#01

|  |  |
| --- | --- |
| name (string) | Burger |
| course (string) | second |
| cuisine (string) | American |
| outCalories (double) | 244.7 |
| outWeight (double) | 100.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Pounce the beef chop, add salt and pepper. Fry in a pan at 130 C for 7-10 minutes. Slice the cucumbers, shred the cabbage. |
| presentation (string) | Cut the bun in half, grease with sauce, lay out the chop, pickled cucumber, and cabbage. |
| remarks (string) | Fry the meat with the minimum amount of oil, so that it is more juicy and useful. Meat should not be served cold. Meat should not be overdried. If you have a thick piece of meat, fry it for 7-10 minutes, if thin, for less time. Fry meat in a pan in small portions. If fried a lot at once, meat will boil. This is crucial for the taste. If you can't fry the meat in a pan, bake it in the oven. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| beef | 58.3 | g |
| pepper black | 0.04 | g |
| salt | 1.0 | g |
| bun burger | 1.0 | piece |
| catchup | 4.0 | g |
| cabbage | 8.0 | g |
| cucumber pickled | 3.0 | g |

#02

|  |  |
| --- | --- |
| name (string) | Tabbouleh with barley groats |
| course (string) | salad |
| cuisine (string) | Levantine |
| outCalories (double) | 37.67 |
| outWeight (double) | 50.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Boil the barley groats. Remove the remaining water. Add turmeric, peas, diced cucumbers. Grate carrots and celery. Add to the salad. Season the salad with oil and salt, sprinkle with finely chopped parsley. |
| presentation (string) | Lay out the salad in the center of the plate, sprinkle with dried dill or parsley. |
| remarks (string) | Ideally, Tabbouleh salad is prepared with a lot of herbs.  You may add orange for a more interesting taste. If these ingredients are not available, they can be dispensed with. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| barley groats | 10.2 | g |
| salt | 0.3 | g |
| water | 20.2 | g |
| cucumber pickled | 13.4 | g |
| peas | 3.4 | g |
| celery root | 1.3 | g |
| carrot | 8.1 | g |
| lemon juice | 2.2 | g |
| oil | 1.8 | g |
| parsley | 0.9 | g |
| turmeric | 0.09 | g |

#03

|  |  |
| --- | --- |
| name (string) | Tomato and bell pepper salad |
| course (string) | salad |
| cuisine (string) | Bulgarian |
| outCalories (double) | 38.0 |
| outWeight (double) | 50.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Slice tomatoes and peppers thinly, chop the scallion. Toss the salad with oil, sprinkle with marjoram and salt. |
| presentation (string) |  |
| remarks (string) | Use fresh tomatoes and peppers during the first 2 autumn months to reduce the cost of the salad. Slice the tomatoes shortly before serving so that they do not leak juice. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| tomato | 37.05 | g |
| scallion | 5.65 | g |
| pepper bell | 15.4 | g |
| oil | 2.5 | g |
| majoram | 0.1 | g |
| salt | 0.3 | g |

#04

|  |  |
| --- | --- |
| name (string) | Panzanella |
| course (string) | salad |
| cuisine (string) | Italian |
| outCalories (double) | 28.39 |
| outWeight (double) | 50.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Dice tomatos and bread, toss with oil, let the bread soak.  Chop the scallion, mix with oregano, add vinegar and salt, marinade for 10 minutes. |
| presentation (string) | Lay out the mixture on the plate, pour the sauce. |
| remarks (string) | Use fresh tomatoes and peppers during the first 2 autumn months to reduce the cost of the salad. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| tomato | 44.4 | g |
| scallion | 3.8 | g |
| oil | 2.5 | g |
| vinegar | 0.5 | g |
| bread | 2.5 | g |
| oregano | 0.05 | g |
| salt | 0.25 | g |

#05

|  |  |
| --- | --- |
| name (string) | Minestrone |
| course (string) | first |
| cuisine (string) | Italian |
| outCalories (double) | 28.38 |
| outWeight (double) | 200.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Dice celery, onions, and half of the carrots. Add to the boiling water. Cook for 20 minutes, add garlic, bay leaf, black ground pepper. Remove the onion after 30 minutes of cooking. Add salt. 2. Dice potatoes, add to broth, cook for 10 minutes. Take out large pieces of vegetables. Add finely chopped second half of carrots 3. Dice the remaining vegetables and add to the dish 3 minutes before serving. 4. Add turmeric at the very end. |
| presentation (string) |  |
| remarks (string) | You can use other available fresh vegetables instead those listed. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| carrot | 24.4 | g |
| celery root | 12.4 | g |
| onion | 5.0 | g |
| garlic | 3.6 | g |
| bay leaf | 0.08 | g |
| pepper black | 0.04 | g |
| water | 160.8 | g |
| potato | 37.4 | g |
| zucchini | 9.0 | g |
| pepper bell | 8.0 | g |
| tomato | 7.1 | g |
| turmeric | 0.4 | g |
| salt | 1.2 | g |

#06

|  |  |
| --- | --- |
| name (string) | Avgolemono |
| course (string) | first |
| cuisine (string) | Greek |
| outCalories (double) | 56.07 |
| outWeight (double) | 200.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Grate carrots and celery. Cut the onion in half. Add to boiling three quarters of water. After 15 minutes of cooking, remove the onion, add salt. Dice the potatoes, add to soup. Cook another 10 minutes, then add butter. Prepare the dressing in a separate vessel: mix the egg yolks with the remaining water and lemon juice. Add the dressing 5 minutes before the cooking is over, stirring the soup vigorously. |
| presentation (string) |  |
| remarks (string) | It is preferable to add the dressing 5 minutes before serving if it is delayed. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| potato | 21.3 | g |
| carrot | 29.4 | g |
| celery root | 29.4 | g |
| onion | 3.6 | g |
| butter | 0.01 | g |
| salt | 1.2 | g |
| water | 130.0 | g |
| egg | 0.25 | piece |
| lemon juice | 3.0 | g |

#07

|  |  |
| --- | --- |
| name (string) | Borscht with potato |
| course (string) | first |
| cuisine (string) | Ukrainian |
| outCalories (double) | 103.0 |
| outWeight (double) | 200.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Dice parsley root, half of carrot and onion coarsely. Add to boiling water. Cook for 20 minutes, add bay leaf, pepper, khmeli suneli. Remove the onion after 30 minutes of cooking. Add salt. Dice potatoes, add to broth and cook for 10-15 minutes.  Boil the beets separately. Sautee the remaining carrot and onion with butter, oil, tomato paste, and sugar. Add boiled beets, sauteed vegetables, and prunes to the broth. Cook for another 5 minutes. |
| presentation (string) |  |
| remarks (string) | Smoked pears may be used instead of prunes. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| beet | 40.8 | g |
| potato | 53.2 | g |
| carrot | 10.2 | g |
| parsley root | 2.6 | g |
| onion | 9.6 | g |
| tomato paste | 9.2 | g |
| prunes | 4.0 | g |
| butter | 2.0 | g |
| oil | 2.0 | g |
| sugar | 1.2 | g |
| bay leaf | 0.008 | g |
| pepper black | 0.008 | g |
| khmeli suneli | 0.4 | g |
| salt | 1.2 | g |
| water | 140.0 | g |

#08

|  |  |
| --- | --- |
| name (string) | Falafel |
| course (string) | garnish |
| cuisine (string) | Levantine |
| outCalories (double) | 131.63 |
| outWeight (double) | 75.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Soak the beans in water for 20 minutes. Cook until done. Grind boiled beans. Add egg, flour, and pepper. Stir. Form balls. Bake in the oven at 180 C for 10 minutes. |
| presentation (string) | Lay out with a salad, dress with sauce. |
| remarks (string) | Falafel will be dry if overdone. Another possible cause of dryness is the excess of flour. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| beans | 38.9 | g |
| water | 100.0 | g |
| flour | 7.7 | g |
| egg | 0.075 | piece |
| pepper black | 0.15 | g |
| salt | 1.5 | g |

#09

|  |  |
| --- | --- |
| name (string) | Polenta |
| course (string) | garnish |
| cuisine (string) | Italian |
| outCalories (double) | 164.51 |
| outWeight (double) | 150.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Mix all ingredients. Add garlic whole. Dice butter. Bake at 180 C until soft but elastic. Remove the garlic. |
| presentation (string) | Cut into triangles. Lay pieces in the center of a dish. |
| remarks (string) | Traditionally, this dish is consumed cold, but serving it warm is more suitable for children. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| corn groats | 35.6 | g |
| milk | 46.5 | g |
| butter | 3.0 | g |
| water | 60.0 | g |
| garlic | 3.9 | g |
| salt | 3.0 | g |

#10

|  |  |
| --- | --- |
| name (string) | Gnocchi |
| course (string) | garnish |
| cuisine (string) | Italian |
| outCalories (double) | 86.32 |
| outWeight (double) | 150.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Boil and mash the potatoes. Add flour and egg to mashed potatoes, mix well. Form small balls 2 cm and slightly squeeze them with a fork. Boil for 2 minutes. |
| presentation (string) |  |
| remarks (string) | Gnocchi should not be overdone or made of too thin puree, otherwise they will fall apart. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| potato | 117.2 | g |
| flour | 46.4 | g |
| egg | 0.33 | piece |
| water | 7.6 | g |
| salt | 1.8 | g |

#11

|  |  |
| --- | --- |
| name (string) | Potato gratin |
| course (string) | garnish |
| cuisine (string) | French |
| outCalories (double) | 214.99 |
| outWeight (double) | 150.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Slice the potatoes, dress with sauce.  Bake at 180 C for 45 minutes. |
| presentation (string) | Cut into squares, lay out in the centre of a dish, sprinkle with chopped fresh or dried dill or parsley. |
| remarks (string) | It is tedious to slice potatoes, but the result is worth the effort. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| potato | 165.0 | g |
| salt | 0.8 | g |
| bechamel | 97.5 | g |

#12

|  |  |
| --- | --- |
| name (string) | Moussaka |
| course (string) | garnish |
| cuisine (string) | Greek |
| outCalories (double) | 194.01 |
| outWeight (double) | 150.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Fry minced beef in a pan with garlic and onion. Add tomato paste and salt.  Slice the zucchini.  Grease a baking tray with oil, lay out a layer of sliced zucchini, then a layer of minced meat, then again a layer of zucchini, dress with bechamel sauce.  Bake at 180 C for 20 minutes. |
| presentation (string) | Cut into squares, lay out in the center of a dish, sprinkle with dried dill or parsley. |
| remarks (string) | Traditionally, moussaka is made of eggplant, but it turns out more tender when made of zucchini; besides, it is cheaper. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| zucchini | 79.2 | g |
| beef | 51.6 | g |
| onion | 9.9 | g |
| tomato paste | 13.2 | g |
| garlic | 4.1 | g |
| oil | 3.8 | g |
| bechamel | 45.0 | g |
| salt | 1.2 | g |

#13

|  |  |
| --- | --- |
| name (string) | Kebab with cottage cheese |
| course (string) | second |
| cuisine (string) | Levantine |
| outCalories (double) | 130.25 |
| outWeight (double) | 50.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Add egg and khmeli suneli to minced meat. Mix.  Divide the mixture into portions, stuff each with cottage cheese and form into oval shapes. Bake in the oven at 180 C for 3 minutes. Sprinkle with dried dill. |
| presentation (string) | Lay out kebab and garnish, dress with sauce. |
| remarks (string) | Kebab will be dry and tasteless if overdone.  Best served with onion sauce or catchup. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| beef | 73.1 | g |
| egg | 0.1 | piece |
| khmeli suneli | 0.2 | g |
| salt | 1.0 | g |
| cottage cheese | 4.0 | g |
| dill | 0.25 | g |

#14

|  |  |
| --- | --- |
| name (string) | Shepherd’s pie |
| course (string) | second |
| cuisine (string) | British |
| outCalories (double) | 145.56 |
| outWeight (double) | 100.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Dice potatoes coarsely. Cook at low heat for 20 minutes with bay leaf and half salt, pepper, and garlic. Drain the water and mash the potatoes. Add butter and eggs. Mix well. Grate onions and carrots, add to the minced beef. Add pepper, rosemary, salt, oil and remaining garlic, finely chopped, to the minced beef. Fry the mixture at 130-150 C for 10 minutes, until semi-finished. Mix tomato paste with water and add to the semi-finished stuffing. Fry the stuffing until done. Add flour to the stuffing and mix. In a baking tray, lay out a layer of potato puree, then a layer of minced meat, and again puree. Grease the top with egg. Bake in the oven at 180 0C for 15-20 minutes. |
| presentation (string) | Cut the pie into squares.  Lay out in the center of a dish, sprinkled with dried dill. |
| remarks (string) |  |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| potato | 64.4 | g |
| garlic | 1.6 | g |
| bay leaf | 0.02 | g |
| pepper black | 0.03 | g |
| rosemary | 0.2 | g |
| salt | 1.8 | g |
| butter | 2.0 | g |
| egg | 0.1 | piece |
| beef | 42.8 | g |
| carrot | 14.9 | g |
| onion | 7.8 | g |
| oil | 0.8 | g |
| tomato paste | 5.0 | g |
| flour | 1.3 | g |

#15

|  |  |
| --- | --- |
| name (string) | Bolognese |
| course (string) | second |
| cuisine (string) | Italian |
| outCalories (double) | 82.86 |
| outWeight (double) | 50.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Fry onions, garlic, and minced meat in oil at 150-160 C for 5-7 minutes. Add tomato paste, water, salt and pepper. Stew at 100 C 10-15 minutes or until done. |
| presentation (string) | Lay out on top of a garnish, sprinkle with dried dill or parsley. |
| remarks (string) | This sauce is classically served with pasta. But it will also go well with buckwheat porridge, potatoes and, especially, rice. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| beef | 36.7 | g |
| onion | 41.7 | g |
| garlic | 3.3 | g |
| oil | 0.2 | g |
| tomato paste | 10.0 | g |
| water | 33.3 | g |
| pepper black | 0.1 | g |
| salt | 0.2 | g |
| sugar | 1.7 | g |

#16

|  |  |
| --- | --- |
| name (string) | Chicken nuggets |
| course (string) | second |
| cuisine (string) | American |
| outCalories (double) | 107.9 |
| outWeight (double) | 50.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Mince the chicken. Add bread soaked in water.  Form small flattened rectangles approximately 25 g each.  Roll the pieces in flour, dip in egg, roll in breadcrumbs.  Bake in the oven at 180 C for 15 minutes. |
| presentation (string) | Lay out on top of a garnish, sprinkle with dried dill or parsley. |
| remarks (string) | It is important that nuggets are not overdone. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| chicken fillet | 44.4 | g |
| pepper black | 0.1 | g |
| salt | 1.0 | g |
| bread | 10.0 | g |
| flour | 5.0 | g |
| egg | 0.1 | piece |
| breadcrumbs | 5.0 | g |

#17

|  |  |
| --- | --- |
| name (string) | Bigos with buckwheat |
| course (string) | second |
| cuisine (string) | Polish |
| outCalories (double) | 588.31 |
| outWeight (double) | 150.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Dice the chicken fillet. Combine all ingredients, add water, salt, and butter.  Bake in the oven at 180 C until buckwheat is done. Stir. |
| presentation (string) |  |
| remarks (string) | Bigos is a stand alone dish that does not need any garnish. It combines salad, garnish, and the main dish.  Beef or pork may be used instead of chicken. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| chicken fillet | 20.02 | g |
| buckwheat groats | 35.6 | g |
| sauerkraut | 49.8 | g |
| butter | 3.0 | g |
| water | 69.7 | g |
| salt | 0.8 | g |

#18

|  |  |
| --- | --- |
| name (string) | Chakhokhbili with chicken |
| course (string) | second |
| cuisine (string) | Georgian |
| outCalories (double) | 164.1 |
| outWeight (double) | 75.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Cut the chicken into portion pieces, fry in a pan.  Add sliced and sauteed onion, tomato paste, sauteed flour.  Add water, parsley, khmeli suneli, and garlic.  Cook until done. |
| presentation (string) |  |
| remarks (string) | Best served with buckwheat porridge or rice.  Fry meat in a pan in small portions. If fried a lot at once, meat will boil. This is crucial for the taste. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| chicken fillet | 63.0 | g |
| oil | 4.5 | g |
| onion | 45.0 | g |
| garlic | 0.2 | g |
| tomato paste | 8.4 | g |
| flour | 0.6 | g |
| parsley | 0.4 | g |
| khmeli suneli | 0.2 | g |
| salt | 0.3 | g |
| water | 7.5 | g |

#19

|  |  |
| --- | --- |
| name (string) | Beef gulyas |
| course (string) | second |
| cuisine (string) | Hungarian |
| outCalories (double) | 102.75 |
| outWeight (double) | 75.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Cook beef for 1 hour until soft. Grate two thirds of onions, dice two thirds of carrots. Fry vegetables in butter. Mix fried vegetables with boiled meat, diced, and tomatoes, sliced.  Add boiling water and cook on low heat for 15-20 minutes.  Drain the broth and use it to cook sauce from the remaining ingredients.  Add sauce and bring to boil. |
| presentation (string) | Lay out on top of a garnish, sprinkle with dried dill or parsley. |
| remarks (string) | The classical gulyas is prepared with lots of paprika. Use sweet paprika only.  Pork may be used instead of beef. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| beef | 82.5 | g |
| carrot | 42.0 | g |
| onion | 36.0 | g |
| paprika powder | 0.15 | g |
| cloves | 0.02 | g |
| pepper black | 0.02 | g |
| bay leaf | 0.02 | g |
| salt | 0.19 | g |
| water | 100.0 | g |
| butter | 3.8 | g |
| flour | 1.5 | g |
| tomato | 9.0 | g |

#20

|  |  |
| --- | --- |
| name (string) | Fruit pilaf |
| course (string) | second |
| cuisine (string) | Levantine |
| outCalories (double) | 225.75 |
| outWeight (double) | 150.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Heat the butter in a pan, add rice, mix, add hot water. Cook until rice is half done.  Take out half of the rice, add diced apples, prunes, raisins, cinnamon, and sugar, return the rice on top. Cook until done. |
| presentation (string) | Lay out in the centre of a dish, sprinkle with cinnamon. |
| remarks (string) | The cost of the dish may be reduced by decreasing the amount of prunes and raisins.  Half of the apples may be replaced with pumpkin. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| apple | 27.0 | g |
| prunes | 11.3 | g |
| raisins | 7.5 | g |
| rice groats | 30.0 | g |
| water | 90.0 | g |
| sugar | 5.3 | g |
| cinnamon | 0.3 | g |
| butter | 5.3 | g |
| salt | 0.5 | g |

#21

|  |  |
| --- | --- |
| name (string) | Paella |
| course (string) | second |
| cuisine (string) | Spanish |
| outCalories (double) | 233.51 |
| outWeight (double) | 150.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Dice carrot and about two thirds of onion, cook broth.  Dice chicken fillet, fry with the remaining onion. Add rice, turmeric, salt, and broth.  Cook on a low heat until ready. |
| presentation (string) | Lay out in the centre of a dish, sprinkle with dried or fresh dill or parsley. |
| remarks (string) | Fry meat in a pan in small portions. If fried a lot at once, meat will boil. This is crucial for the taste. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| chicken fillet | 37.5 | g |
| onion | 24.0 | g |
| oil | 3.0 | g |
| carrot | 18.8 | g |
| water | 105.0 | g |
| rice groats | 45.9 | g |
| turmeric | 0.9 | g |
| salt | 0.8 | g |

#22

|  |  |
| --- | --- |
| name (string) | Shpundra |
| course (string) | second |
| cuisine (string) | Ukrainian |
| outCalories (double) | 100.57 |
| outWeight (double) | 150.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Fry the meat until done.  Add onions, boiled beets chopped in sticks, salt, pepper, spices, and sugar. Fry everything for 3 minutes, until the residual liquid evaporates. Sautee the flour. Add chopped garlic and sauteed flour. Mix thoroughly. Keep on the stove for another 2-3 minutes. |
| presentation (string) | Lay out in the centre of a dish, sprinkle with dried or fresh dill or parsley. |
| remarks (string) | The dish should be slightly sour, but make sure it is not acid.  Shpundra may be served both with garnish and as a standalone dish. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| beet | 43.1 | g |
| beef | 25.3 | g |
| flour | 3.0 | g |
| oil | 3.0 | g |
| sugar | 1.5 | g |
| onion | 9.4 | g |
| garlic | 0.9 | g |
| water | 100.0 | g |
| lemon juice | 2.4 | g |
| salt | 0.8 | g |
| pepper black | 0.1 | g |
| khmeli suneli | 0.3 | g |

#23

|  |  |
| --- | --- |
| name (string) | Blanc-manger |
| course (string) | dessert |
| cuisine (string) | French |
| outCalories (double) | 62.55 |
| outWeight (double) | 75.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Bring half of the milk to boil. Shake the other half with starch and sugar.  Add the milk-starch mixture to the heated milk and bring to boil, stirring constantly. After the milk mixture have boiled for 5-10 minutes, pour it into molds, let cool and put into refrigerator for 4-6 hours. |
| presentation (string) |  |
| remarks (string) | It is important to stir the mixture thoroughly to avoid clogging of starch.  Pour the mixture into molds without delay, before it starts to coagulate in the pot. |

ingredients

|  |  |  |
| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| milk | 63.75 | g |
| starch | 7.5 | g |
| sugar | 6.375 | g |
| vanilla sugar | 0.3 | g |

#24

|  |  |
| --- | --- |
| name (string) | Pan de Calatrava |
| course (string) | dessert |
| cuisine (string) | Spanish |
| outCalories (double) | 88.46 |
| outWeight (double) | 75.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Cut the crust off the bread. Slice bread thinly. Heat the milk, remove from heat and, carefully stirring, add eggs, sugar and cinnamon. Lay out slices of bread in one layer in a baking dish and pour the milk-egg mixture over it. Bake in the oven at 180 C until ready. |
| presentation (string) |  |
| remarks (string) | It is important to lay out the slices of bread carefully so that the dish is aesthetically appealing when cut.  Slightly stale bread may be used. |

ingredients

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| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| milk | 50.0 | g |
| egg | 0.1 | piece |
| butter | 1.0 | g |
| sugar | 5.1 | g |
| bread | 15.0 | g |
| cinnamon | 0.6 | g |
| vanilla sugar | 0.3 | g |
| salt | 0.2 | g |

#25

|  |  |
| --- | --- |
| name (string) | Masala |
| course (string) | drink |
| cuisine (string) | Indian |
| outCalories (double) | 51.18 |
| outWeight (double) | 200.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Brew tea with sugar and spices.  Add milk and bring to boil again. |
| presentation (string) |  |
| remarks (string) | In this drink, cinnamon is a crucial component and should dominate over other spices, especially cloves.  Do not brew the tea too strong to avoid bitter taste. |

ingredients

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| name (string) | quantity (double) | unit (string) |
| water | 160.0 | g |
| tea | 0.9 | g |
| milk | 30.0 | g |
| vanilla sugar | 0.6 | g |
| cinnamon | 0.3 | g |
| cloves | 0.2 | g |
| sugar | 9.0 | g |

#26

|  |  |
| --- | --- |
| name (string) | Hibiscus flower tea |
| course (string) | drink |
| cuisine (string) | Levantine |
| outCalories (double) | 80.0 |
| outWeight (double) | 200.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Add hibiscus and sugar to boiling water.  Boil the mixture for 10-15 minutes. |
| presentation (string) |  |
| remarks (string) |  |

ingredients

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| name (string) | quantity (double) | unit (string) |
| water | 180.0 | g |
| hibiscus flowers | 2.4 | g |
| sugar | 20.0 | g |

#27

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| --- | --- |
| name (string) | Tilia flower tea |
| course (string) | drink |
| cuisine (string) | Ukrainian |
| outCalories (double) | 40.0 |
| outWeight (double) | 200.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Bring water to boil, add tilia flowers and sugar.  Bring to boil again. |
| presentation (string) |  |
| remarks (string) | The brew should not be too concentrated. |

ingredients

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| --- | --- | --- |
| name (string) | quantity (double) | unit (string) |
| water | 200.0 | g |
| tilia flowers | 0.8 | g |
| sugar | 10.0 | g |

#28

|  |  |
| --- | --- |
| name (string) | Butterbrot |
| course (string) | snack |
| cuisine (string) | German |
| outCalories (double) | 139.0 |
| outWeight (double) | 36.0 |
| outPortions (unsigned int) | 1 |
| preparation (string) | Slice bread. Spread butter on the slices. |
| presentation (string) |  |
| remarks (string) |  |

ingredients

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| name (string) | quantity (double) | unit (string) |
| bread | 32.0 | g |
| butter | 4.0 | g |

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| name (string) |  |
| course (string) |  |
| cuisine (string) |  |
| outCalories (double) |  |
| outWeight (double) |  |
| outPortions (unsigned int) |  |
| preparation (string) |  |
| presentation (string) |  |
| remarks (string) |  |

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| cuisine (string) |  |
| outCalories (double) |  |
| outWeight (double) |  |
| outPortions (unsigned int) |  |
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