



TEXAS SAUCE

Thick sauce with an appetizing smoked aroma, prepared on the basis of tomato paste and soy sauce. Spicy spices and fragrant garlic give it a special piquancy. This sauce is an ideal addition to meat, poultry and legume dishes, and can also be added to burgers, stir-fries or warm salads.



SPICY GOULASH WITH SPICY SAUCE

COOKING

1. Cut the beef into cubes. Cut the onion into half rings. Pour vegetable oil into a large frying pan or saucepan with a thick bottom and let it heat up. We send the meat and fry it over high heat. The main thing is that a crust forms on the meat.
 2. Next, we send the garlic through a press and onion. Simmer for 3 minutes. Add seasonings: cayenne pepper, rosemary, ground black pepper. Stir and continue to simmer over high heat. Sprinkle with two tablespoons of flour. Mix thoroughly so that each piece is coated in flour. Simmer for 3 minutes.
 3. Add bay leaves and tomatoes in their own juice. Mix everything thoroughly. And add enough water to completely cover the meat. Cover with a lid. Reduce heat and simmer for 30 minutes.
 4. Cut the celery pods into cubes. Cut the carrots into small cubes. Cut the potatoes into medium cubes. After 30 minutes, add the chopped vegetables to the frying pan. Potatoes, carrots, and celery. Mix thoroughly and simmer for 20 minutes.
 5. After 20 minutes, add salt, add Texas sauce and stir.
 6. After 5 minutes, turn off the heat and leave to brew for 15 minutes.
- After which you can serve it to the table.

INGREDIENTS

Beef	600 g
Onions	2 pcs
Potatoes	5 pcs
Carrot	1 piece
Petiole celery	2 pcs
Garlic	2 teeth
Tomatoes in their own juice	1 jar
Wheat flour	2 tbsp
Bay leaf	1 piece
Cayenne pepper	1 pinch
Rosemary	1 pinch
Salt	to taste
Black pepper	to taste
Texas sauce	1 tbsp

BON APPETIT!



MAYONNAISE 72%

Mayonnaise got its name from the French word "moyeu", which translates as "yolk". Mayonnaise is a cold sauce of French origin, consisting of vegetable oil, egg yolk, vinegar, lemon juice, salt, sugar and other seasonings, which determine the color and taste of the sauce. France is considered the birthplace of mayonnaise; it was there that the famous "Provençal" mayonnaise was first made in 1753. Mayonnaise contains many components that have beneficial and even medicinal properties. Thus, vegetable oil, which is the basic basis for all varieties of this sauce, is saturated with cholesterol and unsaturated fat. Thanks to this, it performs the function of protecting the body from the negative effects of the environment. The main area of application of mayonnaise is cooking. Mayonnaise is used to season a variety of dishes: salads, main meat and fish dishes, side dishes, appetizers, and sometimes added to soups. You can also use this product for cosmetic purposes.



FISH WITH MAYONNAISE IN THE OVEN

INGREDIENTS

Pike-perch fish	500 g
Onion	1 piece
Carrot	1 piece
Mayonnaise	120 g
Hard cheese	30 g
Vegetable oil	10 g
Salt	to taste
Dry spices	to taste

COOKING

1. Cut the fish into portions and blot off any excess moisture. Mix mayonnaise with fish spices. You can add a little garlic for flavor. If the mayonnaise is not very salty, then add salt.
2. Coat the prepared fish with the resulting mayonnaise sauce. Peel and rinse the onions and carrots. Grate the carrots on a coarse grater and chop the onion.
3. For baking, take any heat-resistant form. Grease the bottom and sides of the pan with a little vegetable oil. Spread the onions and carrots in an even layer over the entire surface of the pan. Place the fish in mayonnaise on top. Spread the remaining mayonnaise on top of the fish.
4. Place the dish with the fish in the oven, preheated to 180 degrees, for 30 minutes. The fish cooks very quickly. Juice will appear from it. Sprinkle some grated cheese over the fish and leave in the oven for another 5-7 minutes.
5. Baked fish in mayonnaise is ready! Remove the pan from the oven, place the fish on plates and serve. Complete with a side dish of rice or mashed potatoes.

BON APPETIT!



NUT-WASABI SAUCE

Nut sauce is a sauce made from nuts, seasoned with spices, herbs and garlic. There are many variations of this dish; almost every country has its own recipe. The Japanese version is considered classic: cashews, sesame oil, garlic. Our sauce is lightly flavored with wasabi. Ideal for people who love this taste.



SCALLOPS IN HONEY SAUCE WITH WASABI

INGREDIENTS

Scallops (sashimi)	400 g
Eggs	4 pcs
Rice vinegar	1 bottle
Olive oil	1 bottle
Honey	100 g
Nut-wasabi sauce	20 g
Flying fish caviar (green)	100 g
Basil	40 g
Salt	to taste
Mustard	

COOKING

1. Cut raw scallops into cubes.
2. Separate the yolk from the white.
3. Add mustard to the yolks, beat with a mixer, gradually adding a thin stream of olive oil to the mixture.
4. To taste, add 2 tablespoons of honey, rice vinegar, wasabi nut sauce, salt, whisk everything together until smooth.
5. Add flying fish caviar to the finished sauce. Mix everything thoroughly.
6. Pour the sauce over the scallops and let marinate for 5 minutes.
7. If desired, you can decorate the dish with basil leaves.

BON APPETIT!



SESAME SAUCE

Culinary product from the seeds of the herbaceous plant Sesame. Widely used in Thai, Japanese, Chinese and other Asian cuisines. In some recipes, raw sesame seeds are pre-fried. In others, without heat treatment, it is mixed in a blender with aromatic ingredients: ginger, garlic, citrus juice. The sauce has a spicy, nutty, mild, buttery flavor with sweet undertones, especially if the sauce contains brown sugar or other sweeteners. Sesame sauce is used to season salads, sushi, rice dishes, fish, seafood, meat, and poultry. You can season the sauce with unleavened vegetable side dishes to give them some piquancy, for example, broccoli.



SALAD WITH CRISPY SALMON AND SESAME SAUCE

INGREDIENTS

Mixtures of dense lettuce leaves	300 g
Ripe avocado	3 pcs
Sesame sauce	100 g
Natural yogurt without additives	100 g
Mayonnaise	100 g
Fish sauce	1 tbsp
Salmon fillet without skin	600 g
Large egg	1pc

COOKING

1. For the dressing, mix yogurt, mayonnaise and sesame sauce until smooth. Add fish. Pour the sauce into bowls and refrigerate until serving.
2. For the crispy salmon batter, pour 200ml cold water into a bowl and place in the freezer for 30-40 minutes. before cooking. Cut the fish into slices 2 cm thick, add salt and pepper.
3. Remove the dough water from the freezer and add a lightly beaten egg to it. Add flour, mix with chopsticks or a fork - but just a little. There should be some lumps in the dough.
4. Dust salmon pieces with flour, shake off excess, dip whole into batter, shake off excess and fry in oil until golden brown. Place the finished pieces in a sieve to drain excess oil.
5. Next, act quickly. Peel the avocado and cut into slices, mix with lettuce leaves, and place on plates. Place hot pieces of grilled salmon on the salad and serve the dressing separately.

BON APPETIT!



SWEET-SPICY MANGO-CHILLI SAUCE

Unusual Asian sauce. This sauce goes well with poultry, pork, rice, tofu, and seafood. Moderately spicy mango sauce is a riot of flavors. Red chili pepper, natural sweet mango juice and a mixture of Indian spices, all tasted at the same time. Mango chili sauce is used for dipping and is ideal for all types of meat and poultry. Great for grilled and tempura seafood, such as shrimp tempura or squid rings. Used as salad dressing. Used as a dressing/topping, as well as for serving vegetable and fruit rolls.



SALAD WITH FRIED SHRIMP AND MANGO-CHILI SAUCE

INGREDIENTS

Royal shrimp	200 g
Lime	½ pcs
Olive oil	1 tbsp
Arugula	30 g
Lemons	½ pcs
Olive oil	2 tbsp
Salt	1 pinch
Pepper	1 pinch
Mango sauce	4 tbsp

COOKING

1. Place shrimp in a bowl, sprinkle with lemon juice, pour olive oil, add salt and pepper.
2. Grease a frying pan with vegetable oil and heat it up. Fry the shrimp for 2-3 minutes on each side.
3. Place arugula on a serving plate and drizzle with olive oil. Sprinkle arugula with lime juice.
4. Place fried shrimp on top of the arugula. Spread mango-chili sauce over shrimp.

BON APPETIT!



SESAME OIL

Sesame oil, made from sesame seeds. Unrefined oil has a strong sesame smell, while heat-treated oil has almost none. Sesame, from which oil is made, is one of the oldest oilseed crops. It began to be bred several thousand years BC in Asia; it grows wild in India. Sesame grows even in desert and arid climates in the Middle East. In ancient times, sesame oil was considered medicinal. Now it is considered at least useful – it contains vitamins A, B, C, E, antioxidants, monounsaturated and polyunsaturated fatty acids. Light sesame oil is usually used for heat treatment of foods (frying, boiling). Dark – as a dressing (especially in Asian cuisine). Sesame seeds are also used as a seasoning, decoration for baked goods and added to oriental sweets.



VEGETARIAN SALAD WITH AVOCADO AND CHIA SEEDS INGREDIENTS

Spinach	100 g
Avocado	1 piece
Chia seeds	1 tbsp.
Cherry tomatoes	150 g
Olive oil	1 tbsp.
Sesame oil	1 tbsp.
Lemon juice	1 tsp
Ground black pepper	taste
Sea salt	taste

COOKING

1. Wash the spinach, shake it off and tear it with your hands. Peel the avocado, cut it and sprinkle with lemon juice. Cut the cherry tomatoes in half.
2. Mix spinach, avocado and tomatoes. Add chia seeds and stir.
3. Season with salt and pepper, pour in both types of oil and mix gently. You can serve the salad at the table.

BON APPETIT!



CHEESE SAUCE

Cheese sauce is a creamy product that is served with a variety of dishes and used in their preparation. It is made on the basis of white French bechamel sauce, with the addition of hard, semi-hard, cream cheeses, meat and vegetable broths, onions and garlic, aromatic herbs and spices. There is an opinion that it began to be prepared in France based on the famous bechamel sauce. Cheese fondue could also be a predecessor to cheese sauce. Cheese sauce contains calcium, saturated fat, B vitamins, sodium, phosphorus, vitamin A and other substances beneficial to the body. The product makes dishes more satisfying. It has a beneficial effect on the condition of teeth, skin and hair, helps normalize the functioning of the digestive system, and activate brain activity. The cheese sauce has a delicate creamy taste and creamy consistency. The product acquires additional flavor shades by adding meat and vegetable broths, herbs, and spices. Cheese sauce is served with meat, fish, poultry, and seafood dishes. It goes well with dumplings, casseroles, and pasta. Cold sauce goes well with fresh vegetables. Nachos or French fries are dipped in it. The product is ideal for baked dishes.



HOMEMADE SHAWARMA WITH CHEESE SAUCE

INGREDIENTS

Lavash	1 piece
Chicken fillet	1 piece
Ketchup	2 tbsp
Cheese sauce	2 tbsp
Korean carrots	50 g
Beijing cabbage	50 g
Cucumber	50 g
Hard cheese	50 g
Pickled onions	to taste (optional)
Vegetable oil	1 tsp

COOKING

1. First of all, fry the fillet in vegetable oil on both sides until golden brown. Salt and pepper to taste.
2. Cool the finished chicken a little and cut it. Chop cabbage, cucumber, grate cheese.
3. Unfold the pita bread on the work table. Cut in half. Place a handful of cabbage in the center.
4. Add some Korean carrots.
5. Lay out the chicken slices.
6. Sprinkle with ketchup for extra flavor.
7. Add cheese sauce for a more expressive taste.
8. Place some pickled onions and fresh cucumber.
9. Sprinkle with cheese. Wrap the pita bread and fry a little in a dry frying pan on both sides.

BON APPETIT!