



NO.1

COOKBOOK



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Leftover rice pancakes

INGREDIENTS

- 1 cup of cooked rice (cooled)
- 1 large egg
- 1-2 sp. of flour
- 1-2 sp. of water or milk
- some sugar and salt
- 0,5 tea spoon of baking powder

Mix all ingredients and fry as ordinary pancakes.



Sandwich

You need:

leftover cutlet
mashed potatoes and leftover salad (any salad),
old and dry slice loaf of bread.

Instructions:

1. Fry cutlet pieces and mashed potatoes with butter.
2. Toast the slice of bread in a toaster or in a frying pan.
3. Put the mashed potato - pieces of cutlet on the toasted bread and add leftover salad on top.
4. (Unnecessary) Season everything with salt and pepper.

Bon Appetit!



Step 1: take two apples, two carrots, a bit of ginger, and some pineapple juice



Ingredients

- 2 apples,
- 2 carrots,
- a bit of ginger,
- some pineapple juice

Preparation time

10 min

Step 2: grate carrots, apples and ginger



Servings

2 portions

Healthy salad



Step 3: Add some pineapple juice and mix all ingredients.

Products:

- Ketchup
- Mayonnaise
- Cheese (your preference)
- Sausage
- Bread (i prefer white)

Toasted



Recipe:

- Spread mayonnaise and ketchup over your bread.
- Put a few slices of sausage and cheese.
- Put it in your toaster or oven and Voila!
- I also prefer eat it with a cup of tea.



Peppers with chicken

Ingredients

3 peppers (yellow, green, red)
 some chicken breast (LEFTOVERS)
 some cheese mozzarella
 some spinach
 some grated hard cheese
 three cloves of garlic
 2 spoons of sour cream
 salt, pepper, chicken spices

Preparation time

60 minutes

Servings

3

Directions



- 1) cut chicken meat into small pieces and mix it with salt, pepper and spices
- 2) fry chicken pieces with some oil, after some time add spinach and garlic. At the end - add some sour cream.
- 3) prepare peppers as it shown in the 1st photo
- 4) add cheese mozzarella into cool fried meat
- 5) stuff meat into peppers and put them on the baking tray, sprinke hard cheese on the top of the peppers
- 6) bake about 30-40 min 180C



Leftover mashed potato pancakes with cheese



Ingredients



Directions



Cold apple compote

Ingredients

Apple peels;
 2 spoons of sugar;
 0,5l water;
 A few cloves.



Add water to the pot and put the apple peels. Also add the cloves to the pot. Place on the stove, when the water boils - boil for 5 minutes. Later add sugar and let the compote cool. Serve the compote and enjoy!



Luxurious dinner

Leftovers:
 piece of any meat
 some boiled/barbecued potatoes



Other ingredients:
 some cherry tomatoes, onions, red pepper, garlic



- 2) fry potatoes.
- 3) fry all vegetables

- 1) cut all ingredients as it shown



- 4) add some ketchup and some balsamic vinegar

YOU NEED

OLD DRY WHITE BREAD



MIX ALL INGREDIENTS AND
PUT BREAD INTO THIS MIX



1 EGG, SOME SUGAR, SOME MILK
AND SOME CINNAMON



FRY BREAD ON SOME OIL OR BUTTER



SWEET BREAKFAST



Fritáta

Ingredients:

- oil
- potatoes
- baby spinach
- eggs
- salt
- pepper

Instructions:

Cut the potatoes into small pieces and fry them in a pan in heated oil. If the potatoes are soft, add spinach. Stew a little and then pour in the whipped eggs. Season with salt and pepper. Served with pastries and fresh vegetables.



STEW

Ingredients:

- Leftovers: barbecued steak and potatoes
- frozen zucchini
- some quinoa seeds
- some tomato sauce
- pepper, salt



Instructions:

- 1) Cut steak, potatoes and zucchini into pieces
- 2) Boil quinoa seeds and zucchini about 10 min
- 3) Then add slices of meat and potatoes and stew about 5-10min.



Sauerkraut and meat rolls

Ingredients:

- about 30 dag of sauerkraut
- 2 ladles of Bolognese sauce (leftovers from lunch)
- 1 packet of puff pastry sheets
- 1 bay leaf
- 1 egg

Boil a pot of water, add the bay leaf and sauerkraut and cook for about 20 minutes. Then strain the sauerkraut, cut it into smaller pieces and add the leftover Bolognese sauce. Put it back on the stove and let the excess fluid evaporate. Allow to cool. Beat the egg and add half of the egg to the sauerkraut and meat mixture. Spread out the mixture onto a sheet of puff pastry and then roll it up and carefully pinch the edges and seams closed. Use a fork to poke some holes into the roll and brush it with the rest of the beaten egg. Preheat the oven to 200 degrees and bake for about 45 minutes. You can serve sauerkraut and meat rolls with a bowl of your favourite salad.



Gnocchi

Ingredients:

1 kg of leftover mashed potatoes
200 g of wheat flour
1 egg
1 tsp. of salt

Put the mashed potatoes onto a clean counter and make a well in the middle. Add the egg and salt and while mixing slowly add flour. Mix together with your fingers to make a soft dough that should not stick to your fingers. We boil a big pot of water and add salt. On a lightly floured surface, cut small amounts of dough to form ropes and then cut into smaller pieces.

In a large pot of salted boiling water cook the gnocchi, gnocchi are ready when they float to the top.

Gnocchi can be served with a sauce or as a side dish.

If you make too many, you can store gnocchi for up to 1 month in the freezer. When you cook them there is no need to defrost, just add them to boiling salted water.



Bread casserole

Ingredients:

- 1/2 a loaf of stale bread
- 1 small onion
- 2 cloves of garlic
- 2 eggs
- 1 dcl of milk
- salt
- parsley
- 1/2 dcl of cooking cream
- cheese (optional)

Cut up the bread into smaller pieces, sauté the onion and garlic. Put the bread into a big bowl, add the sautéed onion and garlic and chopped parsley. Beat the eggs together with cooking cream and milk. Pour it over the bread. Add some salt and mix well. Put the mixture into a casserole dish, smooth it out and put some cheese on top (optional). Bake in the oven for 30 minutes at 180 degrees.



Potato omelette

Ingredients:

- leftover mashed potatoes (app. 2 potatoes)
- 1 egg
- 1 dcl od milk
- 1 1/2 tbsp. of flour
- a pinch of salt
- nutmeg
- 1/2 tbsp. parsley
- 2 tbsp. of parmigiana cheese
- pepper
- diced ham

Mix the egg and mashed potatoes first and then add the rest of the ingredients. Put some olive oil into a heated pan and pour in half of the mixture. When it is golden brown, turn it over like a pancake. Before serving sprinkle with some parmigiana cheese and parsley.



Fiskesuppe soup

Ingredients for 4 people:

- leftover salmon pieces
- 2 carrots
- 1 onion
- 2 cloves of garlic
- 1 leek
- 4 tbsp. of butter
- 4 tbsp. of flour
- 2 dcl of cream
- vinegar
- sugar

Prepare fish stock or water. Melt the butter in a pan and add garlic and onion. Slice the leek and grate the carrots. Add salt and pepper to the vegetables. Add the vegetables to the fish stock and boil for five minutes. Stir often so the vegetables cook evenly. Mix the flour with the cream, add to the soup and wait until it boils. Slowly add sugar and vinegar to your taste. There should be a balance between sweet and sour. Add salmon which you previously cut into smaller chunks and boil for about 6 to 7 minutes until the fish is cooked. Season with salt and freshly ground white pepper and sprinkle with finely chopped chives.