

# THIRTEEN MENU'S

1	rice	egg curry & coconut	brinjal, capsicum	grated cucumber & pomegranate
2	tingmok	chana dahl	ladies fingers	grated carrot
3	rice	palak paneer	cauliflower with ginger	tomato & onion
4	chapati	rajma dahl	green beans	grated cabbage
5	rice	butter chicken	potato with apple, peas, peanuts	brinjal raita
6	skiu	lentils	palak, carrot, potato,	apple, mango, pomgranate
7	rice	egg gado gado	green beans and potatoes	pickled cucumber
8	chapati	shahi curry paneer	ladies fingers	carrot and apple salad
9	rice	chana masala	brinjal	raita with onion, pomegranate
10	tingmok	masoor dahl	green beans and cauliflower	tomato and onion
11	potatoes	meat curry & pineapple	fried cabbage	cucumber, tomato
12	pasta	tuna & cream	palak, capsicum, mushrooms	grated carrot
13	rice	fried nutri	creamed cauliflower, carrot, peas	grated cabbage & apple & raisins

First named is headcook and responsible for the shopping list

Second named is helper

Third named is the saladmaker

<i>date</i>	<i>cooks</i>	<i>menu nr</i>	<i>rice, atta,etc</i>	<i>egg, meat etc</i>	<i>vegetables</i>	<i>salad</i>
Sunday 1 August 2010	Ang/Ri/Jim	8	chapati	shahi curry paneer	ladies gingers	carrot and apple salad
Monday 2 August 2010	Ri/Dis/Gal	9	rice	chana masala	brinjal	raita with onion, pomegranate
Tuesday 3 August 2010	Gal/Ang/Ri	10	tingmok	masoor dahl	green beans and cauliflower	tomato and onion
Wednesday 4 August 2010	Dol/Gal/Ang	11	potatoes	meat curry & pineapple	fried cabbage	cucumber, tomato
Thursday 5 August 2010	Wa/Dol/Dis	12	pasta	tuna & cream	palak, capsicum, mushrooms	grated carrot
Friday 6 August 2010	Jim/Wa/Dol	13	rice	fried nutri	creamed cauliflower, carrot, peas	grated cabbage & apple & raisins
Saturday 7 August 2010	Dis/Jim/Wa	1	rice	egg curry & coconut	brinjal, capsicum	grated cucumber & pomegranate
Sunday 8 August 2010	Ang/Ri/Jim	2	tingmok	chana dahl	ladies fingers	grated carrot
Monday 9 August 2010	Ri/Dis/Gal	3	rice	palak paneer	cauliflower with ginger	tomato & onion
Tuesday 10 August 2010	Gal/Ang/Ri	4	chapati	rajma dahl	green beans	grated cabbage
Wednesday 11 August 2010	Dol/Gal/Ang	5	rice	butter chicken	potato with apple, peas, peanuts	brinjal raita
Thursday 12 August 2010	Wa/Dol/Dis	6	skiu	lentils	palak, carrot, potato,	apple, mango, pomgranate
Friday 13 August 2010	Jim/Wa/Dol	7	rice	egg gado gado	green beans and potatoes	pickled cucumber
Saturday 14 August 2010	Dis/Jim/Wa	8	chapati	shahi curry paneer	ladies fingers	carrot and apple salad
Sunday 15 August 2010	Ang/Ri/Jim	9	rice	chana masala	brinjal	raita with onion, pomegranate
Monday 16 August 2010	Ri/Dis/Gal	10	tingmok	masoor dahl	green beans and cauliflower	tomato and onion
Tuesday 17 August 2010	Gal/Ang/Ri	11	potatoes	meat curry & pineapple	fried cabbage	cucumber, tomato
Wednesday 18 August 2010	Dol/Gal/Ang	12	pasta	tuna & cream	palak, capsicum, mushrooms	grated carrot
Thursday 19 August 2010	Wa/Dol/Dis	13	rice	fried nutri	creamed cauliflower, carrot, peas	grated cabbage & apple & raisins
Friday 20 August 2010	Jim/Wa/Dol	1	rice	egg curry & coconut	brinjal, capsicum	grated cucumber & pomegranate
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# Menu 1

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## Rice with egg curry & coconut, brinjal & capsicum and grated cucumber

### egg

#### egg curry with coconut

Boil the eggs (1 each)  
Chop 3 onions and grate 5 cm ginger on the grater (finely)  
Chop half a bulb garlic  
Heat 4 spoons of oil, add one spoon mustardseeds, till they pop. Careful, they burn easily.  
Add onions and fry till golden brown.  
Add ginger and garlic and grated coconut. Fry for 1 minute.  
Add 3 chopped tomatoes.  
Add some haldi, little chili, 1 small spoon of kitchen king and some coriander powder.  
Add one small spoon of sugar and three spoons of tomato ketchup. Cook for 10 minutes.  
Add one carton of coconut milk. Cook for another 10 minutes.  
Add eggs, 4 spoons of chopped fresh coriander and one small spoon of garam masala.

### Rice

Measure 6 cups of rice (for 7 people) Wash well and add 10 cups of water.

### veggies

#### brinjal, capsicum

Cut brinjal and capsicum in pieces  
Chop 1 onion  
Chop 3 tomatoes  
Heat oil, fry onion till soft  
Add tomatoes when onion is cooked and fry for 5 minutes  
Add masala to taste (some zeera seeds, kitchen king, haldi, salt and zeera powder)  
Add brinjal and capsicum and cook till soft

### salad

#### grated cucumber with pomegranate & onion

Peel cucumber, cut in half and remove the seeds  
Grate on rough grater. Add generous pinch of salt and keep aside  
Clean pomegranates and gather the kernels.  
Peel onion and chop very finely.  
Remove some of the liquid from cucumber.  
Mix everything together. Add some vinegar and some sugar. Mix well.  
Add the chopped coriander.

### shopping

eggs	7
onions	5
ginger	1 piece of 5 cm
garlic	1/2 bulb
mustardseeds	1 spoon
tomatoes	6
fresh coriander	1 bunch
fresh coconut, grated	5 spoons
coconut milk	1 carton
brinjal	1 kg
capsicum	1/2 kg
cucumber	1/2 kg
pomegranates	2
fresh coriander	1 bunch

### Preparation

1. start cutting all the vegetables, onion and tomatoes etc.
2. salad maker makes the salad
3. make egg curry and put aside
4. prepare rice for cooking
5. cook rice
6. make the vegetables.
7. serve and enjoy

## Menu 2

---

### Tingmok with channa dahl, ladies fingers and carrot salad

dahl

#### **channa dahl**

Make dahl as usual.

Use 2 onion, 3 tomatoes

1 bulb garlic and 5 cm ginger.

Add masalas to taste (salt, kitchen king, corainder, zeera)

**Tingmok**

Make dough as usual en prepare the tingmok for cooking

veggies

#### **ladies fingers**

Chop ladies fingers in pieces.

Chop 2 onions

Chop 3 tomatoes

Heat some oil

Fry onions till soft, add masalas to taste: salt, haldi, garam masala

Add tomatoes and fry for 5 minutes.

Add ladies fingers. Fry till soft

salad

#### **grated carrot**

Grate carrots on the grater (middle fine) grater

Mix 3 spoons vinegar, pinch of salt and one spoon sugar

Heat some oil and fry some zeera seeds.

Mix with the vinegar mixture and mix well with the carrots

#### **shopping**

chana dahl	1/2 kg
onions	4
tomatoes	5
garlic	1 bulb
ginger	5 cm
ladies fingers	1 kg
carrots	1/2 kg

#### **Preparation**

1. start cutting all the vegetables, onion and tomatoes etc.
2. saladmaker makes the salad
3. cook dahl till tender
4. prepare dough and make tingmok
4. fry onion, tomatoes, garlic, ginger and spices
5. add then to the cooked dalh
6. start steaming tingmok
7. start preparing ladies fingers
8. serve and enjoy



## Menu 3

---

### Rice with palak paneer, cauliflower & ginger and tomato&onion salad

#### palak paneer

paneer

Cut paneer in pieces. Fry in oil till golden. Set aside  
Cut palak in thin pieces  
Chop 3 tomatoes, onion and garlic  
Fry 1 chopped onion in oil  
Add 1 bulb of garlic, chopped  
Add tomatoes and masala (kitchen king, coriander powder) to taste.  
Add palak. Cook till done. Add the pieces of paneer.

Rice

Measure 6 cups of rice (for 7 people) Wash well and add 10 cups of water.

veggies

#### cauliflower with ginger

Cut the cauliflower in florets (small pieces).  
Grate 5 cm of ginger (you need 2 spoonfulls)  
Heat some oil in a wok  
Fry small spoon mustard seeds till they pop.  
Add the ginger and small spoon of cumin powder, some chili (little!)  
and some salt.  
Add cauliflower.  
Spinkle with garam masala.  
Cook till soft, add only very little water. Dish has to be dry.

salad

#### tomato & onion salad

Slice 4 tomatoes  
Slice 1 onion in very thin slices  
Mix with some salt and freshly chopped coriander

#### shopping

paneer	500 grams
palak	5 bunches
tomatoes	7
onion	3
garlic	1 bulb
cauliflower	3 pieces

#### preparation

1. *saladmaker makes the salad*
2. *one starts with preparing the cauliflower*
3. *second one fries the paneer*
4. *chop onions and tomatoes and cut palak (wash very well)*
5. *prepare rice for cooking*
6. *make the palak paneer.*

ginger	5 cm
fresh coriander	1 bunch
rajma dahl	0.75 kg

*soak 0.5 kg rajma  
for tomorrow*

## Menu 4

---

### Chapati with rajma dahl, green beans and radish & pomegranate salad

dahl

#### **Rajma dahl**

Cook beans in pressure cooker  
Chop 2 onions  
Chop 3 tomatoes  
Chop 3 cm ginger  
Chop 1/2 bulb garlic  
Fry onions in oil till brown  
Add tomatoes, ginger, garlic and masalas to taste  
When tomatoes are soft, add to rajma and cook together

**Chapati**

Make dough as usual en prepare the chapati for cooking

veggies

#### **green beans**

Fry onion in oil till soft.  
Add 3 spoons of grated coconut  
Add beans and cook till soft.  
Add masala to taste.

salad

#### **shredded cabbage**

Grate cabbage very finely on the grater  
Mix one spoon mayonaise with juice of 1 lemon, 1 spoon sugar,  
Some salt and 2 spoons of dahi. Mix well.  
This salad tastes best if it had been in the fridge for at least one hour, so the  
cabbage can soften.  
Therefore start making it when the cooking time starts (6.45 PM)

#### **shopping**

rajma	1/2 kg
onions	3
tomatoes	3
ginger	3 cm
garlic	1/2 bulb
green beans	1 kg
grated coconut	3 spoons
cabbage	1 small piece
mayonaise	1 spoon
dahi	2 spoons
lemon	1

#### **preparation**

- 1. saladmaker makes the salad*
- 2. cook the beans*
- 3. clean and cut vegetables, grate the coconut*
- 4. make the dahl*
- 5. make the dough for the chapatis*
- 6. cook the chapatis and prepare the beans*

## Menu 5

---

### Rice with butter chicken, potato with apples, peas and peanuts, brinjal raita

chicken

#### **butter chicken**

Fry the pieces of chicken in 5 spoons butter, till brown.

Remove from the pot and set aside.

Chop 3 onions

Chop 5 tomatoes

Fry onions till soft and add tomatoes and masala (little chili, kitchen king)

Add 6 spoons of dahi (beaten till smooth) and 1/2 a cup of water and make sauce. Put the pieces of chicken in the sauce

**Rice**

Measure 6 cups of rice (for 7 people) Wash well and add 10 cups of water.

veggies

#### **potato with apples, peas and peanuts**

Peel potatoes and apples, cut in pieces

Shell the peas

Heat some oil and fry the potatoes for 10 minutes. Add apples and peas.

Add 1 spoon of kitchen king and 3 spoons of peanuts. Mix well.

Add half a cup of water. Cook till potatoes are done.

Garnish with half a bunch of chopped coriander

salad

#### **brinjal raita**

Cut brinjal in thin slices

Fry the brinjal in oil and set aside

Mix 1 cup of dahi with some chili, juice of 1 lemon,

1 spoon sugar, 1 spoon cumin powder and 2 spoons fresh coriander

Mix well and add the brinjal. Put in the fridge

#### **shopping**

chicken

1 kg

butter

5 spoons

onions

3

tomatoes

5

potatoes

1 1/2 kg

apples

4 pieces

peas

1/2 kg

peanuts

3 spoons

brinjal

2 medium pieces

dahi

2 cups

fresh coriander

1 bunch

#### **preparation**

*1 salad maker makes the salad*

***Think of the cat!***

***Give her some***

***chicken***

*2. prepare and fry the chicken*

*3. chop onion and tomatoes for chicken gravy*

*4. make sauce*

*5. peel potatoes and apples; shell peas*

*6. prepare the rice for boiling*

*7. boil the rice*

*8. make the potato dish*

## Menu 6

---

### Skiu with apple, mango and pomegranate salad

skiu

**skiu**

salad

#### **apple, mango and pomegranate**

Peel the apples and grate roughly.

Mix immediately with the lemon juice

Clean mango's and make cubes of the flesh

Clean pomegranates and take out the

Mix with apple and mango and half the chopped coriander

#### **shopping**

apples 3  
mangos 3  
pomegranate 2  
lemon 1  
fresh coriander 1 bunch  
and what is needed for skiu

#### **preparation**

1. salad maker makes the salad  
2. make the skiu

## Menu 7

---

### Rice with egg gado gado, green beans, pickled cucumber

#### egg

#### **egg curry with peanuts and coconut (gado gado)**

Boil the eggs and set them apart

Chop 2 onion, 1 bulb of garlic, grate 5 cm of ginger

Grate enough coconut for 6 spoonfulls.

Fry onions till soft, add ginger and garlic. Fry for 1 minute.

Add 2 spoons crushed peanuts and coconut and fry for 5 minutes

Add masala (chili, kitchen king, cumin- corianderpowder, musterd powder, mangopowder)

Add 4 spoons of peanutbutter. Add 1 cup milk and 1 cup water.

Add coconut milk from the coconut if available.

Make a sauce. Add juice of 2 lemon and some salt.

#### Rice

Measure 6 cups of rice (for 7 people). Wash well and add 10 cups of water.

#### veggies

#### **green beans and potatoes**

Clean the beans and cut in halves. Boil in water till soft

Peel the potatoes and boil till soft

Fry some of the tutu

#### salad

#### **pickled cucumber**

Peel 3 cucumbers, cut in half and remove the seeds.

Cut the flesh into slices

Heat 2 spoons of oil and pop one spoon of mustardseeds.

Pour it over the cucumber.

Heat 1/3 of a cup of vinegar with 2 spoons of sugar, 1/2 spoon of salt and some haldi

Pour the hot vinegar over the cucumbers and cool

#### **shopping**

eggs	7
potatoes	1 kg
onions	2
green beans	1 kg
garlic	1 bulb
ginger	5 cm
fresh coconut	6 spoons
peanuts	2 spoons, crushed
peanutbutter	3 spoons
cucumber	3
vinegar	1/2 cup
tutu	250 gr

#### **preparation**

1. *saladmaker makes the salad*
2. *cook the eggs; clean and cook the potatoes*
3. *chop the onions*
4. *grate ginger, coconut and cut garlic*
5. *make the peanutsauce*
6. *clean beans*
7. *prepare the rice and boil it.*
8. *cook the beans*
9. *fry the tutu*

## Menu 8

---

### Chapati with shahi paneer, ladies fingers and sliced cucumber

#### paneer

#### shahi paneer

Cut the paneer in cubes and fry till golden, set aside

Grate garlic and ginger and mash together with the cashewnuts and some water.

Reheat some of the frying oil. Add cuminseeds and fry till the pop.

Add 3 chopped onions till golden. Add some haldi and 1/2 spoon garam masala.

Mix well. Add garlic, ginger and cashewpaste. Cook for 1 minute

Stir dahi till smooth. Add and cook till dry.

Add milk and 1/2 cup water. Boil.

Mix some riceflower with some water and add to sauce to thicken.

Add paneer and the chopped coriander.

#### Chapati

Make dough as usual en prepare the chapati for cooking

#### veggies

#### ladies fingers

Chop 1 onion and 4 tomatoes

Chop ladiesfingers

Fry onion in oil till soft, add tomatoes

Add some salt, coriander and garam masala.

Add ladies fingers and cook till soft.

#### salad

#### carrot and apple salad

Grate the carrots

Peel the apple and grate as well.

Add 3 spoons of raisens

Mix juice of 2 lemon with 1 spoon mayonaise, 3 spoons dahi and 3 spoons oil.

Add salt and pepper to taste and a pinch of kitchen king.

Mix sauce with the vegetables and raisens. Put in the fridge.

#### shopping

paneer	500 gram
cashewnuts	4 spoons
ginger	5 cm
garlic	1 bulb
onions	4
fresh coriander	1 bunch
dahi	1/2 cup
milk	1/2 cup
tomatoes	4
ladies fingers	1 kg
carrots	1/2 kg
apples	2
raisins	3 spoons
lemons	2

#### preparation

1. *saladmaker makes the salad*
  2. *grate garlic and ginger and mash with nuts*
  3. *fry paneer*
  4. *chop onions and tomatoes*
  5. *make the shahi curry*
  6. *chop ladies fingers*
  7. *make the dough for chapati*
  8. *make chapati and cook ladies fingers.*
- soak channa (0.5 kg) for tomorrow

## Menu 9

---

### Rice with channa masala, brinjal, onion & pomegranate raita

dahl

#### **channa masala**

The channa should be soaked the day before.

Boil the channa with 3 sticks of cinnamon.

Grate ginger and garlic. Chop 2 onions and 4 tomatoes.

Heat some oil. Add 1 spoon cumin seeds and fry till the pop.

Add onions and fry till golden. Add garlic, ginger and tomatoes.

Add some haldi, garam masala, coriander powder, mango powder and little chili.

Add channa *without the cooking liquid, but do not throw the liquid.*

Mix well and add 1 1/2 cup of cooking liquid.

**Rice**

Measure 6 cups of rice (for 7 people) Wash well and add 10 cups of water.

veggies

#### **brinjal**

Cut brinjal in pieces

Chop 2 onions and fry till soft.

Add 4 chopped tomatoes and masala to taste.

Add brinjal and fry till soft.

Add chopped fresh coriander.

salad

#### **onion and pomegranate raita**

Cut 1 onion in very small pieces

Clean two pomegranate and separate the kernels.

Mix very little chili and some coriander powder with 1 cup of dahi.

Add onions and pomegranate and mix well.

#### **shopping**

channa whole	1/2 kg
ginger	5 cm
garlic	1 bulb
onions	5
tomatoes	8
brinjal	1 kg
fresh coriander	1 bunch
pomegranates	2
dahi	1 cup

#### **preparation**

1. *saladmaker makes the salad*
2. *cook the channa*
3. *chop gengir and garlic*
4. *chop tomatoes and onions*
5. *prepare the chana masala*
6. *cut the brinjal*
7. *prepare the rice for boiling*
8. *boil the rice*
9. *prepare the brinjal*

## Menu 10

---

### Rice with masoor dahl, green beans & cauliflower, tomato & onion salad

dahl

#### **masoor dahl with palak**

Chop 2 onions and 3 tomatoes

Peel and cut garlic and grate the ginger

Cut and wash the palak

Fry onions in oil, when soft, add ginger and garlic

Add tomatoes and masala (little chili, haldi, garam masala)

Add palak and dahl. Add enough water and cook till done.

**Rice**

Measure 6 cups of rice (for 7 people) Wash well and add 10 cups of water.

veggies

#### **green beans and cauliflower**

Clean the beans and cut them in pieces.

clean the cauliflower and grate te coconut

Chop 2 onion and fry them till soft

Add kitchen king (1 small spoon) and coconut fry for some minutes till coconut becomes brownish

Add beans and cauliflower and stir till well mixed with the coconut.

Add half a cup of water and cook vegetables till soft.

salad

#### **tomato onion salad**

Chop 4 tomatoes in small pieces

Chop 1 onion

Mix juice of 1 lemon with 3 spoons of oil.

Add pepper and salt and mix with the tomatoes and onion.

#### **shopping**

masoor dahl	1/2 kg
onions	5
tomatoes	7
garlic	1bulb
ginger	5 cm
palak	2 bunches
green beans	1 kg
cualiflower	2 pieces
fresh coconut	7 spoonfulls
lemons	1

#### **preparation**

- 1. saladmaker makes the salad*
- 2. chop onions and tomatoes*
- 3. prepare the masoor dahl*
- 4. clean the beans and grate the coconut*
- 5. cook the rice*
- 6. prepare the beans*



## Menu 11

---

### Boiled potatoes with meat curry, fried cabbage, cucumber & tomato salad

meat

#### **meat curry with pineapple**

Clean and wash the meat. Fry in butter till browned. Set aside.

Fry 2 chopped onions in the leftover butter till golden.

Add grated ginger and garlic.

Add 4 chopped tomatoes. Fry till soft.

Add kitchen king, coriander powder, little chili, and some cumin powder.

Add the cleaned and dices pineapple. Fry a bit.

Add meat and 1 cup of water. Cook till meat is soft. If needed, add more water.

**Boiled potatoes**

Peel the potatoes and boil till soft. If the potatoes are nice, you can also cook them with the skin and peel them after cooking.

veggies

#### **fried cabbage**

Cut the cabbage into thin pieces.

Chop 1 onion and 2 tomatoes

Heat oil and add 1 spoon of mustardseeds. Fry till they pop.

Add onions and fry till soft. Add tomatoes. Fry till soft.

Add some kitchen king and the cabbage.

Fry for some minutes and add 1 cup of water.

Cook till soft.

salad

#### **cucumber & tomato salad**

Peel 2 or 3 cucumbers and slice in thin slices

Wash and cut 3 tomatoes in thin slices

Mix well and add 1 spoonfull mayonaise with some salt, sugar and juice of 1 lemon.

#### **shopping**

meat	1 kg
butter	5 spoons
onion	3
ginger	5 cm
garlic	1 bulb
pineapple	1 piece
potatoes	2 1/2 kg
cabbage	1 kg
tomatoes	9
cucumbers	2 or 3

#### **preparation**

1. *saladmaker makes the salad*

***Think of the cat: give her some meat!***

2. *fry the meat*

3. *chop the onions and tomatoes and clean the pineapple*

4. *grate ginger and garlic*

5. *prepare the meat curry*

6. *cut the cabbage*

7. *boil the potatoes*

8. *prepare the cabbage*

## Menu 12

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### Pasta with cream sauce, carrot & coconut salad

#### sauce

#### creamsauce with tuna, mushrooms and palak

Chop 2 onions and 1 bulb of garlic.

Cut the palak and wash very well

Cut the mushrooms. Open the tin of tuna and drain liquid.

Fry onions till soft. Add garlic and mushrooms. Fry till mushrooms brown.

Add some kitchen king, some haldi and pepper.

Add the palak and fry till soft.

Add the cream (use only half the packet!) and the tuna and mix well.

Cook for 5 minutes.

#### Pasta

Cook the pasta in plenty of water with some salt

Do not overcook the pasta.

Drain the water and wash with cold water. Add some oil and mix.

#### salad

#### carrot and coconutsalad

Grate the carrot (1/2 kg) and the coconut

Mix juice of 1 lemon with 1 spoon dahi and pinch of kitchenking

Mix everything well.

#### shopping

pasta	1 kg
onions	2
garlic	1 bulb
tuna	1 tin
mushrooms	2 packets fresh
palak	4 bunches
cream	1 packet (liter)
carrot	1/2 kg
cocount	5 spoons
lemon	1

#### preparation

1. *saladmaker makes the salad*
2. *chop onions and garlic*
3. *cut and wash the palak*
4. *cut mushrooms*
5. *boil the water for the pasta*
6. *make the sauce*
7. *boil the pasta*

## Menu 13

---

### Rice with fried nutri, creamed vegetables, cabbage salad with apple and raisins

nutri

#### **fried nutri**

Soak nutri in water.  
Chop 2 onions, garlic and ginger  
Fry onions in 5 spoons of butter till golden.  
Squeeze all the water from the nutri  
Add to the onions and fry till brown  
Add garlic and ginger.  
Add kitchen king, and mustard powder.

**Rice**

Measure 6 cups of rice (for 7 people) Wash well and add 10 cups of water.

veggies

#### **creamed cauliflower, carrot and peas**

Cut cauliflower in florets, clean carrots and cut in slices.  
Shell peas.  
Heat some oil and fry the vegetables till they start browning.  
Add 1 cup of water and cook till dry and soft.  
Add cream (1/2 packet left from yesterday)  
Add pepper, salt and 1 spoon kitchen king.  
Cook for another 5 minutes.

salad

#### **cabbage salad with apple and raisins**

Clean the cabbage and grate on grater  
Peel apples and grate as well.  
Mix juice of 1 lemon with some sugar, salt, pepper, oil, 1 spoon of mayonaise,  
and 1 spoon tomato ketchup. Add 2 spoons of raisins and mix with cabbage and apple.

#### **shopping**

nutri	100 gram
onions	2
ginger	5 cm
garlic	1 bulb
butter	5 spoons
cauliflower	2
cabbage	1 piece
peas	1/2 kg
apples	2
raisins	2 spoons

#### **preparation**

1. *salad maker makes the salad*
2. *make the creamed vegetables first*
3. *boil the rice*
4. *prepare the fried nutri*