

Błażej Ciepły breakfast, salad, dinner  
and sweets

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# Spis treści:

## Breakfast

-Eggplant

-Tatar sauce

## salads

-grilled potato salad

## lunch

-Baked cauliflower

## -sweets

-marble grandmother

# Breakfast



# Egg paste



## Ingredients:

-2-3 hard-boiled eggs

-addock

-Chive

-Mayonnese

-Salt and pepper

## The recipe:

Grind the eggs and chop chives and radish finely. Add mayonnaise and spices. Stir it.

# Tatar sauce



Ingredients:

-small mayonnaise

-5 eggs

-cebula

- garlic

-tinned cucumbers

-marinated mushrooms

-Salt and pepper

The recipe:

We cook the eggs hard. Chop the eggs, onion, garlic, cucumbers and mushrooms finely. Add pepper, salt and

mayonnaise. Mix the whole thing to combine the ingredients.

# Salads

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# Grilled potato salad



## Ingredients:

-young potatoes

-brokt

-asparagus asparagus

-tomatoes

-Salt, pepper

-for sauce: French mustard, mayonnaise,

## Recipe:

Scour the potatoes, cut them into pieces (I had small potatoes,

so I only cut them in half, some into three parts),

Boil in salted water to a softness, but such,

so that they don't fall apart - we don't want a salad-sandwich.

Divide broccoli into rosettes, cut off the ends of asparagus beans,

# Lunch

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# Baked cauliflower



Ingredients:

- 1.5 glasses of penne pasta
- 1 small cauliflower
- 1 a tall spoon of wheat flour
- 300 ml of milk
- butter tray
- 1 teaspoonful of spicy mustard
- a bit of grated cheese

The recipe:

Cook pasta and cauliflower. Melt the butter in a small pot,

add milk, flour and mustard to the heat-resistant dish.

Pour pasta and cauliflower, pour over the contents of

# Sweets

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# marble grandmother

## Ingredients:

-1/2 glasses of oil

-1/2 glass of water (room temperature)

-250g powdered sugar

-5 eggs

-Lemon oil or zest grated from 1/2 lemon

-300 g wheat flour

-2 and 1/4 teaspoon baking powder

-1 tbsp cocoa

## The recipe:

Oil, water and sugar mix well.

Add one yolk each and a scent. Mix the flour with the powder