

In this book the subject of cooking has been main topic. First products of animal origin has been investigated, than grain and grain products. Cold appetizers have been subject of investigation in the fifth chapter, followed by the chapter six in which soups and potages have been introduced. In chapter seven and eight sauces and fish dishes were described. Afterwards beef dishes and national dishes had been outlined, also vegetarian diet had been subject of investigation in the last two parts of the book.



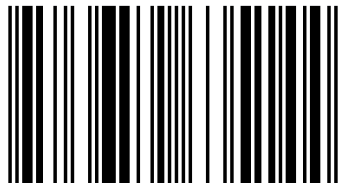
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# Cooking

Cooking practice

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# **COOKING**

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## **I.TERMS AND OBJECTIVES OF COOKING**

Long ago people have understood about preparing food. Diet affects health, work ability and mood of individuals, the family and the whole community (nation).

In terms of modern food production and modern catering and cooking, the issue of healthy nutrition is complex, so it is the subject of a separate study on diet and it is studied in other scientific disciplines such as medicine, biology, chemistry, agronomy and etc..

Because catering cooking is one of the methods of preparing meals and nutrition security for all those who permanently or temporarily feed in their homes, its meaning is very important.

Catering cooking as the carrier of mass nutrition, it is very important for the national health. Food catering service is one of the main activities of the catering organization.

Given the nature of our tourism hospitality, catering cooking is very important for our tourism.

The quality of catering service can, not only attract tourists (visitors), but to gain the guests as regular too, which contributes to the successful operation of individual organizations as well as for the economy in the country.

So that the catering cooking can affect the health of working people positively, as well the success and progress of our economy and hospitality, it must :

- To provide guests a good and healthy food;
- To acquire guests with quality food and good service;
- To provide a good selection of food;
- To ensure good working conditions for the staff, because it stimulates their working ability, willingness to work, which is important for the quality of the catering service.

*Questions:*

1. *What is nutrition?*
2. *Who studies nutrition?*

### *3. What is the influence of nutrition?*

#### **1. TYPES OF CATERING KITCHENS**

Catering kitchens vary according to:

- 1. - equipment,**
- 2. - production process,**
- 3. - way of work of the catering organization and**
- 4. – assortment of food**

**1. –** According to the equipment catering kitchens can be: a restaurant kitchen, kitchen of pension hotels, self-service restaurant, kitchen in moving objects (car - restaurant, boat, etc.).

- In a restaurant kitchen food is prepared according to existing norms and recipes, dishes that are included in the list of restaurant dining, daily card and menu card. A number of dishes are prepared based on experience and assessment of turnover. In a restaurant kitchen, ready meals and dishes to order depend on the purpose of the catering facility, its guests and accommodation.

- Pension catering kitchen prepares ready dishes for pension operation and within the pension service ..

Modern equipped kitchens are no longer divided into small , medium and large kitchens nor to the number of workers needed and the number of possible meals . Catering kitchens depend on the readiness of the kitchen , use of inventory in the manufacturing process , the use of canned products , meat preparation , organization of work and the purpose of the catering facility . In this more attention is paid to the organization of work in the manufacturing process in the kitchen , then the rational use of the products , the qualification of workers and their discipline . The size of the kitchen depends on the size of the cooking brigade , its structure , qualification and specialization .

**2. -** According to the production process that includes catering kitchens can be:

- Catering kitchen as a medium kitchen that covers all phases of production in the cooking of restaurant working.

**3. -** Mode of operation of the catering organization

- Pension catering kitchens i.e. kitchens that prepare food in a limited selection, but in larger quantities (in pension hotels, restaurants, self-service, hospitals, worker restaurants, student and pupil kitchens).

4. - According to various kinds of dishes that are prepared there can be catering kitchens:

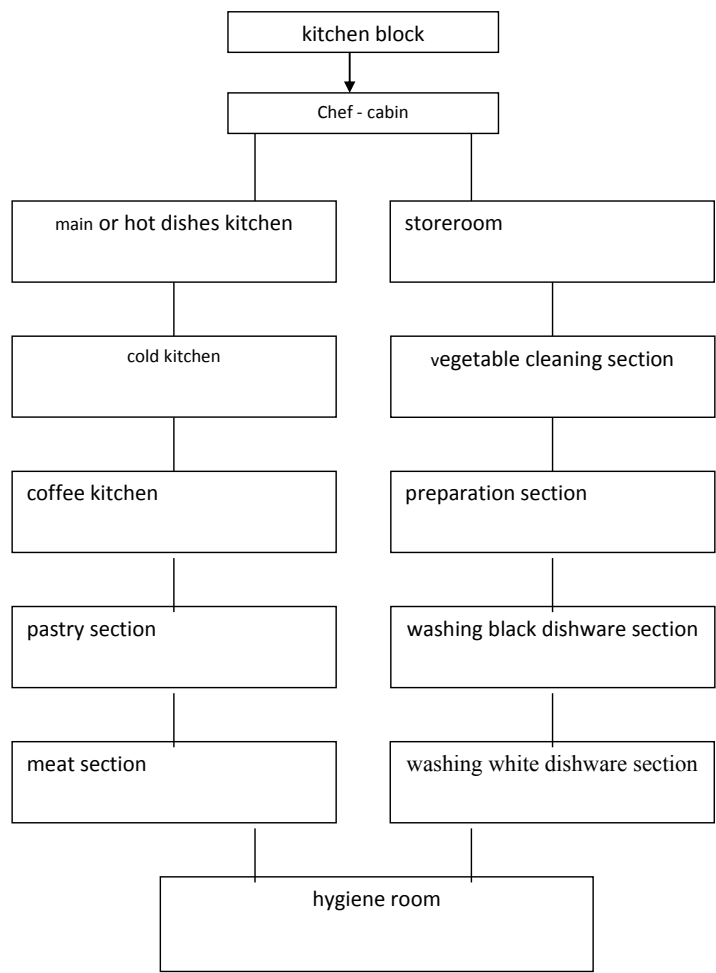
- Kitchen for main dishes
- Kitchen for cold and hot dishes,
- Kitchen for drinks
- Vegetarian diet and
- Nutrition in Hospital

## 2. LOCAL AND INTERNATIONAL CUISINE

In the local kitchen are prepared those dishes that are a long time tradition, such as baked beans, kebabs, fish on Ohrid style, turli tava, kukurek etc.

International cuisines in catering are those cuisines (countries) on whose list of meals are meals that are prepared throughout the world, such as French, Italian, English, German, Austrian, Hungarian, Russian and other cuisines

Departments that make up kitchen block



## **1. EQUIPMENT AND INVENTORY IN THE KITCHEN BLOCK (SECTIONS )**

### **Main or hot kitchen**

The main or warm kitchen is the heart of the kitchen block . In this kitchen meals are prepared with modern technology . For better performance in the main kitchen there should be direct natural light or ventilation of separate devices . Especially it is important , the kitchen block to be located in the lower areas ( basements ) . The main kitchen has to be built and equipped so that it can easily be maintained hygiene . The equipment to be deployed so that during cleaning will be easily allocated ,the walls should be tiled up to two meters in height, and above this amount to be painted with bright colored slick .

The main kitchen and other departments must have proper electric power, water supply, hot water, sewage, phone, etc..



Main or hot kitchen

#### *Questions:*

- 1. Why it is called the main kitchen?*
- 2. What is prepared in the kitchen?*
- 3. Which inventory there should be?*
- 4. What kind of staff works in the kitchen?*
- 5. How is the inventory maintained?*



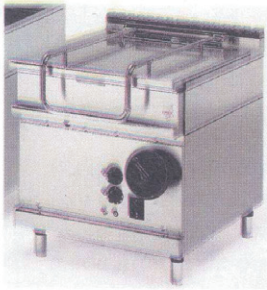
**EQUIPMENT IN THE MAIN KITCHEN**



**1. Electric stove**



**2. Electric deep fryer**



**3. Electric tipper**



**4. Gas stove**



**5. Electric grill**



**6. Electric pot**

### **Cold kitchen**

The cold kitchen must be separated from the hot kitchen, to be bright because the cold dishes decorating requires more light. The inventory in the cold kitchen consists of a desk, fridge, machine for delicatessen products, ice machine, dishwasher, pots and pans needed for the preparation of cold dishes.

1. Refrigerator
2. Ice machine



**1. Refrigerator**



**2. Ice machine**

#### **Questions:**

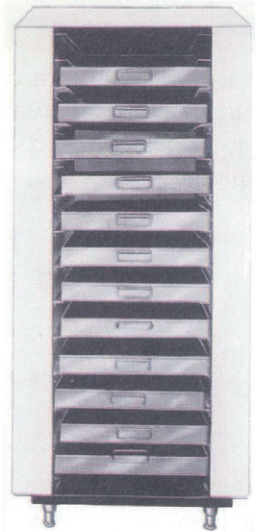
1. What is prepared in the cold kitchen?
2. Which inventory there should be?
3. What does a refrigerator serve for?
4. Where is the cold kitchen located?

### **Pastry section**

In the pastry section are prepared only sweet baked products, sweets, ice creams, various creams. In this section there should be following inventory : baking oven, stove, desk with a marble board, ice cream machine, ice cream freezer, refrigerator confectionery refrigerator, mixing machine, pans, forms, knives, pots and basins for washing.



**1. Stove**



**2. Cupboards for pans**

1. Stove
2. Cupboards for pans

*Questions:*

1. *What is prepared in the pastry section?*
2. *Which inventory there should be in a pastry section?*
3. *Should there be a stove?*
4. *Where should be the pastry section located?*

### **Coffee kitchen**

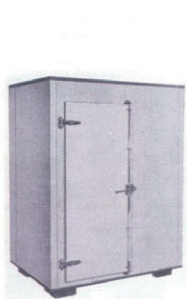
This kitchen is also called kitchen for breakfast. In the kitchen hot beverages and dishes are prepared that are served for breakfast. In this section there should be a small stove, coffee maker, refrigerator, shelves for inventory, as well as pots and sink vessels.

*Questions:*

1. *Which inventory should be in a coffee kitchen?*
2. *What is prepared in a coffee kitchen?*
3. *Why is it called coffee kitchen?*

### **Meat section**

In the meat section all kinds of meat are processed, and from inventory there are walk-in freezer, fridges, working desks, stub for cutting the meat, vessels for the meat, scales, knives, cleaver etc.



**1. Walk-in freezer**



**2. Butcher's tools**

1. Walk-in freezer
2. Butcher's tools

#### *Questions:*

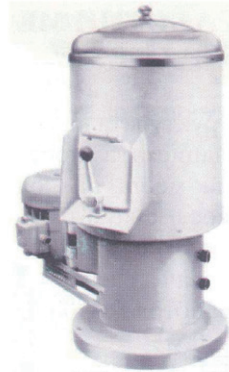
1. *Why it is called meat section?*
2. *What is processed in the meat section?*
3. *Which inventory there should be?*

### **Vegetable section**

In this section the vegetable is processed and kept. From inventory there should be: fridges, working desk, potatoe peeling machine, vessels for washing the vegetables



**1. Basin cart**



**2. Potato peeling machine**

1. Basin cart
2. Potato peeling machine

*Questions:*

1. What do people do in the vegetable section?
2. Which inventory there should be?
3. What preparations are made there?

**Fish and crab section**

This section should be separated from the meat section and fish and crabs are stored and processed. There are working desks , stub for cutting,fridge in this section,and if possible a small basin for storage alive fish and crabs.

**Black dishware washing section**

In this section pans,tins,pots and other black dishware are washed.

**White dishware washing section**

In this section other white dishware such as inventory of porcelain,ovals-rostoffrei are washed.

**Glass inventory washing section**

In this section the whole glass inventory is washed.

**Chef's cabin**

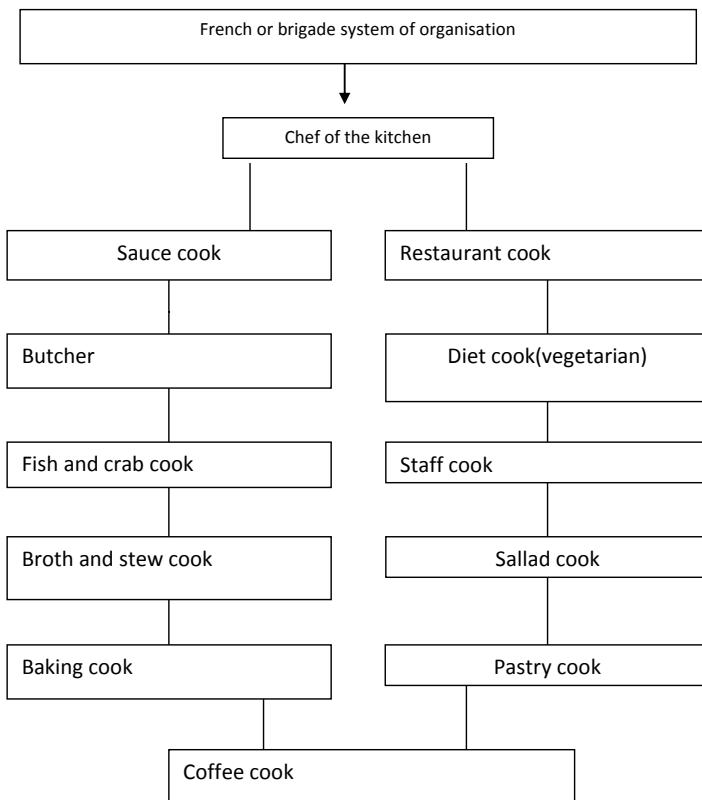
In this cabin the entire work of the kitchen block is controlled and planned.

### Hygiene room

In the hygiene room there are wardrobe, toilet and bathroom. Separately for men, and separately for ladies. These rooms should be connected to the kitchen block.

#### 4. JOBS AND QUALIFICATION STRUCTURE OF EMPLOYEES

The structure of jobs in the kitchen block depends on the organization of work. In the kitchen there are certain places where must be workers with qualified ability, such as head of the kitchen, then the sauce cook, cook for soups and stews, cook for the national dishes, fish cook, baking cook, cook for replacement, cook for cold dishes and pastry cook, then housewife of kitchen and cashier.



**Chef** – organizes work in the kitchen block, runs administration, control of work, cares for professional development of staff in the kitchen.

In addition to these duties he performs these duties also:

- Prepares list of meal and menu;
- Writes and approves requisition of products;
- Monitors the quality of the food;
- Performs quality control of food;
- It provides for rational use of foods;
- Controls the hygiene in the kitchen block;
- Take care of economic - financial results in the kitchen;
- Need to monitor the literature for the improvement of their knowledge and
- Investigates daily duties referring to food preparation.

**Sauce cook** - also the deputy of head of the kitchen. This cook prepares a variety of sauces. When preparing sauces one should be very careful when using various spices and condiments as they can spoil the taste of food that is served.

It has the following duties:

- Reviews the list of dishes and menu to be prepared;
- Performs requisition to the necessary preparations for the warm and cold dishes with sauces and dips.

**Butcher** – Performs preparation of all needs of meat, fish and game. He sorts the depending on the need in the hot and cold kitchen. For example: for roasting, cut rump in parts, pork chops, beef rump in parts, snippets, cutlets, medallions, beefsteak and other needs, and cares for the maintenance of the meat.

**Fish and crab cook** - the chef must be well familiar with fish and crustaceans, and thus to prepare good dishes that will be sold well. In addition he has to take care of keeping and cleanliness in preparing fish dishes.

**Soup and stew cook** - this cook must know the work in other departments, and his duty is to prepare soups and stews and stews needed for garnishing various meat dishes and pasta.

**Cook for roasting** - this cook should perform roasting of all dishes to order, then perform the preparations for roasting in the hot and cold kitchen, also prepares meat for barbecue.



**Cook of cold dishes** – this cook prepares appetizers that require to be well served and decorated. Cold starter should "open the appetite" for the main meal.

**Cook for national dishes** - each nation has its own national dishes that have characteristics of their region and certain areas. In Macedonia there are many kinds of national dishes, and they must be prepared and presented in a list of dishes.

**Cook for vegetarians and dieticians** - in this category the chef must be well acquainted with the diet.

**Cook for the staff** - the cook is in every large kitchen, preparing food for staff at the facility. The food must be good quality and tasty.

**Confectioner** - must be a good connoisseur of all sorts sweets and confectionery. His job requires accuracy, because the smallest mistake can spoil the product, it is always being measured, and the toaster has an eye on the heat of the oven.

*Questions:*

- 1. Describe the work duties of the head of the kitchen*
- 2. Describe the work duties of the rest of the staff*

## 2. WORKWEAR FOR THE KITCHEN STAFF

### **Work and protective wear for the staff in the kitchen**

For the kitchen staff from sanitary - hygienic aspect it is prescribed obligatory use of cooking uniforms which consists of:



**Men's work clothing**

## Men's work clothing

- White coat (jacket);
- White pants (or chequered);
- White cook hat;
- White linen cook neck scarf;
  
- white apron
- Shoes.

For female personnel instead a hat, a scarf is provided and a skirt instead of pants. Such uniforms must wear internships and students too.

The working clothes must be clean at all times, so it should be spare clothes.

The cook work clothes is needed in order to provide certain sanitary conditions and hygiene at work, keeping the health of guests and staff orderliness.

*Questions:*

1. *What kind of work wear have the cooks?*
2. *What kind of workwear have the female cooks?*
3. *Why it is necessary to wear the workwear?*

## 3. COOKING TERMINOLOGY

- |                       |   |
|-----------------------|---|
| 1. Aroma              | -especially an agreeable odor                         |
| 2. Artichoke          | - kind of a flower vegetable-Italian origin           |
| 3. Aspic              | -galantine,jelly                                      |
| 4. cutting with molds | -cutting with molds                                   |
| 5. Bechamel           | - white sauce with cream                              |
| 6. Blanching          | - vegetable or food plunged into boiling water        |
| 7. Bellevue           | -nice view (decorated)                                |
| 8. Gratinating        | -baking   |
| 9. Dressing           | -shaping according to will                            |
| 10. Braising          | -a combination cooking method with moist and dry heat |
| 11. Concasse          | -skinned,de-seeded and diced tomato                   |
| 12. Cornet            | -cone   |
| 13. Marzipan          | -a confection consisting of almond,flavor and sugar   |
| 14. Moca              | -strong coffee  |
| 15. Breading          | - coating with flour, eggs before cooking             |
| 16. Parfait           | -cream frozen dessert                                 |
| 17. Poaching          | - cooking eggs without eggshell in water with vinegar |
| 18. Salamander        | -a culinary broiler for overhead heating              |
| 19. Filleting         | - Removing bones from meat                            |
| 20. Toast             | -overbaked bread                                      |

- |               |  |
|---------------|--|
| 21. Flaming   | - dish spilled over with alcohol in order to burn                      |
| 22. Forming   | - Shaping,   |
| 23. Stock     | - basis of many soups – meat or fish                                   |
| 24. Filling   | - food mixture used to fill something                                  |
| 25. Filleting | - removing skin and bones (fish)                                       |
| 26. Spiking   | -spiking - filling meat with garlic ,carrot,dry bacon,pickled cucumber |

## II. PRODUCTS OF ANIMAL ORIGIN

### 1. MEAT

Meat in the human diet has always been the most important product. The catering kitchen it would be difficult to imagine preparing a meal without meat.

To prepare a dish it is used:

- Meat of animals (veal, beef, pork, lamb, mutton);
- Meat of domestic feathered poultry (chicken, duck, goose, dove, turkey);
- Meat of hairy wild game (deer, rabbit, deer, muflon);
- Meat of feathered game (partridge, pheasant, quail, duck, goose, pigeon);
- Meat of freshwater fish (trout, catfish, perch, carp, pike);

Meat of marine fish - white (common dentex, orado, sole, hake, red mullet, etc..)

- Blue sea fish (mackerel, sardine, tuna, etc..)

- Eel lives in the seas and fresh waters.

In the catering despite fresh meat used and deep-frozen meat, dried meat, different fish and meat processing.

Meat that is bought and in the kitchen to be prepared meat is filleted (bone removed) and sorted by type and quality and then various dishes are prepared.

#### 1.1 BEEF

Besides the quality of the bull it should be different qualities of beef. Quality beef has a beautiful reddish color, fragrance, solid construction and a pleasant taste.

Parts of beef when cutting, the values and qualities can be divided into different categories. According to the categorization beef and veal are marked with four colors. The blue colour marks the meat out of category.

1. Special category in blue colour;
2. Meat first category in red colour;
3. Meat second category in green colour and
4. Meat third category in yellow colour.

The first category of beef and veal is rump with all parts except the shin.

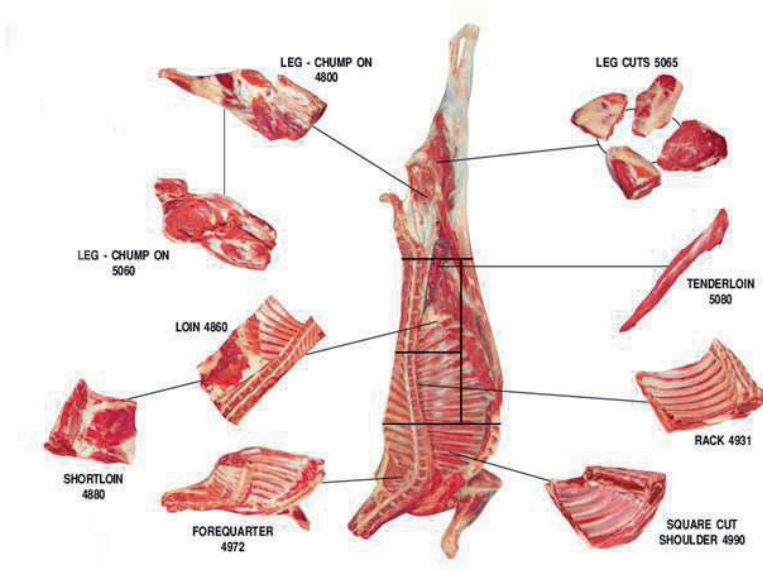
The second category of beef and veal is the back, shoulder without shin.

The third category includes all other parts of the beef.

The beef cut into two halves through the spinal vertebrae. Then the half is cut in quarters, front and rear.

In front of the quarter are : head, neck, withers, roastbeef, shoulder and breast.

The rear quarter includes: filet, rumpsteak, tenderloin, flank, rump and (fricando, tenderloin and toploin, filet, knuckle, muscles of knuckles).



## USE OF BEEF IN COOKING

**Neck** - neck is considered quite juicy meat because it contains fat. Because of its quality is used for preparing kebabs and minced meat, then for cooked various dishes.

**Shoulder** - the shoulder meat has about the same application as the meat of the neck.

**Chest** - commonly used for preparing various dishes and gulashi.

**Rumpsteak** – is among the more quality meat and is used to prepare cooked meals and dishes to order. The rumpsteak is separated from the bone and stored until use. If you roast it, it is called called rostbif, with a weight of 200g serving.

**Roastbeef** - includes 12 vertebrae. The front part has better quality. It is cut between the ribs with a weight of 200g.

**Beef fillet (steak)** – the cleaned fillet of fat and tendons are placed in a container pored with oil and placed in refrigerator to stay eight days. From beef tenderloin are prepared the following dishes: Saute stroganov - 200g, is prepared from the top of beef tenderloin; filet mignon - 3 pieces of 200g per serving; Steak - 180gr; steak - 180 to 200g, and also can be prepared Chateaubriand - 400g a piece. It is served for two people.

Then, also can be prepared Tatar –beefsteak from beef fillet weighing 200g. Tournedo Rossini - two pieces per 100g, 400g of **kuloska**.

**Tenderloin** - lumbar part is commonly used for ready meals and cooking.

**Flank** - used for grinding, cooking and ready dishes.

**Rump** - frikando consists of tenderloin and toploin, filet.

**Frikando** - is the outer part of the rump, used for braising –spiked or clean.

**Filet** – is considered the most tender meat is used for dishes with sauces, then various cutlets.

**Tenderloin and sirloin** - commonly used braised with various sauces.

*Questions:*

1. *How is the beef divided?*
2. *With which colours it is signed (according to quality)?*
3. *Which dishes are prepared from beef fillet(beefsteak)?*
4. *Which are the consisting parts of a beef rump?*

**Pracitce:** Do filleting and classification of the rump and the shoulder.

## 1.2. VEAL

Veal is juicy and tender with light redish color. The best veal is of six months to a year.

The quality of veal is determined in three categories:

- First Category – rump without knuckle and groin.
- Second Category - back, shoulder and
- The third category - knuckle, neck, breast, flank

After slaughtering it should remain in its skin, which is removed immediately before use

The calf is cut in two equal halves after spinal vertebrae, and then halves to quarters.

The front quarter includes: head, neck - part of the spine, cotellete, shoulder, breast and front leg.

The back quarter includes: loin, lumbar part, rump, filet, fricando, tenderloin and toploin, knuckle muscle.

### Use of veal in cooking

**Veal head** – from the veal head it is used: meat, tongue and brain. Meat (cheeks) used for stews, soups and salads with mayonnaise.

**Tongue** – is used as a cooked sauce, breaded and dried

**Brain** - can be used breaded, grilled, croquet and other ways.

**Neck** - commonly used for preparation of various soups, cooked dishes, paprikash, saute, risotto and cooked with vegetables.

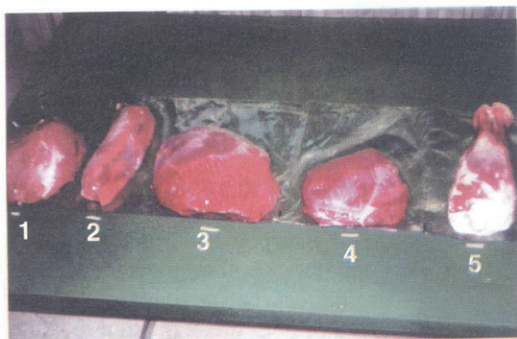
**Cutlets**- one portion takes two cutlets weighing 250g. Veal cutlet is prepared as cooked meals, meals to order in various ways (fried, breaded, roasted and grilled, etc.).

**Shoulder** - the shoulder meat is quite juicy, it is used to prepare meals for dieticians and for preparing various dishes and stews.

**Breast** - have great application in the preparation of various dishes, especially in dietal food preparation with various vegetables and sauces.

**Loin** - is back from the veal back and extends to the thigh cutlets.

**Fillet** - used for medallions, three pieces weighing 180 to 200g prepared various ways.



1. Filet
2. Fricando
3. Tenderloin
4. Toploin
5. Knuckle

**Rump** – at filleting the parts from the membrane are separated and there are the following parts: fricando, filet, tenderloin and toploin and knuckle.

**Filet** – is considered to be the best quality meat from the rump and it is used for preparing various steaks garnished with appropriate garnish.

**Fricando** – is the outer part of the rump.

**Tenderloin and toploin** - are used for preparing steaks, cutlets, medallions and other dishes

**Knuckle**- is the muscle fiber and is used cooked or braised prepared in various ways.

*Questions:*

1. *What is veal like?*
2. *How is veal categorized?*
3. *Which parts are in the veal rump?*

Practicce: Do filleting of veal rump and shoulder and mark the parts.

### 1.3. PORK

After the slaughter of a pig and the removal of skin and the inside parts it is cut into two equal halves. The fat is removed and is cut in quarters .

In the first quarter there are : head, neck, shoulder, chops and ribs .

In the back quarter there are : roastbeef, rump and flank.

**The head** - mostly used for making aspic or for cooking paprikash, goulash sekeli and other dishes.

**Neck** - can be roasted or for preparing guvec, grilled, then preparation of frilled meat on a skewer and when bones removed can be ground with other types of meat.

**Cutlet** –one piece weighs 125 gr., and it is used for grill as dish to order, then also in the cold kitchen for preparation of cold buffet

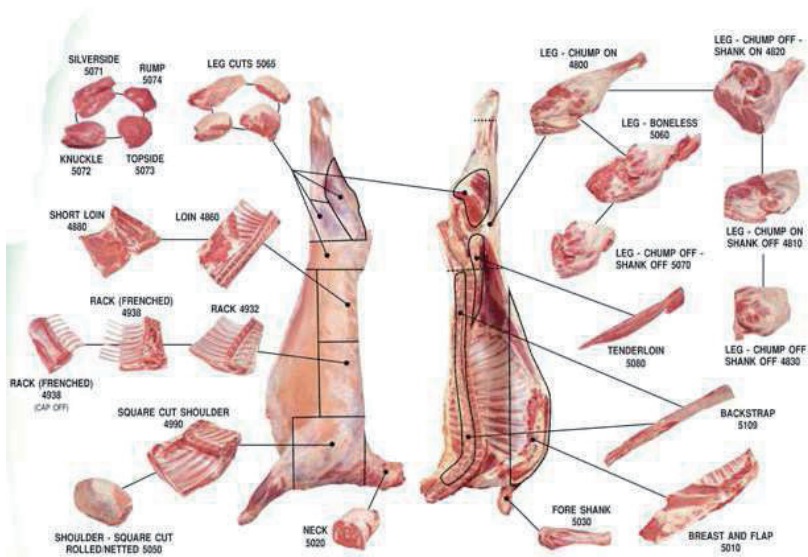
**Shoulder** – is used for many cooked dishes as well as various guvec, paprikash and roast .

**Ribbs** – are used for more kinds of stew dishes,

**Rump** – consists of : fricando, filet, tenderloin and toploin .







## 1.5. POULTRY

Domestic feathered poultry today is often bought slaughtered (rare live), and often frozen, it is widely used in cooking especially chicken, goose and turkey. The meat of poultry is used in various ways in the warm kitchen for preparing various dishes and cold dishes in particular chicken and turkey.

*Questions:*

1. What lamb is best quality?
2. What is prepared of lamb?
3. What is lamb cutlet?
4. What is lamb chop?
5. What includes feathered animals?

Practice: Do sorting of lamb.

### **III. GRAIN AND GRAIN PRODUCTS**

The grains include wheat, rye, oats, barley, millet, maize and rice.

A grain of wheat is with or without hulls with which mainly consists of cellulose. Underneath is aleurone layer containing protein and fat, then internally starchy body consists mainly of starch and protein. In the starchy body there is a germ containing fats and also rich in vitamins and minerals.

#### **Flour**

Flour is a product of the processing of grain that is free of all unnecessary components and fine grinding. Besides actual cereals grain into flour or starch and also are processed corn, barley, rice. The main ingredients and the most important nutrient of all types of wheat is starch, which makes up approximately one-third of the weight of grain.

To obtain flour, grain passes through different degrees of grinding.

#### **Wheat**

We differentiate between hard and soft wheat. The content of the glue in durum wheat is greater than the content in soft wheat. So the flour which is ground from durum wheat is particularly suitable for the production of macaroni, spaghetti, noodles. Flour from soft wheat is used to produce primarily for making bread, cakes and other needs.

#### **Maize**

Immature young cobs are prepared while small and fresh and are preserved. From maize by processing semolina, starch, oil, sugar, or glucose syrup are obtained. Maize flour is obtained from a good ground white maize grain.

#### **Rice**

The rice should be stored in a dry place. The polished rice is stored longer than the unpolished. Rice semolina and rice flour are used in diet kitchen.

### **1. VEGETABLE**

Vegetables in the diet is used because it contains a variety of nutrients, proteins, mineral salts, vitamins etc. In the diet it is used fresh, cooked or canned. Fresh vegetables are sensitive and are easily spoiled, so in the diet is used as fresh vegetables. The improper handling during storage of fresh vegetables and preparing the meal of fresh vegetables, vitamin ingredients can be reduced in vegetables.

In catering cooking vegetables are used for multiple purposes. Vegetables are used for preparation of cold and hot appetizers, various stews, side dishes, salads etc. In the vegetarian diet vegetables are widely used and fairly appreciated.

Vegetables are divided in:

1. Root vegetables;
2. Leafy vegetables;
3. Fruit vegetables;
4. Stemmed vegetables;
5. Leguminous vegetables and
6. Flower vegetables.

### **Root vegetables**

This includes : potatoes, carrots, radishes, kohlrabi, beetroot, celery, horseradish, onions and garlic.

**Potatoes** - one of the most important products in cooking. It is included in almost all lists of dishes and menu - list. The potatoes can be baked, fried, boiled, mashed, and used for: salads, hot appetizers, cold appetizers, stews and other purposes. The advantage of the potatoes in respect of other vegetables is that it is easier to store and is available throughout the year.

**Celery** –is used as a spice because the leaf is used . The root of celery is used for breeding, for salad to flavor stews, soups, stews, etc..

**Carrot – is** used in diet kitchen because it is rich in vitamins. From carrots are prepared : soups, stews, salad, it is used as a spice and for decoration of cold dishes, and is available fresh throughout the year .

**Radish** –is used for preparing fresh salad and for decoration of cold dishes.

**Kohlrabi** – has white colour, it is used for stews, soups etc.

**Beetroot** – is used to prepare salads - cooked for decorating the dishes, etc..

**Horseradish** - is used to prepare cold and hot sauces that are served with cooked meat, then for decorating cold dishes.

**Onions** –is mostly used as a spice for preparing dishes, stews, salads and other dishes. It is available throughout the whole year. It is used fresh, especially with some of our national dishes.

**Garlic** - is used as a spice, then for spiking meat for making bulky products, minced meat dishes and some salads, it has strong odor and taste.

### **Leafy vegetable**

In leafy vegetables are included : spinach, cabbage, savoy cabbage, Swiss chard and various lettuce..

Spinach – is used alone or in addition to the preparation of various dishes. Since it is rich in iron is often used.

Cabbage - used fresh in salads and for preparing various dishes and conserved.

Savoy cabbage – is used for various foods and as side dish.

Swiss chard - the purpose is the same as with spinach.

Fresh green salads - there are more kinds. Depending on the season, they used for preparing various salads and decoration of various dishes.

#### **Fruit vegetables**

In fruit vegetables are included : peppers, tomatoes, courgettes, cucumbers, eggplant, okra.

Pepper – is used for salad preparation, in addition to various dishes and filling. It can be conserved. Powdered pepper (paprika) is used for the preparation of various dishes.

Tomatoes – are used fresh for salad, cold appetizers, a variety of cooked dishes, sauces and hot appetizers.

Courgettes - are used for stews, mousaka, for some national dishes, stuffing and breading.

Cucumber –is used fresh for salad in the cold kitchen for decoration and conservation.

Eggplant – is used alone as a supplement to various dishes.

Okra - is used as a supplement in dishes or alone.

#### **Stemmed vegetable**

In the stemmed vegetables are included: leeks, green onion, green garlic and asparagus.

Leek - is widely used in cooking. It is used for decoration and preparation of various dishes.

Green onions and garlic - are used as fresh and as additive in other foods.

Asparagus –is pretty much appreciated and used in cooking. There are two types of asparagus: tame (yellow) and wild asparagus (green), used in cold and hot dishes.

#### **Leguminous vegetable**

In the leguminous vegetables are included: beans, peas, green beans, lentils and soybeans.

This vegetable can be used as alone or as an addition to other dishes.

#### **Flower vegetables**

In flower vegetables are included: cauliflower and artichoke .

**Cauliflower** – is used for hot entrees, soups , broths, garnish salads and for decoration of various cold dishes .

**Artichoke** – is used for preparing of various dishes,salads, entrees.

*Questions:*

- 1. How are the vegetables divided?*
- 2. Which of the vegetables is mostly used?*
- 3. Which vegetables are available throughout the year?*

### **Herbs,spices and condiments**

Proper use of spices in cooking various dishes is of great importance for determining the taste and aroma of dishes.

Spices are divided into domestic and foreign.

Domestic spices are:

Onions, parsley, celery, garlic, paprika, horseradish ,mustard, etc..

Foreign spices are:

Safran, nutmeg, muscat flower, black and white pepper, vanilla, cinnamon, vorchester, nojkvic etc..

All these spices have great use in the preparation of various dishes, sauces, salads, soups and stews.

### **IV. LIST OF DISHES**

On the list of dishes is written the offer of the catering facility with marked dishes and their prices.

Because the list is written quote and tagged dishes, guests can order any meal which is written in the list.

So when completing the list, it should be taken into consideration the supply of products, professional ability of the chef and kitchen equipment.

In the catering facilities can be found these lists of dishes:

- Permanent list;
- List for a day;
- List of specific dishes and
- Seasonal dish list.

**Permanent list** – is made for a long period as one season or one year.

**Day card-** a list of dishes for a day that serves as a reference for the day, beside the permanent list of dishes - day card contains seasonal dishes.

The list of dishes is also made for certain dishes.

In the list of dishes it is recommended to write the time it takes to prepare it.

The list of dishes must be reviewed and composed of groups of dishes, it is also used as advertising with its good look and seeks to attract visitors.

### **Order of the list of dishes**

1. Cold appetizers
2. Soups, broths
3. Warm appetizers
4. Fish and crustaceans
5. Ready dishes
6. Roasts
7. Dishes on order
8. Grill
9. Boiled vegetables
10. Salads
11. Cheese
12. Desserts
13. Compotes
14. Fruit

*Questions:*

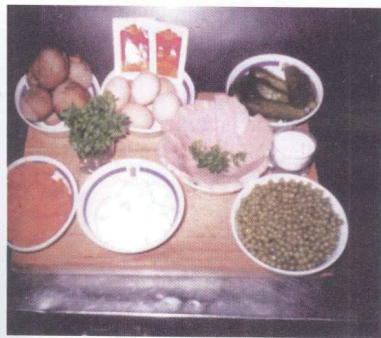
1. *What is list of dishes?*
2. *How many types list of dishes are there?*
3. *What is the order on the list?*

## V. COLD APPETIZERS

### 1. RUSSIAN SALLAD

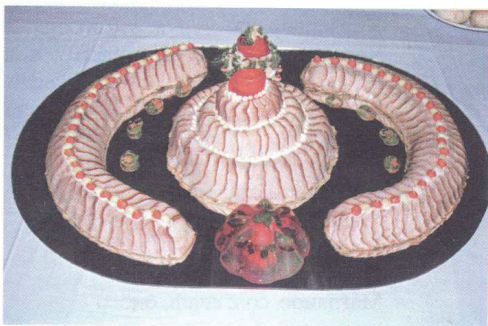
For five persons

potatoes	0,250
carrots	0,150
pickled cucumber	0,150
ham	0,150
canned peas	0,075
boiled eggs	2
mayonnaise	0,100
mustard	0,025
parsley,salt,pepper	



Method of preparation:

Previously washed potatoes and carrots are boiled in salted water, then are peeled and cut into cubes. Pickles, ham and boiled eggs cut into cubes. All products are mixed together. Add mustard, pepper and mayonnaise. It is all mixed together and finalizes to taste. It is served as a cold starter and as a base for various specialities of cold dishes.



## 2. FRENCH SALLAD

For five persons

potatoes	0,250
carrots	0,150
pickled cucumber	0,150
celery	0,050
peas	0,150
boiled eggs	2
sour apple	0,010
mayonnaise	0,100
mustard,salt,parsley	

Method of preparation:

The method of preparation is the same as with Russian salad only in French salad is added sour apple.

Thus prepared salad in the cold kitchen is served and decorated in various forms.





Questions:

1. Which possibilities offer the Russian and French salad?

### 3. ITALIAN SALLAD

For five persons

Fish –fresh or canned	0,500
Potatoes	0,250
Carrots	0,100
Ham	0,075
Pea	0,100
Green beans	0,100
Pickled cucumber	0,075
Mayonnaise	0,010
Eggs	5
Tomatoes red small	5
Parsley,salt,pepper,mustard	

Method of preparation:

If the fish is fresh clean and boil in salted water. Separately are boiled carrots, potatoes, eggs. After cleaning cut into cubes carrots, potatoes, eggs, ham, green beans, pickles, tomatoes and red tomatoes previously peeled. Add peas, mayonnaise, parsley, mustard and pepper. All is well mixed to get a well-balanced mixture, then is decorated and serve as needed.

#### 4. BEEF SALLAD

For five persons

Beef	0,500
Beef tongue	0,100
Onion	0,150
Pickled cucumbers	0,100
Eggs	2
Mushrooms	0,050
Mustard	0,050
vinegar, oil, parsley,salt,pepper	

Method of preparation:

The beef and beef tongue are boiled in salted water. Boil the eggs. The meat and the tongue are sliced. Onions are cut into slices. The pickle cucumbers and mushrooms are chopped, the eggs are peeled and then chopped. Mix all well and add to taste, vinegar, oil, parsley, pepper and salt if needed. When the salad is ready, serve and decorated with various decorations.



#### 5. FISH SALLAD

For five persons

Fish	0,250
Potatoes	0,250
Salted filets	0,010
Mayonnaise	0,150
Fresh tomatoes	5
Eggs	2
lemon juice,pepper,salt,parsley	

Method of preparation:

Clean the fish and boil in salted acidified boiling water . Cool the boiled fish and separate the bones, and dice it. Previously boiled potatoes clean and dice. Mix all this in a bowl and add the mayonnaise, pepper, parsley. Serve in a glass bowl on the base of lettuce decorated with olives, salted fillets, hard boiled eggs, sliced small red tomatoes and parsley.

#### **6. EGGS A LA CASINO**

For five persons

eggs	5
sardines	5
butter	0,250
mustard	0,075
mileram	0,050
Russian sallad	0,500
Aspic	0,015
Olives	5
Parsley,pepper	

Method of preparation:

Boil eggs, cool and peel. Then cut them in half and t remove the yolk which is mashed together with the sardines . Separately beat the butter . Add mustard, mashed yolks and sardines . Then add mileram, pepper. Mix all well, so as to become compact mixture . With thus prepared casino table fill in previously whites cut in half using a syringe.

Serve on base of Russian salad. Decorate and coat with aspic, store in a cool place (refrigerator)



## 7. EGGS IN TARTAR SAUCE

For five persons

eggs	5
Russian or French	
Salad	0,300
Tatar sauce	0,150
Parsley	0,020
Pickled cucumber	0,080
Carrots	0,050
Olives	0,050
Fresh tomatoes	0,050
Wine	0,050
Sardines	1 tin

Method of preparation:

The eggs are boiled, then peel and cut in half lengthwise, then put the base of French or Russian salad. Form and pour Tatar sauce. Decorate and garnish with carrots, olives, tomatoes, parsley and other decorations.



**Preparation of tartar sauce**

Add white wine in mayonnaise, chopped pickled cucumber, sardines and chopped capri ,parsley, mustard and Worcester sauce.

*Questions:*

- 1. Which products are necessary for tatar sauce?*
- 2. How is tatar sauce prepared?*
- 3. Why it is called beef sallad?*
- 4. Which products are necessary for ala casino sallad*

## **8. POACHED EGGS IN ASPIC**

First break the eggs and then boil them in salted and acidified boiling water. After poaching lay the eggs in cold water to cool. Take them out of the water and leave to drain .

Pour liquid aspic in the mold where the eggs will be put

The filled mold with aspic put in a bowl with ice with a little water and salt. The mold is placed in the ice completely to the top taking care not to be filled with water. The mold is kept in the ice until it makes aspic at the bottom and the walls in thickness of about ½ cm. Then carefully drain the liquid aspic, and decorate the mold at the bottom and the walls with different decorations , carrot, truffle, red pepper, parsley, and other decorations. In such decorated mold put two eggs (for one serving) pour with the aspic and put in the fridge to tighten the aspic

At serving , the mold is put in warm water and the eggs are carefully put on a lettuce leaf or French salad leaf . Decorate and garnish around it.

## **9. TROUT BELLEVUE**

For six persons

Trout pcs.6	0,220
Mayonaise	0,300
French salad	0,600
White wine (Aspic)	0,300
Various vegetable	0,500
Lemon juice,salt	

Method of preparation:

The trout is cleaned beginning from the gills, then it is washed and cooked in spiced water with various vegetables and salt. After it is cooked , take it out of the water and let it cool in a swimming position. Then peel the skin and put it on a foundation of French salad and pour it with dissolved mayonnaise with aspic and white wine. Decorate and garnish according to your taste.



Questions:

1. *Why are they called poached eggs ?*
2. *What supplies are necessary for trout "Belvi" ?*
3. *How is served trout "Belvi"?*

#### 10. FILLED HAM

For five persons

1 Ham	0,500
Casino mixture	0,200
Aspic	0,300
Olives, parsley	

Method of preparation:

Slice the ham and spread with previously prepared casino mixture ( see recipes at eggs ala casina) . Alternatively put one row of ham then spread casina mixture until they are finished. Put in the fridge to thicken , and then cut in triangles or squares . Pour with aspic , serve with or without Russian salad and decorate.



## **11. PORK LOIN “STEFANI”**

For five persons

Pork loin	pc.1
Boiled eggs	5
Green salad	
Salt	

Method of preparation:

Debone the pork loin. Remove the fat and the fibers carefully so as not to damage it. Carve the pork loin in the middle and stuff it with boiled eggs. Wrap the ends of the pork loin with string. Then salt the meat and roast but not overroast, i.e. to be roasted 80 %. After it is roasted leave it to cool. Slice the roasted meat and serve on green salad leaves or Russian salad. The roast pork loin is covered with aspic from above, decorate and garnish.

## **12. TATAR BEEFSTEAK**

For five persons

Beef fillet	0,900
Egg yolk	5
Finely chopped onion	0,050
Parsley	0,020
Capers	0,020
Mustard	0,020
Salt, pepper, red pepper, oil	

Method of preparation:

Chop the beef fillet (mince), knead and form a beefsteak. In the middle of it make a hole in which the yolk is put. The beefsteak is served in the middle of a plate. Around the beefsteak are laid the seasonings, garnish with green salad and serve the guests. The waiter combines in front of the guests according to taste and wish.



*Questions:*

1. *What kind of meat is necessary for a pork loin?*
2. *How is tatar beefsteak served?*

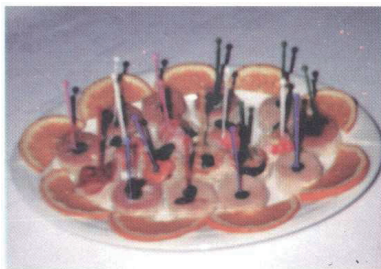
### **13. KANAPEI**

Kanapeis are made of a piece of bread in round form, square or triangle form. They are spread with butter and decorated. They are arranged to look pleasant with more decorations. They are served with tea and beer, as well for cocktails and receptions.

Kanapeis can be prepared in many ways and from different products such as meat, vegetable cheese, mushrooms, caviar and other products.

### **14. KANAPEI – RIGOLETO**

Thin kanapei cut in round form, triangle or square forms are spread with butter mixed with red hot ground chilly peper. Finely chopped eggs mixed ( white and yolk), ham , dried tongue and parsley poured with aspic are put on the kanapei.



*Questions:*

1. *Which supplies are necessary for kanapei?*



## 15. MEAT ASPIC

Ingredients for 1 l aspic

Beef meat	0,200
Beef bones	0,500
Gelatine	0,050
Egg white	3
Vegetable (seasonning)	0,050
Water	1,5лит
Minced meat	0,060
Pepper seed, salt, lemon juice	

Method of preparation:

In a large pot put the meat, beef bones, vegetables, salt, pepper seed, lemon juice. Let it boil. Remove the foam and cook on a medium heat 2-3 hours. Then take the pot away from the heat, remove the fat and strain it. In the strained stock add some melted gelatin which should stay for 30 minutes at least, then add the minced meat and the egg whites. In such prepared stock gradually add the strained stock and leave it to cook on medium heat, stirring occasionally. Cook it for 1 hour. Such prepared aspic strain through cloth which should be wet.

The aspic prepared on this way is used for covering various cold dishes in the cold kitchen, preparing various decorated forms, for fish, meat and others.

*Questions:*

- 1. How is aspic prepared?*
- 2. For what dishes is aspic used?*
- 3. Why do we use the gelatine?*

## **VI. SOUPS, BROTH , POTAGES**

### **1. SOUP ADDITIVES**

#### **Fried pea**

In beaten eggs add milk, salt and flour. Mix the mixture well. The thickness of the mixture should be according to the sieve through which it will be poured into the preheated oil Fry the peas in heated oil, and use it as an additive for soup.

#### **Noodles**

Flour, eggs, salt, milk and some water. All these ingredients are knead until smooth to get a soft dough. Then spread it in thin rolls to dry a bit and cut thin stripes which are cooked in boiled salted water, and then wash with cold water. The same dough is prepared for pasta which are cut in squares and are cooked like the noodles.

#### **Tarana**

The same dough as for noodles , a bit thicker and drier grate on a rougher grate. Leave it to dry, cook in water, and is served as additive for soups.

### **2. BEEF SOUP**

For five persons

Beef	0,250
Beef bones	1крp
Carrot	0,050
Onion	1
Parnsnips	0,050
Parsley	1
Oil	0,100
Salt, pepper	

Method of preparation:

Well cleaned and washed and cut beef bones and meat are put in a pot to cook together with parsnips, parsley, pepper, onion and salt. Cook on low heat for 3-4 hours, in meantime add grated and fried carrot. When the meat is cooked take it away from the heat, strain it through a sieve with cloth taking care not to disturb the soup. Such prepared soup is kept in hot condition and is served with various additives.

*Questions:*

- 1. Which ingredients are necessary for a beef soup?*
- 2. How long are the meat and the bones cooked?*

### 3. **BEEF SOUP WITH TARANA**

In previously prepared soup add tarana. Cook it well and prepare to taste.

Ingredients for tarana

For five persons

Flour 0,100

Egg 1

Salt and water

Mix the flour and the egg together, then add salt and water. Knead it in a strong dough and leave it to rest and then grate it. Such prepared tarana is kept in a dry place.

*Questions:*

- 1. Which products are needed for a beef soup?*
- 2. How is prepared beef soup with tarana?*
- 3. Which products are needed for tarana?*

### 4. **CHICKEN A LA CREAM BROTH**

For five persons

Chicken 0,300

Parsley 1

Vegetable 0,150

Salt, pepper, laurel, mileram, lemon, egg yolks, flour

Method of preparation:

Cook the chicken together with the seasoning. When the meat is ready take it out and remove the bones and the skin. Pour white roux in the broth. Then mash the broth and add the diced chicken. Finally add mileram and egg yolk in which was added lemon juice.

## 5. **Tripe soup**

For five persons

Cooked tripe	0,350
Onion	0,075
Bacon	0,050
Flour	0,030
Tomatoes	0,075
Parsley	1
Salt, pepper, vinegar, red pepper, oil	

Method of preparation:

Put oil, finely chopped onion and bacon in a pan. Fry it. Add flour, red pepper, stock from the cooked tripe, garlic and the tripe cut in stripes. Leave it to cook for a while. When it is ready, add parsley and vinegar, salt and pepper to taste.

*Questions:*

1. *Why it is called tripe soup?*
2. *What are the ingredients of a chicken a la cream soup?*
3. *What is finally added to the broth?*
4. *What are the ingredients of tripe soup?*
5. *What should be like the tripe?*

## 5. **FISH STEW**

Take quality fish clean it, and wash it. Then put it in seasoned water with various vegetable and salt to cook.

When the fish is cooked, remove the skin and the bones and dice the flesh. In another pan braise finely chopped onion, various vegetable with salt, pepper and laurel.

When the vegetable is half ready and the onion softened add red pepper, fish stock and let the stew to cook in which previously the cooked fish flesh was added. Finally add the roux and add the seasoning to taste. Before serving add egg yolk and mileram.

## **6. POTATO POTTAGE**

For five persons

Potato	0,500
Onion	0,050
Fat	0,060
Mileram	1dl
Nutmeg , flour	

Method of preparation:

Peel the potato and wash. Fry finely chopped onion, then add the sliced potato and the stock. Season it and cook on low heat. When it is cooked add white roux , mash it and add mileram before serving.

*Questions:*

- 1. What are the ingredients for the pottage?*
- 2. Why it is mashed?*
- 3. What is the difference among soup, broth and pottage?*

## **7. MUSHROOM POTTAGE**

White roux prepared on butter is poured with stock or mushroom water. Add grated or marinated sliced mushrooms and let the pottage to cook. Finally add salt, pepper, parsley, lemon juice and butter to taste. At serving add egg yolks.

## **8. CARROT POTTAGE**

Grate the peeled and washed carrots, then put in a pot to braise with finely chopped onion in which we add oil, salt, pepper, laurel. When the carrots are braised

and the onion softened pour water or stock and cook. Add washed rice to cook together. Then add white roux, mash it and season with salt, pepper, parsley, lemon juice, sugar, grated parmesan to taste. At serving the pottage is served with mileram.

## 9. CHICKEN CONSOMME

For five persons

Chicken	1крp
Onion	0,050
Celery	0,050
Fresh tomatoes	0,075
Domatis	0,015
Egg white	3
Cognac	0,015
Salt, pepper to taste	

Method of preparation:

Clean the chicken, wash and cook, while cooking remove the foam. Then add onion, celery, domatis, tomatoes, pepper and salt. When the vegetable is cooked, drain the consommé and cool. Add the beaten egg white and return the consommé to low heat to clarify. Leave it to sediment and then strain and remove the fat and add cognac to taste. Keep cool. It can be served in a cup with two handles.

*Questions:*

1. *What are the ingredients for consommé?*
2. *In what is served chicken consommé?*
3. *In what condition is served chicken consommé?*

## VII. HOT STARTERS

### 1. CHICKEN CROQUETS

For five persons

Chicken	0,300
Bechamel	0,300
Egg yolk	4
Flour	0,100
Breadcrumb	0,100
Salt , pepper, parsley, nutmeg	

Method of preparation:

Cook the chicken ,remove from skin and bones. Then dice it and add to a previously prepared béchamel and the add salt, pepper, parsley, nutmeg and egg yolks. Mix all well and make croquets in length and round forms, coat them in Vienna style (flour,eggs,breadcrumbs) and fry in hot oil. Serve them while hot.

## 2. CHEESE SOUFFLE

For five persons

Bechamel	0,500
Cheese	0,250
Eggs	6
Butter	0,050
Breadcrumbs	0,050
Nutmeg	

Method of preparation:

In previously prepared thick béchamel add grated cheese (yellow cheese), nutmeg and salt to taste. Separately beat the egg whites and and the egg yolks. After they are beaten , mix them together and add to the béchamel. Mix the mixture until blended . Put the mixture in a buttered and breadcrumbed pot (fireproof dish) , grate some cheese and butter and bake in the oven in damp.When it is ready serve it while warm.

### 3. MILAN SPAGHETTI

For five persons

Spaghetti	0,350
Tomatoes	0,175
Mushrooms	0,100
Oil	0,050
Butter	0,030
Ham	0,150
Salt, pepper, parsley	

Method of preparation:

Cook the spaghetti in boiled salted water. Strain and wash with cold water in another pot. Fry on hot oil tomatoes and finely chopped mushrooms and ham seasoned with salt and pepper .Add the previously cooked spaghetti and serve them while hot with grated parmesan cheese.



*Questions:*

1. What are the ingredients for cheese souffle?
2. What are the ingredients for Milan spaghetti?

### 4. PIROZHKI WITH CHEESE

For five persons

Cheese	0,200
Puff pastry	
(pastry for pancakes)	0,050
Eggs	3
Butter	0,050



Breadcrumbs	0,050
Oil	0,100

Method of preparation:

Form the dough as for pirozhki. Then make a mixture of cheese, eggs and butter. Stuff and roll. Brush with egg yolk , cut in pieces of 4,5 cm and coat with breadcrumbs. Fry in hot oil. Serve while warm



## 5. **BREADCRUMBED YELLOW CHEESE**

For five persons

Yellow cheese	0,500
Flour	0,100
Oil	0,200
Breadcrumbs	0,150
Tatar sauce	0,200
Eggs	3

Method of preparation:

Cut the yellow cheese in pieces , two pieces for one serving. Then coat it in flour, eggs and breadcrumbs (Vienna style). Fry in lot and hot oil. When fried , serve with tatar sauce.



#### 6. **AUBERGINES “aux rillettes”**

For five persons

Aubergines	0,500
Oil	0,500
Eggs	3
Beer	0,100
Flour	0,150
Salt	

Method of preparation:

Peel the aubergines, slice , salt them and leave to rest a while.

Separately prepare “aux rillettes” stock from flour, beer and egg yolks and add some salt. Beat the eggwhites separately and mix with the other mixture. Coat in this mixture the sliced aubergines and fry them in a lot of hot oil. When ready, serve with tatar sauce.

#### **BREADCRUMBED COURGETTES**

For five persons

Courgettes	0,750
Flour	0,150
Eggs	5
Breadcrumbs	0,150
Salt	

Method of preparation:

Clean the courgettes and slice them into rounds. Salt them and coat in flour, eggs and breadcrumbs (Vienna style). Fry in a lot of hot oil. When serving sauce mayonnaise is separately served.

*Questions:*

- 1. What are the ingredients of pirozhki?*
- 2. How is "aux rillettes stock" prepared?*
- 3. Why are they called breadcrumbed courgettes?*
- 4. How are served chicken croquettes?*

## **8. WARM EGG STARTERS**

### **8.1. VILLAGER'S SCRAMBLED EGGS**

Fry finely chopped onion and sliced fresh peppers on oil. When they are half ready add diced tomatoes. Fry together seasoned with salt, pepper, parsley. Finally add the eggs. When the scrambled eggs are ready serve it while warm.

### **8.2. VLACH'S SCRAMBLED EGGS**

In a pan with hot oil fry chopped mushrooms. Add some cottage cheese. When it is almost ready, add 2 beaten eggs. Fry until eggs are fried. It is served while it is warm.

### **8.3. OMELETTE WITH YELLOW CHEESE**

Crack the eggs in a bowl in which there is diced yellow cheese. Stir the eggs and fry in hot oil. When it is ready fold in the middle and serve. In the same way it is prepared with white cheese.

### **8.4. OMELETTE HUNTER'S WAY**

It is prepared in the same way as the previous one. The difference is that in this omelette we add mushrooms and chicken liver

## **9. STEWS**

Stews are usually served as a side dish of meat dishes, and rarely as main dish.

In vegetarian cuisine stews are the basic diet. No matter the method of preparation, there are two main groups: simple and combined.

**Simple** stews are the ones that are prepared from one kind of vegetable.

**Combined** stews are the ones that are prepared from two or more kind of vegetables.

The stew gets the name from the vegetable and the way of preparation.

Stews are always served warm.

### 9.1. POMMES FRITES

For five persons

Potatoes 1,500

Oil 0,200

Salt

Method of preparation:

Peel the potatoes, wash and cut them into batons that are about the width one centimeter and length 5-6 centimeters. Strain the so cut potatoes from water and dry with a clean cloth, then fry (blanch) until brown. When pommes frites is ready strain the oil and salt it. The ready pommes frites serves as a stew alone or for garnishing dishes to order.

### 9.2. POMMES CHIPS

For five persons

Potatoes 1,500

Oil 0,200

Salt

Method of preparation:

Wash and peel the potatoes , and cut crosswise or lengthwise slices. Dry in a towel (paper towel) and fry in a lot of hot oil until nicely browned. Drain from the oil and salt them. It serves as garnish for various dishes to order.

### 9.3. POMMES DUCHESS

Method of preparation:

Wash and peel the potatoes, cut in quarters and cook in salted water. When it is cooked, drain in a colander and mash with a potato masher and in the mashed potato add: eggs, white pepper, salt to taste, butter, a little flour. Then stir until the mixture is smooth. This mixture is used for decorating plates and oval serving platters for festive receptions.

### 9.4. CARROTS ON BUTTER

For five persons

Carrots	1кгp
Butter	0,200
Salt, pepper, sugar, parsley	

Method of preparation:

Peel the carrots and wash them and cook in salted water. When they are cooked, slice them. The sliced carrots fry in butter and add salt to taste, ground pepper, parsley and a little sugar.

### 9.5. BRAISED RICE

For five persons

Rice	0,250
Oil	0,050
Onion	0,050
Salt	

Method of preparation:

Cleaned, washed, and drained rice braise in oil, salt, pepper, bay leaf, parsley, onion. While braising pour some water or stock and then put in the oven to bake. The ready rice is used as a stew only or as garnish for other dishes to order.

### 9.6. FRENCH POTATO

For five persons

Potato	1кгp
--------	------

Oil	0,100
Eggs	5
Sausages	0,250
Milk	0,500
Butter	0,050
Salt, parsley	

Method of preparation:

Peel the boiled potatoes and cut in rounds. Place the cut potatoes in a baking tin: one layer potatoes, one layer cut sausages and boiled eggs cut in rounds until you finish the ingredients. Season with the royal mixture (eggs, milk, parsley, salt) and put in the oven to bake. It is served as garnish or as a warm starter.

### **9.7. FINE STEW**

For five persons

Potatoes	0,750
Carrots	0,250
Peas	0,250
Veloute sauce	0,250
Butter	0,150
Meat stock	0,150
Salt, parsley	

Method of preparation:

Dice the potatoes and fry in a lot of hot oil. Dice the cooked carrots. In a prepared veloute sauce with meat stock, add: peas, carrots and potatoes. Finalize to taste and is served for garnish to many dishes.

### **9.8. MIXED STEW**

For five persons

Potatoes	0,500
Carrots	0,250
Peas	0,250
Green beans	0,250
Cabbage	0,250
Onion	0,250

Cauliflower	0,250
Oil	0,150
Salt, parsley, pepper	

Method of preparation:

Cleaned,boiled and diced vegetables add in a pan with fried onion.Braise together for 20 minutes. Add to taste salt, black pepper and parsley. It is used as garnish to various dishes.

## 10. SALADS

The salad is a dish that is prepared from fresh or cooked vegetables and are seasoned with oil, vinegar (or lemon juice), spices and salt.

Salads from fresh vegetables are very sensitive to spoiling if seasoned or cleaned , or if they stay longer in water, so they are seasoned before serving in front of the guests.

According to their composition they can be :

- a) simple ( from one kind of vegetable)
- b) compound ( from many kind of vegetables,seasoned separately,but served together)
- c) mixed (various vegetables,but seasoned and served together)

### 9.1. SIMPLE FRESH SALADS

#### 9.1.1. GREEN SALAD

For five persons

Green salad	0,750
Vinegar	1,5 dl
Oil	0,050

Salt, sugar, (eggs to taste)

Method of preparation:

Clean and wash the salad more times. Then season with vinegar, salt and grated eggs. Mix together and serve.

#### 9.1.2. CABBAGE SALAD

For five persons

Cabbage fresh	1крp
Vinegar	0,150
Oil	0,050
Salt, black pepper, parsley	

Method of preparation:

Shred the cabbage, add salt, knead a little and add vinegar and oil, mix, it is served and decorated with parsley.

#### 9.1.3. TOMATO SALAD

For five persons

tomatoes	0,750
Oil	0,050
Salt, onion ( to taste )	

Method of preparation:

Wash the tomatoes and cut them in rounds, place in a dessert plate. Season with salt, oil, parsley (onion to taste)

#### 9.1.4. PEPPER SALAD

For five persons

Peppers	0,500
Vinegar	0,100
Oil	0,100
Salt, parsley (garlic to taste )	

Method of preparation:

Wash the peppers and slice them. Add salt, vinegar, oil, parsley and serve them.



## **9.2. SIMPLE SALADS FROM BOILED PRODUCTS**

### **9.2.1. TOMATO SALAD**

For five persons

Boiled potatoes            0,750

Vinegar                      0,750

Sliced onion                0,050

Salt, black pepper , parsley

Method of preparation:

Peel the washed and boiled potatoes and slice it. Season with oil, vinegar, onion, parsley, salt, black pepper and serve.

### **9.2.2. BEAN SALAD**

For five persons

Boiled bean                0,500

Vinegar                      0,200

Oil                            0,040

Onion                        0,020

Salt ,black pepper, parsley

Method of preparation:

Cook the cleaned and washed bean. When it is cooked in a seasoned water with salt, black pepper, laurel leave it there until use. Drain the beans and put on plate and season with oil, vinegar, onion, black pepper and parsley and serve.

### **9.2.3. BEETROOT SALAD**

For five persons

Boiled or baked beetroot      0,400

Vinegar	0,200
Oil	0,050
Salt, sugar, cumin	

Method of preparation:

Peel the washed and boiled beetroot, then slice it and season with vinegar, oil, salt, cumin and a little sugar.

### **9.3. COMPOUND SALADS**

Compound salads are mainly prepared from fresh and baked vegetable. The composition of compound salads depends on the season available products and wish of the guests.

#### **Potato, beetroot and celery salad**

The potato, beetroot and celery are prepared separately and seasoned. Add mayonnaise. It is served in a three part plate decorated with parsley.

#### **Potato, celery and asparagus salad**

The potato, celery and asparagus are separately prepared and seasoned. Add mayonnaise. It is served in a three part plate.

### **9.4. MIXED SALADS**

When preparing mixed salads, the chopped vegetable are mixed and seasoned together.

#### **9.4.1. CONGRESS SALAD**

Mix together boiled and diced potatoes, carrots, pickled cucumber and add vinegar, mustard, oil, salt, parsley. Let it rest before serving.

#### 9.4.2. AMERICAN SALAD

For five persons

Peeled tomatoes 0,250

Sliced celery 0,100

Onion 0,050

Potato 0,150

Boiled eggs 3

Oil , salt, sugar, parsley, a green salad leaf

Method of preparation:

Slice the peeled tomatoes. Put them in a bowl and add chopped celery, onion, boiled and diced potatoes and sliced eggs. Mix slowly and season with oil, salt, vinegar, sugar and parsley. Serve on a plate and decorate with parsley and a green salad leaf.

## **VIII . SAUCES**

### **1. WARM SAUCES**

#### **1.1. ESPAGNOL SAUCE**

For 5 litres

Bones veal, beef ,pork ,chicken,

	0,500
Carrots	0,050
Onion	0,050
Celery	0,050
Parsley , a bunch	1
Domatis	0,050
Flour	0,100
Oil	0,080
Water lit	7
Wine	0,050

Method of preparation :

Cut the bones to smaller pieces, clean and chop the vegetables ( carrots,onions,celery,parsley, black pepper, salt). Put all together in oven to get brown colour. Then put the bones in a pot and pour water and cook for 7-8 hours on low heat. Drain the bones, cook the sauce again, add some fried flour without oil and cook for another 2-3 hours.Add red or white wine and fried domatis. When the sauce comes to a certain thickness leave it to cool.

#### **1.2. GAME STOCK**

For 5 litres

Bones from various game

	3крр
Celery	0,100
Parsnips	0,100
Carrots	0,300
Parsley a bunch	1
Onion	0,150

Tomato puree	0,070
Flour	0,070
Oil	0,150
Salt ,black pepper	

Method of preparation:

This sauce is prepared in the same way as espagnole sauce, but the difference is that for this sauce bones from more kind of games are necessary , and is used as a base sauce for other game sauces.

## **MUSTARD SAUCE**

For 5 decilitres

Flour	0,030
Oil	0,030
Soup (water)	5дцл
Celery	0,050
Onion bulb	1/2
Mustard (spoons)	2
Salt	

Method of preparation:

Fry the flour in preheated oil and add gradually soup (water) and salt stirring until it thickens. Add finely grated onion and mustard. Leave it to cook for 15-20 minutes stirring occasionally.

*Questions:*

1. *Why are they called warm sauces?*
2. *What are the ingredients of warm sauces?*
3. *Why it is called game stock?*

## **1.2. WARM DARK SAUCES**

### **1.2.1. IMPERIAL SAUCE**

For 5 litres

Espagnole sauce lit	5
Ham kg	1
White wine lit	1
Pickled cucumber kg	1
Salt, black pepper	

Method of preparation:

In a ready espagnole sauce add white wine , finely chopped ham and pickled cucumbers. Season to taste and cook on low heat 30 min. It is used for veal,pork and lamb.

### 1.2.2. PORTO SAUCE

For 5 litres

Espagnole sauce lit	5
Butter	0,500
Wine Porto lit	1
Salt , black pepper	

Method of preparation:

Take ready espagnole sauce add Porto wine and butter after it boils and use it with dark meat.

### BROWN SAUCE WITH MUSHROOMS

For 5 litres

Espagnole sauce lit	5
Butter	0,500
Mushrooms	0,500
Mileram	0,500
Salt, black pepper	

Method of preparation:

Take ready espagnole sauce add sliced mushrooms. Add butter, mileram and season to taste with salt and black pepper. Cook 30 min. on low hit,and is used for various meat.

Questions :

1. *Why are they called dark sauces?*
2. *What are the ingredients for imperial sauce?*
3. *How is Porto sauce prepared?*
4. *How do you prepare brown sauce with mushrooms?*

### **1.3. WARM LIGHT SAUCES**

#### **1.3.1. BECHAMEL SAUCE**

For 5 litres

Flour	0,750
Butter	0,750
Milk lit	5
Salt	0,075

Method of preparation:

Melt butter in a pan , add flour and fry until yellowish. Then add boiled milk which should be warm. Stir until it gets thickness. So prepared béchamel is kept in a warm place, and is used as a base for many kind of sauces and other dishes.

#### **1.3.2. TOMATO SAUCE**

For 5 litres

Flour	0,500
Oil	0,250
Domatis	0,750
Carrots	0,500
Onion	0,500
Dry bacon	0,500
Water	1.5
Salt, black pepper	

Method of preparation:

Fry in a saucepan previously chopped vegetables with bacon. Add flour, onion and pour water. Cook until thickens, then sieve it and finish to taste. This sauce can be used as a dish or as a dressing to other dishes.

#### 1.3.3. ENGLISH SAUCE

For 5 litres

Espagnole sauce	lit	5
Madera wine	lit	1
Lemon zest		1/2
Worcestershire sauce	lit.	1
butter		0,300
salt ,black pepper		

Method of preparation:

Take ready espagnole sauce , add Madera wine, Worcestershire sauce, butter and season. Cook on low heat 30 min. Then, drain through a cloth (towel). With this sauce we pour the poultry.

#### 1.3.4. CHEESE SAUCE

Bechamel	0,500
Grated cheese	0,150
Salt, lemon juice	

Method of preparation:

In ready prepared béchamel sauce add grated cheese. Put it on low heat and stir until the cheese is melted. Finish to taste with salt and lemon juice. This sauce is served with fish , eggs and pastry.

#### 1.3.5. SAUCE HOLLANDAISE

For 0,300 lit



Egg yolks	2
water	0,025
butter	0,200

salt, black pepper ground, lemon juice

Method of preparation:

In a bowl beat the egg yolks and add water, salt, white pepper. Whisk the yolks on damp until they thicken. Then gradually stir in butter to get a thick mixture. Finally season with salt and lemon juice. Serve with vegetables, fish, eggs.

*Questions:*

1. How is Bechamel sauce prepared?
2. What are the ingredients of tomato sauce?
3. How is English sauce prepared?
4. What are the ingredients of cheese sauce?
5. What are the ingredients of sauce Hollandaise?

#### **1.4. HOT DARK SAUCES**

##### **1.4.1. MADERA SAUCE**

For 5 litres

Espagnole sauce lit	5
Madera wine lit	1
Lemon juice pc	1
Mileram lit	0,5
Mustard	0,250
Rosehips jam	0,250
Butter	0,500

Salt, pepper

Method of preparation:

In previously prepared espagnole sauce add Madera wine, lemon juice, milera, rosehips jam, mustard and butter. Cook on low heat 30 min. Sieve the sauce through a towel and season. It is served for dark meat and dishes.

#### 1.4.2. **BORDEAUX SAUCE**

For five litres

Esagnole sauce lit	5
Wine Bordeaux lit	1
Bone marrow kgs	1
Salt, pepper	

Method of preparation:

In ready Espagnole sauce pour Bordeaux wine. Put it to boil on low heat. Then add diced bone marrow. It is used for dark meat.

*Questions:*

- 1. What are the ingredients of Madera sauce?*
- 2. How is Bordeaux sauce prepared?*

## 2. COLD SAUCES

### 1. **MAYONNAISSE**

For basic mayonnaise

Egg yolks	5
Oil lit	1
Lemon juice pc.	1
Mustard	0,010
Salt	

Method of preparation:

Carefully separate the egg whites from the yolks, put the yolks in a bowl, add salt, lemon juice and mustard. Whisk the mixture in one direction and add gradually oil. Stir until you get a thick mixture and use the oil.

## **TATAR SAUCE**

For five persons

Sauce mayonnaise	0,250
White wine	0,050
Pickled cucumbers	0,050
capers	0,010
mustard	0,050
mileram	0,050
anchovies	
parsley	
lemon juice	1/2

Method of preparation:

In ready mayonnaise add white wine, finely chopped pickled cucumbers, capers, parsley, mustard, mileram and lemon juice. Mix well together. It is used for dressing of various hot entrees.

## **2. TIROL SAUCE**

Method of preparation:

In prepared Tatar sauce add ketchup and tomato puree.

## **3. MAYONAISE SAUCE WITH ASPIC**

Method of preparation:

In previously prepared mayonnaise sauce add melted aspic, and is used for glazing cold dishes.

## **4. RUSSION SAUCE**

Method of preparation:

Ready prepared mayonnaise sauce and dilute with white wine and the add finely chopped crab meat, caviar, mustard, lemon juice. Mix well and is used with fish and crab.

*Questions :*

- 1. Which is the basic sauce for cold sauces?*
- 2. What is the difference between Tirol and Russian sauce?*
- 3. Why is aspic used in mayonnaise?*

## SAUCES WITHOUT MAYONAISE

### 1.1.1. WINIGRED SAUCE

Oil lit	1
Mustard	0,035
White wine	0,005
Lemon juice	
White pepper	
Estragon	1
Boiled egg yolk	1

Method of preparation:

Put in a bowl mustard and the seasoning. Beat with whisk and gradually add oil. Then add the previously grated egg yolk and mix well. When the sauce is ready, it is served with spaghetti, mushrooms etc.

### 1.1.2. MEAT JELLY

For five persons

Beef	0,450
Onion	0,150
Gelatin	0,180
Egg whites	10
Water lit	6
Salt, pepper	

Method of preparation:

The method of preparation is the same as for aspic the difference is that it can be coloured in different colours.

### 1.1.3. SWEET JELLY

For one person

White wine	0,400
Water	0,250
Sugar	0,250
Gelatine	0,030
Lemon juice	

Method of preparation:

Put in a pot wine, water, sugar and gelatin which previously stayed in cold water to soften. Boil the mixture 10 minutes and add lemon juice. So prepared jelly leave to cool. It is used for decoration and to stuff fruit baskets.

### 1.8.4 WHITE CHAUFROIX SAUCE

In ready velute sauce or béchamel add liquid aspic and mix together. It is used for glazing various cold starters.

*Questions :*

- 1. How is vinegrad sauce prepared?*
- 2. What are the ingredients of meat jelly?*
- 3. Why is it called sweet jelly?*
- 4. What are the ingredients of belle schofroa sauce?*

## IX. FISH DISHES

### 1. FRIED CARP

For five persons

Carp	1,250
Oil	0,100
Flour	0,040
Potato	1,00
Salt	

Method of preparation:

Clean the carp, wash, cut in two to three pieces for one serving. Salt it, coat in flour and fry in a lot and hot oil. When it is browned on both sides, serve it and garnish with salted potato and a lemon wedge.



### 2. BREADCRUMBED CATFISH

For five persons

Catfish	1,250
Oil	0,125
Flour	0,100
Breadcrumbs	0,100
Tatar sauce	0,150
Eggs	3
Potato kgr	1
Salt , lemon	

Method of preparation:

Fillet the catfish, cut in chunks ( usually 2 to 3 for one serving), salt them and coat in viana style ( flour,eggs,breadcrumbs).Dredge the catfish and fry in a lot of hot oil.When it is fried, serve and garnish with salted potato and a lemon wedge, and separately serve tatar sauce.

### **3. PIKE PARIS STYLE**

For five persons

Pike	1,250
Oil	0,100
Flour	0,100
Potato	1,00
Breadcrumbs	0,100
Tatar sauce	0,150
Eggs	3
Salt, lemon	

Method of preparation:

Clean and wash the pike, (remove the skin and the bones). Salt it and coat in viana style (flour egg). Fry in a lot of hot oil. When it is fried serve and garnish with salted potato and another garnish and a lemon wedge, separately tatar sauce is served.

*Questions:*

- 1. What should be the fish like?*
- 2. What are the ingredients for pike Paris style?*

### **4. PIKE AUX RILLETES**

For five persons

Pike	1,250
Oil	0,100
Flour	0,100
Eggs	3
Beer	0,100
Salt , parsley	

Method of preparation:

The filleted pike is cut into long thin pieces, it is salted and coated in flour, and then in aux rillettes mixture. It is fried in a lot of hot oil. Serve and sprinkle fried parsley, and separately serve tatar sauce.

Aux rillettes mixture -Separate the egg white from the egg yolks. In the yolks add beer, flour and salt. Mix well and add beaten egg whites as foam and mix all the mixture to get a blend.

## 5. TROUT OHRID STYLE



For five persons

Trout	1,250
Oil	0,075
Onion	0,100
Peppers	0,150
Tomato	0,150
White wine	0,050
Lemon, garlic, parsley pepper	

Method of preparation:

Clean the trout from the gills with a flash of water. When it is clean, salt it and grill in the whole form. When it is grilled from both sides, make a cut from the eye along to the backbone which should be removed. Then it is stuffed with the prepared filling ( finely chopped and fried onion, finely chopped peppers. Then add tomato-concase. Finish to taste with salt, pepper, white wine, garlic, parsley and lemon juice) and form the fish. It is served with the cut side down so that it looks whole, and from



above is served with lemon slices, and separately tomato sauce is served which can be poured over the fish.



cleaning of trout

#### 6. CARP PRESPA STYLE

For five persons

Carp	1,250
Oil	0,100
Flour	0,100
Potato	0,500
Tomato	0,200
Salt , garlic, lemon, parsley	

Method of preparation:

Clean ,wash the carp and incise garlic,salt it and coat with flour.Fry in complete form.Then put in the oven to bake.When it is baked, serve and put on the upper side fried tomato concase in which parsley is added.Garnish with lemon slices and salted potato which can be served separately.

*Questions:*

1. *How is aux rillettes mixture prepared ?*
2. *How is the backbone removed?*
3. *How is trout cleaned?*
4. *How is Prespa carp served?*

## **X. MINCED MEAT DISHES**

### **1. STUFFED COURGETTES**

For five persons

Courgettes pcs.	10
Minced meat	0,500
Oil	0,150
Onion	0,100
Rice	0,100
Flour	0,050
Egg	1
Tomato	0,250
Parsley, salt, pepper, red pepper	

Method of preparation:

Put oil and finely chopped onion in a pan. And minced meat and fry together. When it is fried, add rice, pepper, salt, parsley, red pepper and eggs. Mix well. Stuff with this filling previously cleaned, formed and scooped out the middles, close them with a tomato slice. Place the stuffed courgettes in a baking tin. Pour water which was seasoned with salt. When they are baked, fry with a thin red roux. Serve when ready, separately sour milk is served.

### **2. STUFFED AUBERGINES**

For five persons

Aubergines pcs.	10
Minced meat	0,500
Oil	0,150
Onion	0,100
Rice	0,100
Flour	0,050
Egg	1
Tomato	0,250
Salt, black pepper, garlic, parsley, red pepper	

Method of preparation:

Put oil in a pan and add finely chopped onion to fry. Add minced meat to fry. When the meat with onion is fried, add rice, pepper, salt, parsley, red pepper, eggs and finely chopped garlic. Stuff the previously cleaned and scooped out aubergines with this filling, close with tomato slice. Place in a baking tin and pour water which was seasoned with salt. Bake in oven on low heat. When ready, fry with thin red roux. Add tomato concase. When served, sour milk is separately served.

*Questions :*

1. *What are the ingredients for stuffed courgettes?*
2. *How are the courgettes prepared?*
3. *How are stuffed aubergines prepared?*

### **3. MOUSSAKA VIENA STYLE**

For five persons

Minced meat	0,500
Flour	0,150
Eggs	4
Soda water	0,500
Milk	0,500
Onion	0,100
Salt, pepper, parsley	

Method of preparation:

Prepare pancakes (eggs, flour, soda water), separately in a pan fry onion and minced meat seasoned with salt, pepper, parsley. Then in oiled tin place the ready pancakes one layer pancakes one layer minced meat until the tin is full. Then add oil and put in oven to bake. For taste add pour a mixture of milk and eggs and return in the oven. When ready, serve while hot.

### **4. MINCED ROLL "STEFANI"**

For five persons

Minced veal	0,500
Eggs	4
Oil	0,050
Onion	0,100

Flour	0,030
Breadcrumbs	0,050
Bread	0,150
Salt , pepper, parsley, milk	

Method of preparation :

Twice minced veal mix with dipped bread in milk and drained. Add in the meat eggs, pepper, salt flour, breadcrumbs, finely chopped parsley and finely chopped and sautéed onion and knead the mass well. Then roll a layer in rectangular form thick 1 cm and put the boiled eggs. Then roll the layer so that the eggs are in the middle. The roll formed in this way brush with egg yolks and put in a greased baking tin and in the oven to bake. When baked it is served sliced two to three for a serving and is garnished with two to three types of garnishes.

## 5. MINCED STEAK

For five persons

Minced veal	0,500
Oil	0,050
Onion	0,100
Flour	0,050
Eggs	2
Bread	0,150
Salt, pepper, parsley	

Method of preparation:

In twice minced veal with previously dipped bread in milk add dried sautéed onion, flour, eggs, ground pepper, salt and finely chopped parsley. Mix well and form steaks which are coated in breadcrumb and fry in a little oil. When ready, garnish with potato puree or another garnish.

## 6. MINCED ROLL TIROL STYLE

For five persons

Minced veal	0,500
Eggs	2
Oil	0,100
Onion	0,100

Ham	0,080
Potato	0,080
Carrot	0,080
Bread	0,100
Salt , pepper, parsley, milk	

Method of preparation :

In twice minced veal add dipped bread in milk and add eggs. Season with pepper, salt and parsley. Knead well. Then roll a layer and add sliced ham, cooked carrots and diced potato. Then add boiled and diced eggs. Roll the layer in length. Then put in a baking tin pour oil and bake in oven. When baked slice and garnish with boiled potato.

*Questions :*

1. *How is Viena moussaka prepared?*
2. *What kind of meat is needed for minced dishes?*
3. *What is rolling?*

## **7. STUFFED CABBAGE LEAVES**

For five persons

Cabbage head	1
Minced meat	0,500
Onion	0,100
Rice	0,050
Dry bacon	0,100
Egg	1
Tomatoes ,parsley,pepper,flour,red pepper	

Method of preparation:

Cleaned cabbage head put to blanch in boiled salted vinegared water. Then separate the cabbage leaves and remove the white stem thick part. In a saucepan sauté onion in which we add dried bacon finely chopped and minced meat. Fry it and add rice, take it out of the heat and add salt pepper, parsley, red pepper and egg. With this filling the cabbage leaves are stuffed and folded in sarma way. Then place them in a saucepan on base of chopped cabbage leaves/core into the bottom of the saucepan. Pour seasoned water and cook on low heat. When finished cooking with thin roux and tomato concase. Serve hot.

## 8. STUFFED TOMATOES

With prepared filling as for stuffed cabbage leaves , stuff the previously prepared tomatoes which are cut with lids and scooped out the seeds. Stuff the tomatoes with the filling and place in a pot with lids down, then pour sauce from flour, red pepper, salt and stock or water according to taste in which tomato concase is added. Grate yellow cheese over the tomatoes and put in oven to cook. When ready, they are served with potato puree.

## XI. DISHES FROM INTESTINES

### 1.1. BRAIDED LAMB INTESTINES – KUKUREK

For five persons

Lamb intestines 0,900

Oil 0,125

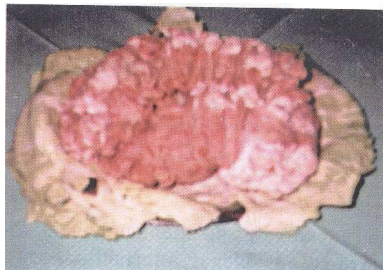
Onion 0,050

Flour 0,050

Parsley, salt, pepper, bay leaf, domatis, garlic, red pepper

Method of preparation:

Well cleaned and washed lamb intestines are braided together with the tripe and a kukurek is formed , then it is boiled in seasoned water and add salt, pepper, bay leaf, domatis, garlic, parsley. When the kukurek is cooked, put it in a saucepan, pour with saft (which is prepared from the kukurek stock) , fry with thin red roux, drain it and bake the kukurek. When it is ready slice and serve as hot starter as well as a main dish.



## 1.2. BRAISED LAMB OFFAL

For five persons

Lamb offal	kg	1
Oil		0,125
Onion		0,500
Peppers		0,100
Tomatoes		0,150
Parsley, salt, pepper, domatis		

Method of preparation:

Cut the offal in pieces (liver,kidneys,heart,sweetbreads), and in separate pan with oil we put onion to fry in which we add chopped mushrooms. Then we add the cut offal to braise together until the onion and peppers are melted. We add immediately diced tomato, and domatis to taste. It is braised and seasoned to taste. It is served with potato puree, salted potato or pasta.

## 1.3. INCISED BRAISED LIVER

For five persons

Liver	kg	1
Oil		0,125
Onion		0,100
Carrot		0,100
Bacon		0,050
Celery		0,050
Parsnip		0,050
White wine		0,100

Parsley, salt, pepper, milderam, capers, flour, lemon, nutmeg

Method of preparation:

Calf livers are incised with dry bacon and carrot. Coat with flour and fry in hot oil. In a separate saucepan put grinzug (onion, celery, parsnip, carrot, parsley). Fry and when it is ready add flour, domatis, mustard, white wine and pour water. Put the sautéed livers in this sauce and braise. When they are ready, take them out of the pan

, and sieve the sauce. In the sieved sauce add mileram, lemon juice, nutmeg, parsley and capers. Serve with garnish.

#### 1.4. HOOVES IN SAFT

For five persons

Hooves pc.	5
Oil	0,125
Flour	0,050
Dry bacon	0,050
Onion	0,050
Carrot	0,100
Celery	0,100

Parsley, salt, pepper, lemon juice, red pepper, garlic, domatis

Method of preparation :

Cleaned hooves put in a pot to boil and add sliced and gratinated onion. Add parsley, celery, bay leaf, pepper, salt. The hooves are cooked when the meat is separated from the bones. Separately fry onion and dry bacon. Add flour, red pepper, domatis and pour the stock in which the meat was cooked. Leave it to cook for a while, and then mash. Add the meat season to taste with salt, lemon juice, finely chopped garlic, pepper and mileram.

*Questions :*

1. *How is kukurek formed?*
2. *What is lamb offal?*
3. *What is incising?*
4. *How is prepared saft for hooves?*

#### 1.5. COOKED TONGUE IN TOMATO SAUCE

For five persons

Tongue kg	1
Onion	0,050
Carrot	0,050
Celery	0,050
Parsnip	0,050

Parsley, salt, pepper, bay leaf



Method of preparation:

Beef or calf tongue is washed well, then boil it in seasoned water with salt, pepper, bay leaf, parsley, onion, carrot, celery and parsnip. When the tongue is cooked, take it out and remove the skin. Then slice it 4 to 5 slices for a serving, garnish with salted potato, and pour tomato sauce.

#### **1.6. KUMANOVO MEZELAK**

For five persons

Lamb intestines	0,750
Lamb tripe	0,750
Oil	0,150
Onion	0,250
Sweetbreads	0,350
Tomatoes	0,250
Dried peppers pcs	8
Carrot	0,100
Celery	0,100
Parsley, salt, pepper, red pepper	

Method of preparation:

Wash the intestines well and invert them. Wash the tripe well and the sweetbreads and cut in pieces. Sauté the onion and add carrot, celery cut in rounds, finely chopped tomatoes (concasse), salt, red pepper, parsley and cut dried peppers, and then add the lamb offal. Mix well and put in a clay pan. Add oil and pour meat stock and put in oven to bake. When it is ready it is served in little clay pans.

#### **1.7. STUFFED LAMB STOMACH SHIRDEN**

For five persons

Lamb stomach shirden	5
Pork	0,350
Veal	0,350
Lamb	0,350
Onion	0,150
Tomatoes	0,150

Domatis 0,100  
Parsley, salt, red pepper

Method of preparation:

Wash well the lamb stomach shirden, then dice the pork, veal and lamb, salt and fry in oil. When the meat is ready, take it out of the pan and in the same oil sauté finely chopped onion in which you add the sautéed meat. Mix them and add diced tomatoes, red pepper, parsley and salt. Stuff the lamb stomach shirdens with this filling and place them in a baking pan, pour dissolved domatis and bake in oven. When they are ready, take them out of the oven and remove the thread that was earlier tied. It is served as main dish.

*Questions :*

1. *How is tongue cooked?*
2. *What are the ingredients of mezelak?*
3. *What is shirden?*

## **XII. BEEF DISHES**

### **1.1. BEEF GOULASH**

For five persons

Beef 0,900  
Oil 0,150  
Onion 0,750  
Dry bacon 0,100  
Parsley, salt, pepper, garlic, red pepper

Method of preparation:

Cut the beef without bones in small pieces. Separately fry sliced onion and add the chopped meat, salt, pepper, bay leaf. Braise on low heat. When it is half braised, add

red pepper and water if needed. When the meat is almost ready add finely chopped garlic, dry pork bacon, cumin and parsley. Garnish with salted potato when it is ready.

## 1.2. HUNGARIAN GOULASH

For five persons

Beef 0,750

Oil 0,150

Onion 0,500

Dry bacon 0,200

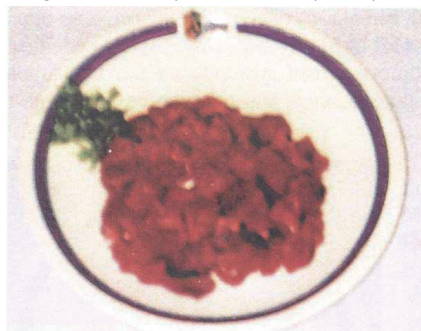
Peppers 0,250

Tomatoes 0,250

Parsley, salt, pepper, garlic, bay leaf, red pepper

Method of preparation:

Dice the beef without bones as for goulash, in a separate pan put onion to fry. Add the diced meat and braise. Add salt, pepper, bay leaf and red pepper. Braise all together and add a little water. When the meat is almost ready, add diced potatoes. Cook and add finely chopped peppers which are sautéed. Add diced tomatoes in the peppers, then add them in the goulash and cook altogether. When the goulash is ready, add geveci from dry bacon, cumin, parsley, and finish to taste.



*Questions :*

1. *What are the ingredients for goulash?*
2. *What the ingredients for Hungarian goulash?*

### 1.3. ROASTBEEF BOURGOGNE STYLE

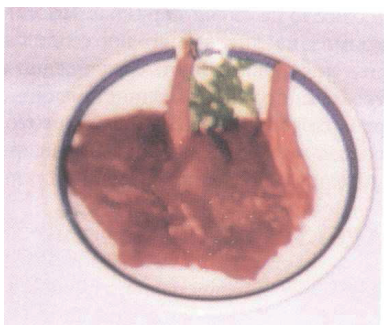
For five persons

Beef	1,250
Oil	0,150
Onion	0,100
Carrot	0,100
Dry bacon	0,150
Potatoes	0,400
Mushrooms	0,250
Parsnip	0,050
Celery	0,050

Parsley,salt,pepper,white wine,mustard,mileram,flour,tomato puree

Method of preparation:

Cut the roastbeef, tenderize with a meat tenderizer,salt,coat with flour and fry in hot oil. Separately fry grincajg (onion,carrot,celery,parsnip,parsley). When the grincajg is fried it is dusted in flour and when the flour is fried add tomato puree,mustard,white wine,and water if needed.Then in this sauce put the sautéed roastbeef to braise and add bay leaf,pepper and salt.When the meat is ready , take it out of the pan, and mash the sauce.In the mashed sauce add the roastbeef and cut out fried potatoes, roasted mushrooms and dry bacon, braise for a while and finish to taste with mileram,salt,pepper and finely chopped parsley.



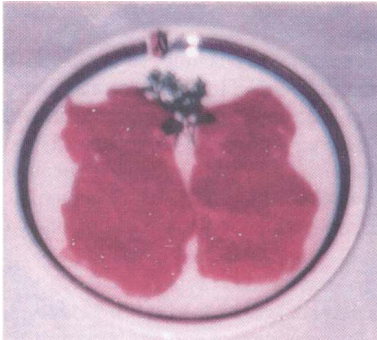
#### 1.4. ROASTBEEF IN CREAM SAUCE

For five persons

Beef	1,250
Oil	0,150
Onion	0,100
Flour	0,100
Mileram	0,150
Parsley,salt,pepper,bay leaf, lemon juice, nutmeg	

Method of preparation:

Cut the roastbeef, tenderize with a meat tenderizer,salt,coat with flour and fry in hot oil.Separately fry finely chopped onion. When the onion is fried it is dusted with flour and pour water.Add the roastbeef , bay leaf, pepper, salt and parsley in this sauce.When the roastbeef is ready, take it out and mash the sauce.In the mashed sauce add meat,mileram,lemon juice and nutmeg. When it is served it is garnished with braised rice.



*Questions:*

- 1.What is roastbeef?*
- 2.What are the ingredients for roastbeef in cream sauce?*
- 3.How many pieces of roastbeef are needed for one serving?*

### 1.5. SAILOR MEAT

For five persons

Beef kg	1
Oil	0,125
Onion	1,150
Flour	0,100
Red wine	0,100
Anchovies	0,125
Parsley, salt,pepper, bay leaf	

Method of preparation:

Slice the beef without bones.Salt it, coat with flour and fry in hot oil.Separately in a pan fry finely chopped onion.Then add the fried meat,pepper and bay leaf.Braise until the onion softens.Then add red wine,and when the meat is ready add the cut anchovies , ground pepper and finely chopped parsley.When it is served, it is garnished with potato puree and on the meat put omellete from an egg .

### 1.6. BRAISED BEEF A ALA MOD

For five persons

Beef kg	1
Oil	0,125
Onion	0,100
Bacon	0,100
Carrots	0,100
Pickled cucumbers	0,100
Celery	0,050
Parsnip	0,050
Flour	0,050
Domatis	0,050
Red wine	0,100
Parsley,salt, pepper,mustard,capers	

Method of preparation:

A whole piece of beef in rectangular form is incised with dry bacon, pickled cucumber and carrots. Salt it, coat in flour and fry in hot oil. In a separate pan fry grincajg (onion, celery, parsnip), and when it is fried add flour, domatis, mustard, red wine, water and the sautéed meat. Then add salt, pepper, bay leaf and capers. When the meat is ready, take it out and mash the sauce. In the mashed sauce add mileram and lemon juice. When the meat is served it is cut in 2 to 3 pieces for one serving. It is served and garnished with bread dumplings.

### **1.7. ROASTBEEF WITH MUSHROOMS**

For five persons

Roastbeef	kg	1
Oil		0,100
Butter		0,100
Mushrooms		0,250
Mustard		
Parsley, salt, pepper		

Method of preparation:

Cut the roastbeef without bones and tenderize with a meat tenderizer, salt it, pepper and coat with mustard. Grill or fry it. When it is ready, it is served, and in the oil where the roastbeef was fried, sauté sliced mushrooms in which butter and parsley is added. Then pour it over the roastbeef and garnish with rice or pomme frites. It is served hot.

### **1.8. ROASTBEEF GYPSY STYLE**

For five persons

Roastbeef		1,250
Oil		0,100
Onion		0,100
Bacon		0,100
Ham		0,100
Pickled cucumber		0,100
Red wine		
Parsley, salt, pepper, mustard		

Method of preparation:

The cut roastbeef tenderize with a meat tenderizer,salt it,sprinkle pepper, coat with mustard and fry it or roast.In a pan with oil sautee sliced bacon,onion and ham and add red wine.It is served and poured with sautéed mass, garnish with rice or pommes frites.

*Questions :*

- 1. Why it is called sailor's meat?*
- 2.What is braising?*
- 3. Which are the ingredients for roastbeef with mushrooms?*
- 4.How is prepared roastbeef gypsy style?*

## **2. VEAL DISHES**

### **2.1. VEAL – PERKET**

For five persons

Veal kg	1
Oil	0,125
Onion	0,750
Peppers	0,400
Tomatoes	0,400
Parsley, salt,pepper, red pepper	

Method of preparation:

Cut the veal without bones in pieces , 2 to 3 pcs for a serving.Separately fry onion and add the meat to braise.When the onion is softened add red pepper and pour water.When the meat is almost ready add finely chopped mushrooms, chopped tomatoes.Finish to taste with salt,pepper,parsley.It is served with salted potato or pasta.

### **2.2. VEAL SAUTE WITH WHITE WINE**

For five persons

Veal kg	1
Oil	0,150



Onion	0,400
White wine	0,100
Domatis	0,050
Flour	0,050
Parsley, salt pepper	

Method of preparation:

Veal without bones cut as for goulash. Season with salt, pepper and sauté in hot oil. Separately sauté finely chopped onion. Add the meat to braise together until the onion softens. Add domatis, white wine and a little white wine. Finally season with salt, pepper and parsley. When served it is garnished with braised rice, potato puree or another garnish.



### 2.3. VEAL SAUTE "Dibari"

It is prepared same as the veal sauté in white wine, the difference is that you add boiled cauliflower 0,500 when the meat is ready.

### 2.4. VEAL SAUTE WITH MUSHROOMS

It is prepared in the same way as veal sauté with white wine, the difference is that you add roasted mushrooms 0,500 when the meat is ready.

### 2.5. VEAL RISOTO

For five persons

Veal	0,750
Rice	0,350

Oil	0,150
Onion	0,100
Tomato puree	0,030
Parmesan cheese	0,100
Flour	0,050
Parsley,salt,pepper	

Method of preparation:

Chop the veal without bones as for stew..Separately fry the finely chopped onion.When the onion is fried , add the meat to braise until the onion softens.Add tomato puree and pour a little water.When the meat is ready season with salt,pepper,parsley. When it is almost ready add braised rice and stir..When served it is formed in a soup cup.Dress tomato sauce and grate yellow cheese from above.



Questions:

1. What are the ingredients for perket.?
2. What is the difference between dibari sauté and sauté with white wine?
3. What are the ingredients of veal risoto?

## 2.6. BREADCRUMBED VEAL CHESTS

For five persons

Veal (chest)	0,750
Oil	0,100
Onion	0,030
Eggs	2
Breadcrumbs	0,150
Flour	0,100
Carrot	0,050
Celery	0,050

Parsnip 0,050  
Parsley,salt,pepper,bay leaf

Method of preparation:

Cut the veal chests,cook and add salt,pepper,bay leaf, parsley,onion,celery and parsnip.Take out of the stock the cooked chests. Cut in pieces, two for a serving, then coat in viana style (flour,eggs,breadcrumbs).Fry them and garnish with two to three garnishes.

## 2.7. VEAL MUSCLES IN CREAM SAUCE

For five persons

Veal (muscles)	0,750
Oil	0,100
Onion	0,100
Butter	0,050
Mileram	0,050
Flour	0,100
Salt,nutmeg,lemon juice,pepper	

Method of preparation:

Cut the veal muscles two for each serving,season with salt,coat with flour and sauté in hot oil.Separately fry the onion in which you add butter,and when it is fried add flour.When the flour is fried , pour water.In this sauce add the previously sauted muscles and add salt,pepper and bay leaf.When the muscles are ready ,take them out of the pan abd mash the sauce.In this sauce add the meat and season to taste with mileram,lemon juice and grated nutmeg.When served,it is garnished with braised rice.

## 2.8. VEAL CUTLET “DIBARI “

For five persons

Veal	kg	1
Oil		0,150
Onion		0,100
Cauliflower	kg	1

Flour 0,030  
Parsley, salt,pepper

Method of preparation:

Cut the veal cutlet,season with salt,coat in flour and sauté in hot oil.Separately fry onion.When the onion is ready , add the sauted cutlets to braise together.When the onion is softened pour water, add sliced cauliflower.fry with thin white roux,finish to taste with pepper and parsley.

*Questions :*

- 1. How are veal chests breaded?*
- 2. How are muscles prepared?*
- 3. Why is it called cutlet "Dibari"*

## **2.9. VEAL BACKBONE "ORLOV"**

For five persons

Veal backbone 1,250  
Oil 0,075  
Onion 0,100  
Butter 0,050  
Mushrooms 0,150  
Mornay sauce 0,050  
Salt,yellow cheese

Method of preparation:

Prepare veal backbone,season with salt and roast in oven in oil.When it is roasted,leave it to cool and separate the flesh from the bone from both sides.Then it is cut in pieces as for medallions.Then place the flesh again on the bone and put roasted mushrooms with finely chopped onion.Pour with mornay sauce.Grate over yellow cheese and fresh butter.Put in the oven to gratinate.When serving it is laid on braised rice base and is garnished with cut out potato.

## **2.10. STUFFED VEAL BREASTS**

For five persons

Veal breasts kg

Oil	0,125
Onion	0,050
Fresh milk	0,100
Ham	0,125
Egg	1
Butter	0,050
Bread	0,250
Parsley ,salt,pepper	

Method of preparation:

Cut veal breast and make pockets between the layers of membrane. The opening should be in the middle between the layers. Stuff the breast with prepared stuffing of bread dipped in milk, fried finely chopped onion. Then mix with the bread and grind. Add sautéed ham, egg yolk, salt, pepper, parsley and butter. Mix all the ingredients well, and make foam from the egg white and mix with the other mass. Stuff the breasts and close the pocket with wooden toothpicks. Fry in shallow heated oil. When they get a yellowish color, put in the oven to roast and add grincejg (carrot, celery, tomato, onion). Pour water and roast until they are ready. When roasted, take out of the oven and take out the toothpicks.

In the oil in which the breasts were roasting, prepare brown sauce. When serving slice the breasts two for a serving. Garnish with potato stew, and pour brown sauce.

*Questions :*

1. How is rib "Orlov" prepared?
2. How are prepared the breasts for stuffing?
3. What are the ingredients of the stuffing?

### **3. PORK DISHES**

#### **3.1. PORK TASKEBAB**

For five persons

Pork kg	1
Oil	0,100
Onion	0,750
Parsley salt, pepper	

Method of preparation:

Cut the pork without bones in pieces as for goulash. Separately fry finely chopped onion and add the meat to braise together and pour a little water. When the meat is ready season with salt, pepper and parsley. When served, finely chopped onion is added and is garnished with potato puree.

### 3.2. GUVÉCH WITH PORK

For five persons

Pork	0,750
Oil	0,100
Onion	0,250
Potato	0,500
Carrot	0,250
Celery	0,100
Green beans	0,100
Aubergine	0,150
Okra	0,050
Rice	0,050
Courgette	0,100
Peppers	0,150
Tomato	0,250
Parsley, salt, pepper, red pepper	

Method of preparation:

Cut the pork in pieces. Season with salt and put in a greased baking tin in the oven to roast. In a separate pan put onion and carrots cut in slices to fry. Then add red pepper, the roasted meat, and after that add potatoes, aubergines, courgettes, okras, green beans, celery, rice, pepper and pour water. Season with salt, pepper and parsley to taste. Put all this in a clay pan put again in the oven to roast. When the vegetables are almost ready, lay tomatoes cut in rounds and sprinkle with parsley leaves and celery leaves and gratinate.



### 3.3. ORMAN KEBAB

For five persons

Pork	0,500
Veal	0,500
Oil	0,150
Onion	0,400
Peppers	0,250
Tomatoes	0,500
Parsley,salt,pepper,bay leaf	

Method of preparation:

Cut the pork and the veal into pieces (without bones), separately as for gulash. Season the meat with salt, coat in flour and sauté in hot shallow oil (separately). In another pan sauté separately fine chopped onion. When it is fried, add the meat to braise together. When the onion is melted add a little water if it is necessary. Finally add sliced and sautéed peppers and tomatoes, season to taste with salt, pepper and parsley.

*Questions :*

1. How is cut the meat for tas kebab?
2. What are the ingredients for pork guvech?

### 3.4. PORK LOIN BUTCHER'S STYLE

For five persons

Pork kg	1
Oil	0,100
Onion	0,100
Flour	0,030
Carrot	0,100
Celery	0,050
Parsnip	0,050
Domatis	0,050
Sausages	0,100
Pickled cucumbers	0,100
White wine	0,050
Mileram	0,050
Parsley,salt,pepper,mustard	

Method of preparation :

Season the pork loin as a whole piece with salt, coat in flour and sauté in hot oil. In a separate pan put grincagj(onion,carrot,celery,parsnip) to fry. When it is fried it is dusted with flour, then add domatis, white wine and little water. Then add the meat – pork loin to braise. When it is ready take out of the pan and mash the sauce. Add fry sausages cut in rounds and sautéed in the sauce, pickled cucumber cut in rounds and sautéed, for flavor add mileram, pepper and parsley. When serving slice the meat and garnish with braised rice.

### 3.5.ROLLED PORK CUTLET “GOOD HOUSEWIFE”

For five persons

Pork	0,900
Oil	0,100
Onion	0,100
Fresh milk	0,100
Parsley, salt, pepper, garlic, bread	



Method of preparation:

Cut the pork without bones in a cutlet form,tenderize with a meat tenderizer and season with salt.Separately in a bowl with milk add diced bread to stay for a while.Then drain it and put in another bowl and season with salt,finely chopped parsley,onion garlic and pepper. Mix well and spread this filling over the cutlets.Then roll them and close with thread.Then fry them in a shallow hot oil.When they are sautéed add stock and leave to braise.When they are ready, remove the thread.They are served and garnished with potato puree.



### 3.6. MEXICAN PORK NAVAREN

For five persons

Pork	0,900
Oil	0,100
Onion	0,150
Tomato	0,150
Rice	0,100
Peppers babura	0,250
Flour	0,050
Parsley,salt,pepper,red pepper	

Method of preparation:

Slice the pork and season with salt,coat in flour and fry in heated oil.Take out the meat and in the same oil sauté finely chopped onion..When the onion is half fried add sliced peppers and fry together.Then add the meat.Leave to braise until the meat softens.Add water if necessary.Then add sliced tomatoes,stir and add red pepper.Season with salt,pepper and

parsley. When serving take a greased cup and fill with braised rice. Turn down the cup and serve the rice in the middle of a plate. Serve the meat around so that it looks like a Mexican hat.

*Questions :*

- 1. What is pork loin?*
- 2. What is rolling and what are the ingredients?*
- 3. How is Mexican pork navaren served?*

#### **4. LAMB DISHES**

##### **4.1. LAMB KAPAMA**

For five persons

Lam	kg	1
Oil		0,150
Onion		0,250
Spinach		1,500
Flour		0,040
Young onion		0,500
Sour milk		0,500
Salt, pepper, red pepper		

Method of preparation:

Cut the lamb in pieces. Season with salt, coat in flour and fry in oil. Separately finely chop onion and fry. Add the flour coated meat and braise. When the onion is melted, add red pepper and pour water. Add young onion cut in strips and fried. Then add cleaned and washed spinach, which is cooked until ready. Season with salt and pepper to taste. When it is served, sour milk is also served.

##### **4.2. LAMB LIVER SARMA**

For five persons

Lamb liver	kg	1
Lamb caul		0,100
Oil		0,100

Onion	0,050
Rice	0,040
Eggs	4
Milk lit	1
Salt, pepper,parsley,bay leaf	

Method of preparation:

Lamb livers (livers,heart,sweetbreads) cook in seasoned water with salt,pepper and bay leaf.Dice the cook livers and add braised rice,eggs,parsley,finely chopped and sautéed onion,pepper and salt to taste.Then stuff the caul with this stuffing like sarma.Place them in greased baking tin and gratinate in oven.por over with royal (milk,eggs,parsley), when gratinated serve with sour milk.

#### **4.3. ELBASAN TAVA**

For five persons

Lamb kg	1
Oil (sheep fat))	0,150
Eggs	5
Sour milk	1
Salt, pepper, parsley	

Method of preparation:

Cut the lamb in pieces ,season with salt and put in a clay pot to roast and add sheep fat.When the meat is ready por over royal from eggs and sour milk,parsley,pepper and salt to taste.Pour over and roast the meat.When it is ready , serve it hot.

*Questions :*

1. *What are the ingredients of kapama?*
2. *What are the ingredients of elbasan tava?*

#### **4.4. LAMB SHOULDER “BOULANGE”**

For five persons

Lamb	1
Oil	0,100
Onion	0,150
Potato	1,500
Salt pepper, red pepper	

Method of preparation :

Season the lamb shoulder and put in a roasting tin with oil to roast. When it is almost roasted add potato that is cut in rounds and mixed with sliced onion and sautéed in red pepper. Leave to roast the meat and the potatoes. When it is ready serve with previously sliced lamb shoulder, and garnish with potatoes that were baked together with the meat.

#### **4.5. LAMB RAGU “SCHASSER”**

For five persons

Lamb	1
Oil	0,100
Onion	0,150
Mushrooms	0,500
Chicken liver	0,250
Tomatoes	0,100
Flour	0,050
Salt, pepper, parsley	

Method of preparation :

Dice the lamb without bones as for gulash. Season with salt, coat in flour and sauté in oil. Separately sauté chopped onion and add in the meat to braise. When the onion is melted add a little water in which roasted mushrooms and roasted chicken liver was added. Finally add concise (chopped tomatoes). Season to taste with salt, pepper and parsley. Serve while hot.

#### **4.6. STUFFED LAMB SHOULDER WITH HAM**

For five persons

Lamb shoulder	1,250
Minced ham	0,150
Bread	0,020
Onion	0,020
Garlic cloves	2
Parsley	0,005
Eggs	1
Pork fat	0,030
Cabbage	0,100
Carrots pcs.	2
Potatoes	0,300
Beef soup	
Salt,pepper	

Method of preparation :

In bowl put the ground ham in which previously was added bread dipped in water and drained, finely chopped onion and garlic, parsley and an egg.Season with salt and pepper and mix well.The lamb shoulder is carefully cut and bones removed.The shoulder hole stuff with the previously prepared mixture and sew with thread.Brush with the pork fat and roast until browns and softens.In another pan put sliced cabbage,carrots and onion, place the lamb shoulder which was previously roasted.Add to this soup stock and roast with chopped potatoes.Leave to roast until the potatoes are baked.

*Questions:*

- 1. In what is Adjiski kebab served ?*
- 2. What are the ingredients of boulonge?*
- 3. How is the meat cut for schosser?*

## **5. CHICKEN DISHES**

### **5.1. CHICKEN FRICASSE**

For five persons

Chicken	kg	1
Oil		0,050
Onion		0,050
Flour		0,100
Butter		0,050
Milk		0,100
Celery,persnip,carrot		0,150
Egg yolk		2
Salt,pepper,lemon juice,nutmeg,parsley,mileram,bay leaf		

Method of preparation :

Cut the chicken in 2-3 pieces for a serving.Cook and add salt,pepper,bay leaf,onion, carrot,celery,parsnip and parsley.When the meat is cooked , take it out of the pot and drained the stock.Separately in hot oil and butter and flour.In fried flour por milk and the drained stock so that you get a mass like a sauce.Add the meat in the sauce to boil,they remove it from heat and add two beaten egg yolks. Season to taste with mileram,garlic,lemon juice and nutmeg.When served it is garnished with braised rice.

## 5.2. CHICKEN IN NOODLE SOUP

For five persons

Chicken	kg	1
Oil		0,050
Onion		0,030
Celery,parsnip		0,100
Carrot		0,050
Salt,pepper,parsley,bay leaf		

Method of preparation:

Cook whole chicken and add salt,pepper,bay leaf,sliced baked onion,celery,parsnip and parsley.All this is cooked until the meat is ready and you get a clear soup,During cooking,add grated and fried carrot in oil.When the chicken is boiled,drain the soup and put the meat in the drained soup.When served it is sliced and the bones are removed from the flesh.It is served in a soup set (soupiere).Add noodles and finely chopped parsley.

## 5.3. CHICKEN PAPRIKASH WITH DUMPLINGS

For five persons

Chicken	kg	1
Oil		0,150
Onion		0,500
Peppers		0,100
Tomatoes		0,150
Salt,pepper,parsley,red pepper		

Method of preparation :

Fry finely chopped onion, then add chopped chicken,add finely chopped peppers and leave them to braise.When the onion and the peppers are melted, add red pepper,finely chopped tomatoes and pour water.When the meat is softened add thin roux, season to taste with salt,pepper,parsley.When ready, it is served with dumplings.

<b>Dumplings:</b>	flour	0,250
	Eggs	3
	Fat	0,100

Beat the fat and add the eggs and flour,mix all together so that you get a mixture from which with a spoon you can form dumplings which are boiled in hot salted water.When boiled serve them as garnish.

*Questions :*

- 1. What are the ingredients of fricasse?*
- 2. How are noodles prepared?*
- 3. What are the ingredients of dumplings?*

#### **5.4. BRAISED CHICKEN DRUMSTICKS**

For five persons

Chicken	kg	1
Oil		0,125
Onion		0,100
Carrot,celery ,parsnip		0,300
Flour		0,030
Salt,pepper,parsley,mustard,mileram,white wine,domatis		

Method of preparation:

Season cleaned chicken drumsticks with salt, coat flour and sauté in hot oil. Separately fry grincajg (carrot, celery, parsnip, onion). When the grincajg is fried it is dusted in flour, and when the flour is fried add domatis, white wine, mustard and a little water. Add the sautéed chicken drumsticks to braise. When the meat is soft take it out of the sauce and mash the sauce, add in it the meat and season to taste with salt and pepper, mileram and parsley. When served it is garnished with noodles or another garnish.

### 5.5. CHICKEN WITH CREAM

For five persons

Chicken	kg	1
Oil		0,050
Onion		0,100
Peppers		0,100
Tomatoes		0,150
Kaymak		0,150
Salt, pepper, parsley		

Method of preparation:

Cut the chicken in pieces and season with salt, coat with flour and sauté. Separately fry finely chopped onion and add finely chopped peppers. Add the sautéed chicken and braise. Add peeled and chopped tomatoes. When it is ready, add kaymak, and for taste salt, pepper and parsley.

*questions:*

1. How are chicken drumsticks braised?
2. When is kaymak added?

## XIII. NATIONAL DISHES

### 1. VARDAR CLAY CROCK POT

For five persons



Veal	0,250
Pork	0,250
Lamb	0,250
Oil	0,125
Onion	0,125
Celery , carrot	0,250
Red wine	0,150
Parsley,salt,pepper,red pepper	

Method of preparation:

Dice previously removed bones from flesh (veal,pork,lamb) .Dice well cleaned carrots and celery.Then clean the onion bulb and chop the parsley.Mix the meat and the vegetables and season with salt,pepper,red pepper and mix again.Then put this mixture in a clay crock pot.pour wine and a certain amount of water.Cover the pot with a lid and finish the edges of the lid and the pot with flour dough.Put in a pre-heated oven and bake(boil) to 2 hours.When it is ready,remove the dough and serve in the same clay crock pot.

## **2. BAKED BEANS**

For five persons

Large beans	0,500
Oil	0,100
Onion	0,100
Red pepper	0,005
Parsley,salt,pepper	

Method of preparation:

Cleaned and washed beans put to boil.When it is boiled,in a separate pan , sauté finely chopped onion in heated oil.Then add red pepper and finely chopped parsley.In this sautéed onion add the boiled beans (which should be drained).Mix well and add to taste salt and pepper and put the beans in clay pans (one for each person).Then put in a preheated oven to gratinate.When it is ready it is served alone or with grilled meat.

### 3. MACEDONIAN POTTAGE

For five persons

Lamb		0,600
Oil		0,125
Onion	kg	1
Tomatoes		0,500
Parsley,salt,pepper,red pepper		

Method of preparation :

Cut the lamb, salt it and sauté in oil. When it is sautéed, take out of the pan and in the same oil sauté sliced onion. When the onion is ready, add the sautéed meat, mix, and add pepper, red pepper, salt and parsley. Braise until the onion and the meat are almost ready. Then add small peeled tomatoes in the pottage. Then put in oven to bake. Serve when it is ready.

*Questions :*

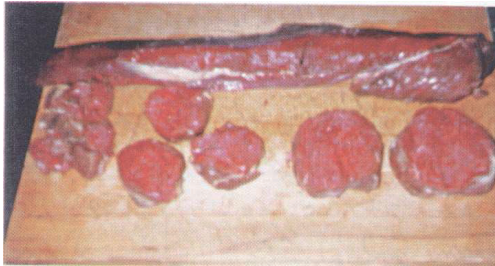
- 1. Why are they called national dishes?*
- 2. What kind of meat is used for Vardar clay crock pot?*
- 3. In what is prepared baked beans?*

#### **XIV. BEEF DISHES TO ORDER**

##### **1.1. BEEF FILLET DISH**

From matured beef fillet could be prepared: beefsteak, turnedo, filet mignon, Chateaubriand and steak. They are formed, seasoned with salt, spread with mustard, seasoned with pepper, fried or grilled so that they are rare done (English way of frying).

-Method of preparation of beefsteak, cut up to 0,200 gr in length 7 cm and thick 3 cm



##### **1.2. BEEFSTEAK WITH EGGS**

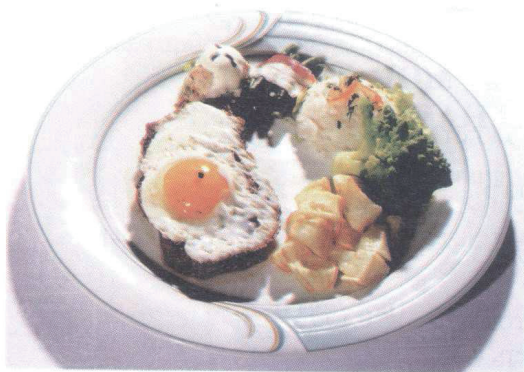
For five persons

Beef fillet up to	1 kg
Oil	0,200
Mustard	0,050
Eggs	5
Bread (crouton)	0,150
Butter	0,050
Salt,pepper	

Method of preparation:

Cut and formed beefsteak that was matured in oil with weight up to 0,200 season with salt,pepper and spread with mustard. So prepared beefsteak is grilled (fried) and at the same time we cover it with soup cup in order to get the round form. it is grilled on both sides taking care to remain rare in the middle. Then from the bread form croutons in shape and size of the beefsteak

and sauté in butter. On the previously prepared croutons we put the beefsteak, and on the top of the beefsteak we put a fried egg. On the top of it, put a pepper seed. Garnish with pommes frites, rice or another garnish.



### 1.3. BEEFSTEAK AMERICAN

For five persons

Beefsteak	kg	1
Oil		0,200
Bacon dry		0,200
Eggs		5
bread (crouton)		0,150
tomatoes		0,350
salt, pepper, mustard		

Method of preparation :

Season with salt, pepper and spread with mustard a piece of cut beef. It is grilled (fried) and put it on a previously prepared crouton, put a fried egg on the beefsteak. Around the egg put a wreath of dry bacon previously cut in form of comb and grilled. In the middle of the wreath on the egg put finely chopped and fried tomatoes.

#### 1.4. BEEFSTEAK “MON SIGNOR”

For five persons

Beefsteak	kg	1
Oil		0,200
Yellow cheese		0,200
Ham		0,150
Bread (crouton)		0,150
Salt,pepper,mustard		

Method of preparation:

Season with salt,pepper and spread with mustard the cut beefsteak and grill(fry).Then serve on a plate on base of crouton.Put a grilled yellow cheese slice on the top and a grilled slice of ham and garnish with two or three garnisher.

*Questions :*

- 1. from what is beefsteak prepared?*
- 2. How much does a piece of beefsteak weighs for a serving?*

#### 1.5. BEEFSTEAK “A LA SULTAN”

For five persons

Beefsteak	kg	1
Oil		0,200
Eggs		5
Tomato puree		0,050
Bread (crouton )		0,150
Salt,pepper,mustard,tomato sauce		

Method of preparation:

Season with salt,pepper and spread with mustard the cut beefsteak.Grill (fry).When it is grilled from both sides it is served on a crouton.On a plate put a prepared crouton (fried).Put the beefsteak on it and a poached egg on the top for each beefsteak(boiled egg without the eggshell in boiling salted and vinegared water).On the top of the egg pour tomato sauce.It is garnishe with two to three garnishes.

### 1.6. BEEFSTEAK WITH MUSHROOMS

For five persons

Beefsteak	1
Oil	0,200
Madera sauce	0,100
Mushrooms	0,250
Bread (crouton )	0,150
Salt,pepper,mustard	

Method of preparation :

The cut beef tenderize with a meat tenderizer,season with salt,pepper and spread with mustard.Then grill on both sides (fry). When it is ready serve on a previously prepared crouton, and put on the top sautéed mushrooms in butter.Pour over Madera sauce, and garnish with two to three garnishes.



*Questions :*

- 1. In what way prepared eggs are needed for beefsteak "A la sultan" ?*
- 2. How are the mushrooms prepared for the beefsteak?*

### 1.7. CHATEAUBRIAND ON GRILL

for two persons

beefsteak	0,400
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oil	0,070
bread (crouton)	0,060
salt,pepper,mustard	

Method of preparation :

To prepare chateaubriand (dubbe beefsteak) take matured beefsteak.Cut it a little,tenderize with a meat tenderizes,season with salt an pepper,spread with mustard.Then with oil grill it.When it is grilled from both sides, in the middle should be rare (English) serve it on a base of crouton and garnish with two to three garnishes and decorate with various decorations

### 1.8. CHATEAUBRIAND “MONACO”

For two persons

Beefsteak	0,400
Oil	0,060
Bread (crouton)	0,060
Skewers of compote	2
Sauce maderia	0,050
Carrot	0,200
Peas	0,200
Potato	0,200
Brains	0,100
Butter	
Salt,pepper,mustard	

Method of preparation:

The basic prepared chateaubriand like the previous (on grill) season with salt,pepper and spread with mustard.Griil with oil.When it is grilled from both sides serve on a prepared base of crouton.Pour the chateaubriand with sauce “Madera”, and put on the beefsteak breaded brains and garnish with boiled carrot,pea sautéed with butter and pommes frites, and stick the skewers from the compote.

*Questions :*

*1. For how many persons is Chateaubriand prepared?*

## 2. From what is prepared "Maitre d'Hotel" butter?

### 1.9. PREPARING TOURNEDO

Tournedo is cut from beef fillet, two pieces for one serving in weight of 0,090 for one piece or 0,180 for a serving, in diameter of 7 cm and thick up to 3 cm.

The basic tournedo is prepared so that the pieces of beef are tenderized with a meat tenderizer from both sides and a round form is shaped. Then season the meat with salt, pepper and spread mustard. Roast (fry) the prepared meat for tournedo on a greased and heated hob taking care that the meat in the middle remains rare. (English).

For serving of this beefsteak croutons are needed one for each piece of tournedo. Prepare the crouton from bread in round form with diameter 6 cm and weight 0,015 i.e. prepare it according to the size of the tournedo. Fry the crouton in oil until it gets yellowish colour.

### 1.10. TOURNEDO ROSSINI

For five persons

Beefsteak	0,900
Oil	0,100
Sauce "Madera"	0,100
Bread (crouton)	0,150
Mushrooms	0,100
Chicken liver	0,100
Salt, pepper, mustard	

Method of preparation:

Cut the tournedo, form it and season with salt, pepper and spread mustard. Roast (fry) on hob. When it is ready, serve it on base of previously prepared crouton, and pour sauce "Madera" over the tournedo and put fried chicken liver and chooped fried mushrooms. Then it is garnished with two to three garnishes.





### 1.11. TOURNEDO TSAR'S WAY

For five persons

Beefsteak	0,900
Oil	0,150
Butter	0,100
Ham	0,100
Bread (crouton)	0,150
Eggs	5
vegetable (for garnish)	0,900
salt,pepper,mustard	

Method of preparation :

Cut tournedo from the beefsteak two for one serving. Season the formed tournedos with salt, pepper and spread mustard. Roast (fry) on hob taking care that in the middle they stay rare (English). Then put them on previously prepared croutons. On the tournedos on every two pieces put ham with a fried egg (ham and eggs., and on the yolk we put a seed of pepper, garnish with two to three garnishes.

### 1.12. TOURNEDO "A LA VICTOR HUGO"

For five persons

Beefsteak	0,900
Oil	0,150

Butter	0,100
Tomatoes	0,400
Bearnaise sauce	0,100
Horseradish	0,100
Vegetable (garnish)	0,900
Bread	0,150
Salt pepper ,mustard	

Method of preparation: Cut tournedo from the beefsteak two for one serving. Season the formed tournedos with salt, pepper and spread mustard. Roast (fry) on hob taking care that in the middle they stay rare (English). Then put them on previously prepared croutons. On the tournedos on each piece put concise (fried tomatoes) and around the concise on the edges of the tournedo make garland with sauce bearnaise in which previously grated horseradish was added. Garnish with two to three garnishes.

*Questions :*

1. How many pieces are needed for tournedo?
2. What are the ingredients of tournedo Rossini?

### **1.13. RUMPSTEAK MIRABEAU**

For five persons

Rumpsteak kg	1
Oil	0,125
Anchovies	0,125
Stuffed olives	0,125
Salt ,pepper,mustard	

Method of preparation:

Boneless rumpsteak mature in oil for 6 days in a fridge. Cut from the rumpsteak a piece of 0,200 thick 1-3 cm and length 16 cm. Tenderize with a meat tenderizer ,season with salt,pepper and spread mustard. Then grill(fry) so that in the middle it remains English. So prepared rumpsteak and garnish with two to three garnishes, and overlaid the beefsteak with anchovies in windows shape, in wholes of which a stuffed olive halves are placed.



## 2. VEAL DISHES TO ORDER

### 2.1. VEAL NATURE SCHNITZEL

For five persons

Veal kg	1
Oil	0,250
Flour	0,050
Saft from roasting l	0,100
Potatoes kg	1
Salt,parsley	

Method of preparation:

Cut the veal cutlet from the leg topside, it can be cut also from the veal chop and from the loin in width 1 cm and weight 0,180 to 0,200 grams. The meat is always cut taverse the muscle fibres.

Tenderize the cutlets, cut the fibres with the knife top so that the cutlet will not shrink during frying. Then season with salt, coat in flour from the tenderized side (which will be the upper side at serving). fry in heated oil from both sides. When it is fried add saft from roasting and chopped parsley. Leave to braise. When the cutlet is ready serve and garnish with potato or another garnish.



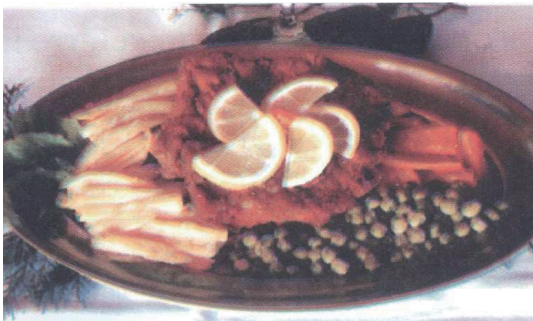
## VIENESSE CUTLET

For five persons

Veal	kg	1
Oil		0,300
Flour		0,100
Lemon		0,150
Potatoes	kg	1
Eggs		2
Salt,parsley,breadcrumbs		

Method of preparation:

Cut a veal cutlet,pound it with meat mallet,season with salt and coat it viana style(flour,egg,breadcrumbs).Coated cutlets fry in a lot of hot oil.When one side is fried,turn the other side to get yellowish colour.Then it is served and garnished with boiled potatoes or another garnish.Garnish with lemon wedges and parsley.



## 2.2. VEAL STEAK WITH FRIED EGG

For five persons

Veal tenderloin	0,900
Oil	0,250
Flour	0,050
Eggs	6
Potatoes kg	1
Bread	0,200
Salt,parsley,pepper	

Method of preparation:

Cut the steak from the veal tenderloin in width of 0,180 grams in round form(they can not be pound).Season with salt and coat in flour.Fry in hot oil.From the bread make large croutons in the size of the steak which dip in eggs and fry in hot oil.Fry the eggs in a special skillet .Then we serve the steaks on an oval plate on base of crouton and pour with their own gravy, and on the top place the fried eggs.Garnish with pommesfrites or another garnish and decorate.



## 2.3. VEALSTEAK HOLSTEIN

For five persons

Veal tenderloin	0,900
Oil	0,075
Flour	0,050
Eggs	6
Anchovies	0,125

Bread	0,150
Butter	0,050
Russian salad	0,350
Salt,parsley	

Method of preparation :

Cut a steak from the tenderloin in width of 0,180 grams. Season with salt and coat with flour on one side and fry in hot oil. Then in an oval plate put the croutons and the fried steaks and pour gravy. On the top of the steak place a fried egg, on the egg put anchovies and decorate with parsley. Then on a green salad leaf place Russian salad in a pyramid form dressed with tatar sauce and garnish.

## 2.4. MEDALLIONS

Medallions are prepared from matured beef fillet. Cut three pieces medallions for a serving in total weight of 0,200 grams, width up to 6 cm and thick 2 cm. Season with salt, pepper, spread with mustard and fry (roast) them.

When serving place them on a base of crouton prepared from bread width 2 cm with total weight 0,45 grams and diameter 5 cm, i.e. according to the size of the fillet mignons. The formed croutons are fried in oil to get a yellowish colour.

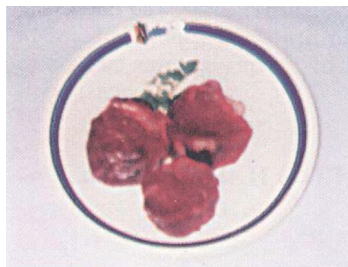
## 2.5. MEDALLIONS IN BUTTER

For five persons

Beefsteak kg	1
Oil	0,100
Butter	0,050
Sauce	0,200
Salt,pepper,flour	

Method of preparation:

Cut the medallions three pieces for one serving, pound, season with salt and coat in flour on one side. Then fry in hot oil on both sides to get a yellowish colour. Then add butter and when it is melted add sauce "Braten". Braise to get a certain thickness. They are served in oval plates the medallions are placed on one side and dressed with the sauce. Garnish with two to three garnishes and decorate. They are served while warm.



## 2.6. MEDALLIONS WITH MUSHROOMS

For five persons

Beefsteak kg	1
Oil	0,125
Mushrooms	0,250
Demi glace sauce	0,200
Bread (croutons)	0,250
Salt,pepper,mustard	

Method of preparation:

Cut medallions from the beefsteak three for a serving.Pound and form them.Then season with salt,pepper and spread with mustard.Fry in hot oil from both sides(they can be also roasted).When they are fried,take the medallions out and in the oil fry the sliced mushrooms,leave them to braise and add flour and demi glace sauce to taste and leave the sauce to thicken.The ready medallions are served on base of prepared bread croutons,dress with the mushrooms and garnish with two to three garnishes and decorate.Serve warm

## 2.7. VEAL MEDALLIONS ITALIAN STYLE

For five persons

Veal medallions	1
Butter	0,125
Ham	0,300
Tomatoes	0,250
Bread (croutons )	0,225
Salt,pepper,basil	

Method of preparation :

Cut medallions from the beefsteak three for a serving, pound and form them, then season with salt and pepper. Fry in hot oil from both sides (can be roasted also). Grill the ham slices with butter. Leave them in a hot place. In the butter braise on low heat tomatoes seasoned with salt and add basil. Serve the medallions on previously prepared croutons from bread. Put the slices of ham on top of each medallion and dressed with prepared tomatoes and serve while hot.

*Questions :*

- 1. How much should weigh the cutlet?*
- 2. What are the ingredients of steak Hollstein?*
- 3. How many pieces are needed for medallions?*

### **3. PORK DISHES TO ORDER**

#### **3.1. PORK CUT ITALIAN STYLE**

For five persons

Pork butt	0,900
Butter	0,125
White wine	0,100
Potatoes	0,200
Salt, pepper, lemon juice	

Method of preparation :

Cut the pork cuts two pieces for a serving in weight of 0,090 gr, pound, season with salt and pepper. In hot butter fry from both sides. When they are fried take them out of the pan, and in the butter add wine to boil and stir. Then add previously fried cuts and lemon juice. Leave to braise. When they are ready, serve with potato puree and decorate.



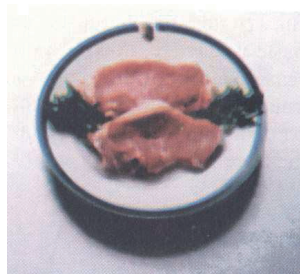
### 3.2. PORK CUTLET “IMPERIAL “

For five persons

Cutlet	1,250
Oil	0,100
Flour	0,030
Ham	0,150
Pickled cucumber	0,150
Gravy	0,200
Salt	

Method of preparation:

Chop two cutlets two for a serving. Tenderize with a meat tenderizer, season with salt, coat with flour and fry in hot oil from both sides. Then take them out of the oil and keep hot. In the hot oil fry previously chopped pickled cucumbers and sliced ham and add gravy. When serving pour the cutlets with the prepared sauce and garnish with two or three garnishes.



### 3.3. BREADED CUTLETS WITH HORSE RADISH SAUCE

For five persons

Cutlet	1,250
Butter	0,150
Eggs	2
Flour	0,050
Milk	0,200
Horseradish	0,100
Salt, pepper, lemon, parsley, breadcrumbs	

Method of preparation:

Chop cutlets 0,080 gr,tenderize with meat tenderizer,season with salt and pepper, coat in flour,eggs and breadcrumbs,fry in hot butter until golden.Separately prepare sauce from the rest butter,flour,milk(stock),salt,grated horseradish.Serve the ready cutlets and decorate with lemon and parsley,and separately serve the sauce.

### **3.4. PORK CUTLET MALESHEVSKI**

For five persons

Cutlet	1,250
Oil	0,150
Potatoes kg	1
Gravy	1 dl
Salt,pepper,garlic,parsley	

Method of preparation:

Fry the chopped,pounded and seasoned with salt cutlets.Then take them out of the oil and add in th same oil finely chopped garlic, gravy and pepper.Separately fry the potatoes cut in rounds.Then put the fried cutlets and potatoes in a clay baking pan.Sprinkle over with chopped parsley and pour the prepared sauce.Put in oven to bake for 10 minutes.Serve hot.

## **4. LAMB DISHES TO ORDER**

### **4.1. LAMB CHOP ON GRILL**

For five persons

Lamb back	1,250
Oil	0,250
Potatoes	1,250
Salt,pepper	

Method of preparation:

Cut a chop from the lamb back and pound it, season with salt and grill on a heated grill from both sides. When they are ready serve and garnish with pommes frites and decorate.

#### **4.2. LAMB SHASHLIK CAUCASIAN STYLE**

For five persons

Lamb butt	0,500
Oil	0,250
Potatoes	0,500
Dry bacon	0,300
Onion	0,250
Fresh tomatoes	0,300
Rice (braised)	0,200
Salt,pepper,parsley	

Method of preparation:

Chop the lamb in bigger dices. Then prepare the dry bacon, onion and tomatoes. Thread the meat, bacon, onion and tomatoes on each skewer beginning and ending with the lamb. Season with salt and place on hot grill grate. Turn several times during grilling so that they are grilled from all sides equally. Serve on base of braised rice. Put fried potatoes sliced around the shashlik and decorate.

#### **4.3. LAMB VIENNESE STYLE**

For five persons

Lamb	1,000
Oil	0,150
Flour	0,050
Eggs	4
Breadcrumbs	0,250
Salt,lemon	

Method of preparation:

Chop meat from lamb butt on slices.Pound and season with salt.Coat Viennese style (flour,eggs,breadcrumbs).Then fry in in hot oil from both sides.When it is ready serve and garnish with pommes frites and a lemon wedge.

#### **4.4. LAMB CHOP (GREEN MEADOW)**

For five persons

Lamb	1
Oil	0,250
Potatoes	0,750
Green salad	0,500
Butter maitre d'hotel	0,100
Salt,parsley	

Method of preparation:

Chop the lamb in slices,pound and season with salt and grill.When they are ready, serve in oval so that the meat is in the middle.On one side put potatoes,and on the other side heart of green salad which was previously fried in oil.Then on each piece of meat put butter maitre d'hotel.It is served while hot.

### **5. GRILL SPECIALITY**

#### **5.1. KEBAB**

For five persons

Beef (under shoulder,neck)	0,750
Fat (for grill)	0,050
Onion	0,200
Salt,pepper	

Method of preparation:

Beef without bones (under shoulder,neck) cut in small pieces, season with salt and grind finely and again with a finder grinder plate.Leave it in a cool place for a while,then knead it and leave it again.Then form kebabs on a kebab mashine in width 6 cm and thick 2 cm.for one serving you need 0,150 gr.grill the kebabs on a greased grill taking care that they are from both sides grilled,not to over grill.Serve and garnish with onion.



## 5.2. HAMBURGERS

For five persons

Meat	0,750
Oil	0,050
Onion	0,200
Salt,pepper	

Method of preparation:

In meat prepared as for kebabs add finely chopped onion,pepper and knead well. From this meat form hamburgers in round form.Then grill from both sides taking care that they remain juicy. Serve hot with chopped onion or another garnish.

## 5.3. HOMEMADE SAUSAGE

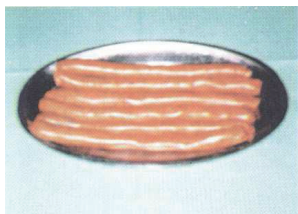
For five persons

Pork	0,500
Beef	0,300
Bacon	0,100
Intestines	1,500
Salt,pepper, piment ,garlic, red pepper	

Method of preparation:

Chop the pork,beef and bacon.Then grind twice with cleaned garlic.Then add salt,pepper,red pepper and piment, and mix well.Then stuff the intestines with the mixture with a sausage stuffing machine .The stuffed sausages form in

width 15 cm two pieces for a serving. Grill them and serve with onion or another garnish.



#### 5.4. MIXED MEAT ON THE GRILL

For five persons

Pork chop	0,375
Liver veal	0,200
Hamburger from two kebabs	0,150
Homemade sausage	0,125
Sweetbreads	0,125
Dry bacon	0,125
Tomatoes	0,500
Peppers	0,250
Onion	0,250
Rice	0,200
Salt,pepper	

Method of preparation:

Grill the pieces of meat and sweetbreads on a greased and hot grill and season with salt. Grill the sliced tomatoes. Then serve the meat on a base of braised rice. Decorate around with grilled and sliced tomatoes and fresh peppers. Serve hot.

#### 5.5. CHICKEN SKEWER

Separate the chicken meat from the breast and skin. Chop into pieces and thread onto a skewer. Season with salt and grill on a hot hob or grill. They can be served with braised rice or pommes frites.

### **5.6. PORK CHOP**

Cut two pieces of chop (0,250 gr.) two pieces for a serving. Pound them, season with salt and grill on both sides. Serve and garnish with onion or another garnish.

### **5.7. PORK SKEWERS**

Pork meat from the neck, tenderloin or butt dice in 4x4 cm and width 1 cm. Thread the diced meat onto metal or wooden skewers, season with salt and grill on greased and hot grill. grill well from both sides. serve with finely chopped onion and decorate with peper, tomato, parsley, green salad.



Cold buffet

## **XV. VEGETARIAN DIET**

The reason for vegetarian diet is different. Generally health reasons prevail and ethical also. It is known that the modern medical dietetics stands on the position of so called Lacto vegetarian diet. It supplies the organism with everything that is necessary for normal functioning.

Vegetarianism appears more as a diet not only in some medical cases but as a standard diet at some consumers as well.

## 1. VEGETABLE MOUSAKA

Butter or oil	spoons	3
Rice	cup	1/2 ½
Carrots		2
Celery root		1
Cabbage head	small	1/4
Potatoes		0,250
Tomatoes		5
Peas		0,150
White sauce	cup	2
Salt,pepper,parsley		

Method of preparation:

Grated celery and carrot sauté in butter. Then add finely chopped cabbage, cleaned washed and chopped potatoes and peas. When the vegetable is soft, add chopped tomatoes, then braised rice, salt, pepper and parsley. Braise some more minutes. In a greased baking tin lay the sliced tomatoes. Spill over the vegetable mass and flatten, and lay again sliced tomatoes. Then pour white sauce. Bake in oven about 30 min. Before it is ready sprinkle over the mousaka grated parmesan cheese. Bake until it gets golden color.

### White sauce

Oil	0,040
Flour	0,040
Boullion lit	1/2
Butter spoon	1/2
Salt	

Method of preparation:

Heat the oil, add flour and fry 1-2 min so that it stays white. Then add Boullion, stirring constantly and boil on low heat until it thickens. Season with salt and pepper and cook 20 min more on low heat.



## **2. STUFFED FRESH CABBAGE LEAVES**

Fresh cabbage	kg	1
Rice	cup	3
Chili	peppers	1
Domatis	spoon	1
Carrots	grated	2
Oil		
Salt,pepper,parsley		

Method of preparation:

Clean and blanch the cabbage in warm and salted water, drain the water and separate the cabbage leaves. Braise the rice and season with salt and pepper, chopped parsley, chili pepper and grated carrot. Mix well and stuff the cabbage leaves. Put the stuffed cabbage leaves in a greased pan, pour water in which previously 1 spoon domatis was added and gratinate in preheated oven. Serve while hot.

## **3. COURGETTES IN BECHAMEL**

Courgettes	0,500
Béchamel sauce	0,200
Cheese	0,200
Salt,pepper	

Method of preparation:

Slice the courgettes, cook in salted water, then drain and put in a greased baking pan. Pour béchamel sauce. Sprinkle grated cheese and gratinate about 15 min in hot oven until browned.

### **Béchamel sauce**

Oil	0,040
Flour	0,040
Milk	1/2
Lemon (for flavor)	1/2
Salt	

Method of preparation:

In heated oil and flour and fry. Gradually add milk and stir while cooking until thickens and season with salt. before serving add butter and lemon juice. It is served as a dressing for ready dishes and for gratinating dishes.

#### **4. POTATO CROQUETTES**

Potatoes	0,250
Cheese	0,050
Flour	0,050
Salt,oil	

Method of preparation:

Cook the cleaned and washed potatoes in salted water, then mash it together with cheese so that you get smooth mass. Then add flour and knead. From this mass form croquettes which are fried in deep and warm oil. Serve while hot.

#### **5. GRATINATED POTATO PUREE WITH CHEESE**

Potatoes kg	1
Cheese	0,300
Salt,butter,milk	

Method of preparation:

Cleaned potatoes boil in water. Then mash it, add butter and milk (sweet or sour cream) mix well and add cheese. Put the mixture in a fireproof pan, flatten and sprinkle grated parmesan cheese and melted butter. Gratin until golden.

#### **6. Cauliflower salad**

Olive oil cup	1
Cauliflower head (middle size)	1
Finely chopped peppers cups	4
Beetroot bulbs	2

Lemon juice  
Salt,pepper,parsley

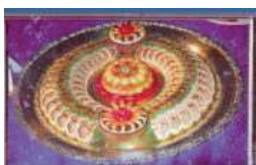
1/2

Method of preparation:

Cleaned, washed and separated cauliflower florets cook in salted water. Then drain and cool. Add previously cleaned and sliced cooked beetroot, and add the cleaned peppers. Separately mix oil, lemon juice, salt, pepper and parsley. Stir in the dressing carefully.

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