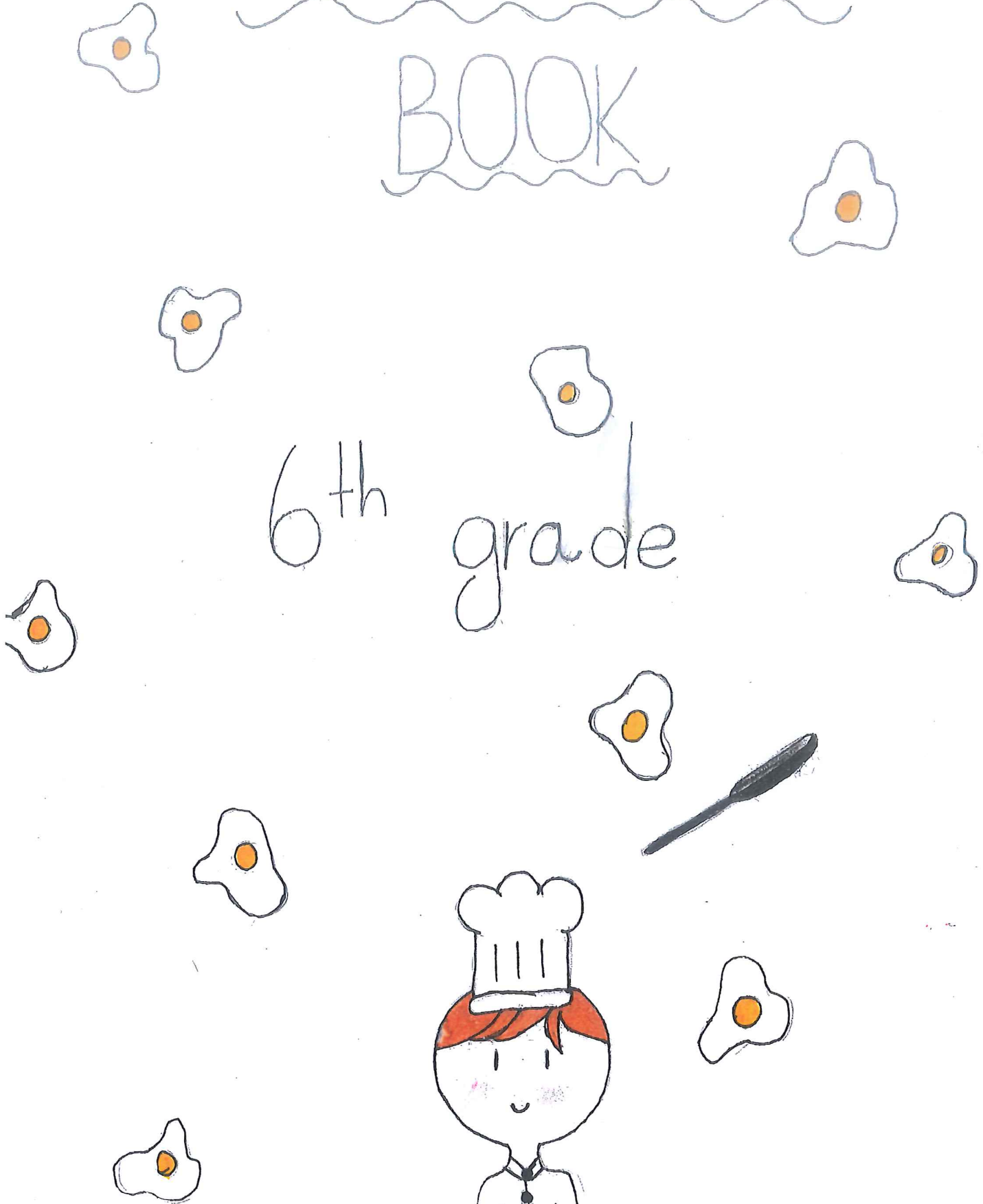
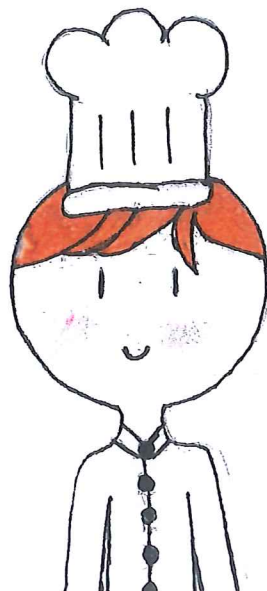


COOK

BOOK

6<sup>th</sup>

grade







Piña Colada  
Macarons

## Piña Colada Macaroons

### Ingredients:

- 3 medium egg whites, at room temperature
- 225g icing sugar, sifted
- 55g ground almonds
- 45g desiccated coconut

### For pineapple filling:

- 100g tinned pineapple [drained weight]
  - 75g caster sugar
  - 125ml double cream, whipped
- 
- 2 or more baking sheets, lined with baking paper; a piping bag fitted with a 1cm plain tube

With an electric mixer, whisk the egg whites to soft peaks. Gradually whisk in half the the sugar and continue whisking for about 2 minutes or until the mixture is very thick and glossy. In a small bowl, combine the remaining sugar with the almonds and coconut, then carefully fold into the egg whites using a large metal spoon.

Spoon the macaroon mixture into the piping bag and pipe in 4cm diameter circles on the baking sheets. Flatten any peaks with the tip of a knife, then leave to stand for 20 minutes

Preheat the oven to 150°C and bake the macaroons for 14 to 18 minutes or until they have completely risen and are firm to touch. Transfer to a wire rack to cool completely.

For the pineapple filling, blitz the pineapple in a food-processor until coarsely chopped, then combine with the sugar in a small pan. Cook over medium medium heat, stirring constantly, until the sugar has dissolved and the mixture thickens to a jam-like consistency. Remove from the heat and allow to cool.

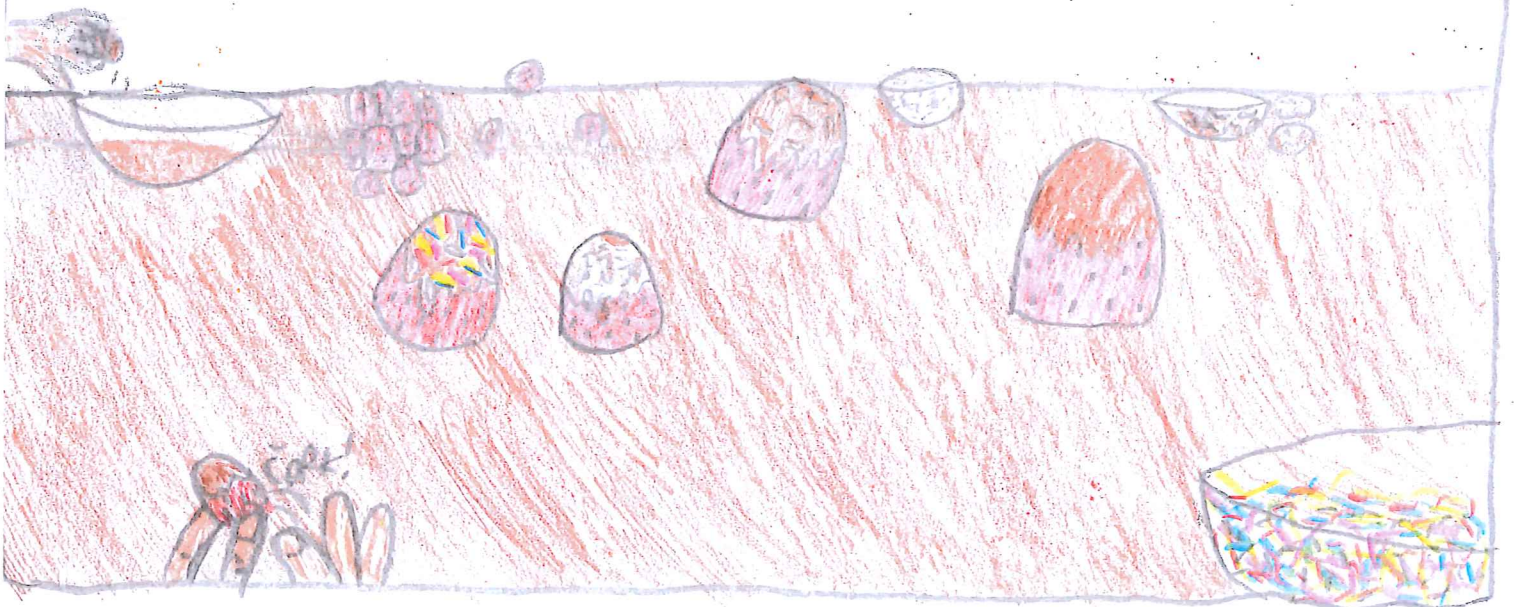
Gently fold 4 tablespoons of the cooled jam into the whipped cream and use to generously sandwich pairs of macaroons together. One assembled, eat the same day.

## Enjoy!





FINISH!  
DE LISHERS!



DS DANIEL AGH

# COOK BOOK



## <sup>DELICATE</sup> STROBERIES IN CHOCOLATE

### INGREDIENTS

STROBERIES   
CHOCOLATE 

BONUS: NUTS OR COCONUTS

### METHOD

1. WASH STROBERIES AND GET RID OF STROBERIES FOR LEAVES.
2. PUT CHOCOLATE TO THE COOKING POT. AND
3. LET IT CHOCOLATE SPREAD.
4. SOAK STROBERIES TO THE CHOCOLATE.
5. BONUS: SPRINKLE STROBERIES COCONUTS OR PIECES NUTS.



## FINISH!

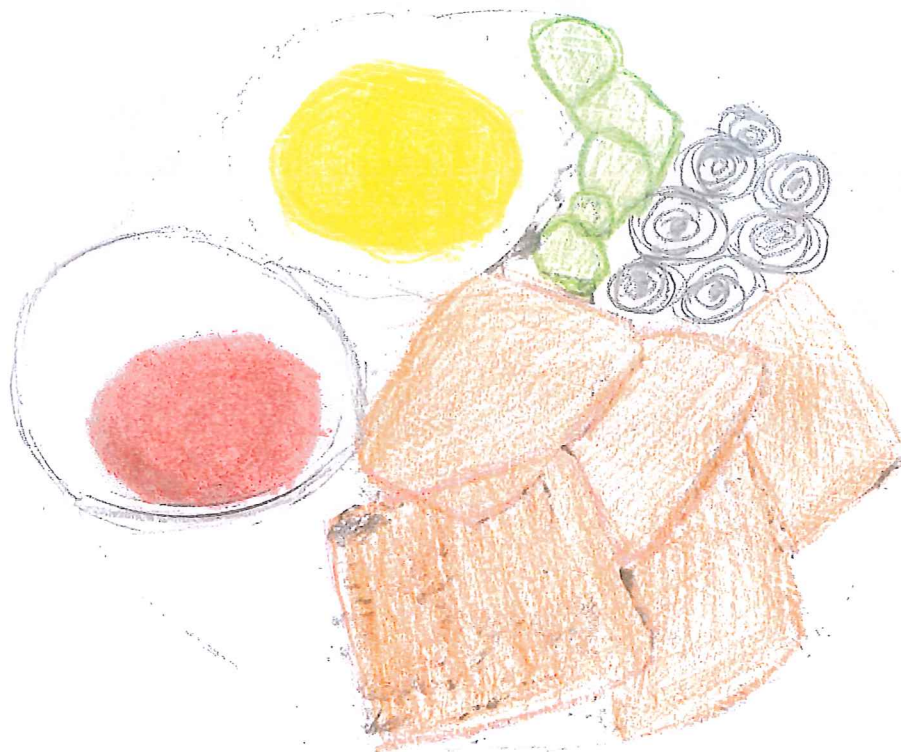
TASTE YOUR DELICATE FOOD.



# Bread in egg

**Ingredients:** half a loaf of bread, salt, oil, mustard, ketchup, pickles.

**Instruction:** Put the eggs in a deep plate, salt them and beat them Thoroughly. Dip slices of bread in beatenn eggs. Pour a layer of oil on the pan, heat it up and fry the souked bread in it. Drizzle ketchup or mustard on the fried bread and you can eat it.







Krysdof

# Cake roll

Kyōto M.

## Ingredients:

4 eggs



150g of sugar



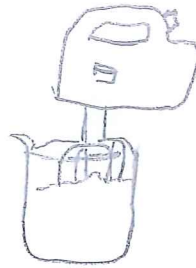
6 spoons of flour



## Method:

Whip the eggs and the sugar.

To the whit foam add flour.



Spread on the baking sheet and bake for 8min or 2

Then let it cool down a little bit and spread it with jam.

Roll into a roll and you are good to go.



# FRK EGG WITH SALAD

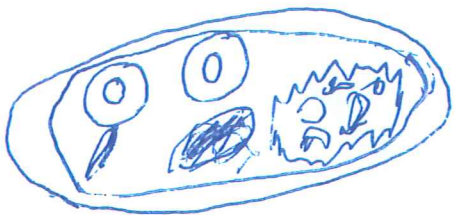
Kyōto

## INGREDIENTS

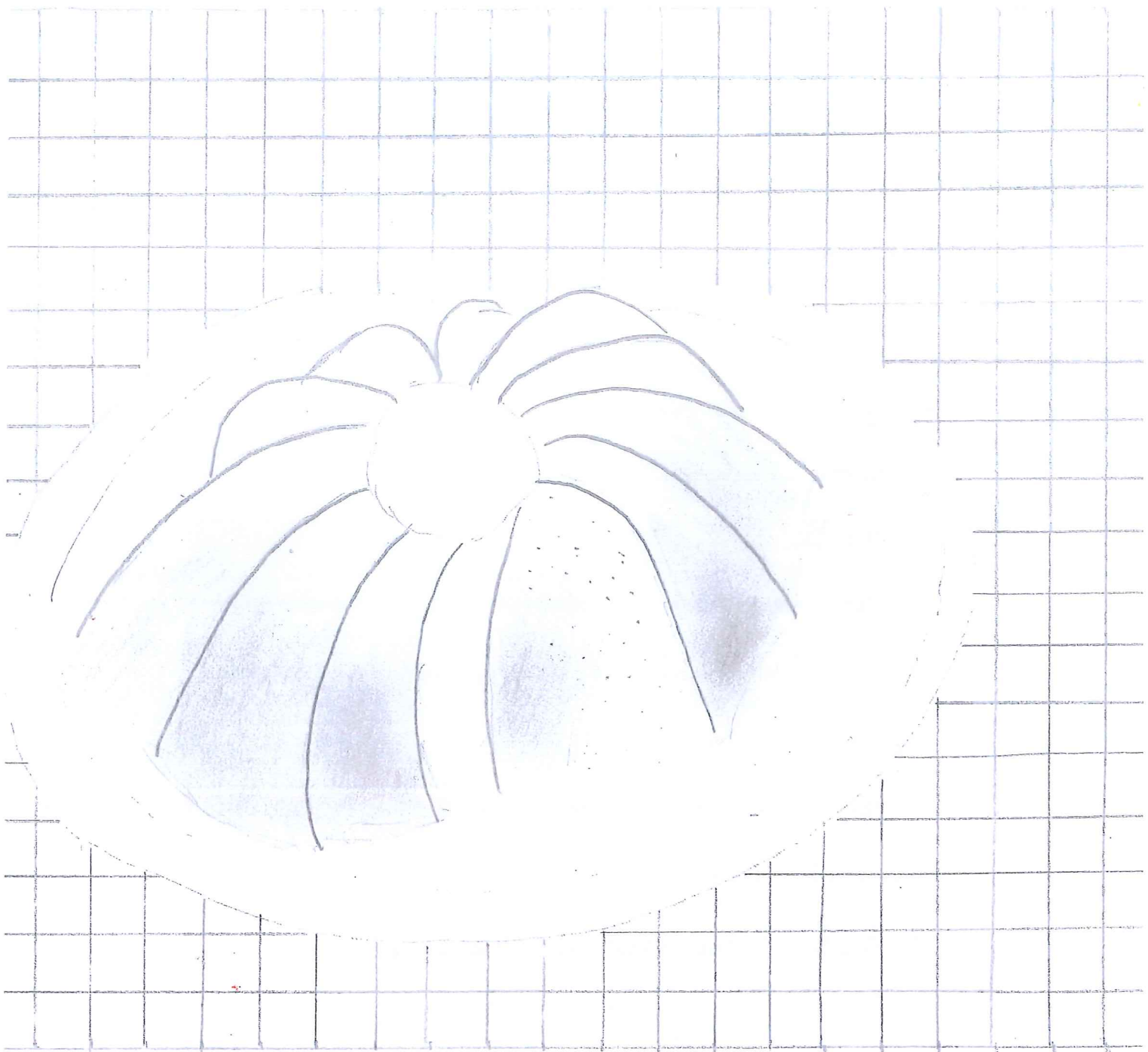
You need 1 or more eggs, 1 paper, 6 tomatoes, 1/2 cucumber, 1 carrot, 1 lettuce,

## METHOD

Put the pan on the cooker. Grab the eggs, and great them. And if they are fry put them on the plate. Take the 1 paper cut it and put it on the plate for salad. Grab the 6 tomatoes and, cut them and, put them on plate for salad. Take the cucumber and, cut it and, put it on the plate for salad. Grab the 1 carrot and, cut it and, put it on the plate for salad. Wash it and, put it on the plate for salad. And you put



and slice it, cut it and, put it on the plate for salad. Take the lettuce, wash it and, put it on the plate for salad. And you put  
 Fry eggs with salad.  
 You did it!!!



Cake

cakeIngredients:

- 250 g flour
- 100 - 150 g sugar
- 1 baking powder
- 2 eggs
- 1 cream

Images:Method:

1. Use 1 big bowl.
2. Put flour, sugar and baking powder in the bowl and stir it.
3. Add 2 eggs and 1 cream and stir it to make smooth dough.
4. Preheat the oven to 180 degrees.
5. Put the dough into cake pan.
6. Put the pan into the oven and bake for 45 minutes.
7. Finally turn out the baked cake and add sugar.



## The Cube

## Ingredients

- 1 glass of oil  
 3 eggs  
 2 spoons of cocoa  
 1 cup of sugar  
 1 package of vanilla sugar  
 2 cups of flour  
 1 package of baking powder  
 1 cup of milk

## Method

## Break the

eggs and,  
 separate the  
 yolk from

the white.

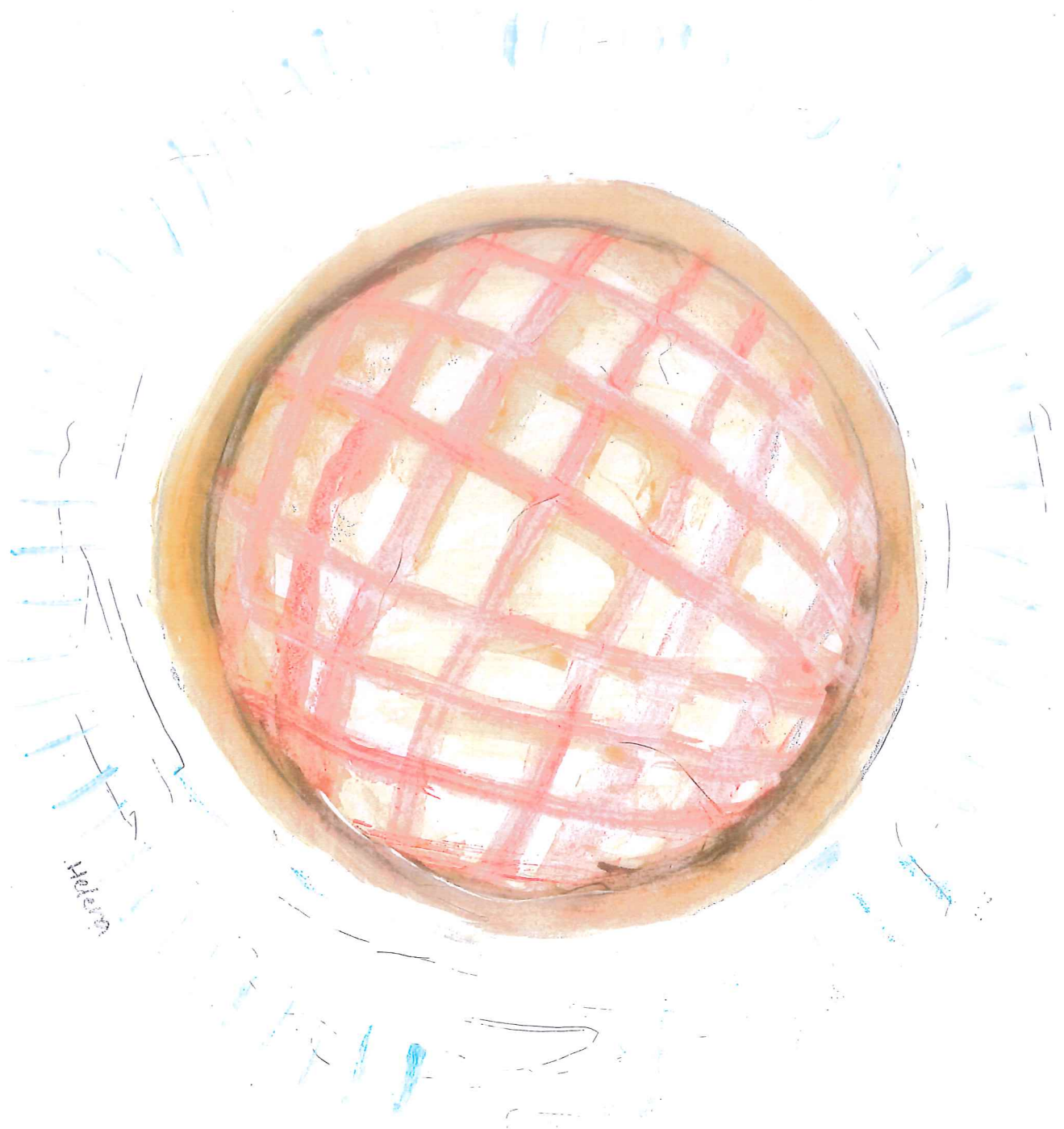
mix all  
 the loose  
 ingredients  
 in a mixer.

then add  
 three yolks  
 one cup of  
 oil and one  
 cup of milk

then we

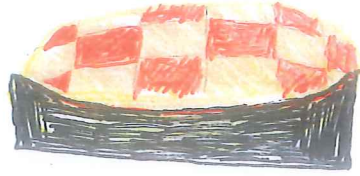
will mix all together. from the white  
 and obey the mixer and mix into the  
 dough. 2/3 of dough pour into the  
 greased and floured mold. The cube  
 in the preheated oven and bake for 20  
 minutes at 150 - 160°C then add to 170°C  
 and finish baking for about 30 minutes.





Hand-drawn

# Apple pie



## raw materials

- 350 g plain flour
- 225 g cold butter
- 5 table-spoons of ice water
- $\frac{1}{2}$  teaspoon of salt
- eggs for brushing (on top)
- sugar for sprinkling

## For the apple filling:

- 3 apples
- 125 g of granulated sugar
- 1 table-spoons of lemon juice
- spoons of potato starch
- $\frac{1}{2}$  teaspoons ground cinnamon
- 1 table-spoon of butter

## Approach

1. peel the apples, cut them in half and then into four square pieces. Place the apples in a bowl. Sprinkle with lemon juice, sprinkle with sugar and cinnamon. Mix well and let stand for at least an hour for the apples to release their juices.
2. Then brush the surface of the dough with an egg and add a sprinkle with a little ~~sugar~~ sugar. Place in an oven heated to  $170^{\circ}\text{C}$  and bake for 60 min.

## Approach

2. Put the flour and salt in a bowl and mix. Add cold butter. Crumble the butter and flour into crumbs. Then add cold water and make a cohesive dough. Don't knead too long - just enough for the dough to hold together.
3. Divide the prepared dough into two parts. Wrap in foil and chill in the fridge (at least 45 min.)
4. Put the apples in a colander and let them ~~sit~~ drain for a while. Put all the juice in a sauce pan, add a spoonful of butter and boil it to a thick caramel over a low flame. Then remove it from the flame and let it cool slightly. Then well and keep covered in a warm place. Mix the apples in the bowl.
5. Let the cooled dough rest for a while at room temperature. Roll out one portion into a thin sheet that is about 2 or 3 cm larger than the cake tin. Roll out the second plate in the same way, but still cut it into thin ribbons with a knife. (you will need 12 of them)
6. Carefully roll the prepared dough onto a rolling pin and transfer it to the cake tin. Level the dough and spread it evenly. Clean the edges. Pierce the bottom of the dough with a fork.



## AVOCADO TOAST

### Ingrediens:

Toast

Avocado

Butter

Salt

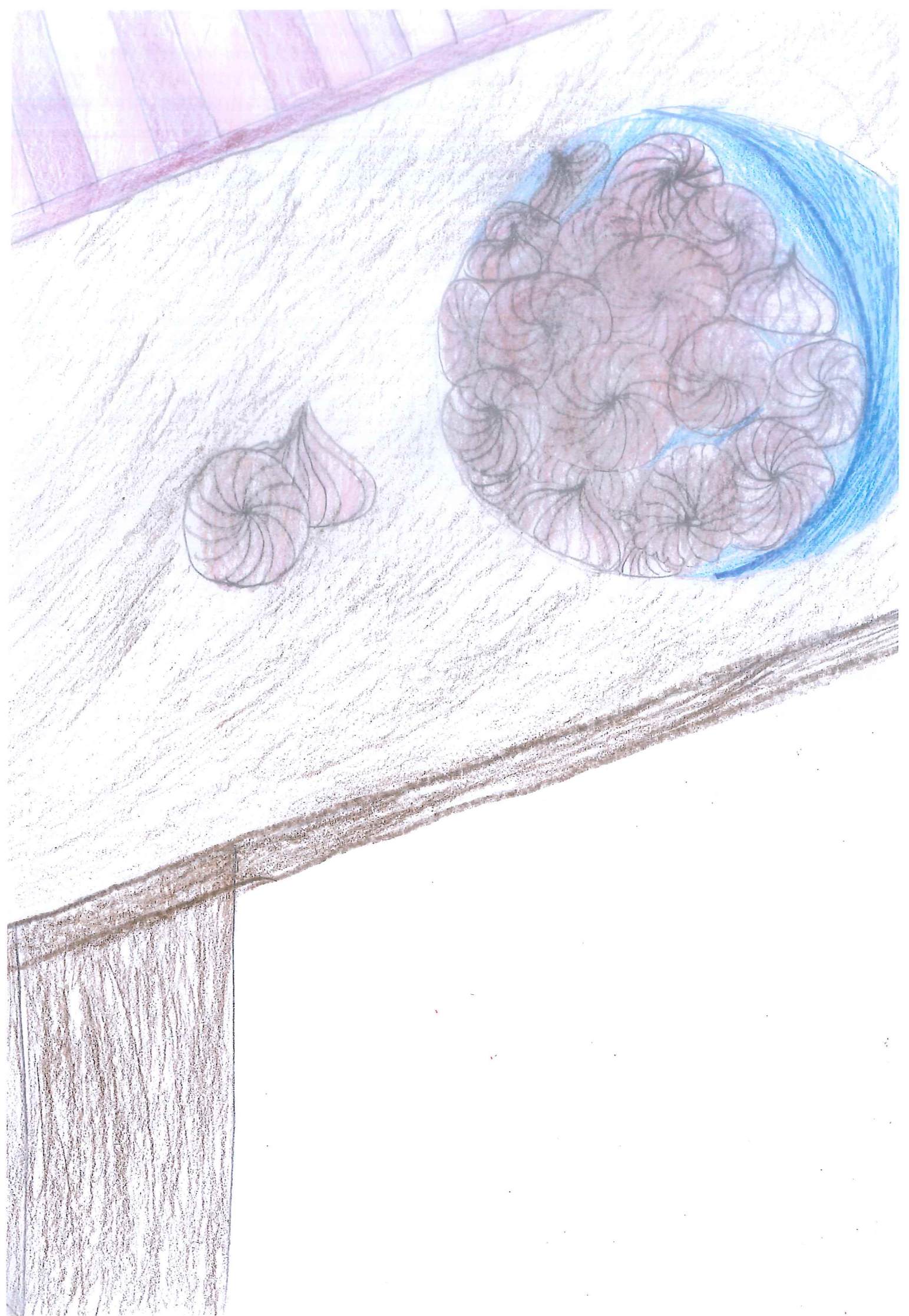
Pepper

### Method:

1. On a warm frying pan we will put butter and then we will put a toast on the frying pan.
2. Fry the toast until it is toasted.
3. In the meantime, cut the avocado into a thin slices.
4. Then greast butter the toast.
5. Then we will put the avocado slices on the toast.
6. Then season the avocado with salt and pepper.

**DONE!**





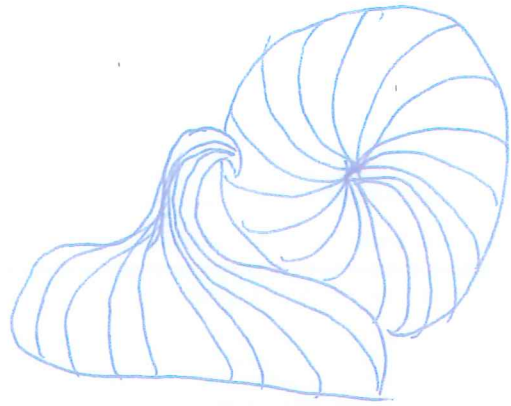
# Meringues



## Ingredientis

4x-5x egg (white)

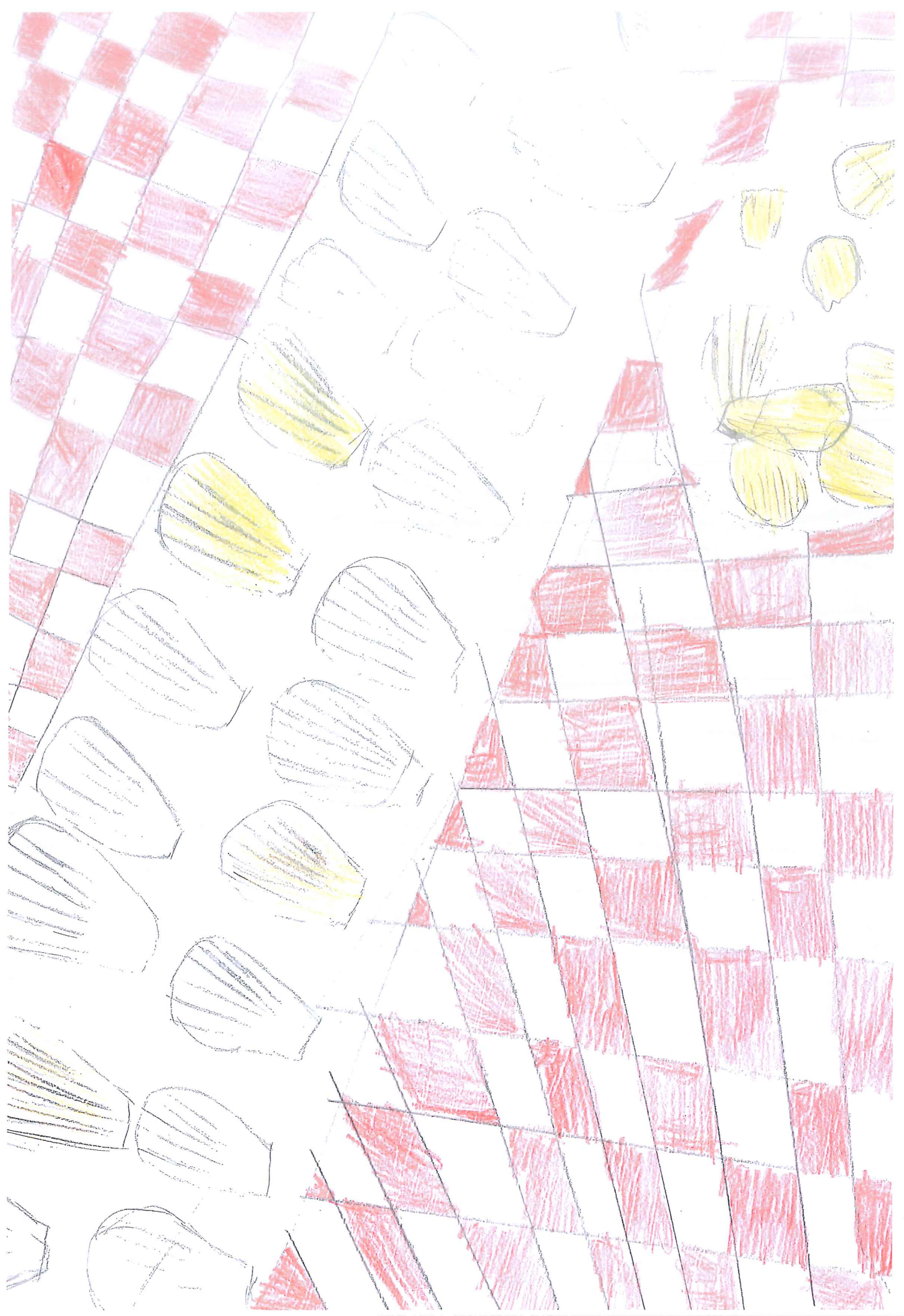
300g ~~MA~~ Sugar powder



## Process:

We ~~beat~~ <sup>whip</sup> the egg white to stiff. Then gradually add sugar and continually mix together. When we have a solid mass, we shape the meringues on a baking paper using a bag or just make lumps with a spoon. We bake them at  $100^{\circ}\text{C} - 150^{\circ}\text{C}$  for about 15 minutes then dry them at  $50^{\circ}\text{C}$  for another 10 minutes.

The meringues can also be served dipped in chocolate.



# Madeleines

Štěpánka  
Buchtelová

## Ingrédients

3 eggs

150g icing sugar

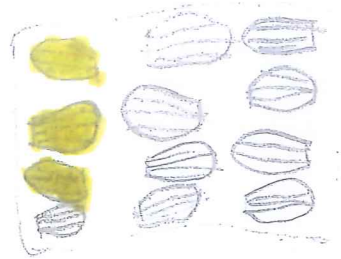
zest of half an organic lemon

200g Plain Flour

8g baking powder

100g melted butter

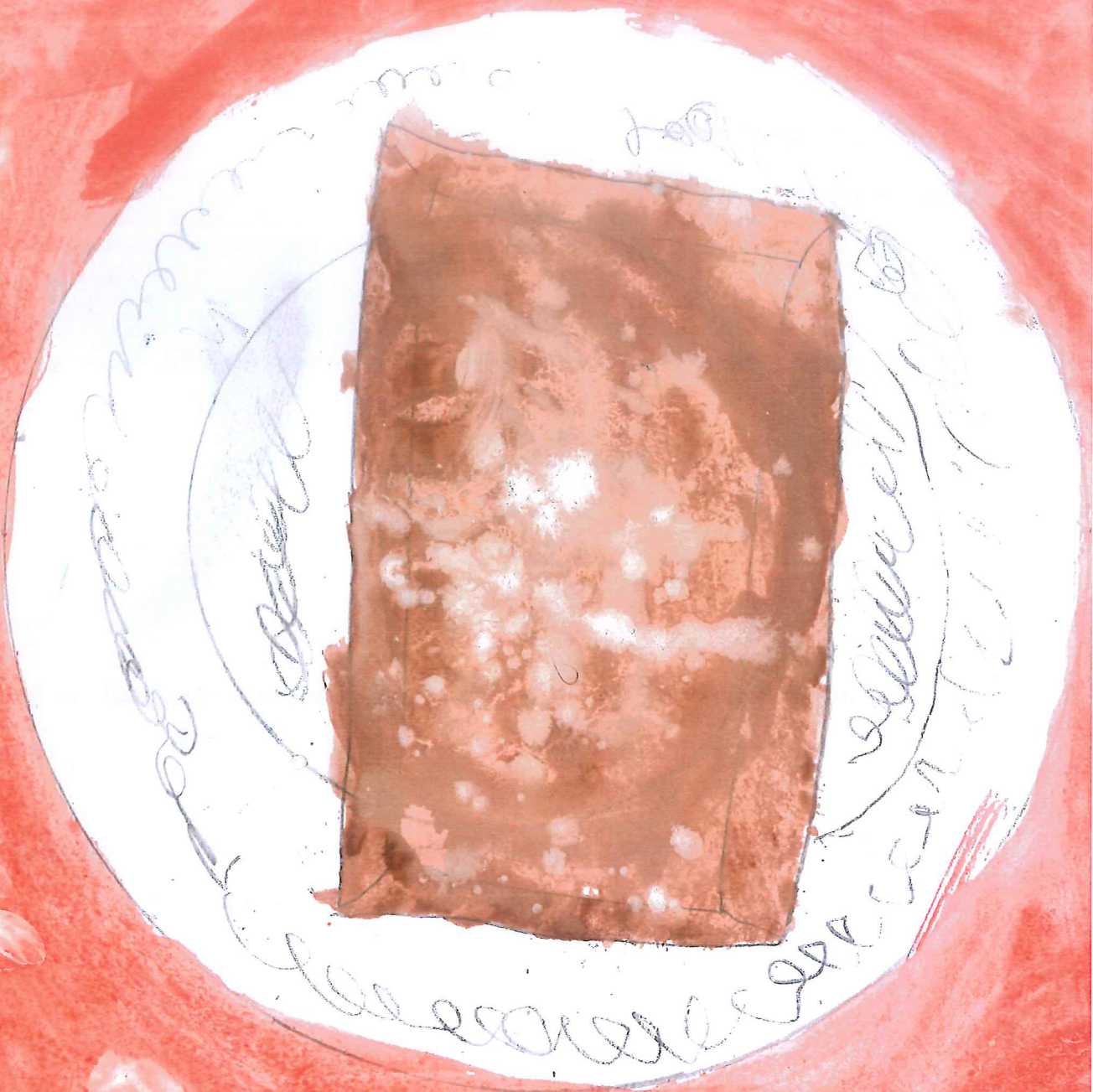
50g milk



## Procedure

- Whisk the eggs into the bowl and sift in the icing sugar. Stir until slightly whitened.
- Add the lemon zest, lemon juice and milk to the bowl and mix.
- Sift the flour and baking powder into the bowl, mix.
- Add the cooled melted butter mix and put in the fridge for 15 min.
- Grease a mould for madeleines by melting butter.
- dough to the edge.
- Turn the oven to 200° and bake 10-12 min.





New York  
1890

The ...

QUICK GOOD ~~GINGERBREAD~~

# GINGERBREAD

1 cup of sugar

1 vanilla sugar

3 cups semi-coarse flour

1 cup of oil

1 cup of milk

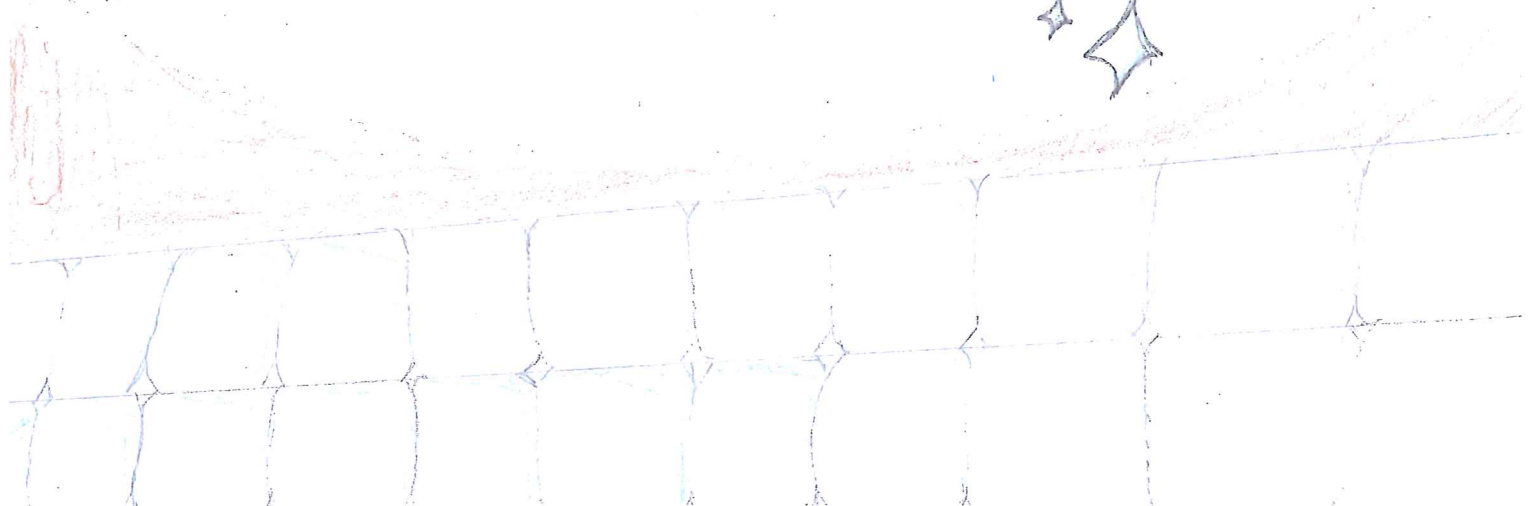
2 eggs

2-3 tablespoons of cocoa powder

1 gingerbread pig

instruction:

1. mix all the ingredients in a bowl and pour the finished dough onto a tray lined with baking paper.
2. bake at 180 degrees for 20-30 minutes.
3. Spread the baked gingerbread with marmalade to taste and finally pour the chocolate glaze over it.



# Salam and cheese toast

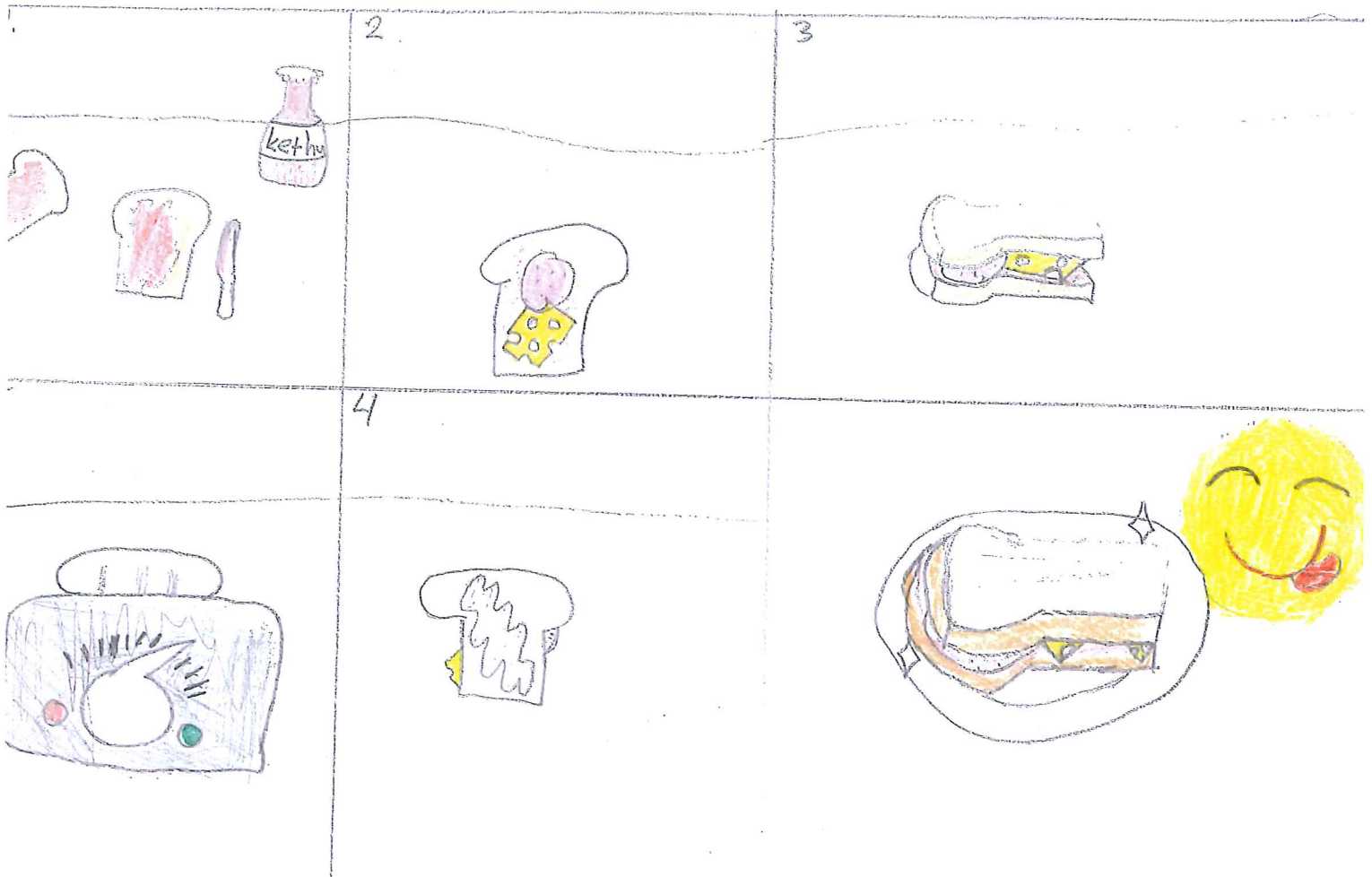
Bič zinoce

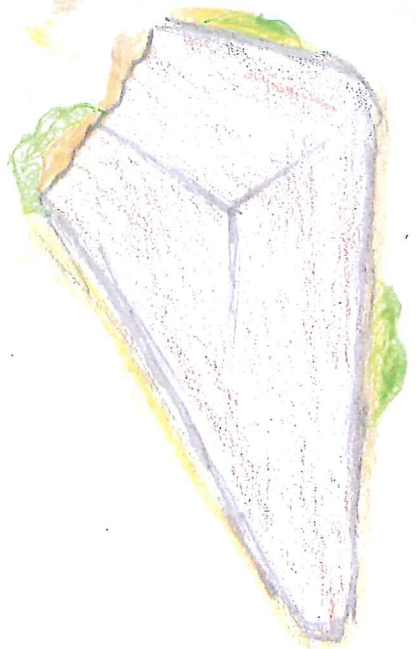
## Ingredients:

- 8 toast bread
- 150g gouda cheese (48%)
- 150g salam
- ketchup
- butter

## Method:

1. Spread ketchup on the bread.
2. Place on it salam and cheese.
3. Add second bread.
4. Spread butter on the toast
5. Give in toaster for 5 minute





# MY FAVORITE FOOD

David  
nacháček

## ingredients

- 2 toast
- 2 cheese
- 2 Slices Ham
- 1 toaster
- 1 socket

## Method

- put the toast in the toaster.
- put 2 cheese on the toast.
- AND 2 ham on toast.
- put the cable in the socket.
- AND close the toaster for 5 minutes.
- then we open the toaster.
- then we put the toast on the plate AND you can eat.



# Toast

## • Ingrediens

- 1) Toast bread
- 2) Ham salami
- 3) Cheese
- 4) Ketchup

## • Method

Grease ketchup on the toast bread.  
Then on it put ham salami  
and cheese. Cover with another  
toast bread. Put to the toaster and  
wait moment. Remove the finished  
toast from the toaster.

Finish

