

RECIPE FOR SUMMER VEGETABLE SOUP (For 4 people)



Ingredients:

- 1 litre of water
- 1 table spoon of salt
- 3-4 (300 g)carrots
- 1 (400 g) cauliflower
- 4-6 (300 g) potatoes
- 1 onion
- 3 dl of fresh peas
- some dill, parsley or chives
- 4 dl milk
- 2 table spoons of wheat flour
- 1 table spoon of butter

Preparation:

1. Peel and slice carrots and potatoes, chop the cauliflower and mince the onion.
2. Put the vegetables in the kettle that has water with salt in it. Let them boil in a kettle for 15 minutes.
3. Add peas.
4. Mix wheat flour with milk and add them in the kettle. Let it boil until the vegetables are ready (soft). Add herbs and butter.
5. Serve with cheese- or ham sandwiches.

PANCAKE (on a baking tray)



Ingredients:

- 4 eggs
- 1 litre of milk
- 5 $\frac{1}{2}$ decilitres of wheat flour
- 1 teaspoon of salt
- 1 tablespoon of sugar
- 1 decilitre of melted butter

Preparation:

1. Start making a pancake by whisking the structure of the eggs.
2. Add milk.
3. Stir the dry ingredients (flour, salt and sugar) and melted butter with milk and eggs.
4. Let the dough rise for a half an hour.
5. Put the baking paper on a baking tray.
6. Set the dough on the baking tray.
7. Bake the pancake in the middle of the oven first for 15 minutes at 250 degrees. Then reduce the temperature to 225 degrees and bake it about 13 minutes or until the pancake's surface and bottom have reached a beautiful golden colour.

Serve with berries or jam and with whipped cream or ice cream.