

## RECIPES OF THE DISHES AND COMPONENTS

### HUMUS WITH CAVIAR/SALMON/TUNA AND QUAIL EGG (1 portion)

**INGREDIENTS:** **Snack** Salted or preserved salmon/canned tuna – 40g or caviar – 5g, Chickpea humus – 50g, Quail eggs – 0.5 or 1pcs, Alfalfa sprouts, Bread product – small.

**Humus** (200g): 150g boiled chickpeas (70g dry), 50g roasted salted peanuts, 20g oil, 5g horseradish cream, lemon juice, salt, sugar.

Chickpeas are soaked and cooked to very soft and cooled in the liquid in which they were cooked. They are strained, but the liquid is not poured away. For humus, the cooked chickpeas, oil, nuts are well blended, if needed, add a decoction of chickpeas, and add flavour with horseradish cream, lemon juice, salt.

**NOTE:** Some part of chickpeas can be replaced with butter beans – humus will be very gentle.



The snack is served in small bowls. Squeeze the humus through the pastry syringe, add salted/smoked salmon, put a boiled quail egg half (or cut an egg in half), decorate with a pinch of sprouts. A bread product: toast, breadstick, etc. is offered with it.

## VEGETABLE-STUFFED SALMON WITH AISBERG SALAD AND ALMOND CHIP SALAD (12–16 portions)



**INGREDIENTS:** 2,500g salmon, 200g onions, 200g carrots, 200g celery tubers, 300g champignon mushrooms, 200g fermented cheese, 100–150g oil, 40g lemon juice, pepper, salt. For decoration and garnish: lettuce leaves, lemon, black olives, cherry tomatoes, sweet pepper.

- ✓ Remove gills, eyes, spine bone and ribs from a dissected salmon and sprinkle with a mix of spices, and lemon juice. Store cold for 3–6h.
- ✓ Cut onions, carrots and celery roots into straw, mushrooms into plates and fry in oil in the same order. Cool and mix with grated fermented cheese, flavour with spices.
- ✓ Stuff the inside of the fish with the prepared filling, wrap in baking film, put in a baking tray, add a little water and cover with the other tray.
- ✓ Bake in a preheated oven at a temperature of up to 180°C for about 20-30min.
- ✓ Keep the cooked fish warm for about 30min, so that the juice of the product excited during cooking is absorbed into the muscle.
- ✓ Then cool completely.
- ✓ After cooling cut and remove the skin at the head, back bone, tail of the fish.
- ✓ Decorate the fish with lemon, greens, olives, etc.
- ✓ Since the fish is boneless, its muscle is well separated by a cooking spoon.

## **CHICKEN SOUFFLÉ (6–10 portions)**

**INGREDIENTS:** 600g cooked chicken fillet (1kg raw), 3 eggs, 200g celery tubers, 100g onions, 50g oil, 50g butter, 100ml cream, thyme, pepper, salt.

- ✓ Separate egg yolks from whites.
- ✓ Cut the onion and celery tuber into straws and fry with a mixture of oil and a larger portion of butter. Cut the carrot into small fine cubes and fry short.
- ✓ Blend the cooked chicken fillet, fried onions and celery to a consistent mass, add salt and egg yolks, cream, and thyme.
- ✓ At the end, add whisked foamy whites and stir gently.
- ✓ Place the prepared mass in silicone moulds and bake in an oven preheated to 180°C for 20-40 min. until puffed and browned.
- ✓ Cool in an open oven so as not to fall.
- ✓ Take out of moulds before serving.

## **CARROT MOUSSE**

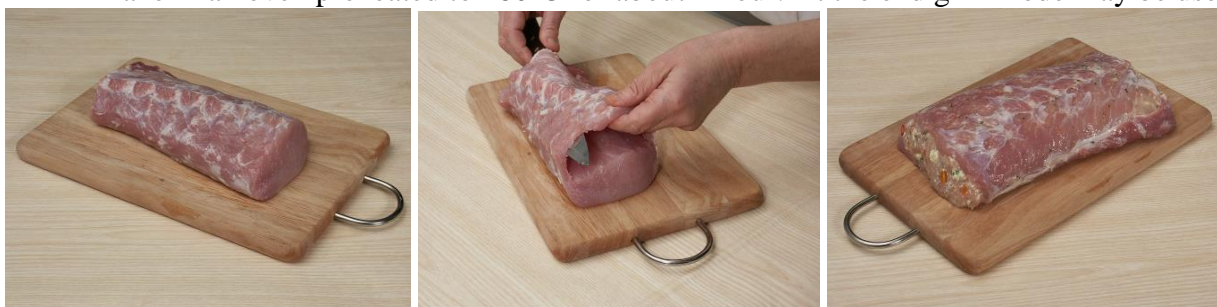
Cut the carrots into as thin slices as possible, pour over boiling milk to cover and cook on a low heat until the milk is completely cooked. Flavour the cooked carrots with butter, salt and blend (a blender or shredder).

## LITHUANIAN PORK LOIN STEAK WITH ROASTED POTATOES AND FRESH TOMATO SAUCE (6 portions)

### PORK LOIN STEAK

**INGREDIENTS:** 1kg pork loin, 200g boiled smoked pig tongue, 200g onions, 100g long loaf without crust, 200g cream, 10g (dry) dried boletes, 40g butter, pepper, marjoram, salt.

- ✓ Cut out the inner muscles from the loin leaving a 1cm thick "sleeve". Sprinkle with a mix of spices.
- ✓ Cut the smoked tongue into straws, soak the mushrooms, extract them from the liquid, fry onions, add mushrooms and tongue, add mushroom liquid and cook until the liquid is evaporated. Cool the mass.
- ✓ Pour cream onto long loaf, soak and blend to a continuous mass.
- ✓ Cut the cut muscle into small cubes.
- ✓ Put all the prepared masses in one bowl, add spices and stir, finally add salt and stir again.
- ✓ Stuff the "sleeve", form a steak of characteristic shape and tie it with a string (can be wrapped in baking film or water-coated baking paper).
- ✓ Bake in an oven preheated to 180°C for about 1 hour. At the end grill mode may be used.



**ROASTED POTATOES:** Wash potatoes with peel thoroughly, drain and cut into equal-sized pieces. Mix with a mix of spices (pepper, rosemary, cumin, salt) and sprinkle with oil. Spread in one layer on a baking tray and bake for about 40min. in a hot oven until softened and browned.

### TOMATO SAUCE WITH THYME (approx. 800g)

**INGREDIENTS:** 750g tomatoes; 80g onions; 20g flour; 20g refined butter; thyme, parsley leaves, pepper, salt, garlic.

- ✓ Pour boiling water and peel tomatoes, cut into four parts;
- ✓ Cut onions into cubes;
- ✓ Grind up parsley and garlic;
- ✓ Cook tomatoes, onions, garlic, thyme and part of the parsley for about 45 minutes on a medium heat;
- ✓ Melt butter with flour to a continuous mass;
- ✓ Stirring with a wooden spoon put it in the sauce;
- ✓ Heat while stirring until thickened and add the remaining spices.

## **CITRUS FRUIT MOUSSE ON DECORATION (FORMATION PECULIARITIES)**

### **DESSERT**

INGREDIENTS: fresh berries, fruit, edible flowers, mint twigs, chocolate, fruit mousse.

- ✓ Make chocolate flat cakes: melt chocolate, thinly layer into marked circles on a silicone mat for making macarons. Harden. Take the cakes of the mat.
- ✓ Put décor: berries, fruits, greens, etc. into widening tall glasses.
- ✓ Put a chocolate circle cake.
- ✓ Prepare the mousse and quickly fill the glasses. Stiffen up.

### **MOUSSE**

INGREDIENTS: 3 oranges, 1 lemon, 1 lime, 1 glass of sugar, 20–25g gelatine, cold boiled water, fruit, berries, mint leaves for decoration. YIELD: 500g (volume about 2.5l)

- ✓ Pour 100ml of cold boiled water into gelatine and expand for 30min;
- ✓ At that time, squeeze citrus fruit juice, add sugar and pour cold boiled water to have 400ml of liquid. It must have an expressive taste, since jelly becomes softer;
- ✓ Expanded gelatine - continuously stir and heat in a hot water bath until completely dissolved and strain it into the prepared juice liquid;
- ✓ Whisk the cooled mass to stiff foam until the mass brightens and the volume increases by 3-4 times;
- ✓ The prepared mousse is quickly poured into a container moistened with cold water, where the mousse will be stiffened or in the jars in which they will be served, as they quickly stiffen;
- ✓ Store in a fridge for 2-3 hours.