



Trimedia
Masterchef
Bookcook



STAY POSITIVE

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1. Spanish Omelette



Spanish Omelette

PREP TIME:

1 HOUR

KCAL:

500 KCAL

SERVINGS:

4 PEOPLE

ingredients

400G OF
POTATOES

1 LITTLE
ONION
(OPTIONAL)

4 EGGS

SPECIES TO
TASTE

2 GLASSES OF
OLIVE OIL

method

- PEEL AND CHOP THE POTATOES AND THE ONION (OPTIONAL).
- PUT IT IN A FRYING PAN AND FRY OVER LOW HEAT.
 - REMOVE IT AND DRAIN IT.
- CRACK THE EGGS, BEAT THEM AND ADD SALT AND SPECIES TO TASTE.
- MIX THE EGGS AND THE FRIED POTATOES AND PUT IT I A FRYING PAN.
- COOK IT OVER MEDIUM HEAT UNTIL IT'S DONE IN ONE SIDE AND THEN TURN IT AROUND AND WAIT UNTIL IT'S FULLY COOKED.



2. Microwave omelette



BY ALBA VARGAS

Ingredients

- 4 medium potatoes
- 1 onion
- 5 eggs
- 3 oil tablespoons
- Salt

Process

- First we chop the onion into julienne strips, very fine. We put in a fairly flat container and add the oil and salt, stir it well and cover it with plastic wrap. We put it in the microwave for 5 minutes at maximum power.
- Meanwhile, we peel the potatoes into very thin slices.
- When the onion is ready, we take it out of the microwave and add the potatoes.

- We add a little more salt and stir it.
- We cover it again with plastic wrap and put it in the microwave in three intervals of seven minutes each.
- Every time an interval ends we have to move the potatoes so that they do not dry out.
- When this finishes we take it out and let it rest.
- While we put the eggs in a bowl and add a pinch of salt, we beat them well and put the potatoes and onion inside. If we want the omelette to be juicy, we let it rest for 15 minutes.
- We take a frying pan and put a little oil on it, once it is hot we add the mixture and wait for it to set aside.
- When we see that it is already set, we turn it over and wait for it to be done on the other side.
- And our omelette would already be.



3. Nileix Eggs

Nileix EGGS

RECIPE

LIST

- Meat 500 gr
- 1 Onion
- Salt
- Some pepper
- Parsley
- Flour
- Breadcrumbs
- Eggs



-First of all we are going to grind the meat and add some onion, pepper, salt and parsley



-In the meantime we are going to put a cooking pot with water until it boils and then we have to put the eggs into the pot 7-9 mins



-Following the recipe we have to break the eggs and peel them. And we have to wrap it with the meat balls that we have done before

- And finally we have to batter the balls with flour, eggs and breadcrumbs and then fry it in hot oil

-If you want you can end the recep with a mushroom or a cheese sauce

-Enjoy it



4. Spaghetti Carbonara



spaghetti carbonara

PREP TIME:

25 minutes



ingredients

<u>4 eggs</u>	<u>wood spoon</u>
<u>3 onions</u>	<u>salt</u>
<u>400g spaghetti</u>	<u>oil</u>
<u>250g bacon</u>	<u>water</u>
<u>2 pots</u>	

method

1. First, we have to cut the onions.
2. Then, we put the oil on one of the pots.
3. When the oil is hot, we add the onion.
4. Meanwhile, we put water on the other pot.
5. We have to wait until it's boiling.
6. And when the water is boiling, we add the spaghetti.
7. A few minutes later, we put the bacon with the onion.
8. When the pasta is finished, we strain it.
9. And now we add it with the bacon and the onion.
10. Then we add the eggs and we mix it
11. Finally, we have to put a bit of salt and mix it.
12. Now you can put it on a plate and eat!





SPAGHETTI CARBONARA

AINA PIÑOL AND ARIADNA MORA



INGREDIENTS

- 200 grams of spaghetti
- Bacon/Pig Cheek
- 3 eggs
- Piccolino cheese
- Black pepper
- salt

METHOD

1. Cook the pasta.
2. Make a mix with the eggs and Piccolino cheese.
3. Cut and cook the bacon or pig cheek, as you want.
4. Add to the fried bacon, the spaghetti and some water.
5. After some minutes add the mix and mix it again.
6. Put it on a plate and add some black pepper.



5. Pizza



Pizza Recipie

The Ingredients

- 400 g of flour
- 200 ml of agua
- 15 g yeast
- 1 salt
- oil
- git tomato
- cheese
- tuna
- onion

How are we gonna make it?

- 1. In a glass we add, water and yeast, we put the flour in a bowl, and then we add the blending into a bowl with flour and salt. We mix everything, Assuming for 3 or 4 min until converting to a mass, and after we add the oil and salt.
- 2. After a 1 hour we extended over the cooking board, the mass.
- 3. Let's put the ingredients, First we put the tomato and we're going to overtake it, in second place add the topping, the tuna, onion and cheese!
- 4. When we finish we put the pizza in to the oven, percolated 180°C. And we had less the pizza 20 min.

ENJOY IT!

AISHA I LUCIA



6. Ramen and Frankfurt



BABY TAYLOR FINN

ingredients and Utensils:

- 1 chicken breast
- 20 ml of virgin olive oil Olisone
- 0.5 onion
- 0.5 piece of celery
- 0.5 g of minced Vitasia chili
- Kania black pepper
- 25 ml of Kania soy sauce
- 0.5 l Kania chicken broth
- 125g Chow Mein Vitasia noodles
- Salt
- 2 eggs
- Fresh parsley
- Frankfurt
- Chopsticks
- Kitchen brush
- Glass pan
- Pan
- Fork knives
- Wooden spoon
- Jug
- Cooking pot
- 2 bowls
- Filter
- Dishes
-

Dialogue

- First we are going to prepare the first dish which is ramen.
- First we take the chicken breasts and put them on a tray and paint it with olive oil. We bake them for 30 min at 190°, when finished, we take them out, cut them into slices and put them in a separate bowl. Now we will cut an onion and fry it, while we cut 100 grams of celery into cubes and make it in the pan with the onion, along with it a teaspoon of ground ginger, a teaspoon of minced chili, black pepper, 50 ml of soy sauce, we mix, we make 1l of chicken broth, 250 grams of noodles and we fry it for 4 min.
- When we finish we put it in a bowl and make the sauce. In another pot we cook 2 eggs, when finished, cut them in half and put them in the bowl with the noodles, the chicken and top with fresh parsley.
- Finally we are going to make some octopus-shaped frankfurter skewers. Let's take half of frankfurt, cut the flat part into 8 parts, to make the tentacles and fry them in the pan for a few minutes.

7. Mazurek



ingredients

- dough:
- - 2 egg yolks
- -120g of butter
- -200g of wheat flour
- -60g of sugar
- lime curd:
- -juice and zest from three limes
- -50g of sugar
- - 1 egg
- - 2 egg yolks
- -50g of butter
- white chocolate ganache :
- -200g of white chocolate
- -150g of 30 g of cream 30%

directions

dough:

- Put flour, icing sugar, butter in a bowl and mix. Then add the egg yolks. Mix everything. Put the dough in plastic foil and then put in the fridge for 30 minutes. Then roll it . Bake 17 minutes in 180oC.

lime curd :

- Put all ingredients in the bowl. Place the bowl in a water bath and mix it until it light and creamy

White chocolate ganache :

- Heat the cream and add the chocolate broken in pieces. Mix everything until smooth.
- Put ganache on cooled cake and on lime curd top. Decorate however you like.

8. Feta Pasta

FETA PASTA



INGREDIENTS

- 500 gr of cherry tomatoes
- 150 gr of feta cheese
- Spices (salt, pepper, parsley...)
- Oil
- 500 gr of your favourite pasta



METHOD

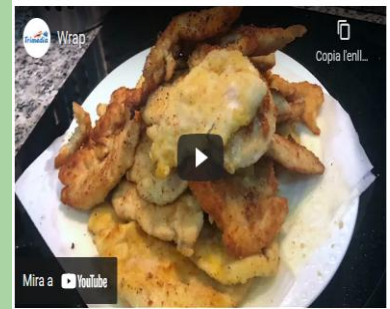
1. Put the tomatoes and the feta in a tray with the spices you want
2. Put the tray for 30 minutes in an oven
3. Put the pasta in the water, when it boils, and leave it for 7 minutes
4. Take the tomatoes from the oven and mix it with the pasta
5. That's all! Enjoy it!

9. Wrap



WRAP

Gabriella Merolla



PROCEDURE

INGREDIENTS

- 2 eggs
- Chicken breast
- Breadcrumbs
- Salad
- Bacon
- Mayonnaise
- Pancake

PREP TIME

- Prep | 5 m
- Cook | 15 m
- Ready in | 20 m

- 01 First we break the egg, deep the chicken breast in it and then we pas in the breadcrumbs. Then we fry it.
- 02 Now we cut the bacon and we fry it.
- 03 We prepare the lettuce.
- 04 When we have all the toppings cooked, we proceed to put it in the wrap.
- 05 First we made a little cut from the contour to the middle.
- 06 We cut it in four and put the bacon in one corner, in one the salad, in another the mayonnaise with the caramelized onion and in the other the battered chicken
- 07 Finally, we roll the wrap in four



10. Chicken



INGREDIENTS

- 2 pieces of chicken
- 2 eggs
- flour
- cereals
- salt
- pepper

INSTRUCTION

First cut the chicken into a small squares. Then we put them in a bowl to season them with pepper and salt. Then we coat them with a flour, eggs and cereals. Finally we put them in the oven for 25 minutes and temperature of 200 degrees. It is ready.

ENJOY YOUR MEAL!

11. Butter Cookies

Butter Cookies

PREPARATION

Ingredients

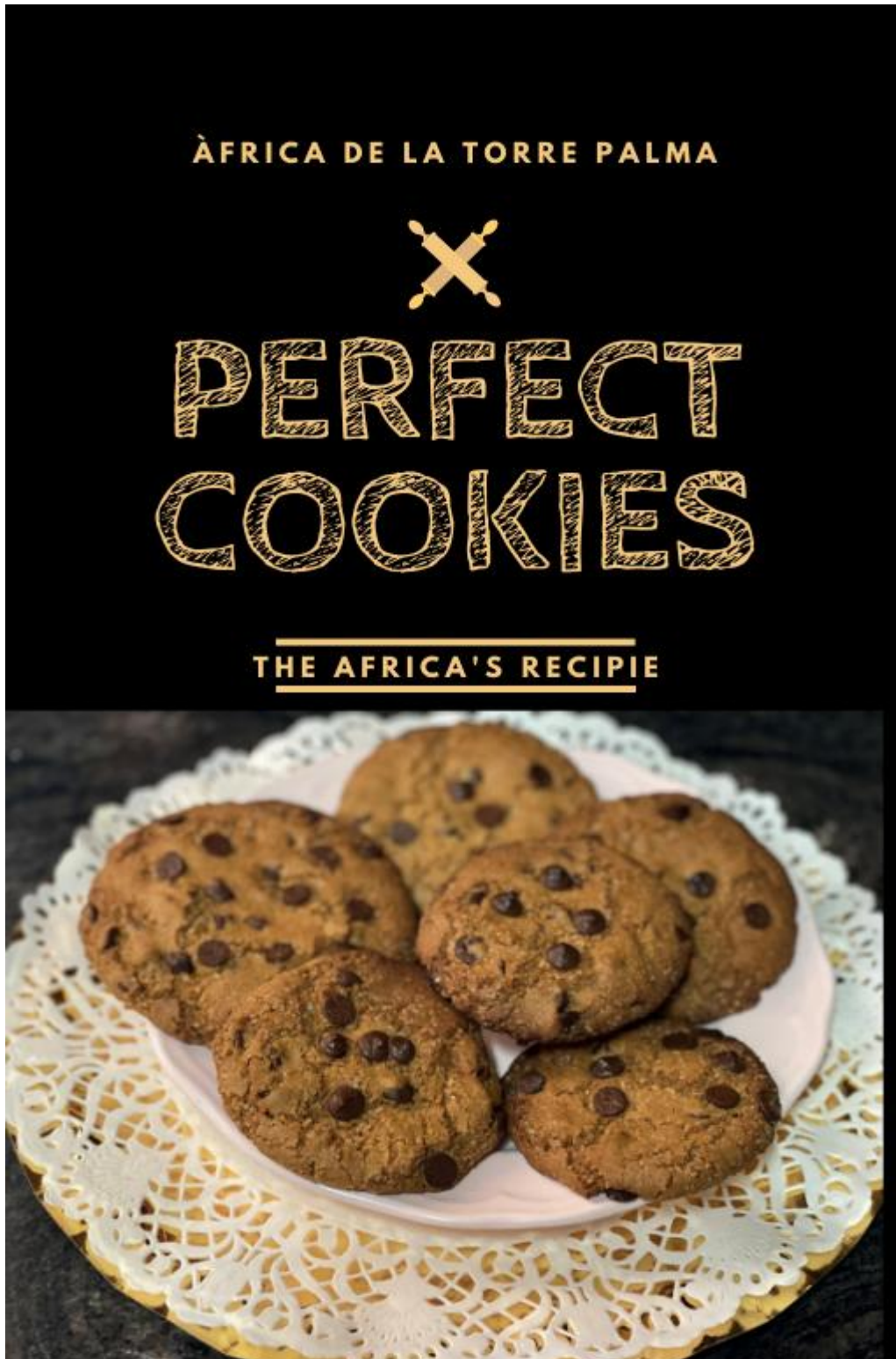
- 500 gr. Flour -
- 250 gr. Butter -
- 125 gr. Sugar -
- 11 tbsp. Milk -

Procedure

- Prepare the oven at 180 degrees.
- Melt the butter at the microwave, put the liquid butter in the bowl and add the sugar.
- Mix it and add slowly 1/2 part of the flour.
- Include the tablespoons of milk at the same time that we mix the dough.
- Add the other 1/2 part of the flour.
- Mix the dough until the lumpy disappears.
- Throw flour on the table and start knead the dough and stretch it.
- Cut the forms that you want to the cookies.
- Put the cookies on the oven plate, put hem into the oven.
- Wait 15 minutes until the cookies cooked.



12. Chocolate Cookies



INGREDIENTS



- 2 cups all-purpose flour
- 1/2 teaspoon of baking soda
- 1/2 teaspoon salt
- 3/4 cup (1 1/2 sticks) unsalted butter or margarine, melted and cooled to room temperature
- 1 c up of brown sugar
- 1/2 cup of sugar
- 1 egg
- 1 egg yolk
- 1 1/2 teaspoons vanilla
- 1 1/2 cups chocolate chips

STEPS



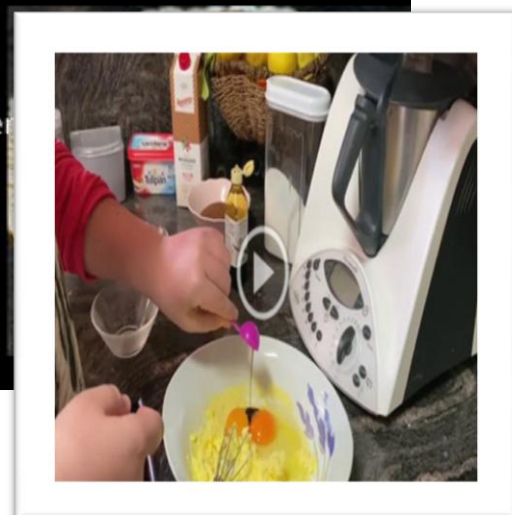
1. Preheat the oven to 160°C. Line two baking sheets with parchment paper or silicone baking silpat.
2. In a small bowl, mix together the flour, salt, and baking soda, and set a side.

3. In a large bowl, or in the bowl of a stand mixer, combine the butter or margarine and sugar and beat well. Add the egg and vanilla and beat until combined. Sprinkle half of the flour mixture on top and mix until just combined. Add the other half of the flour mixture and mix well.



4. Add the chocolate until it is well distributed.
5. Using a spoon, scoop out 2 heaping tablespoons of the dough and roll the minto a ball on the baking sheets, leaving 3 to 4 inches between each cookie. Repeat until the dough is finished..

6. Put a few chocolate chips on top of the cookies
7. Bake for 15 to 18 minutes, or until golden around the edges and lighter in the center.
8. Let cool on the baking sheet for about 2 minutes, then transfer to a wire rack until completely cool.



13. Ham and Cheese crepe

CREPES Recipe

125 g of flour

200 ml of milk

1 egg

50 g of butter

30 g of sugar

Pinch of baking soda, yeast and
vanilla



Bowl
Pan
Whisk
Spoon



1. First we add the flour, the milk, the egg, the melted butter, the sugar, a pinch of vanilla, the baking soda and the yeast to the bowl

2. We mix all the ingredients

3. We preheat the pan for five minutes

4. We add the butter and the dough



ENJOY!



14. Recept Cheesecake



RECEPT CHEESECAKE

ELABORATION:

INGREDIENTES

- -3 eggs
- -Fresh cheese
- -Condensed milk
- -Butter

MATERIALS:

- -Spoon
- -Mold
- -Blender
- -Plate

1. take the 3 eggs and put them in the blender
2. take a tub of fresh cheese and add it along with the eggs
3. then we add the condensed milk to the taste of each person
4. once this is done, we mix everything together until it is thick
5. When the dough is done, spread the butter in the mold.
6. when the mold is ready, we add the mixture in it
7. Next, we put it in the oven at 120 degrees.
8. we wait approximately 25 minutes until it is done
9. when the 25 minutes have passed we take it out of the oven and put it on a plate
10. We let it rest for 10 minutes, and it would be ready to eat.

15. The Cookies



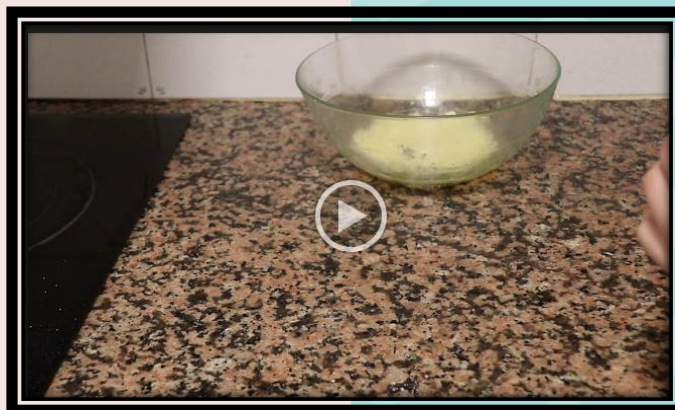
THE COOKIES

INGREDIENTS

- 450 g flour
- 140 g sugar
- 250 g butter
- 2 eggs

DIRECTIONS

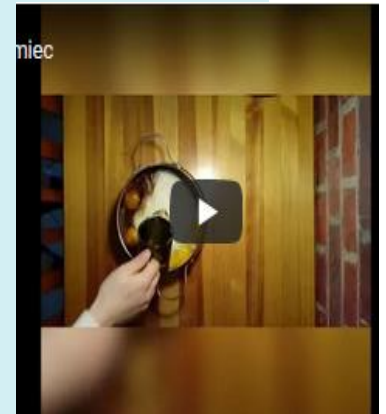
1. You cut 140 grams of makeup approximately and put it inside the bowl
2. You add the 140 g of sugar in the bowl and mix it all with the butter
3. When you have mixed it well, break the egg and separate the filling from the white
4. After making the 250 g of flour and mix everything until you have good mixture
5. Then you put it in the fridge for 20/40 minutes, take it out and then make the shapes you want
6. Then you prepare the tray by putting flour, put the cookies and put the oven at 180/250 degrees. When they come out, let them cool and you can eat them :)



PREP TIME: 15MINS
COOK TIME: 20MINS
TOTAL TIME: 35MINS

16. Chocolate Muffins

chocolate muffins



Ingredients:

- 3,5 glasses of flour
- 8 tablespoons of cocoa
- 1,5 glasses of sugar
- 3 tablespoons of baking powder
- 4 eggs
- 1 glass of oil
- 1 glass of milk

PUT ALL THE INGREDIENTS INTO A MEDIUM-SIZED POT. MIX EVERYTHING UNTIL SMOOTH. PUT A SPOONFUL OF DOUGH IN THE MOLD. SET THE OVEN TO 180 DEGREES. BAKE FOR 20 MINUTES UNTIL IT GROWS. READY! ENJOY YOUR MEAL!



by Aleksandra Kmiec, POLAND



17. Yeast Pancakes



Ingredients:

- 300 gr of flour
- 250 gr of milk
- 2 eggs
- 50 gr of oil
- A packet of yeast
- 2 spoons of sugar
- A pinch of salt

YOUR BREAKFAST

Yeast Pancakes

WE PUT ALL THE INGREDIENTS ONE BY ONE INTO A LARGE BOWL.

AFTER THAT WE MIX EVERYTHING WITH A MIXER UNTIL IT SMOOTH FOR 3 MINUTES.

COVER THE CAKE WITH A CLOTH AND LEAVE IT FOR 20 MINUTES IN A WARM PLACE.

NOW POUR SOME OIL INTO THE HEATED FRYING PAN.

NOW PUT A SMALL AMOUNT OF A CAKE AND FRY UNTIL GOLDEN BROWN COLOR.

AFTER ALL SERVE THE PANCAKES WARM WITH A POWDER SUGAR OR OTHER ADDITIVES.

Enjoy your meal



18. Waffles

waffles

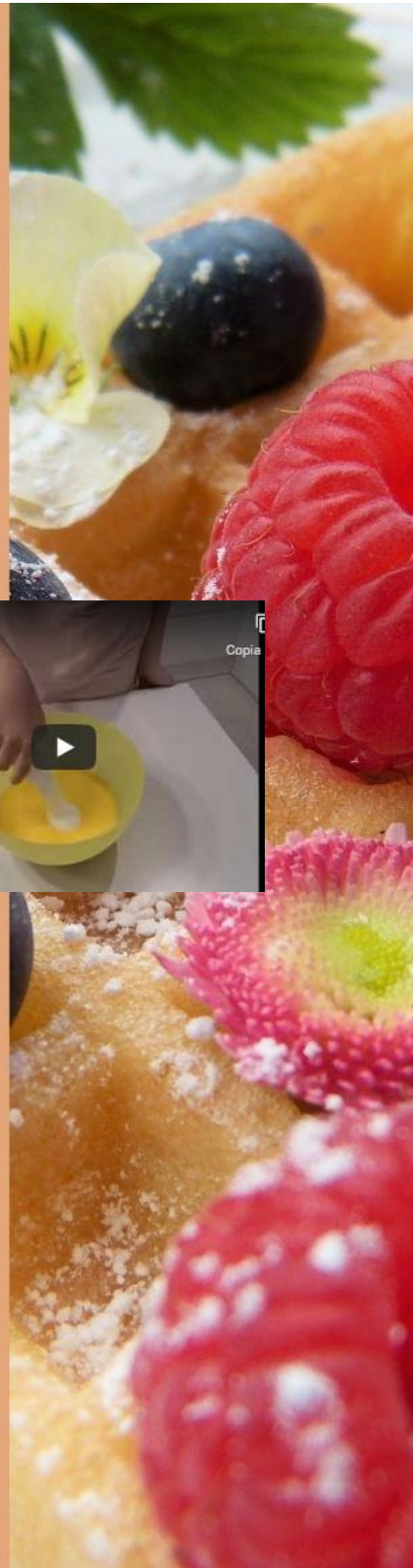
BY MILENA KAZIK FROM
POLAND

Ingredients

- Flour
- Vanilla sugar
- Baking powder
- Butter
- 5 eggs
- Half glass of sugar
- Milk
- Water

Procedure

Pour one glass of water into the bowl. Pour one glass of milk into the bowl. Separate the yolk from the protein. Put the yolk in the bowl. Add some salt to the protein. Give the teaspoon of the vanilla sugar. Mix the powder with the flour. Put melted butter into the bowl. Put sugar into the bowl. Mix everything up. Put the powder and flour and mix. Beat eggs whites. Mix masses. Brush the waffle iron with oil. Pull the dough into the waffle iron. When ready put on the plate. Add your favorite ingredients.



19. Pancakes



INGREDIENTS

- Eggs
- Flour
- Milk
- Yeast
- Butter
- Sugar
- Salt

How to prepare them:

You put all the ingredients together and start to mix, maybe you'll need help from a blender or similar. Once the mix is all right you start to put some of it every time on the ceramic stove and they'll be ready to be eaten.

20. Japanese Cake

Japanese cake's recipe

1.

First, we have to weigh the flour and mix them together. And we reserve.



2.

Then, we have to mix the cheese with the butter, milk and beat well



3.

Once we have beat well, we add the egg yolks with the lemon juice.



4.

At this point, we turn the oven on 150 degrees and we put a tray with water.



5.

Now, we have to add the flour slowly, beating at the same time.



6.

Separately, we whip the egg whites. And then we will add the sugar slowly too.



7.

Finally, we put the two mixtures together and we put them in the oven for 60 minutes.



And that is all!



21. Dark Chocolate Coulant



ingredients

- 150g of dark chocolate
- 3 eggs
- 80g sugar
- 50g butter
- 1 tablespoon of flour

directions

- Preheat the oven to 260 °C
- Weight the chocolate, add the 50g of butter with the chocolate, and add two tablespoons of water.
- Once heated these ingredients in the microwave, mix them well. Now weigh in another bowl the 50g of sugar.
- Break the 3 eggs into another bowl, beat the eggs with the sugar and add the flour.
- Add the melted chocolate and remember to mix everything well.
- Now we need to heat up some butter. Spread a few individual molds and cover them with the butter we had heated, and sprinkle them with flour.
- Put the mixture into the molds filling them up to $\frac{1}{3}$. Break each chocolate bar into 4 peaches, place a peace in each mold. And then covered with the rest of the mixture.
- Place the molds into the oven for about 6-7 minutes. Remove with plenty of cure and serve immediately.



22. Oreo's cupcakes



OREO'S CUPCAKES

METHOD

1. Preheat the oven to 160° C.
2. First mix the flour, the cocoa, the yeast and the sodium bicarbonate.
3. Then separate the black part of the cookie from the white cream and put them in different bowls.
4. After that, grind the black part from the cookies.
5. Once you have the cookies, add the white vinegar into the milk. Let's rest for 15 minutes.
6. Now, mix the butter and the sugar together
7. Add the eggs and the vanilla extract when you are mixing.
8. After that add the flour mixture with the buttermilk, interspersing Then, add the grinded cookies and mix.
9. Finally, Put the mixture into the capsules and bake it at 160°C during 15 - 20 minutes

INGREDIENTS

- 120g of flour
- 200g of sugar
- 120g of butter
- 60g of cocoa
- 2 eggs
- 10 Oreo's cookies
- ¼ teaspoon of yeast
- 2 teaspoons of white vinegar
- 180 ml of milk
- 1 teaspoon of vanilla extract
- ¼ teaspoon of sodium bicarbonate

INGREDIENTS BUTTERCREAM

- 400 ml of whipping cream
- 150 g of cheese cream
- 50 g of icing sugar
- Oreo's white cream that we have separated before
- Oreo's cookies
-

BUTTERCREAM

1. First, you have to take out the whipping cream of the fridge at the moment before you use it. Whip the cream with the mixer
2. Then, add the sugar while the mixer is on, add the cheese cream and the Oreo's white cream until you get a homogeneous mixture.
3. After that, grind the Oreo's cookies
4. Now, you have to put the buttercream into a pastry bag, use a tall glass to help you, if you want you can use a pastry nozzle.
5. Finally, decorate the cupcakes and then put some crushed cookies on top of the cupcake.



23. Other video récpes

a. Boiled Eggs



b. Weinblätter



c. Brownies

