

# RECEIPE BOOK



# Vinegrete.



- -500 gr. carrots
- -500 gr. beetroots
- -500 gr. potatoes
- -500 gr. sour cabbage
- -1 can. of pea
- -2 spoons off oil
- -Salt, pepper

- Boil carrot, potatoes and beetroot.
- Dice the vegetables.
- Mix boiled vegetables with cabbage.
- Add oil, salt and pepper.

Have a good appetite!



# Holiday Chicken Salad



- 4 cups cubed, cooked chicken meat
- 1 cup mayonnaise
- 1 teaspoon of paprika
- 1 1/2 cups of dried cranberries
- 1 cup of chopped celery
- 2 green onions, chopped
- 1/2 cup of minced green bell pepper
- 1 cup of chopped pecans
- 1 teaspoon of seasoning salt
- ground black pepper to taste

- In a medium bowl, mix mayonnaise, paprika and seasoned salt.
- Blend in dried cranberries, celery, bell pepper, onion, and nuts.
- Add chopped chicken, and mix well.
- Season with black pepper to taste.
- Chill 1 hour.



# Crab Salad



- 2 Tablespoon of Lemon juice
- 2 Tablespoon of Mayonnaise
- 2 Tablespoon of Natural yogurt
- 450 Gram of Crab meat (1 lb)
- 1 Cucumber, diced
- 4 Tomatoes, skinned and cubed
- 110 Gram of Pasta shells, cooked (4 oz)
- 1 Lettuce, shredded
- Cucumber and lemon slices, to garnish

- Mix the lemon juice, mayonnaise and yogurt.
- Combine the dressing with the remaining ingredients except the lettuce.
- Serve the crab salad on a bed of shredded lettuce.
- Garnish with cucumber and lemon slices and accompany with brown bread and butter.
- If you are using fresh crabs in their shells you will need two large crabs to produce the weight specified.
- The dish looks good garnished with crab claws.



# Grilled Cheese Sandwich



- 4 slices white bread
- 3 tablespoons of butter, divided
- 2 slices of Cheddar cheese

- Preheat skillet over medium heat.
- Generously butter one side of a slice of bread.
- Place bread butter-side-down onto skillet bottom and add 1 slice of cheese.
- Butter a second slice of bread on one side and place butter-side-up on top of sandwich.
- Grill until lightly browned and flip over; continue grilling until cheese is melted.
- Repeat with remaining 2 slices of bread, butter and slice of cheese.



# London Particular (Pea and Ham) Soup



- 15 Gram Butter ( 1/2 oz)
- 50 Gram Streaky bacon, rinded and chopped plus extra fried or grilled pieces for garnish (2 oz)
- 1 Medium Onion, chopped
- 1 Medium Carrot, diced
- 1 Sticks Celery, chopped
- 450 Gram Split dried peas (1 lb)
- 2.3 Litres Ham or Chicken stock (4 pints)
- 4 Tablespoon Natural yogurt

- Melt the butter, add the bacon, onion, carrot and celery.
- Cook for 5-10 minutes until the vegetables have begun to soften.
- Add the peas and stock. Bring to the boil, cover and simmer for 1 hour, until the peas are cooked. Liquidise thoroughly.
- Add the yogurt and reheat gently without boiling.
- Serve garnished with bacon pieces (and croutons if you like).



# Stuffed Chicken



- 1 chicken weighing 1 kg 400 with liver
- 200 g button mushrooms,
- 3 stalks parsley
- 60 g butter,
- 20 g bread
- 700 g potatoes
- salt, pepper.

- Clean and wash the mushrooms. Wash and dry parsley and remove leaves.
- Mince the chicken liver, parsley, chopped mushrooms and bread.
- Preheat the oven at 220°C. Melt 15 g of butter in a frying pan and fry the stuffing for 2 minutes on a moderate heat.
- Add salt and pepper and leave to cool.
- Stuff the chicken with cooled stuffing and sew it up .
- Put the chicken in an oven dish, coat it with 15 g of butter and put in the oven. Cook for 15 minutes.
- Peel and quarter the potatoes. When the chicken has cooked for 15 minutes, arrange the potatoes around it, adding knobs of butter, and leave to cook for a further 35 minutes.



# PELMENI



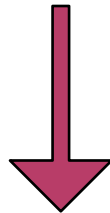
## STUFFING:

- Cut the beef and the pork into pieces. Put them in a bowl.
- Cut 3 onions into small pieces.
- Mince meat and onion in a mincer
- Add some salt and black pepper according to your taste.
- Pour half a glass of cold water.
- Mix ingredients thoroughly.
- Stuffing is ready.

- 2kg beef
- 0.5kg pork
- 3 onions
- black pepper
- salt
- water
- 200 gr flour
- 1 or 2 eggs
- 1 glass of milk
- salt

## DOUGH:

- Screen flour through the sieve.
- Pour milk in a glass.
- Add 2 eggs in milk and mix it thoroughly.
- Pour milk with eggs into flour.
- Knead the dough.
- Take part of it and form it like a sausage.
- Cut it into small pieces.
- Roll each piece in a small flat ring.
- Make several rings.
- Take a teaspoon or a fork and put a little stuffing on a ring





# PELMENI



## COOKING:

- Pour cold water in a saucepan and boil it.
- Add salt and 2-3 laureate leaves into water.
- Throw pelmeni into boiling water.
- Boil them for 5-10 minutes and they appear on the top of the water.
- Take pelmeni out of the water. Use a skeem.
- Enjoy eating pelmeni with soure cream or ketchup or both.



# Pizza



- \* dough;
- \* 2 tomatoes;
- \* a large piece of cheese;
- \* a packet of ham;
- \* mushrooms;
- \* mixed herbs and salt.

- 1. Preheat the oven to 190°C.
- 2. Grate the cheese.
- 3. Slice the ham into small pieces and chop up the tomatoes and mushrooms.
- 4. Place the ham, tomatoes, cheese and mushrooms on dough. Sprinkle the salt and herbs over the top.
- 5. Pop pizza in the oven.
- 6. Bake a lot of minutes and serve



# Traditional Beef Stew



- 900 Gram Chuck steak (2 lb) trimmed and cubed
- 25 Gram Lard (1 oz)
- 2 Medium Onions, diced
- 225 Gram Button mushrooms (8 oz)
- 2 Carrots, sliced
- 1 Sticks Celery, sliced
- 1 Teaspoon English Mustard
- 360 Ml Beer (bitter) (12 floz)
- 1 Sache Bouquet garni
- 2 Tablespoon Plain flour
- 25 Gram Butter, melted (1 oz)

- Pre-heat oven to 150 °C / 300 °F / Gas 2.
- Heat the lard in an oven proof casserole and brown the beef. Add the onions and cook for 3 minutes. Add the remaining vegetables and mustard, cook for 5 minutes.
- Pour in the beer, bring to the boil and turn off the heat. Add the bouquet garni, cover and cook in the oven for 2 hours, checking and stirring every 40 minutes. Add a little water if necessary.
- Mix the flour and butter, stir into the stew to thicken and remove the bouquet garni.



# Crepes with Serrano Ham, Brie and Cantaloupe



- Whirr everything except the ham, cantaloupe, and brie in a blender, pulsing for about 10-15 seconds until combined.
- Refrigerate and let rest for one hour. This batter makes about 20 or so small 7 inch crepes.
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- Put a little butter in a small nonstick skillet on medium heat. When warm, ladle about 1 oz of batter into the pan, swirling around (note that the first one always comes out a little funny, so make it and eat it, or toss it).
- When it's ready to flip (usually about 30-60 seconds), it will be dry on top and crinkly around the edges. Use a rubber spatula to peek if necessary, when it gets close to being ready to flip it will release from the pan.
- Here's a blurry pic of one almost ready to flip.



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