

MASTERCHEF

KASIA

PRESENTS...



MAIN DISHES



main dishes



Chicken soup

Ingredients:

- 1 chicken weighing approx. 2 kg
- 300 g of beef,
- 3 liters of water
- 1 vegetables: 2 carrots, 1 parsley, 1 onion, 2 sprigs of parsley, a piece of celery, leek, optionally a cabbage leaf
- spices: 1 tablespoon of sea salt, 3 grains of allspice, 1 bay leaf, 4 whole peppercorns

Preparation:

If we have a whole chicken, cut it into parts - cut off the neck, wings, thighs. Leave the body with the breasts. Rinse all parts of the chicken, beef and offal, then put in a large pot and pour cold water. Season with salt and bring to a boil over medium heat. After boiling, reduce the heat and hum in the brew. Reduce heat and cook over low heat (the broth is only supposed to "flash") under the slightly opened lid for about 1 1/2 hours. In the meantime, prepare the vegetables: peel the carrots, parsley and celery (or for more flavor - just wash it thoroughly). Rinse the onion, leek and parsley (do not peel the onion, its husks will give the soup a nice color). Reduce heat and simmer for about 1 hour or for 1 1/2 hours. Serve the broth hot, with cooked noodles, chopped parsley, thinly sliced carrots from the broth and pieces of chicken meat. Cook the thread noodles according to the recipe on the package.



Hungarian goulash

Ingredients:

- 500 g of beef for goulash (e.g. leg, boneless stripe)
- 1 onion
- 4 cloves of garlic
- 2 carrots
- 3 colored peppers
- 1 tablespoon of dried sweet pepper
- 4 bay leaves
- 6 grains of allspice
- 1.5 liters of water
- 3-4 potatoes
- 1 can of sliced tomatoes (400 g)
- 1 tablespoon of tomato paste
- sour cream for serving salt pepper

Preparation:

Dice the meat into 2 × 2 cm cubes. Brown in hot lard. After a few minutes, add the smoked bacon and diced onion and grated garlic. After about 5 minutes, add the diced carrots and peppers. Fry it all for a while, then add sweet pepper, bay leaf, allspice, salt and pepper. Cook until the meat is tender, about 60 minutes depending on the type of meat. Cook another 10-15 minutes. Optionally, season with salt and pepper. Serve with chopped parsley and a splash of sour cream. I also invite you to see my old text about cauldron cooking [HERE](#). The best proven Hungarian Goulash recipe is recommended for preparation. If you have any questions or concerns, write comments and I will answer them immediately. ENJOY YOUR MEAL!!!



Chicken breast with potatoes and salad

Ingredients:

- Chicken breast
- Potatoes
- Vegetable salad

Preparation:

Breast broken and seasoned with salt, pepper and meat seasoning.

Breading: first in a roll in an egg and again in a roll. Fry on both sides until golden brown. Boiled potatoes. Vegetable salad ready from the store :)



Spaghetti Napoli

Ingredients:

- 50 grams of spaghetti
- 4 tomatoes
- 2 cloves of garlic
- 2 tablespoons of olive oil
- basil
- salt pepper

Preparation:

Boil the pasta in salted water. It should be al dente - firm, slightly hard, springy. Blanch the tomatoes, peel and chop them finely. Put into a saucepan, mix until smooth, add olive oil. Cook for 5 minutes, pepper, salt and garlic pressed through the press. Cook for 2 more minutes. Pour hot sauce over the pasta and add the basil.



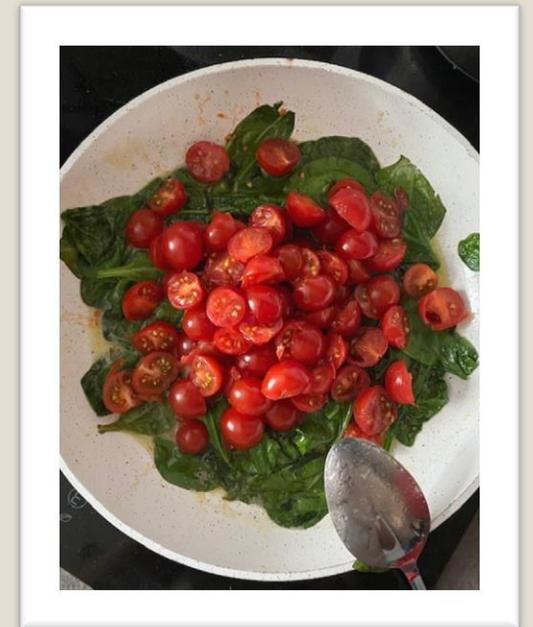
Pasta with spinach and cherry tomatoes

Ingredients:

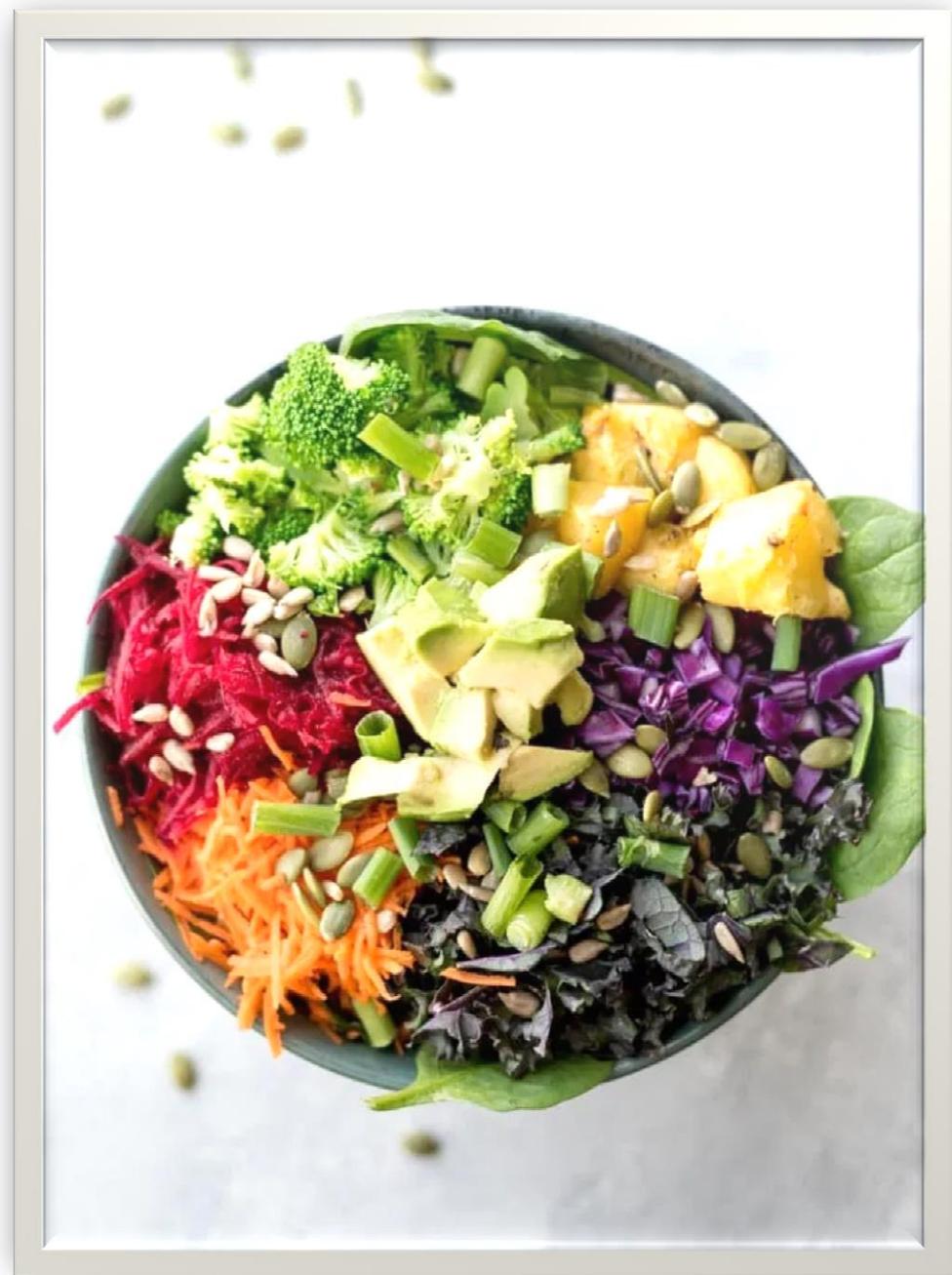
- ❖ 1 packet of pappardelle pasta
- ❖ 400-500 g of fresh spinach leaves
- ❖ about 400 g of cocktail tomatoes
- ❖ 1 tablespoon of olive oil
- ❖ salt and pepper to taste

Preparation:

Boil the pasta in salted water al dente (according to the instructions on the package), drain and rinse with cold water. In a frying pan, fry the spinach leaves and sliced tomatoes, heat for a few minutes. Add salt and pepper. Add the pasta to the sauce, mix. Enjoy your meal :)



SALADS



Spinach salad with sun-dried tomatoes

Ingredients:

- fresh spinach 100 g
- a jar of dried tomatoes
- couscous porridge 2 tbsp

Preparation:

Pour hot water over the couscous and wait 5 minutes.

Cut the dried tomatoes into smaller pieces.

Mix all ingredients in a bowl and finally add the oil from the tomato jar. Mix and it's ready. Enjoy your meal :)



Rocket salad with mandarins and blue cheese

Ingredients:

- arugula 80 g
- 3-4 tangerines
- blue cheese 1 pack
- chickpeas 5-7 tbsp
- Sauce:
- honey 6 tbsp
- mustard 1-2 tsp

Preparation:

Peel the mandarins and divide them into pieces, cut the cheese into triangles, drain the chickpeas. Combine all ingredients in a bowl. Mix the honey with the mustard and pour over the ingredients. Put the salad on a plate and it's ready. Enjoy your meal :)



Vegetable Salad

Ingredients:

- 3 potatoes, 2 carrots, 1 parsley, 3 pickled cucumbers, 1/4 of the onion
- 4 eggs
- 1/2 apple
- 1 small can of green peas
- approx. 1 cup of mayonnaise
- 1 teaspoon of mustard

Preparation:

Wash the potatoes, carrots and parsley (do not peel), put them in a pot, add water, salt and cook, covered, until tender, for about 40 minutes.

Drain, cool, peel and cut into cubes, put into a large bowl.

Hard-boil the eggs (approx. 5 - 6 minutes after the water has boiled), cut into cubes, add to the bowl with vegetables.

Peel the cucumbers, onion and apple, dice them, add to the bowl. Pour in well drained and dried peas.

Season with salt (about 1/2 teaspoon) and ground black pepper (about 1/2 teaspoon). Mix with mayonnaise (leave a few spoons for decoration) and mustard.

Transfer to a salad bowl and cover with the mayonnaise that has been left aside, and decorate as desired.



DESSERTS



Brownie

Ingredients:

- 280 g of butter
- 250 g of dark chocolate
- 240 g of fine sugar
- 80 g of flour
- 100 ml of water
- 1 handful of walnuts
- 1 handful of almonds
- 1 tablespoon of vanilla sugar
- 3 eggs
- pinch of salt



Preparation:

Break the chocolate into small pieces, chop the nuts and almonds. Boil water in a pot, add sugar, vanilla sugar, when the water boils, take the pot off the heat. Add the chocolate and butter, wait for the ingredients to dissolve, mix. Beat the eggs in a bowl like for scrambled eggs, add the flour, mix with a whisk or a mixer. While stirring constantly, pour the chocolate into the eggs in a slow stream. Add nuts and almonds, mix - this time with a spoon. Line a 24x24 cm mold with baking paper, pour in the chocolate mass. Bake for 25 minutes at 180 degrees. Brownie gets the right texture when it is completely cool, but I like this cake when it is still hot and the chocolate inside is liquid.

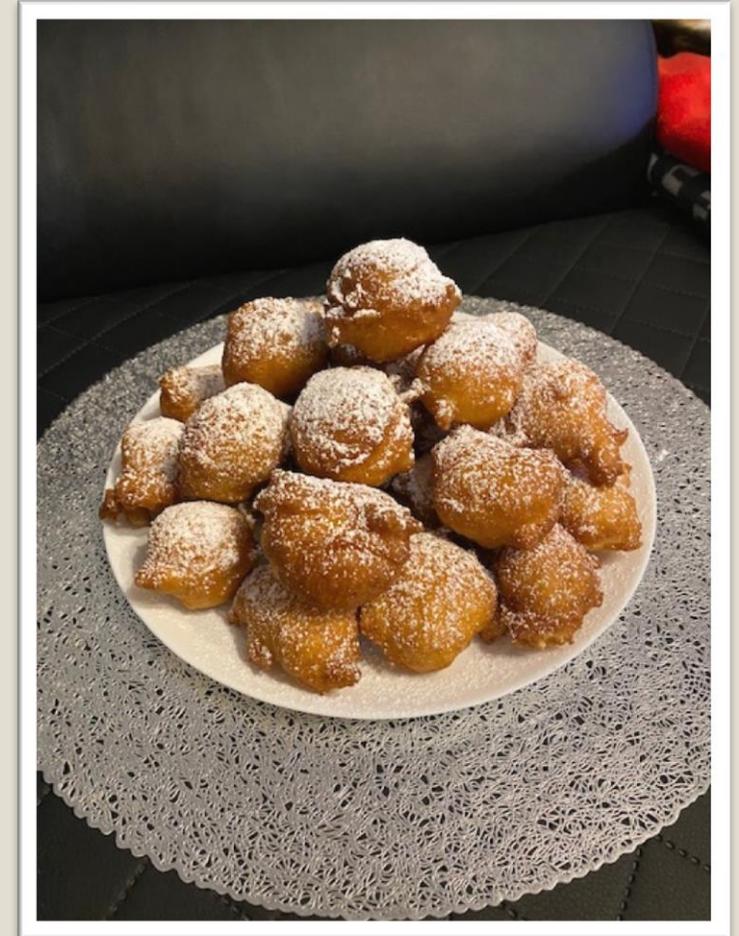
Homogenized cheese donuts

Ingredients:

- homogenized vanilla cheese
- 3 eggs
- wheat flour 1.5 cups
- baking powder 1.5 tbsp
- powdered sugar
- frying oil

Preparation:

Mix the cream cheese with the eggs, add flour and baking powder. Put the dough with a damp spoon on the hot fat. After removing it, sprinkle with powdered sugar.



Cookies with chocolate and chia

Ingredients:

- 160 g of butter
- 200 g of sugar,
- 300 g of wheat flour (+ possibly for sprinkling if the dough is too sticky),
- 170-200 g of dark chocolate,
- 2 tablespoons of chia,
- 100 ml of water,
- 1 teaspoon of baking powder,
- 1 pinch of salt
- 1 tablespoon of vanilla extract.

Preparation:

Chia seeds pour 100 ml of boiling water, leave for a while. Add butter, sugar, extract and chia to a bowl. Mix until smooth. Pour in flour, baking powder and salt and mix again. Cut the chocolate into small pieces with a knife. Add to the mass while mixing. Wrap the dough in cling film and chill for at least 30 minutes in the refrigerator. Preheat the oven to 180 degrees. C. Line the baking tray with paper. Remove pieces of the size of a large walnut from the dough, form balls and place them on the baking tray with large gaps. Flatten each ball with your hand. Bake until browning the bottom, about 15 minutes.



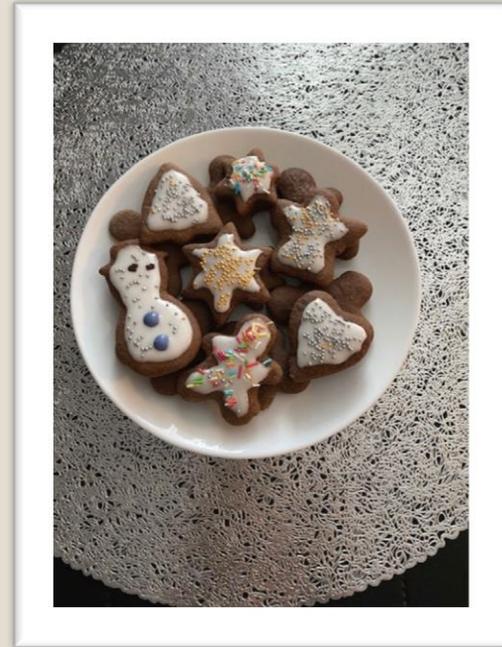
Gingerbreads

Ingredients:

- 1.5 kg of flour
- margarine
- 5 eggs
- 2 cups of sugar
- 1 medium jar of honey
- 1 packet of cocoa
- 2 packs of gingerbread spice
- spoon of cinnamon
- 1.5 tablespoons of ammonia
- 2 tablespoons of instant coffee
- 2 tablespoons of baking powder

Preparation:

Melt the margarine and set aside to cool. Dissolve the ammonia in a little cold water. Brew the coffee in half a glass of water and let it cool down. Add to the flour successively: melted margarine, eggs, sugar, honey, cocoa, spices, cinnamon, ammonia, baking powder and coffee essence. Knead the dough and put it in the fridge overnight. On the second day, roll out the dough thinly, cut it with a mold and bake for about 10 minutes at 180 degrees Celsius. After it has cooled down, decorate it as desired :) Enjoy your meal!



THANKS FOR
WATCHING ;)

KASIA