

Alexey Glazyrin

*Russian cooking
for men. Honey
goodies*



Alexey Glazyrin

Russian cooking for men. Honey goodies

*http://www.litres.ru/pages/biblio_book/?art=50284024
ISBN 9785449813930*

Аннотация

Honey is a very tasty, healing and nutritious product consumed by all peoples at all times. It is known that in the Stone Age people already used honey for food. The book contains many recipes for dishes prepared using honey.

Содержание

Chapter one. Just about honey	5
Chapter Two. Sandwiches	20
Chapter Three SALADS	25
HONEY SAUCES AND PASTE	35
Конец ознакомительного фрагмента.	40

Russian cooking for men. Honey goodies

Alexey Glazyrin

© Alexey Glazyrin, 2020

ISBN 978-5-4498-1393-0

Created with Ridero smart publishing system

Russian cooking for men. Honey goodies

Chapter one. Just about honey



get honey from the hive

Each type of honey has its own unique bouquet, specific aroma and taste.

Freshly pumped natural honey, which has not undergone any heating, is a syrupy liquid with a wonderful floral aroma, sweet and pleasant taste (with the exception of tobacco and chestnut, which have a bitter taste). A very liquid consistency is characteristic of white acacia, cypress and clover honey.

Liquid honey, as a rule, happens in the summer (July –

August), during the period of its pumping, after 2—4 months it crystallizes. If honey is liquid in winter or early spring, it means that it was heated or falsified. The exception is white acacia honey, which has not crystallized for quite some time, and heather, which turns into a jelly-like mass. Liquid honey must be mature, that is, contain no more than 20% water. To make sure of this, you need to lower the spoon into honey and remove it. Honey should drain slowly, when you turn the spoon, wrap it with a wide ribbon, and the trickle of honey should not be interrupted. Honey should not foam and exfoliate. Both signs are characteristic of unripe honey or stored at elevated temperatures.

The color of honey can be different: from light to dark with many shades. Light honey – linden, sunflower, raspberry, fireweed, clover, sainfoin, acacia, chestnut and others; dark – buckwheat, heather, stock. The coloring of honey does not play a significant role, however, light is more valued abroad.



Honey comb

The aroma of all kinds of enjoyable honey: from weak to strong without any foreign smell. Honey, coming in a distribution network with MediaStation plants, where it undergoes the appropriate treatment decrystallization (dissolution of crystals), the removal of contained solids and insoluble substances would be liquid. In this case, the honey should be transparent, moreover it should not crystallize within 6—9 months. But the implementation of these processes often allowed overheating and disturbance regimes of sedimentation, which significantly reduces the quality of the product. For therapeutic purposes it is better to use honey, not exposed to heat.

Sales honey should not contain mechanical impurities: crumbs of wax, parts of bees, pollen, larvae, minerals, under which it

is stored worse, it is the crystallization uneven, deteriorating appearance. Honey mixed with the wax when heated, it loses flavor.

Most commercially available multi honey (harvested from several species of plants). The honey, especially in large quantities, should be before the end of the summer. Honey stored in glass or enamelware. Jars of honey should not be kept together with products having a pungent odor (honey quickly absorbs odors) and place in the cheese due to its hygroscopicity.

Do not leave the honey in the light. According to German scientists, the 48-hour stay of honey in the light leads to the destruction therein of biologically active substances. If necessary to use liquid honey, it is obtained by heating in a water bath at a temperature not higher than 40—45° C. When heated to higher temperatures honey loses its medicinal qualities.

In Mature honey water content low enough. Is honey good quality and can be stored for long periods. The water content determined by refractometry. Moisture content of honey should not exceed 20% and higher grades at 17—18%. At higher moisture content present in honey yeast fungi can rapidly multiply, causing fermentation.

The composition of honey, in addition to simple sugars, glucose and fructose, and includes more complex sugars (oligosaccharides). Some types of honey contain up to 10% maltose and disaccharides, and honeydew honey can be up to 18% of raffinose and melezitose (trisaccharide). The content

of sugars is determined by chromatographic techniques. This analysis allows to distinguish flower honey from honeydew and with unquestionable certainty to prove the falsification of honey by industrial glucose.

When honey is exposed to excessive heat contained in it, fructose is partially converted into hydroxymethylfurfural. The same thing happens if the honey has a long shelf life at high room temperature. Thermal degeneration (destruction) of fructose happens in the process of chemical inversion of the sucrose in the production of industrial invert sugar.

Activity diastase is one of the indicators of naturalness of honey. Natural honey under normal conditions of storage contains a number of enzymes of salivary glands of bees and they collect nectar. Important two enzymes: invertase and diastase. Invertase catalyses the cleavage of sucrose (a disaccharide) into glucose and fructose (simple sugars).

A diastase – an enzyme particularly valuable, as its content can be judged on the quality and naturalness of honey. This enzyme catalyzes the breakdown of starch and other polysaccharides to disaccharides. The diastasis is usually present in all types of honey. Its activity is connected with activity of other enzymes, so it is a measure of the total quantity of enzymes in honey. In addition, diastasis – one of the most stable enzymes, therefore its absence or presence in small quantities suggests that the content of the other enzymes is minimal. The diastasis is very sensitive to heat, so it partially or completely inactivated,

by heating honey to temperatures over 50° C or long-term storage (over a year).



bees always work

Diastaza activity of fresh honey can not be lower than 7.0 units, the only exception is honey from the white acacia: the number of 5.5 units Gotha. One year of storage honey diastase number decreases.

When you add in the honey of foreign substances diastatidae activity is reduced, which can be classified as a sign

of falsification of honey. Consequently, activity diastase in honey can detect the falsification of sugar and other substances, as well as its warming up. Quality of honey activity diastase quite high, ranging from 7 to 23 units Gotha (depending on the region of collection of honey). But certain types of honey, for example, Belbakaleya, kipany, lime, sunflower, are characterized by low diastase activity, especially Belbakaleya.

Determination of the activity of diastase based on the ability of this enzyme to break down starch to amyloextrin. The indicator is expressed diastase number (units Gotha), which represents the number of milliliters of 1% starch solution, split diastase contained in 1 g of honey (in terms of dry substance) for 1 hour at 40° C to substances that are not painted with iodine to a blue color.

When honey «bloom»? If the room where the crystallized honey in the banks, the air is very dry and the temperature often fluctuates, he can «bloom», that is perhaps the appearance of white spots. This is because honey loses moisture and shrinks. The added space between the crystals is filled with air, without degrading the properties of the honey.

Not all honey producers and sellers of these products know the true reason for the appearance of white spots, so I can't explain to buyers that this phenomenon is not due to fraud. To avoid such phenomena, the honey should be well mixed to break up large crystals, when crystallization starts.

Filled with honey jars are best kept in a room with a relative

humidity of 60% and a constant temperature.

The main criteria for confirmation of Botanical origin of honey (available to any buyer) are organoleptic indicators – color, smell, taste, texture, appearance, and percentage of the dominant pollen. For example, honey is considered monofloral lime at a content of 30% pollen of lime from the total number of pollen grains in a given volume of honey; chestnut – in content 45% of pollen grains of chestnut. For some types of honey there are differences and physico-chemical parameters.



the result of the work of bees

Honey culinary art has evolved over the centuries. It was

created by magnificent masters – culinary and confectioners, experienced and reputable kvasovars and mead.

Amazing variety of recipes for honey products. Honey turned out to be such a universal product, which does not limit the possibilities of creativity and imagination of culinary specialists and mead.

Perhaps most of all honey is eaten in kind. However, honey remains honey and in combination with other products – milk, flour products, fruits, berry and vegetable juices. He not only gives them unique taste combinations and aromas and enriches them, but also enriches himself with proteins, fats, vitamins, acquires new properties, increases its biological activity and healing effect.

Avicenna considered, in particular, goat milk with honey to be very useful. According to the authoritative opinion of dietologists, those who are fond of meat and flour products, honey is absolutely necessary. After all, fats, as you know, burn in the flame of carbohydrates, and bee honey is fabulously rich in them.

It is possible, and if possible, to replace honey with sugar when drinking tea or coffee, and in any products that require sweetening.

In this case, they put more honey than sugar and slightly reduce the amount of water. Our ancestors, who did not know beet and cane sugar, used only honey and prepared dishes and drinks of excellent taste, high nutrition, digestibility, usefulness,

healing, without experiencing the effects of «white poison». Dishes and drinks with him were superior to modern in all respects.

The rich carbohydrate and microelement composition, a set of enzymes, organic acids, aromatic and coloring substances and other valuable biological stimulants put honey in one of the first places among the main food products.



different types of honey

The Japanese call honey the king of natural products. He, as an energy carrier, restores strength in the event of fatigue and weakness, gives clarity of thought, communicates the energy

of life, normalizes the activity of the organism, and returns working capacity. Gladiators of Rome before leaving for deadly duels ate honey. It is now included in the food of athletes and astronauts. As if by nature itself, honey is intended for man, created in such a way that his most modern laboratory in the world is powerless to make.

Honey is a high-calorie food, a health product, and a natural medicine that has a healing effect on the body. It can be eaten with bread and cereals, milk and cottage cheese, fruits and juices, with fresh and even pickled cucumbers. Our ancestors liked to pour apples and pears, cherries, plums, strawberries, peaches, apricots, cut into slices with honey. After a few hours, these fruits and berries became unrecognizable taste.

This book contains recipes for dishes in which honey is used as one of the ingredients. And you can cook almost any dish with honey.

When using honey in cooking, the following should be considered:

- To sweeten the yeast dough, honey is added to the dough at the end of the fermentation process. This is necessary to preserve the taste and sweetness of honey;
- when cooking dishes in which honey is whipped together with live additives, crystallized honey is not dissolved;
- when making honey cookies, it is advisable to add a few drops of lemon acid or vinegar to baking soda;
- one tablespoon of liquid honey weighs approximately 20 g,

one tablespoon of crystallized honey – 25 g.



beekeeping products

How to store honey. Bee honey is very well preserved. During long-term storage, it gradually thickens, becomes cloudy and turns into a dense mass due to the crystallization of glucose. The crystallization (sugaring) of natural honey indicates a high content of grape sugar (glucose) and good quality honey. Fructose does not crystallize, so honey varieties containing a lot of fructose do not thicken.

Sugared honey, if desired, can be turned into liquid by placing a jar of honey in warm water (temperature up to 50° C). Honey

should not be heated over an open fire, since enzymes are destroyed at a temperature of 50°C , and honey loses many valuable qualities.

Sometimes when storing honey, two layers are found – crystallized from below and syrupy from above. This suggests that honey is immature, with high humidity. Such honey is not suitable for long-term storage.

Honey is very hygroscopic.

Honey should be stored at a temperature of $+5$ — 10°C in a dry, well-ventilated area, where there are no strongly smelling products, since honey easily perceives odors. The most convenient for storing honey is glassware, as well as barrels of linden, aspen, alder, poplar. In oak barrels, honey darkens.

In honeycombs or with proper storage, honey may not deteriorate for a very long time, since it has a very pronounced disinfecting property and has a detrimental effect on many microbes and molds.



delicacy

Bees are very ancient inhabitants of our planet, and they always played an important role in people's lives. The most ancient monument – rock carvings of the hunt man for honey – found in Spain near the city Valencia. It belongs to the Stone Age. In all ancient peoples, bees occupied a special place in comparison with other insects and animals; about them composed myths, legends, legends, tales. In ancient Egypt the bee was revered and depicted on the obelisks. King Minos combining Upper and Lower Egypt, made the emblem of the Upper Egypt a lotus flower, Lower – a bee. In ancient India the

bees were also especially revered. In folk poetry you can find a number of examples of wonderful activities bees.

A little culinary conclusion to this chapter

MEDOVY MUSS

Components:

honey – 1 cup

eggs – 4 pcs.

Separate the whites from the yolks, grind the yolks, gradually adding honey to them. After this, the crushed yolks boil over low heat until thick, stirring continuously, and, removing from heat, cool. Beat the egg whites in a thick foam and combine with boiled yolks, then transfer the mousse to saucers or vases and cool.

Instead of egg whites, you can put a glass of whipped cream in the mousse.

Chapter Two. Sandwiches



Sandwiches are cold dishes and snacks, sometimes to desserts. They are part of the breakfast. and dinners, they are served as appetizers for dinners, on holiday and banquet tables. Among various used products applied and honey. He gives sandwiches are not only particularly nutritious, but also originality, piquancy. Distinguish such sandwiches: open, closed, snack bars and «Assorted.»

Open sandwiches. For these sandwiches use sliced wheat or rye bread slices 10x7x1 cm in size. On a sandwich you can stack one type of product or several components, matching to taste.

It could be sandwiches with butter, honey and cottage cheese. Special unusual and tasteful sandwich of honey, butter, cheese and apple.

Closed sandwiches (sandwiches) are prepared on wheat bread, which is cut into strips 5—6 cm wide and 0.5—0.6 cm thick along the length of the whole loaf or loaf, the crusts are removed, the bread is greased with a thin layer of softened butter and honey, and then other ingredients you like, cover with another same strip of bread, then cut into sandwiches of the desired shape. These sandwiches can be made single-layer, as well as 2-, 3-layer and combined.

Snack sandwiches (canapes) are prepared in various shapes: round (with a diameter of 5—6 cm), triangular, rectangular (no larger than a matchbox). In their form, they resemble small cakes. They are often used to decorate the table at gala evenings, banquets. To make canapes, use a fried wheat loaf, greased with butter and honey and decorated with berries, as well as pieces of fruit and cheese.

Assorted sandwiches are prepared on slices of wheat bread in the same way as open sandwiches, with honey and various fruits and vegetables.

Sandwiches with curd, oranges and honey

4 slices of wheat bread, 1 tablespoon of raisins, 100 g fat cottage cheese, 1 tablespoon of honey, 1 orange, vanillin to taste.

Brown the slices of bread in a dry skillet. Pour raisins with

boiling water. After 5 minutes, drain the water, dry the raisins and mix with cottage cheese, honey, vanilla and orange, divided into small slices. Lay the mass on bread and garnish with orange.

Sandwiches with fruit assortment

Slices of white bread with honey, top with various sliced (if necessary) fruits and berries – to taste.

SANDWICHES WITH HONEY AND NUTS

100 g of white bread or cookies, 20 g of butter, 2 tablespoons of candied honey (the liquid will spread!), 1 tablespoon of nuts.

Pound the butter, add honey, some nuts, chopped and pounded. Apply the mixture in a thick layer to the base, sprinkle with nuts. Instead of nuts, you can take berries or fruits (fresh or from compote), but put them on top of honey and butter.

Sandwiches with curd and carrots

4 slices of white bread, 100 g of fat cottage cheese, 1 carrot, 1 tablespoon of honey, vanilla sugar, 1 tablespoon of raisins.

Pour raisins with boiling water, leave for 5 minutes to swell. Rub the cottage cheese, add the raw carrots, vanilla sugar, honey, raisins grated on a fine grater. Squeeze the paste obtained from the cornet into slices of bread.

Sandwiches with Oranges and Raisins

100 g rolls, 20 g butter, 25 g green salad, 1 orange, 1 apple,

1 tablespoon of steamed raisins, 1 tablespoon of honey.

Cover white bread with butter and honey. On the edge, half-live a leaf of lettuce, slices of apple and orange slices on it. You can use apple compote. Nearby lay a slice of raisins.

Dessert sandwiches on a roll

3 bagels, 50 g butter, 200 g sweet curd cheese, fruit from compote or jam, nuts, sugar.

Cut the bagels into circles, spread with butter and honey, put on them a thick layer of cheese and halves of apricots, plums, nuts, cherries, strawberries and so on.

This mass can be lubricated and cookies. It can be made with a filling inside like a sandwich.

Hot Sandwiches with Cheese and Apple in 7 Minutes

4 slices of white bread, 2 tablespoons of butter, 4 thin slices of hard cheese, 2 apples, 1—2 tablespoons of chopped nuts (walnuts, almonds, etc.), 2 tablespoons of honey.

Peel and peel apples and chop them. Grease bread slices with butter and honey, put apples on top, then cheese and bake in the oven until the cheese melts (4—5 minutes). Sprinkle hot sandwiches with a mixture of chopped nuts and honey.

Sandwiches with curd and sweet cherries

.4—6 slices of butter rolls, 4 tablespoons of cottage cheese, 1 tablespoon of sour cream, 1 tablespoon of honey, 1 glass

of sweet cherry.

Pre-rinse the cherries, remove the «ponytails» and bones (the easiest way is to pick out the bones with the help of an ordinary, not tailor, pin). While the cherry dries up, grind the cottage cheese with honey and sour cream. Lubricate the slices of bread with the resulting mass and cover the entire surface of the sandwich with cherry.

Sandwiches with Cheese and Juice

4 slices of white bread, 100 g of Kostroma or Dutch cheese, 1—2 tablespoons of berry or fruit juice, lemon or orange peel, 2 tablespoons of honey.

To add grated cheese to wine or juice, honey, beat until smooth, cover the bread, garnish with zest, fruits and berries.

HOT APPLE Sandwiches

4—6 slices of butter rolls (but not white bread), 2—3 apples, 1 egg, a glass of milk, 2—3 tablespoons of butter, salt and honey to taste.

Beat the egg with salt, honey and milk. Cut apples peeled and peeled into thin slices. Dip the roll in the egg mixture, roll in flour and put on a greased baking sheet. On each slice of bread, put «sliced» apple slices, lightly grease with honey and bake sandwiches in a hot oven for 10 minutes.

Chapter Three SALADS



Pretty common dishes are salads with honey. For their preparation, raw, boiled, pickled and pickled vegetables, raw and pickled fruits are used. Products intended for salads should be chilled. Before cooking, each type of vegetable is stored in a separate bowl. Decorate the dish using the basic techniques of decorating salads. It is important to remember that at the same time it is necessary to show the main products included in the

salad. Decorated salad is poured with honey. Dessert salads can also be whipped cream or sprinkled with grated nuts, or you can use other methods that are available in the arsenal of every housewife.

Regularly eating salads prepared according to these recipes, you will enrich your diet with healthy products consumed in kind. Of particular value are honey and walnuts, which contain vegetable fats, proteins, vitamins A, B, G, P, E, mineral salts (especially iron and cobalt) and other biologically active substances.

The following dishes improve vision, restore strength and well-being, are useful for atherosclerosis

VINEGRET WITH HONEY

100 g of carrots, 150 g of beets, 200 g of potatoes, 300 g of pickles, 150 g of green onions, 50 g of onions, 100 g of honey.

Boil vegetables, prepare from them the usual vegetable – vinaigrette. Before serving, pour honey and mix.

SALAD FROM CARROT, COTTAGE AND HONEY

100 g of cottage cheese, 2 carrots, 1 tablespoon of honey

Rub the cottage cheese through a sieve, add honey, carrots, grated on a coarse grater, previously washed and peeled. Mix everything, put it out and serve.

SAWED Cabbage WITH HONEY

200 g of sauerkraut, 1-2 heads of onions, 1 tablespoon of vegetable oil, 1 tablespoon of liquid honey.

Rinse the sauerkraut in cold boiled water, discard in a colander, add chopped onions, mixed with honey and vegetable oil. Put in a salad bowl, garnish with cranberries on top.

SALAD «EXPROMT»

5 potatoes, 2-3 oranges, 1 handful of walnut kernels (can be replaced with hazelnuts), salt, honey to taste, 200 g of mayonnaise or mayonnaise and sour cream, mixed in equal amounts, green lettuce.

Boil the potatoes in a peel, cool, peel, cut into cubes. Grind the kernels, and leave the most beautiful for decoration. Peel the oranges, divide into slices, cut them in half, remove the seeds. Combine all components, mix, season with honey and mayonnaise. Cover the bottom of the salad bowl with green lettuce leaves, put seasoned salad on them, decorate with nut kernels.

HONEY APPLES

30 g of nut kernels, 500 g of fragrant apples, 2 tablespoons of lemon juice, 30 g of raisins, 2 tablespoons of cream, honey to taste.

Grind the nuts. Peel the apples, core and cut them directly into lemon juice. Mix all the components of the dish and add honey to taste.

AMERICAN BEAUTY SALAD

5 tablespoons of oatmeal, 5 tablespoons of boiled cold water, 1 tablespoon of milk or cream, 1-3 teaspoons of honey, 4-5 tablespoons of chopped hazelnuts.

Pour oatmeal overnight. In the morning add a spoonful of milk or cream, honey and chopped nuts. Mix all this thoroughly and eat very slowly, chewing well, instead of the first breakfast. This salad should be consumed every morning for a month. This is not a very tasty dish. However, willpower must be shown. The result will exceed your expectations: the skin and hair will look great, a healthy glow will appear in the eyes. In addition, raw oatmeal improves bowel function.

SALAD «ASSORTI»

2 tablespoons of honey, 100 g of raisins, 100 g of figs, 50 g of walnuts, 1 mandarin, 100 g of whipped cream.

Wash raisins and figs thoroughly, then finely chop and mix with crushed nuts. Add tangerine juice and honey.

Garnish the salad with whipped cream and shortbread cookies.

SALAD WITH PUMPKIN AND HONEY

100 grams of pumpkin, 30 grams honey, 70 grams of turnip, 50 g of apples.

Finely dice the pumpkin, mix it with honey and give a little

stand. Peel and cut in small pieces turnips and apples, mix with pumpkin. Lay heaped in a salad bowl, decorate with slices of apples and serve.

SALAD FROM CARROTS AND APPLES WITH HONEY

2 carrots, 2 tablespoons honey, 2 tablespoons chopped nuts, 2 apples.

RUB on a small grater raw carrots, mix it with honey and sprinkle with chopped nuts. You can add chopped apples and lemon juice as desired.

CARROT SALAD WITH WALNUTS AND HONEY

2 carrots, 2 tablespoons chopped nuts, 2 tablespoons honey, 1 tablespoon of rosehip syrup, 1 teaspoon of lemon juice.

Grate the carrots on a fine grater. Mix with ground walnuts, honey, rosehip syrup and lemon juice.

SALAD TURNIPS, CRANBERRIES WITH HONEY

200 g turnips, mashed 1/2 Cup cranberries, honey, sour cream, dill to taste.

The turnips and grate on a coarse grater, mix with mashed cranberries. Then add honey to taste, sour cream, sprinkle with dill and serve. Food is useful in pyelonephritis, edema.

SALAD (Indian cuisine)

200 g of lettuce or spinach, 200 g cucumbers, 200 g of re-

drives, 200 g sweet pepper 200 g cabbage, 200 g carrots, 200 g tomatoes, 200 grams green peas, 200 g finely chopped onions. '

For seasoning: 1 lemon, 1 teaspoon salt, 1 tablespoon honey, 1/2 tablespoon sugar, 4 teaspoon red pepper.

All the ingredients are finely chopped and stir. Spice (Indian sauce) lemon juice, salt, honey, sugar, pepper stir well.

When serving salad to sauce and stir. To one portion is enough for one or two spoonfuls of the sauce.

RADISH WITH HONEY

150 g radish, 1 tablespoon of honey.

To grate the radish, put in an enamel saucepan, add 4 tablespoons of hot boiled water and cook until soft. To cool, fill with honey and serve.

CARROT WITH HONEY AND CRANBERRY JUICE

3 medium carrots, 100 g cranberries, 1 tablespoon of liquid honey.

Grate carrots, put on a dish and pour cranberry juice, add honey.

CARROT WITH HONEY AND Sour cream

60 g of carrots, 20 g of honey, 20 g of sour cream.

Chop the carrots into strips, season it with honey and sour cream. Serve on the table.

CARROT SALAD

200 g celery, 200 g carrots, 200 g fresh cabbage,

2 onions, 6 tablespoons of vegetable oil, 1 tablespoon of tomato puree, salt, honey, pepper to taste.

Fry finely chopped onions in vegetable oil, add carrots and celery, coarsely chopped cabbage, grated with shavings. Fry vegetables, add a little water, add spices, simmer under a lid until softened, then add tomato puree, salt, pepper and honey, boil and cool.

Salad with horseradish, carrots and apples

120 g horseradish root, 3 carrots, 4 apples, 1 lemon, 4 teaspoons of honey, salt to taste.

Grate carrots and horseradish with small holes, cut apples (without core) into small cubes. Mix honey with lemon juice and grated with small holes of zest. Combine the prepared salad components, add salt.

SALAD FROM CARROTS AND SWEET PEAS

1 carrot, 2 tablespoons of green peas, 1 tablespoon honey, 1 tablespoon vegetable oil, 1/2 onion, salt to taste.

Grated carrot mixed with canned green peas, add the honey, vegetable oil and chopped onion, season with salt.

SALAD CARROT, HONEY AND PEANUT

350 g of carrots, 100 grams of peanut, 20 g of honey, lemon

juice, salt.

For decoration – cherry compote.

Washed carrots grate on a fine grater, add salt, sprinkle with lemon juice. Add crushed peanut, honey and stir. Decorate the salad well separated cherries from the compote.

A SALAD OF CARROTS AND CABBAGE

300 g carrots, 300 g of cabbage, 1 onion, 50 ml of vegetable oil, salt and honey to taste.

Peel the carrots and grate shavings, cabbage cut into strips, RUB them in order, adding a little salt. Finely chop the onion. All products to mix, add vegetable oil, honey.

SALAD OF RED PEPPER, GREEN PEAS AND RICE

200 g of sweet pepper, 120 g rice, 200 g of green peas, 20 ml vinegar, 30 ml of vegetable oil, honey, ground black pepper, salt to taste.

Sweet red pepper bake, peel and slice. Add boiled rice, green peas, salt, black pepper, vinegar, vegetable oil and honey. Mix everything and put in a salad bowl.

SALAD PEPPER

300 g red pepper pods (not very spicy)

2 tomatoes, 2 tablespoons vegetable oil, 1 tablespoon of tomato puree, 1 tablespoon of mayonnaise, 1 onion, 1 clove of garlic, honey, salt, herbs to taste.

Remove from peppers, core, rinse them, cut into thin circles. Tomatoes finely chop, mix with pepper and sauce.

Cooking sauce: mix vegetable oil, tomato puree, mayonnaise and add grated onion and garlic, salt, honey and chopped herbs.

CARROT SALAD WITH HONEY AND ALMONDS

1 kg of carrots, 100 g honey, 50 g of almonds.

Carrots finely grated, melted and cooled honey, sprinkle with toasted, finely chopped almonds.

SALAD OF FRESH PUMPKIN WITH HONEY

300 g pumpkin, 200 g turnips, 250 g Apple, 120 g of honey.

Raw pumpkin cut into small cubes, mix with honey and leave for 40 min. Purified from the seeds of apples and turnips cut into small cubes and mix well with pumpkin. It is possible to do without the turnips, you can do with cranberries, but it is necessary to wipe, you can do with sour cream or mayonnaise.

SALAD FROM APPLES WITH SWEET PEPPERS

2 large apples, 300 g sweet peppers,

1 onion, 1 clove of garlic, tomato Torah, parsley and dill, 1 tablespoon honey, 2 tablespoons of vinegar.

From green peppers, remove the core, pour over boiling water, cool and cut into cubes. Apples clear from the seeds, grate on a coarse grater, mix with pepper and to fill with sauce from vegetable oil to which add the tomato puree and the chopped

onions and garlic, honey. Put in a bowl and sprinkle with parsley and dill.

HONEY SAUCES AND PASTE



Sure, sauces only improve the taste of dishes. And honey sauces make these dishes more appetizing and nutritious. Honey sauces are used as a sauce for various salads, puddings, casseroles, cereal cutlets and meatballs, for flour culinary products – pancakes, cereals, jellies, mousses, creams, fresh berries, baked fruits. Some honey sauces are served with game, poultry and other dishes.

GREEN SALAD SAUCE

3 tablespoons of wine vinegar, 1 teaspoon of mustard, chopped onion, teaspoon of honey, 3 tablespoons of vegetable oil,

1 teaspoon of salt, black pepper.

Stir the food thoroughly. Pour the green salad with the mixture.

FRENCH SAUCE WITH HONEY FOR SALADS

1/2 cup vegetable oil, a glass of lemon juice, 1/2 cup of honey, 1/2 teaspoon of hot red pepper, a teaspoon of salt, 1 clove of crushed garlic.

Put all the products in a tightly closed jar and, shaking vigorously, mix them. This sauce should not be refrigerated.

AUSTRALIAN MEAT SAUCE

1 cup tomato juice, 1/2 cup vinegar, 1/2 cup honey, 2 slices of crushed garlic, a little hot red pepper, 1/2 teaspoon of salt, ground black pepper.

Put all products in a pan, mix and cook under the lid for 10 minutes. Serve to fry.

HIP SAUCE

1 tablespoon of rosehip marmalade, 1 teaspoon of flour, 1 teaspoon of butter, 1 teaspoon of honey, 1 tablespoon of wine, 250 ml of meat broth, salt, lemon juice.

Grind rosehip marmalade with flour and dilute with meat broth and wine. Add salt, lemon juice and honey to taste. Serve with boiled or fried chicken.

HONEY SALAD

200 ml of vegetable oil, 1 cup of 3% vinegar, 1/2 cup of honey, ground pepper and salt to taste.

Mix vegetable oil, vinegar, honey, ground pepper and salt and shake well.

Salad of fresh cucumbers and greens is seasoned with sauce.

HONEY AND ROSE SAUCE

500 rosehip berries, a glass of water, 1/4 cup of honey, pepper, 3% vinegar and salt to taste.

Remove seeds and hairs from rosehip berries, add water and cook until the berries soften. Wipe with a decoction, add honey, pepper, vinegar and salt, mix well.

The sauce is served with fried poultry dishes.

BREDED HONEY SAUCE

500 g sour cream, 1/4 cup honey, 1 lemon, a teaspoon of ground red pepper, salt to taste.

Add honey, lemon juice, ground red pepper, salt to sour cream. Bring to a boil and cool.

The sauce is served with fried pork, lamb.

APPLE HONEY SAUCE

500 g apples, a glass of honey, 1 lemon, 2-3 pieces cloves, 1/2 cup water.

Peel and cut the apples. Put honey in a saucepan, add water, lemon juice, cloves and bring to a boil. Add apples and cook until tender. Rub the sauce and serve with roasted goose or duck.

HONEY SAUCE WITH Raspberry

500 g raspberries, a glass of red wine, 1/2 cup honey, 1 tablespoon of starch.

Rub raspberries through a sieve, add red wine, honey, put on a fire and, stirring, introduce starch, bring to a thickening.

HONEY-CRANBERRY SAUCE

500 g cranberries, 1/2 cup honey, ground pepper to taste.

Squeeze the juice from cranberries, add honey to it and evaporate until thickened. Season with ground pepper.

This sauce is served with game and fried bird.

Lemon and Mint Sauce

1 cup of honey, 1 cup of lemon juice, 1 tablespoon of chopped dry mint, 1 teaspoon of butter, 3 tablespoons of warm water.

Mix honey with lemon juice, add warm water, mix everything thoroughly and put on fire on

4 minutes, then add mint.

The sauce is served warm to the table, adding butter.

HONEY TOMATO SAUCE

500 g of tomatoes, 200 g of bell pepper, 2 cloves of garlic, 2 onions, 1 tablespoon of honey.

Tomatoes in their own juice, chopped garlic and onions, chopped bell pepper mix (preferably with a mixer). Cook the mixture under the lid for 5—7 minutes. The sauce is served in a roast.

LEMON SAUCE

cups of lemon juice, a cup of honey, 1 teaspoon of butter, a glass of warm water.

Stir (preferably with a mixer) lemon juice, honey, warm water and cook over low heat for 5 minutes. Add butter and serve to fry.

Конец ознакомительного фрагмента.

Текст предоставлен ООО «ЛитРес».

Прочитайте эту книгу целиком, [купив полную легальную версию](#) на ЛитРес.

Безопасно оплатить книгу можно банковской картой Visa, MasterCard, Maestro, со счета мобильного телефона, с платежного терминала, в салоне МТС или Связной, через PayPal, WebMoney, Яндекс.Деньги, QIWI Кошелек, бонусными картами или другим удобным Вам способом.