 g of vegetable marrows, 3 eggplants, 1 bulb, vegetable oil, salt to taste.

Vegetable marrows and eggplants to wash, clear and cut cubes. The onions to clear and cut half rings. Vegetable marrows and eggplants to connect to onions, to lay out on a frying pan, to salt, add vegetable oil and stew on average fire to readiness.

3-85. Vegetable marrows with green peas and carrots

500 g of vegetable marrows, 100 g of the green peas, the 2 carrots, vegetable oil, pepper and salt to taste.

Vegetable marrows and carrots to wash, clear, cut portions, to lay out in a frying pan, to salt, pepper, add vegetable oil, to fry to golden color on average fire, then to pour in a little water and stew to readiness. Stewed vegetable marrows and carrots to connect to green peas.

3-86. Mashed potatoes with green peas and carrots

200 g of green peas, the 3 carrots, 50 g of sour cream, pepper and salt to taste.

Green peas to boil in the added some salt water. Carrots to wash, boil, clear. Green peas and carrots to crush by means of a blender, to salt, pepper, mix with sour cream.

3-87. Paste with a chicken liver

400 g of a chicken liver, 100 g of sour cream, 1 bulb, salt to taste.

The onions to clear, wash and cut. A liver to wash out, boil in the added some salt water, to cool, wipe through a sieve, to mix with sour cream, to add onions. Paste to lay out on a dish, to put in a cool place at 3-4 o'clock. When giving to a table it is possible sprinkle with chopped greens of parsley.

3-88. Paste with a pork liver

100 g of a boiled pork liver, 1 bulb, 50 g of butter, pepper and salt to taste.

The onions to clear, cut. A liver to pass through a meat grinder together with onions, to add butter, salt and pepper.

3-89. Eggplants with garlic

5 — 6 eggplants, 5–7 garlic gloves, 1 tablespoon of 3 % - a vinegar foot, vegetable oil and salt to taste.

Garlic to clear, wash and pound. Eggplants to wash, bake in an oven, then to cool, husk, small to cut, salt, add vegetable oil and vinegar, to mix, lay out a ingredients on a dish, sprinkle with garlic.

3-90. Fried potatoes with fennel greens

6 — 7 tubers of potatoes, 2 bunches of greens of fennel, 40 g of drawn butter, pepper and salt to taste.

Potatoes to wash, clear and slice. The greens of fennel to wash and cut. Potatoes to lay out on a frying pan with the heat drawn butter, to salt, pepper, fry to readiness, sprinkle with fennel greens.

3-91. Sausages with cheese

5 sausages, 100 g of cheese.

Sausages to clear of a cover and to make an incision lengthways. Cheese to rub on a small grater.

In cuts of sausages to place cheese. Preparations to lay out in a form for roasting. To bake in an oven while cheese will not melt.

3-92. Nanny-goat

500 g of almonds, 500 g of honey, 100 g of sugar.

To boil honey with sugar, to pour into a syrup the cleared small cut and slightly fried almonds and to cook 15 minutes. Ready "nanny-goat" hot to lay out on the plates which have been slightly added with cold water, to level a surface of a layer and to cool.

3-93. Egg with caviar

4 eggs, 1–2 tablespoons of caviar of any fish, butter.

Caviar to knead a spoon, to salt, add eggs and to shake up. To heat a frying pan, to kindle on it butter, to pour in an egg and caviar mix, to put on weak fire and to sustain 1–2 minutes. After that fried eggs to overturn, cover and finish to readiness. To lay out on a plate and sprinkle with the crushed greens.