

Funny Bread Faces



- **Ingredients:**

- 4 slices of granary bread
- fresh cheese
- 1 carrot
- 1 sweet pepper
- ½ cucumber
- Chives

- **Directions:**

- Wash the vegetables.
- Cut the vegetable in slices or stripes.
- Spread fresh cheese on the bread.
- Put the chopped vegetables as a face on the bread.
- Cut the chives with scissors.
- Put the chopped chives as hair on the bread.



Farraginous Noodle Salad



- **Ingredients:**

- cooked noodles (250 gr raw ingredients)
- 12 cherry tomatoes
- 100 gr. cheese (Gouda) or ½ cucumber
- 4 carrots
- 5 tbsp. plant oil
- 3 tbsp. vinegar
- 1 tsp. mustard
- 6 touches of iodized salt
- 1 or 2 touches of pepper
- ½ bundle of chives



- **Directions:**

- Put the cooked noodles in a salad bowl.
- Wash the tomatoes.
- Cut 7 tomatoes in halves and put them to the noodles.
- Chop the cheese or the cucumber in small bites and put them in the bowl.
- Wash and peel the carrots.
- Grate the carrots and put them to the noodles.
- Put the oil, the vinegar, the mustard, the salt and the pepper in screw top jar.
- Close the screw top jar and shake it.
- Put the sauce in the bowl and mix everything with the salad cutlery.
- Cut the chives with scissors.
- Garnish the salad with the remaining tomatoes and the chopped chives.



Fruity Gourmand Curd



- **Ingredients:**

- 500 gr. low-fat curd
- 150 ml. milk
- 400-500 gr. fresh fruits for example:
 - strawberries
 - mandarins
 - grapes
 - apples
 - bananas
 - peaches
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- Sugar (only if it is needed)



- **Directions:**

- Put the curd and the milk in a bowl and stir everything with a whisk.
- Wash and clean the fruits (strawberries, grapes, apples, peaches, ...)
- Peel the bananas and the mandarins.
- Chop the big fruits in small pieces.
- Put the fruits in the bowl and mix everything with a stirring spoon.
- Do the *head chef test* with two teaspoons:
 - Put a small amount of curd on the clean spoon.
 - Switch the curd from one spoon to the other.
 - Taste the curd. Does it taste good?
 - If the curd is not sweet enough, put sugar to it, stir everything and start again by (6a).



Creamy Mashed Potatoes

- **Ingredients:**

- 7-8 (700 gr.) floury potatoes
- iodized salt
- 150-200 ml. milk
- grated nutmeg

- **Directions:**

- Peel the potatoes and chop them into pieces as big as a golf ball.
- Put the potatoes and the salt into a pot.
- Fill the pot with water, such that the potatoes are half covered.
- Cover the pot with a lid and put it on the stove.
- Switch the stove on maximal power.
- Wait until the water is boiling, then reduce the heat to half power.
- Wait for 15 minutes.
- Try if the potatoes are cooked:
 - Thrust a knife into a potato.
 - If this could be done easily, the potatoes are done.
 - If this is not the case, wait a little bit and try again.
- Turn off the stove and outpour the pot into a sieve over the sink.
- Put the potatoes from the sieve into the empty pot.
- Squash the potatoes with a masher.
- Put the milk, a pinch of salt and some grated nutmeg to the mashed potatoes.
- Do the *head chef test* (see recipe **Fruity Gourmand Curd**).

Delicious Carrot Salad

- **Ingredients:**

- 1 lemon
- 2 tbsp. plant oil
- 1 pinch of iodized salt
- 1 pinch pepper
- 6 carrots
- 1 apple

- **Directions:**

- Halve the lemon and squeeze it out.
- Put 2 tsp. of lemon squash, 2 tbsp. of oil and the spices in a bowl.
- Stir the ingredients with a whisk.
- Wash the carrots. Put them into a sieve to drain them.
- Peel and clean the carrots.
- Grate them into a soup plate.
- Put the rasped carrots into the bowl.
- Wash the apple.
- Grate the apple from all sides up to its core into the soup plate.
- Put the rasped apple into the bowl.
- Mix all ingredients in the bowl with a salad cutlery.