



A healthy diet to live better



2022

# SAHUR

A healthy diet to live better



OUR TRADITIONAL RECIPES

# JANUARY

L

M

M

G

V

S

D

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

# FEBRUARZ

ALBANIA  
CROATIA  
ITALY



BULGARIA  
JORDAN  
SPAIN

TURKIE ROMANIA POLAND

# FEBRUARY

L

M

M

G

V

S

D

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

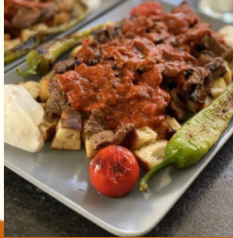
# MARÇH



NIHAN TEZCAN ERMIŞ  
ISKENDER KEBAB

ISKENDER  
KEBAB

Tasty!!!



#### Ingredients

- 400g doner kebab slices
- Cayenne pepper
- 2 rounds of pide bread
- 4 large chili peppers
- 50g tomato puree
- 2 large tomatoes
- 500g yogurt
- 4 large cloves of garlic
- 50g butter
- salt to taste

#### Directions

Preparation Time: 30 minutes / Cooking Time: 20 minutes

1. Warm the pide by placing on a barbecue grill and keep warm. When all other ingredients are prepared, slice the pide into 3cm squares, divide into 4 portions and place as a layer on each plate.
2. Crush the garlic and add to the yogurt, mix well adding a little salt to taste. Spoon onto the pide squares just before adding the doner kebab slices.
3. Heat the doner kebab quickly taking care not to allow the strips to become too dry.
4. Cut the tomatoes in half and grill slowly until hot, do not allow to overcook and become too soft.
5. Grill the green chillies taking care not to burn, again do not allow to overcook and become too soft.
6. Mix the tomato puree with the olive oil and cayenne pepper and heat in a small pan on the grill. Add salt to taste.

## BAKLAVA

400 GR YUFKA  
300 GR BADEM BADEMLİ TARIFLER  
250 GR FISTIKLI ANTEP FISTIKLI TARIFLER  
200 GR TEREYAĞI İLE TARIFLER 200 GR ŞEKER ŞEKERLİ TARIFLER  
1 YEMEK KAŞIĞI LİMON SUYU LİMONLU TARIFLER  
2 YEMEK KAŞIĞI BAL BALLI TARIFLER 300 ML SU TATMAK İÇİN ÖĞÜTÜLMÜŞ TARÇİN



TEREYAĞINI BİR TENCERDE ERİTTİN. ISI KAPANDIKTAN SONRA, TEREYAĞINI SOĞUMAYA BIRAKIN. BU ARADA KURU MEYVEYİ HAZIRLAYIN: ANTEP FİSTİĞİNİ VE BADEMLERİ İNCE İNCE DOĞRAYIN, ARDINDAN KARIŞTIRIN. DAHA SONRA 50 GRAM ŞEKER VE BİR ÇAY KAŞIĞI TARÇİN EKLEYİN VE HER ŞEYİ İYİCE KARIŞTIRIN. ŞİMDİ FIRIN TEPESİNİ YAĞLAYIN (ALTERNATİF OLARAK, YAĞLAMAK İSTEMİYORSANIZ PAKŞÖMEN KAĞIDIYLA KAPLAYABİLİRSİNİZ) VE ÜZERİNE BİR YAPRAK YUFKA KOYUN. BİR MUTFAK FIRÇASI KULLANARAK YUFKAYI ERİTİLMİŞ TEREYAĞI İLE EŞİT BİR ŞEKLİDE FIRÇALAYIN: ARDINDAN TEREYAĞININ ÜZERİNE BAŞKA BİR HAMUR TABAKASI KOYUN VE ERİTİLMİŞ TEREYAĞI İLE FIRÇALAYIN. TOPLAM 3 VEYA 4 YAPRAK MAKARNA KULLANIMAK İÇİN BU İŞLEMİ 1 VEYA 2 KEZ DAHA TEKRARLAYIN. BU NOKTADA SON YAPRAĞI KURU MEYVE, ŞEKER VE TARÇİN DOLGUSUNUN YARISI İLE KAPLAYIN VE ÜZERİNE 3-4 YAPRAK YUFKAYI HER ZAMAN TEREYAĞI İLE YAĞLAYARAK YEKLEŞTİRİN. KALAN İÇ HARCI SON KAĞIDA KOYUN VE 3-4 YAPRAK DAHA YUFKAYLA BITİRİN (YENE HERPESİNİ TEREYAĞI İLE FIRÇALAMANIZ GEREKECEK). 160 DERECEDE ÖNCEDEN ISITILMIŞ FIRINDA YAKLAŞIK 25-30 DAKIKA PIŞİREBİLİRSİNİZ. BU SÜREDE SONRA FIRIN SICAKLIĞINI 200 °C'YE YÜKSELTİN VE 10 DAKIKA DAHA PIŞİRMETE DEVAM EDİN.

AYTAÇ HORUZ  
BAKLAVA



Hamsi Tava Tarifi'nin Malzemeleri  
1 kilo hamsi  
1 tatlı kaşığı tuz  
Yarım su bardağı mısır unu  
4 yemek kaşığı sıvı yağ  
Hamsi Tava Tarifi'nin Yapılışı  
Balıkların temizledikten sonra (kafasını koparıp, içini boşaltın) iyice yıkayalım ve suyunu süzelim.  
Ardından uygun bir bir kaba koyarak tuz serpelim, elimizle karıştıralım.  
Hamsileri, tabağa koyduğunuz mısır ununa güzelce bulayalım.  
Tavaya sıvı yağı koyarak fırça yardımı ile her tarafına gelmesini sağlayalım.  
Balıkları aynı yönde, sıkı bir şekilde dizerek daire oluşturalım ve tavamızı ocağa alarak yüksek ateşte 7-8 dakika pişmeye bırakalım. Balıklarınızı tavanıza göre tek seferde pişirebileceğiniz gibi 3 seferde porsiyonluk olarak da pişirebilirsiniz.  
Balıkların alt kısmı kızardıktan sonra üzerine düz bir kapak kapatalım ve fazla yağını ayrı bir kaba süzdürelim.  
Daha sonra balıklarımızın diğer yüzünü de çevirerek süzdürdüğümüz yağı tekrar üzerine gezdirelim ve kızarmaya bırakalım.  
Balıklarımızın her iki yüzeyi kızardığında servis tabağına alalım. Afiyet **PIÇ-COLLAÇ**

ASYİE YAMAN  
HAMSI TAVASI

# MARCH

L

M

M

G

V

S

D

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

# APRIL



ANNA TERESA FIORI  
PASSATELLI IN BRODO

LUCIA COZZO  
CRESCIA

RITA BOTTARI  
PRALINE DI  
CIOCCOLATO

**1 PASSATELLI.**

INGREDIENTI: Farina, Uovo, Sale, Acqua.

IMPASTARE TUTTI GLI INGREDIENTI FINO AD AVERE UN IMPASTO OMOGENEO.

FARE IL PASTO E LAVORARE IN PASTO A MANO.

PRENDERE LA SCHEDA PER LE MISURE E SCARICARE L'IMPOSTO.

METTERE NEI PASTI CONTROLLI CON PASTO DOLCETTO.

Buon appetito!!

**NOTA DEL PASTICCHIERO**  
DOPO DI PASTO RAPPRESENTO GRATIAS  
PER PASTO. IL PASTO, SECONDO DI PASTO  
E UNO. GLI ALTRI PASTI DI PASTO  
DOPO PASTO. ANCHE GLI ALTRI  
PASTI GLI INGREDIENTI FINO A  
FORMARE UN IMPASTO OMOGENEO.  
SECONDO E AFFICCIOSO. PER UNO  
E FINO. SUCCO. ANCHE QUANDO  
NECESSARIO. LASCIARE PASTO  
E IMPASTO. LA PASTO PER UNO  
PASTO. DOPO. LAVORARE E SOLO  
PASTO. I PASTI COME  
PASTO. NEI PASTO.

**RICETTA DELLA  
CRESCIA.**

INGREDIENTI: 1 uovo, 1 bicchiere di latte, 1 bicchiere di acqua, 1 bicchiere di olio.

IN PASTO TUTTO.

STAMPARE LA CRESCIA E CUOCERLA IN UNA PASTO.

FORMARE I BISCOTTI E PASTO. LAVORARE.

STAMPARE LA CRESCIA CON I BISCOTTI.

FORMARE LA CRESCIA CON I BISCOTTI.

**chocolate pralines**

Ingredients: 500 gr. of dry biscuits (orosaiva-type shortbread biscuits), 300 gr. milk / or dark chocolate, 1 tablespoon of nutella, 1 glass of milk, 3 tablespoons of sugar (if using dark chocolate) cocoa powder, chocolate flakes, colored sprinkles etc. to decorate the balls paper cups to serve the chocolate balls once ready

Procedure: First crumble the biscuits. I preferred to blend them in the blender so as to do first and obtain almost a biscuit flour. Then melt the chopped chocolate in a bain-marie in the milk with sugar (always if the chocolate is dark!) Until you get a smooth cream. When everything has melted, remove from the bain-marie and work the cream obtained with the crumbled biscuits and a spoonful of Nutella to mix all the mixture well. Work the dough well with your hands so that it becomes quite consistent and sticky. If by chance it is very soft, you can add cocoa powder. Form, always with your hands (here my child had fun!) Of round balls, pass them in sugared almonds, cocoa etc ... and insert them into the cups.



# APRIL

L

M

M

G

V

S

D

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

# MAZ



### *Trick with nuts and serves*

**Ingredients:** 3 ready-made dessert noodles, 1 cup tea with crushed walnuts, Half a cup of tea with melted, butter, Nuts

**For service:** 1 cup sugar, 2 glasses of water, Slightly minced lemon peel or orange peel, 1 tablespoon lemon juice, A tablespoon of cinnamon

**Preparation:** We open the first noodle and grease it with melted butter through a kitchen brush.

We toss a piece of crushed walnuts and then collect the noodles in the form of a roll.

Next, we cut the roll into four 10 cm long pieces and assemble each of the pieces into a round shape by placing an areş in the middle. So we continue with the other two layers.

We place the tricks in a casserole and grease them with butter through the kitchen brush.

Place them in a preheated oven and let them bake for around 20 minutes until the surface of the tricks turns reddish.

On the other hand we prepare the service. Add water, sugar and let simmer until the service is bound. Finally add the minced orange or lemon peel, cinnamon and lemon juice. The sorbet is left to lukewarm and poured over the tricksters when the latter are lukewarm as well.

## RAJMONDA KALA TRICK WHIT NUTS AND SERVES

# MAY

L

M

M

G

V

S

D

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

# Wiki



## **Mansaf**

It is the national dish in Jordan, and it is cooked at weddings, funerals and various occasions

### Preparation and preparation:-

The basic idea of making mansaf is to use Jammed milk in cooking meat, as milk is the most important ingredient of mansaf. The meat is cooked in meat broth and jameed, and yoghurt may be mixed with it. Municipal ghee is added to the peppered rice. It is served in a large plate with a loaf of shrak bread underneath, covered with charak bread as well (thin bread baked on a sheet), rice and then meat are placed and garnished with almonds, pine nuts and parsley. chopped.

Mansaf is prepared from rice, meat and milk. The milk used is usually a prepared by drying the milk and keeping it in the form of salted balls called jameed to indicate its solid or solid state.



***Khetam Almasadh -  
Jordan***

KHETAM ALMASADH  
MANSAF

# JUNE

L

M

M

G

V

S

D

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

# 2022

## DUMPLINGS WITH STRAWBERRIES



### Ingredients:

500 g of fine wheat flour  
1 large egg  
50 g of butter  
1 cup of water  
pinch of salt  
500 g of strawberries

Put 500 grams of fine wheat flour into a larger bowl. Crack one large egg into a bowl. Pour in the melted and cooled butter. Such a very soft, melting butter will also be perfect. 50 grams of butter is 1/4 of a cube weighing 200 grams. Add a pinch of salt and add water. Measure out 250 ml of water (one glass). First, I mix it for a while, then combine it into a uniform dough and knead it with my hands. Shape the dough into a ball and wrap it in a food bag. Put the cake in the fridge for 30 minutes. Wash fresh strawberries under cold, running water and remove the stalks. Dry the strawberries gently with a paper towel. Cut them into smaller pieces. Place the dough on a floured surface or on a board. Sprinkle some flour under the dough ball. Also put the flour on the ball and flatten it slightly. Roll out the dough thinly on a pastry board. Cut out circles. You can also stretch each piece slightly in your hands. In the middle, stuffing with only pieces of strawberries. Fold the dumplings in half and stick the sides together. You can additionally make frills on each dumpling, thanks to which you can glue the dumplings even more together.

Made with PosterMyWall.com

KASIA BYCZKOWSKA  
DUMPLINGS WITH  
STRAWBERRIES

# POLAND

## ANNA HOLEKSA- STĘCHŁY GINGERBREDS

### Gingerbreads



### Ingredients

300 g of wheat flour  
100 g of whole grain rye flour  
2 large eggs  
130 g of powdered sugar  
100 g of butter, melted and slightly cooled  
100 g of mild honey, e.g. acacia honey\*  
1 tablespoon gingerbread spice  
1 tablespoon of cocoa  
1 teaspoon of baking soda



Pour all ingredients into a dish, mix and knead until a smooth dough is obtained (you can use a mixer). The dough may be sticky, but do not add any flour. Roll out the dough to a thickness of 4 mm (not thinner), sprinkling it with a small amount of flour - just enough that the dough does not stick to the board. Cut out different shapes of gingerbread cookies. Put them on a baking tray lined with baking paper at small intervals. Bake at 180°C for about 8 - 10 minutes. Decorate as per idea. Enjoy your meal!

# JULY

L

M

M

G

V

S

D

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

# TRADITION



## ONUR ÇETİNEL IÇLI KÖFTE

## HARUN ÖZDOĞAN TANTUNI

## CUMA ALI ÇATAALKAYA SİVEYDİZ

### Içli Köfte (Turkish Stuffed Meatball)

#### Ingredients

#### For the Filling:

- 1/4 pound ground beef
- 1 small onion, finely chopped
- 1/3 cup walnut halves, or shelled pistachios, ground
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon hot red pepper flakes

#### For the Case:

- 1/3 cup fine bulgur
- 1 tablespoon ground beef
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon salt
- 1/4 cup boiled mashed potato
- 1/2 large egg, beaten
- 1 small onion, grated
- 3 to 4 cups sunflower oil, or other light oil for frying
- Fresh Italian parsley, for garnish



#### Make the Filling

1. In a small skillet, fry 1/4 pound ground beef until just cooked. Add the onion and continue to stir until the onion softens.
2. Add the ground beef, salt, black pepper, paprika, and hot red pepper flakes and continue to sauté. When all the flavors have combined, remove the pan from the heat and let it rest.

#### Make the Case

1. In a large mixing bowl, combine the bulgur, ground beef, black pepper, salt, potato, egg, and onion. **Knead** together for several minutes to form a dough.
2. Break off walnut-size pieces of the dough and roll them into balls.
3. With your index finger, push some of the meat and nut filling into the center of the dough and close the end. Shape the meatballs to be narrower at the ends and thicker in the middle in a kind of spindle or football shape.
4. In a large skillet, heat a generous amount of sunflower oil. Fry the meatballs evenly on all sides until dark golden-brown. Place on paper towels to drain.
5. Serve piping hot. Garnish with fresh Italian parsley and serve with a dipping sauce of plain yogurt mixed with grated cucumber and fresh dill.
6. Enjoy!



#### Ingredients of Chicken Tantuni Recipe

1 package of chicken breast (about 500-600 grams)

water for boiling

Olive oil

Black pepper

Cumin

Red cayenne pepper or chili pepper (spicy lovers may prefer chili flakes)

loaf bread

To Put In:

2 onions

2-3 tomatoes

Parsley

Salt

**Making Chicken Tantuni (with video) Recipe**

Chicken breast meat is cut into small cubes.

The meat is taken into a pot and boiled by adding enough water to cover it.

While the meat is being boiled, the onions are cut into pieces.

Add salt and parsley and mix.

Tomatoes are cut into small cubes and salted.

The water of boiled chickens is filtered.

Heat the tantuni pan and add 2 tablespoons of oil.

Add the spices to the oil and mix. (Throwing the spices

while the oil heats up makes the tantuni delicious)

Boiled chickens are added as portions and roasted.

The loaf is pressed and oiled on the chickens in the pan.

Spread tomatoes and onions between the loaf.

Put chicken on it.

The wrap is made and served. Enjoy your meal.



PIC-COLLAGES

### ŞİVEYDİZ

**ŞİVEYDİZ SOUP RECIPE. INGREDIENTS**  
300 grams of diced lamb meat 1 cup soaked chickpeas Half kg fresh garlic (white parts only) Half kg spring onion (only white parts) 2 tablespoons dried mint 1 egg 2 tablespoons flour 6 full ladles thick yoghurt oil, salt



#### FABRICATION

Put the meat and chickpeas in the pot. Add until the water is gone. Boil until soft.

Add the chopped onions and garlic to the boiled ingredients.

If there is little water at this step, you can add it. The size of the water should be such that it rises slightly on the materials.

Then whisk the yoghurt, egg and flour in a bowl so that there are no lumps.

When the vegetables are soft, take some of the water from the food and add it to the yogurt and mix.

Then add the yogurt to the dish by mixing. If the food has less water, you can add hot water.

Bring the food to a boil, stirring constantly. Add salt when removed from the stove, and burn olive oil and mint in a pan. You can pour it over the soup and serve.

Enjoy your meal...

PIC-COLLAGES



# AUGUST

L

M

M

G

V

S

D

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

# SEPTEMBER

## CORINA DACIANA OPRITOIU BOILED PAPANASHS



## MIHAELA CÂRJA PAPANASH



Fluffy donuts

INGREDIENT  
1 KG WHITE FLOUR

6 YOLKS  
A CUBE OF FRESH YEAST (35 G)  
A TABLESPOON OF SWEET MILK

500 G WHIPPED MILK  
2 SACHETS OF VANILLA SUGAR  
100G OLD COUGH  
LEMON PEEL  
50 G BUTTER  
A PINCH OF SALT  
FRYING OIL

PREPARATION FLUFFY DONUTS

**Boiled papanash**

**Ingredient**  
400 g of greasy cottage cheese, well drained of whey  
160 g gray  
15 g powdered sugar  
vanilla sugar  
2 eggs  
lemon peel  
a pinch of salt  
Roasted breadcrumbs  
80 g pesmet  
5 g sugar cough  
20 g butter  
To be served:  
sour cream  
caster sugar or vanilla sugar + vanilla bean kernels

**Preparation**  
*Mix the cheese with the sugar and salt, add the eggs, vanilla sugar, grated lemon peel and semolina. Make a homogeneous dough that is left to rest for at least 20-30 minutes (to swell the semolina and absorb the moisture from the cheese and eggs).*  
*With a wet hand and with the help of a teaspoon, equal balls are formed. About 20 pieces come out of this quantity. Let it rest for a while on a tray, until the water boils and the breadcrumbs are ready.*  
*Then add the breadcrumbs. And it mixes from time to time, on a low heat because it burns quickly. When the breadcrumbs have browned, add the sugar and mix well. After 2-3 minutes, remove from the heat.*  
*Meanwhile, boil 1-2 teaspoons of salt. We make sure the water boils when we start adding the papanas one by one. The pappas will go to the bottom of the pot and then, gradually, as the water starts to boil, they will rise to the surface. It doesn't mix much in the pot, moreover we can make some currents in the water with a paddle, without touching the papanas. Once on the surface, over low heat and with the lid open, let it simmer for a few more minutes (3-4).*  
*Using a whisk, remove the papanas and place directly in the pan with hot breadcrumbs. Shake the pan lightly so that the papanas with the cheese roll through the breadcrumbs and dress with it. Serve with sour cream mixed with vanilla or vanilla sugar and powdered sugar.*  
*Good appetite!*



### INGREDIENTS (for 6 papanashi)

300 g cow's sweet cheese (or ricotta/cottage cheese)  
1 large egg  
70 g sugar  
200 g flour  
½ teaspoon baking powder  
Vanilla extract  
Lemon zest  
500 ml oil for frying the papanashi  
200 g fruit preserve  
200 g sour cream



### PAPANASH

#### DIRECTIONS

With a fork, mix the cheese, sugar, vanilla extract and lemon zest. Separately, mix the flour with the baking powder. Gradually add the flour mixture to the cheese mixture. Depending on the cheese you're using, you might need to add more or less flour. The dough should be soft and just a bit sticky, but firm enough to form doughnut balls with your hands. Spread some flour on your working surface and knead the dough for a bit to fully combine the ingredients. Form 6 large balls and 6 small balls, like in the photo. Using your finger, form a hole in each large ball.

Heat enough oil in a pot to cover the papanashi. Make sure the oil is hot – to do this, drop a bit of dough in the oil and see if it sizzles. Fry two large doughnuts and two small doughnuts at a time, until they're golden brown on each side. Transfer the doughnuts to a platter covered with absorbent paper to remove the excess oil. To make the papanashi, use a large doughnut as the base, top with a spoonful of sour cream, then decorate with fruit preserve and put the small doughnut on top. You can also sprinkle some powdered sugar on top.

There you have it, a traditional Romanian dessert that's easy to prepare and bursts with flavor!

## ANGELA GAVRIS FLUFFY DONUTS

# SEPTEMBER

L

M

M

G

V

S

D

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

# OCTOBER



## Varaždin's rolls

### INGREDIENTS

- 1 kg of flour
- 250 ml oil
- 600 ml of lukewarm milk
- 2 packages of instant yeast
- 1 tablespoon sugar
- 25 g or two tablespoons of salt
- 1 egg for the coating



Put flour, yeast and sugar.  
Mix it.  
Add 250 ml of oil and 600 ml of milk.  
Start mixing.  
Add 1 tablespoon of salt.  
Mix it all.  
The dough is finish.  
After one hour made small balls.  
Roll out the dough.  
Coat the rolls with eggs.  
Bake it 15 minutes on 220 degrees.



MARINKA MLINARIĆ  
VARAZDIN'S ROLL

# OCTOBER

L M M G V S D

1 2

3 4 5 6 7 8 9

10 11 12 13 14 15 16

17 18 19 20 21 22 23

24 25 26 27 28 29 30

31

# NOVEMBER

## Roscón de Reyes



The traditional Roscón de Reyes in Spain is a delicious bun made with a sweet dough, garnished with slices of candied fruit. It can be filled with whipped cream or cream, nowadays also with mocha, truffle or chocolate, and surprises are introduced inside, usually it contains ceramic or plastic figurines.

We eat the Roscón de Reyes on 6<sup>th</sup> of January, celebrating the arrival of the Three Wise Men. It is popular to eat it with a cup of hot chocolate in family, before receiving presents.

### **Ingredientes:**

650 g flour

250 ml milk

25-30 g yeast

120 g sugar

120 g butter

2 eggs

10 g salt

Grated skin of 1 lemon and 1 orange.



## SPAIN

## EVA M<sup>a</sup> LÓPEZ

## ROSCÓN DE REYES

# NOVEMBER

L

M

M

G

V

S

D

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

# DECEMBER



1. В голяма купа смесете заедно маслото, захарта и златния сироп, докато се получи еднородна смес. Разбийте яйцето. Комбинирайте с брашното, содата бикарбонат, канелата, джинджифила, карамфила на прах и бахара. Разбъркайте добре. Покрийте места с фолио за свежо съхраняване и го оставете за в хладилника в продължение на поне 30 минути.

2. Загрейте фурната до 190 градуса. Пригответе си набрашнена повърхност. Застелете я с пригответеното тесто с 5 mm дебелина. Нарезете желаните форми с нож или формички за бисквити. Поставете оформените бисквити на около 2 см една от друга в тавата.

3. Печете ги в продължение на 8 минути в предварително загрята фурна. След това ги извадете от фурната и ги оставете да се охлаждат в тавата за 5 минути, преди да ги преместите в друг поднос.

4. За да направите глазура, разбийте белтъците и сметаната, докато се получи пенлива смес. Постепенно добавяйте захарта и продължете да разбивате. Добавете оцветител, ако желаете. След това можете да започнете да рисувате върху охладените бисквити. Тази смес може да се използва и като лепило за поставяне на декорации за сладкиши.

225 гр. размекнато масло  
300 грама пудра захар  
2 с. л. златист сироп  
1 яйце  
325 гр. обикновено брашно  
2 ч. л. сода бикарбонат  
2 с. л. канела  
2 ч. л. джинджифил на прах  
1/2 ч. л. карамфил на прах  
1/4 ч.л. бахар  
2 белтъка  
1/2 ч. л. сметана на прах  
240 гр пудра захар



PETYA PETKOVA  
CHRISTMAS COOKIES



# DECEMBER

L

M

M

G

V

S

D

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31