Mexican salad

Portions – 1

Price – 5

Category - party

Ingredients

* 55 g of canned corn
* 80 g of red beans
* 106.7 g pineapple in syrup (canned)
* 46.7 g leek
* 66.7 g of mozzarella cheese
* 33.3 g of red pepper dripping
* 40 g of decorative mayonnaise
* Salt
* black pepper (ground)
* hot pepper (ground)

The entire recipe has:

697 kcal 46 g of carbs 23 g of protein 46 g of fat

Add all canned ingredients to a large bowl, one by one:

- corn strained on a sieve,

- poured cold water and drained red beans,

- pineapple, drained and cut into pieces.

Rinse the leek (light part), cut lengthwise into quarters and then crosswise into pieces. Scald boiling water in a sieve and add to a bowl. Dice the cheese into small cubes. Dice the pepper. Put everything in a bowl. Add mayonnaise, season with salt, pepper and a pinch of hot pepper. Mix everything up.

COCOA PANCAKES WITH PEANUT BUTTER AND STRAWBERRY JAM

Portions – 7

Price - 8

Category – party

Pancake batter:

* 1 pc. Eggs (L)
* 250 g of wheat flour, type 450
* pinches of salt
* 8 g of vanilla sugar
* 10 g of cane sugar
* 20 g of dark cocoa
* 335 g of milk 2%
* 165 g of water

Filling:

* 175 g of reduced-sugar strawberry jam
* 105 g of peanut butter

The entire recipe has:

1080 kcal 144 g of carbs 38 g of protein 38 g of fat

Pour eggs into a bowl, add flour, add a pinch of salt, sugar, cocoa, milk and water. Mix everything thoroughly into a smooth dough. Preheat the pancake pan. Depending on the type of pan, brush the bottom thinly with oil or fry without fat. Using a ladle, pour out the dough portions, spread over the pan and fry on both sides until the pancakes are lightly golden. Grease the pancakes with peanut butter and jam, fold them into an envelope.

BEANS SOUP

PORTIONS – 6

PRICE – 4

CATEGORY – dinner

Ingredients:

* 220 g beautiful beans
* 1200 g of water
* 2 tablespoons of dried vegetables
* English white (whole)
* Bay leaf
* 400 g of potatoes
* 200 g of carrots
* 200 g Morlińska sausage with chicken breast
* 200 g of raw smoked bacon
* 1 pc. Onion
* 1 tablespoon of ground sweet pepper
* 0.5 teaspoons of black pepper (ground)
* 0.5 teaspoons of salt
* 0.5 tablespoons of dried marjoram
* 60 g of tomato paste

The entire recipe has:

2132 kcal 215 g of carbs 121 g of protein 84 g of fat

Rinse the beans the day before, pour cold water and leave to soak for a few hours, preferably overnight. On the next day, drain the water from the beans. Put the beans in a large pot, cover with water (1200 g), add dried vegetables, 2 allspice and 2 bay leaves. Cook covered over low heat for 35 minutes. After this time, add potatoes and carrots cut into smaller cubes. Cook the soup covered for another 25 minutes (until the vegetables are tender). Meanwhile, fry the diced sausage in a frying pan - set aside on a plate. Put the diced bacon into the pan and melt it. Add the diced onion and brown it together with the bacon. Add the fried sausage, bacon and onion to the pot when the vegetables are soft. Finally, add sweet paprika, pepper, salt, marjoram and tomato paste, mix.

OMELETTE WITH VEGETABLES

Portions – 2

Category – other

Price – 3

Ingredients:

* 130 g of frozen carrots with peas
* 1 pc. Onion
* 250 g of mushrooms
* 45 g of cheese with grandma's holes
* 1 tablespoon of butter
* Himalayan salt
* black pepper (ground)
* parsley (dried)
* 6 pcs eggs (L)
* 60 g of milk 2%

The entire recipe has:

940 kcal 28 g of carbs 68 g of protein 64 g of fat

Boil the frozen vegetable mixture (carrots with peas) in a little salted water and drain. Dice a small onion. Wash the mushrooms and cut them into slices. Cut the cheese into thin strips. Heat half a tablespoon of butter in a frying pan, add the onion and brown it lightly. Then transfer to a plate. In a frying pan, heat up half a tablespoon of butter again, add the mushrooms, season with salt and fry. When they start to blush slightly, season with pepper and parsley. Add browned onion, cooked and drained carrots with peas and mix. Pour the eggs into a bowl, pour the milk, season with salt and pepper. Beat with a mixer. Pour the egg mass into the pan. Sprinkle it all with cheese on top. Cover the pan with a lid. Fry for a few minutes until the omelette is completely firm.

# **TARTA FLAMBÉE**

Portions – 3

Category – dinner

Price – 8

Pie:

* 350 g of pizza flour type "00"
* 1 teaspoon of salt
* 70 g of rapeseed oil
* 150 g of lukewarm water

Additives:

* 50 g of natural yoghurt
* 200 g of cream 18%
* Salt
* black pepper (ground)
* 1 pc. Onion
* 240 g of raw smoked bacon

The entire recipe has:

2995 kcal 265 g of carbs 90 g of protein 175 g of fat

Add the ingredients for the dough to the bowl: flour, a very flat teaspoon of salt, oil and lukewarm water. Mix everything with a spoon and then knead for about 10 minutes. The dough should be smooth and elastic. After this time, wrap the dough in foil and set aside for about 1 hour at room temperature. In a bowl, combine the yoghurt with the cream, season with salt and pepper. Slice a large onion. Dice the bacon into cubes or sticks. Place the pizza stone in the oven and heat it to 270 ° C with fan. Divide the dough into 2 or 3 equal parts. Sprinkle the pastry board with flour and roll out the dough thinly. Put the thin cake on a floured wooden pizza spatula, spread the cream sauce over it, put the onion and bacon on it. Slide the tart on the stone and bake for about 7 minutes, until the edges are golden (slightly burned). The tart should be very thin, cut it into rectangles. Serve with the remaining cream sauce.

POTATO CASSEROLE WITH SAUSAGE

Portions – 4

Price – 10

Category – dinner

Ingredients:

* 1300 g of boiled potatoes
* 250 g of mushrooms
* 0.5 tablespoons of butter
* 2 pcs. Onions
* 2 tablespoons of olive oil
* 400 g of home-made ham sausage
* 1 tablespoon of rapeseed oil
* 150 g radamer cheese
* sweet pepper (ground)
* hot pepper (ground)
* 1 pc. Eggs (L)
* 150 g cream 30%
* 150 g of milk 2%
* 1 teaspoon of vegeta natur vegetable seasoning
* black pepper (ground)
* ground nutmeg
* 2 tablespoons of parsley
* Salt
* 12 g of chives

To grease the mold:

* 10 g of butter
* 2 pcs. Garlic cloves

The entire recipe has:

3869 kcal 284 g of carbs 163 g of protein 242 g of fat

Boil the potatoes in salted water and cool (you can boil them the day before). Slice the mushrooms into thicker slices. In a frying pan, melt 1/2 tablespoon of butter and fry the mushrooms. At the end, season with salt and pepper and add 1/2 tablespoon of chopped parsley. Put the lightly browned mushrooms on a plate. Dice the onions. Rub the frying pan with a paper towel, heat up 2 tablespoons of olive oil and sauté the onion. Transfer it to a separate plate. Dice the sausage. Then heat a tablespoon of oil in a frying pan and brown the sausage. Grate the cheese over large meshes. Slice the potatoes. Brush the bottom and sides of an ovenproof dish with butter and garlic cloves pressed through the press.

Put in layers in the form:

- 1/3 slices of potatoes, lightly salt them,

- sausage,

- onions,

- 1/3 cheese, grated,

- 1/3 slices of potatoes,

- champignons,

- 1/3 cheese, grated,

- 1/3 slices of potatoes, lightly salt them and sprinkle with sweet and hot peppers.

Using a whisk, mix: egg, cream, milk, vegeta, pepper, a pinch of nutmeg and 1.5 tablespoons of chopped parsley. Pour the mixture over the potatoes. Preheat the oven to 200 ° C. Bake for about 20 minutes, covered, then sprinkle the top with the rest of the cheese and bake for another 15 minutes without the lid. After taking it out, sprinkle the casserole with chopped chives and let it set for about 10 minutes.

STRAWBERRY - RASPBERRY COCKTAIL

Portions – 3

Category – others

Price – 5

Ingredients:

* 200 g of strawberries
* 200 g of raspberries
* 400 g of natural buttermilk
* 45 g of multiflorous honey

The entire recipe has:

454 kcal 95 g of carbs 18 g of protein 7 g of fat

Put the washed fruit into the blender cup, pour the buttermilk and add the honey. Blend everything thoroughly.

# **PIZZERINKI with SALAMI**

Portions – 3

Category – party

Price – 6

Tomato sauce:

* 1 teaspoon of olive oil
* 0.3 pcs. Onions
* 200 g of organic tomato passata
* 15 g of mild ketchup
* Salt
* black pepper (ground)
* 1 pinch of sugar
* cut wild garlic
* basil (rubbed)
* oregano (grated)

Pie:

* 250 g of wheat flour, type 450
* 1 teaspoon of salt
* 25 g of fresh yeast
* 0.5 teaspoons of sugar
* 160 g of warm water
* 1 tablespoon of olive oil

Ingredients:

* 100 g of salami
* 150 g mozzarella cheese
* oregano (grated)

The entire recipe has:

1981 kcal 209 g of carbs 86 g of protein 89 g of fat

Tomato sauce:

Heat the olive oil in a saucepan, add the diced onion (1/4) and saute it. Then add the passata, a tablespoon of ketchup and season with salt, pepper, a pinch of sugar, wild garlic, basil and oregano. Cook over low heat for a few minutes. Optionally, you can blend the sauce.

Pie:

Pour flour and salt into a bowl, mix. Prepare the leaven: add yeast, sugar and 60 g of warm water to a bowl - mix until the yeast dissolves. Then add 3 tablespoons of flour (from a measured portion) and mix roughly. Set aside for 10 minutes to rise. Pour the solution into a bowl and gently mix it with the flour. Pour the rest of the warm water (100 g) and combine the ingredients. Shape the dough into a ball, then cover it with a cloth and let it rest for 5 minutes. Then knead the dough for 3 minutes, add the olive oil and knead for a further 7 minutes until the dough is smooth and elastic. Sprinkle the top of the dough with flour lightly, cover the bowl with a cloth and set aside for 1 hour to rise. Put the risen dough on a pastry board sprinkled with flour, knead it lightly and shape it into a ball. Roll out into a rectangle with dimensions of about 30x40 cm (the dough will shrink, so after rolling out a small rectangle, wait 2-3 minutes and then continue, then the dough will roll out better). Brush the dough with tomato sauce (leaving the edge free), spread the diced salami, sprinkle with grated cheese and a little oregano. Roll the dough into a roll, cut into about 20 parts (it may be less, depending on the length of the roll). Place the pizzerias on a baking tray lined with baking paper. Set aside for 25-30 minutes to rise. At the end of rising, heat the oven to 220 ° C. Bake for 15 minutes (up-down option, for the last 2 minutes you can switch to hot air to make the buns brown nicely).

CHEESE DUMPLINGS

Portions – 5

Category – other

Price – 7

Stuffing:

* 460 g granny semi-fat cottage cheese
* 16 g of vanilla sugar
* 25 g of cane sugar
* 1 pc. Egg yolks (size L)

Pie:

* 40 g of butter
* 420 g of wheat flour type 450
* 1 pinch of salt
* 1 pc. Egg yolks (size L)
* 180 g of warm water

To be served:

* 40 g of butter
* sugar cane

The entire recipe has:

2832 kcal 360 g of carbs 120 g of protein 101 g of fat

53 dumplings came out of this recipe.

Prepare the stuffing.

In a bowl, put all the ingredients for the stuffing: cottage cheese, vanilla sugar, cane sugar, yolk. Mash everything with a potato masher or fork and mix.

Prepare the dough.

In a saucepan, melt 2 tablespoons of butter (40 g). Pour the flour into a large bowl, add salt and mix. Pound in the yolk, pour the melted butter, mix everything roughly with a spoon. Pour in warm water, mix everything with a spoon again, and then knead a smooth, elastic dough (it is best to put the dough on a dough during the process and finish kneading there). Cover the bowl with the dough with foil so that it does not dry out. Cut a piece of dough and roll it out thinly on a board sprinkled with additional flour. With a rim or a glass with a diameter of 7 cm, cut out circles, put the stuffing and glue the edges carefully.

Cooking.

In a large pot, bring water to a boil with a teaspoon of salt and a tablespoon of oil. Toss the dumplings in batches, a dozen or so pieces and stir gently so that they do not stick to the bottom. From the moment they emerge, cook for about 3 minutes over medium heat. Remove the dumplings with a slotted spoon. For serving: melt 2 tablespoons of butter again in a saucepan. Pour butter and sugar over the drained dumplings. Dumplings can also be served with e.g. cream and sugar, fruit, fruit mousse, whipped cream, etc.

Vanilla Ice – Cream

Portions – 8

Category – dessert

Price – 5

Ingredients:

* 5 pcs. Egg yolks (size L)
* 1 pinch of salt
* 150 g of fine white sugar
* 250 g of milk 3.2%
* 500 g cream 30%
* 2.5 teaspoons of vanilla extract

The entire recipe has:

2535 kcal 179 g of carbs 35 g of protein 186 g of fat

Pour 5 large yolks into a metal bowl, add a pinch of salt, add sugar. Mix with a whisk until smooth, shiny, light yellow. Put it down. In the meantime, pour the whole milk and cream into a saucepan with a thick bottom, mix and heat over medium heat until it starts to boil gently and small bubbles appear all over the surface. Take it off the fire immediately. Pour a ladle of boiled milk into the yolks, stirring constantly with a whisk. When the ingredients are fully combined, pour in another ladle of milk and mix again until combined. Then slowly pour in the rest of the milk, stirring constantly. Finally, add the vanilla extract (or seeds from 1 vanilla pod), mix. Cool the mixture. Preferably in an ice bath, i.e. by placing the hot bowl in a larger bowl filled with ice. The cream should be stirred from time to time, after approx. 15 minutes it should be cooled down. Cover the bowl with foil and put it in the fridge overnight. After cooling for a few hours, blend the cream on medium speed. Cover with foil and put in the freezer. While cooling, mix approximately every 30 minutes for the first 3 hours to prevent the formation of ice crystals and the ice cream to be more fluffy. Freeze.

Waffles

Portion – 16

Category – dessert

Price – 4

Ingredients:

* 4 pcs eggs (L)
* 1 pinch of salt
* 0.5 cups of sugar
* 16 g of vanilla sugar
* 0.5 cups of rapeseed oil
* 3 cups of wheat flour type 450
* 1 teaspoon baking powder
* 1.8 glasses of sparkling mineral water

The entire recipe has:

3,516 kcal 475 g of carbs 79 g of protein 143 g of fat

Recipe for approx. 16 pieces.

Prepare two bowls, separate the egg whites from the yolks. Beat the egg whites until stiff with a pinch of salt. In the second bowl, fluff the egg yolks with the sugar. Then add the oil while mixing continuously. Add the flour and a level teaspoon of baking powder. Pour in the water (1 and 3/4 cups) and mix it all together. Add whipped proteins to the mass and gently mix with a spoon or mix briefly at the lowest speed until a uniform consistency is obtained. High-power waffle iron (at least 1400 W - this is the only place where crispy waffles will come out) heat up well, lubricate with oil with a brush, pour a portion of the mass and bake for about 7-8 minutes, without opening the waffle iron while baking. Waffles should be crispy and browned. Serve hot.Serve with e.g. powdered sugar, whipped cream, fruit, preserves, etc.

Apple Pie

Portions –

Category – dessert

Price - 9

Shortcrust pastry:

* 600 g of wheat flour type 450
* 1 teaspoon baking powder
* 1 teaspoon of baking soda
* 150 g of powdered sugar
* 250 g of butter
* 3 pcs of egg yolks (size L)
* 1 tablespoon of cream 18%

Additionally:

* 0.5 tablespoons of breadcrumbs

Apple Muse:

* 1 teaspoon of butter
* 1000 g of apples
* teaspoon ground cinnamon

Whipped proteins:

* 3 pcs. Of proteins (size L)
* 1 pinch of salt
* 2 tablespoons of sugar

For sprinkling:

* powdered sugar

The entire recipe has:

5479 kcal 745 g of carbs 91 g of protein 244 g of fat

Ingredients for a form with dimensions of 24 x 28 cm.

In a large bowl, combine flour, baking powder, baking soda, and powdered sugar. Add cold butter, cut into pieces and chop with a shortcake (or a sharp knife) until crumble. Add egg yolks, a large spoon of cream and knead briefly until combined. Form the dough into a cylinder, cover the bowl with cling film and put it in the fridge. Slice 1 kg of peeled apples (you can add more apples depending on your preferences). In a thick-bottomed pot, heat a small teaspoon of butter, add apples and fry, covered, for several minutes, stirring occasionally. The apples should soften and begin to fall apart slightly. At the end, add the cinnamon and mix. A form measuring 24 x 28 cm with baking paper. Preheat the oven to 165 ° C (hot air). On a dough sprinkled with flour, roll out most of the dough and put it into the mold. Pierce the dough with a fork. Put in the oven and bake for 10 minutes. Meanwhile, beat the egg whites with a pinch of salt. Add sugar and mix until the foam is stiff and shiny. Remove the baked bottom from the oven, you can sprinkle it with breadcrumbs immediately, put warm apples on it, whipped foam and mash the rest of the dough on large meshes (spread the dough evenly with a fork). Put in the oven and bake for about 30 minutes until golden brown. Sprinkle the cooled cake with powdered sugar.

BANANA AND GRAPES COCKTAIL

Portions – 2

Category – drinks

Price – 2

Ingredients:

* 370 g of natural yoghurt
* 200 g of bananas
* 100 g of green seedless grapes

The entire recipe has:

507 kcal 80 g of carbs 21 g of protein 12 g of fat

Wash the grapes. Peel the bananas and divide them into pieces. Add the yogurt, banana pieces and grapes to the blender container. Blend everything.

Sandwiches with cottage cheese, pickled cucumber and chives

Portions – 1

Category – others

Price – 3

Ingredients:

* 125 g of semi-skimmed cottage cheese
* 1 tablespoon of natural yoghurt
* 1 pc. Pickled cucumbers
* 1 tablespoon of chives
* black pepper (ground)
* Himalayan salt
* 1 handful of lamb's lettuce
* 1 pcs. Buns with sunflower seeds

The entire recipe has:

368 kcal 42 g of carbs 30 g of protein 8 g of fat

Mash the curd with a fork in a bowl, then mix it with the yoghurt. Dice the cucumber and add to the cottage cheese. Add the finely chopped chives. Mix. Put the cottage cheese paste on the bun, season with pepper and salt. Add the lamb's lettuce.

Yoghurts pancakes with banana

Portions – 2

Category – party

Price – 2

Ingredients:

* 1 pcs of bananas
* 180 g of natural yoghurt
* 1 pc. Eggs (L)
* 0.5 teaspoons ground cinnamon
* 75 g of spelled cake flour type 450

For frying:

* canola oil

The entire recipe has:

576 kcal 86 g of carbs 28 g of protein 13 g of fat

This recipe gives 11 little pancakes.

Put the peeled banana in a bowl and mash it with a fork. Then add the yogurt, egg and cinnamon - mix until smooth with a whisk. Add the flour and mix everything again. Fry in a hot pan with a little oil (or in a dry, non-stick pan). Put a tablespoon of the mass on one cake, brown on both sides.

Chocolate cake

Portions – 12

Category – dessert

Price - 10

Cake – bottom:

* 150 g of butter
* 50 g of dark chocolate
* 5 eggs (L)
* 1 tablespoon of dark cocoa
* 1 pinch of salt
* 170 g of fine white sugar

Chocolate mousse:

* 100 g of butter
* 100 g of dark chocolate
* 3 pcs. Eggs (L)
* 1 tablespoon of dark cocoa
* 1 pinch of salt
* 100 g of fine white sugar
* 2 teaspoons of dessert gelatin
* 80 g of water

The entire recipe has:

4914 kcal 381 g of carbs 86 g of protein 331 g of fat

Cake – bottom:

Preheat the oven to 180 ° C (top and bottom). A form with a diameter of 24 cm parchment paper.

To a pot with a thick bottom, add the chopped butter and chocolate broken into cubes, melt the whole thing over the low heat, stirring constantly. Cool. Mix the yolks with cocoa, then add them to the cooled chocolate mass and briefly blend / mix with a spoon. Beat the egg whites with a pinch of salt until stiff, then add sugar in small batches, mixing all the time. Whisk for about 2 minutes more, until the foam is stiff and shiny. Gently combine the whipped proteins with the chocolate mass - mix with a spoon. Pour the mass into the mold and bake for 25 minutes (do not bake the cakes any longer, because the chocolate will have a bitter aftertaste). Let the dough cool, leave it in the form. The dough will settle down, the cavity should be filled with chocolate mousse.

Chocolate mousse:

To a pot with a thick bottom, add the chopped butter and chocolate broken into cubes, melt the whole thing over the low heat, stirring constantly. Cool. Mix the yolks with cocoa, then add them to the cooled chocolate mass and briefly blend / mix with a spoon. Beat the egg whites with a pinch of salt until stiff, then add sugar in small batches, mixing all the time. Whisk for about 2 minutes more, until the foam is stiff and shiny. Dissolve the gelatin in water, cool it and mix it thoroughly with the chocolate mass (you can mix it briefly). Then gently stir in the beaten egg whites with a spoon. Pour the mass into the center of the baked bottom. Put in a cool place or refrigerator for a few hours. The dough sets fairly quickly.

Tomato soup

Portions – 3

Category – dinner

Price – 5

Ingredients:

* 1 tablespoon of olive oil
* 1 pc. Onion
* 1 clove of garlic
* 680 g of organic tomato passata
* 1 pc of organic vegetable stock cubes
* 700 g of boiling water
* 1 teaspoon of cane sugar
* 2 pinches of Himalayan salt
* 1 pinch of black pepper (ground)
* dried basil
* parsley
* 120 g of long grain white rice

The entire recipe has:

804 kcal 149 g of carbs 19 g of protein 15 g of fat

Dice a large onion (or two smaller ones). Heat the oil in a pot, add the onion, pressed garlic and lightly brown. Make a passata. Pour the broth cube with boiling water and mix until dissolved. Combine the broth with the passata. Season the soup with sugar, salt, pepper and a flat teaspoon of basil. Boil it all for a while. Add chopped parsley as desired. Boil the rice in salted water, according to the instructions on the package.

FRIED COD WITH POTATO AND COLESLAW SALAD

Portions – 2

Category – dinner

Price – 10

Fish :

* 240 g of Atlantic cod (fillet without skin)
* Salt
* black pepper (ground)
* lemon pepper

Breadcrumbs:

* 10 g of wheat flour, type 450
* 1 pc. Eggs (S)
* 30 g of breadcrumbs

For frying:

-canola oil

Additionally:

* Lemon

Potatoes:

* 350 g of potatoes
* 0.5 teaspoons of butter
* Dill

Coleslaw salad:

* 200 g of white cabbage (head)
* 60 g of carrots
* 40 g of onion
* 0.3 teaspoons of salt
* 0.3 teaspoons of black pepper (ground)
* 1 teaspoon of lemon juice
* 1 teaspoon of apple cider vinegar
* 60 g of Kielce mayonnaise
* 5 g of multiflorous honey

The entire recipe has:

1174 kcal 123 g of carbs 64 g of protein 52 g of fat

In a bowl, combine all the ingredients for the salad:

- finely shredded cabbage,

- carrots grated on coarse meshes,

- finely diced onion,

- salt,

- pepper,

- lemon juice,

- Apple vinegar,

- Mayonnaise,

- honey.

Boil the peeled potatoes in salted water (cook until soft, about 20-25 minutes). Drain, brush with butter and sprinkle with chopped dill. Wash frozen cod in lukewarm water (it does not need to be defrosted beforehand), dry it with a paper towel. Sprinkle with salt (or Vegeta) and black and lemon pepper on both sides. Coat the fish in flour, beaten egg with salt and pepper, and then in breadcrumbs. Heat the oil in a frying pan. Fry the fish for a few minutes on each side until golden brown. Put the fried fish on a plate lined with a paper towel to drain the excess fat. Serve the fish with a lemon wedge.