Błażej Ciepły breakfast, salad, dinner and sweets

Spis treści:

Breakfast

- -Eggplant
- -Tatar sauce

salads

-grilled potato salad

lunch

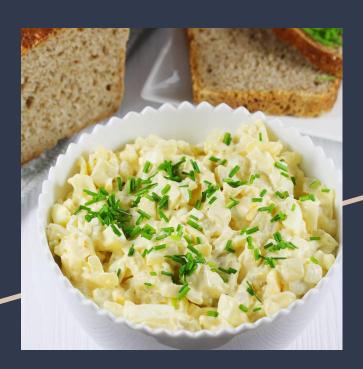
-Baked cauliflower

-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

Grilled potato salad



Ingredients:

-young potatoes

-brokł

-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

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

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