Recipes  
  
  
SET IDENTITY\_INSERT [dbo].[Recipes] ON

INSERT INTO [dbo].[Recipes] ([Id], [Category], [EXP], [LevelOfDiff], [Image], [Name], [YouTubeURL], [Ingredients], [Preparation]) VALUES (1, N'French', 10, 1, N'http://assets.marthastewart.com/styles/wmax-520-highdpi/d13/break\_01495\_t/break\_01495\_t\_vert.jpg?itok=9ViVaN4J', N'French Toast', N'r1ZLSbQ0r0I ', N'What you''ll need:<br/> 6 sliced Texas toast or thick cut bread:<br/> 2 large eggs:<br/> 1/4 cup milk or cream:<br/> 1 tsp sugar:<br/> 1/4 tsp cinnamo:<br/>n pinch of sal:<br/>t splash of vanilla extract:<br/> butter and vegetable oil for cooking', N'Watch The Video Please :D')

INSERT INTO [dbo].[Recipes] ([Id], [Category], [EXP], [LevelOfDiff], [Image], [Name], [YouTubeURL], [Ingredients], [Preparation]) VALUES (4, N'Italian', 10, 1, N'https://be35832fa5168a30acd6-5c7e0f2623ae37b4a933167fe83d71b5.ssl.cf3.rackcdn.com/1711/spaghetti-carbonara\_\_hero.jpg', N'Spaggehti Carbonara', N'3AAdKl1UYZs ', N'Serves Serves 2 (good portions)<br/>

220g Spaghetti or Spaghettoni (the largest spaghetti) )<br/>

25g Guanciale (the cheek of the pork) or pancetta (Italian bacon) cut into small cubes. )<br/>

2 tbsp olive oil)<br/>

2 eggs)<br/>

50g Parmesan cheese (or aged pecorino) freshly grated. )<br/>

Freshly ground black pepper. )<br/>

', N'Cook the pasta in a large pan of boiling salted water until al dente. <br/><br/>

Meanwhile, heat the oil in a pan and fry the guanciale or pancetta until crisp. <br/> Lightly beat the eggs in a large bowl with the grated cheese and pepper. <br/> When the pasta is ready, drain and add to the pan with the guanciale. Then mix well to coat everything. Take off the heat. <br/>Allow to cool slightly. <br/> Then add the egg and cheese mixture. Stir to coat the pasta and serve immediately.

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INSERT INTO [dbo].[Recipes] ([Id], [Category], [EXP], [LevelOfDiff], [Image], [Name], [YouTubeURL], [Ingredients], [Preparation]) VALUES (2, N'French', 20, 2, N'http://www.pbs.org/food/wp-content/blogs.dir/2/files/2016/02/ratatouille-10-602x401.jpg', N'Ratatouille

', N'3r8\_s-IV4kc ', N'Prep time-

35 mins )<br/>

Cook time-

2 hours)<br/>

Total time-

2 hours 35 mins)<br/>)<br/>)<br/>

Roasted Pepper Sauce (Double the recipe if desired)<br/>

• 2 bell peppers (1 red and 1 yellow) )<br/>

• 2 medium tomatoes)<br/>

• 1 onion)<br/>

• 1 tbsp grapeseed oil)<br/>

• salt and pepper)<br/>

Vegetables)<br/>

• 2 medium zucchinis)<br/>

• 2 small eggplants)<br/>

• 3-4 medium tomatoes)<br/>

Herbal Seasoning)<br/>

• 2-3 tbsp grapeseed oil)<br/>

• 2-3 garlic cloves, minced)<br/>

• ¼ cup fresh dill, chopped)<br/>

• ¼ cup fresh parsley, chopped)<br/>

• salt and pepper)

', N'Roasted Pepper Sauce<br/>

1. Preheat the oven to 180C/350F. Place whole peppers on a baking tray and roast for 40-45 minutes until they become soft.<br/>

2. Place roasted peppers in a bowl. Cover and let cool for about an hour. <br/>

3. Meanwhile, peel the tomatoes and roughly chop them with the onion. <br/>

4. After an hour, peel and core the peppers with your hands. Cut into small pieces. <br/>

5. Heat oil in a large pot. Then, add onion and cook for 4-5 minutes over medium heat until it becomes translucent. <br/>

6. Add cut peppers and cook for 2-3 minutes. <br/>

7. Add tomatoes to the pot and season the sauce with salt and pepper. Continue cooking for 5-7 minutes until the sauce thickens up. <br/>

8. Place the sauce in a blender and blend until smooth. <br/>

Vegetables<br/>

1. Thoroughly wash and dry the vegetables. Using a sharp knife or a mandolin slicer, cut zucchinis, eggplants and tomatoes into circles that are ½ inch thick. <br/>

Herbal Seasoning<br/>

1. Combine all ingredients in a small bowl and mix well. <br/>

Assembling the Ratatouille<br/>

1. To assemble the Ratatouille, preheat the oven to 180C/350F and pour the sauce into the casserole. Place sliced vegetables along the outer edge of the dish alternating them to create a pattern. Add as many slices as needed to fill the gap in the middle. <br/>

2. Pour the herbal seasoning over the vegetables and cover the casserole dish with a lid or a piece of parchment paper. Bake for about an hour. <br/>

3. To serve, add roasted vegetables to each plate with a generous amount of the sauce. Sprinkle fresh herbs on top if desired.

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INSERT INTO [dbo].[Recipes] ([Id], [Category], [EXP], [LevelOfDiff], [Image], [Name], [YouTubeURL], [Ingredients], [Preparation]) VALUES (5, N'Italian', 20, 2, N'http://www.dabruno.com/imagenes-restaurante-italiano-marbella/pagina/163-pizza-margherita-history-about-pizza-mar-2.jpg', N'Pizza', N'sNvYjienS6Y ', N'- 4 2/3 cups Flour <br/> - 1 3/4 cups Warm Water <br/> - 1 packet Dry Yeast <br/> - 2 tbsp Extra Virgin Olive Oil <br/> - 1 tbsp Salt', N'Watch The Video Please :D')

INSERT INTO [dbo].[Recipes] ([Id], [Category], [EXP], [LevelOfDiff], [Image], [Name], [YouTubeURL], [Ingredients], [Preparation]) VALUES (7, N'General', 10, 1, N'http://www.daringgourmet.com/wp-content/uploads/2014/03/Schnitzel-7\_edited.jpg', N'Schnitzel', N'UsjoGLSztic ', N'The amount of each will depend on how much you make <br/> . - Meat (veal, mutton, chicken, beef, turkey, or pork) <br/> - Egg <br/> - Black pepper <br/> - Salt <br/> - Flour <br/> - Plain breadcrumbs <br/> - Cooking oil <br/> - Paprika', N'Watch The Video Please :D')

INSERT INTO [dbo].[Recipes] ([Id], [Category], [EXP], [LevelOfDiff], [Image], [Name], [YouTubeURL], [Ingredients], [Preparation]) VALUES (8, N'General', 25, 2, N'https://i.ytimg.com/vi/wq3Bg0RPy8c/maxresdefault.jpg', N'Sirloin Steak With a Balsamic & Rosemary Sauce', N'wq3Bg0RPy8c ', N'

1 eight ounce center cut sirloin steak <br/>

1/3 cup balsamic vinegar <br/>

1/2 cup extra virgin olive oil + 1 tablespoon<br/>

2 tablespoons finely chopped fresh rosemary<br/>

1/2 portobello mushroom, gills removed and thinly sliced<br/>

4 strips of thinly sliced bacon<br/>

9 pearl onions, ends and skin removed<br/>

1 tablespoon of finely minced garlic<br/>

2 gold Yukon potatoes, thinly sliced and submerged in water in a large bowl<br/>

Kosher salt and fresh cracked pepper to taste<br/>

', N'In a large bowl, whisk together balsamic vinegar, 1/2 cup of olive oil and rosemary. Submerge the steak into the marinade and place in the refrigerator for 20 minutes. <br/><br/>

Place two separate large sauté pans on high heat and in one pan add 1 tablespoon of olive oil until it begins to smoke. Remove the potatoes from the water and place in the pan with the olive oil along with the pearl onions.

<br/><br/>

In the other hot pan add in the bacon and cook until crispy. Once the bacon is crispy add in the garlic and sliced portobello mushrooms.

<br/><br/>

When the potatoes are golden brown (10 minutes) and almost finished add the bacon, garlic and portobello mixture to the caramelized potato and onion pan and let cook for a further 6-8 minutes.

<br/><br/>

While the potatoes are finishing cooking remove the steak from the marinade and season both sides with salt and pepper.

<br/><br/>

Place the steak on a hot grill on high heat and cook on each side for 3-4 minutes to achieve a medium-rare temperature. The potatoes should be finished at the same time the steak is done cooking.

<br/><br/>

Serve the steak on top of the bacon potato hash and garnish with a fresh rosemary sprig.<br/><br/> For this recipe you should watch to what level you should make the <a href="Recipe.aspx?Id=12">Sirloin Steak

</a>

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INSERT INTO [dbo].[Recipes] ([Id], [Category], [EXP], [LevelOfDiff], [Image], [Name], [YouTubeURL], [Ingredients], [Preparation]) VALUES (9, N'Desserts', 10, 1, N'http://www.carine.co.il/Media/Image/%D7%98%D7%A8%D7%99%D7%A7%D7%95%D7%9C%D7%93%20%D7%91%D7%99%D7%A1%D7%A7%D7%95%D7%95%D7%99%D7%98%D7%99%D7%9D.jpg', N'Biscuit Triple Chocolate Mouse Cake', N'EbNvk4TqxTc ', N'להמסת 3 סוגי שוקולד (בנפרד): <br/>

100 גרם שוקולד מריר מילקה, שבור לקוביות<br/> 100 גרם שוקולד חלב מילקה, שבור לקוביות<br/> 100 גרם שוקולד לבן, שבור לקוביות<br/> 6 כפות חלב (2 כפות לכל סוג שוקולד) <br/><br/> לקצפת וניל (תוספת למוסים): <br/>

שניים וחצי מיכלי שמנת מתוקה (625 מ"ל) <br/>

1/2 כוס חלב (120 מ"ל) <br/>

1/4 כוס סוכר (50 גרם) <br/>

1 חבילה אינסטנט פודינג וניל (80 גרם)

<br/><br/> לשכבות ביסקוויטים: <br/>

שרוול עוגיות פתי בר שוקולד (250 גרם) <br/>

1/2 כוס חלב, להברשה (120 מ"ל) <br/><br/>

לציפוי: <br/>

1/2 מיכל שמנת מתוקה (125 מ"ל) <br/> 100 גרם שוקולד מריר מילקה

', N'ממיסים 3 סוגי שוקולד (בנפרד): <br/>

מכינים 3 קערות די גדולות (שיהיה מקום לתוספת הקצפת בהמשך) ומניחים בכל קערה סוג אחר של שוקולד. <br/>מוסיפים לכל קערה 2 כפות חלב. <br/>

מחממים כל קערה (בנפרד) במיקרו עד להמסה ומערבבים את השוקולד שבתוכה לאיחוד.

<br/>מצננים לטמפ'' החדר (חשוב!).

<br/><br/>

מכינים קצפת וניל ומקפלים עם תערובות השוקולד:

<br/> במיקסר מקציפים שמנת מתוקה (2 וחצי מיכלים) עם חצי כוס חלב, סוכר ואינסטנט פודינג וניל לקצפת רכה.

<br/>מחלקים את הקצפת באופן שווה (לפי העין, לא נורא אם זה לא ממש מדויק) בין 3 הקערות ומערבבים לאיחוד (כל קערה בנפרד – יתקבלו 3 מוסים בצבעים שונים)

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<br/><br/>

מסדרים שכבות ביסקוויטים ומוס, מקפיאים להתייצבות:

<br/> משמנים את התבניות.

<br/> משטחים מחצית מהמוס הלבן בכל תבנית.

<br/>מסדרים פתי בר בשורה מעל המוס הלבן.

<br/>מברישים במעט חלב.

<br/>משטחים מעל את מוס השוקולד-חלב (מחצית ממנו בכל תבנית)

<br/>. שוב מסדרים פתי בר בשורה מעל המוס ומברישים בחלב

<br/>. משטחים מעל את מוס השוקולד המריר (מחצית ממנו בכל תבנית), מסדרים שכבת פתי בר אחרונה מעל ומברישים בחלב.

<br/>מעבירים למקפיא להתקשות למשך הלילה (מינימום 6 שעות).

<br/><br/>

מצפים ומגישים:

<br/> אחרי שהעוגות קפאו לגמרי והתקשו, מכינים את הזיגוג - מחממים במיקרו או על בסיר האש חצי מיכל שמנת מתוקה לסף רתיחה.

<br/>מוסיפים שוקולד מריר ומערבבים להמסה.

<br/>מצננים מעט.

<br/>מוציאים מהמקפיא את העוגות ומפרידים בידיים את הדפנות של כל תבנית מהעוגה.

<br/>הופכים כל עוגה על מגש ומסירים את התבנית.

<br/>מוזגים את זיגוג השוקולד מעל העוגות ומורחים קלות בעזרת גב של כף, עד שהזיגוג זולג על הדפנות.

<br/>שומרים במקפיא.

<br/>שעתיים-שלוש לפני ההגשה מעבירים למקרר, להפשרה.

<br/>פורסים בסכין טבולה במים רותחים (טובלים ומנגבים בין חיתוך לחיתוך) ומגישים.

<br/> שומרים במקרר (לא מקפיאים שוב).

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INSERT INTO [dbo].[Recipes] ([Id], [Category], [EXP], [LevelOfDiff], [Image], [Name], [YouTubeURL], [Ingredients], [Preparation]) VALUES (10, N'Desserts', 25, 2, N'https://encrypted-tbn1.gstatic.com/images?q=tbn:ANd9GcQOMQ5qgJqhHaZqWr\_CE2x5pgwjW5WdLDEY\_BplsMqLWod7Lcxx', N'Souffle', N'FWqfkUEWOTg ', N'(2 dishes) </br>

melted butter and sugar to prep ramekins</br>

1 tablespoon butter</br>

1 tablespoon flour</br>

1/4 cup plus 1 teaspoon cold milk</br>

pinch salt</br>

pinch cayenne</br>

2 ounces dark chocolate (I like something around 70%)</br>

1 large egg yolk</br>

2 large egg whites</br>

pinch cream of tartar (you can use a few drops of lemon juice or vinegar instead) </br>

1 tablespoon white sugar, added in 3 additions

', N'Watch The Video Please :D<br/><br/> For this recipe you should try and add some <a href="Recipe.aspx?Id=11">Whipped Cream

</a>')

INSERT INTO [dbo].[Recipes] ([Id], [Category], [EXP], [LevelOfDiff], [Image], [Name], [YouTubeURL], [Ingredients], [Preparation]) VALUES (11, N'Basics', 0, 0, N'https://pioneerwoman.files.wordpress.com/2015/11/homemade-whipped-cream-4-ways-00a.jpg', N'Whipped Cream', N'OPDbvKAJqYI ', N'A container of cream(heavy cream)<br/> 1tbsp Vanilla Extract<br/>2 tbsp of suger', N'1. Use cold cream – Cream has to be cold to whip. If it is not cold from the fridge it is very hard to get it to whip to stiff peaks. </br></br>

2. Chill your bowl – If you live in a particularly warm or humid climate, chill your bowl in the fridge. This will help the cream to stay cold while whipping. </br></br>

3. Under whip rather than over whip –It’s better to under whip then over whip. Over whipping cream can separate and make butter. </br></br>

4. Keep a close eye – Never walk away from a machine while cream is whipping or you will make butter. Once it eventually starts to thicken it will thicken quite fast.')

INSERT INTO [dbo].[Recipes] ([Id], [Category], [EXP], [LevelOfDiff], [Image], [Name], [YouTubeURL], [Ingredients], [Preparation]) VALUES (12, N'Basics', 0, 0, N'http://img.mako.co.il/2014/07/16/sirloin\_c.jpg', N'Sirloin Steak', N'j3s0R5oXm1Q ', N'A piece of steak(200-400g)<br/>Some salt and black pepper or anything you like :)', N'Watch The Video Please :D')

SET IDENTITY\_INSERT [dbo].[Recipes] OFF

Recipes

CREATE TABLE [dbo].[Recipes] (

[Id] INT IDENTITY (1, 1) NOT NULL,

[Category] NVARCHAR (50) NOT NULL,

[EXP] INT NOT NULL,

[LevelOfDiff] INT NOT NULL,

[Image] NVARCHAR (1000) NULL,

[Name] NVARCHAR (50) NULL,

[YouTubeURL] NCHAR (1000) NULL,

[Ingredients] NVARCHAR (4000) NULL,

[Preparation] NVARCHAR (4000) NULL

);

CREATE TABLE [dbo].[UsersData] (

[Id] INT IDENTITY (1, 1) NOT NULL,

[FirstName] NVARCHAR (50) NOT NULL,

[LastName] NVARCHAR (50) NOT NULL,

[Email] NVARCHAR (50) NOT NULL,

[Password] NVARCHAR (50) NOT NULL,

[EXP] INT DEFAULT ((0)) NOT NULL,

PRIMARY KEY CLUSTERED ([Id] ASC)

);