

Kristel Palgi
Ragne Kuusk

MINU RETSEPTI-RAAMAT

1. SOOLASED TOIDUD

Toimetulekuõppe II ja III arengutase,
lisa-aastate klassid

Autor **Kristel Palgi**
Kunstnik **Ragne Kuusk**

MINU RETSEPTI-RAAMAT

1. SOOLASED TOIDUD

Toimetulekuõppe II ja III arengutase,
lisa-aastate klassid

Elu- ja toimetulekuõppe,
eesti keele ja matemaatika elementidega
seotud tööõpe

Euroopa Liit
Euroopa Sotsiaalfond
Eesti tuleviku heaks
Hariduslike erivajadustega
õpilaste õppevara arendamine

Autor: Kristel Palgi
Kunstnik: Ragne Kuusk

MINU RETSEPTIRAAMAT 1. Soolased toidud
Elu- ja toimetulekuõppe, eesti keele ja matemaatika elementidega seotud tööõpe

Õppevara vastab põhikooli lihtsustatud õppekava toimetulekuõppe II ja III arengutasemele.

Retsenseerinud Triin Kivirähk ja Ireen Kukner
Kujundanud ja küljendanud Ivi Piibeleht, OÜ Kirjavalla

„Minu retseptiraamatu" juurde kuuluv õpetaja juhendmaterjal on kättesaadav portaalist **hev.edu.ee**.
Raamatu väljaandmist on toetanud Euroopa Sotsiaalfond ja Eesti riik programmi „Hariduslike erivajadustega õpilaste õppevara arendamine" kaudu.

Programmi viib ellu Riiklik Eksami- ja Kvalifikatsioonikeskus.

ekspamikeskus

Kõik õigused kaitstud. Igasugune autoriõigusega kaitstud materjali ebaseaduslik paljundamine ja levitamine toob kaasa seaduses ettenähtud vastutuse.

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SISUKORD

SOOLASED TOIDUD 5

SUPID

1. FRIKADELLI-SUPP 6
2. HAKK-LIHA-SUPP 12
3. HAPU-KAPSA-SUPP 18
4. HERNE-SUPP 24
5. KANA-SUPP 30
6. PIIMA-MAKARONI-SUPP 36
7. PIIMA-RIISI-SUPP 42
8. VÄRSKE-KAPSA-SUPP 48

PRAED, KASTMED JA VORMI-ROAD

9. HAKK-LIHA- JA KARTULI-VORM 54
10. HAKK-LIHA-KASTE 62
11. HAKK-LIHA-RULLID 68
12. KARTULI-PUDER 74
13. KOTLETID 80
14. PIKK-POISS 86
15. PLOV 92
16. SPAGETI-VORM 98
17. VORSTI-KASTE 104
18. ÜHE-PAJA-TOIT 110

KERGED EINED

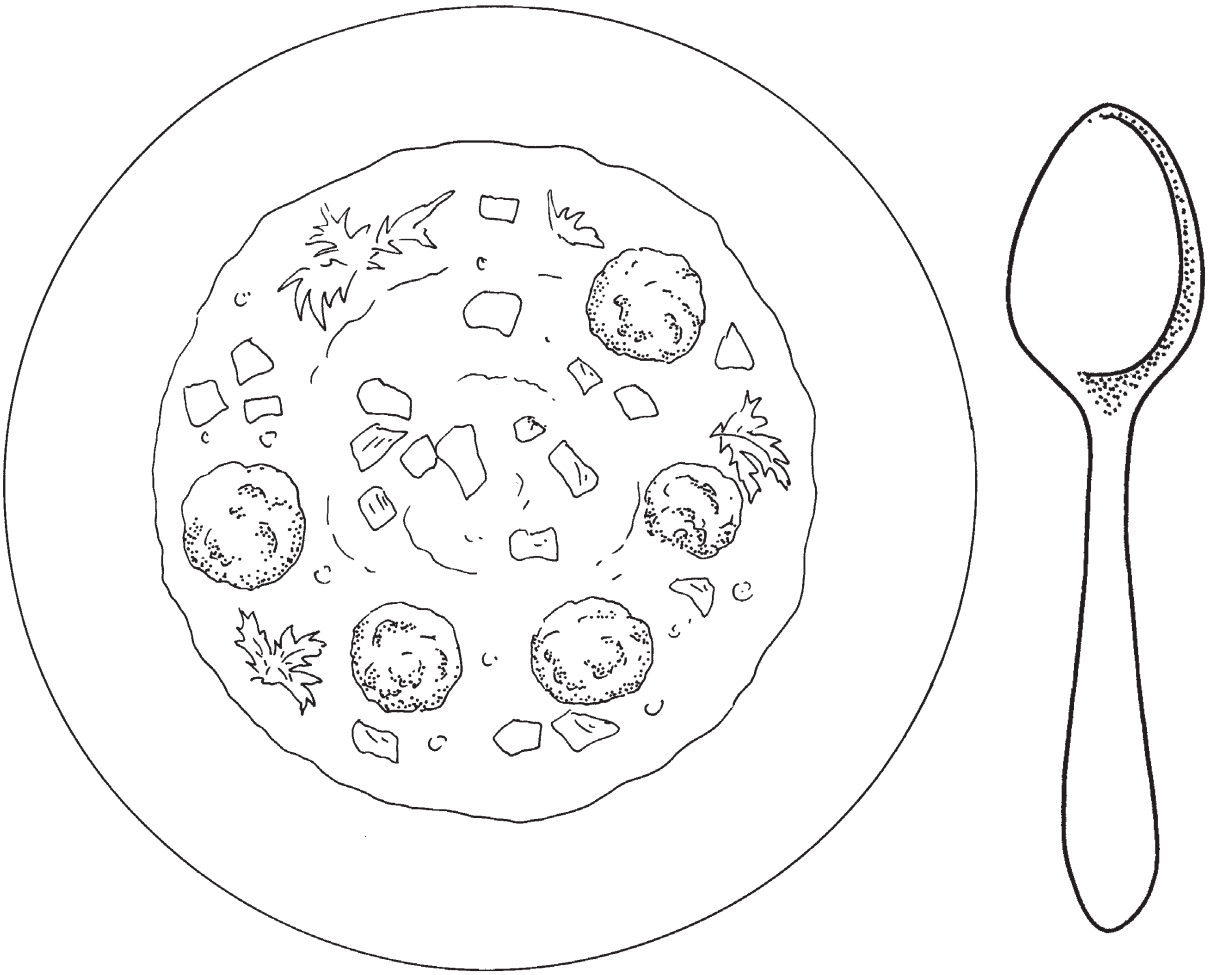
19. MUNA-PUDER SINGI JA VIINERITEGA 116
20. SOOLASED KOHU-PIIMA-SAIAD 122
21. TUUNI-KALA-TORT 128
22. VIINERI- JA MAKARONI-ROOG 134

SALATID

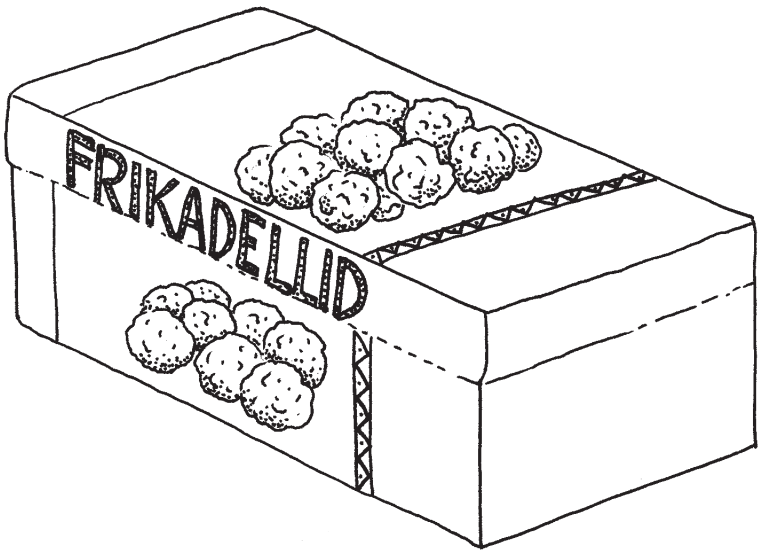
23. HIINA-KAPSA-SALAT 140
24. KARTULI-SALAT 146
25. MAKARONI-SALAT 154
26. PEEDI- JA KÜÜS-LAUGU-SALAT 160

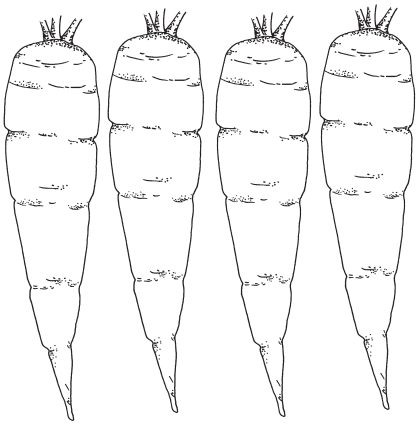
SOOLASED TOIDUD

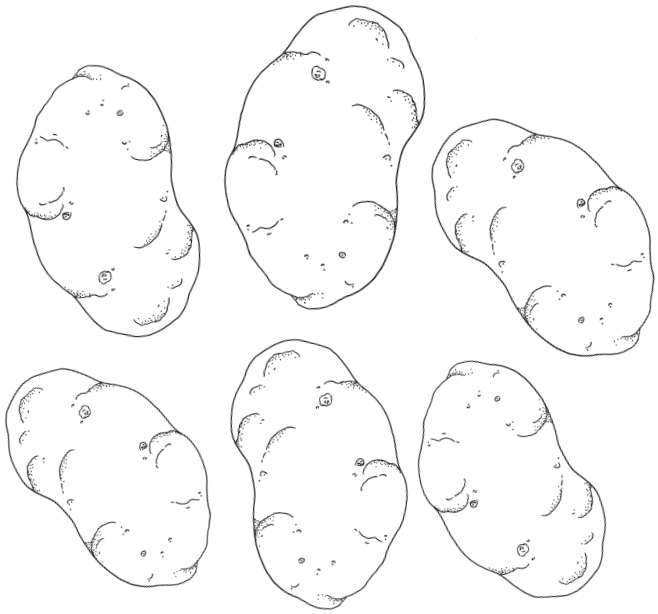
FRIKADELLI-SUPP

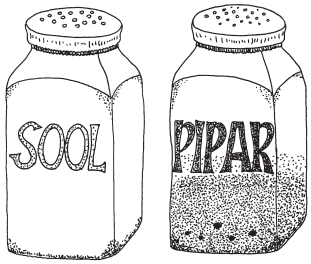


FRIKADELLI-SUPP









FRIKADELLI-SUPP

frikadellid	1 pakk
porgand	4
kartul	6
sool	
pipar	

1. Pane potti vesi.
   Lase vesi keema.
2. Pane vette frikadellid.
3. Keeda, kuni frikadellid tõusevad supi pinnale.
4. Pese porgandid ja kartulid.
5. Koori ja tükelda porgandid ja kartulid.
6. Lisa supile aed-vilja-tükid.
7. Keeda, kuni aed-vilja-tükid on pehmed.
8. Maitsesta.

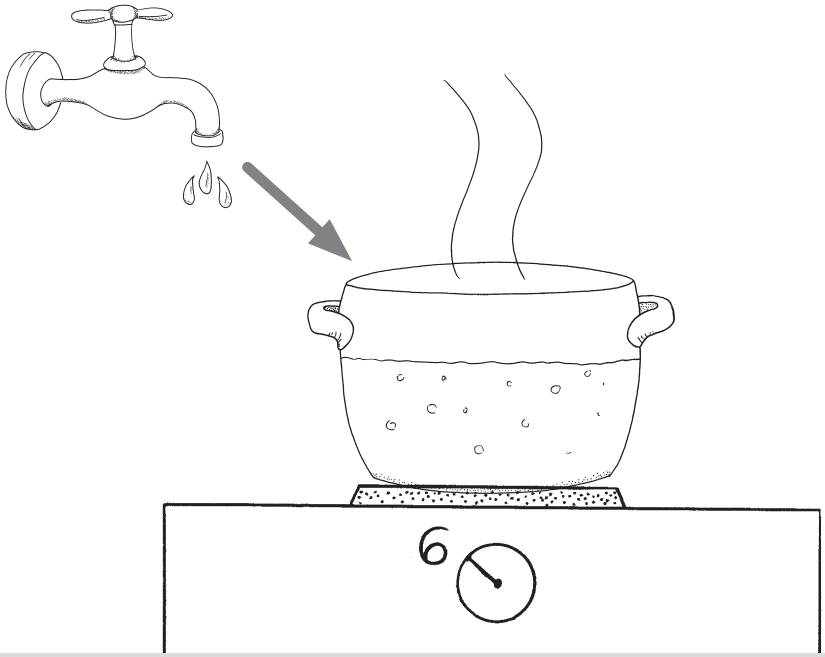
FRIKADELLI-SUPP

FRIKADELLID	1 PAKK
PORGAND	4
KARTUL	6
SOOL	
PIPAR	

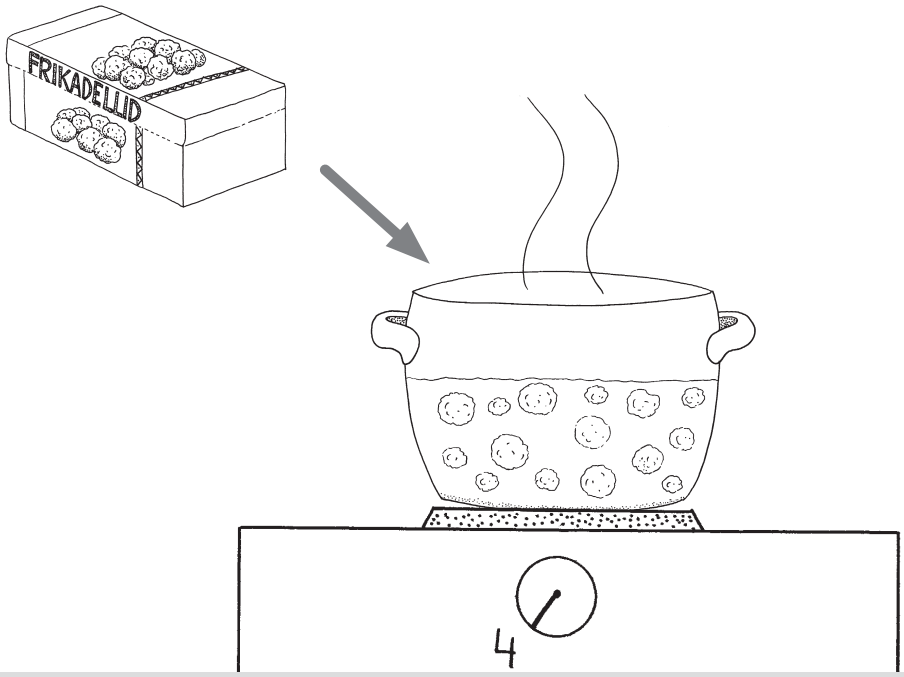
1. PANE POTTI VESI.
   LASE VESI KEEMA.
2. PANE VETTE FRIKADELLID.
3. KEEDA, KUNI FRIKADELLID TÕUSEVAD
   SUPI PINNALE.
4. PESE PORGANDID JA KARTULID.
5. KOORI JA TÜKELDA PORGANDID JA KARTULID.
6. LISA SUPILE AED-VILJA-TÜKID.
7. KEEDA, KUNI AED-VILJA-TÜKID ON PEHMED.
8. MAITSESTA.

FRIKADELLI-SUPP

1.

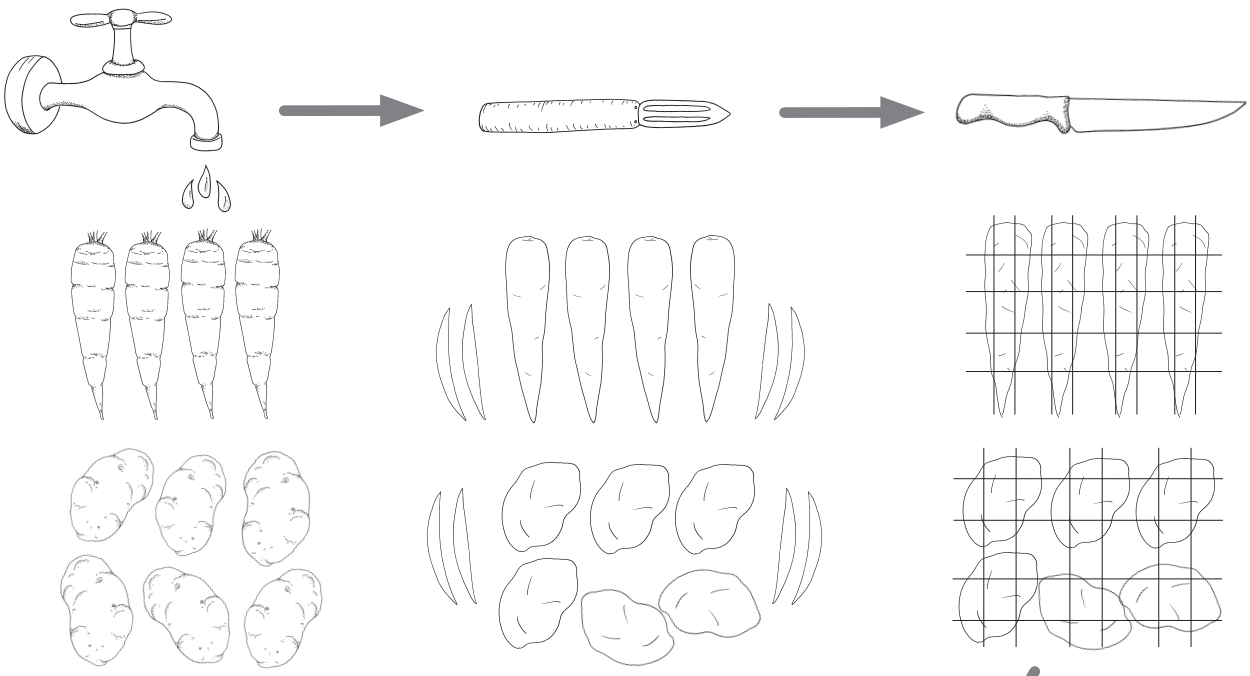


2. 3.

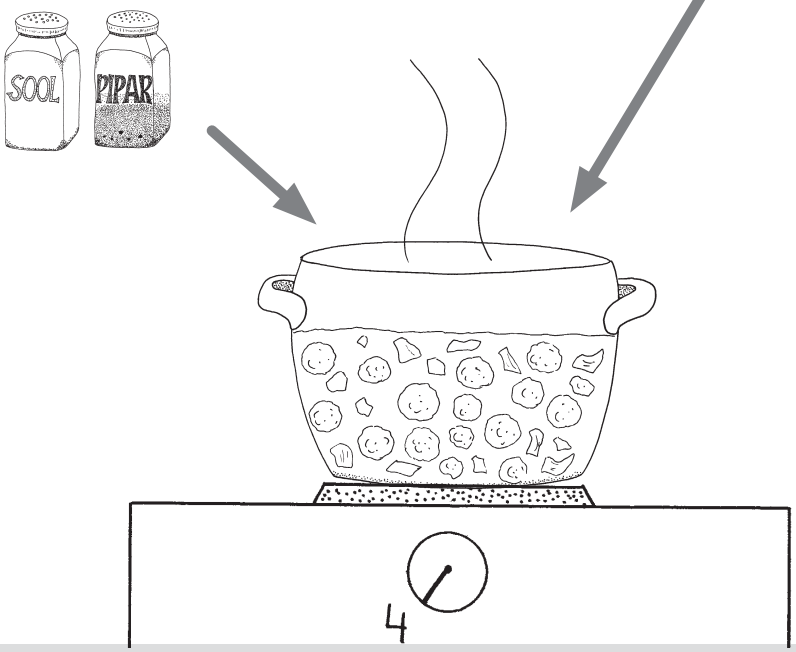


FRIKADELLI-SUPP

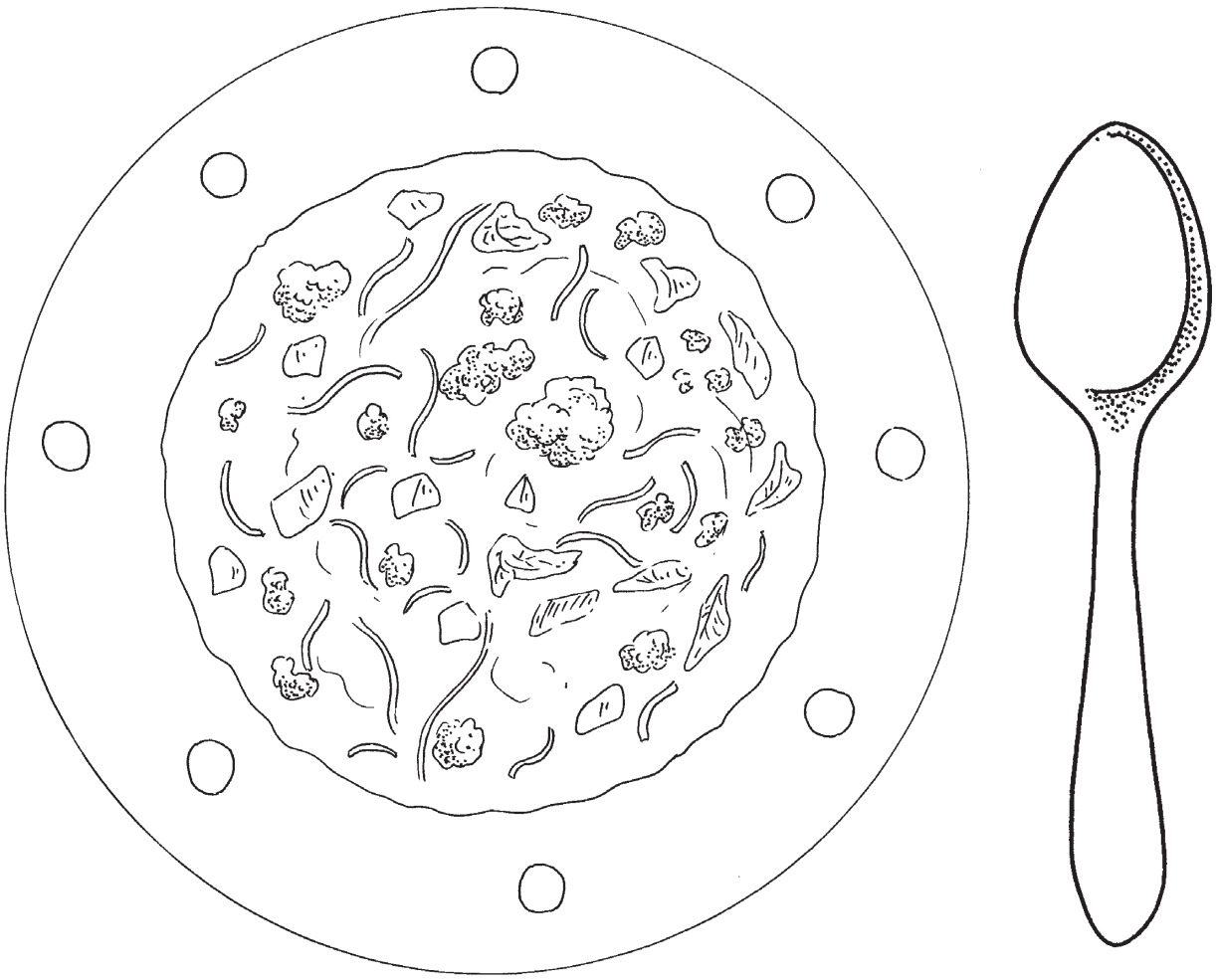
4. 5.



6. 7. 8.



HAKK-LIHA-SUPP



HAKK-LIHA-SUPP



HAKK-LIHA-SUPP

hakk-liha	250 g
õli	1 sl
sibul	2
tomat	2
marineeritud kurk	2
nuudlid	veerand pakki
sool	
pipar	

1. Pruunista potis hakk-liha.
2. Koori ja haki sibulad.
3. Lisa sibulatükid hakk-lihale.
4. Lisa potti vesi.
   Lase supp keema.
5. Pese tomatid.
6. Tükelda tomatid ja kurgid.
7. Lisa supile tomati- ja kurgi-tükid.
8. Lisa supile nuudlid.
9. Keeda, kuni nuudlid on pehmed.
10. Maitsesta.

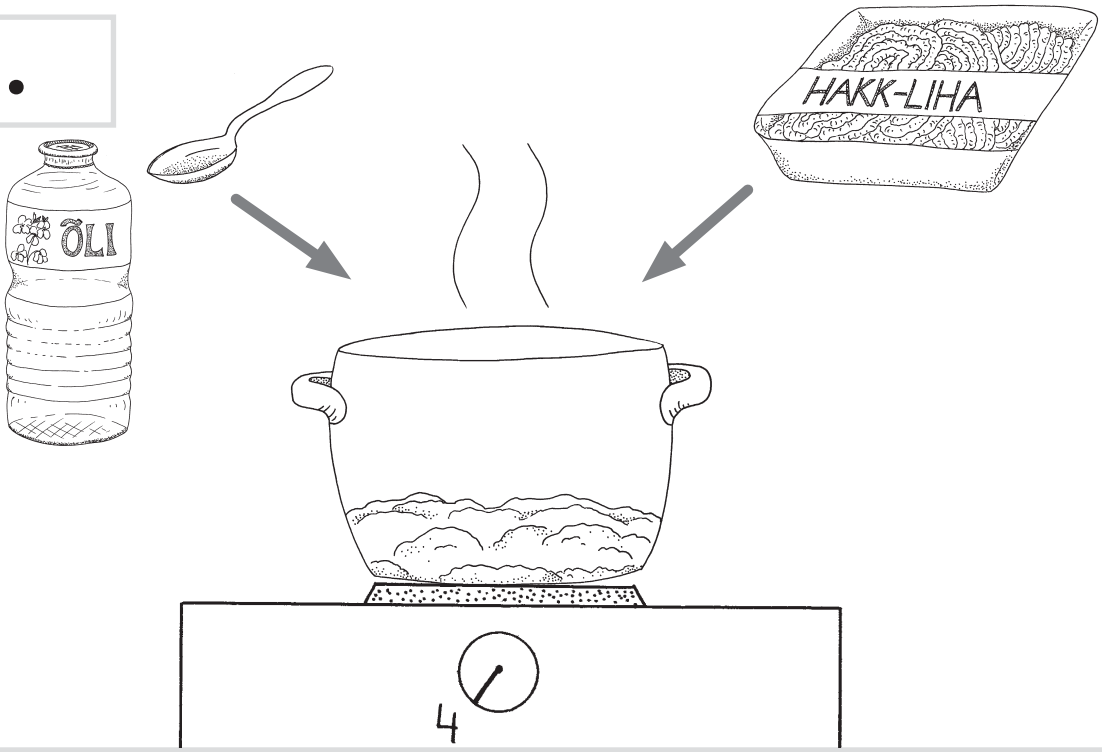
HAKK-LIHA-SUPP

HAKK-LIHA	250 G
ÕLI	1 SL
SIBUL	2
TOMAT	2
MARINEERITUD KURK	2
NUUDLID	VEERAND PAKKI
SOOL	
PIPAR	

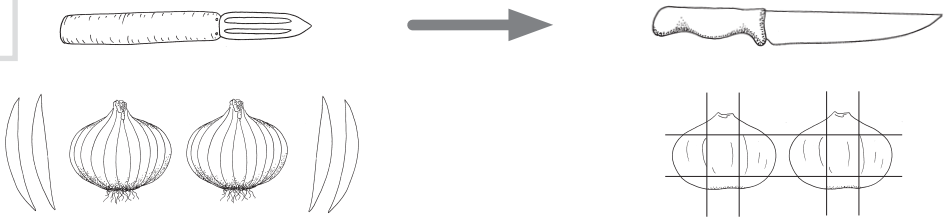
1. PRUUNISTA POTIS HAKK-LIHA.
2. KOORI JA HAKI SIBULAD.
3. LISA SIBULA TÜKID HAKK-LIHALE.
4. LISA POTTI VESI.
   LASE SUPP KEEMA.
5. PESE TOMATID.
6. TÜKELDA TOMATID JA KURGID.
7. LISA SUPILE TOMATI- JA KURGI-TÜKID.
8. LISA SUPILE NUUDLID.
9. KEEDA, KUNI NUUDLID ON PEHMED.
10. MAITSESTA.

HAKK-LIHA-SUPP

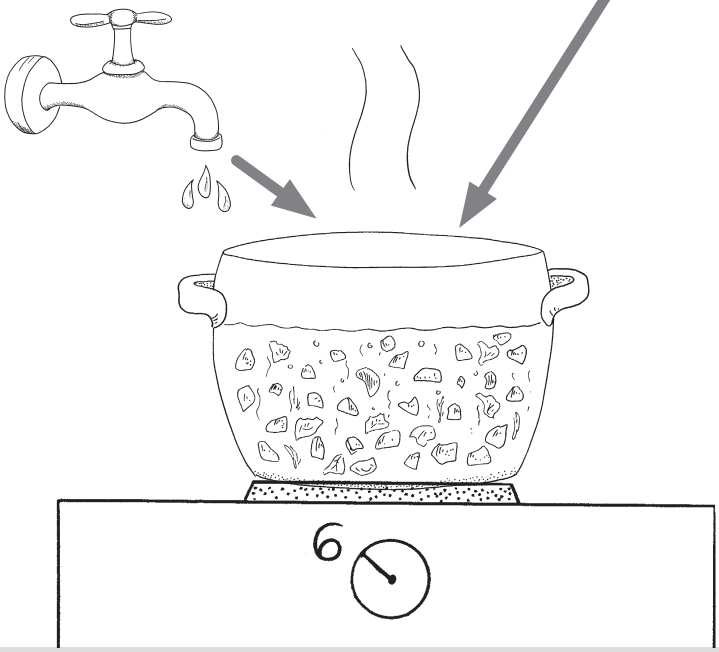
1.



2.

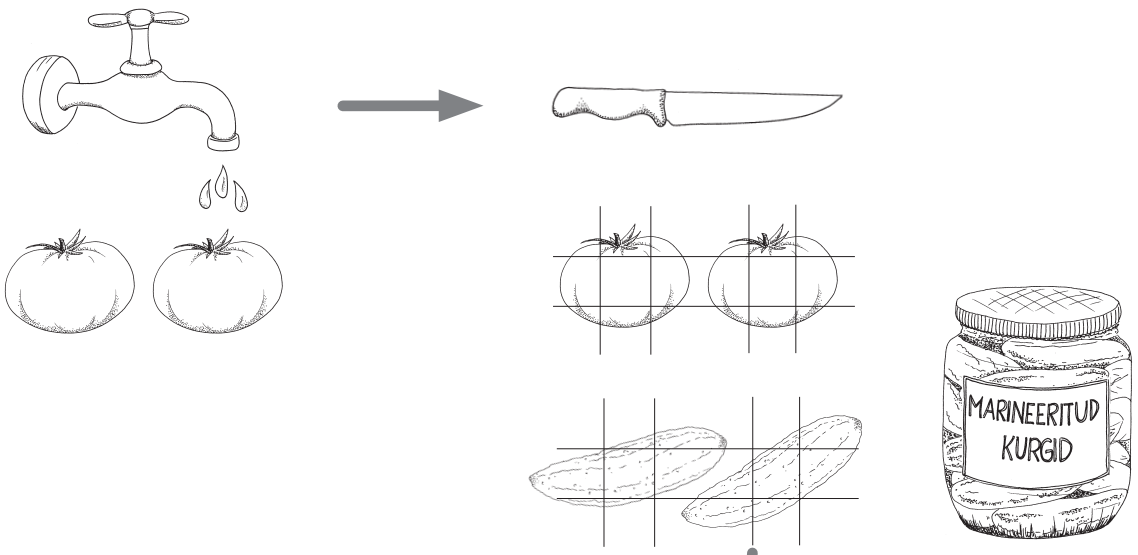


3. 4.

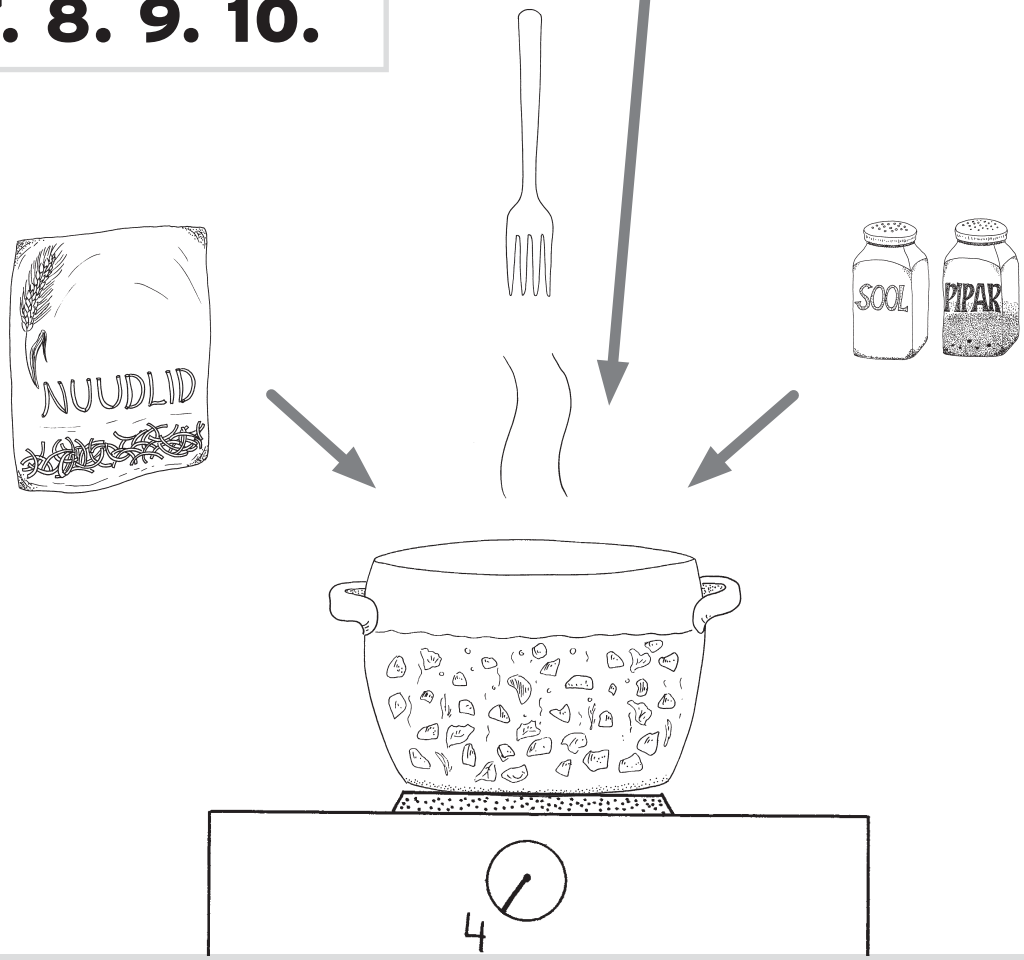


HAKK-LIHA-SUPP

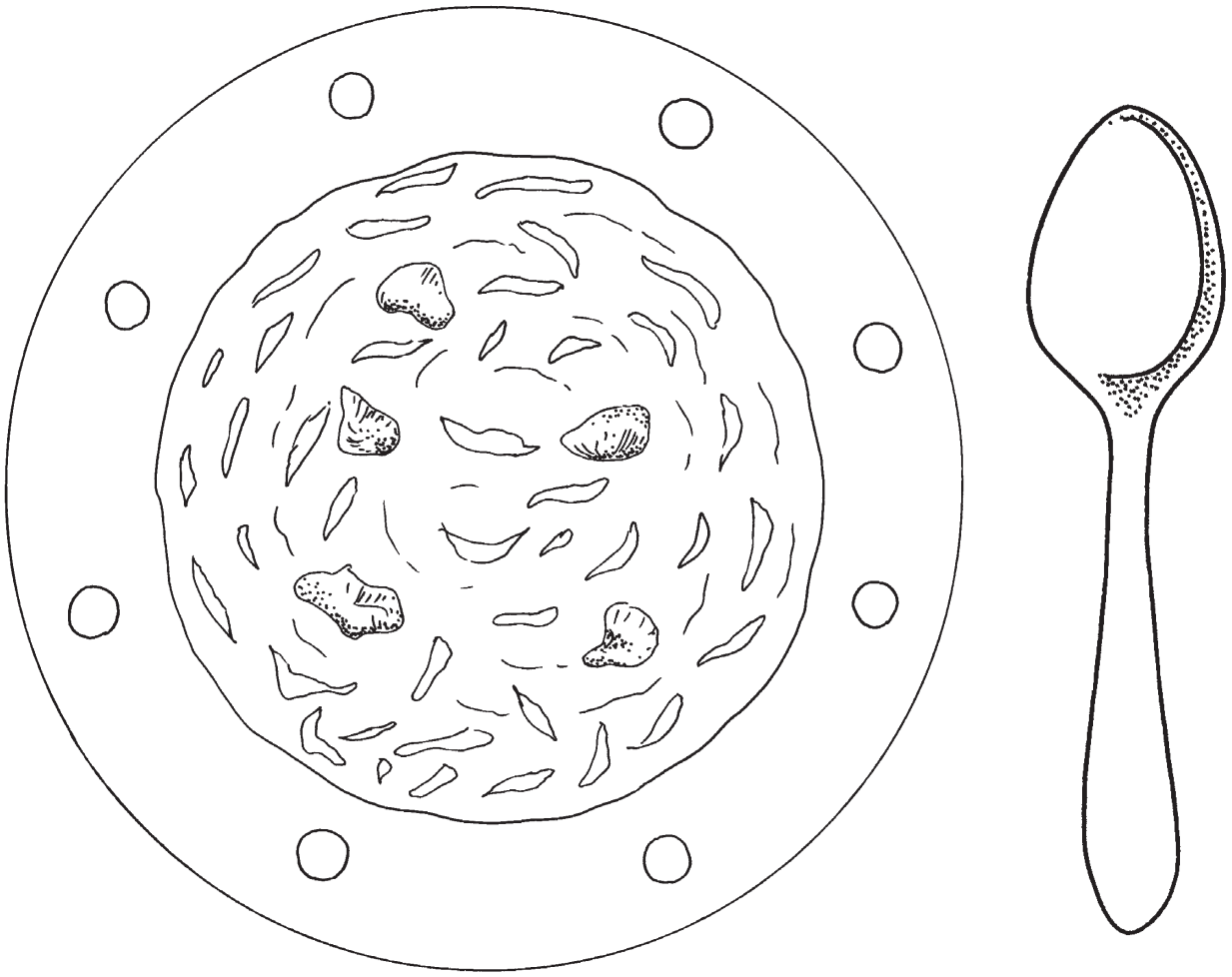
5. 6.



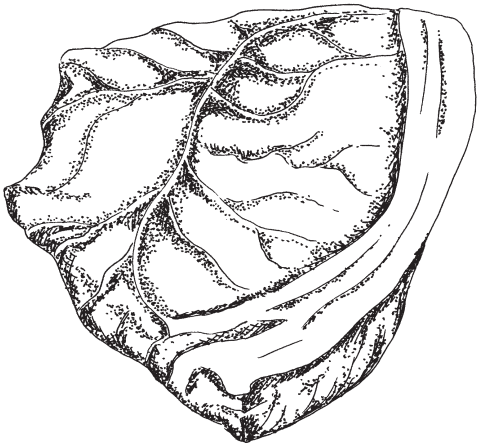
7. 8. 9. 10.

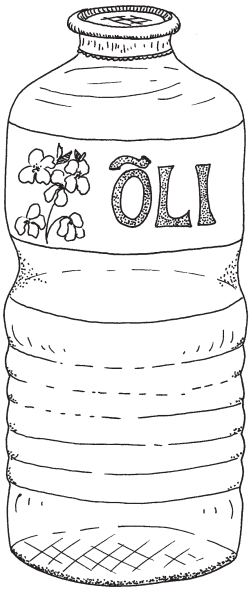


HAPU-KAPSA-SUPP

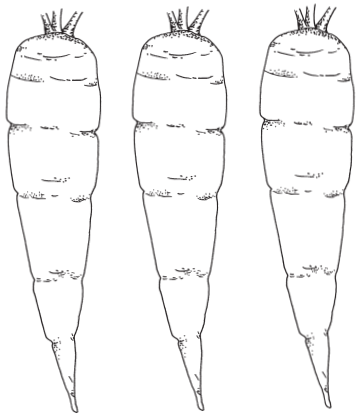


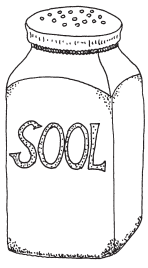
HAPU-KAPSA-SUPP











HAPU-KAPSA-SUPP

sea-liha	500 g
õli	1 sl
hapu-kapsas	1 kg
porgand	3
sool	

1. Tükelda liha.
2. Pruunista liha pannil.
3. Pane potti vesi.
4. Pane vette pruunistatud liha ja hapu-kapsas.
5. Lase supp keema.
   Keeda 1 tund.
6. Pese ja koori porgandid.
7. Riivi porgandid.
8. Lisa riivitud porgandid supile.
   Keeda pool tundi.
9. Maitsesta.

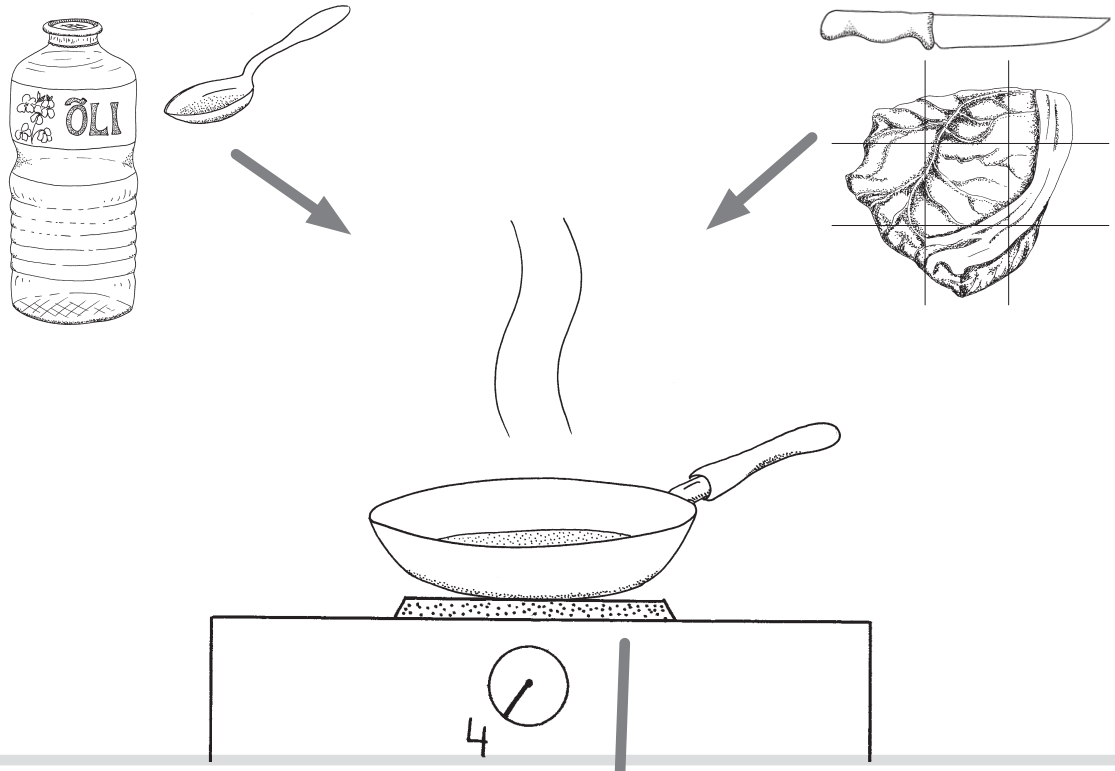
HAPU-KAPSA-SUPP

SEA-LIHA	500 G
ÕLI	1 SL
HAPU-KAPSAS	1 KG
PORGAND	3
SOOL	

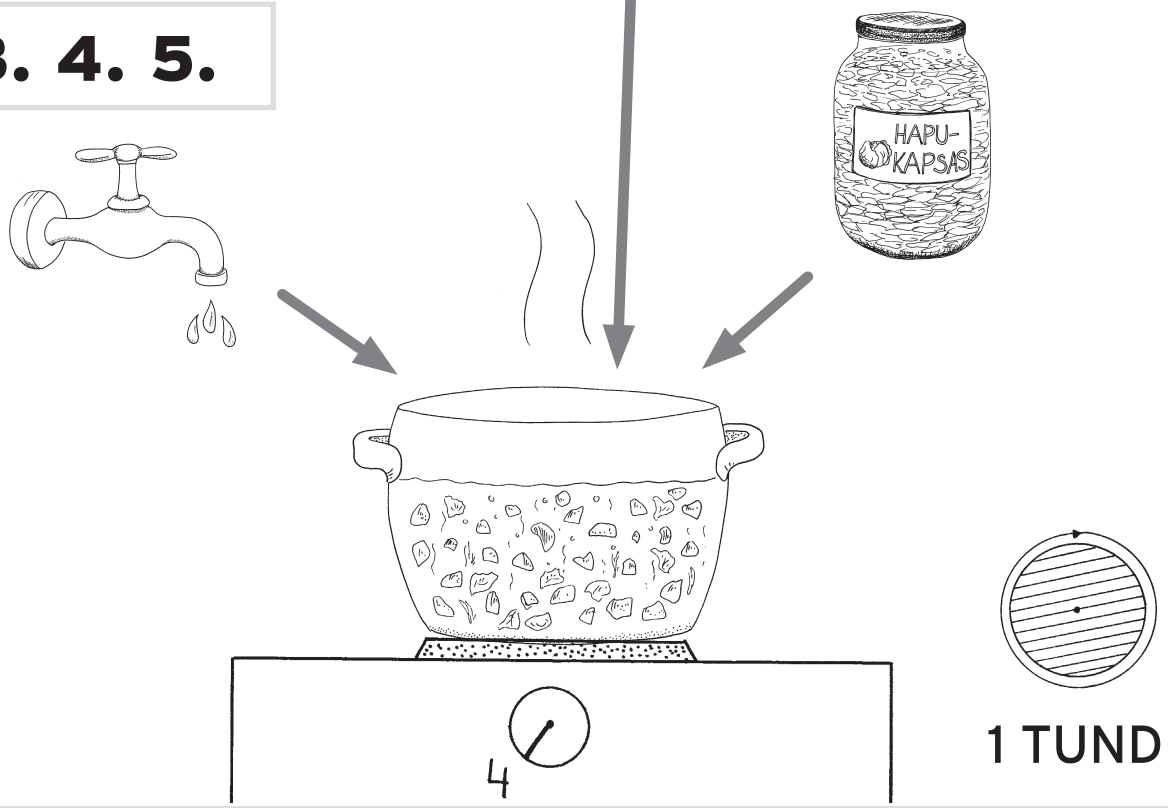
1. TÜKELDA LIHA.
2. PRUUNISTA LIHA PANNIL.
3. PANE POTTI VESI.
4. PANE VETTE PRUUNISTATUD LIHA JA HAPU-KAPSAS.
5. LASE SUPP KEEMA. KEEDA 1 TUND.
6. PESE JA KOORI PORGANDID.
7. RIIVI PORGANDID.
8. LISA RIIVITUD PORGANDID SUPILE. KEEDA POOL TUNDI.
9. MAITSESTA.

HAPU-KAPSA-SUPP

1. 2.

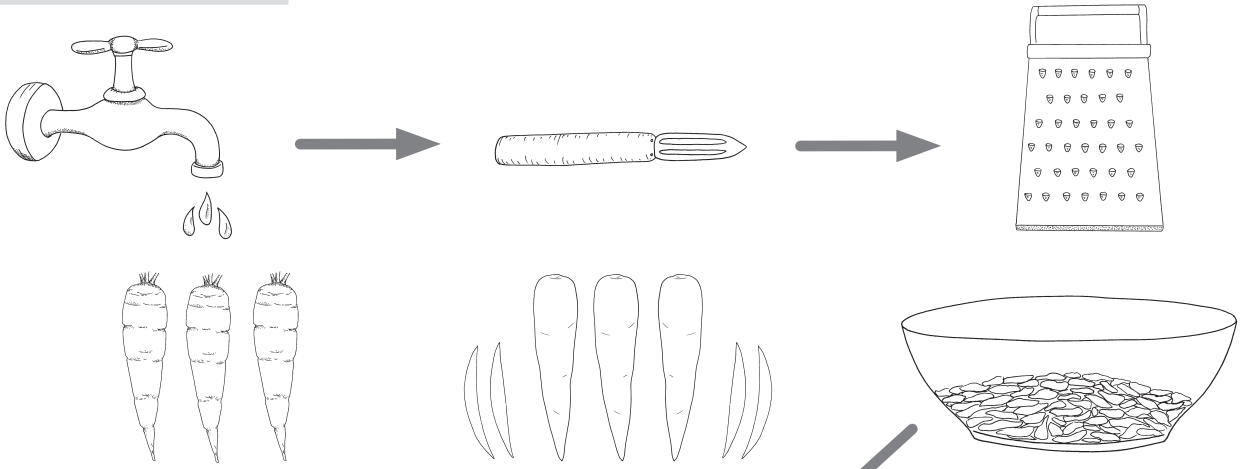


3. 4. 5.

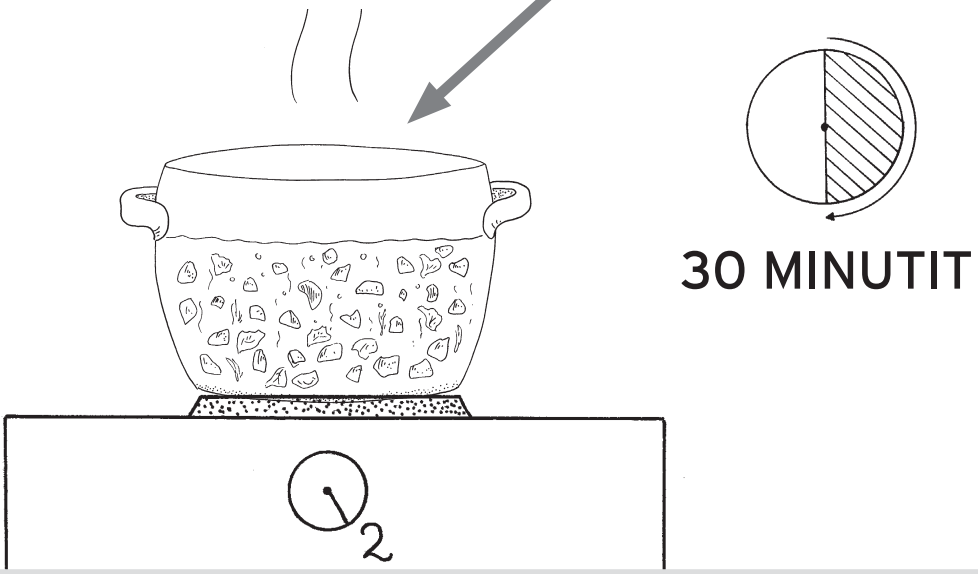


HAPU-KAPSA-SUPP

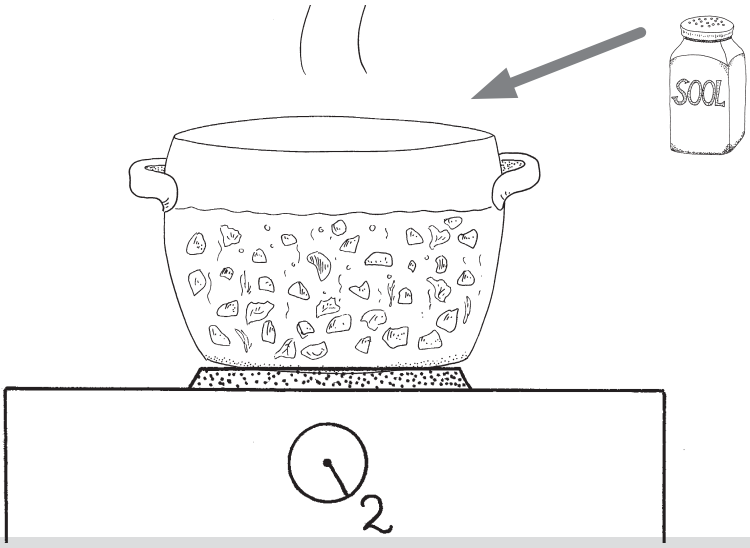
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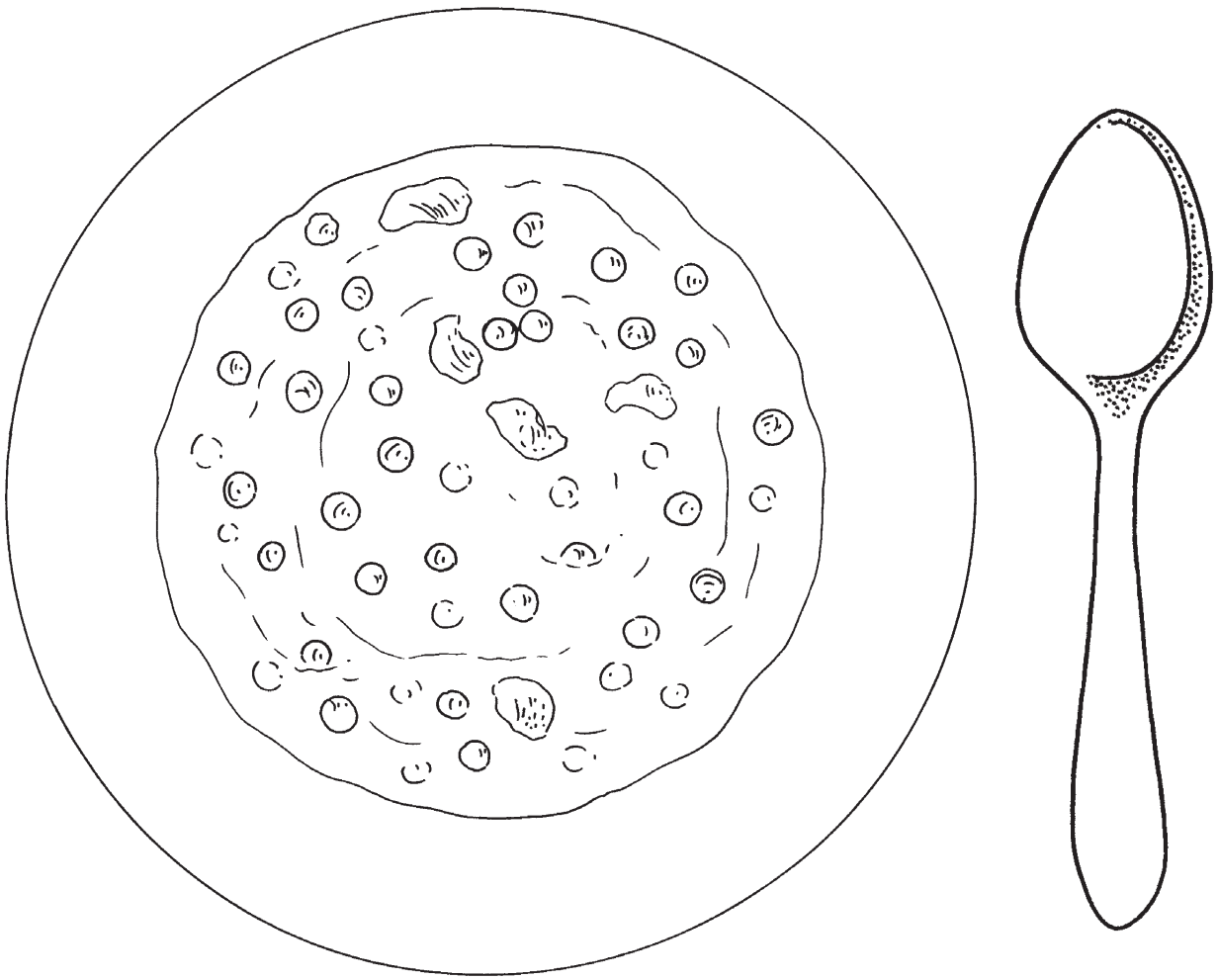
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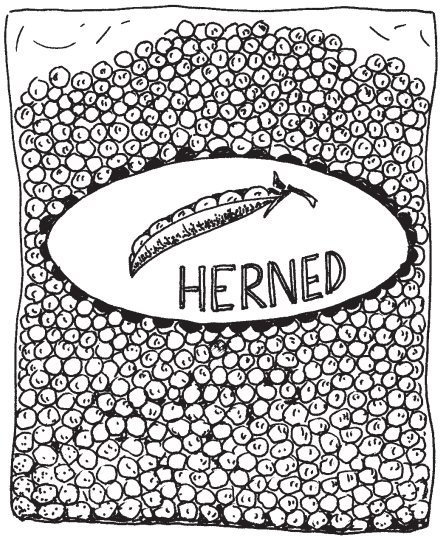
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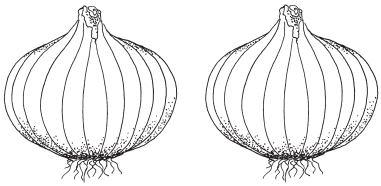


HERNE-SUPP

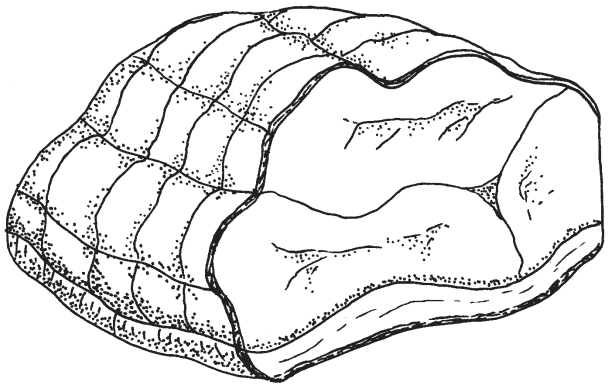


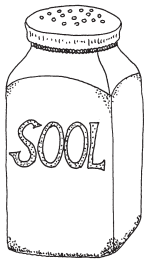
HERNE-SUPP











HERNE-SUPP

kuivatatud herned	4 dl
sibul	2
odra-kruubid	1 dl
sink	400 g
sool	

1. Pane herned kaussi.
2. Vala herneste peale vesi.
   Jäta herned ööseks vette likku.
3. Nõruta herned.
4. Koori ja haki sibul.
5. Pane potti leotatud herned, sibula-tükid, kruubid ja vesi.
6. Lase supp keema.
   Keeda, kuni herned on pehmed (umbes 2 tundi).
7. Tükelda sink.
8. Lisa singi-tükid supile.
9. Maitsesta.

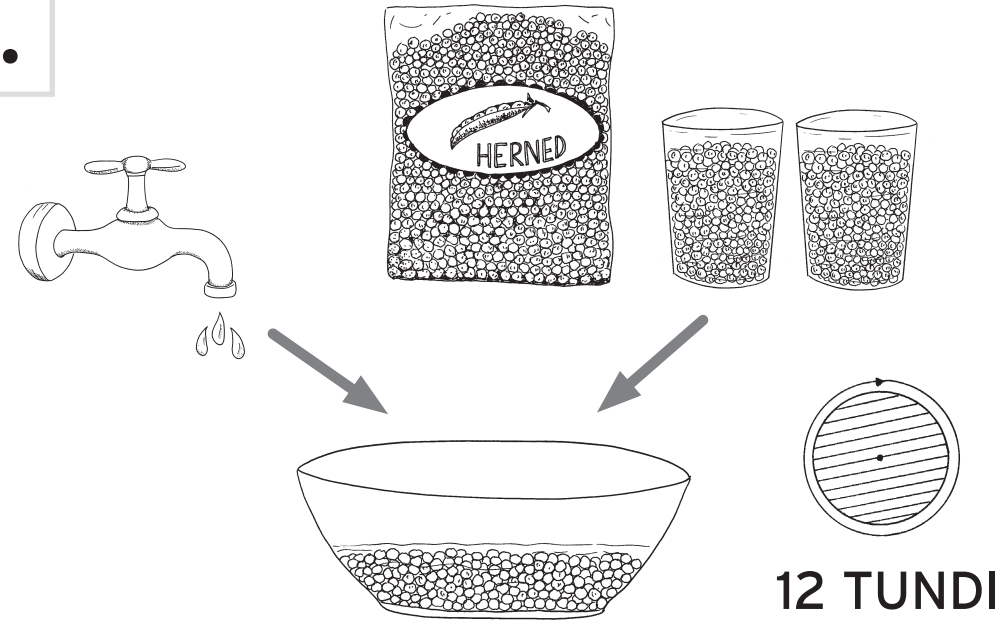
HERNE-SUPP

KUIVATATUD HERNED	4 DL
SIBUL	2
ODRA-KRUUBID	1 DL
SINK	400 G
SOOL	

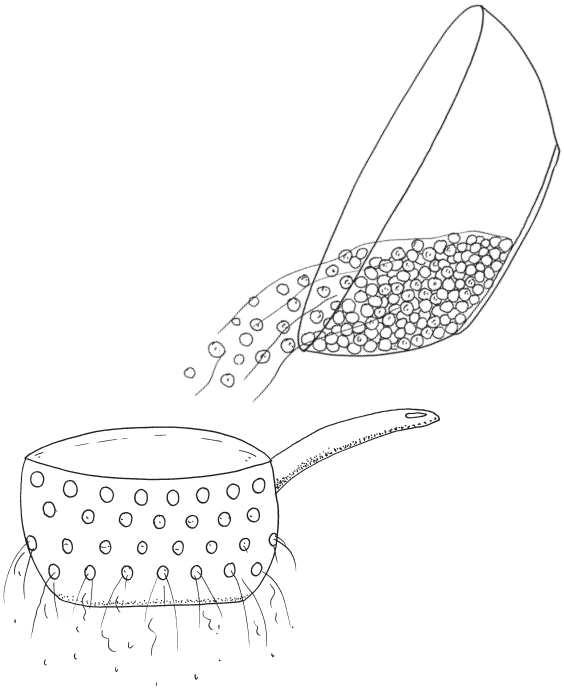
1. PANE HERNED KAUSSI.
2. VALA HERNESTE PEALE VESI.
   JÄTA HERNED ÖÖSEKS VETTE LIKKU.
3. NÕRUTA HERNED.
4. KOORI JA HAKI SIBUL.
5. PANE POTTI LEOTATUD HERNED,
   SIBULA-TÜKID, KRUUBID JA VESI.
6. LASE SUPP KEEMA.
   KEEDA, KUNI HERNED ON PEHMED
   (UMBES 2 TUNDI).
7. TÜKELDA SINK.
8. LISA SINGI-TÜKID SUPILE.
9. MAITSESTA.

HERNE-SUPP

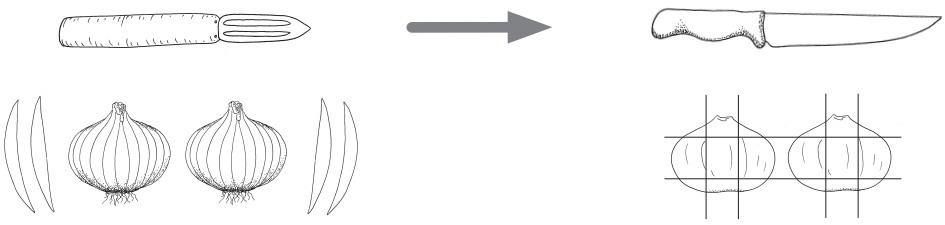
1. 2.



3.

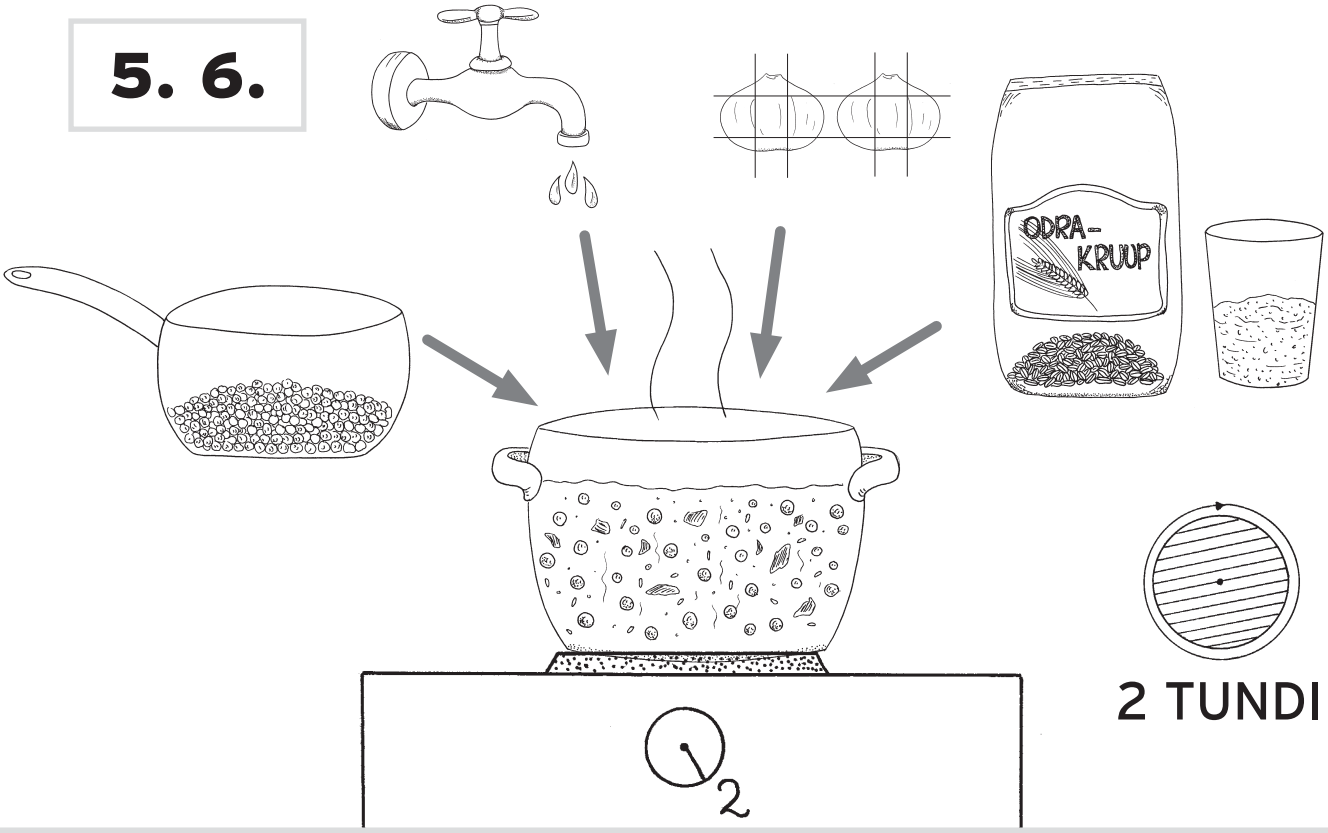


4.



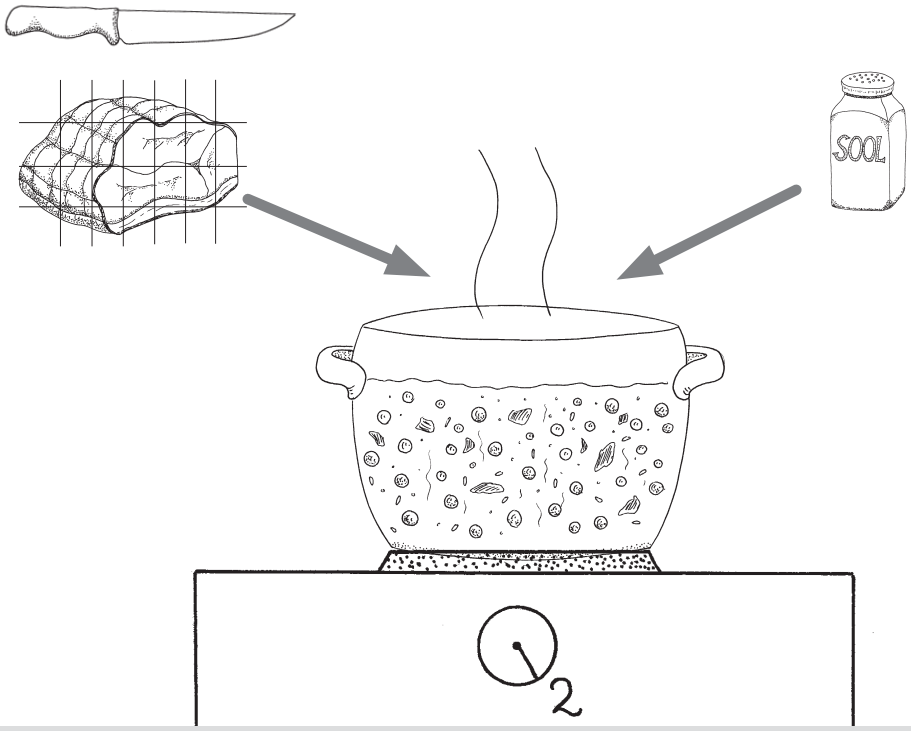
HERNE-SUPP

5. 6.

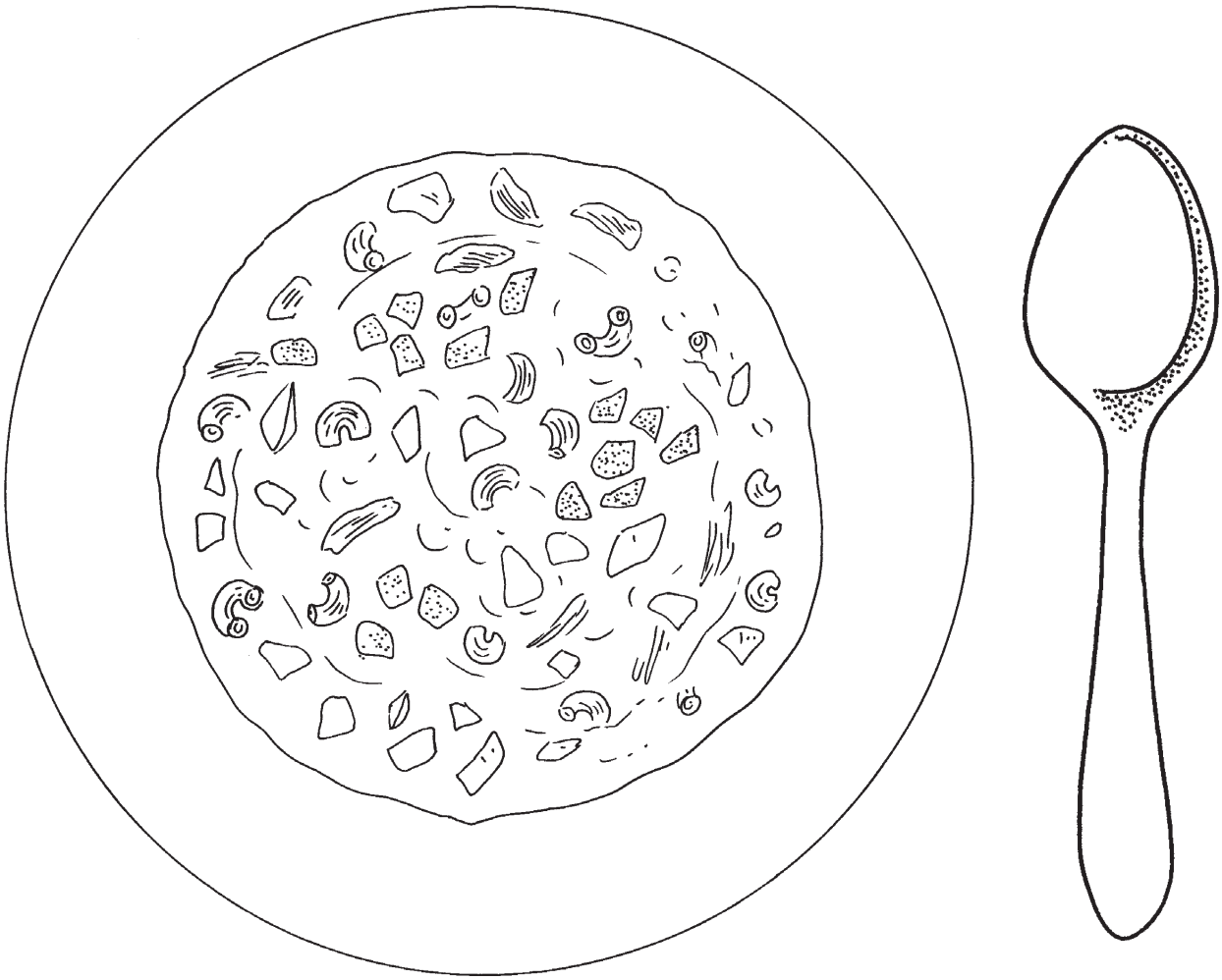


2 TUNDI

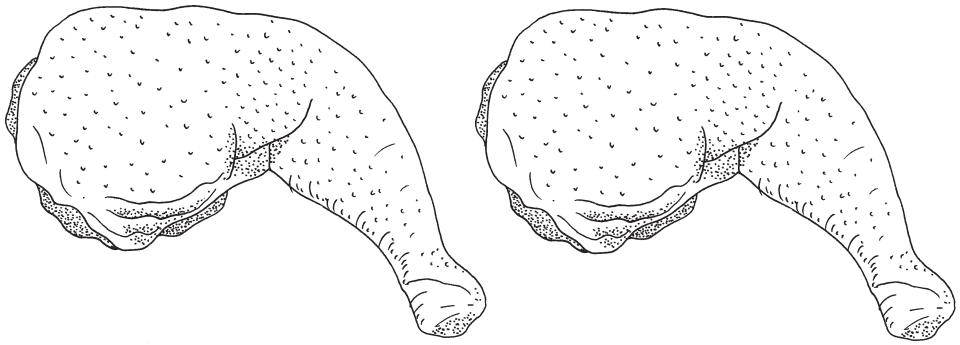
7. 8. 9.

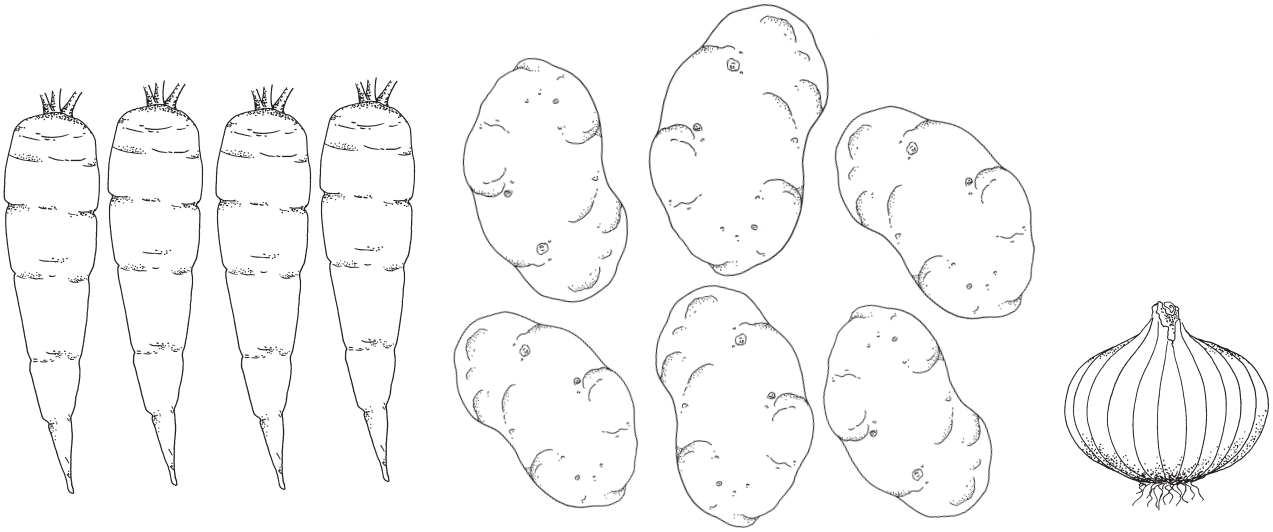


KANA-SUPP

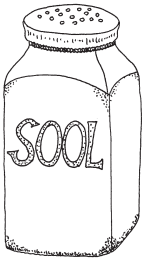


KANA-SUPP









KANA-SUPP

kana-koivad	2
porgand	4
kartul	6
sibul	1
makaronid	1 dl
sool	

1. Pane potti vesi.
   Lase vesi keema.
2. Pane vette kana-koivad.
3. Keeda kana pehmeks.
4. Tõsta kana potist välja jahtuma.
5. Pese porgandid ja kartulid.
6. Koori ja tükelda porgandid, kartulid ja sibul.
7. Lisa aed-vilja-tükid supile.
8. Keeda, kuni aed-vilja-tükid on pehmed.
9. Tükelda keedetud kana.
   Lisa kana-tükid supile.
10. Lisa supile makaronid.
11. Keeda, kuni makaronid on pehmed.
12. Maitsesta.

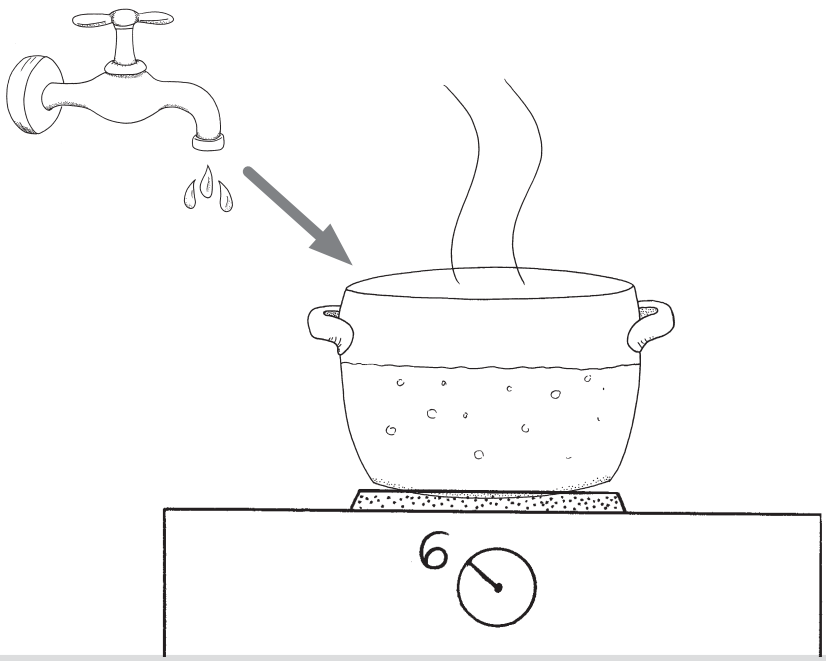
KANA-SUPP

KANA-KOIVAD	2
PORGAND	4
KARTUL	6
SIBUL	1
MAKARONID	1 DL
SOOL	

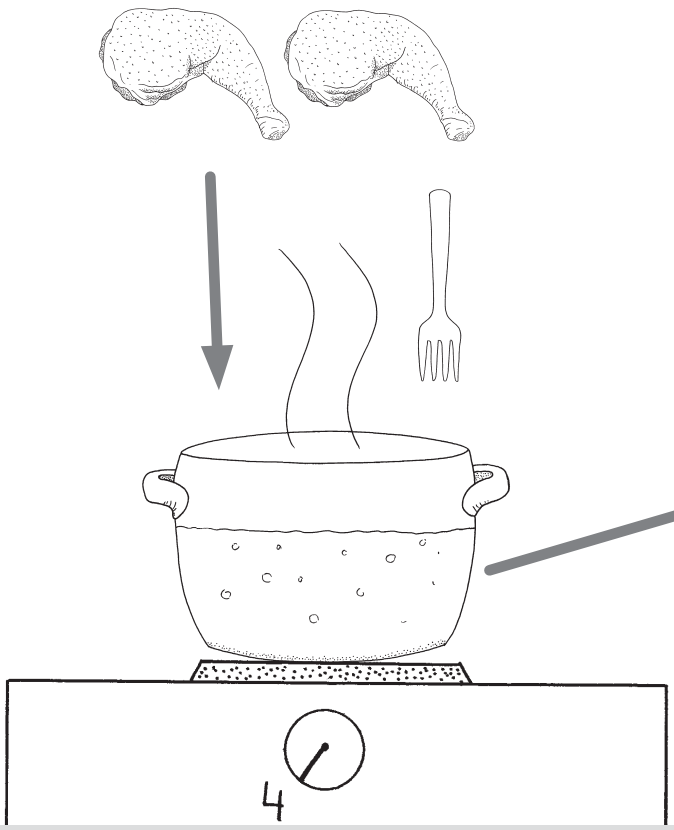
1. PANE POTTI VESI.
   LASE VESI KEEMA.
2. PANE VETTE KANA-KOIVAD.
3. KEEDA KANA PEHMEKS.
4. TÕSTA KANA POTIST VÄLJA JAHTUMA.
5. PESE PORGANDID JA KARTULID.
6. KOORI JA TÜKELDA PORGANDID,
   KARTULID JA SIBUL.
7. LISA AED-VILJA-TÜKID SUPILE.
8. KEEDA, KUNI AED-VILJA-TÜKID ON PEHMED.
9. TÜKELDA KEEDETUD KANA.
   LISA KANA-TÜKID SUPILE.
10. LISA SUPILE MAKARONID.
11. KEEDA, KUNI MAKARONID ON PEHMED.
12. MAITSESTA.

KANA-SUPP

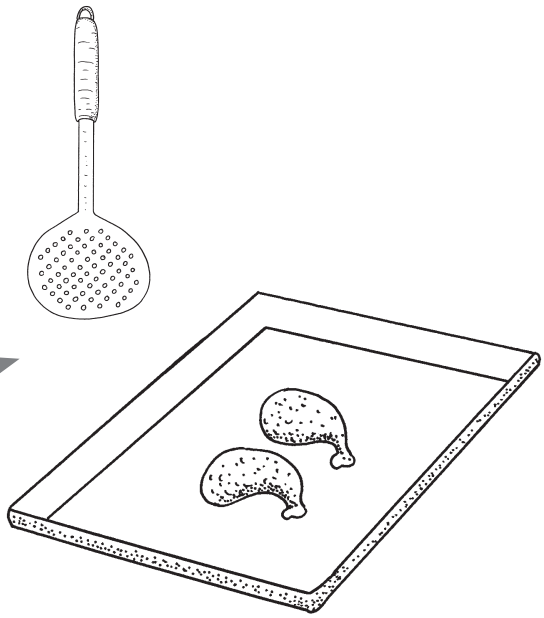
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2. 3.

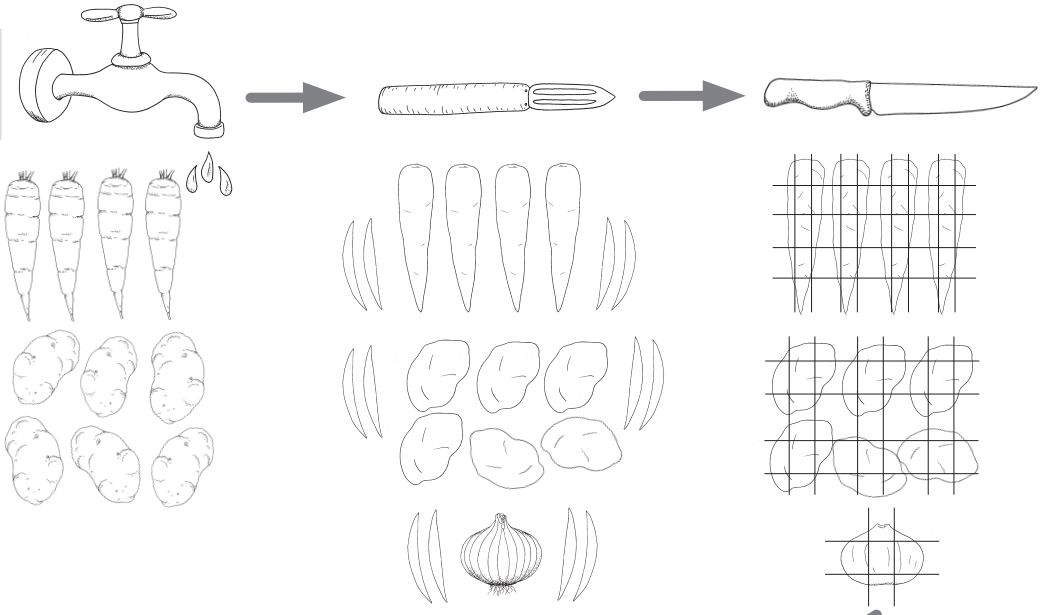


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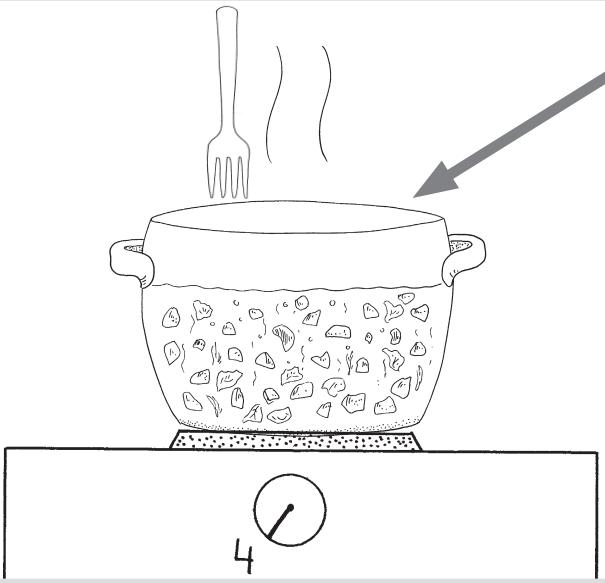


KANA-SUPP

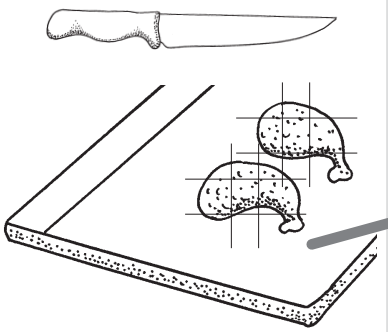
5. 6.



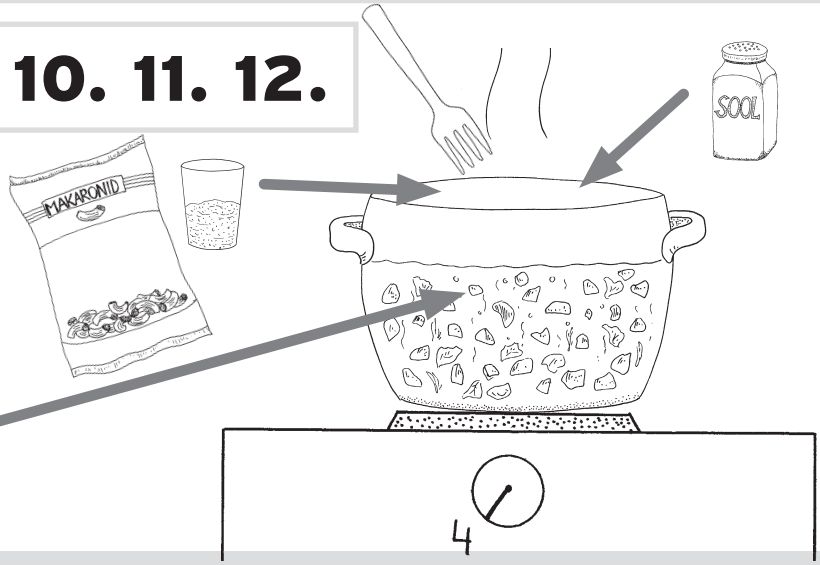
7. 8.



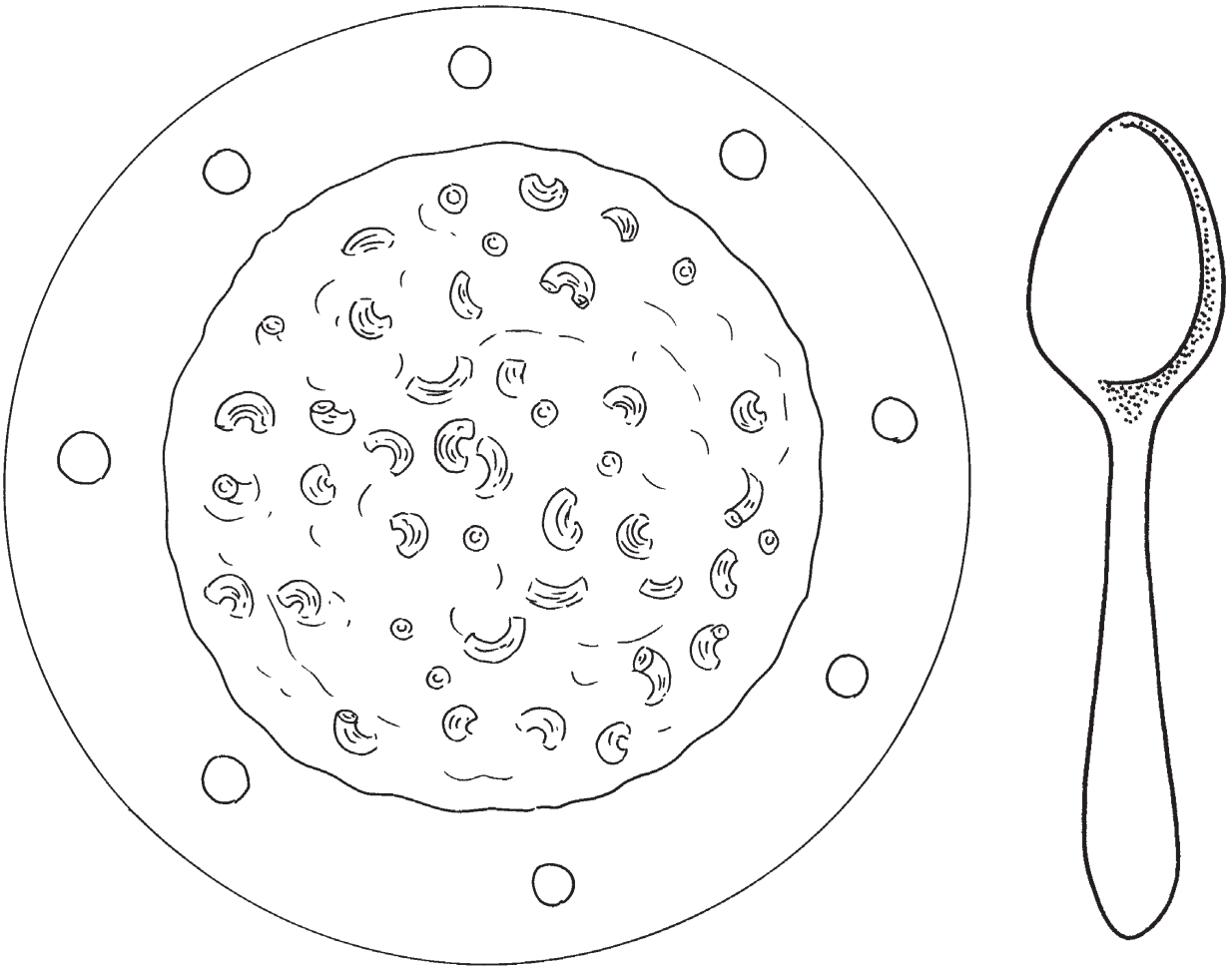
9.



10. 11. 12.

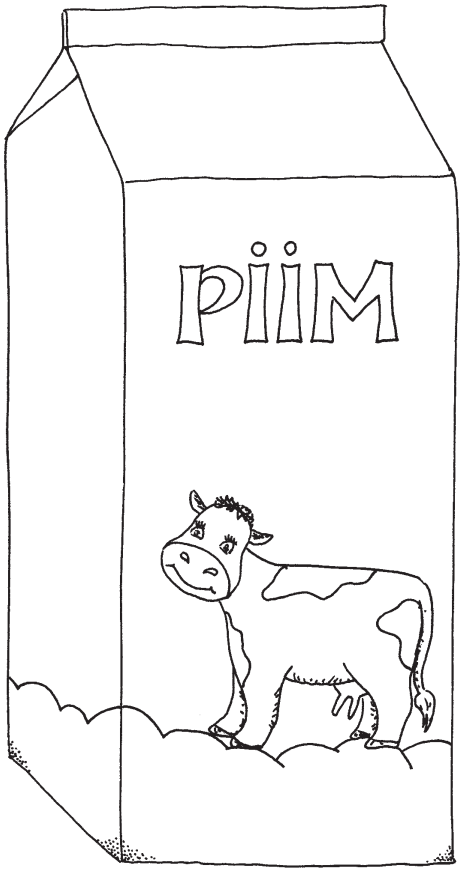


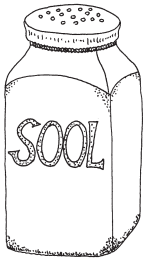
PIIMA-MAKARONI-SUPP



PIIMA-MAKARONI-SUPP







PIIMA-MAKARONI-SUPP

makaronid	veerand pakki
piim	1 liiter
sool	

1. Keeda makaronid veega pehmeks.
2. Nõruta makaronid.
3. Pane keedetud makaronid potti.
4. Lisa makaronidele piim.
   Lase piim keema tõusta.
5. Tõsta pott pliidilt.
6. Lase supil kaane all 10 minutit seista.
7. Maitsesta.

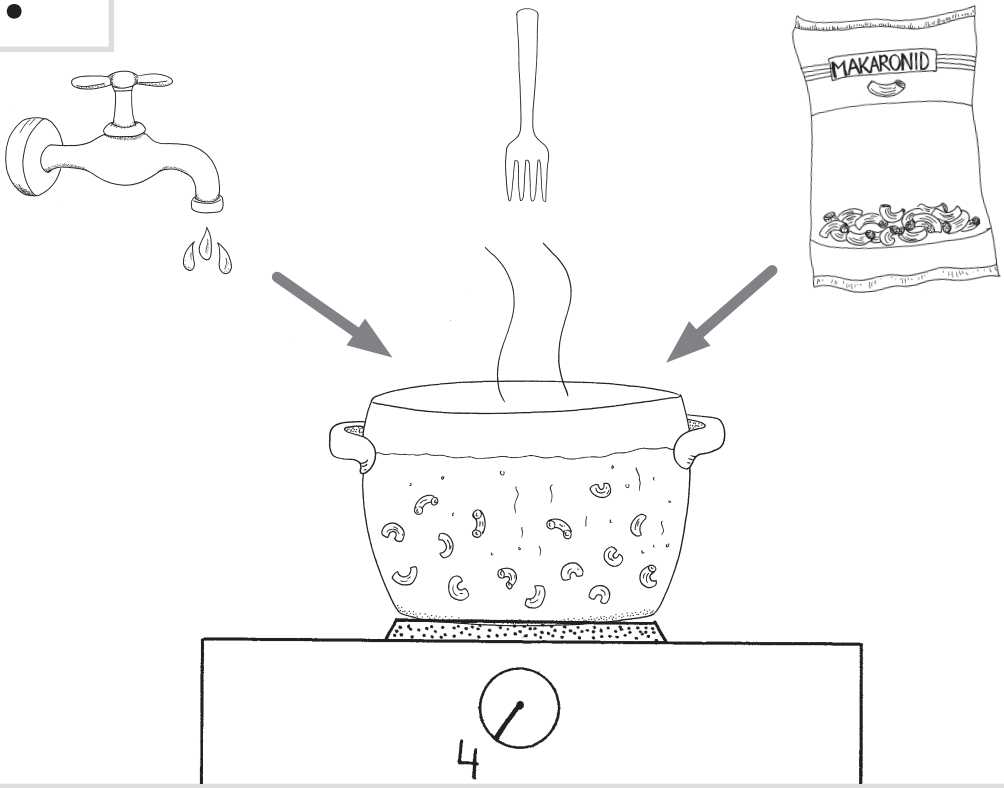
PIIMA-MAKARONI-SUPP

MAKARONID	VEERAND PAKKI
PIIM	1 LIITER
SOOL	

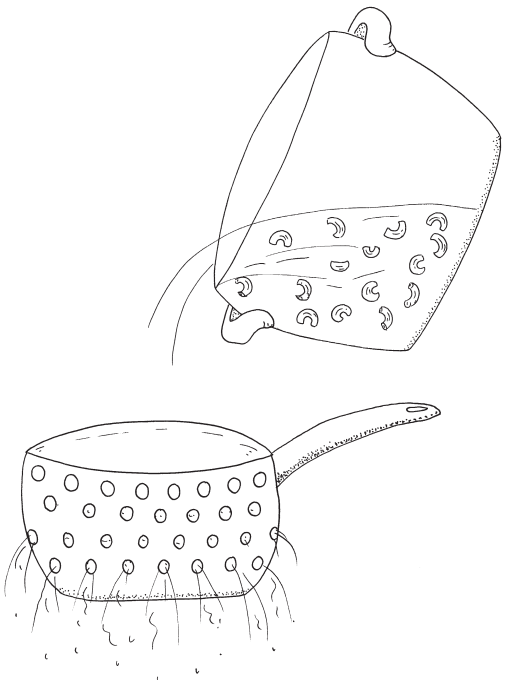
1. KEEDA MAKARONID VEEGA PEHMEKS.
2. NÕRUTA MAKARONID.
3. PANE KEEDETUD MAKARONID POTTI.
4. LISA MAKARONIDELE PIIM.
   LASE PIIM KEEMA TÕUSTA.
5. TÕSTA POTT PLIIDILT.
6. LASE SUPIL KAANE ALL 10 MINUTIT SEISTA.
7. MAITSESTA.

PIIMA-MAKARONI-SUPP

1.

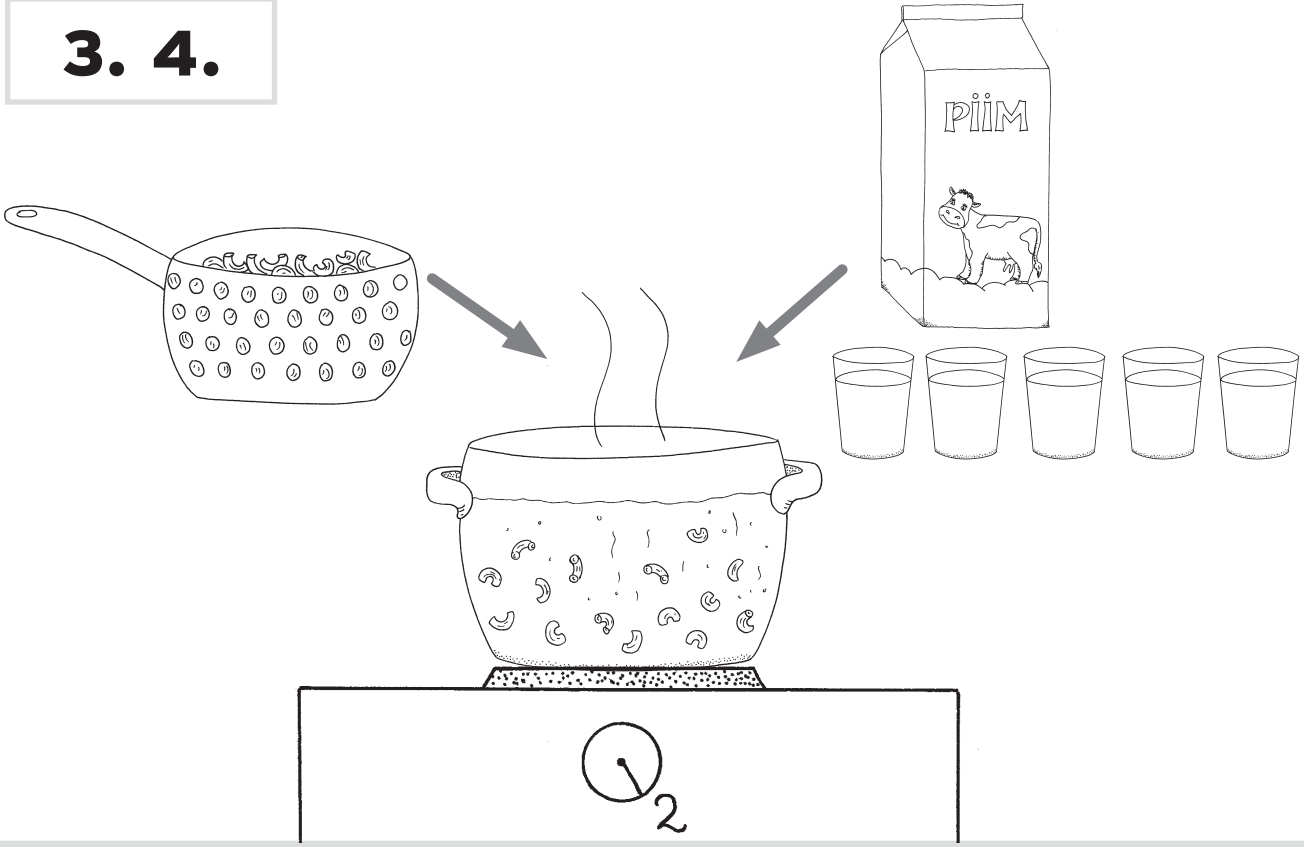


2.

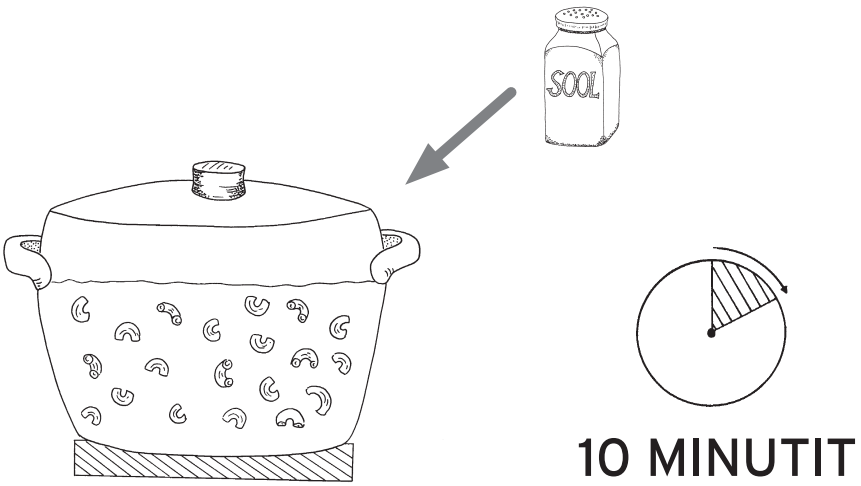


PIIMA-MAKAROONI-SUPP

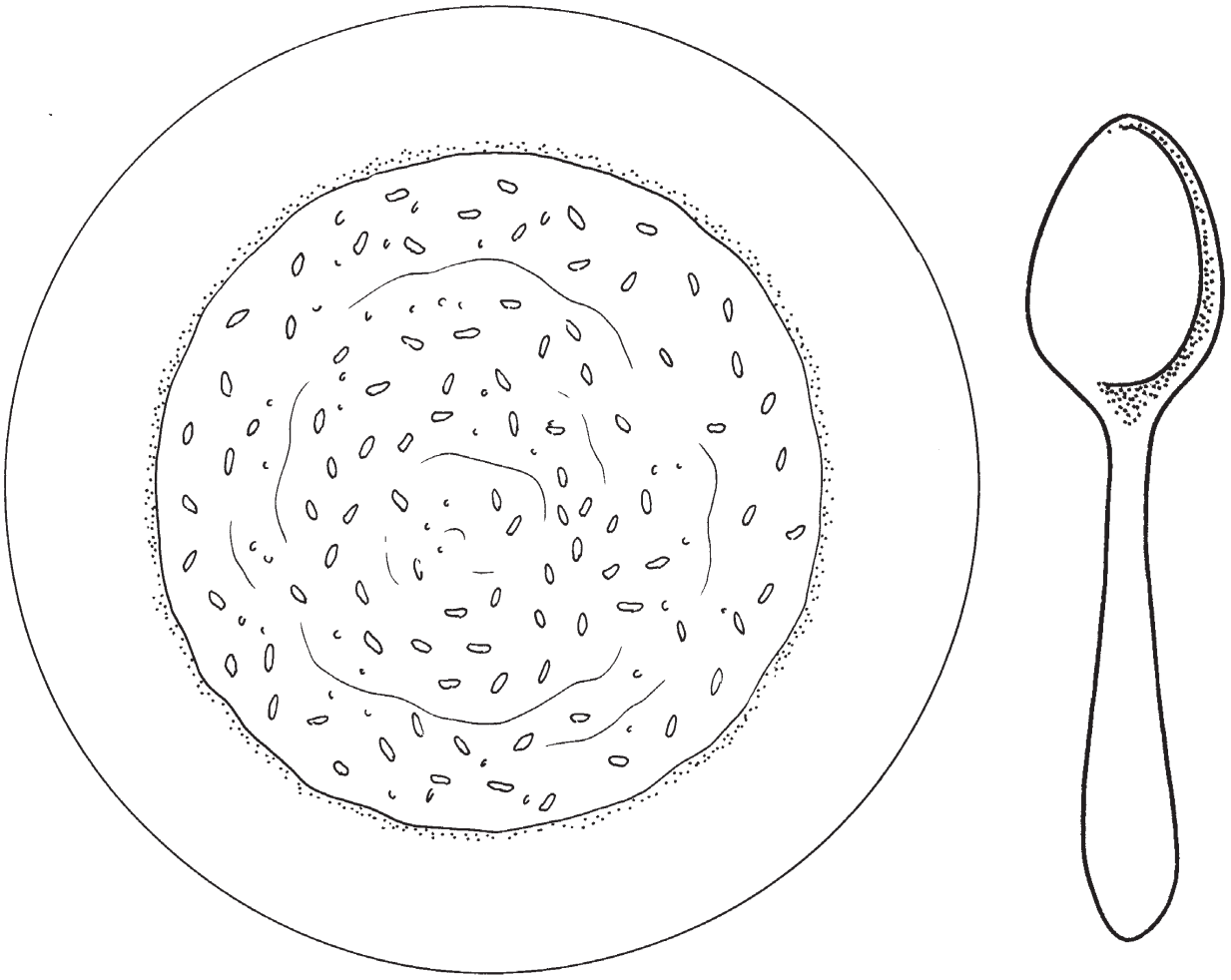
3. 4.



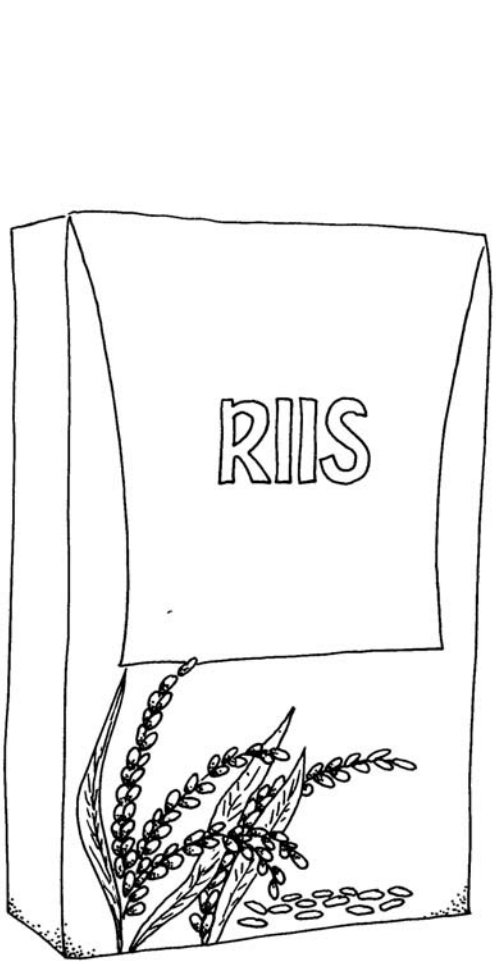
5. 6. 7.

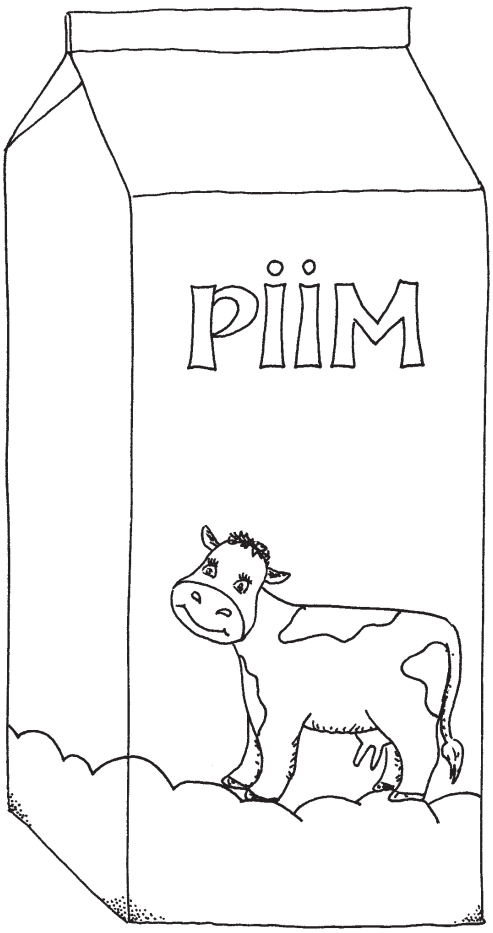


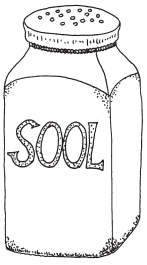
PIIMA-RIISI-SUPP



PIIMA-RIISI-SUPP







PIIMA-RIISI-SUPP

riis	0,5 dl
piim	1 liiter
sool	

1. Keeda riis veega pehmeks.
2. Nõruta riis.
3. Pane keedetud riis potti.
4. Lisa riisile piim.
   Lase piim keema tõusta.
5. Tõsta pott pliidilt.
6. Lase supil kaane all 10 minutit seista.
7. Maitsesta.

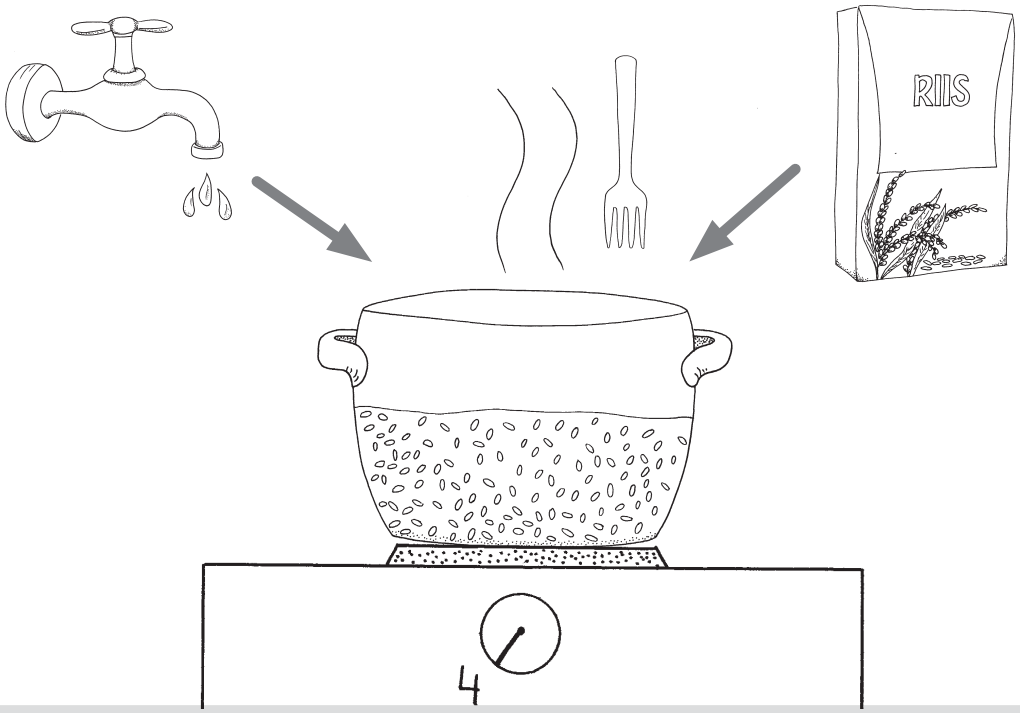
PIIMA-RIISI-SUPP

RIIS	0,5 DL
PIIM	1 L
SOOL	

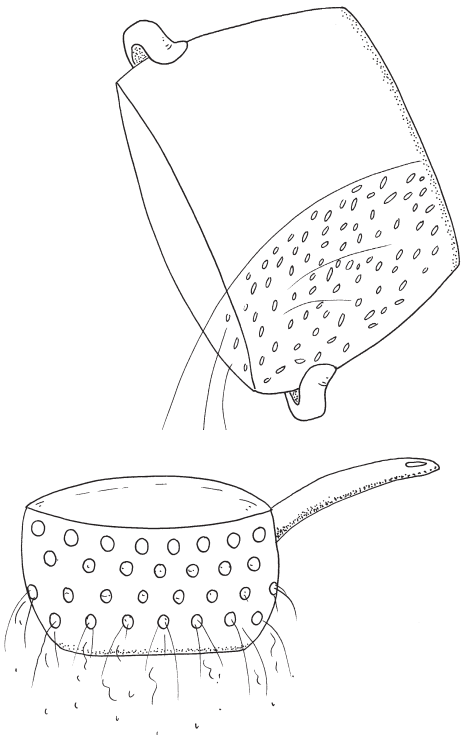
1. KEEDA RIIS VEEGA PEHMEKS.
2. NÕRUTA RIIS.
3. PANE KEEDETUD RIIS POTTI.
4. LISA RIISILE PIIM.
   LASE PIIM KEEMA TÕUSTA.
5. TÕSTA POTT PLIIDILT.
6. LASE SUPIL KAANE ALL 10 MINUTIT SEISTA.
7. MAITSESTA.

PIIMA-RIISI-SUPP

1.

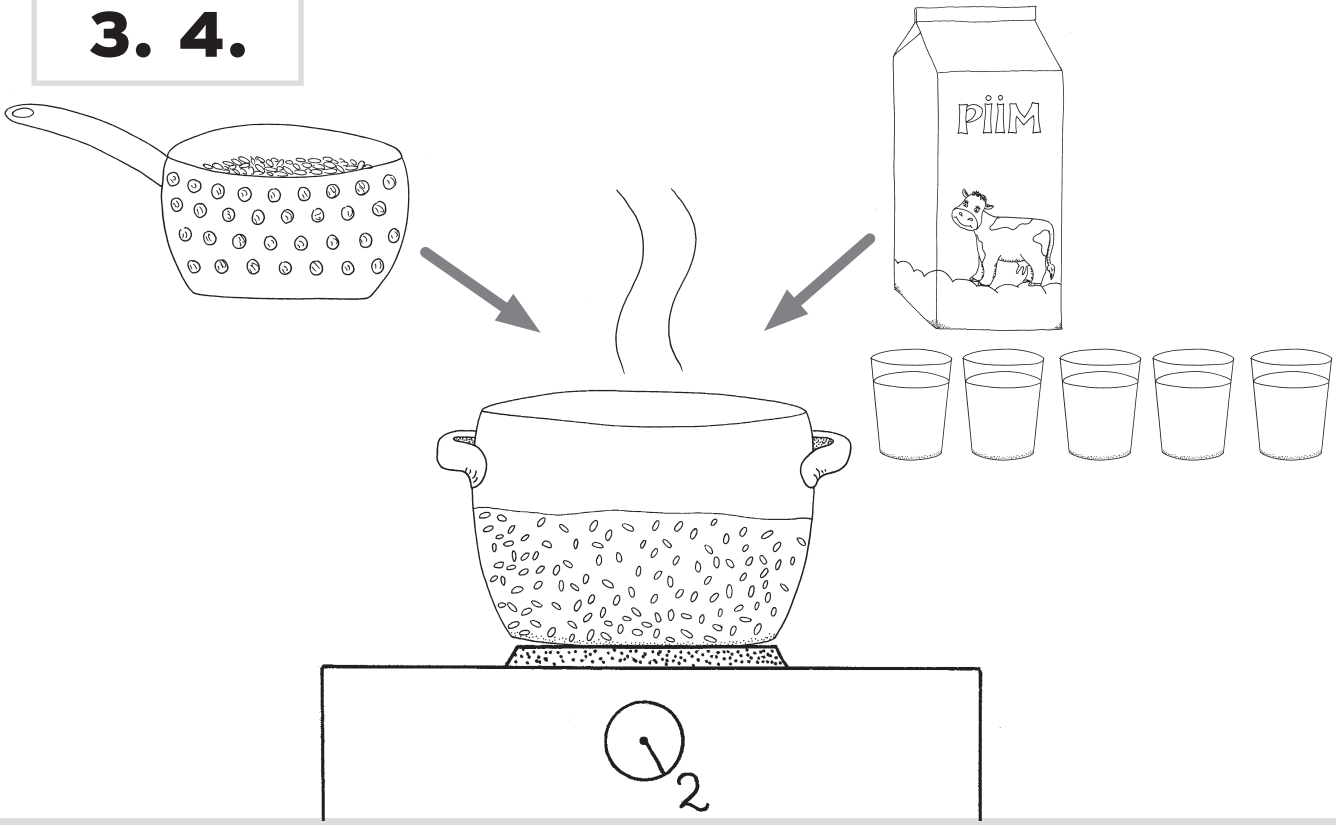


2.

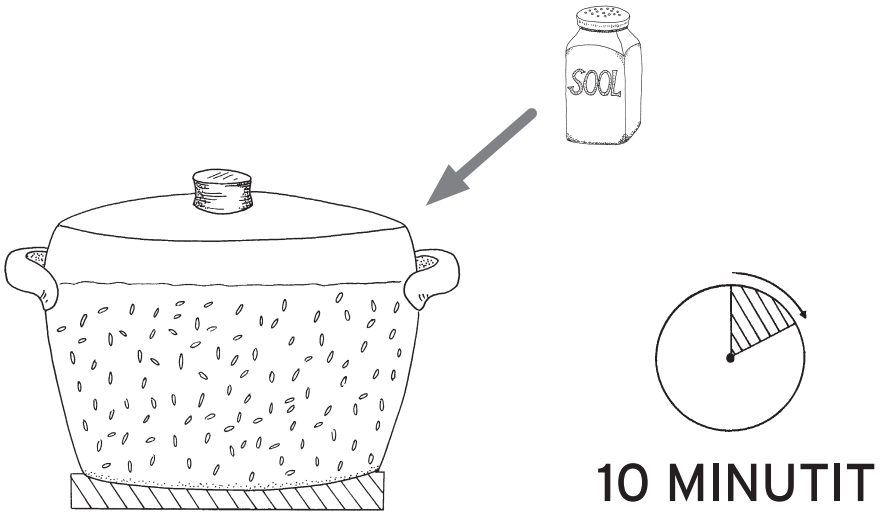


PIIMA-RIISI-SUPP

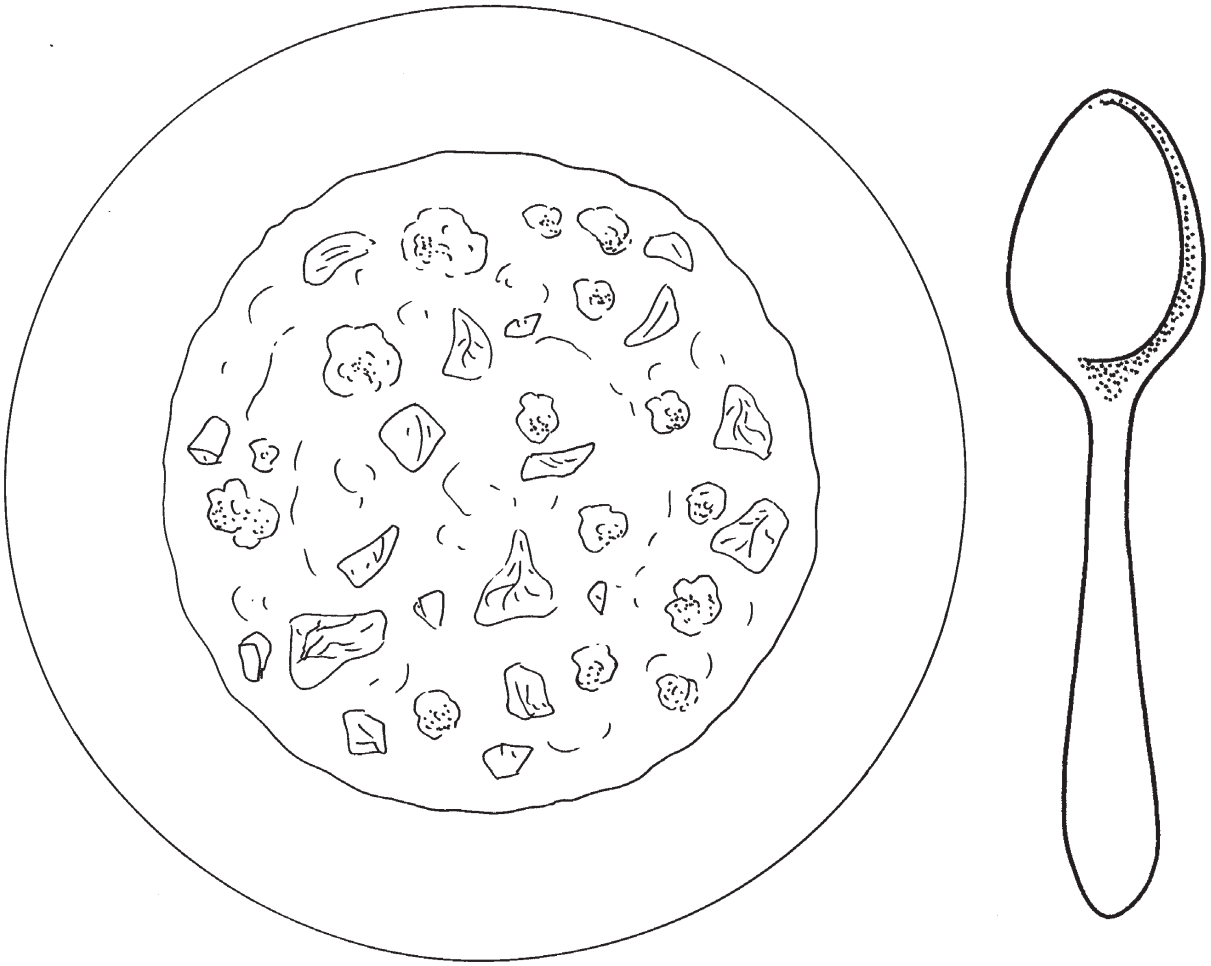
3. 4.



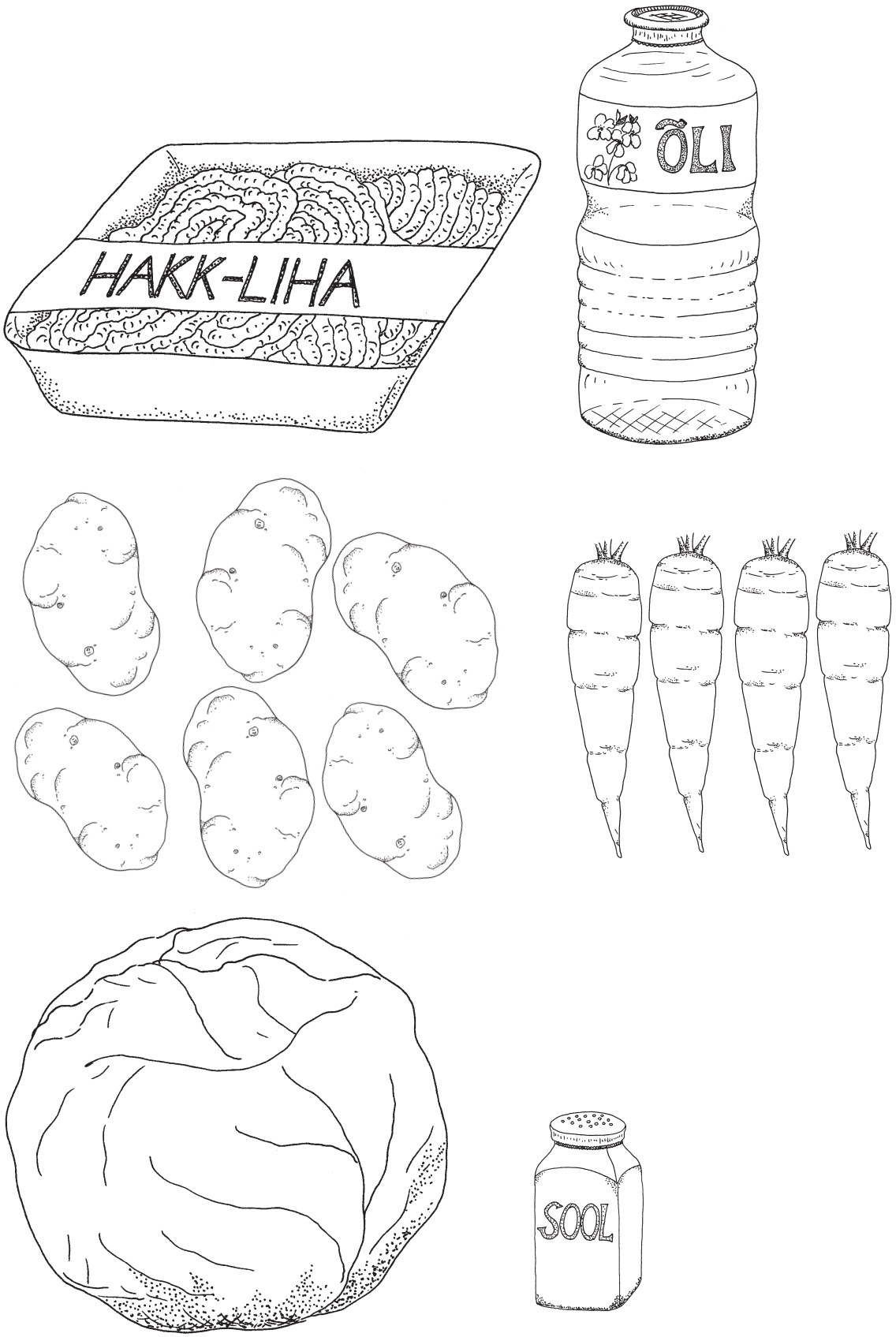
5. 6. 7.



VÄRSKE-KAPSA-SUPP



VÄRSKE-KAPSA-SUPP



VÄRSKE-KAPSA-SUPP

hakk-liha	250 g
õli	1 sl
kartul	6
porgand	4
kapsas	1 väike kapsas
sool	

1. Pruunista potis hakk-liha.
2. Lisa hakk-lihale vesi.
   Lase vesi keema.
3. Pese kartulid, porgandid ja kapsas.
4. Koori ja tükelda kartulid, porgandid ja kapsas.
5. Lisa aed-vilja-tükid supile.
6. Keeda, kuni aed-vili on pehme.
7. Maitsesta.

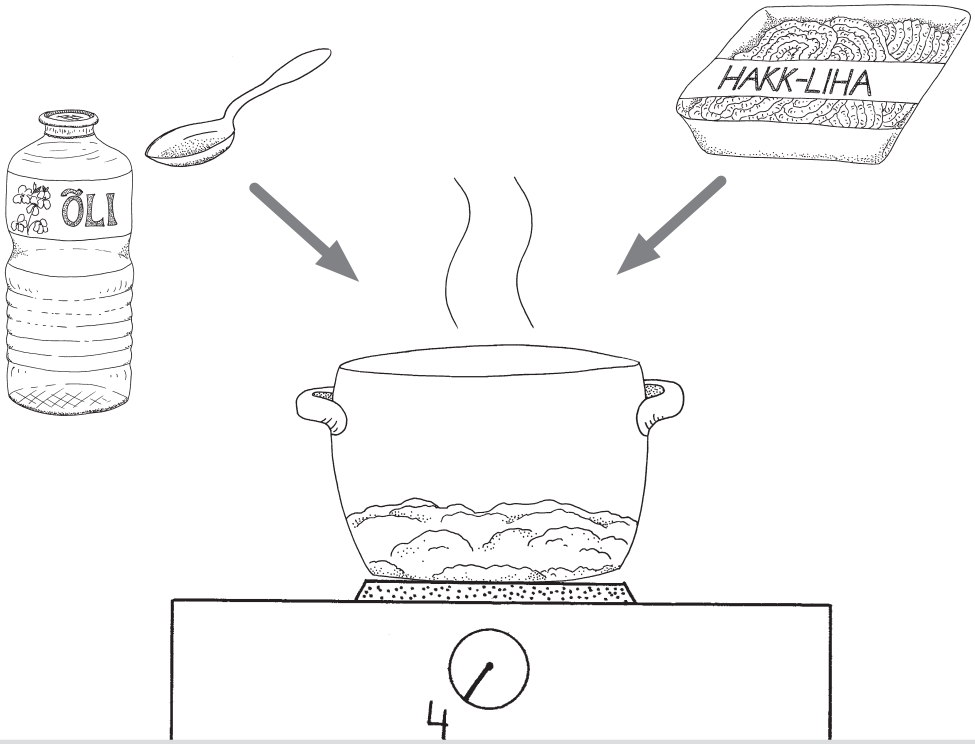
VÄRSKE-KAPSA-SUPP

HAKK-LIHA	250 G
ÕLI	1 SL
KARTUL	6
PORGAND	4
KAPSAS	1 VÄIKE KAPSAS
SOOL	

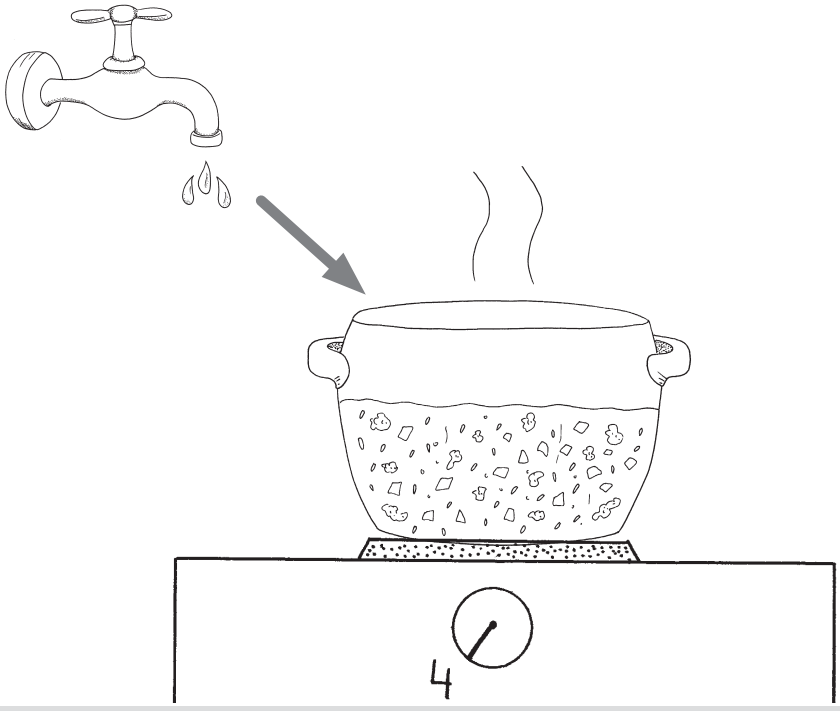
1. PRUUNISTA POTIS HAKK-LIHA.
2. LISA HAKK-LIHALE VESI.
   LASE VESI KEEMA.
3. PESE KARTULID, PORGANDID JA KAPSAS.
4. KOORI JA TÜKELDA KARTULID, PORGANDID JA KAPSAS.
5. LISA AED-VILJA-TÜKID SUPILE.
6. KEEDA, KUNI AED-VILI ON PEHME.
7. MAITSESTA.

VÄRSKE-KAPSA-SUPP

1.

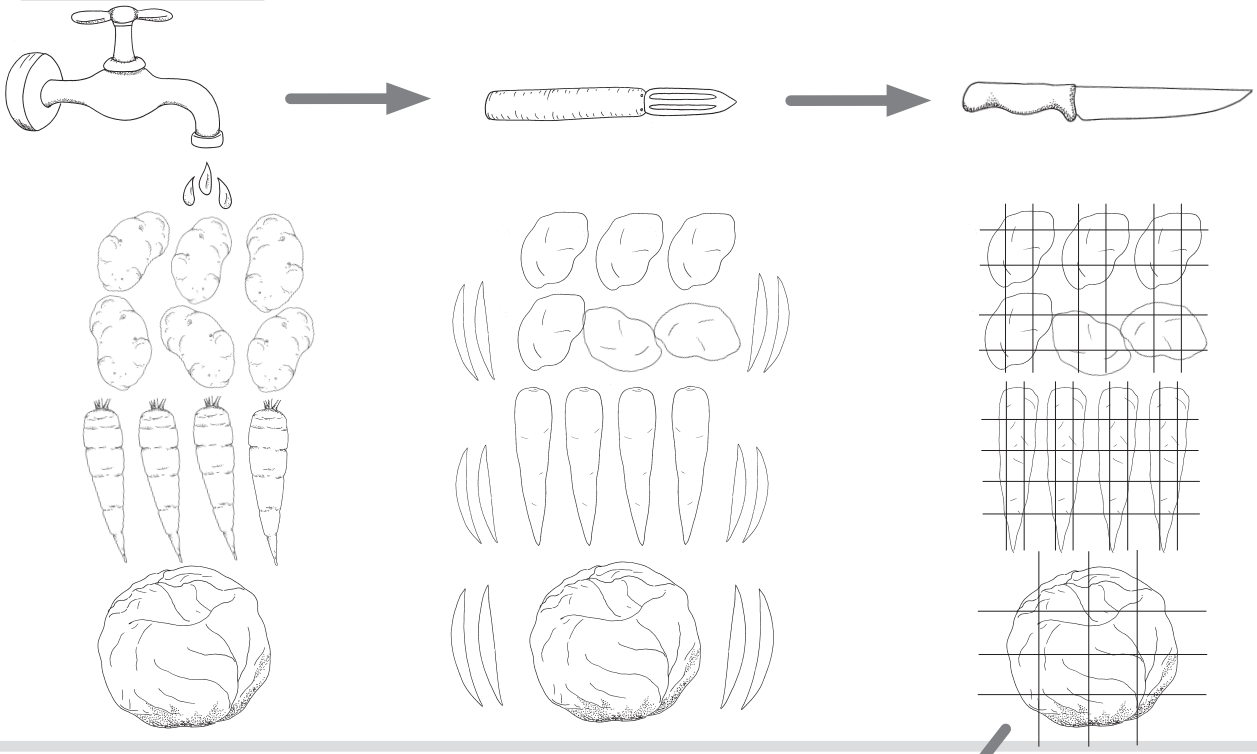


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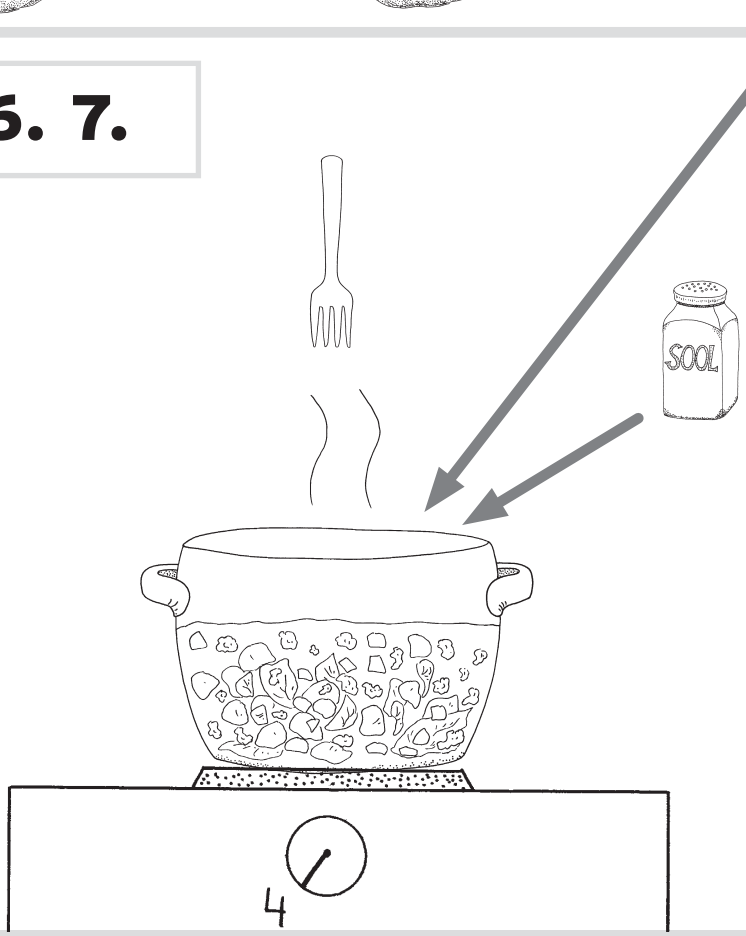


VÄRSKE-KAPSA-SUPP

3. 4.



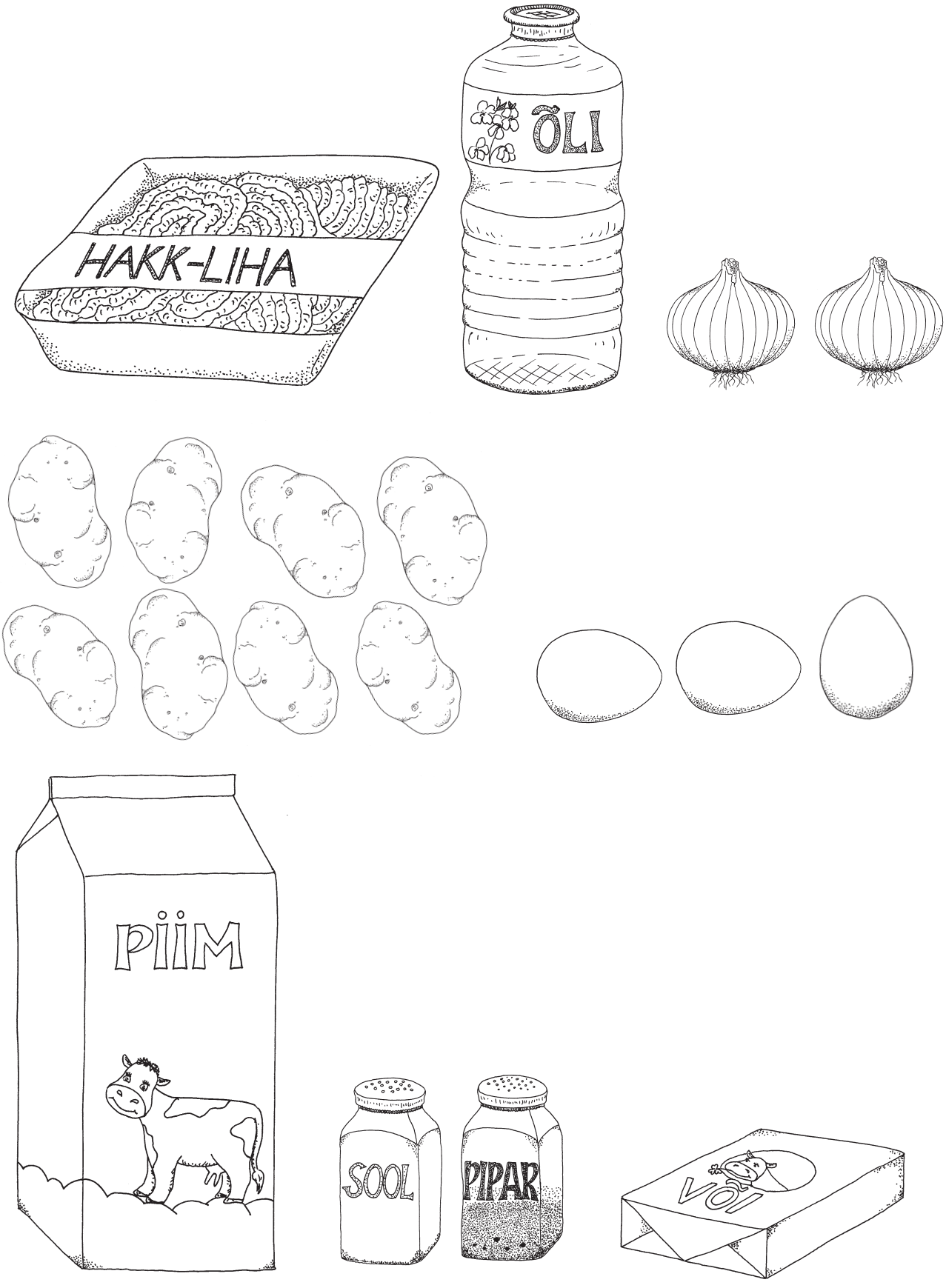
5. 6. 7.



HAKK-LIHA- JA KARTULI-VORM



HAKK-LIHA- JA KARTULI-VORM



HAKK-LIHA- JA KARTULI-VORM

hakk-liha	500 g
õli	1 sl
sibul	2
kartul	8
muna	3
piim	3 dl
sool	
pipar	
või	50 g

1. Pruunista pannil hakk-liha.
2. Koori ja haki sibulad.
3. Lisa sibula-tükid hakk-lihale. Pruunista.
4. Pese, koori ja viiluta kartulid.
5. Lao ahju-vormi kihtidena kartuli-viilud ja hakk-liha.
6. Pane kaussi munad, piim ja maitse-ained. Sega.
7. Kalla segu vormi kartulite peale.
8. Pane kartulite peale või-tükid.
9. Küpseta ahjus 180º juures umbes 2 tundi.

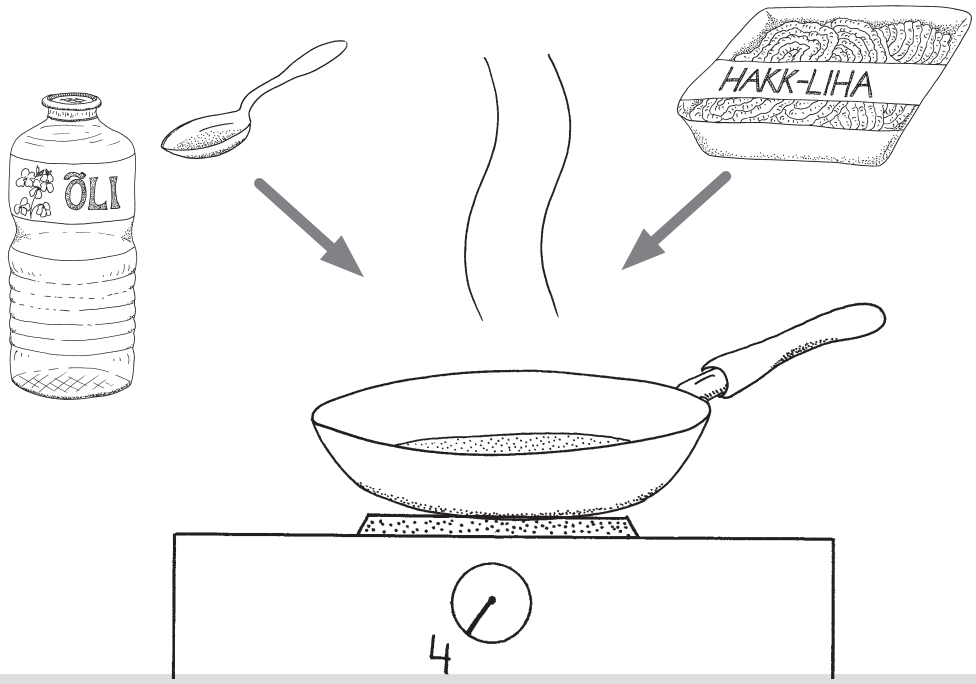
HAKK-LIHA- JA KARTULI-VORM

HAKK-LIHA	500 G
ÕLI	1 SL
SIBUL	2
KARTUL	8
MUNA	3
PIIM	3 DL
SOOL	
PIPAR	
VÕI	50 G

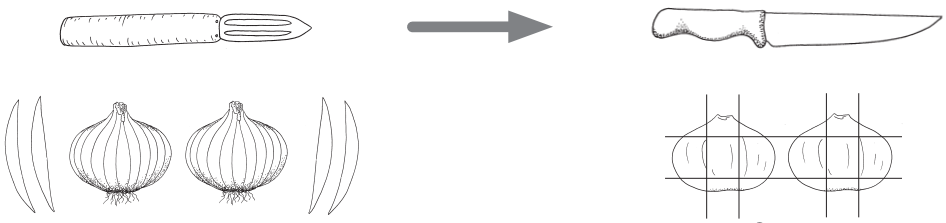
1. PRUUNISTA PANNIL HAKK-LIHA.
2. KOORI JA HAKI SIBULAD.
3. LISA SIBULA TÜKID HAKK-LIHALE. PRUUNISTA.
4. PESE, KOORI JA VIILUTA KARTULID.
5. LAO AHJU-VORMI KIHTIDENA KARTULI-VIILUD JA HAKK-LIHA.
6. PANE KAUSSI MUNAD, PIIM JA MAITSE-AINED. SEGA.
7. KALLA SEGU VORMI KARTULITE PEALE.
8. PANE KARTULITE PEALE VÕI-TÜKID.
9. KÜPSETA AHJUS 180º JUURES UMBES 2 TUNDI.

HAKK-LIHA- JA KARTULI-VORM

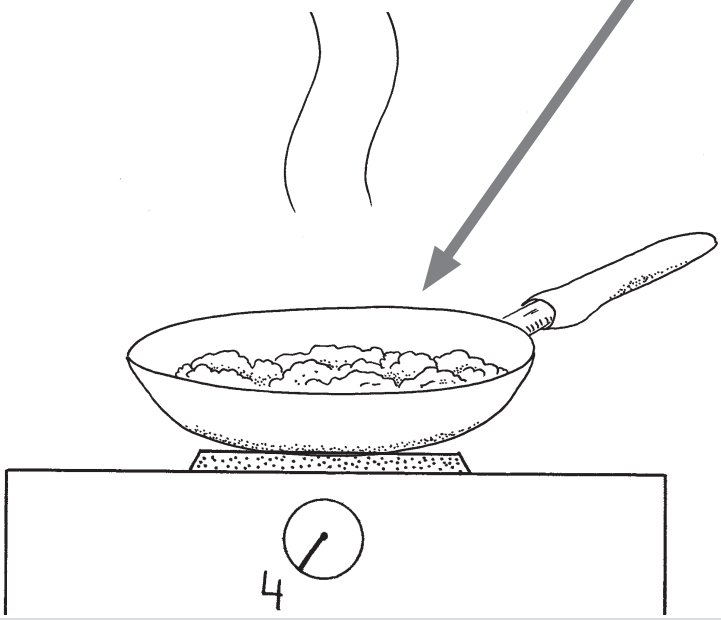
1.



2.

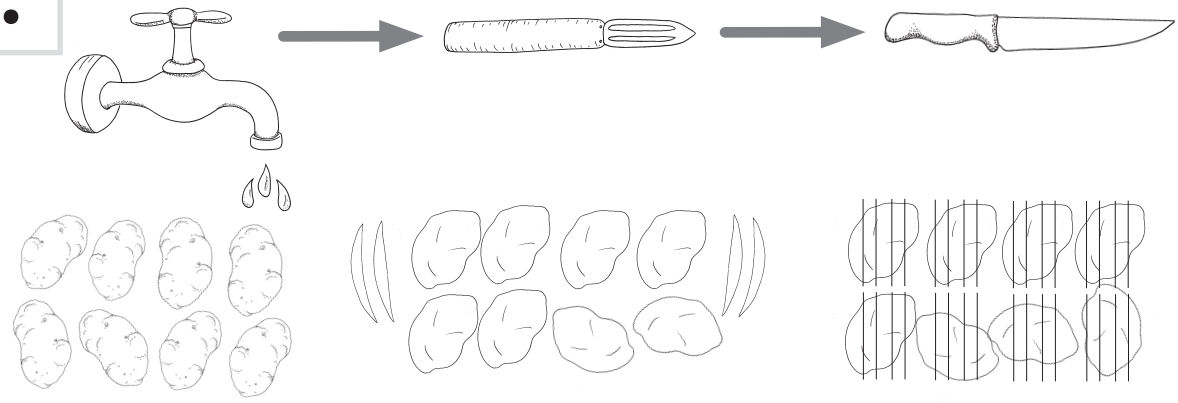


3.

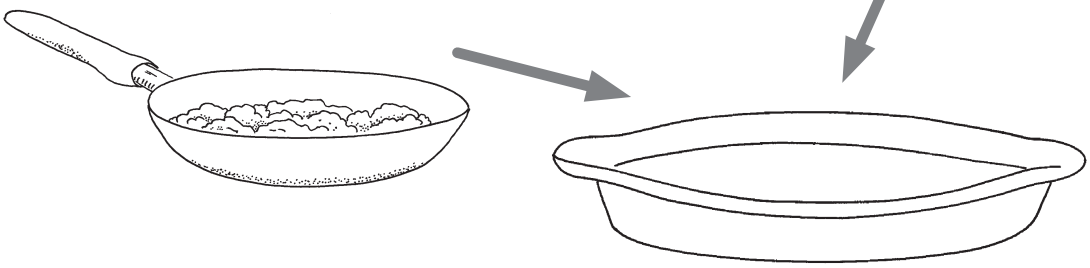


HAKK-LIHA- JA KARTULI-VORM

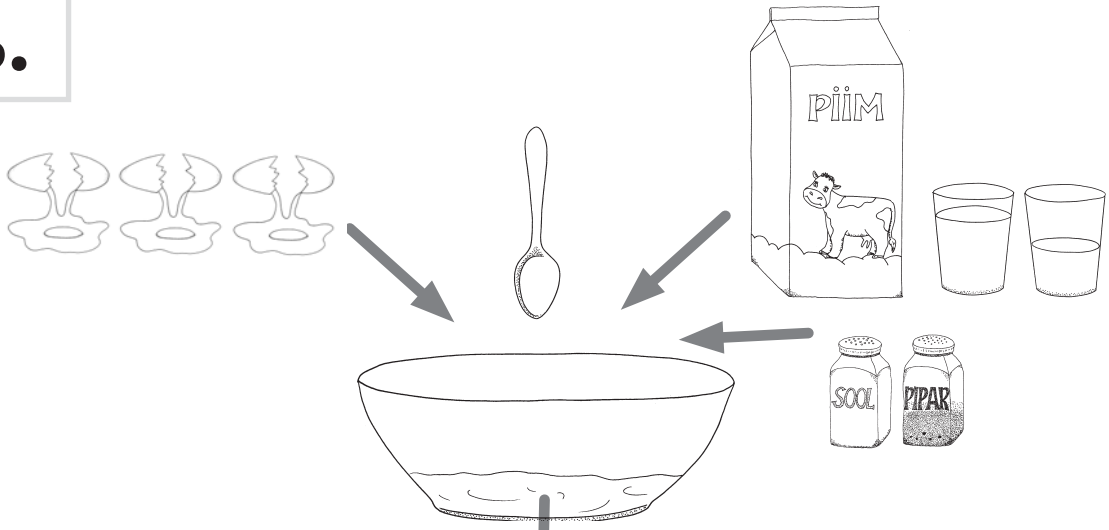
4.



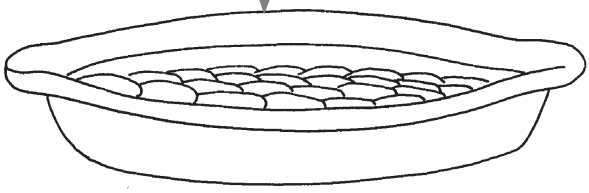
5.



6.

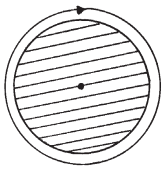


7.

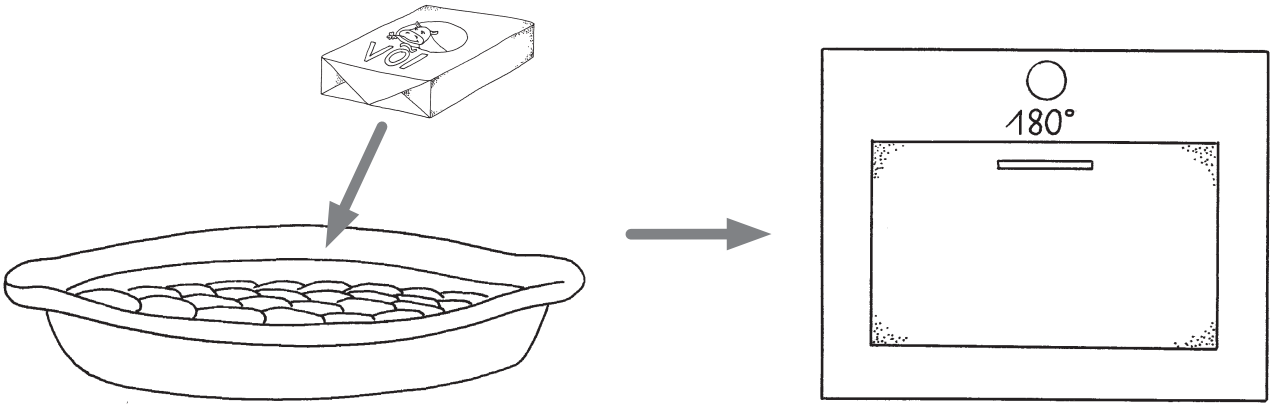


HAKK-LIHA- JA KARTULI-VORM

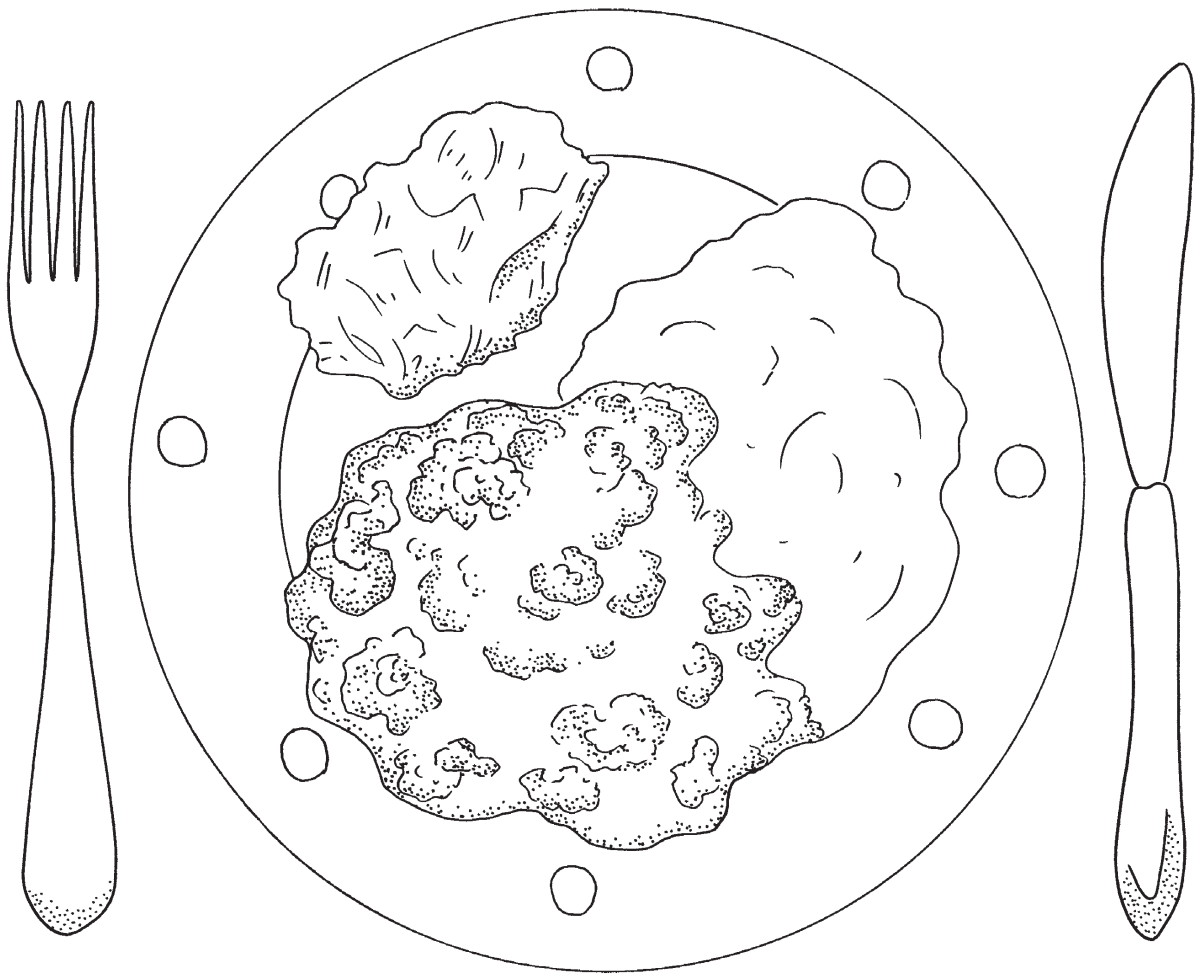
8. 9.



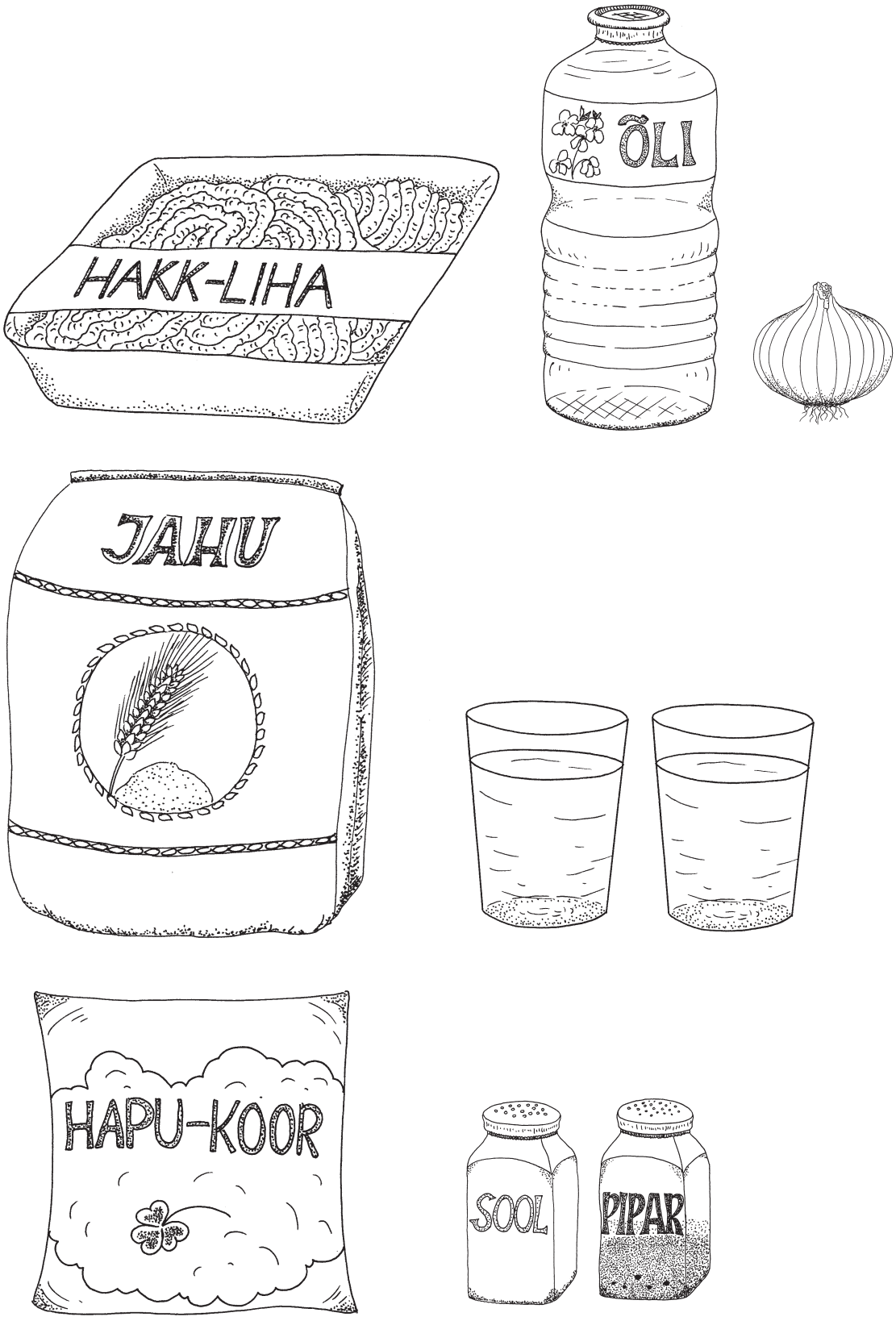
2 TUNDI



HAKK-LIHA-KASTE



HAKK-LIHA-KASTE



HAKK-LIHA-KASTE

hakk-liha	500 g
õli	1 sl
sibul	1
jahu	2 sl
vesi	4 dl
hapu-koor	3 sl
sool	
pipar	

1. Pruunista pannil hakk-liha.
2. Koori ja haki sibul.
3. Lisa sibula-tükid hakk-lihale. Pruunista.
4. Lisa jahu. Sega.
5. Lisa vähe-haaval 2 klaasi vett (4 dl) ja hapu-koor. Sega.
6. Kuumuta 5 minutit.
7. Maitsesta.

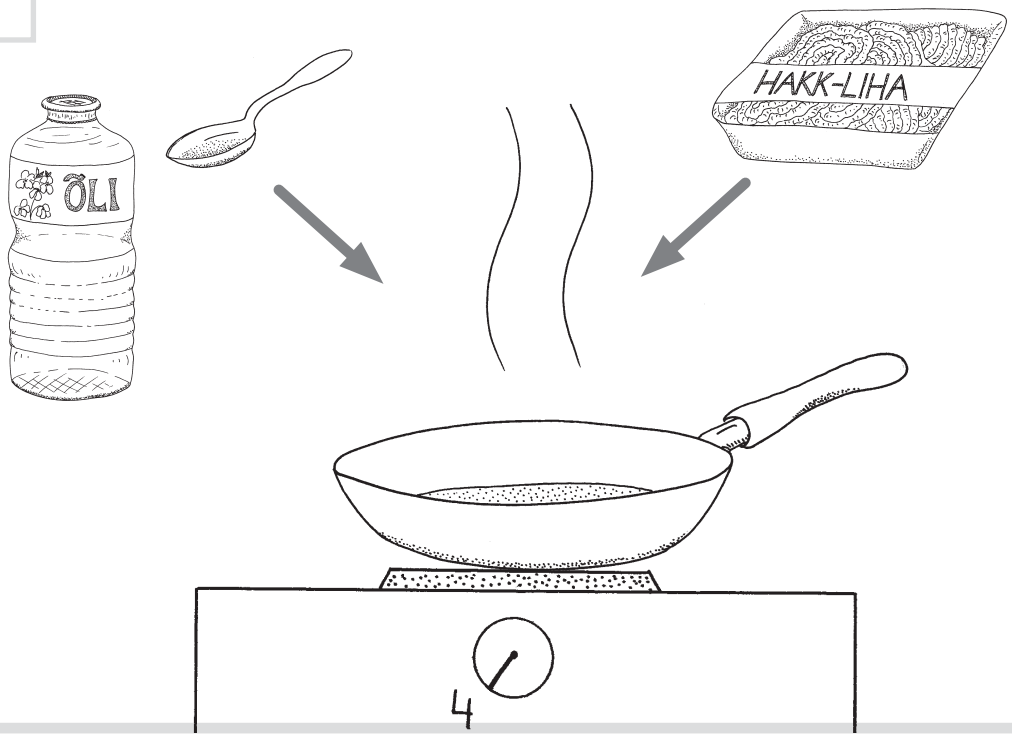
HAKK-LIHA-KASTE

HAKK-LIHA	500 G
ÕLI	1 SL
SIBUL	1
JAHU	2 SL
VESI	4 DL
HAPU-KOOR	3 SL
SOOL	
PIPAR	

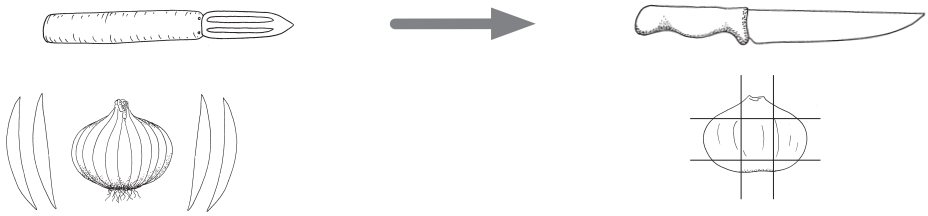
1. PRUUNISTA PANNIL HAKK-LIHA.
2. KOORI JA HAKI SIBUL.
3. LISA SIBULA-TÜKID HAKK-LIHALE. PRUUNISTA.
4. LISA JAHU. SEGA.
5. LISA VÄHE-HAAVAL 2 KLAASI VETT (4 DL) JA HAPU-KOOR. SEGA.
6. KUUMUTA 5 MINUTIT.
7. MAITSESTA.

HAKK-LIHA-KASTE

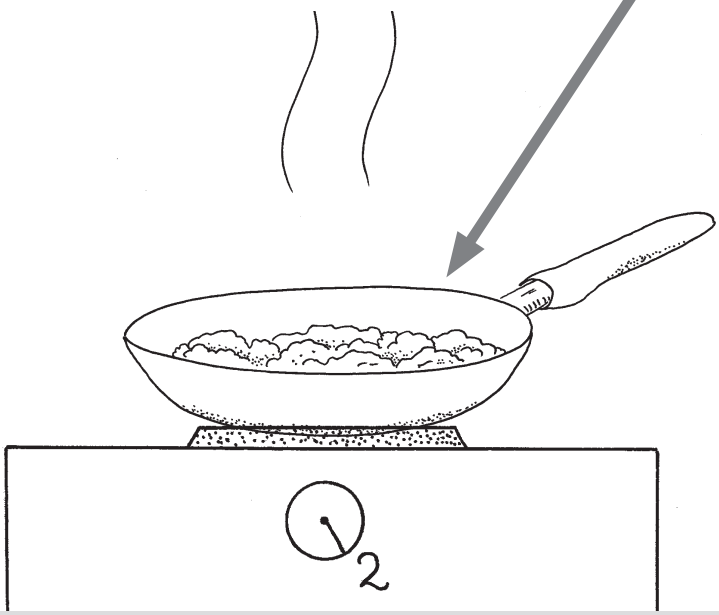
1.



2.

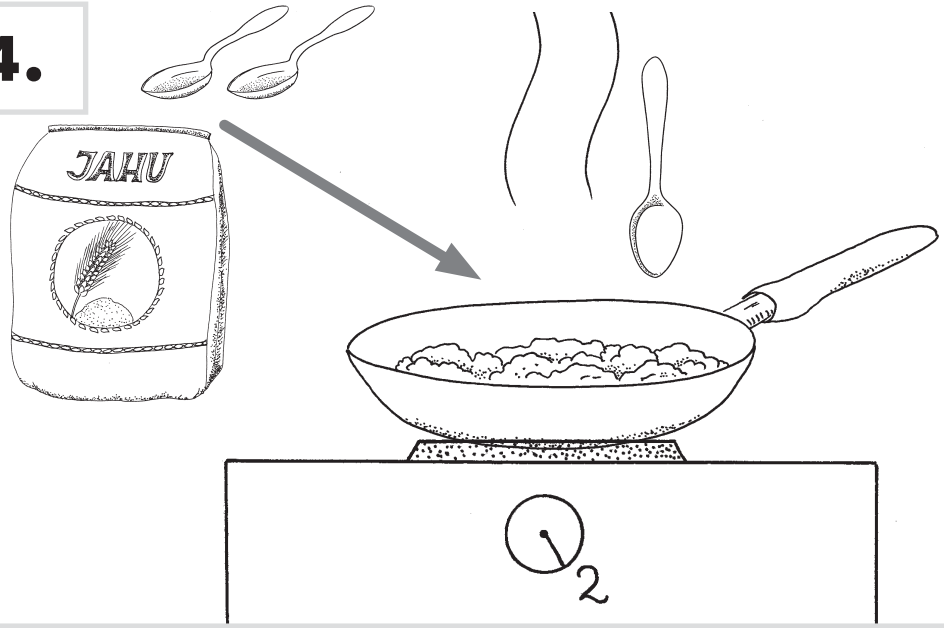


3.

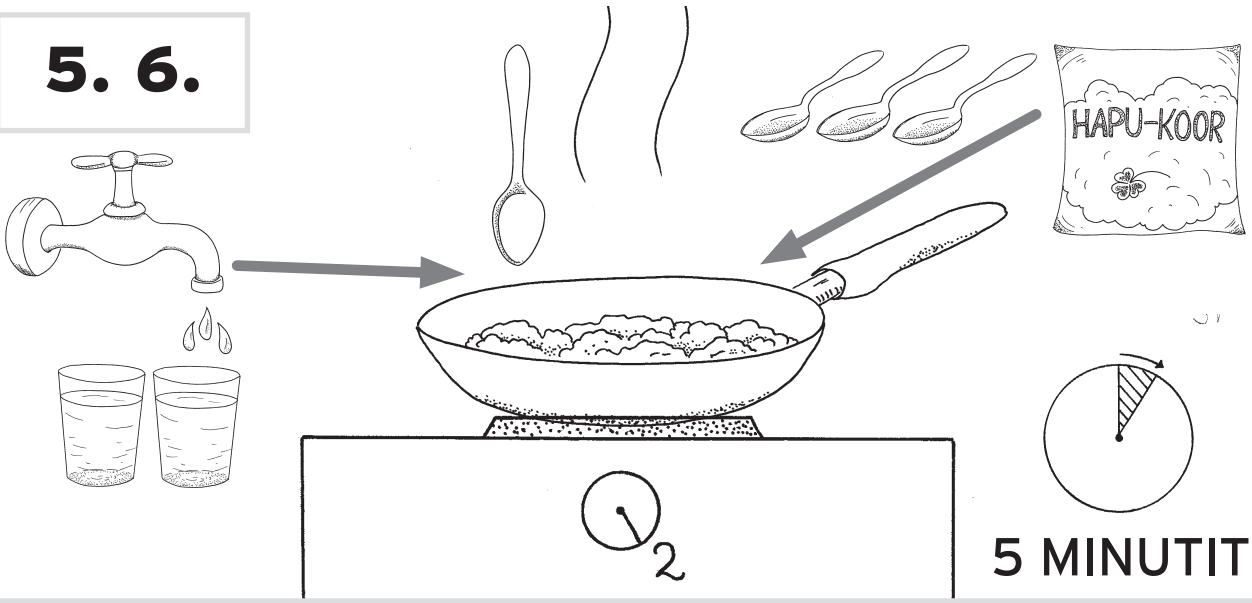


HAKK-LIHA-KASTE

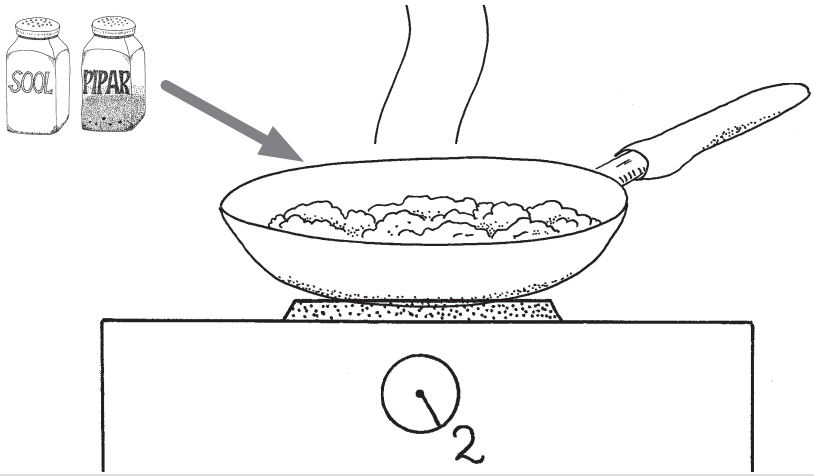
4.



5. 6.



7.



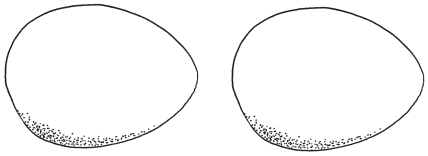
HAKK-LIHA-RULLID

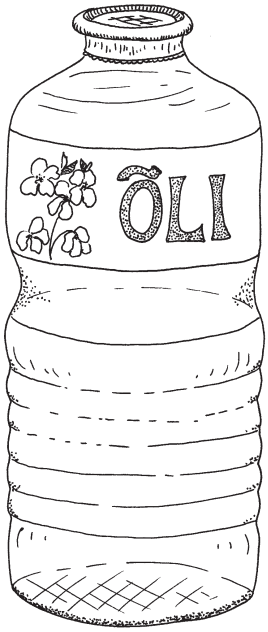


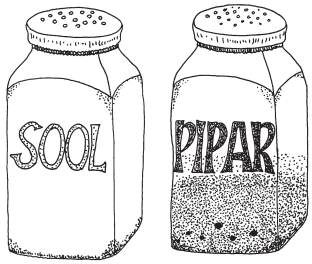
HAKK-LIHA-RULLID

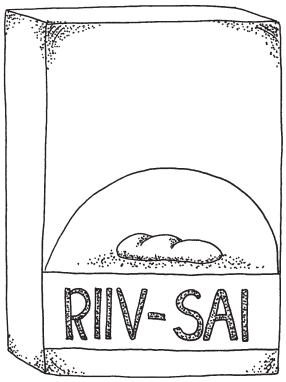












HAKK-LIHA-RULLID

hakk-liha	400 g
vesi	2 sl
muna	1+1
sool	
pipar	
riiv-sai	5 sl
õli	

1. Pane kaussi hakk-liha, vesi ja 1 muna. Sega.
2. Maitsesta.
3. Vormi segust rullid.
4. Klopi lahti teine muna.
5. Kasta rullid muna sisse.
6. Pane taldrikule riiv-sai.
7. Veereta rulle riiv-saias.
8. Prae.

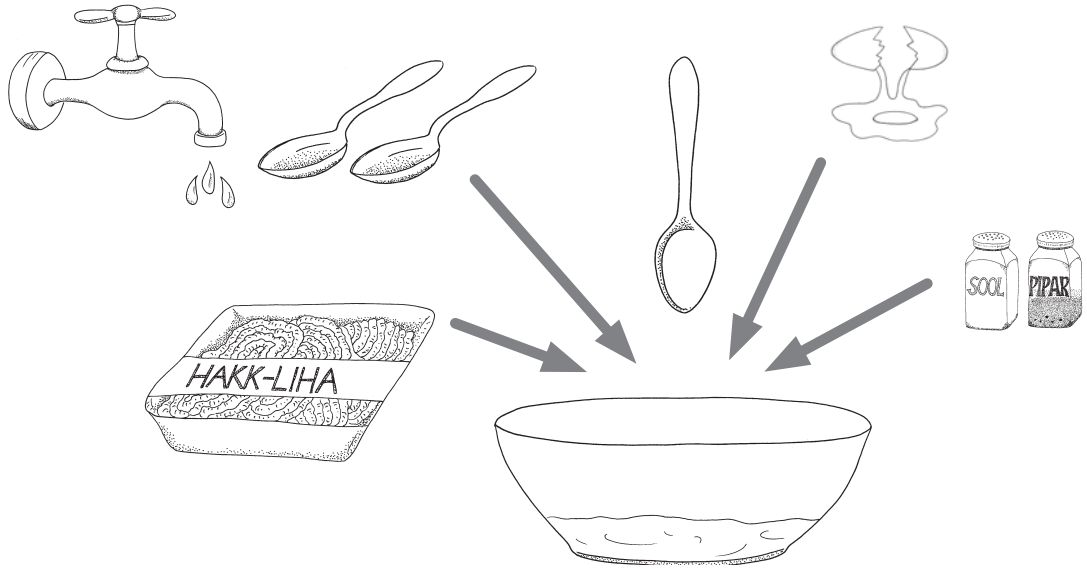
HAKK-LIHA-RULLID

HAKK-LIHA	400 G
VESI	2 SL
MUNA	1+1
SOOL	
PIPAR	
RIIV-SAI	5 SL
ÕLI	

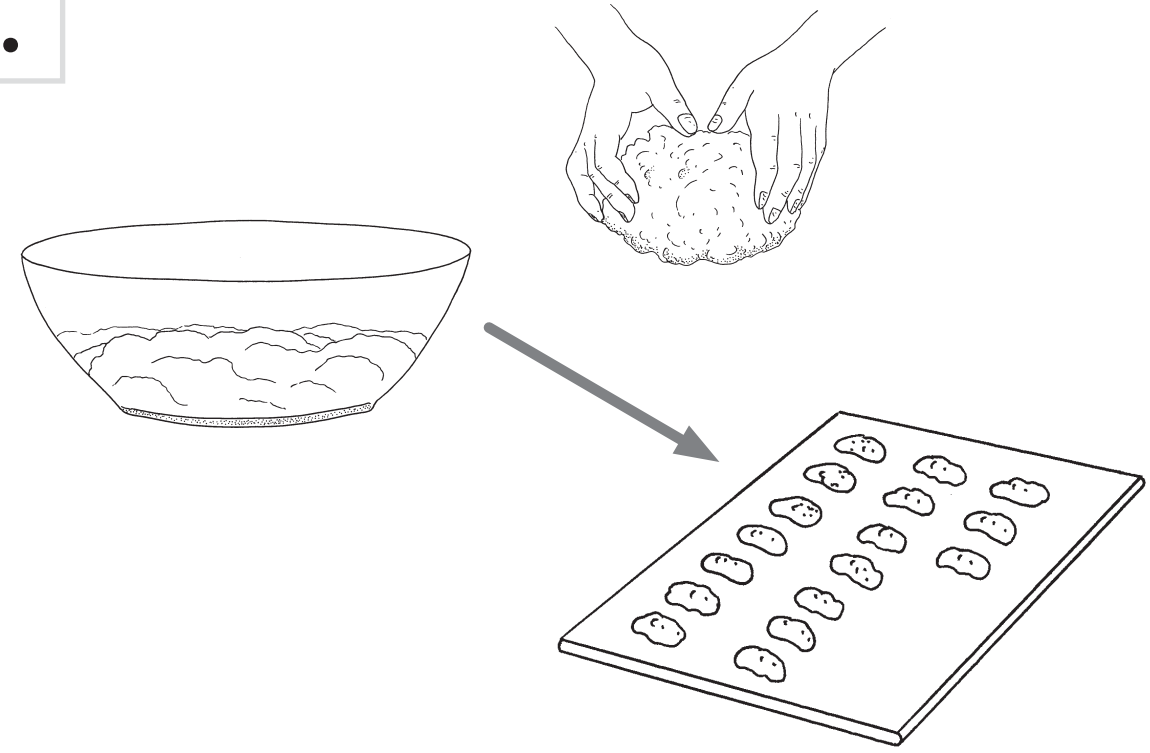
1. PANE KAUSSI HAKK-LIHA, VESI JA 1 MUNA. SEGA.
2. MAITSESTA.
3. VORMI SEGUST RULLID.
4. KLOPI LAHTI TEINE MUNA.
5. KASTA RULLID MUNA SISSE.
6. PANE TALDRIKULE RIIV-SAI.
7. VEERETA RULLE RIIV-SAIAS.
8. PRAE.

HAKK-LIHA-RULLID

1. 2.

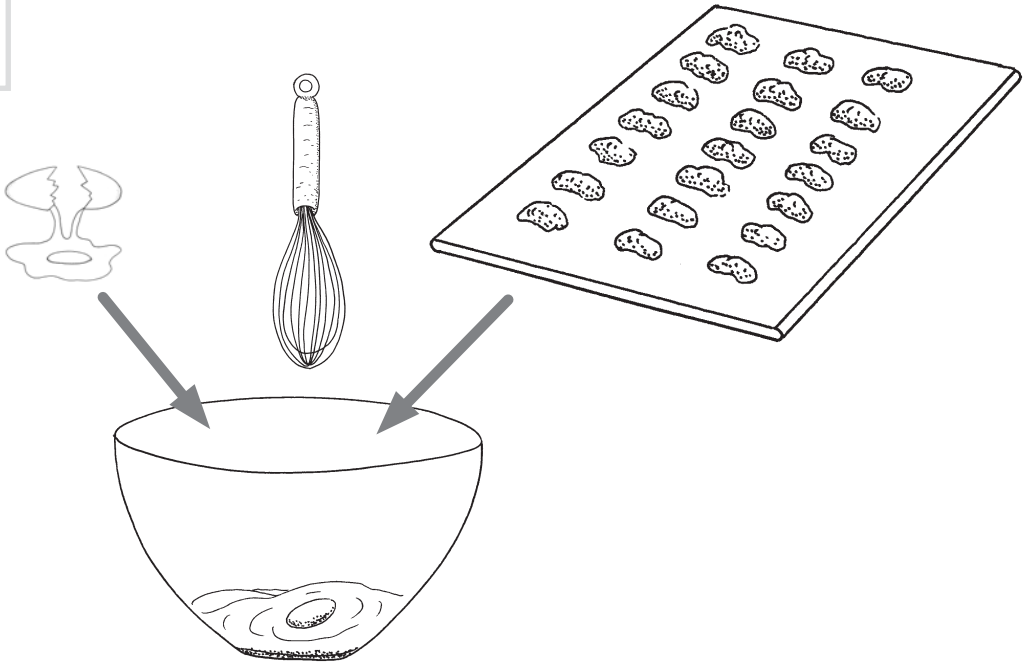


3.

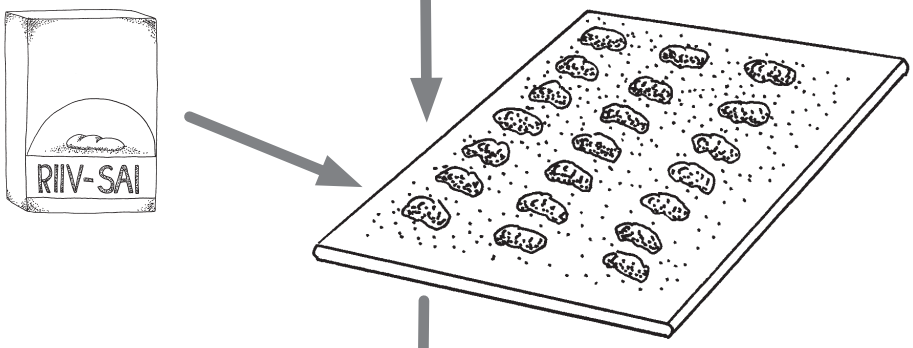


HAKK-LIHA-RULLID

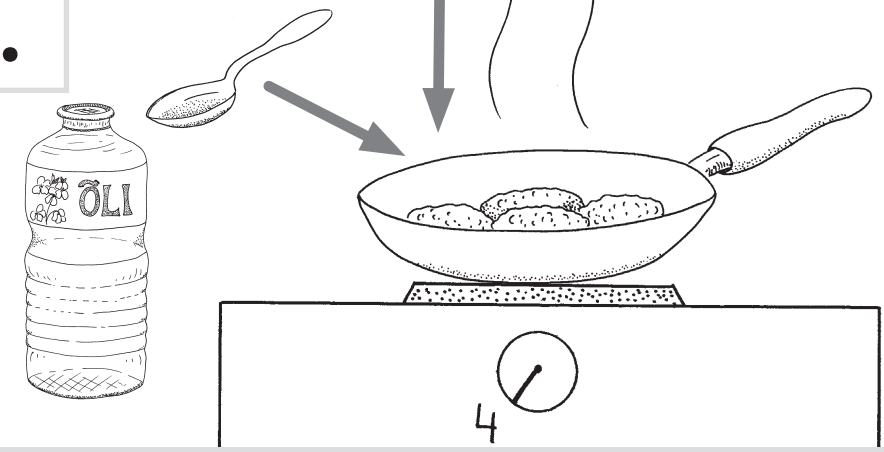
4. 5.



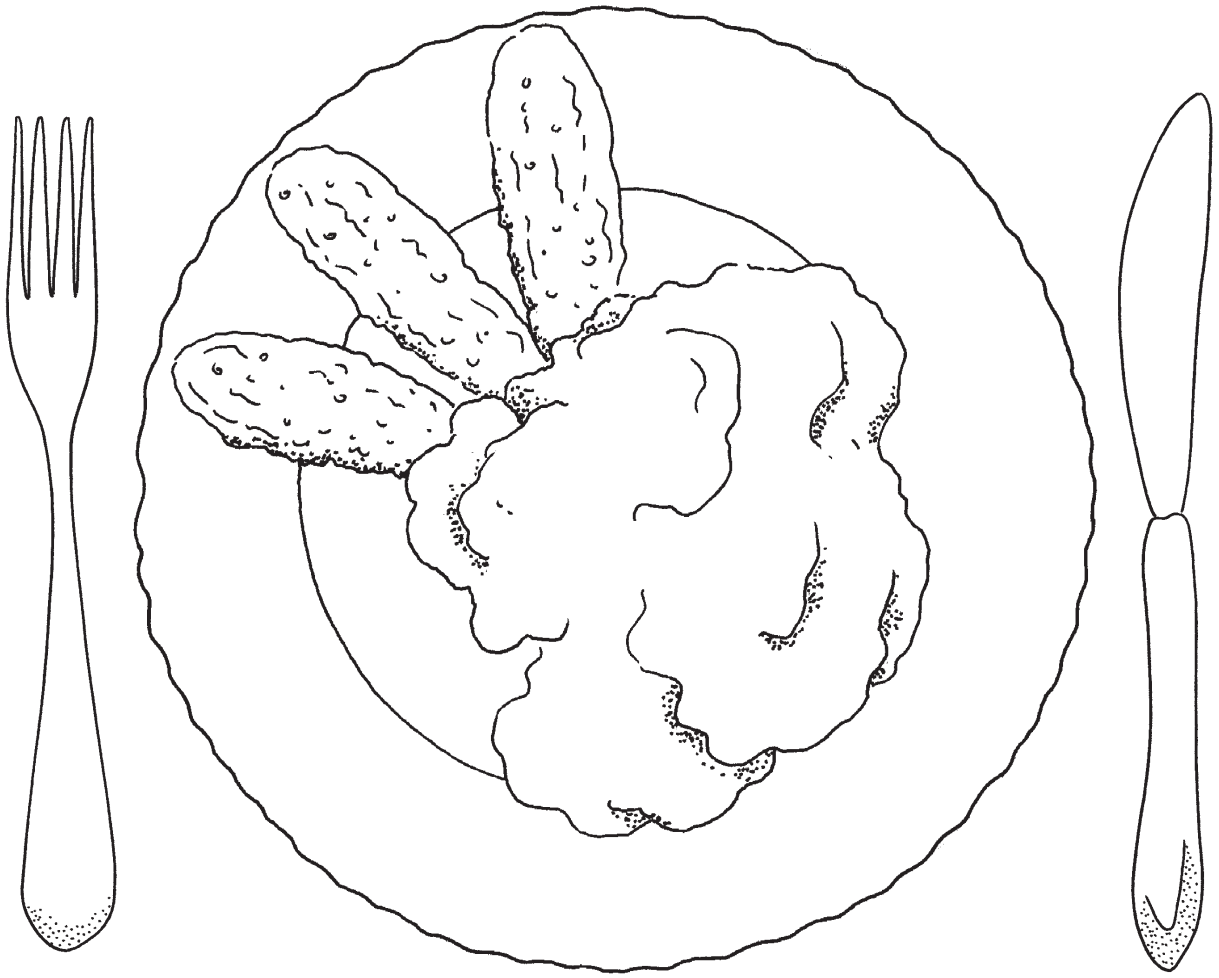
6. 7.



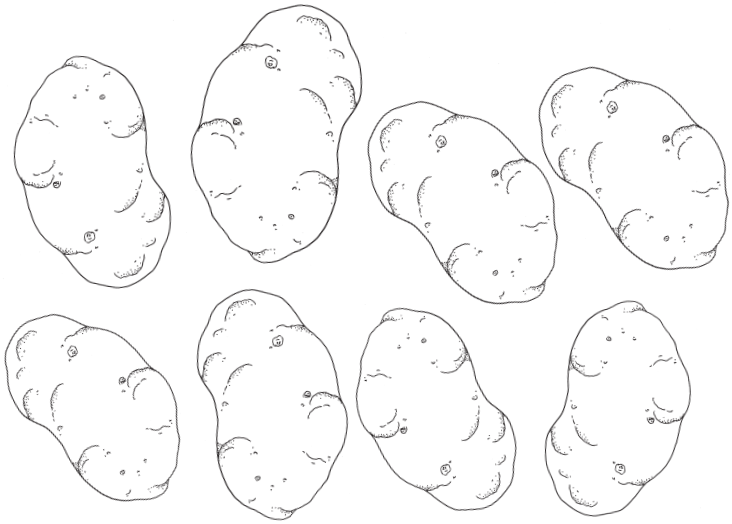
8.

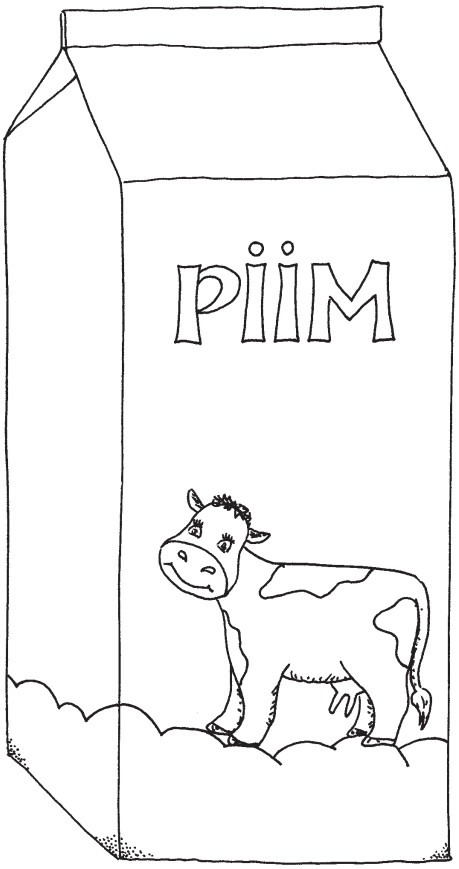


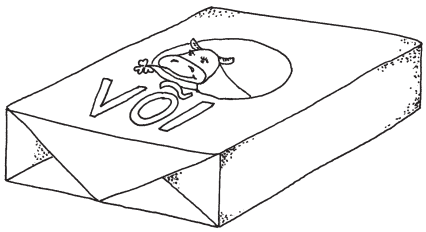
KARTULI-PUDER

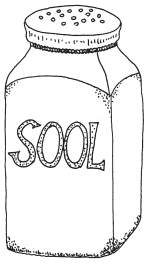


KARTULI-PUDER









KARTULI-PUDER

kartul	8 tk
piim	2,5 dl
või	2 sl
sool	

1. Pese ja koori kartulid.
2. Keeda kartulid pehmeks.
3. Vala kartulite pealt vesi ära.
4. Tambi kartulid pudruks.
5. Lisa tampimise ajal piim ja või.
6. Maitsesta.

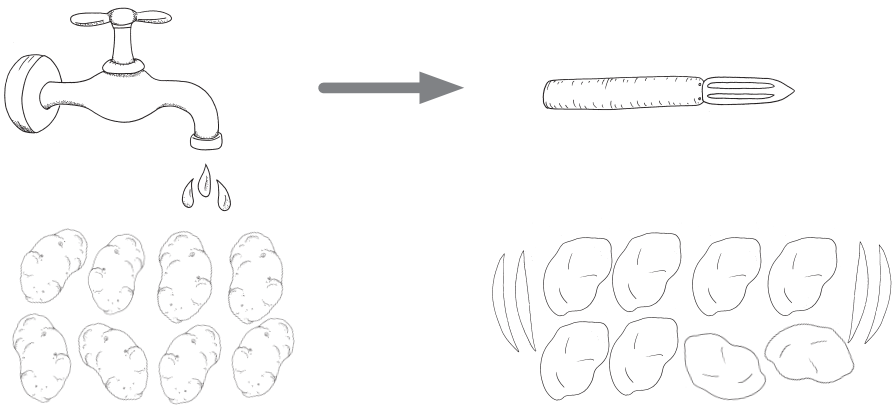
KARTULI-PUDER

KARTUL	8 TK
PIIM	2,5 DL
VÕI	2 SL
SOOL	

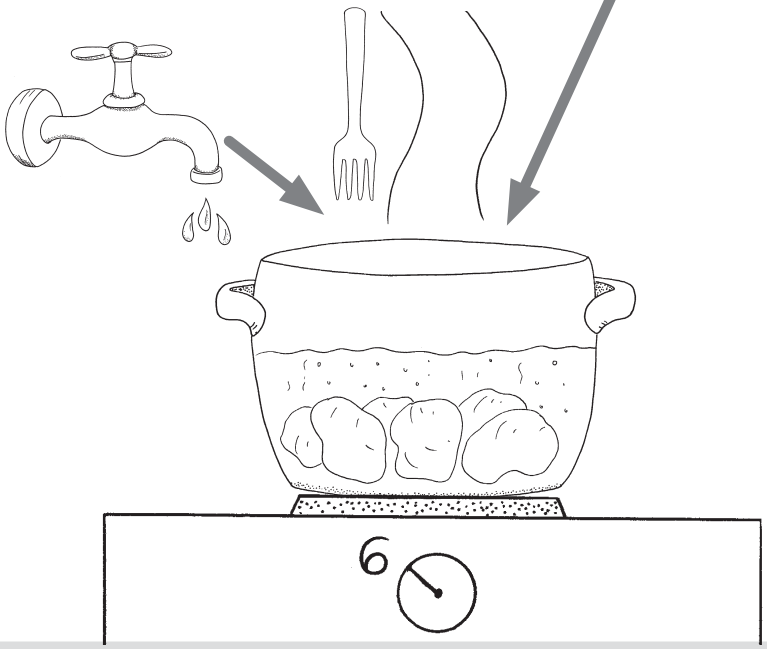
1. PESE JA KOORI KARTULID.
2. KEEDA KARTULID PEHMEKS.
3. VALA KARTULITE PEALT VESI ÄRA.
4. TAMBI KARTULID PUDRUKS.
5. LISA TAMPIMISE AJAL PIIM JA VÕI.
6. MAITSESTA.

KARTULI-PUDER

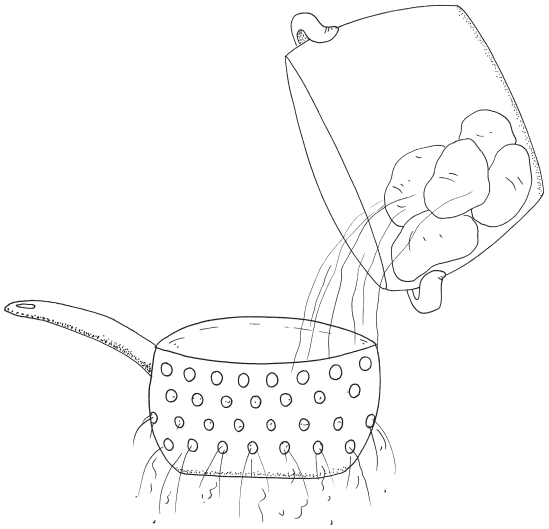
1.



2.

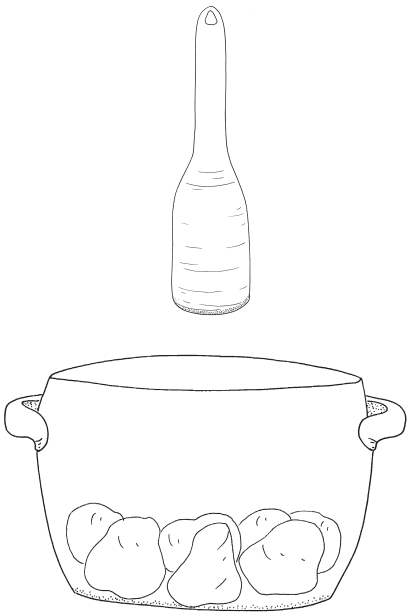


3.

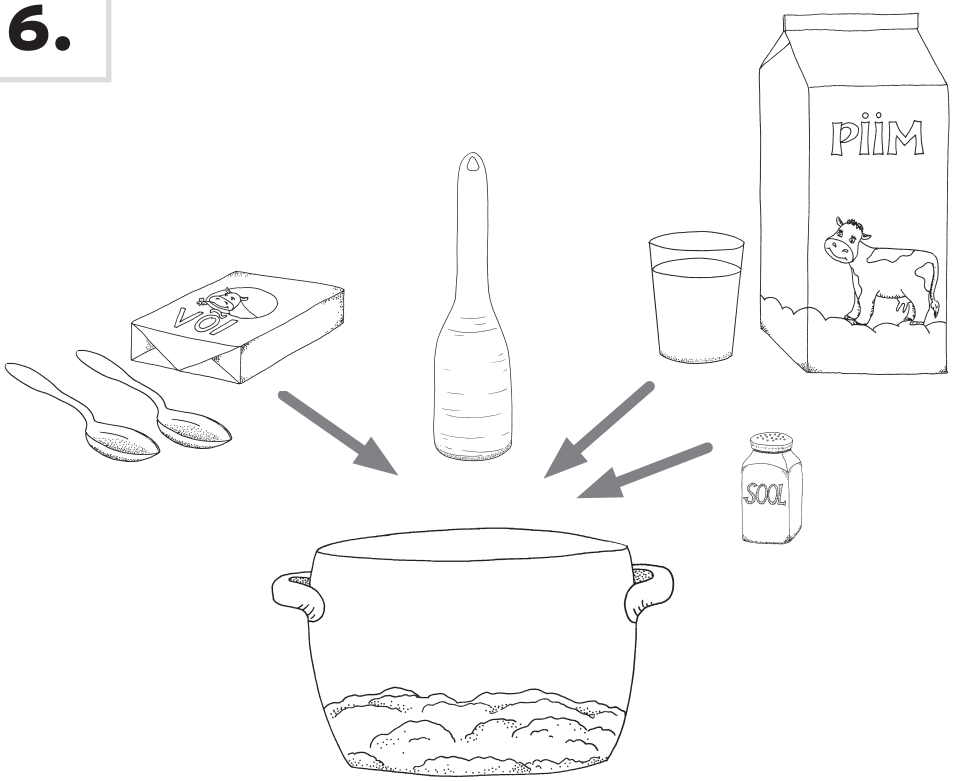


KARTULI-PUDER

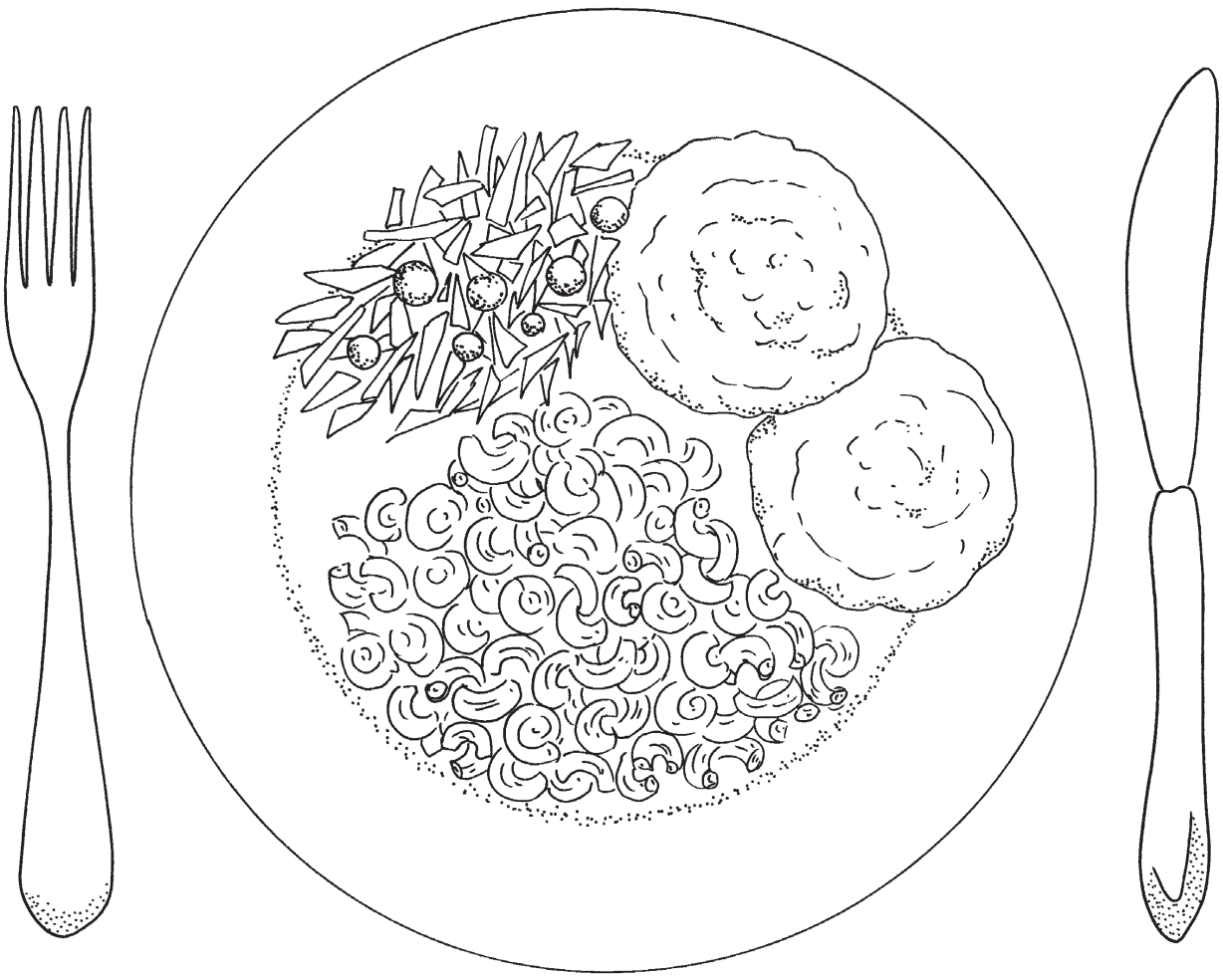
4.



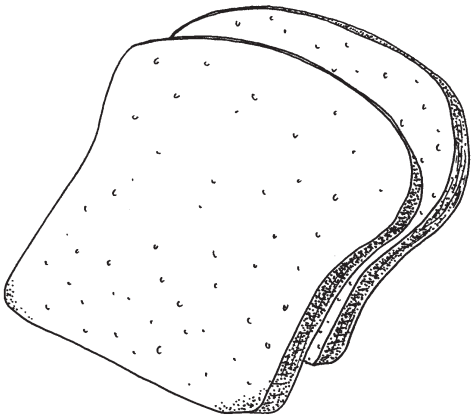
5. 6.

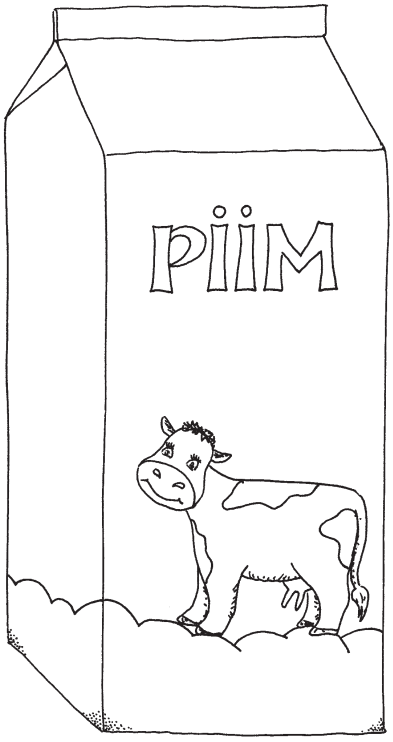


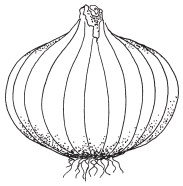
KOTLETID



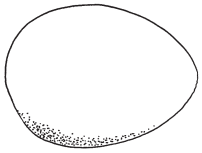
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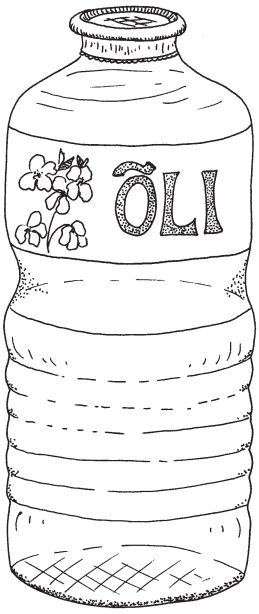


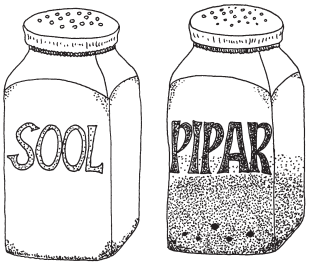












KOTLETID

sai	2 viilu
piim	0,5 dl
sibul	1
hakk-liha	400 g
muna	1
sool	
pipar	
õli	1 sl

1. Pane saia-viilud kaussi.
2. Vala saia peale piim.
   Jäta sai likku.
3. Koori ja haki sibul.
4. Pane teise kaussi hakk-liha, sibula-tükid,
   muna ja saia-piima segu. Sega.
5. Maitsesta.
6. Vormi kotletid.
7. Prae kotlette mõlemalt poolt umbes 5 minutit.

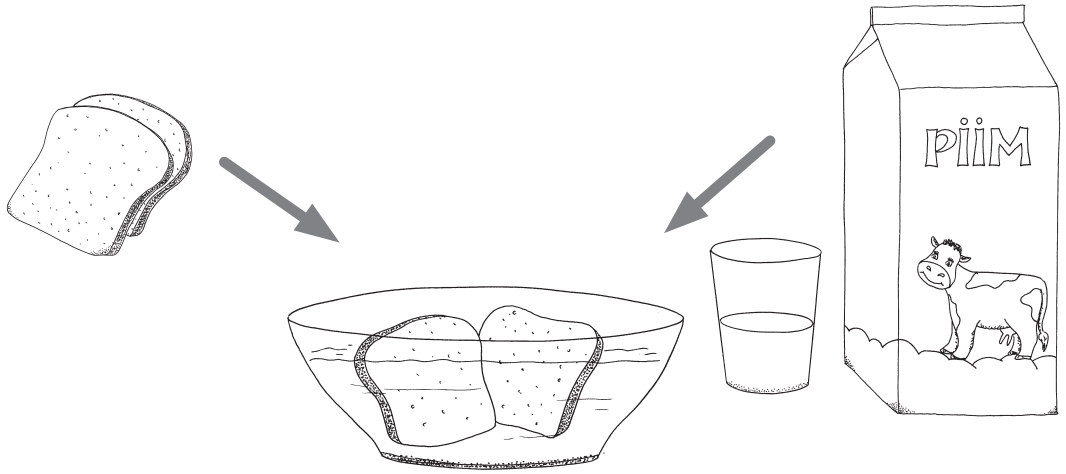
KOTLETID

SAI	2 VIILU
PIIM	0,5 DL
SIBUL	1
HAKK-LIHA	400 G
MUNA	1
SOOL	
PIPAR	
ÕLI	1 SL

1. PANE SAIA-VIILUD KAUSSI.
2. VALA SAIA PEALE PIIM.
   JÄTA SAI LIKKU.
3. KOORI JA HAKI SIBUL.
4. PANE TEISE KAUSSI HAKK-LIHA, SIBULA-TÜKID, MUNA JA SAIA-PIIMA SEGU. SEGA.
5. MAITSESTA.
6. VORMI KOTLETID.
7. PRAE KOTLETTE MÕLEMALT POOLT UMBES 5 MINUTIT.

KOTLETID

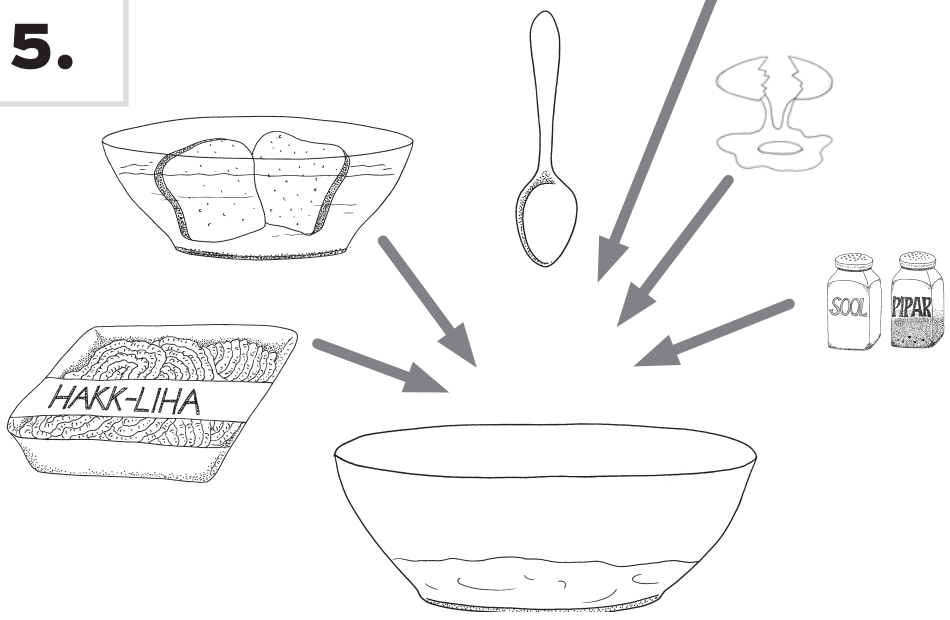
1. 2.



3.

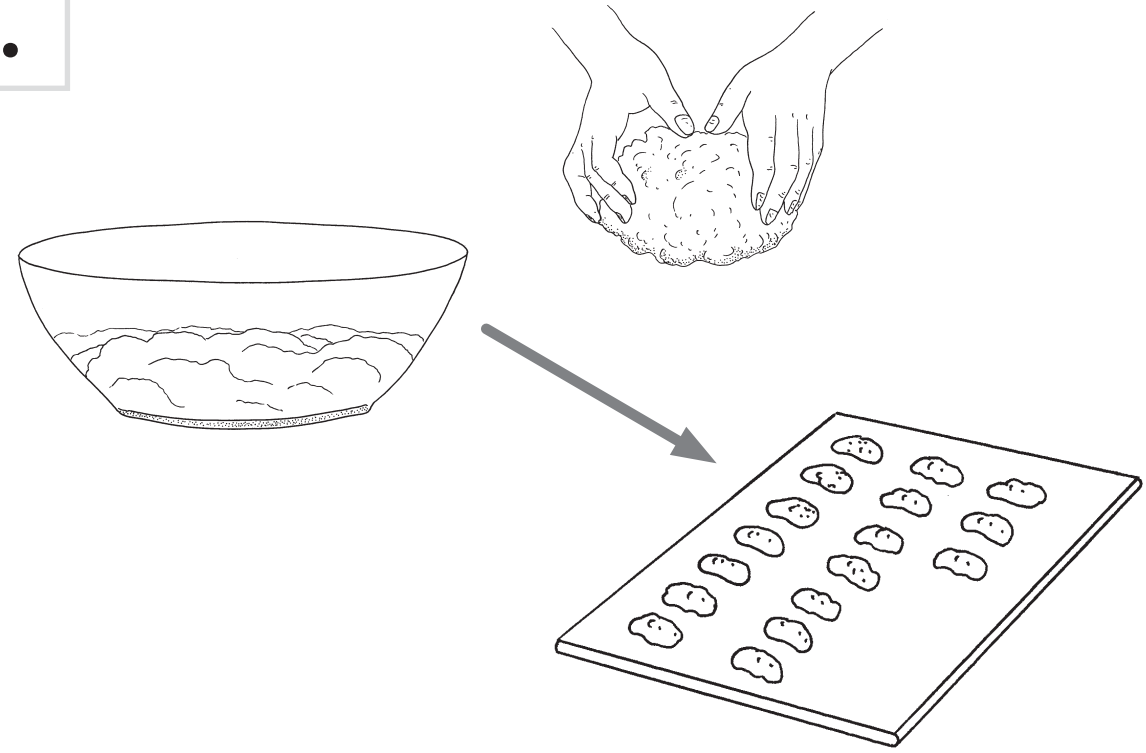


4. 5.

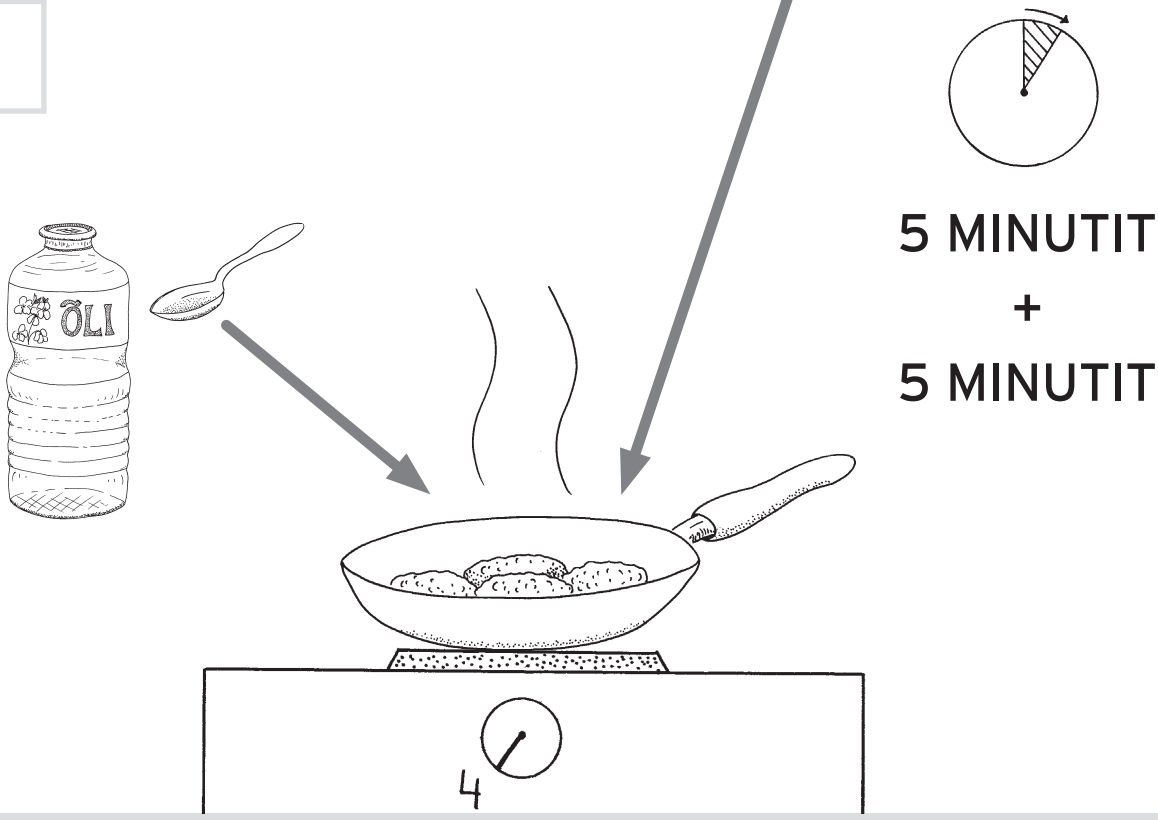


KOTLETID

6.

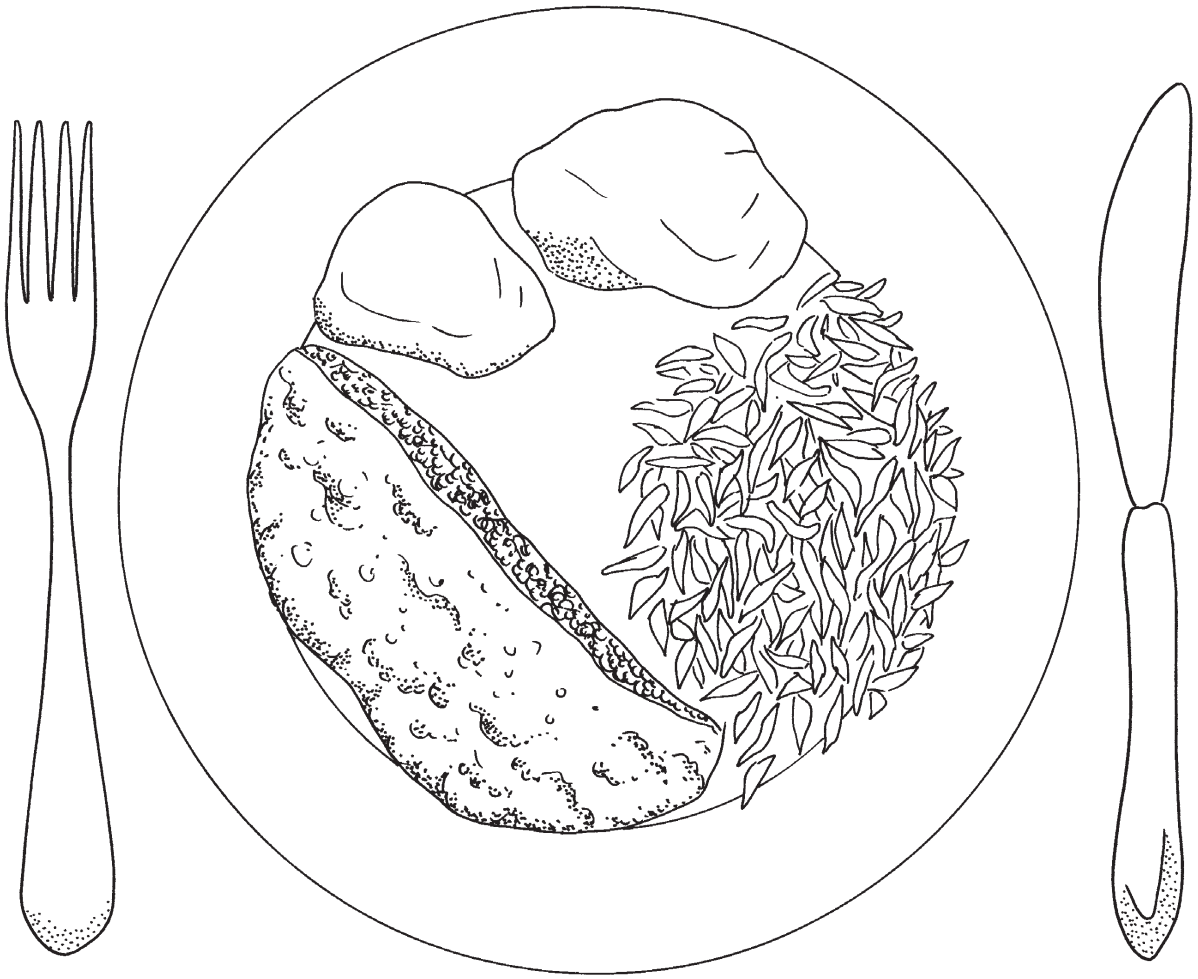


7.

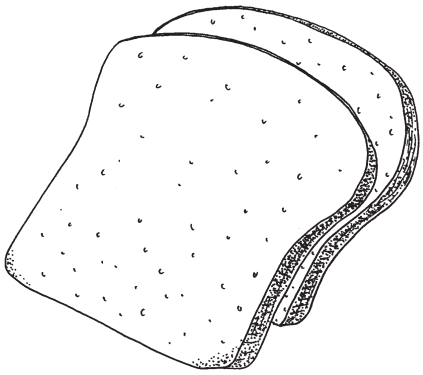


5 MINUTIT
+
5 MINUTIT

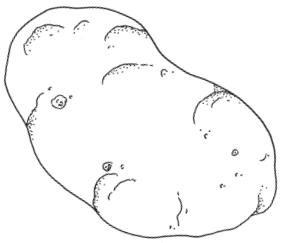
PIKK-POISS



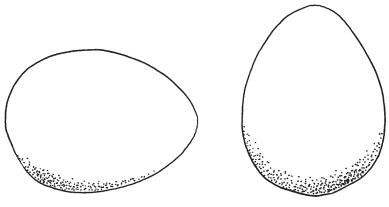
PIKK-POISS

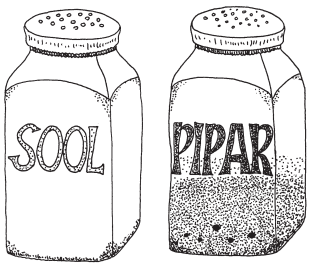












PIKK-POISS

sai	2 viilu
vesi	0,5 dl
kartul	1
hakk-liha	500 g
muna	2
sool	
pipar	

1. Pane saia-viilud kaussi.
2. Vala saia peale veerand klaasi vett (0,5 dl). Jäta sai likku.
3. Pese, koori ja riivi kartul.
4. Pane teise kaussi hakk-liha.
5. Lisa hakk-lihale riivitud kartul, munad ja saia-pudi. Sega.
6. Maitsesta.
7. Vormi tainast rull.
8. Pane rull ahju-vormi.
9. Küpseta ahjus 180º juures umbes 1 tund.

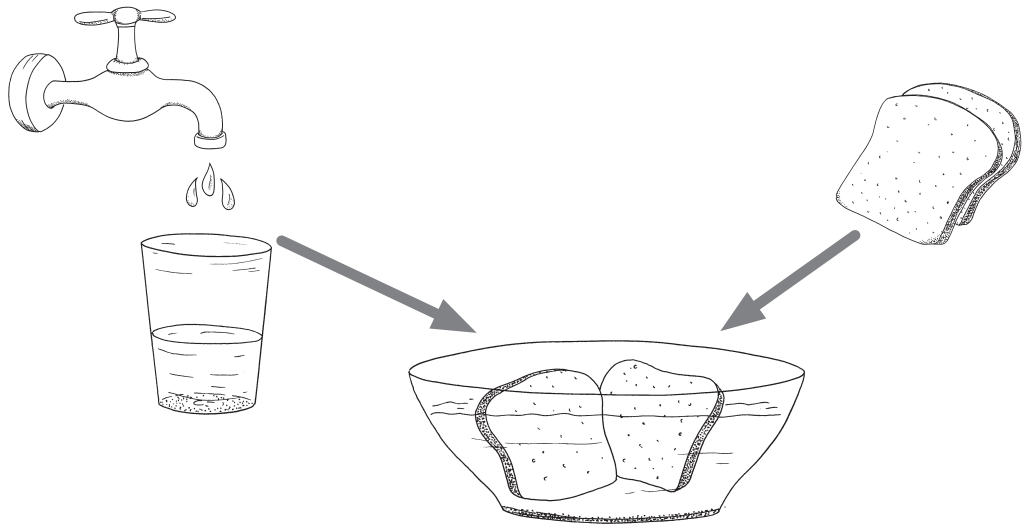
PIKK-POISS

SAI	2 VIILU
VESI	0,5 DL
KARTUL	1
HAKK-LIHA	500 G
MUNA	2
SOOL	
PIPAR	

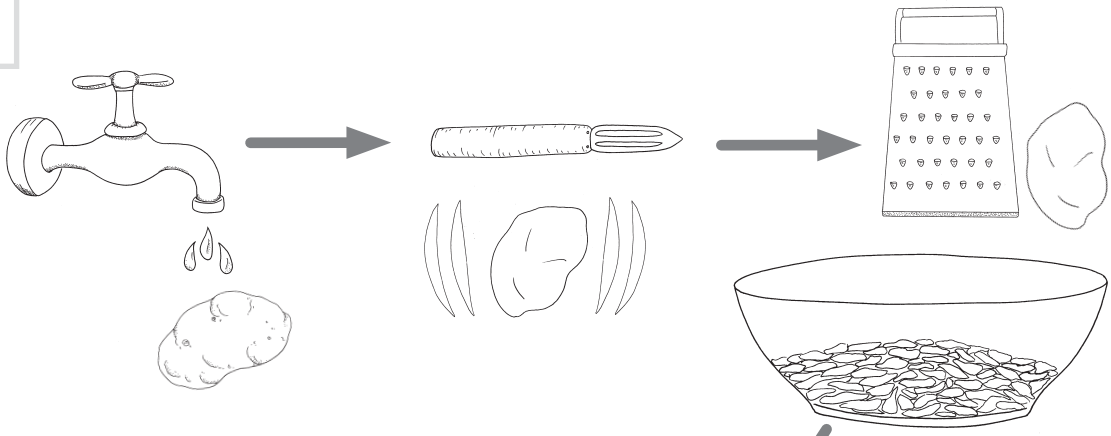
1. PANE SAIA-VIILUD KAUSSI.
2. VALA SAIA PEALE VEERAND KLAASI VETT (0,5 DL). JÄTA SAI LIKKU.
3. PESE, KOORI JA RIIVI KARTUL.
4. PANE TEISE KAUSSI HAKK-LIHA.
5. LISA HAKK-LIHALE RIIVITUD KARTUL, MUNAD JA SAIA-PUDI. SEGA.
6. MAITSESTA.
7. VORMI TAINAST RULL.
8. PANE RULL AHJU-VORMI.
9. KÜPSETA AHJUS 180° JUURES UMBES 1 TUND.

PIKK-POISS

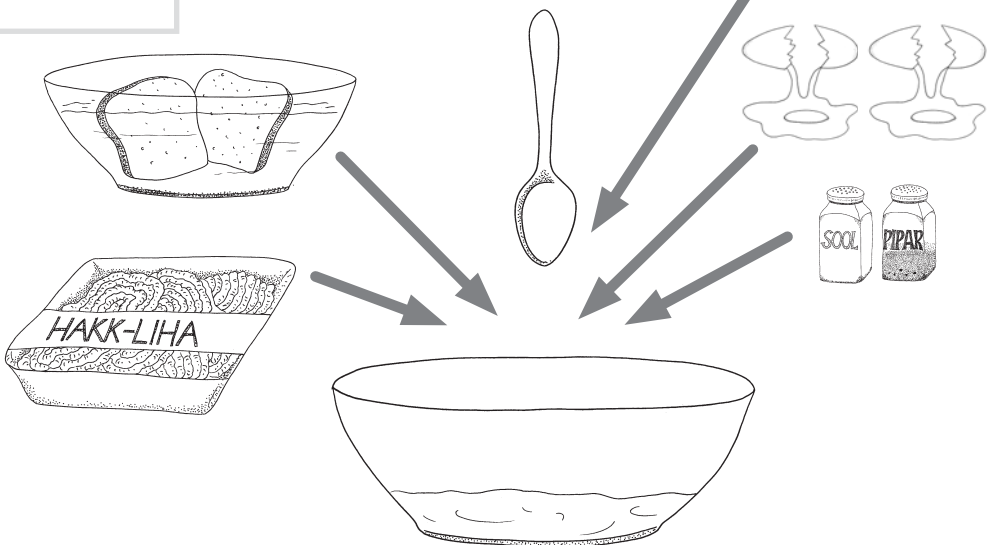
1. 2.



3.

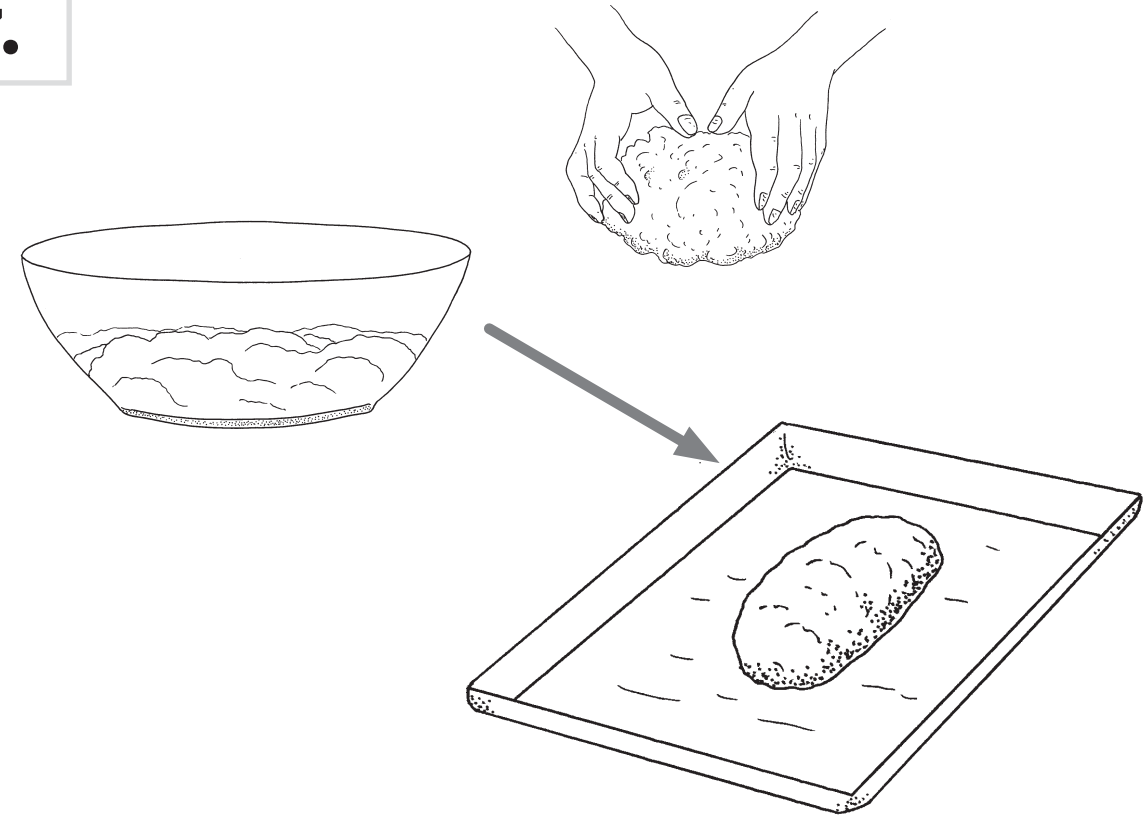


4. 5. 6.

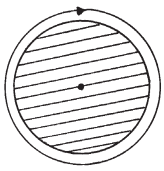


PIKK-POISS

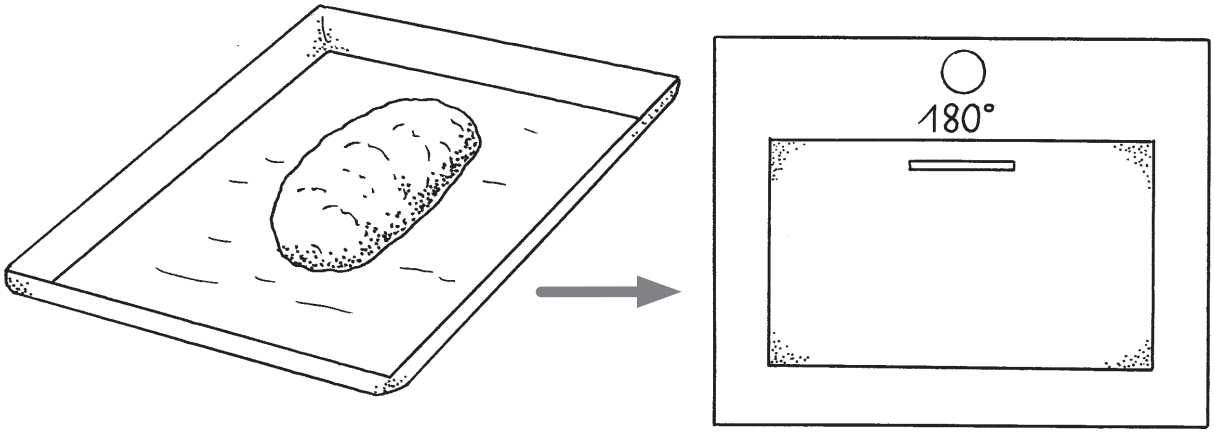
7.



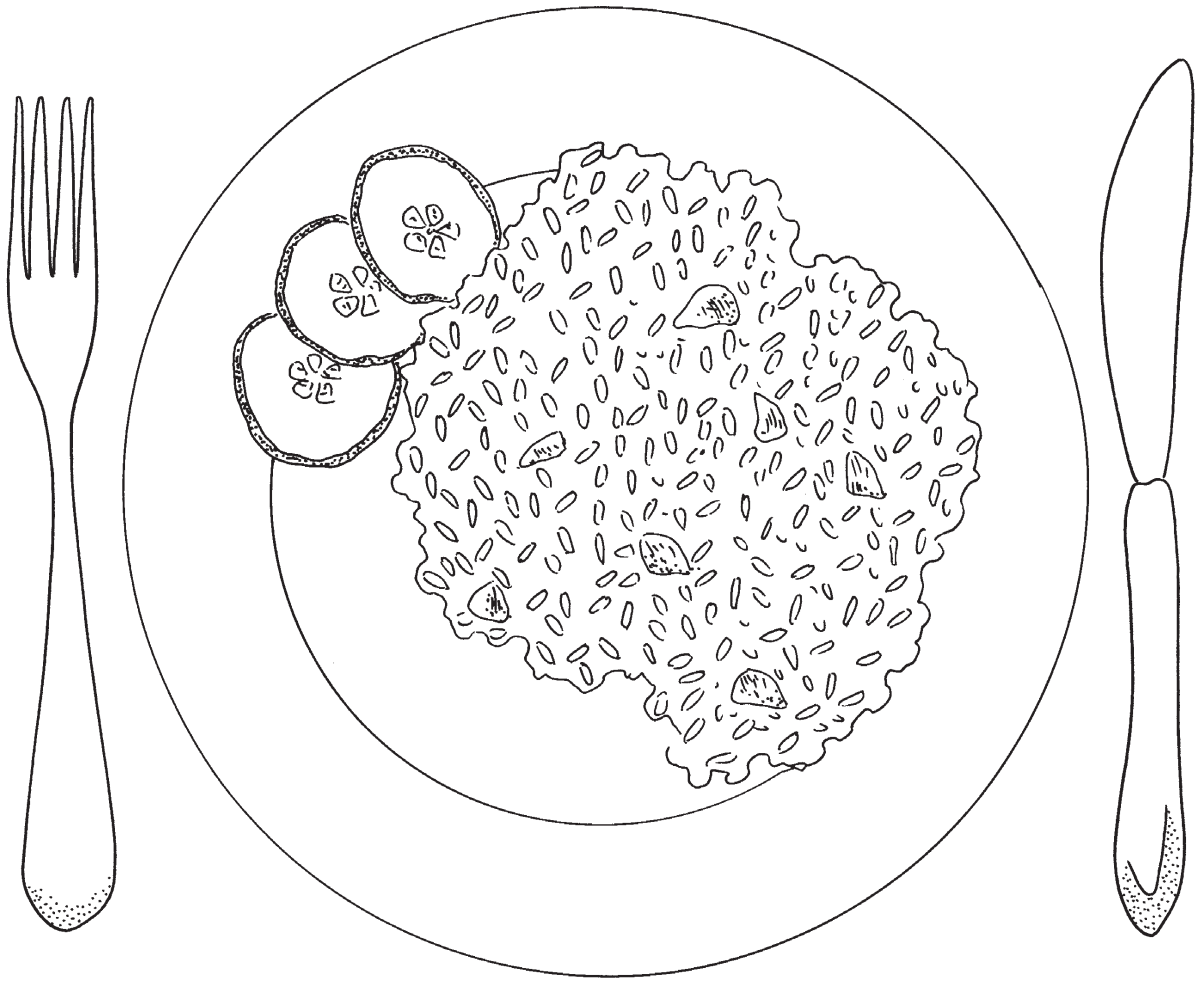
8. 9.



1 TUND



PLOV



PLOV



PLOV

hakk-liha	400 g
õli	1 sl
vesi	6 dl
porgand	2
sibul	2
tomati-pasta	150 g
pipar	
sool	
riis	2 dl

1. Pruunista potis hakk-liha.
2. Lisa hakk-lihale 3 klaasi (6 dl) vett.
3. Pese porgandid.
4. Koori ja tükelda porgandid ja sibulad.
5. Lisa porgandi- ja sibula-tükid hakk-lihale.
6. Lisa tomati-pasta, pipar ja sool.
7. Lisa riis.
8. Hauta madalal kuumusel, kuni riis on pehme.

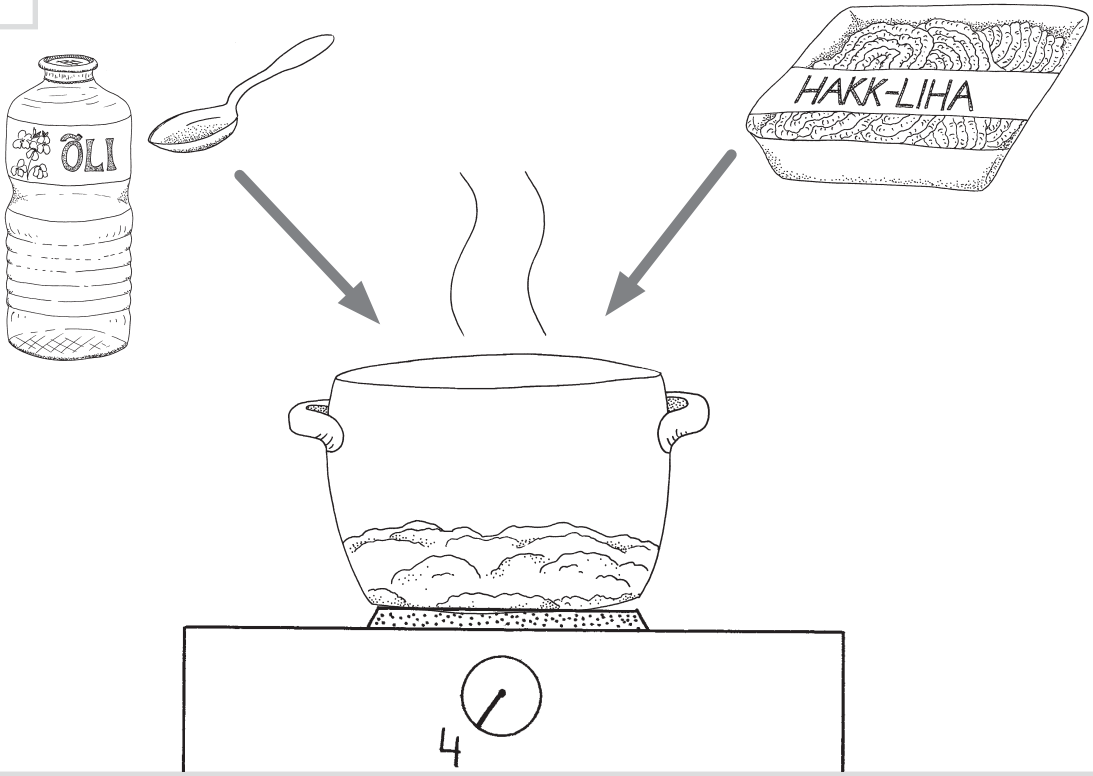
PLOV

HAKK-LIHA	400 G
ÕLI	1 SL
VESI	6 DL
PORGAND	2
SIBUL	2
TOMATI-PASTA	150 G
PIPAR	
SOOL	
RIIS	2 DL

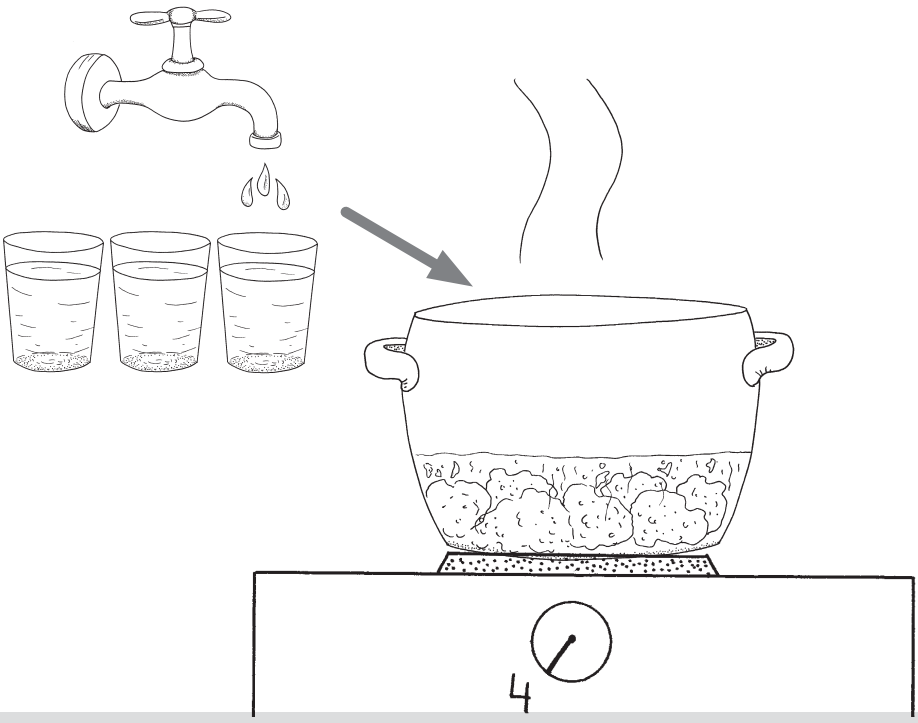
1. PRUUNISTA POTIS HAKK-LIHA.
2. LISA HAKK-LIHALE 3 KLAASI (6 DL) VETT.
3. PESE PORGANDID.
4. KOORI JA TÜKELDA PORGANDID JA SIBULAD.
5. LISA PORGANDI- JA SIBULA-TÜKID HAKK-LIHALE.
6. LISA TOMATI-PASTA, PIPAR JA SOOL.
7. LISA RIIS.
8. HAUTA MADALAL KUUMUSEL, KUNI RIIS ON PEHME.

PLOV

1.

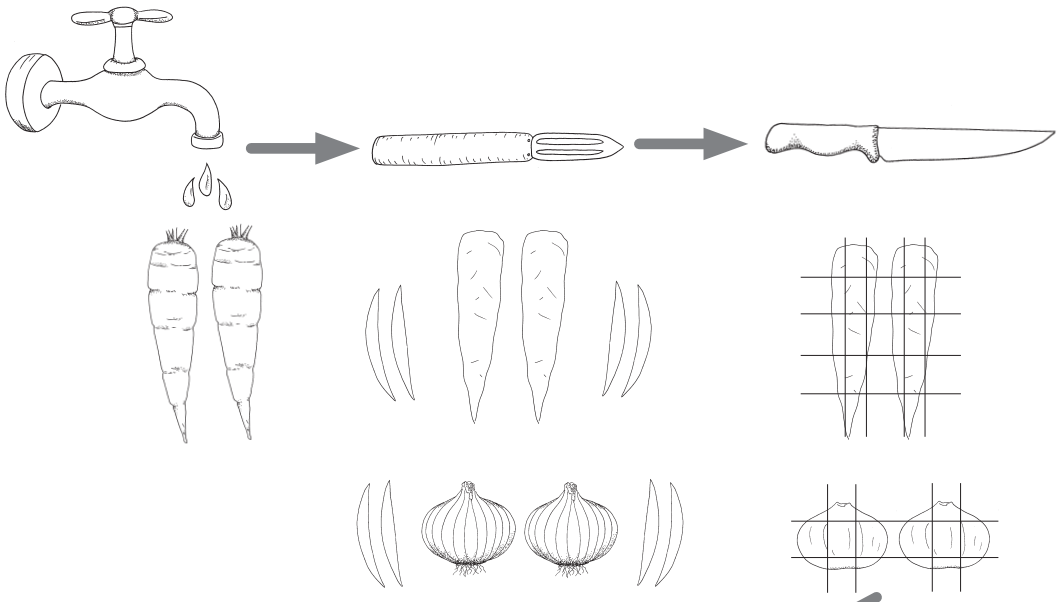


2.

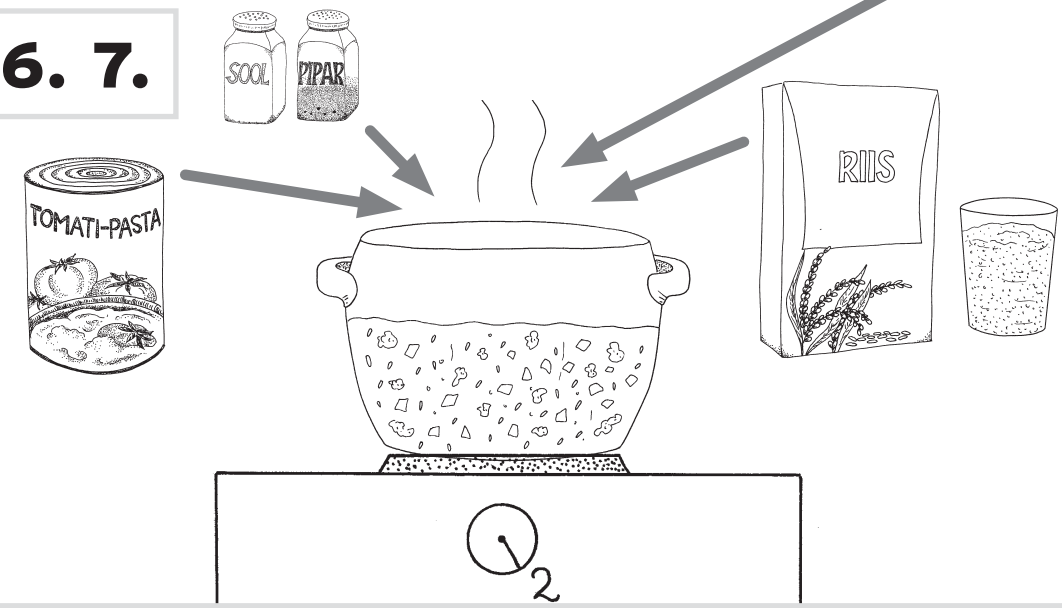


PLOV

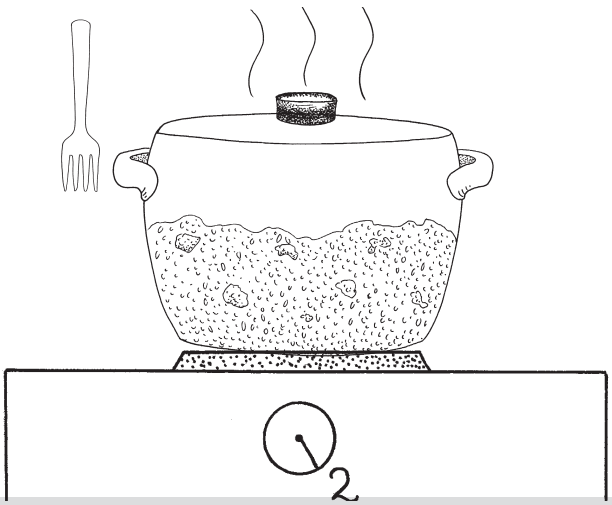
3. 4.



5. 6. 7.



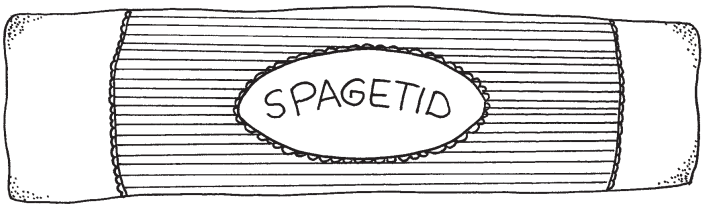
8.



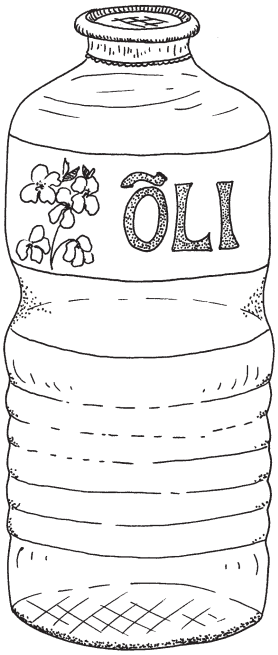
SPAGETI-VORM

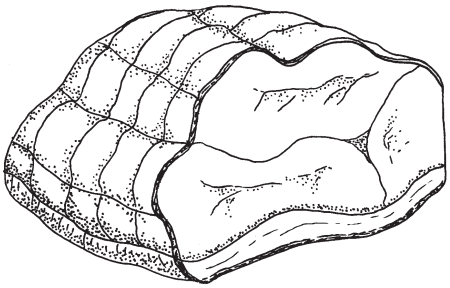


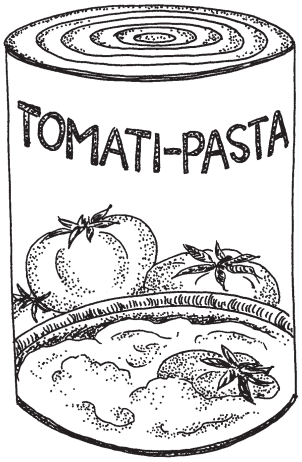
SPAGETI-VORM

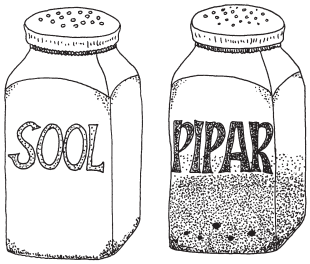


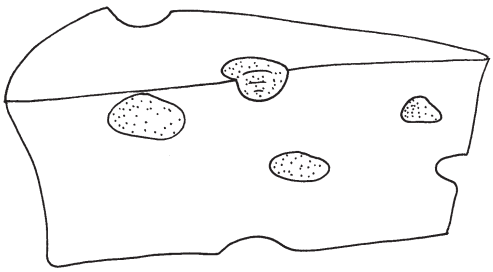












SPAGETI-VORM

spagetid	pool pakki
hakk-liha	200 g
õli	1 sl
sink	100 g
tomati-pasta	1 dl
sool	
pipar	
riivitud juust	

1. Keeda spagetid pehmeks.
2. Nõruta spagetid.
3. Pruunista pannil hakk-liha.
4. Tükelda sink.
   Lisa singi-tükid hakk-lihale.
5. Lisa hakk-lihale tomati-pasta ja
   keedetud spagetid. Sega.
6. Maitsesta.
7. Vala segu ahju-vormi.
8. Puista peale riivitud juustu.
9. Küpseta ahjus 180º juures umbes 20 minutit.

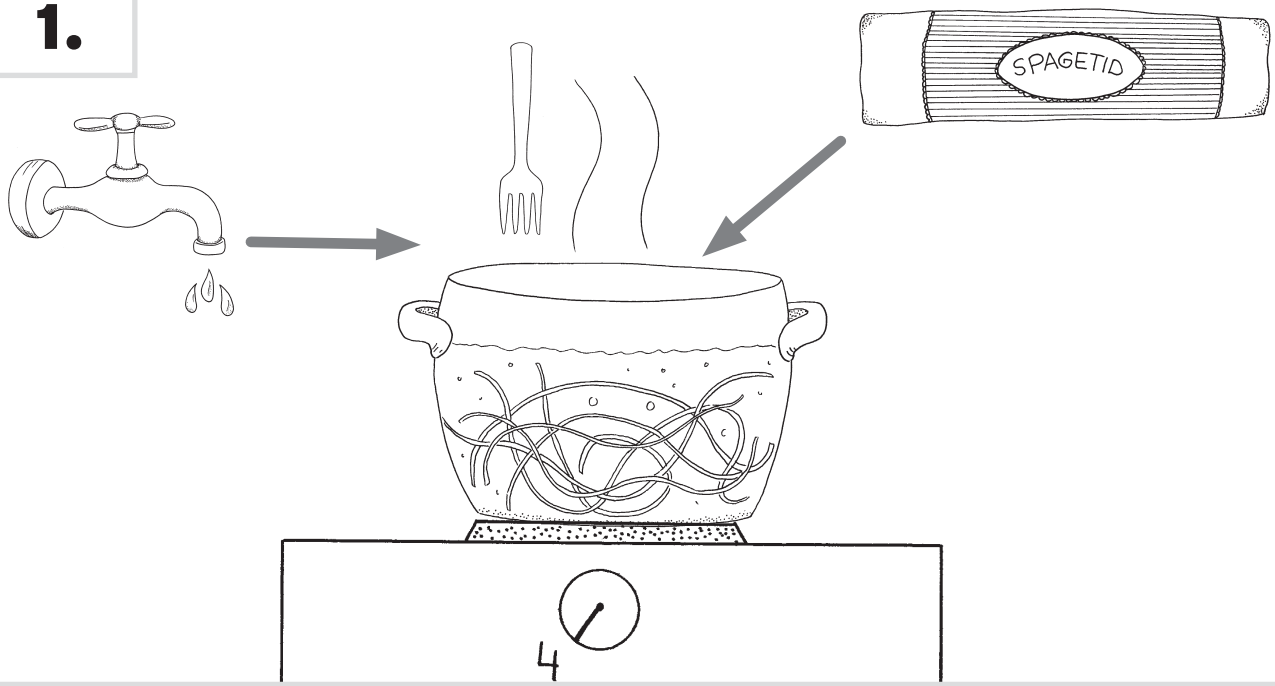
SPAGETI-VORM

SPAGETID	POOL PAKKI
HAKK-LIHA	200 G
ÕLI	1 SL
SINK	100 G
TOMATI-PASTA	1 DL
SOOL	
PIPAR	
RIIVITUD JUUST	

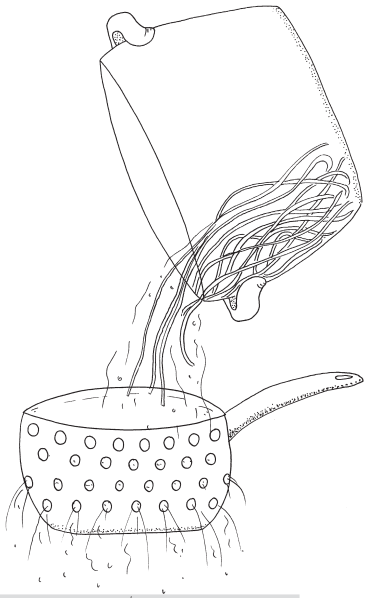
1. KEEDA SPAGETID PEHMEKS.
2. NÕRUTA SPAGETID.
3. PRUUNISTA PANNIL HAKK-LIHA.
4. TÜKELDA SINK.
   LISA SINGI-TÜKID HAKK-LIHALE.
5. LISA HAKK-LIHALE TOMATI-PASTA JA KEEDETUD SPAGETID. SEGA.
6. MAITSESTA.
7. VALA SEGU AHJU-VORMI.
8. PUISTA PEALE RIIVITUD JUUSTU.
9. KÜPSETA AHJUS 180º JUURES UMBES 20 MINUTIT.

SPAGETI-VORM

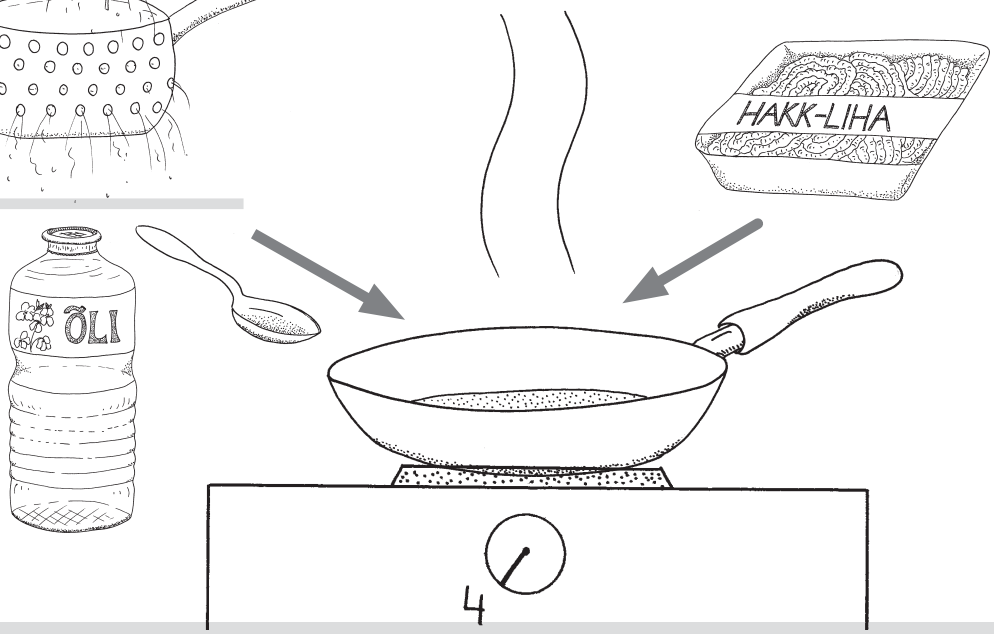
1.



2.

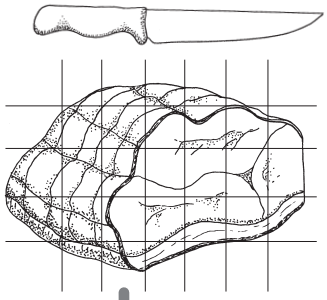


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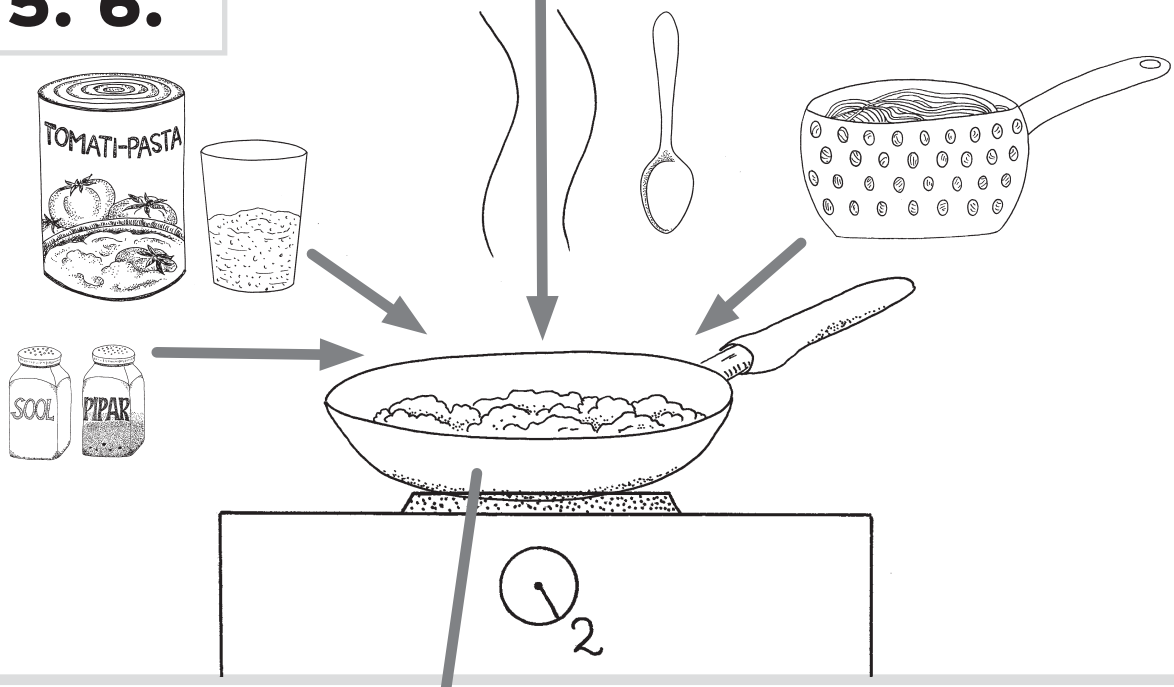


SPAGETI-VORM

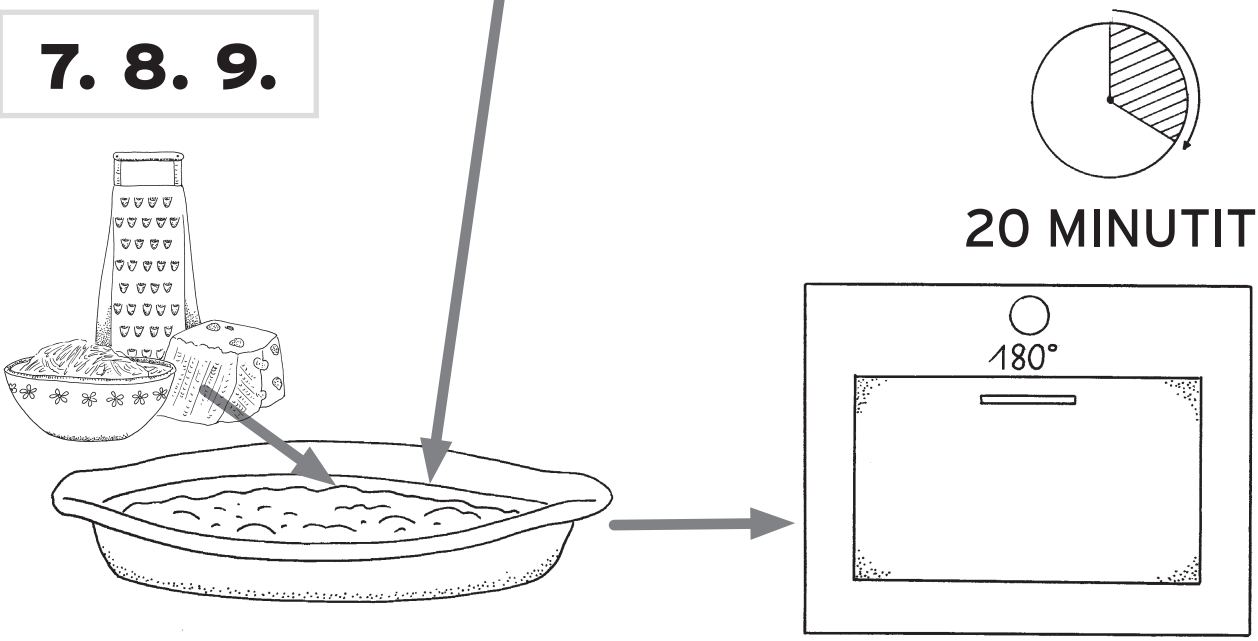
4.



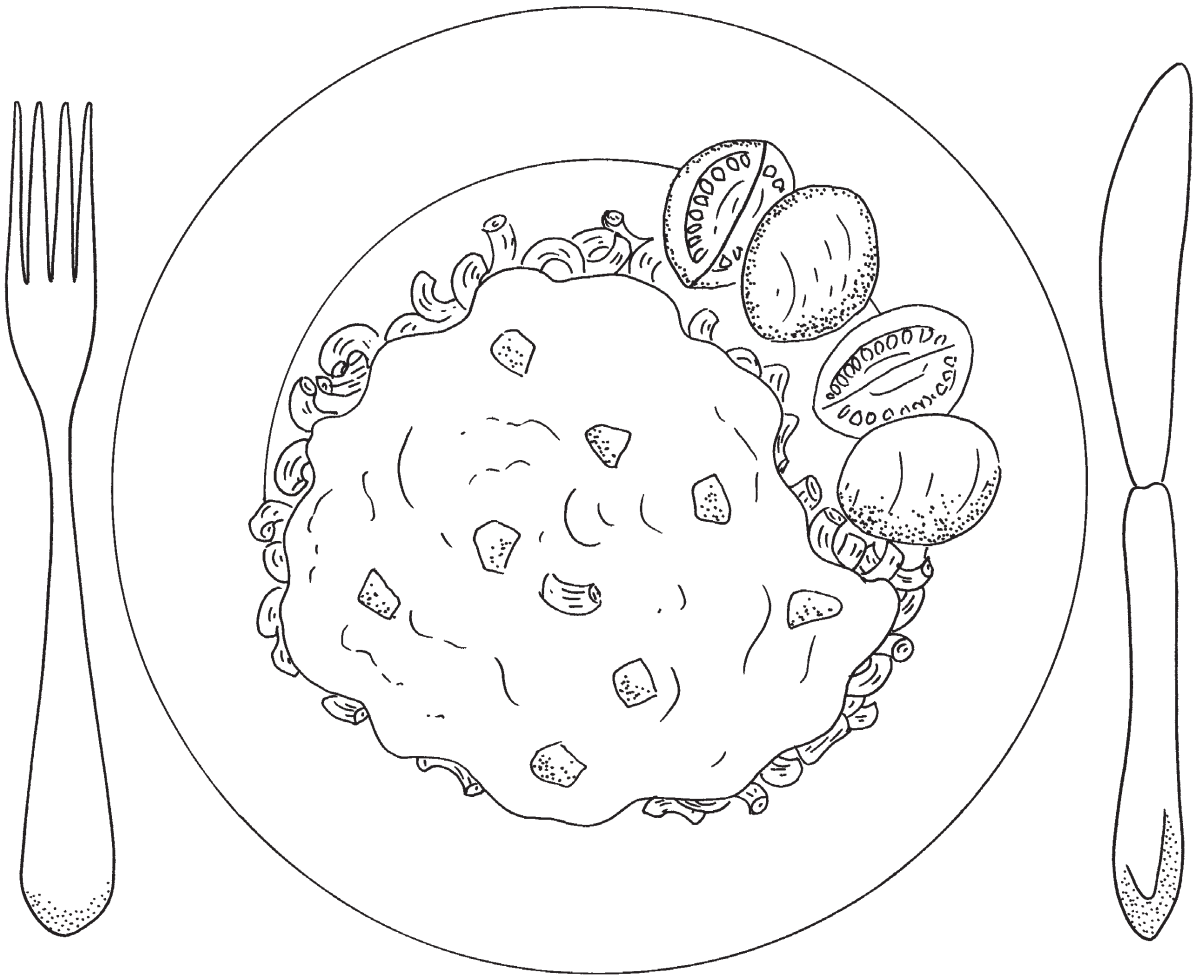
5. 6.



7. 8. 9.



VORSTI-KASTE



VORSTI-KASTE



VORSTI-KASTE

sibul	2
õli	1 sl
keedu-vorst	400 g
jahu	5 sl
tomati-pasta	2 sl
vesi	6 dl
hapu-koor	1 dl
sool	
pipar	

1. Koori ja haki sibulad.
2. Pane pannile õli ja sibula-tükid. Kuumuta.
3. Tükelda vorst.
4. Lisa vorsti-tükid sibulale. Pruunista.
5. Lisa jahu, tomati-pasta ja 3 klaasi vett (6 dl).
   Hauta 10 minutit.
6. Lisa hapu-koor.
   Hauta 5 minutit.
7. Maitsesta.

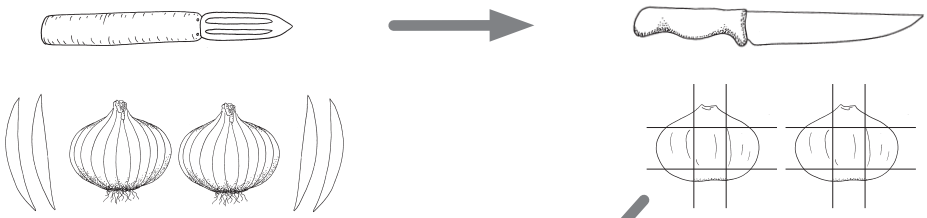
VORSTI-KASTE

SIBUL	2
ÕLI	1 SL
KEEDU-VORST	400 G
JAHU	5 SL
TOMATI-PASTA	2 SL
VESI	6 DL
HAPU-KOOR	1 DL
SOOL	
PIPAR	

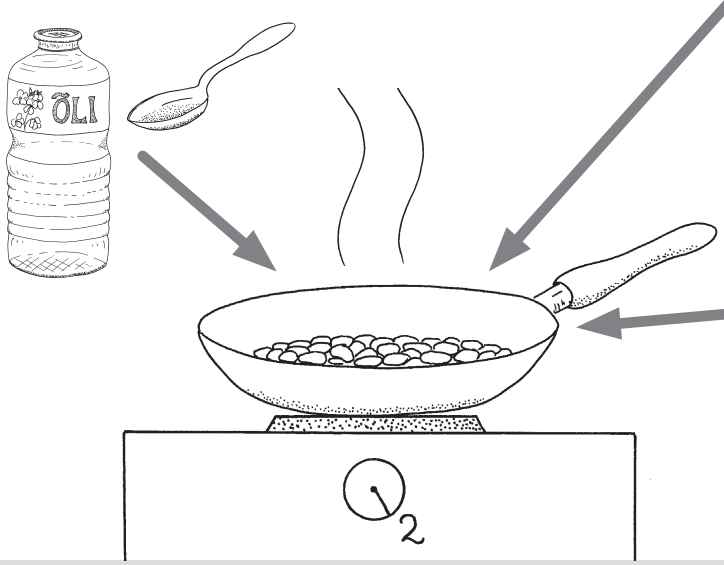
1. KOORI JA HAKI SIBULAD.
2. PANE PANNILE ÕLI JA SIBULA-TÜKID.
   KUUMUTA.
3. TÜKELDA VORST.
4. LISA VORSTI-TÜKID SIBULALE. PRUUNISTA.
5. LISA JAHU, TOMATI-PASTA JA 3 KLAASI VETT (6 DL).
   HAUTA 10 MINUTIT.
6. LISA HAPU-KOOR.
   HAUTA 5 MINUTIT.
7. MAITSESTA.

VORSTI-KASTE

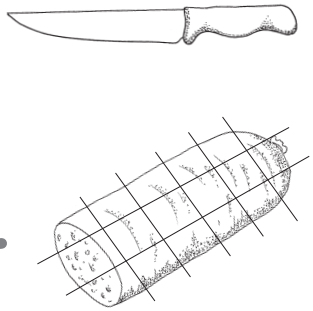
1.



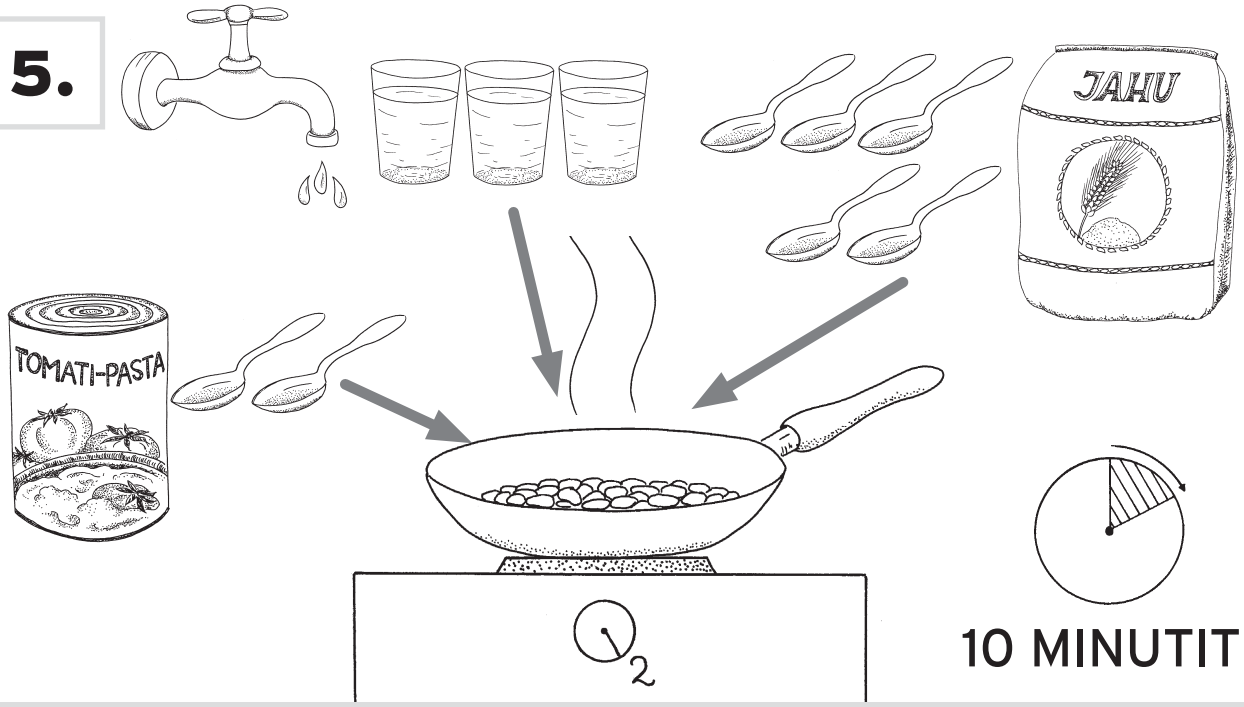
2.



3. 4.

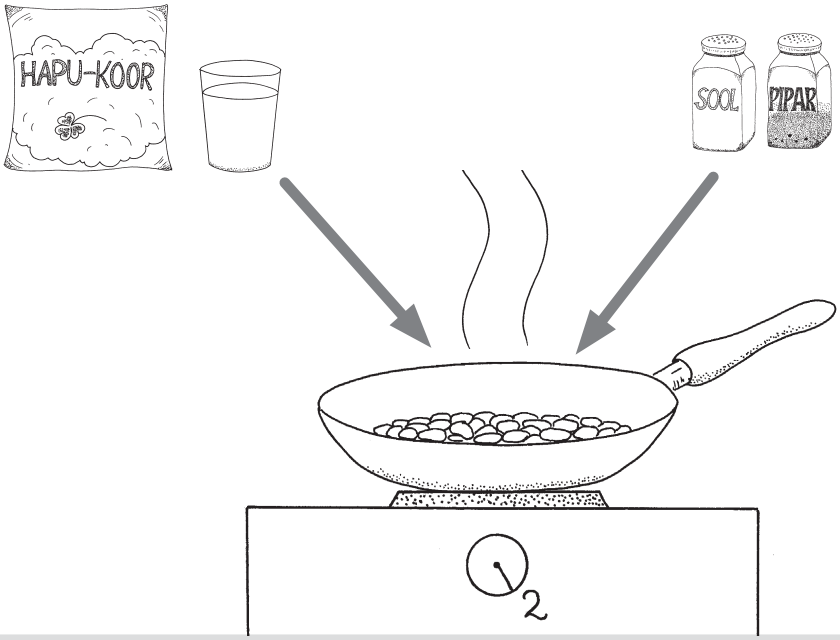


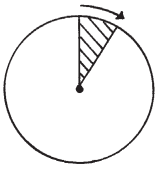
5.



VORSTI-KASTE

6. 7.





5 MINUTIT

ÜHE-PAJA-TOIT



ÜHE-PAJA-TOIT



ÜHE-PAJA-TOIT

hakk-liha	500 g
õli	1 sl
kartul	5
porgand	4
kaalikas	pool kaalikat
kapsas	pool väikest kapsast
vesi	2 dl
sool	

1. Pruunista potis hakk-liha.
2. Pese kartulid, porgandid, kaalikas ja kapsas.
3. Koori ja tükelda kartulid, porgandid, kaalikas ja kapsas.
4. Lisa aed-vilja-tükid hakk-lihale.
5. Lisa klaas vett (2 dl).
6. Hauta, kuni aed-vili on pehme.
7. Maitsesta.

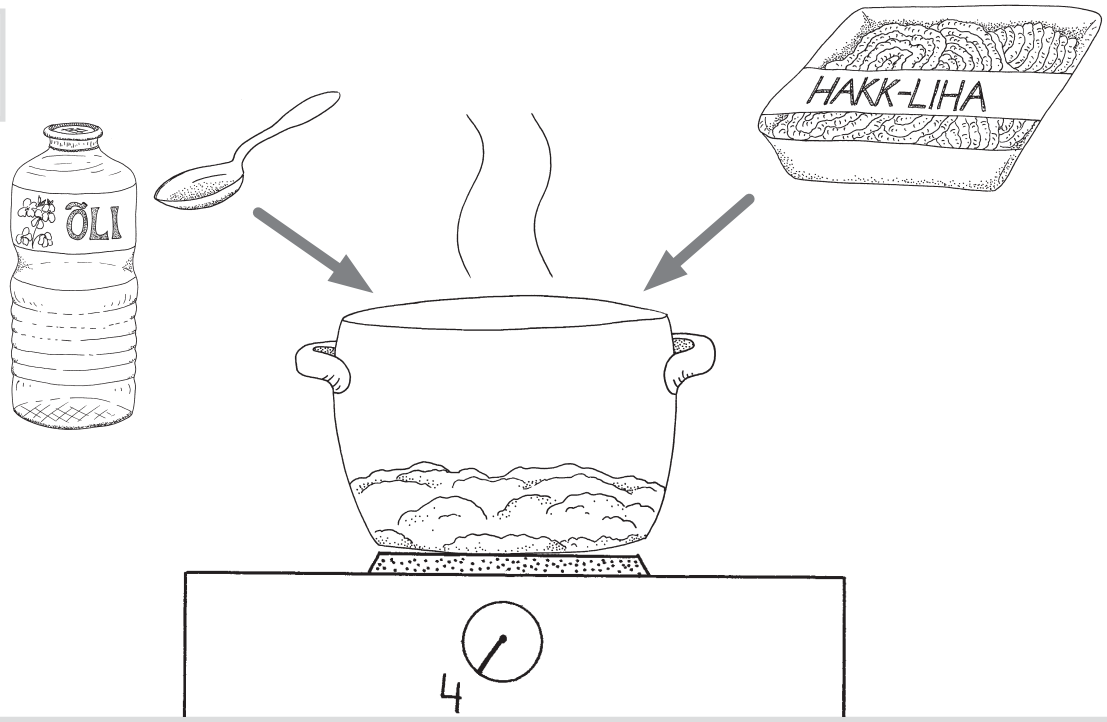
ÜHE-PAJA-TOIT

HAKK-LIHA	500 G
ÕLI	1 SL
KARTUL	5
PORGAND	4
KAALIKAS	POOL KAALIKAT
KAPSAS	POOL VÄIKEST KAPSAST
VESI	2 DL
SOOL	

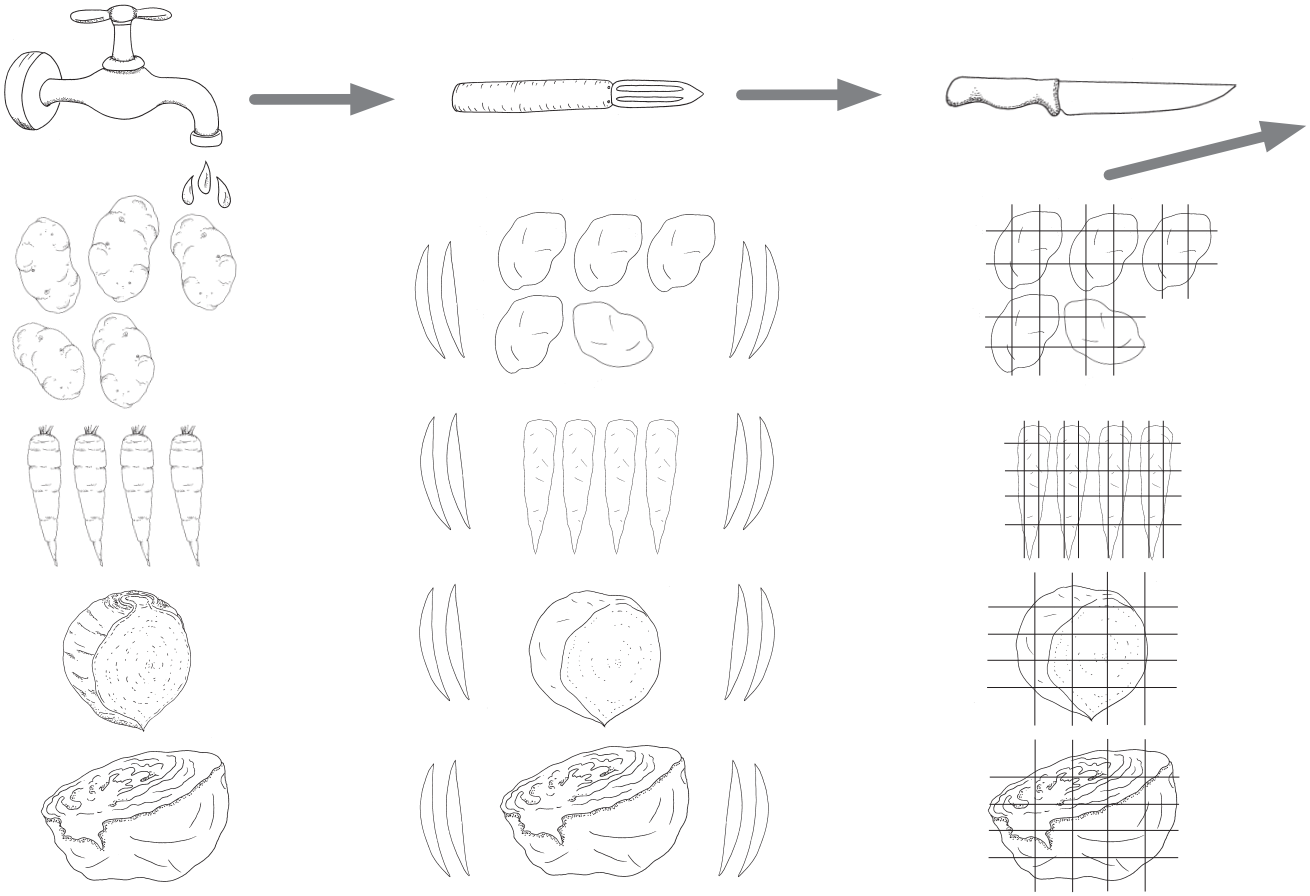
1. PRUUNISTA POTIS HAKK-LIHA.
2. PESE KARTULID, PORGANDID, KAALIKAS JA KAPSAS.
3. KOORI JA TÜKELDA KARTULID, PORGANDID, KAALIKAS JA KAPSAS.
4. LISA AED-VILJA-TÜKID HAKK-LIHALE.
5. LISA KLAAS VETT (2 DL).
6. HAUTA, KUNI AED-VILI ON PEHME.
7. MAITSESTA.

ÜHE-PAJA-TOIT

1.

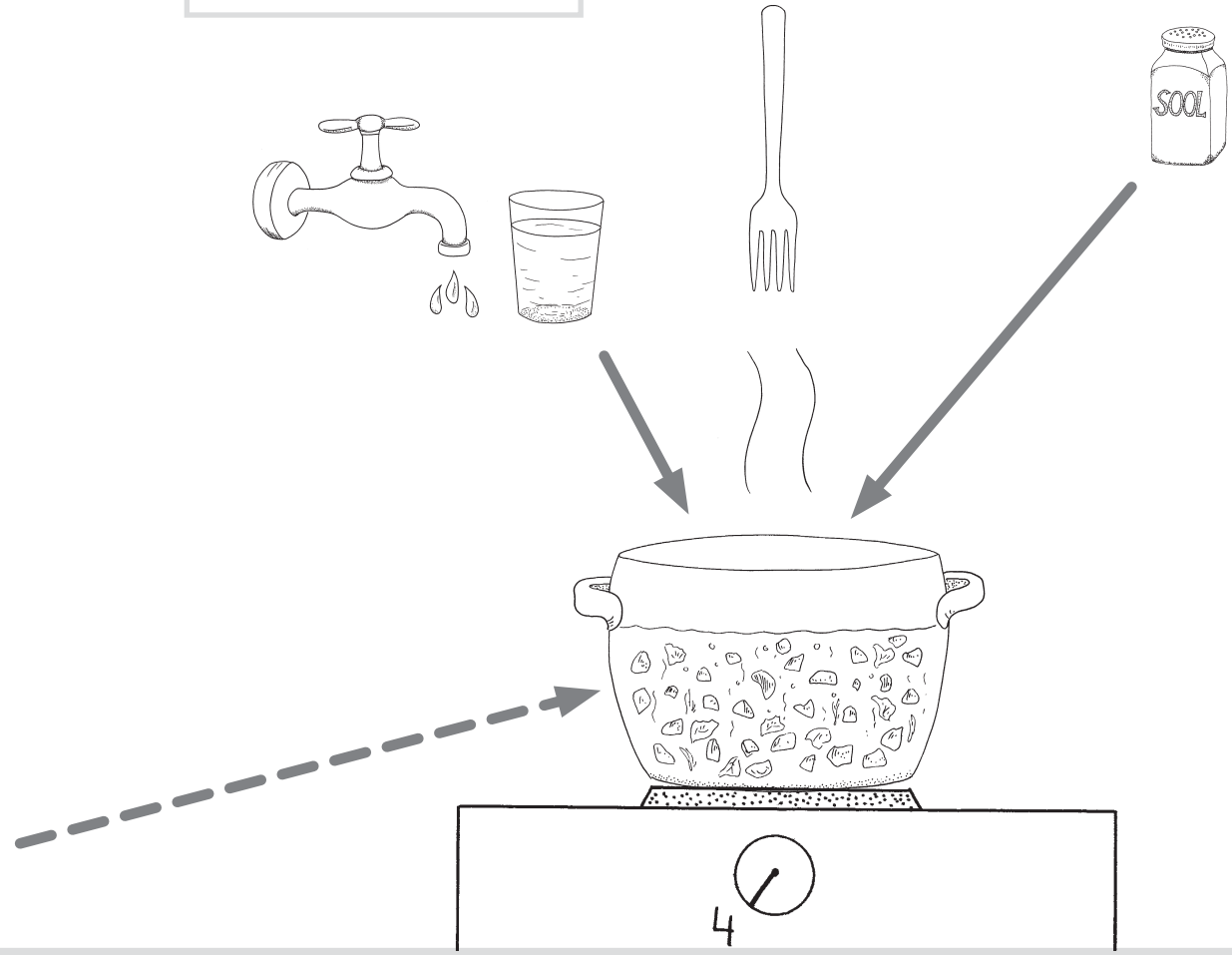


2. 3.

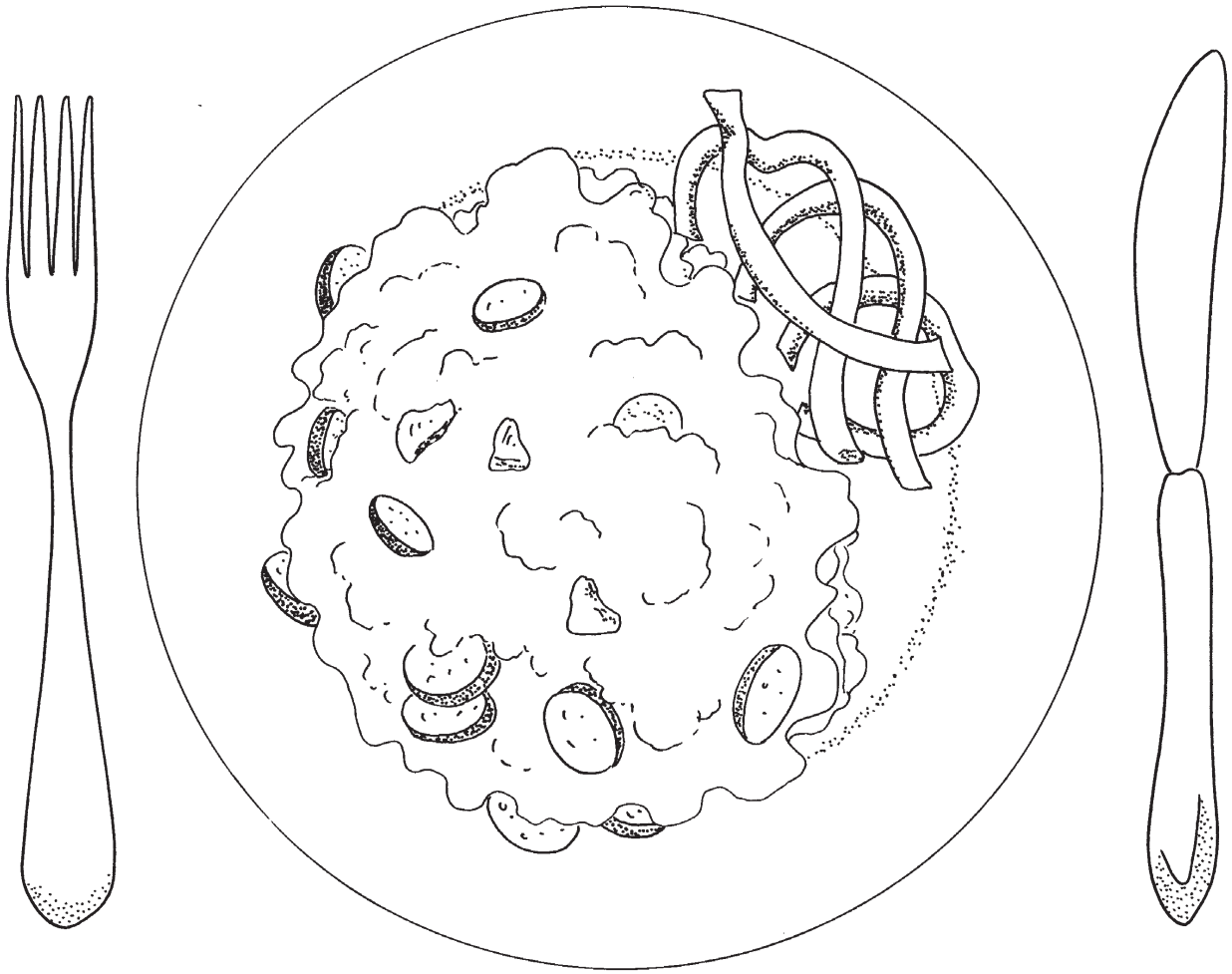


ÜHE-PAJA-TOIT

4. 5. 6. 7.



MUNA-PUDER SINGI JA VIINERITEGA



MUNA-PUDER SINGI JA VIINERITEGA



MUNA-PUDER SINGI JA VIINERITEGA

sink	100 g
õli	1 sl
viinerid	200 g
jahu	1 sl
muna	5
piim	1 sl
sool	
pipar	

1. Tükelda sink ja viinerid.
2. Pruunista singi- ja viineri-tükid pannil.
3. Raputa singi- ja viineri-tükkide peale jahu. Sega.
4. Pane kaussi munad ja piim. Vahusta.
5. Maitsesta munade ja piima segu.
6. Kalla segu singi- ja viineri-tükkide peale. Kuumuta ja sega.

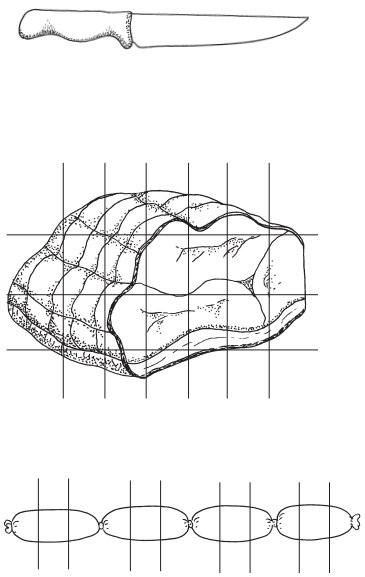
MUNA-PUDER SINGI JA VIINERITEGA

SINK	100 G
ÕLI	1 SL
VIINERID	200 G
JAHU	1 SL
MUNA	5
PIIM	1 SL
SOOL	
PIPAR	

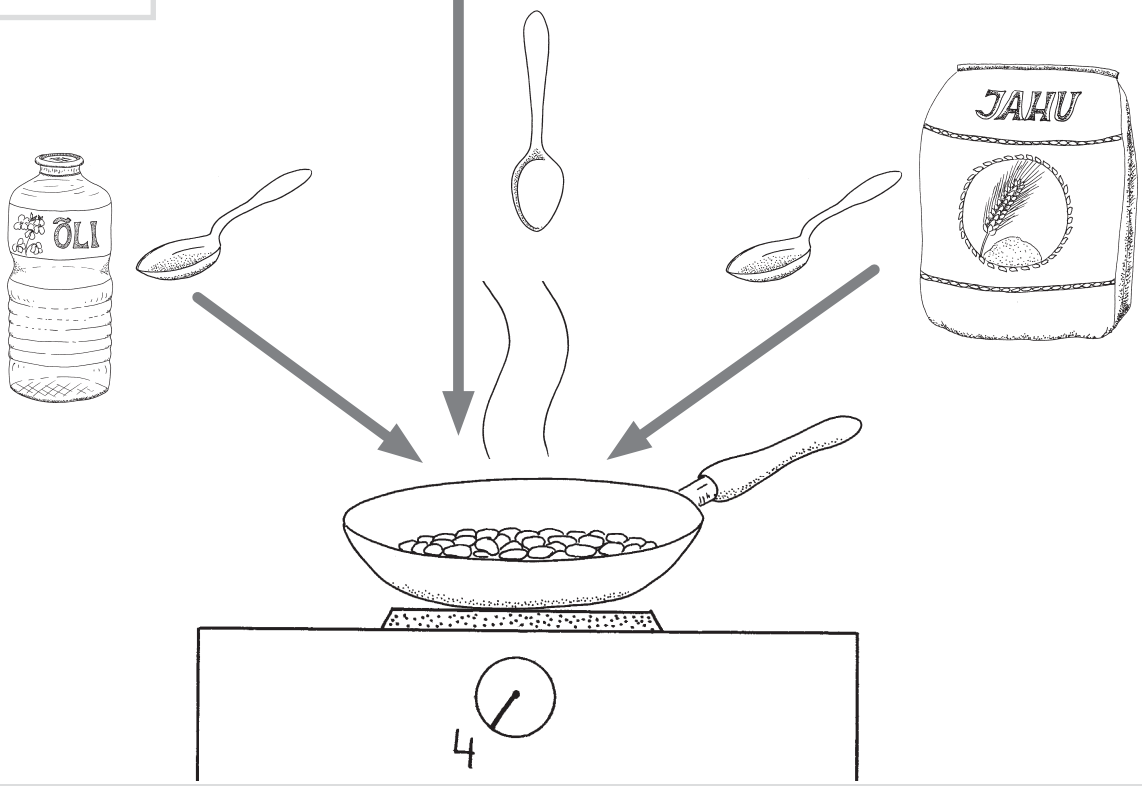
1. TÜKELDA SINK JA VIINERID.
2. PRUUNISTA SINGI- JA VIINERI-TÜKID PANNIL.
3. RAPUTA SINGI- JA VIINERI-TÜKKIDE PEALE JAHU. SEGA.
4. PANE KAUSSI MUNAD JA PIIM. VAHUSTA.
5. MAITSESTA MUNADE JA PIIMA SEGU.
6. KALLA SEGU SINGI- JA VIINERI-TÜKKIDE PEALE. KUUMUTA JA SEGA.

MUNA-PUDER SINGI JA VIINERITEGA

1.

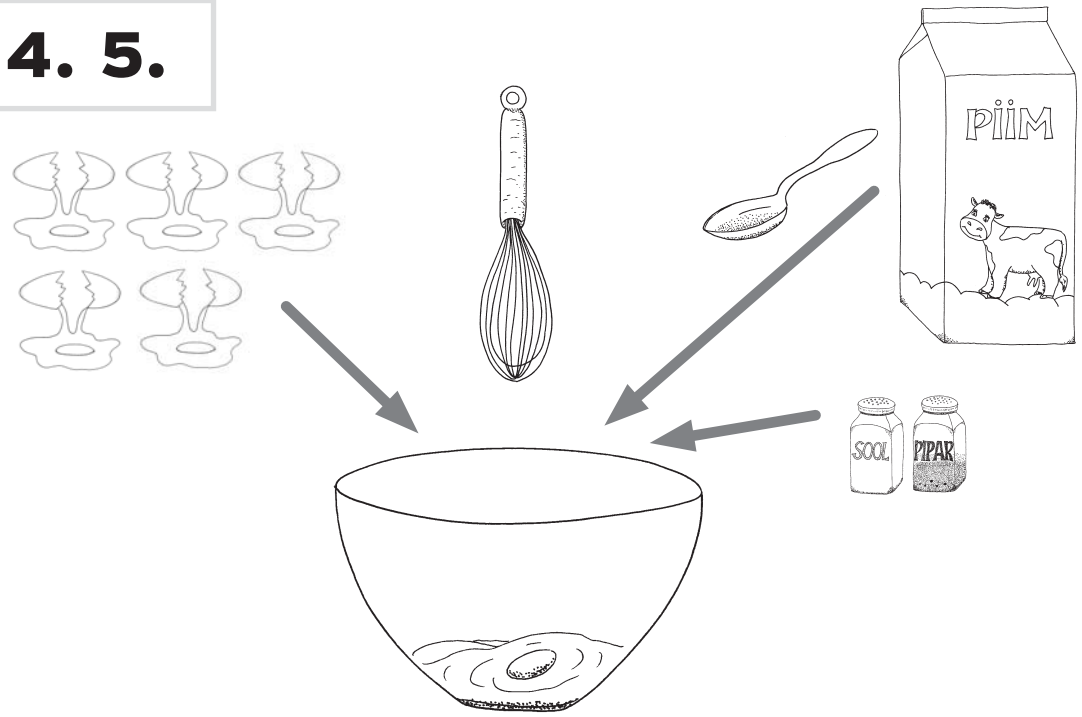


2. 3.

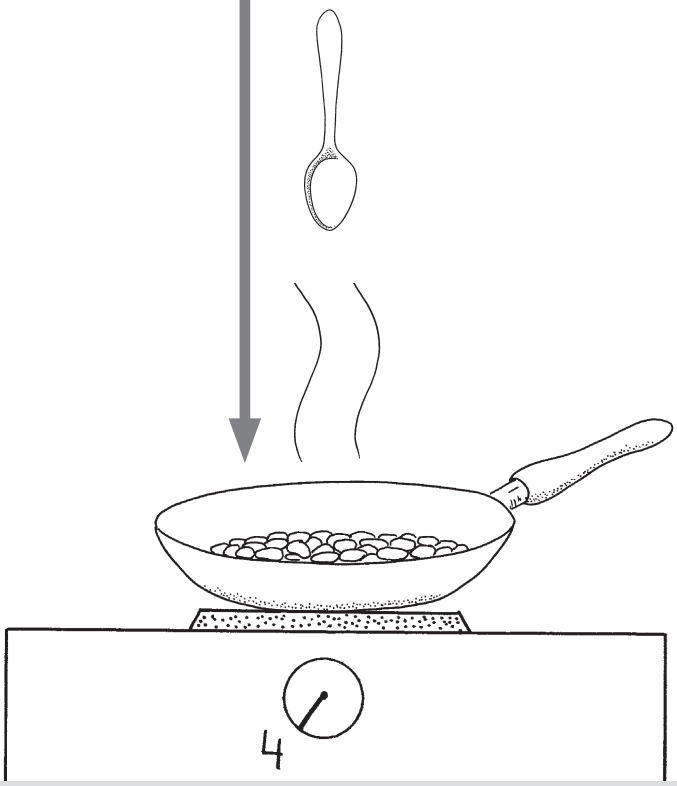


MUNA-PUDER SINGI JA VIINERITEGA

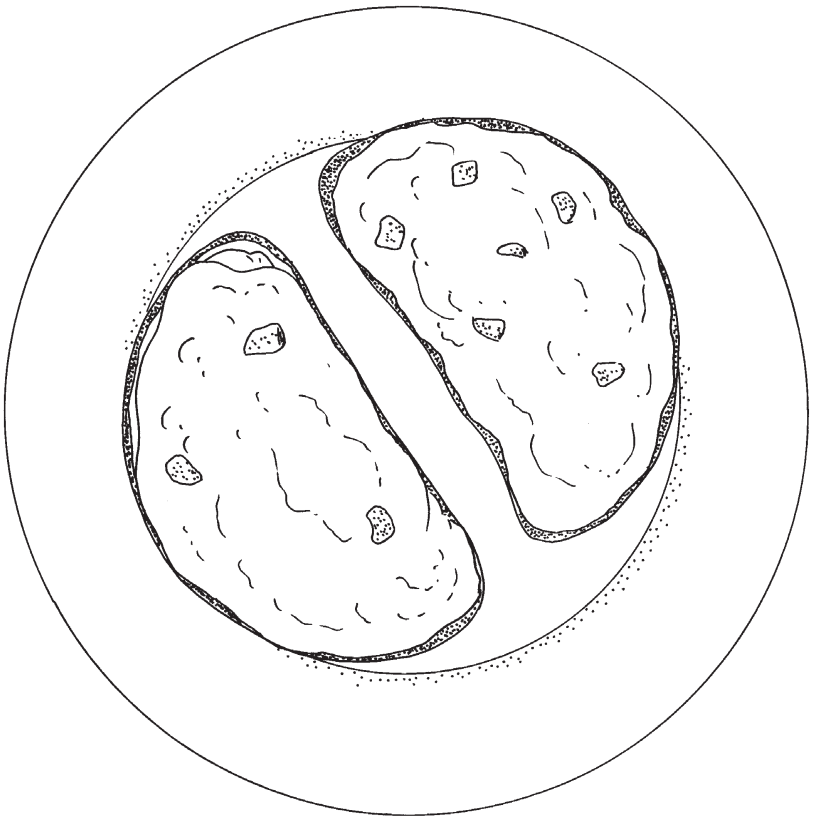
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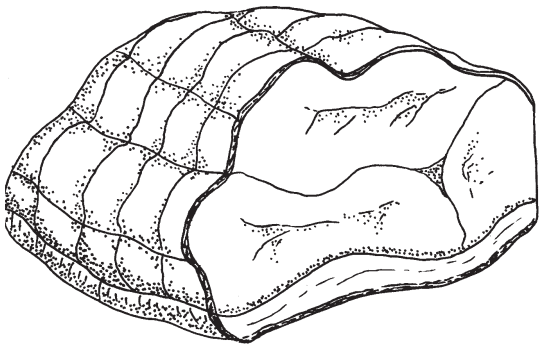
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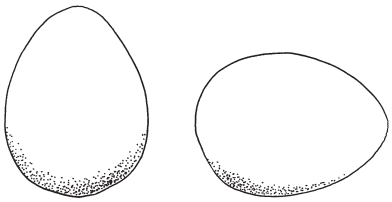


SOOLASED KOHU-PIIMA-SAIAD

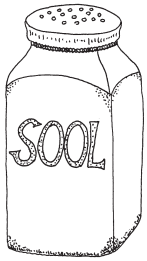


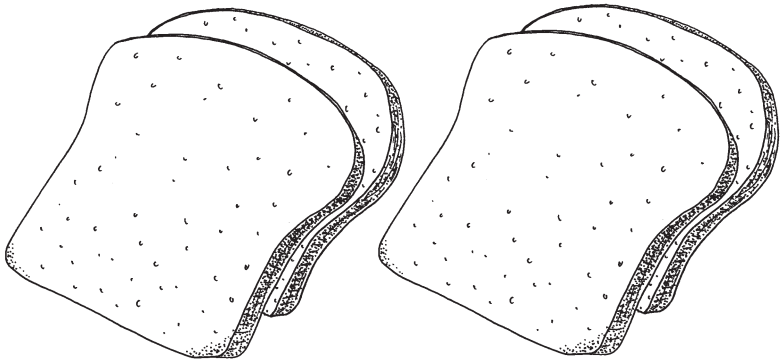
SOOLASED KOHU-PIIMA-SAIAD

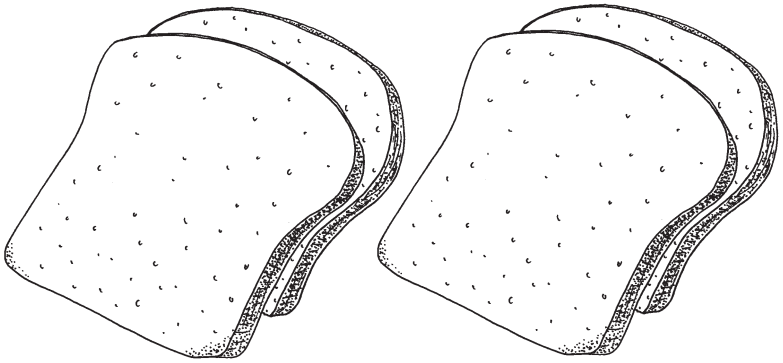


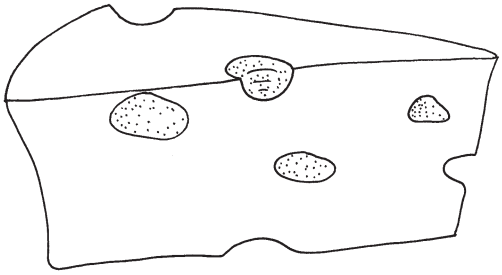












SOOLASED KOHU-PIIMA-SAIAD

sink	100 g
muna	2 tk
kohu-piim	1 pakk (200 g)
sool	
sai	8 viilu
riivitud juust	

1. Tükelda sink.
2. Pane munad kaussi. Vahusta.
3. Lisa munale singi-tükid ja kohu-piim. Sega.
4. Maitsesta.
5. Määri segu saia-viiludele.
6. Raputa segu peale riivitud juust.
7. Küpseta ahjus 180º juures umbes 20 minutit.

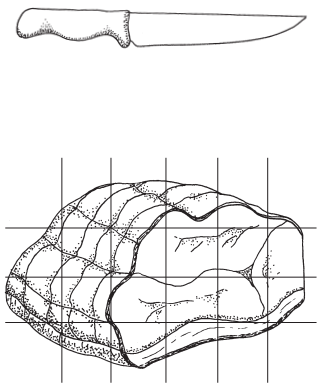
SOOLASED KOHU-PIIMA-SAIAD

SINK	100 G
MUNA	2 TK
KOHU-PIIM	1 PAKK (200 G)
SOOL	
SAI	8 VIILU
RIIVITUD JUUST	

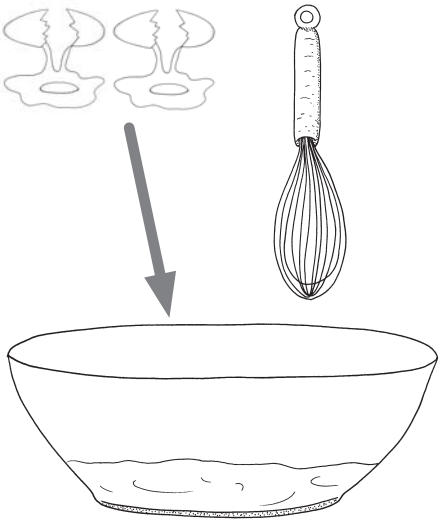
1. TÜKELDA SINK.
2. PANE MUNAD KAUSSI. VAHUSTA.
3. LISA MUNALE SINGI-TÜKID JA KOHU-PIIM. SEGA.
4. MAITSESTA.
5. MÄÄRI SEGU SAIA-VIILUDELE.
6. RAPUTA SEGU PEALE RIIVITUD JUUST.
7. KÜPSETA AHJUS 180º JUURES UMBES 20 MINUTIT.

SOOLASED KOHU-PIIMA-SAIAD

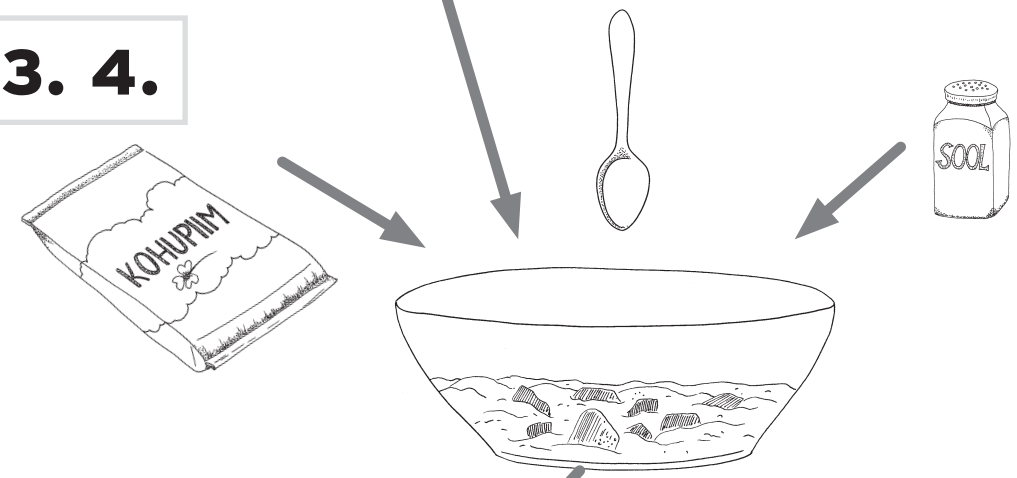
1.



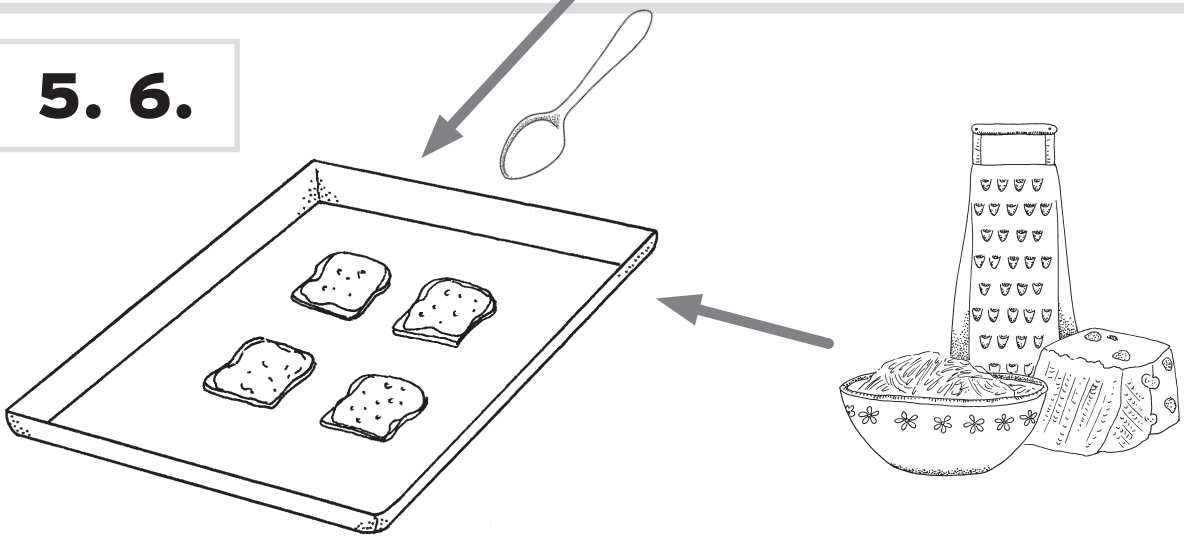
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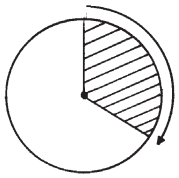
3. 4.



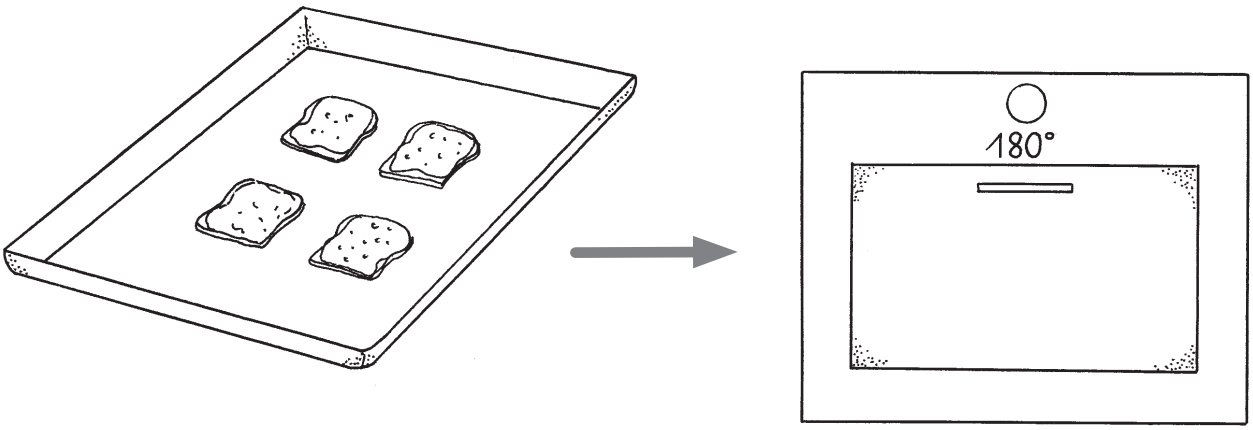
5. 6.



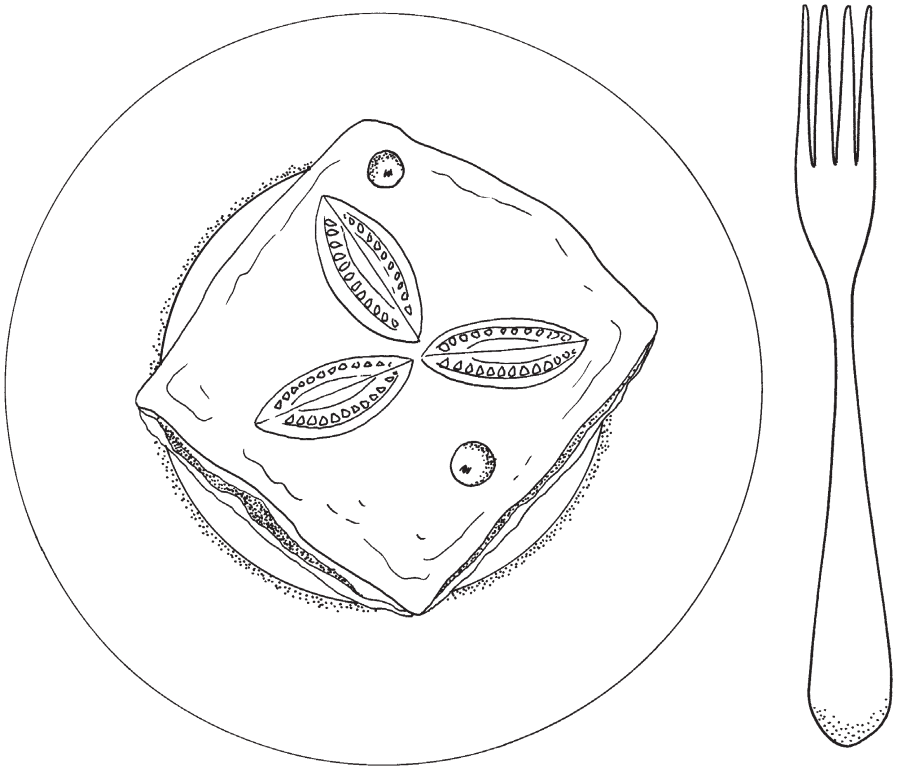
7.



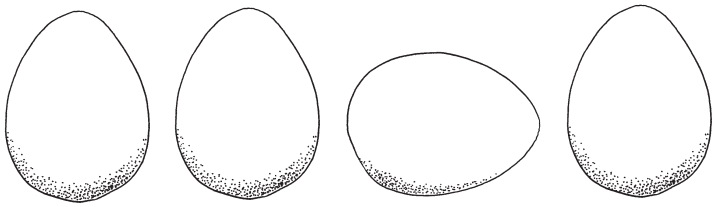
20 MINUTIT

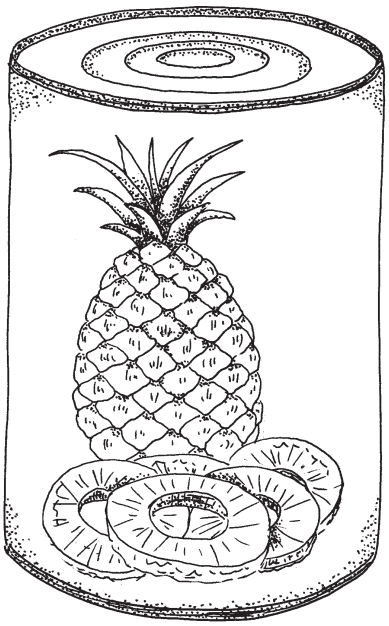


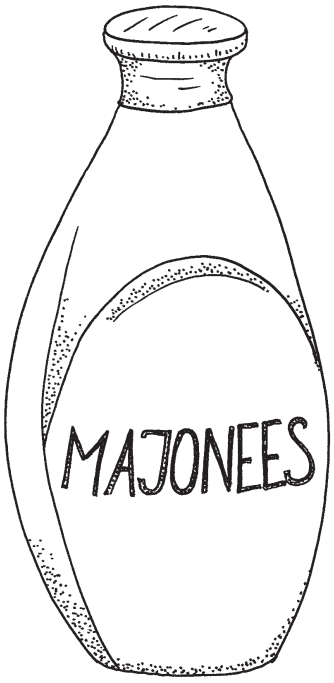
TUUNI-KALA-TORT

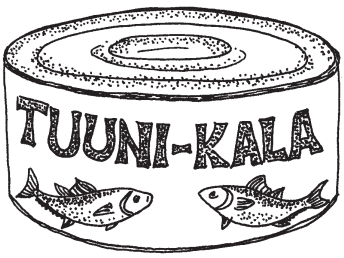


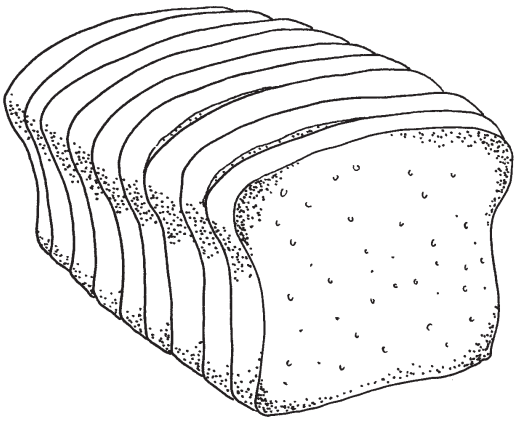
TUUNI-KALA-TORT











TUUNI-KALA-TORT

muna	4
ananassi-kompott	1 keskmine purk
majonees	5 dl
tuuni-kala-konserv	1 karp
röst-sai	1

1. Keeda munad (umbes 10 minutit)
2. Koori ja haki keedetud munad.
3. Tükelda ananass.
4. Pane kaussi hakitud munad, ananassi-tükid, majonees ja tuuni-kala. Vahusta.
5. Pane kandikule 6 viilu saia.
6. Määri saiale kiht majoneesi-segu.
7. Pane segule 6 viilu saia.
8. Määri saiale kiht majoneesi-segu.
9. Pane segule 6 viilu saia.
10. Määri saiale kiht majoneesi-segu.
11. Kata tort toidu-kilega.
12. Hoia torti külm-kapis järgmise päevani.

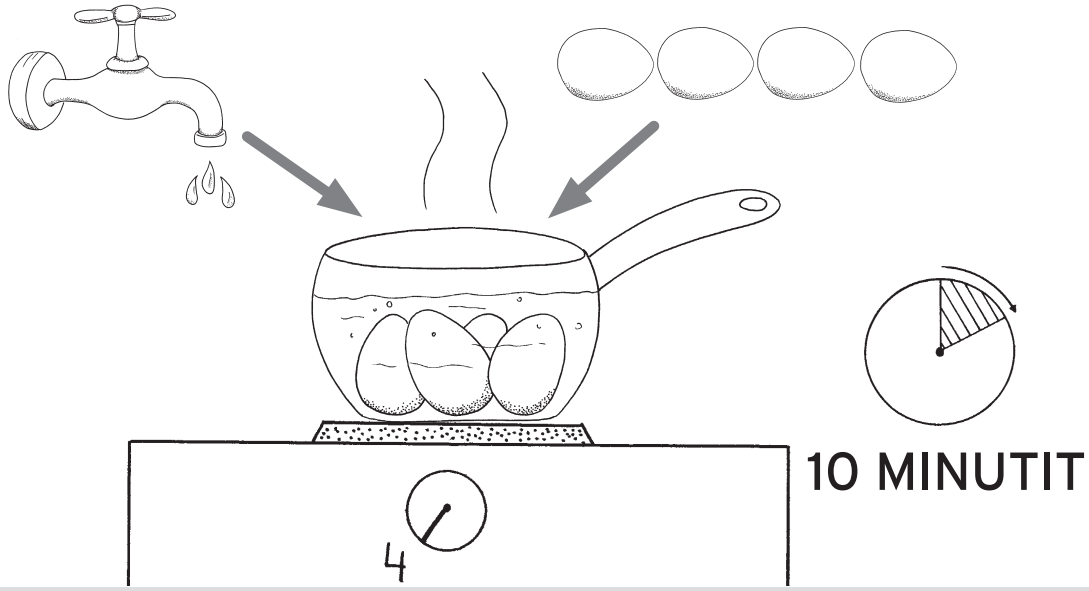
TUUNI-KALA-TORT

MUNA	4
ANANASSI-KOMPOTT	1 KESKMINE PURK
MAJONEES	5 DL
TUUNI-KALA-KONSERV	1 KARP
RÖST-SAI	1

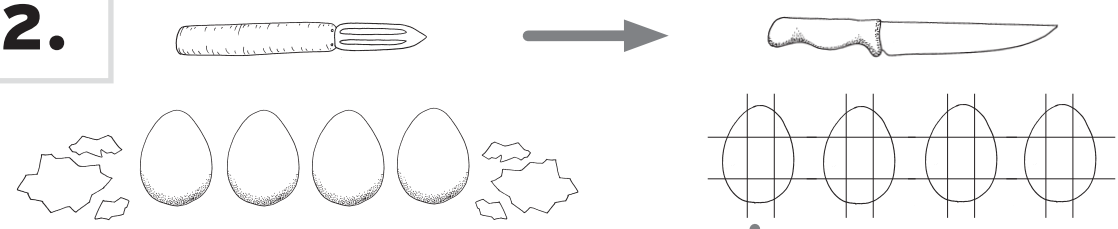
1. KEEDA MUNAD (UMBES 10 MINUTIT)
2. KOORI JA HAKI KEEDETUD MUNAD.
3. TÜKELDA ANANASS.
4. PANE KAUSSI HAKITUD MUNAD, ANANASSI-TÜKID, MAJONEES JA TUUNI-KALA. VAHUSTA.
5. PANE KANDIKULE 6 VIILU SAIA.
6. MÄÄRI SAIALE KIHT MAJONEESI-SEGU.
7. PANE SEGULE 6 VIILU SAIA.
8. MÄÄRI SAIALE KIHT MAJONEESI-SEGU.
9. PANE SEGULE 6 VIILU SAIA.
10. MÄÄRI SAIALE KIHT MAJONEESI-SEGU.
11. KATA TORT TOIDU-KILEGA.
12. HOIA TORTI KÜLM-KAPIS JÄRGMISE PÄEVANI.

TUUNI-KALA-TORT

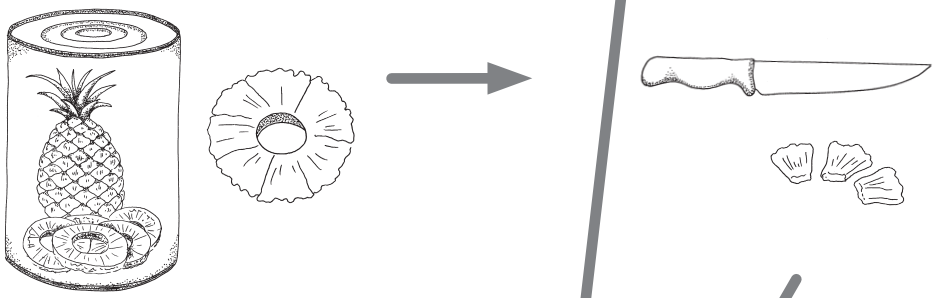
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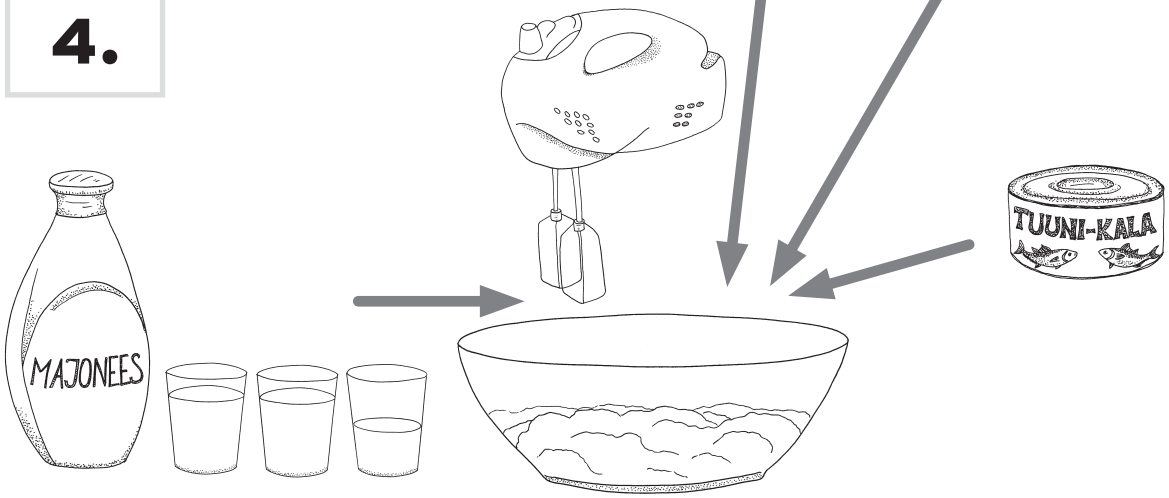
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3.

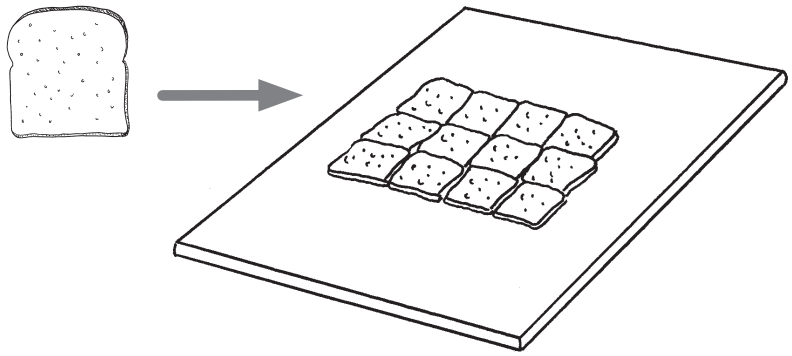


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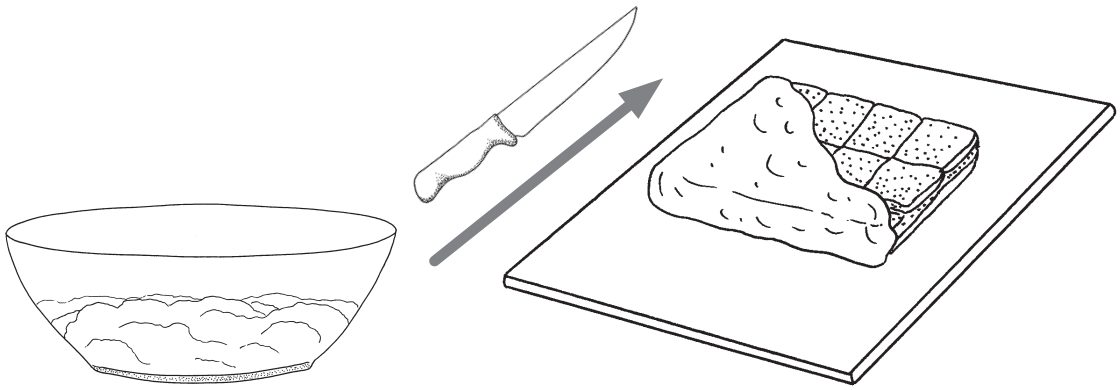


TUUNI-KALA-TORT

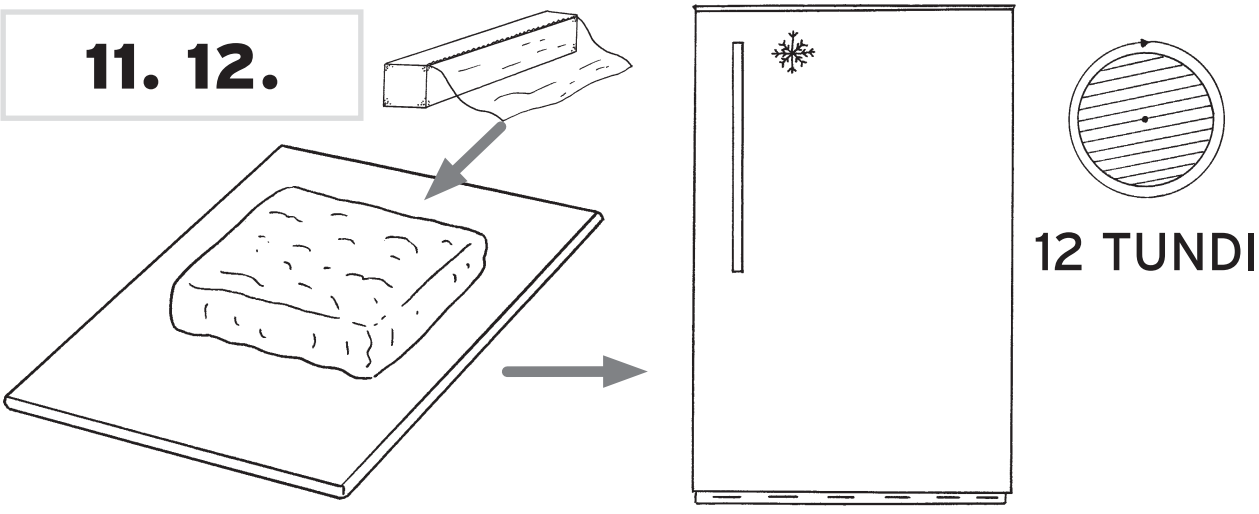
5. 7. 9.



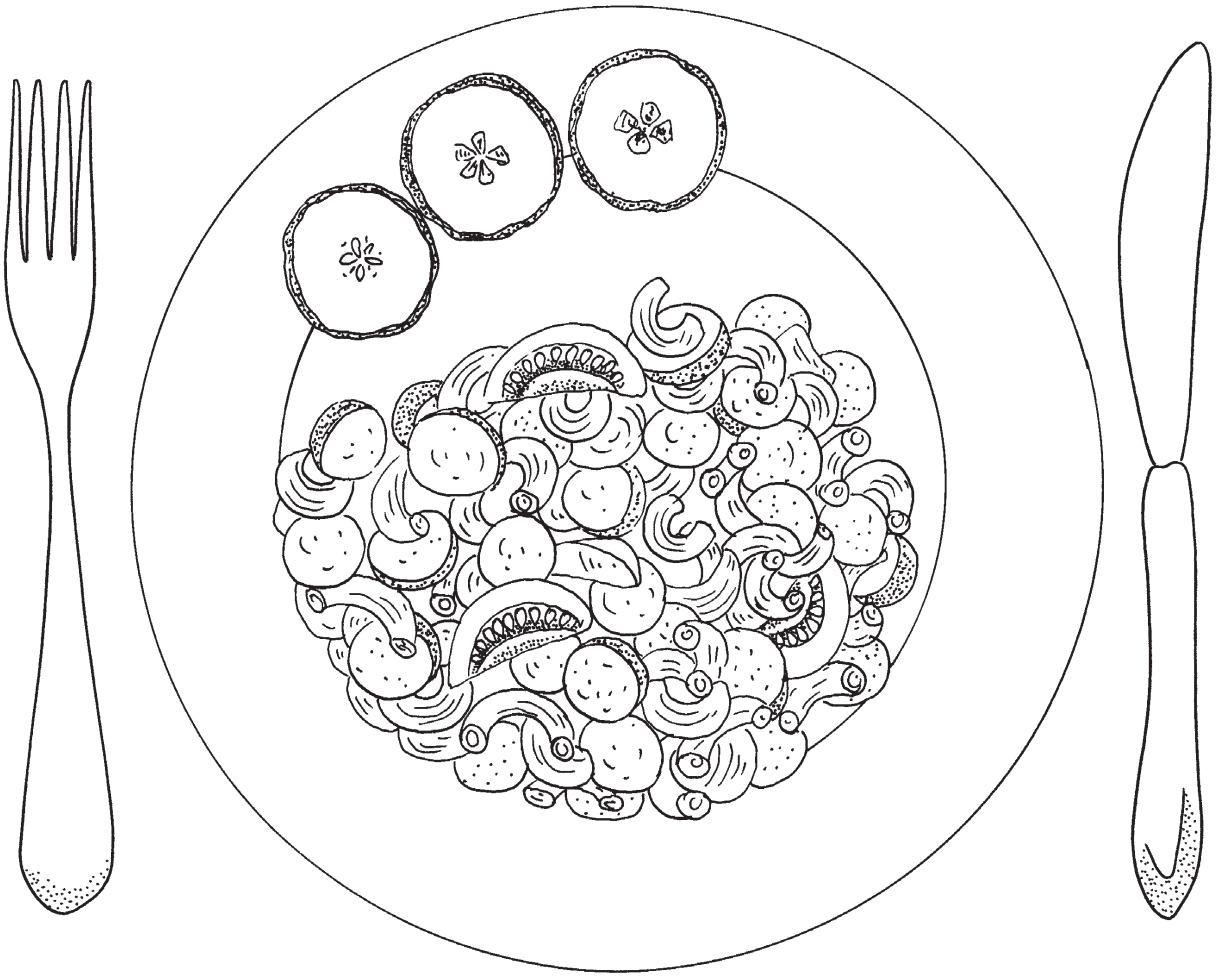
6. 8. 10.



11. 12.



VIINERI- JA MAKARONI-ROOG



VIINERI- JA MAKARONI-ROOG



VIINERI- JA MAKARONI-ROOG

makaronid	pool pakki
viinerid	150 g
õli	1 sl
tomat	1
riivitud juust	
sool	

1. Keeda makaronid pehmeks.
2. Nõruta makaronid.
3. Tükelda viinerid.
4. Pruunista viineri-tükid pannil.
5. Pese ja tükelda tomat.
6. Lisa viineritele tomati-tükid, keedetud makaronid ja riivitud juust. Sega.
7. Maitsesta.

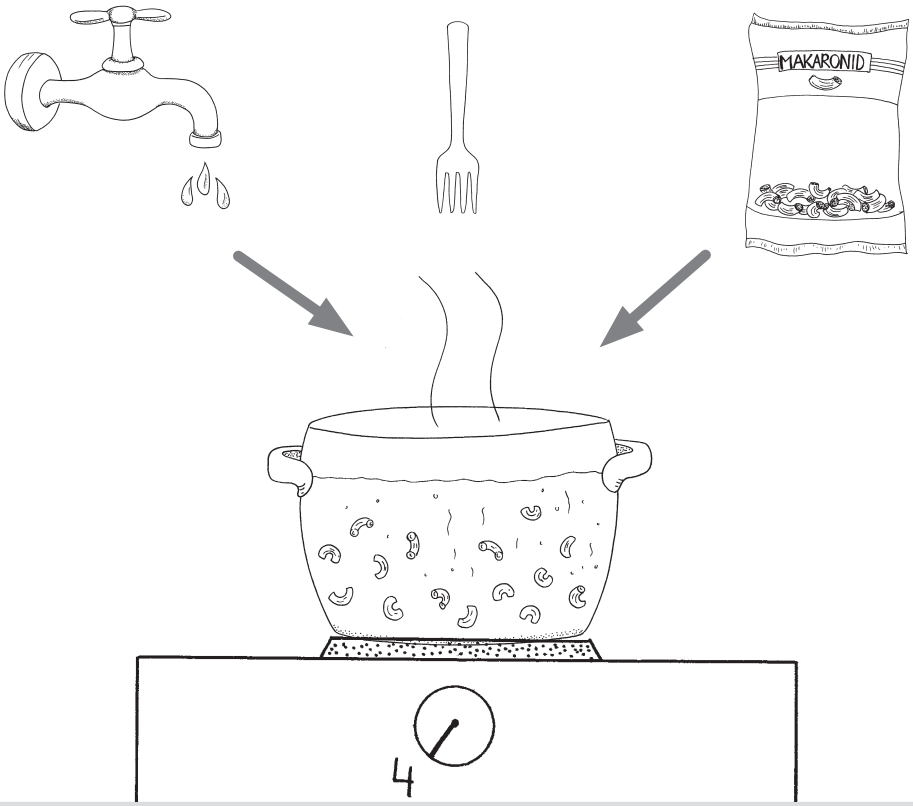
VIINERI- JA MAKARONI-ROOG

MAKARONID	POOL PAKKI
VIINERID	150 G
ÕLI	1 SL
TOMAT	1
RIIVITUD JUUST	
SOOL	

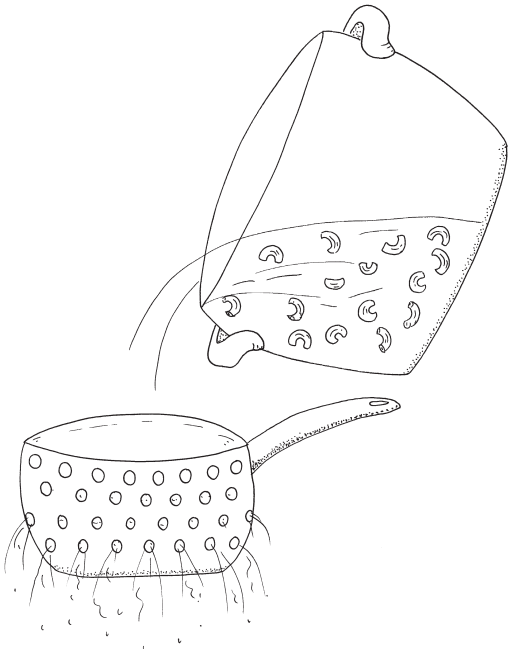
1. KEEDA MAKARONID PEHMEKS.
2. NÕRUTA MAKARONID.
3. TÜKELDA VIINERID.
4. PRUUNISTA VIINERI-TÜKID PANNIL.
5. PESE JA TÜKELDA TOMAT.
6. LISA VIINERITELE TOMATI-TÜKID, KEEDETUD MAKARONID JA RIIVITUD JUUST. SEGA.
7. MAITSESTA.

VIINERI- JA MAKARONI-ROOG

1.

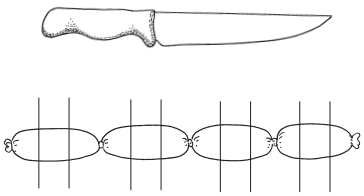


2.

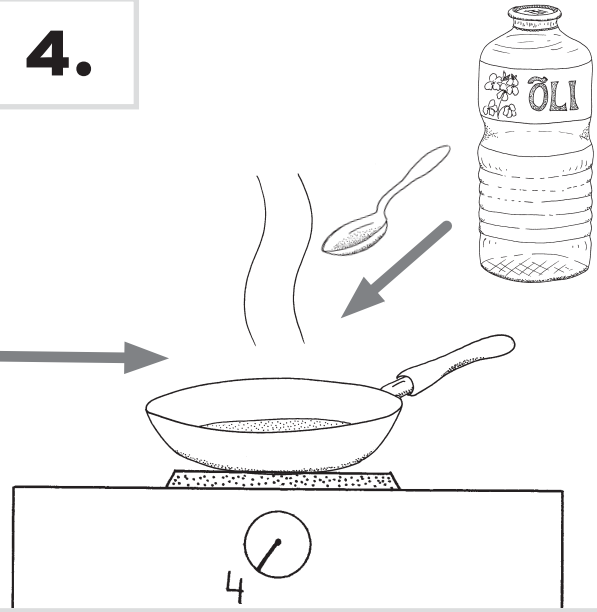


VIINERI- JA MAKARONI-ROOG

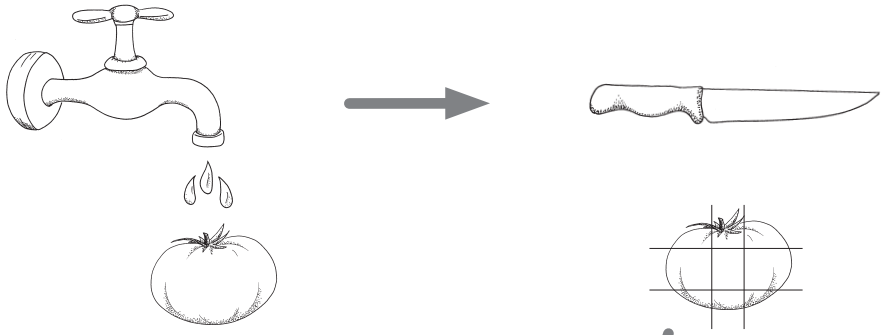
3.



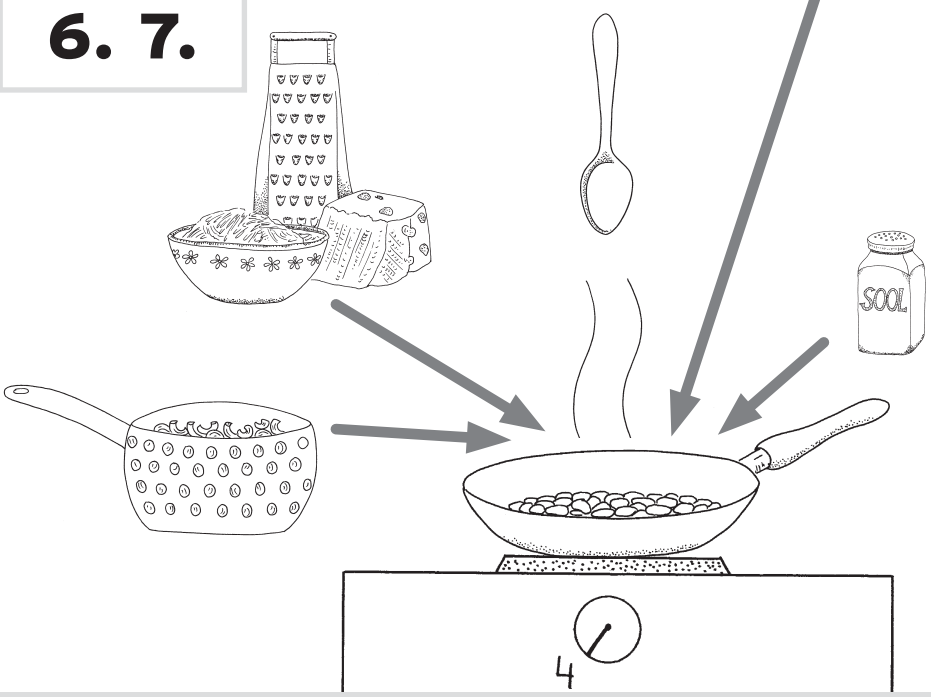
4.



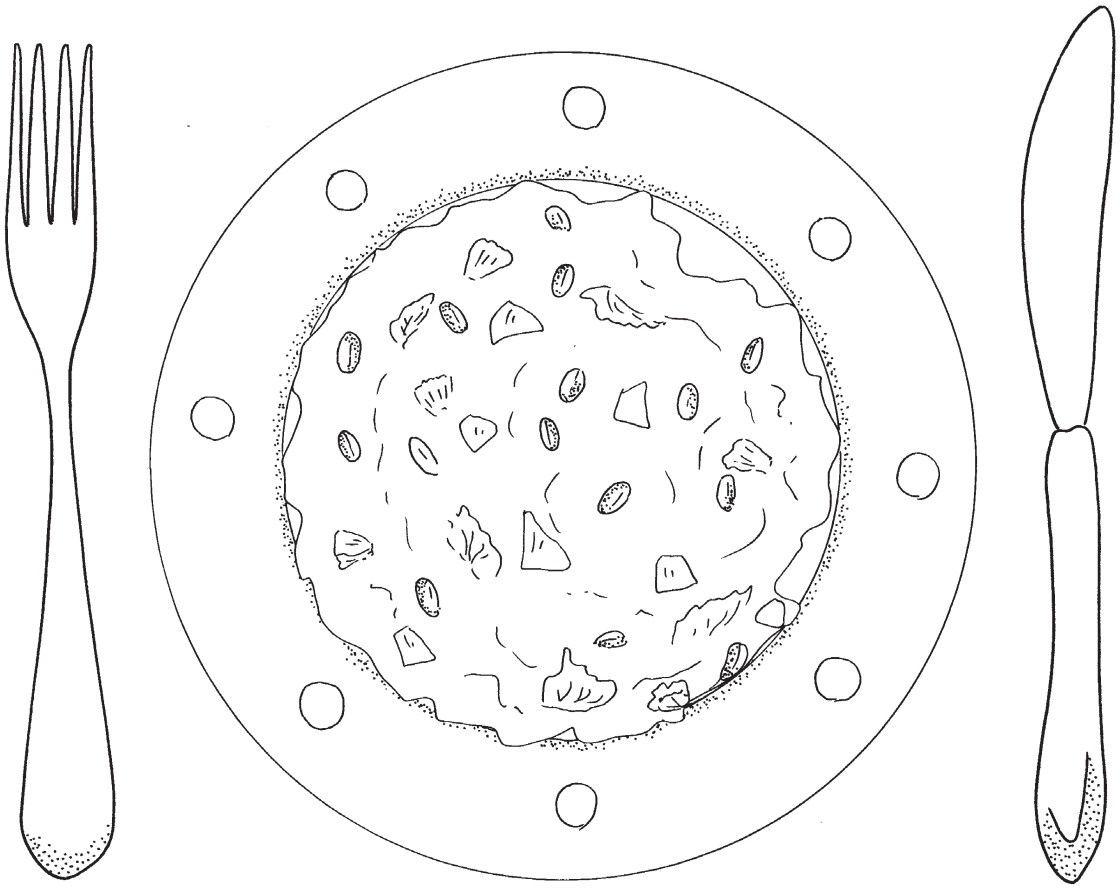
5.



6. 7.

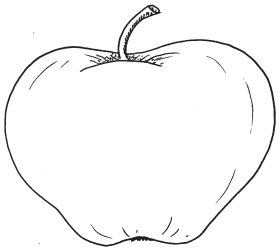


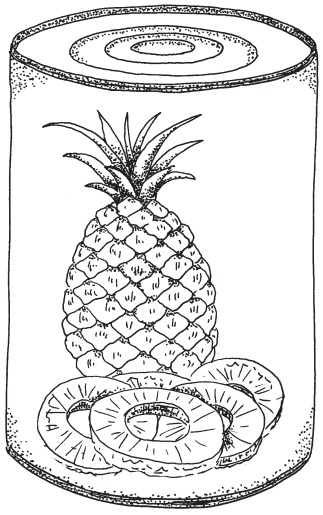
HIINA-KAPSA-SALAT



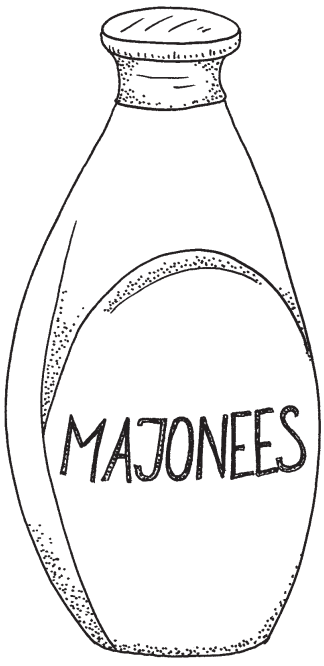
HIINA-KAPSA-SALAT













HIINA-KAPSA-SALAT

hiina-kapsas	1 väike kapsas
õun	1
ananassi-kompott	1 väike purk
soola-pähklid	100 g
majonees	2 dl
hapu-koor	2 dl

1. Pese ja puhasta hiina-kapsas ja õun.
2. Tükelda hiina-kapsas, õun ja ananass.
3. Pane hiina-kapsa-, õuna- ja ananassi-tükid kaussi.
4. Lisa pähklid.
5. Lisa majonees ja hapu-koor. Sega.

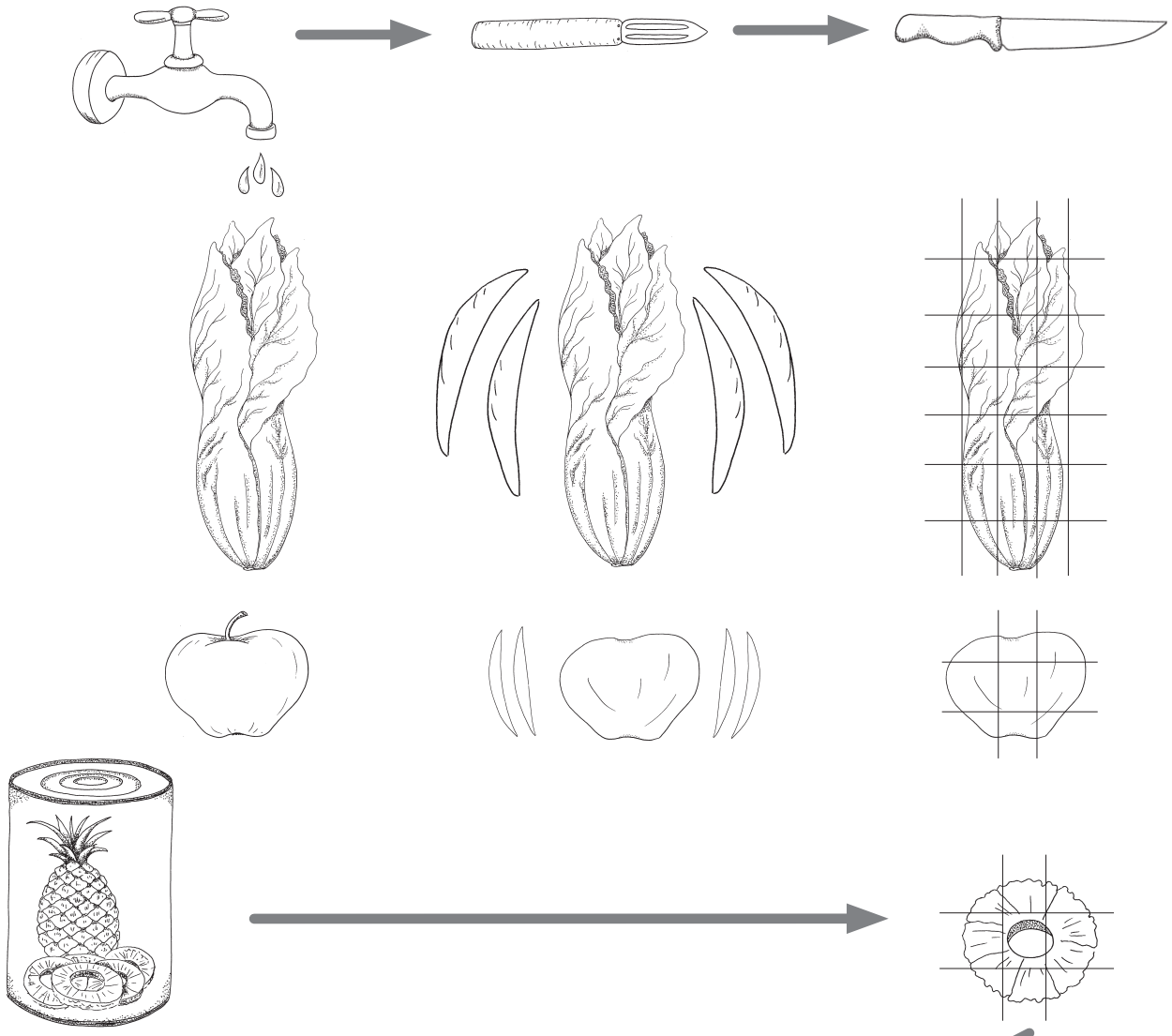
HIINA-KAPSA-SALAT

HIINA-KAPSAS	1 VÄIKE KAPSAS
ÕUN	1
ANANASSI-KOMPOTT	1 VÄIKE PURK
SOOLA-PÄHKLID	100 G
MAJONEES	2 DL
HAPU-KOOR	2 DL

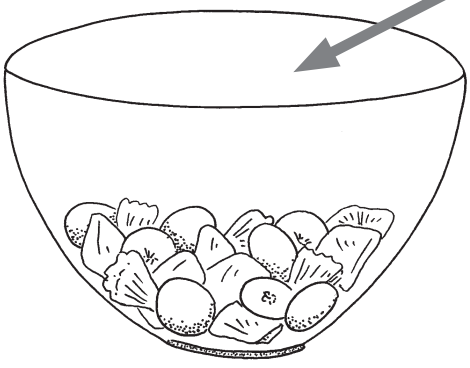
1. PESE JA PUHASTA HIINA-KAPSAS JA ÕUN.
2. TÜKELDA HIINA-KAPSAS, ÕUN JA ANANASS.
3. PANE HIINA-KAPSA-, ÕUNA- JA ANANASSI-TÜKID KAUSSI.
4. LISA PÄHKLID.
5. LISA MAJONEES JA HAPU-KOOR. SEGA.

HIINA-KAPSA-SALAT

1. 2.

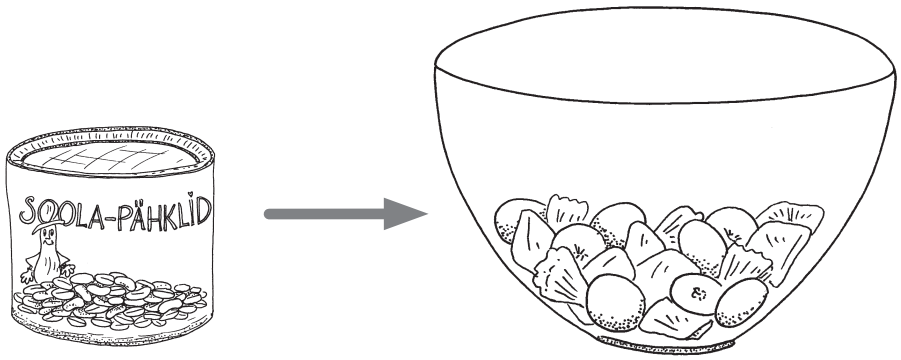


3.

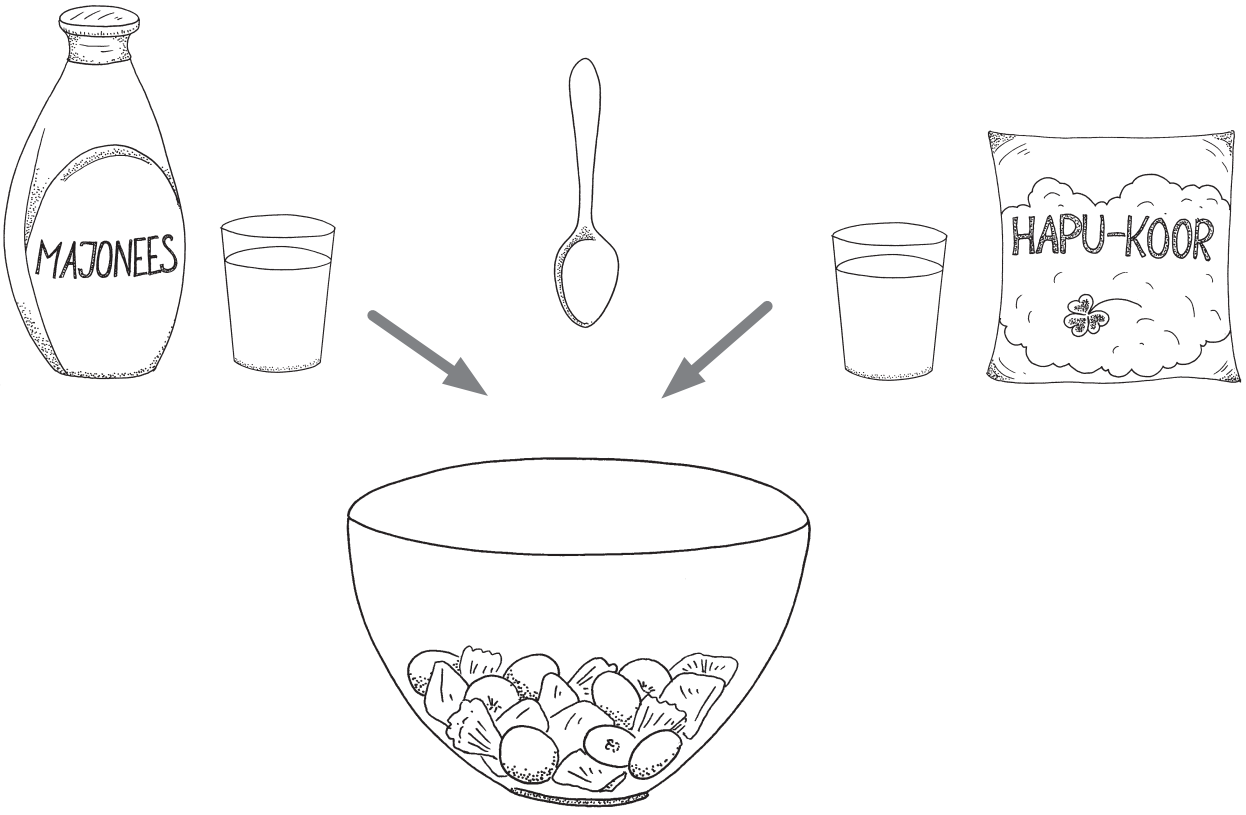


HIINA-KAPSA-SALAT

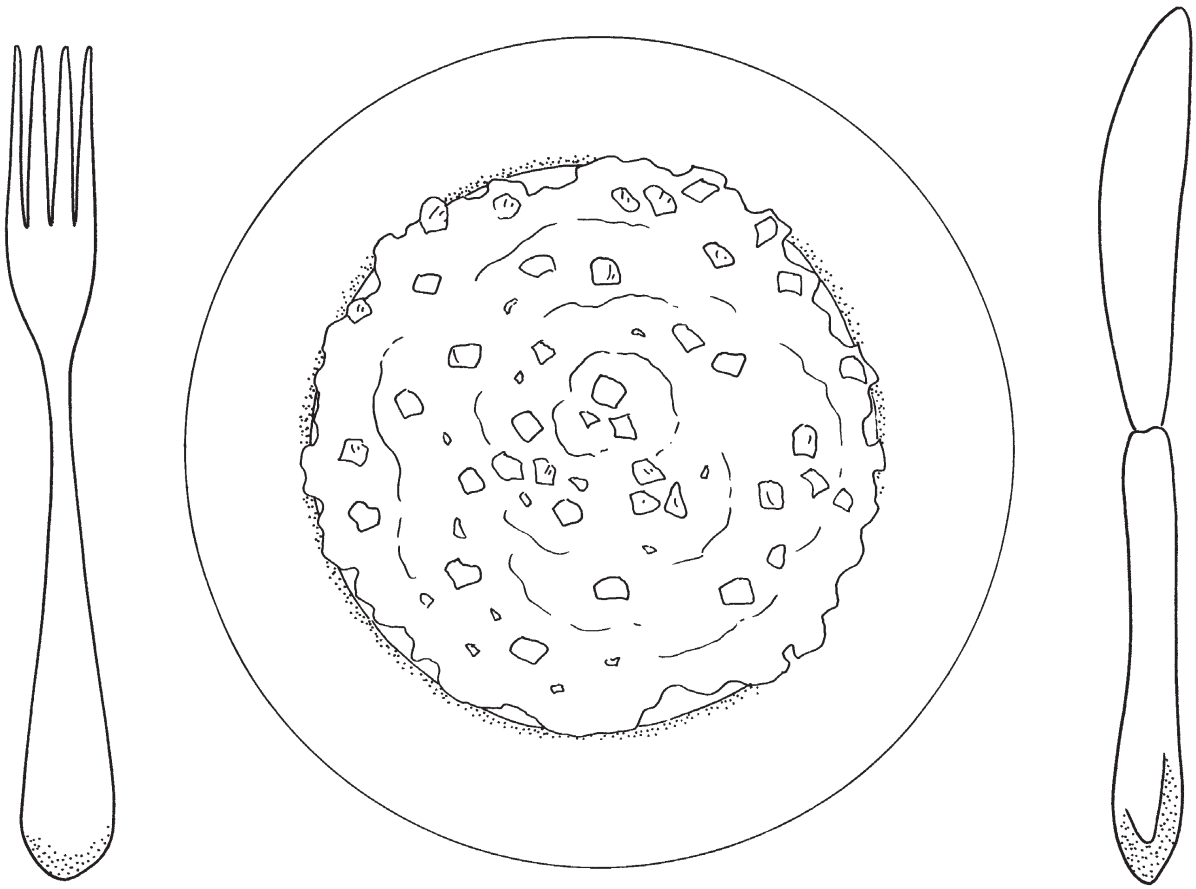
4.



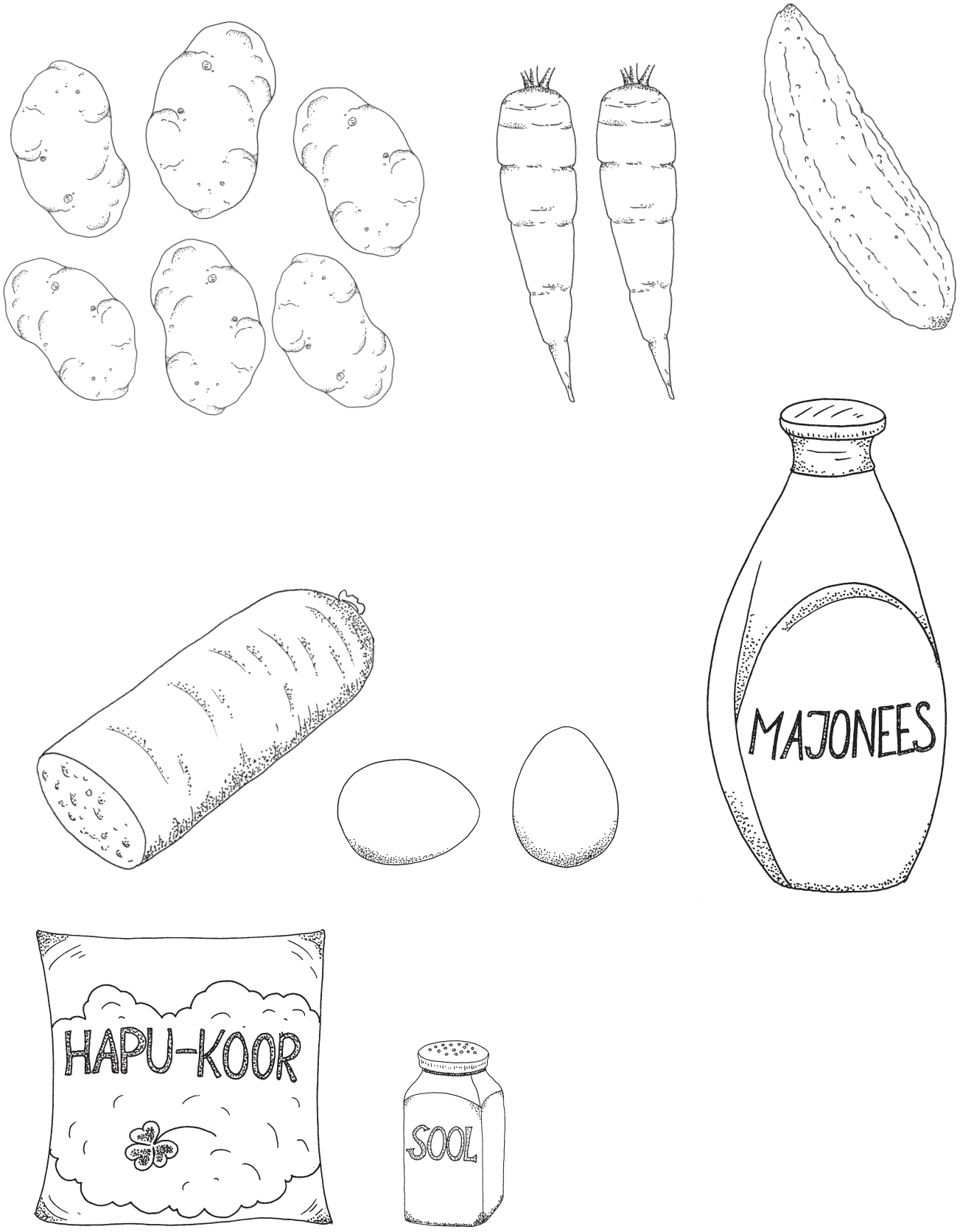
5.



KARTULI-SALAT



KARTULI-SALAT



KARTULI-SALAT

kartul	6
porgand	2
värske kurk	1
vorst	150 g
muna	2
majonees	2 dl
hapu-koor	2 dl
sool	

1. Pese ja koori kartulid ja porgandid.
2. Keeda kartulid ja porgandid pehmeks.
3. Tükelda keedetud aed-vili, kurk ja vorst.
4. Keeda munad (umbes 10 minutit).
5. Koori ja haki keedetud munad.
6. Pane tükeldatud toidu-ained kaussi.
7. Lisa majonees ja hapu-koor. Sega.
8. Maitsesta.

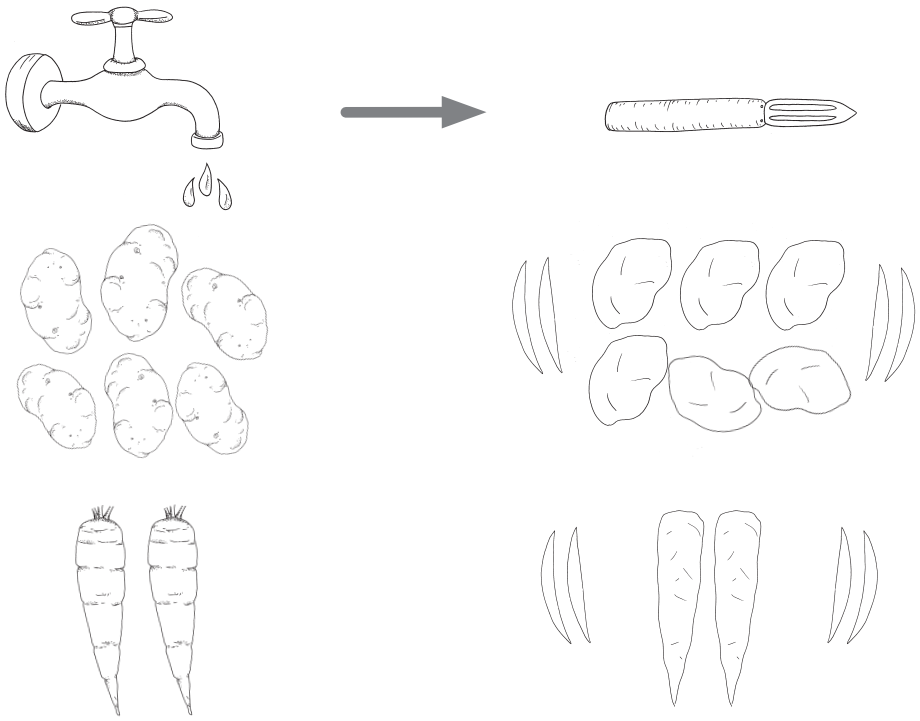
KARTULI-SALAT

KARTUL	6
PORGAND	2
VÄRSKE KURK	1
VORST	150 G
MUNA	2
MAJONEES	2 DL
HAPU-KOOR	2 DL
SOOL	

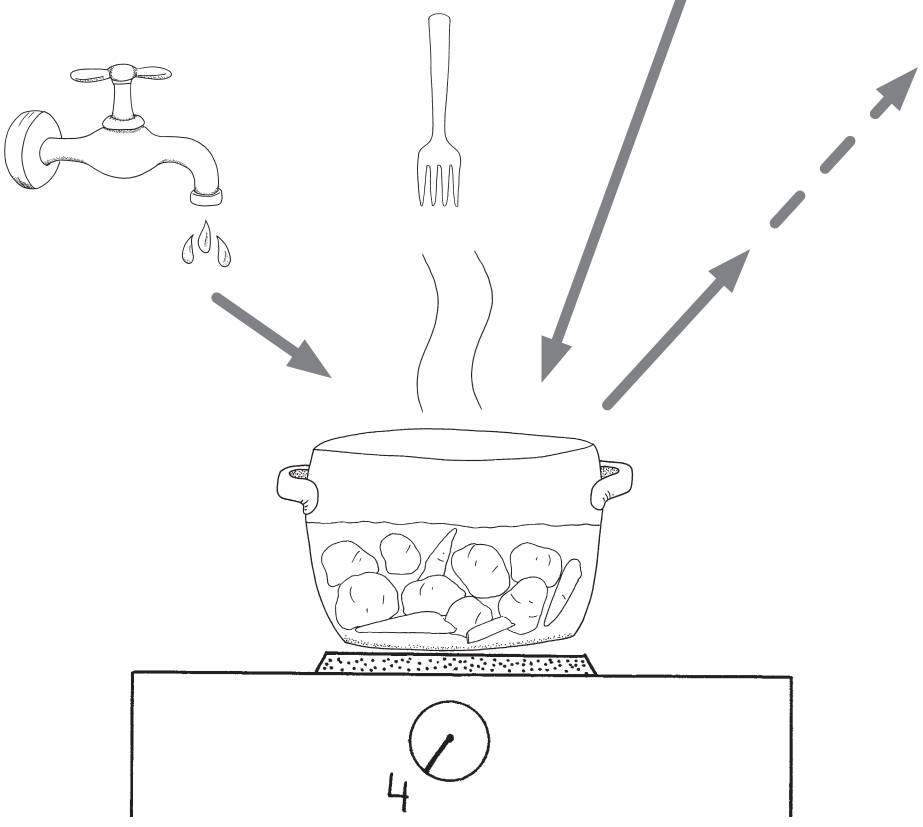
1. PESE JA KOORI KARTULID JA PORGANDID.
2. KEEDA KARTULID JA PORGANDID PEHMEKS.
3. TÜKELDA KEEDETUD AED-VILI, KURK JA VORST.
4. KEEDA MUNAD (UMBES 10 MINUTIT).
5. KOORI JA HAKI KEEDETUD MUNAD.
6. PANE TÜKELDATUD TOIDU-AINED KAUSSI.
7. LISA MAJONEES JA HAPU-KOOR. SEGA.
8. MAITSESTA.

KARTULI-SALAT

1.

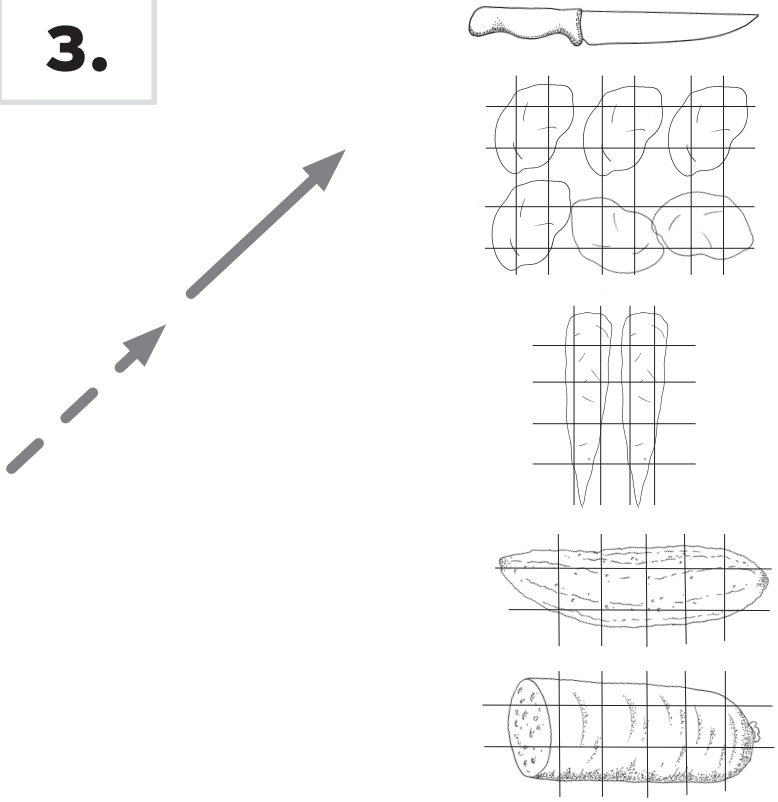


2.

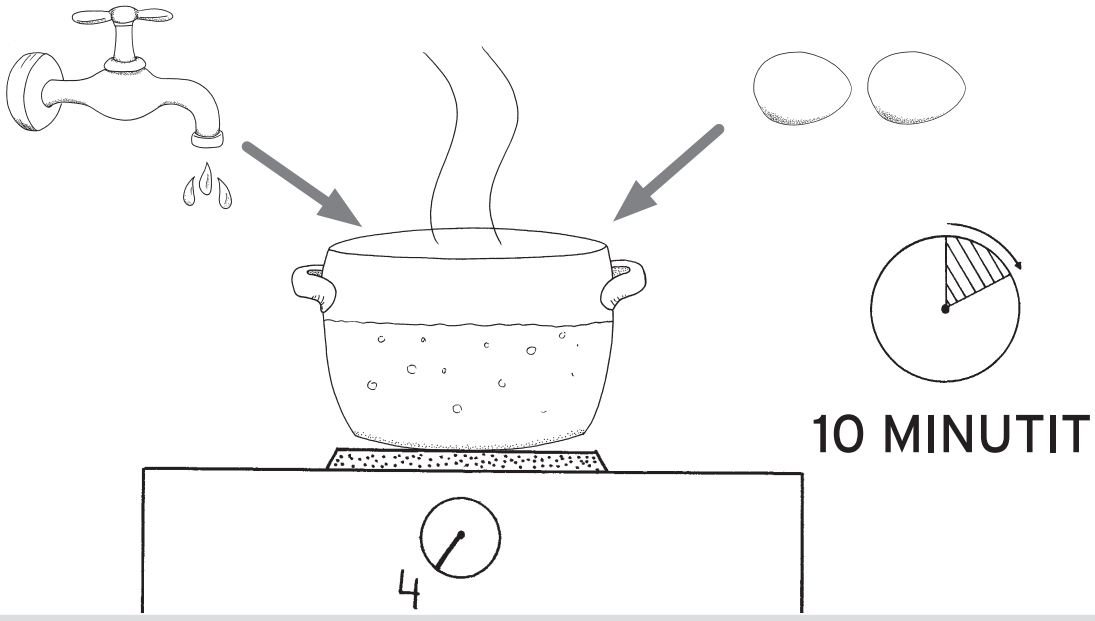


KARTULI-SALAT

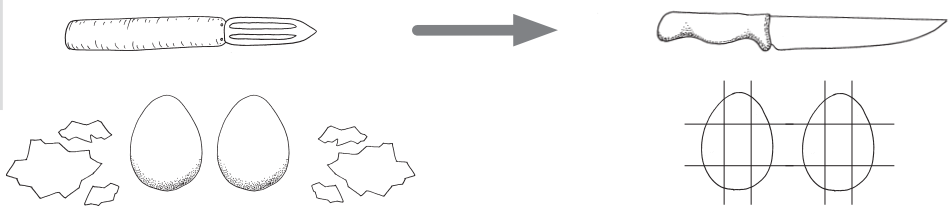
3.



4.

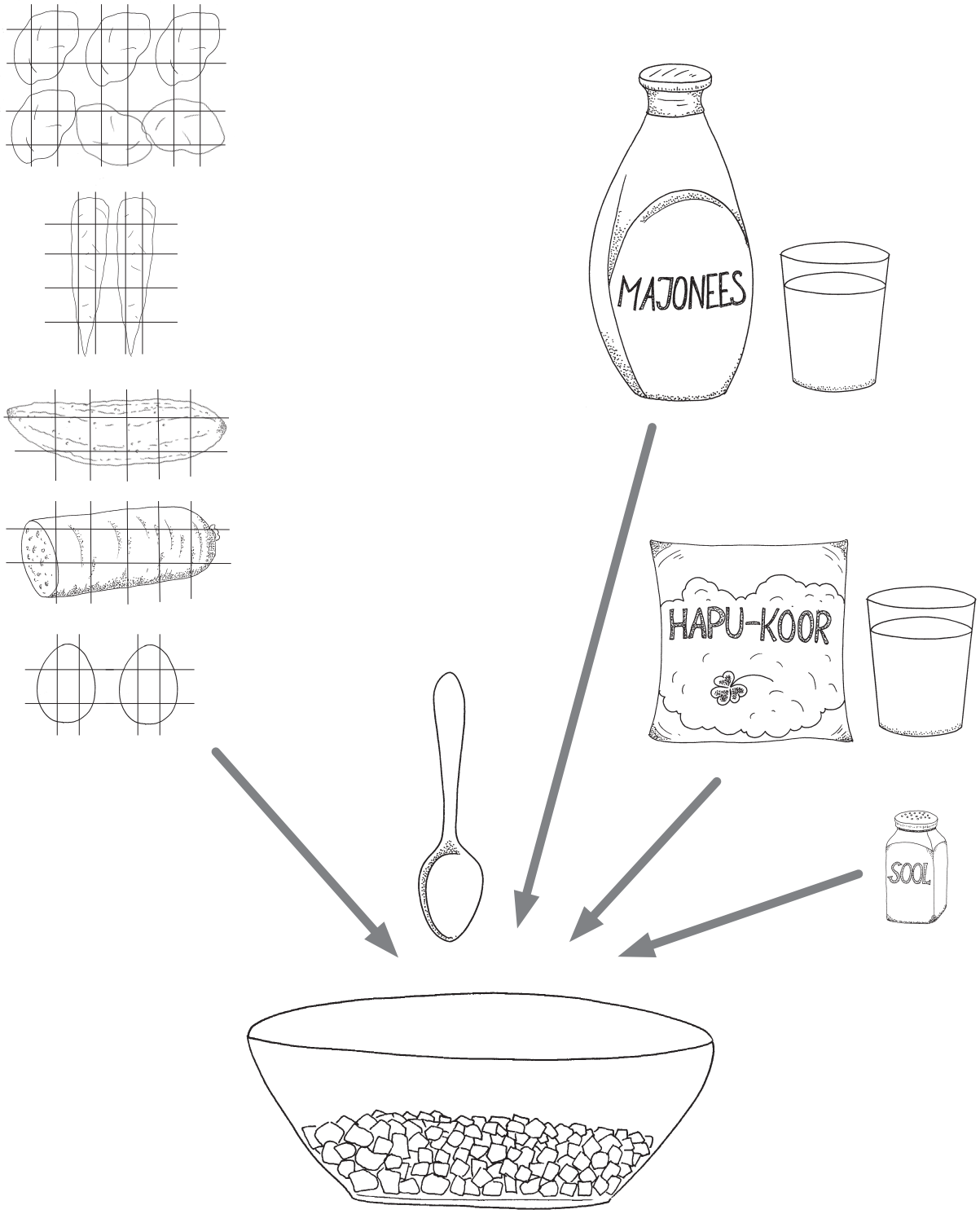


5.

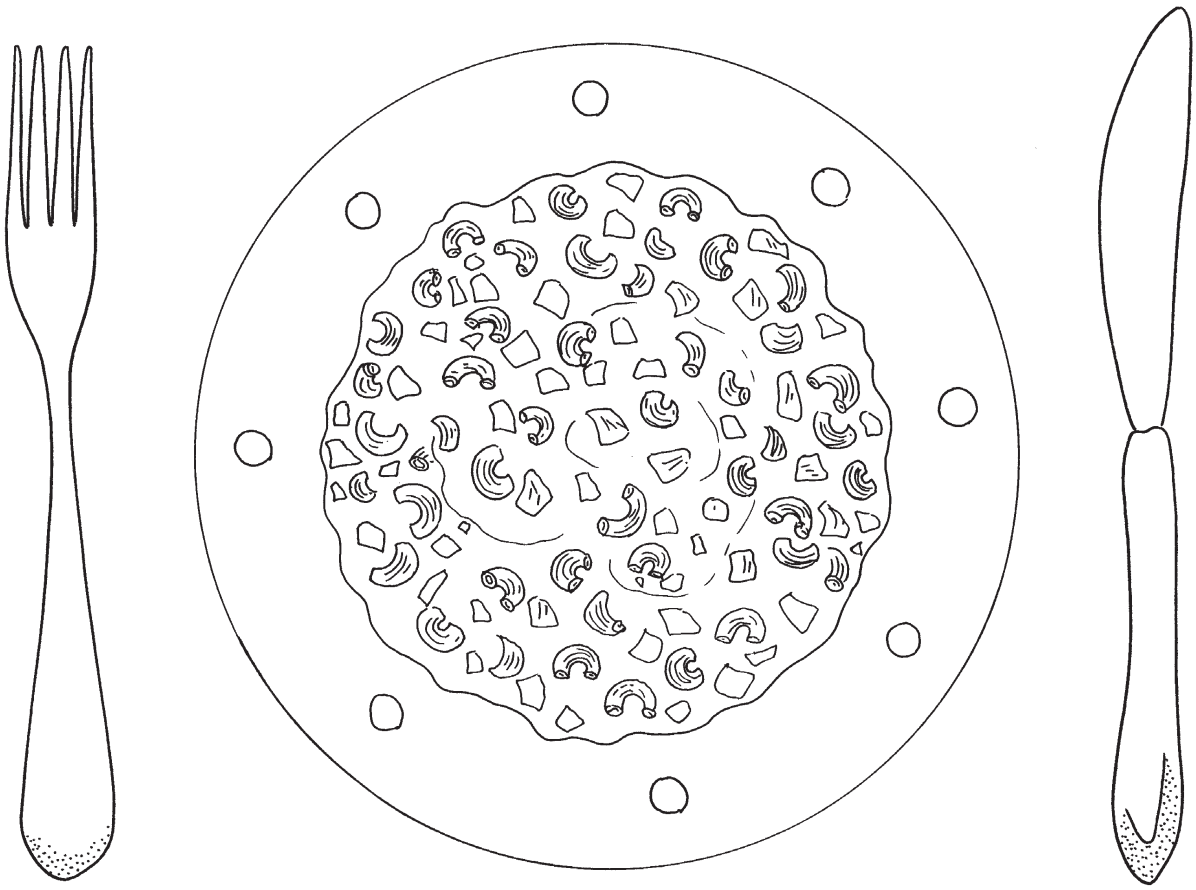


KARTULI-SALAT

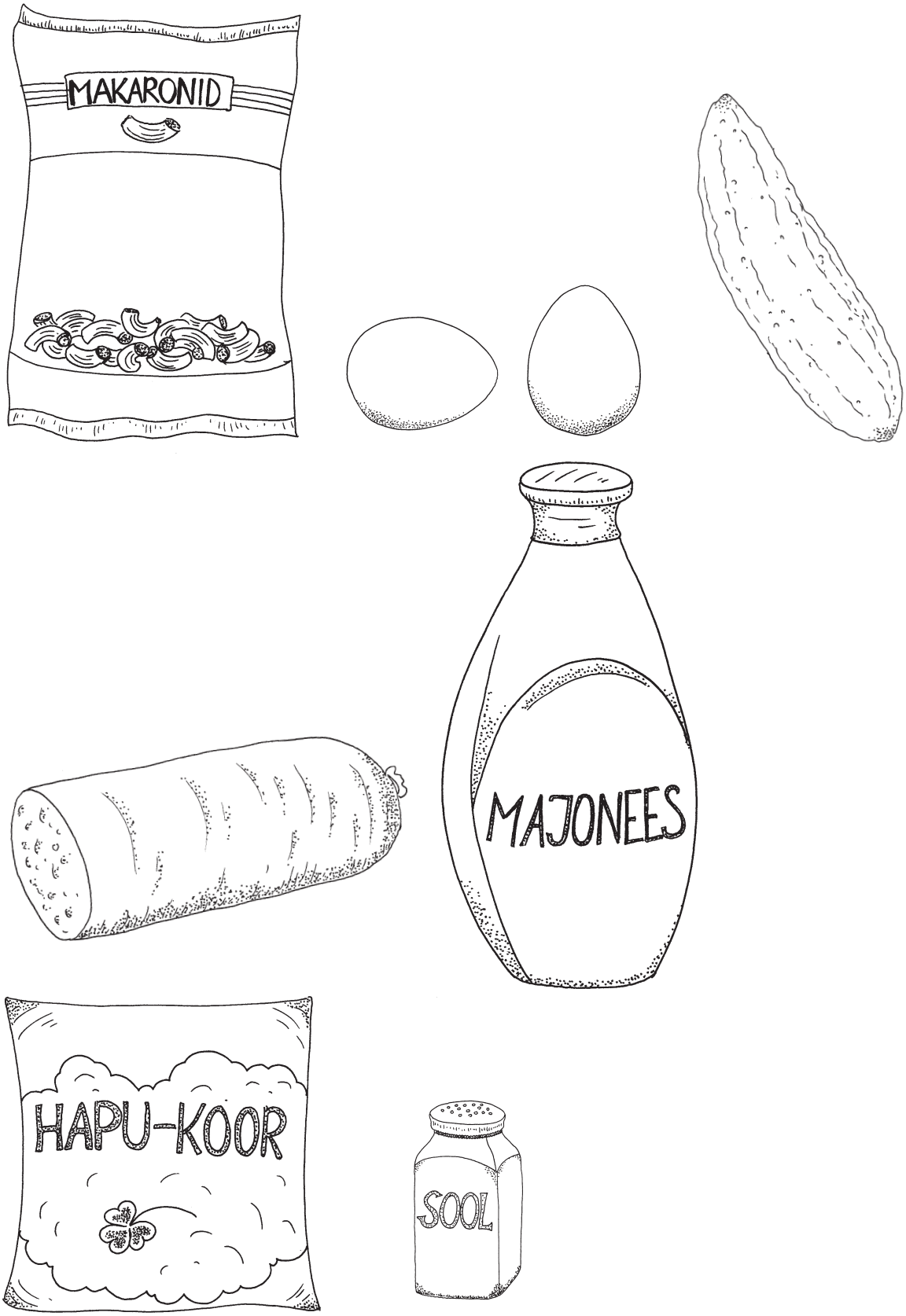
6. 7. 8.



MAKARONI-SALAT



MAKARONI-SALAT



MAKARONI-SALAT

makaronid	pool pakki
muna	2
värske kurk	1
keedu-vorst	200 g
majonees	2 dl
hapu-koor	2 dl
sool	

1. Keeda makaronid pehmeks.
2. Nõruta makaronid.
3. Keeda munad (umbes 10 minutit).
4. Koori ja haki keedetud munad.
5. Tükelda kurk ja vorst.
6. Pane kaussi makaronid, hakitud munad, kurgi- ja vorsti-tükid.
7. Lisa majonees ja hapu-koor. Sega.
8. Maitsesta.

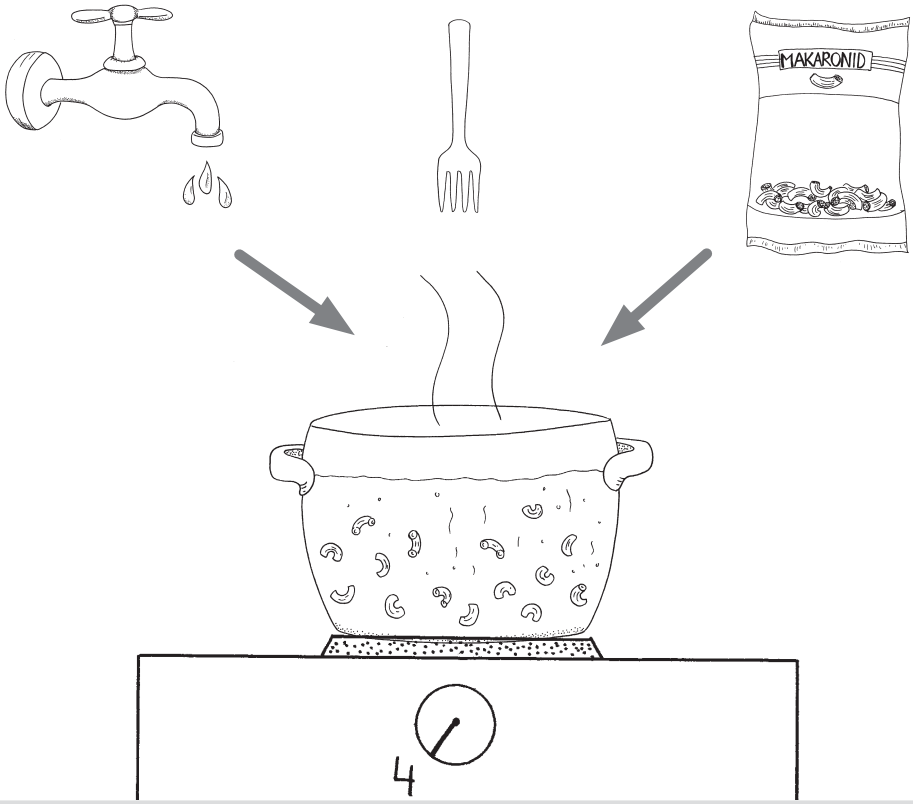
MAKARONI-SALAT

MAKARONID	POOL PAKKI
MUNA	2
VÄRSKE KURK	1
KEEDU-VORST	200 G
MAJONEES	2 DL
HAPU-KOOR	2 DL
SOOL	

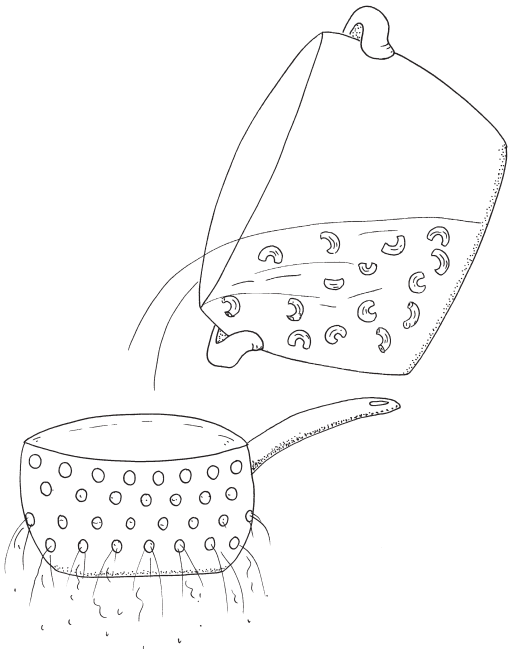
1. KEEDA MAKARONID PEHMEKS.
2. NÕRUTA MAKARONID.
3. KEEDA MUNAD (UMBES 10 MINUTIT).
4. KOORI JA HAKI KEEDETUD MUNAD.
5. TÜKELDA KURK JA VORST.
6. PANE KAUSSI MAKARONID, HAKITUD MUNAD, KURGI- JA VORSTI-TÜKID.
7. LISA MAJONEES JA HAPU-KOOR. SEGA.
8. MAITSESTA.

MAKARONI-SALAT

1.

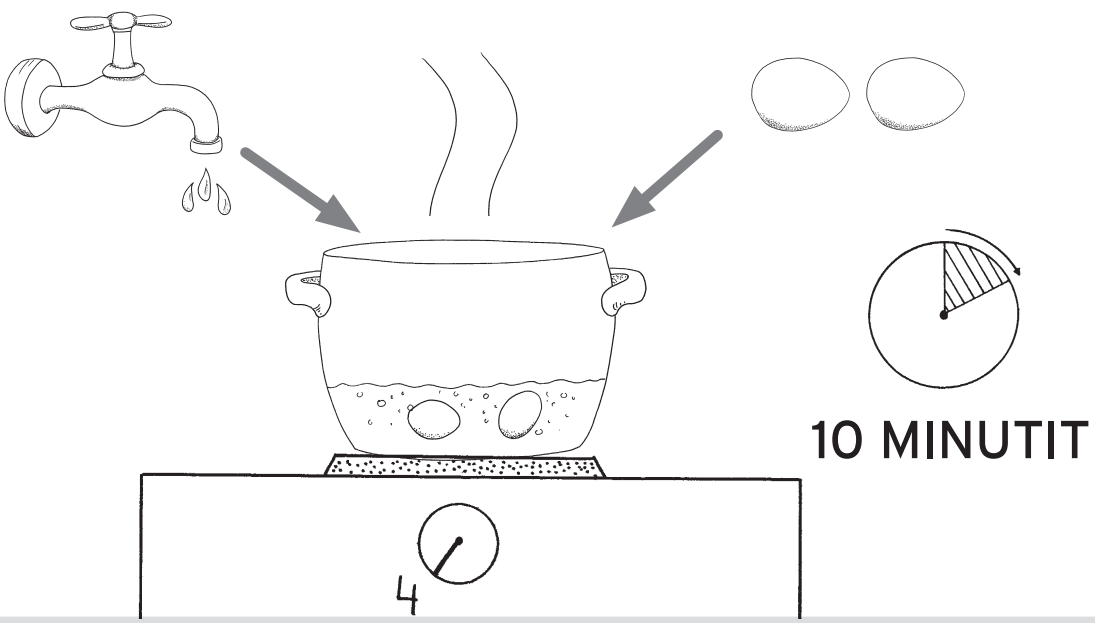


2.

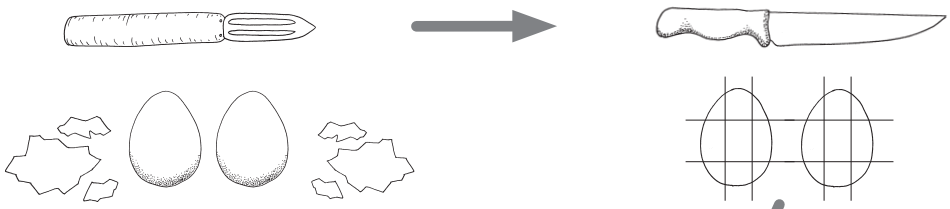


MAKAROONI-SALAT

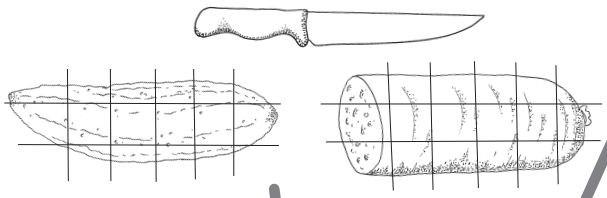
3.



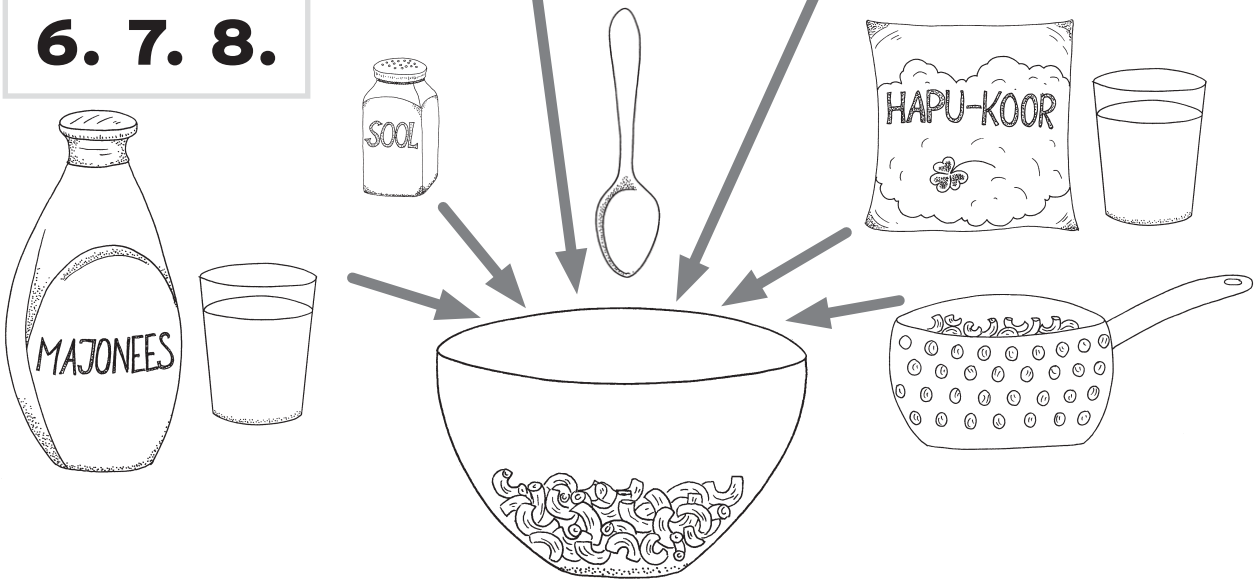
4.



5.



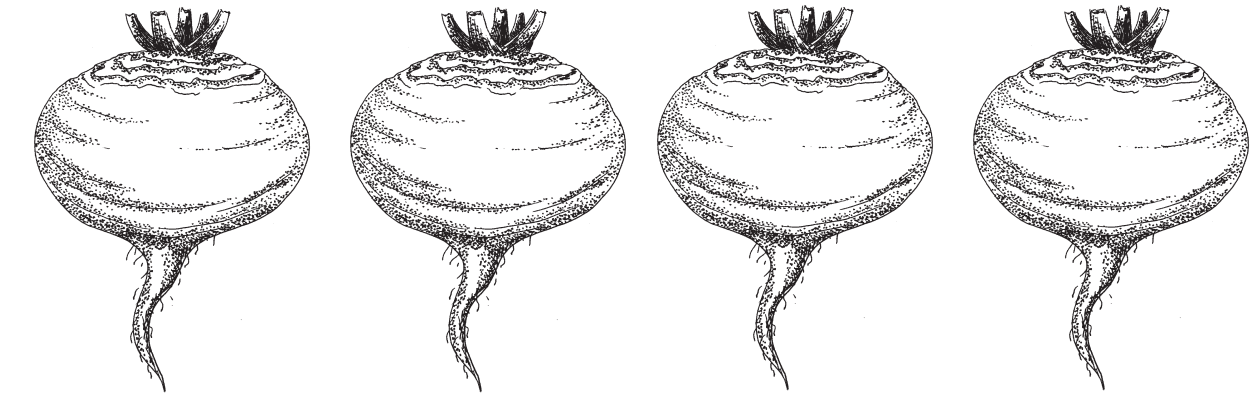
6. 7. 8.

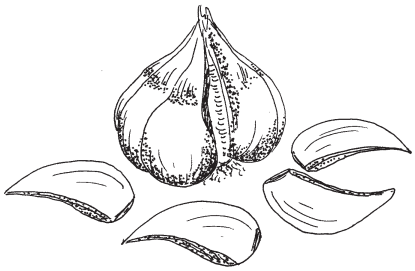


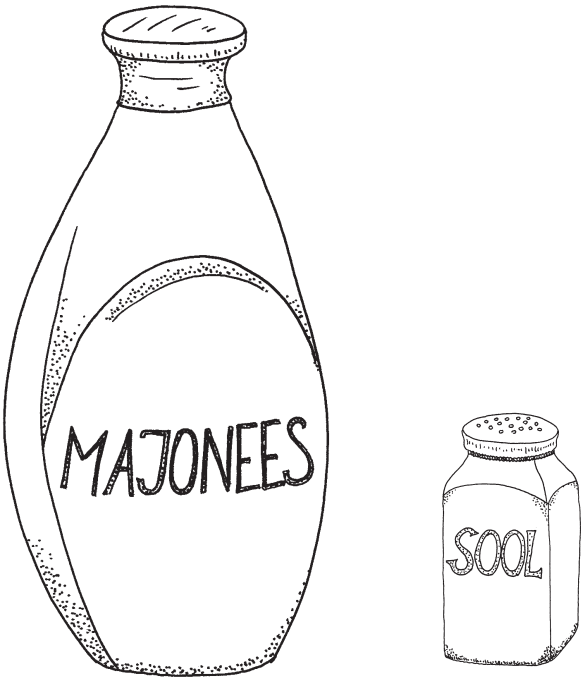
PEEDI- JA KÜÜS-LAUGU-SALAT



PEEDI- JA KÜÜS-LAUGU-SALAT







PEEDI- JA KÜÜS-LAUGU-SALAT

keedetud peet	4
küüs-lauk	4 küünt
majonees	2 dl
sool	pool tl

1. Koori ja riivi peedid.
2. Pane riivitud peedid kaussi.
3. Koori ja purusta küüs-lauk.
4. Lisa küüs-lauk peedile.
5. Lisa majonees ja sool. Sega.

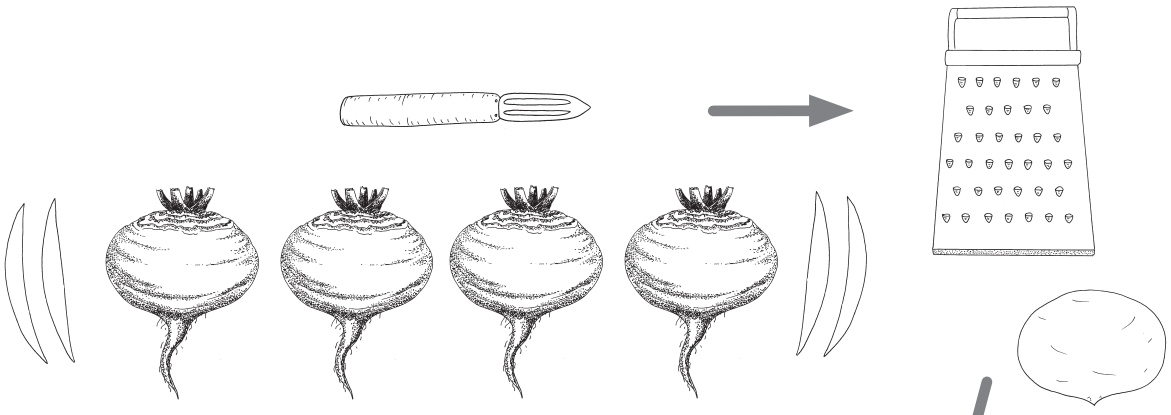
PEEDI- JA KÜÜS-LAUGU-SALAT

KEEDETUD PEET	4
KÜÜS-LAUK	4 KÜÜNT
MAJONEES	2 DL
SOOL	POOL TL

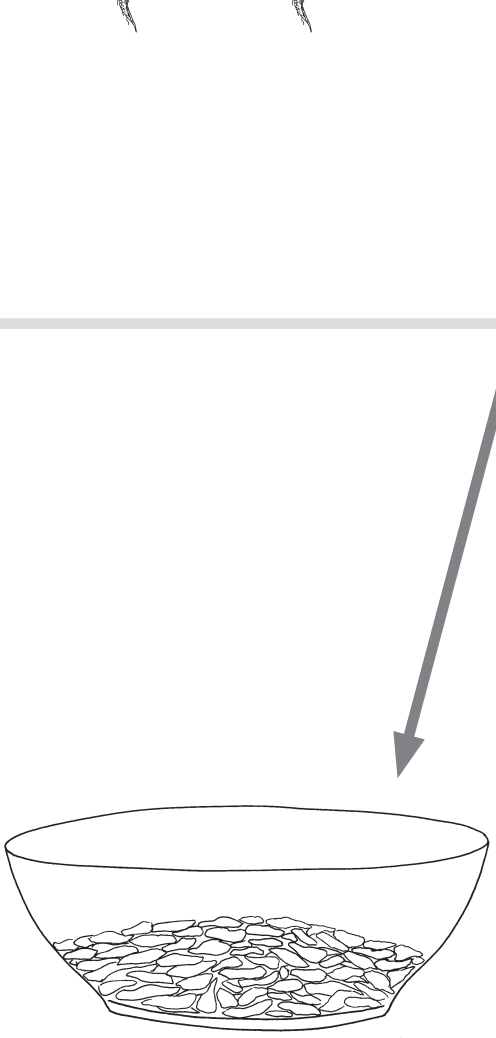
1. KOORI JA RIIVI PEEDID.
2. PANE RIIVITUD PEEDID KAUSSI.
3. KOORI JA PURUSTA KÜÜS-LAUK.
4. LISA KÜÜS-LAUK PEEDILE.
5. LISA MAJONEES JA SOOL. SEGA.

PEEDI- JA KÜÜS-LAUGU-SALAT

1.

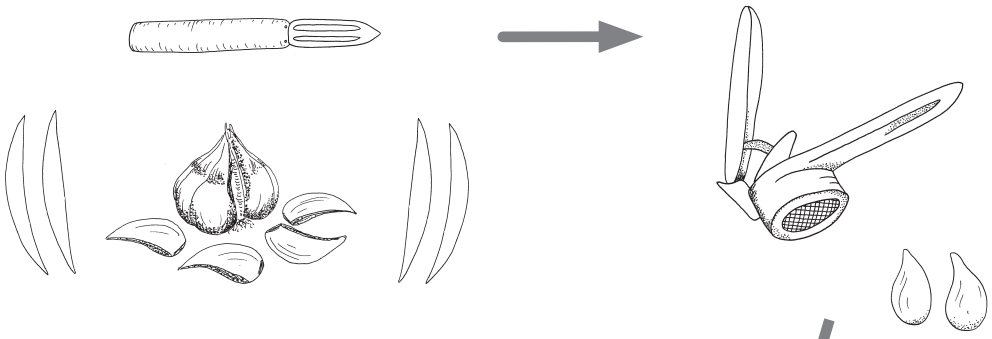


2.



PEEDI- JA KÜÜS-LAUGU-SALAT

3. 4.



5.

