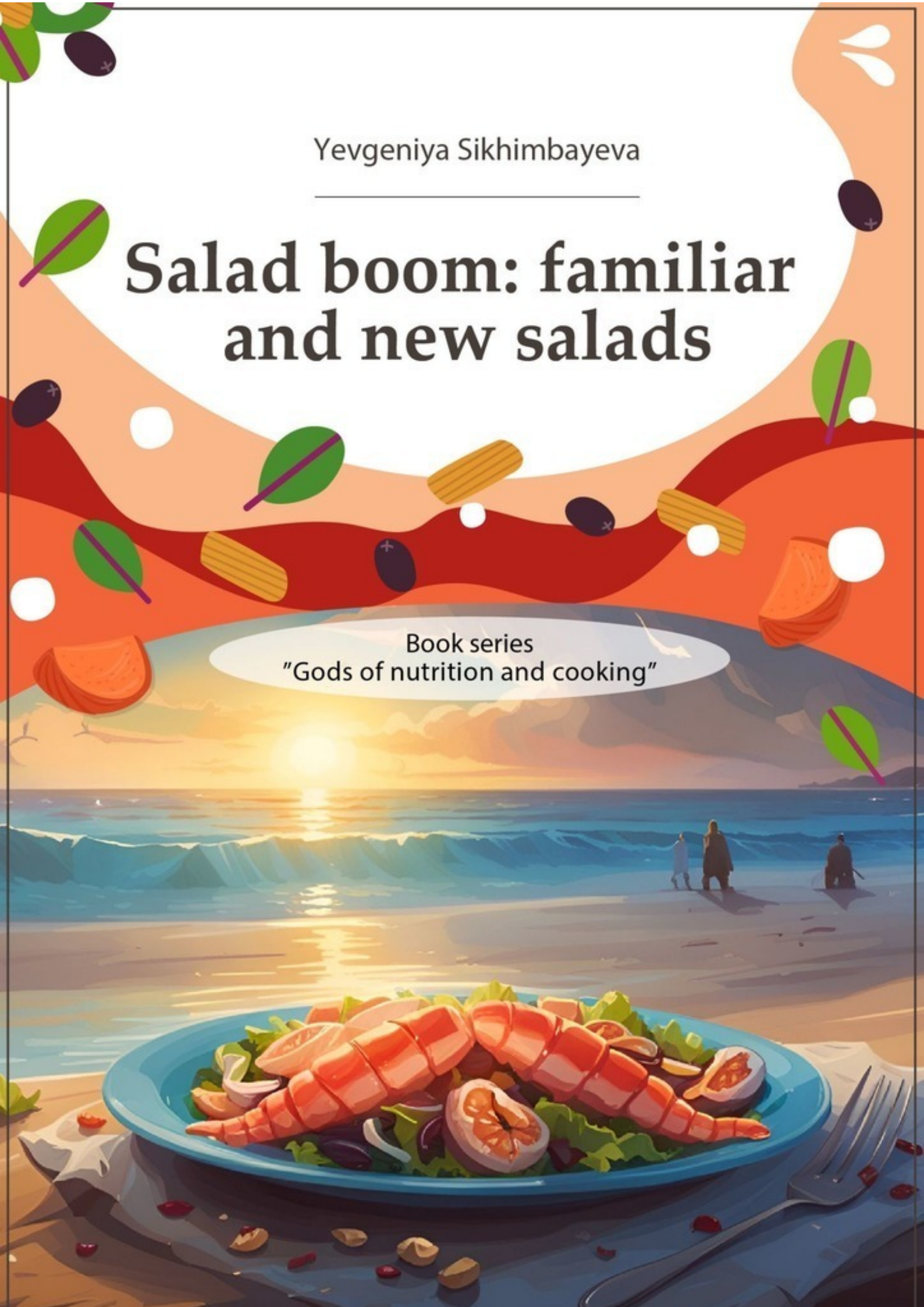


Yevgeniya Sikhimbayeva

Salad boom: familiar and new salads

Book series
"Gods of nutrition and cooking"



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«Издательские решения»

Sikhimbayeva Y.

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The «Salad Boom» cookbook is a real find for those who love healthy eating and cannot imagine their life without delicious and varied salads. The book contains the most interesting and unusual salad recipes that will give you real culinary pleasure. «Salad Boom» is not just a book of recipes, it is a real guide to the world of salads that will help you become a real culinary master and please your loved ones and guests with delicious and healthy dishes!

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Содержание

AUTOBIOGRAPHY	6
SALAD BOOM: EXPLOSION OF TASTE AND COLORS!	8
1. CAESAR SALAD WITH CHICKEN	9
2. GREEK SALAD WITH OLIVES AND FETA	11
3. SALAD «NICOISE» WITH TUNA	13
4. CAPRESE SALAD WITH MOZZARELLA AND RASPBERRY	15
Конец ознакомительного фрагмента.	16

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Book series «Gods of nutrition and cooking»

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AUTOBIOGRAPHY

Yevgeniya Sikhimbayeva: owner of the translation agency and the Helvetia Publishing House.
Lifetime diplomatic rank – attaché.

Three bachelor's degrees with honors (law, economist, diplomat).

Graduate of the Diplomatic Academy of London, PhD Certificate of Laws at the University of London (UCL), etc.

Miss Internet Kazakhstan, 2000, etc.

Visited 38 countries.

Speaks Rus, Eng, Fr.

Writer. Poetess.

Hobbies: inventing unusual ideas that make the world an even more wonderful place to live in.



SALAD BOOM: EXPLOSION OF TASTE AND COLORS!

Are you ready to discover the world of salads, where the ordinary becomes incredible, and simplicity becomes the pinnacle of culinary excellence?

«Salad Boom» is not just a cookbook, it is a real explosion of taste and color!

Waiting for you inside:

More than 20 recipes that will make you reconsider your idea of salads.

Incredible flavor combinations: from classic and time-tested to bold and unexpected.

Secret ingredients: Learn how to add some flair to your salad and make it unforgettable.

Did you know?

The most expensive salad in the world costs about \$10,000! It contains rare mushrooms, truffles and rare herbs.

In some cultures, salads are considered a symbol of wealth and abundance.

«Salad Boom» is not just a book, it is an invitation to the world of taste, where each salad is a small work of art!

Note: Illustrations may not be 100% identical to the recipe in the book. However, here you can always count on your personal imagination and taste.

1. CAESAR SALAD WITH CHICKEN

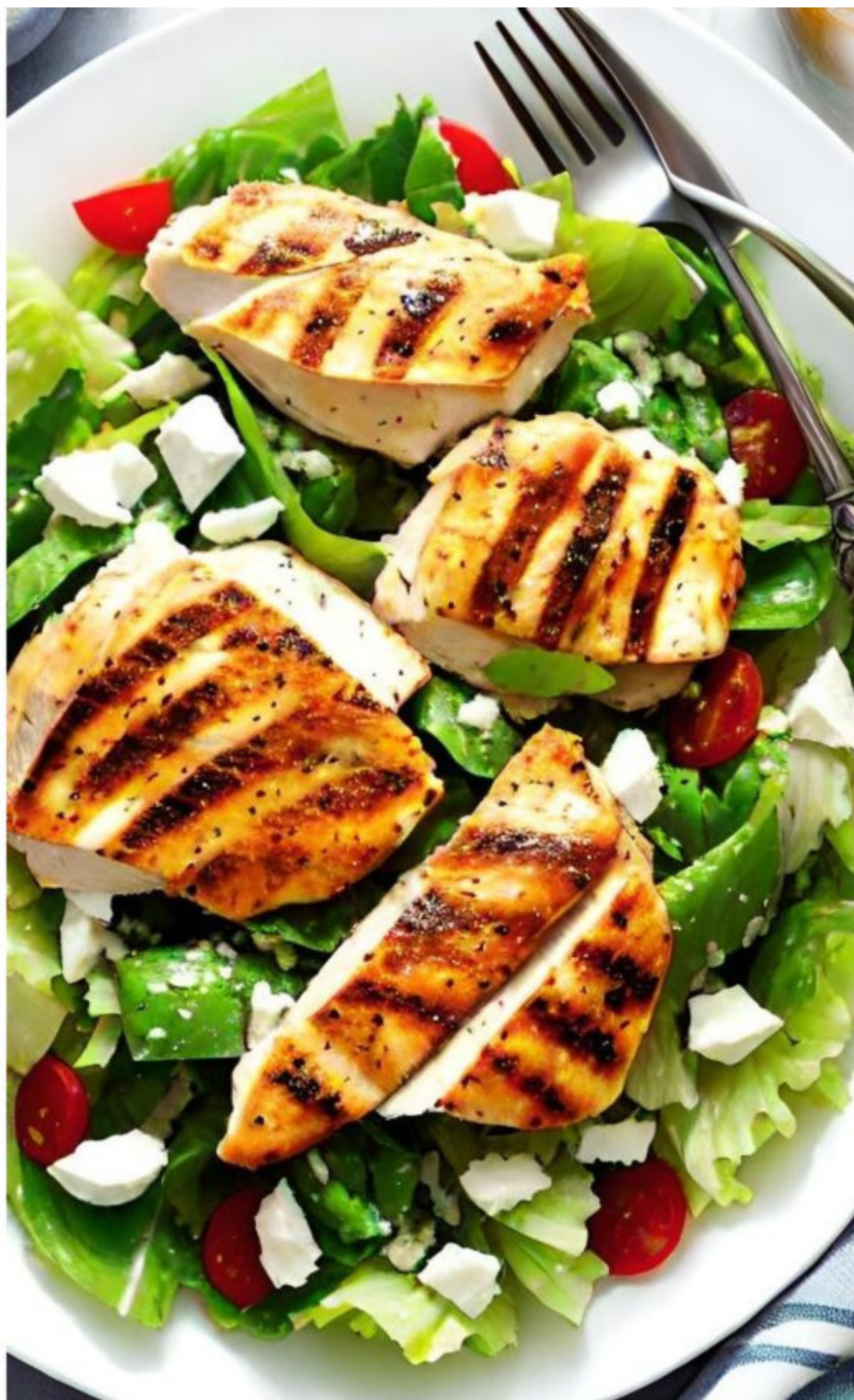
Ingredients:

- 2 chicken breasts
- a few lettuce leaves
- 100 g grated parmesan
- several croutons
- 2 eggs
- 2 tbsp. 1. olive oil
- 2 tbsp. 1. lemon juice
- 2 tsp. Dijon mustard
- 2 garlic cloves

Preparation:

1. Cut the chicken into pieces and fry in a frying pan until golden brown.
2. Break the eggs into a bowl and beat with a whisk. Add the grated Parmesan to the bowl.
3. Heat a frying pan over medium heat and pour in the Egg-Parmesan mixture. Cook, stirring, until the mixture resembles an omelet.
4. Take lettuce leaves and place on a large plate. Place chicken pieces and egg omelet on salad.
5. In a bowl, combine olive oil, lemon juice, Dijon mustard and minced garlic.
6. Pour the resulting sauce over the salad and sprinkle with croutons.

Bon appetit!



2. GREEK SALAD WITH OLIVES AND FETA

Ingredients:

- a few leaves of iceberg lettuce
- 1 cucumber
- 2 tomatoes
- 1/2 red onion
- 50 g pitted olives
- 150 g feta
- 2 tbsp. 1. olive oil
- 1 tsp. Sahara
- 1/2 tsp. salt
- 1/4 tsp. black pepper

Preparation:

1. Chop the iceberg lettuce and place on a plate.
2. Cut the cucumber and tomatoes into cubes and place on top of the salad.
3. Slice the red onion into thin half rings and place on top of the cucumbers and tomatoes.
4. Add olives to the surface of the salad.
5. Cut the feta into cubes and place on top of the salad.
6. To make the sauce: Combine olive oil, sugar, salt and pepper in a bowl and mix well.
7. Pour the sauce over the salad and serve.

Bon appetit!



3. SALAD «NICOISE» WITH TUNA

Ingredients:

- 2 canned tuna in oil
- 4 eggs
- a few leaves of romaine lettuce
- 1 large tomato
- 1 cucumber
- 1/2 red onion
- 50 g pitted black olives
- 2 tbsp. l. capers
- 1 tbsp. l. Dijon mustard
- 2 tbsp. l. olive oil

Preparation:

1. Cut the tomato into slices, the cucumber into slices, and the red onion into thin half rings.
2. Take a few lettuce leaves and place on a large plate.
3. Cut canned tuna into pieces.
4. Boil hard-boiled eggs in a saucepan. Cool, peel and cut into quarters.
5. Place chopped tomato, cucumber, red onion, olives and capers on a plate. Add chopped tuna.
6. In a bowl, mix Dijon mustard and olive oil.
7. Pour the resulting sauce over the salad and garnish with quartered eggs.

Bon appetit!



4. CAPRESE SALAD WITH MOZZARELLA AND RASPBERRY

Ingredients:

- 2 large tomatoes
- 200 g mozzarella
- 100 g raspberries
- 1/2 red onion
- 3 tbsp. l. olive oil
- 2 tbsp. l. balsamic vinegar
- salt and pepper to taste
- fresh basil for garnish

Preparation:

1. Cut the tomatoes and mozzarella into round slices. Place them on a plate, alternating with each other.
2. Divide the raspberries between the tomato and mozzarella slices.
3. Cut the red onion into thin rings and add it to the plate.

Конец ознакомительного фрагмента.

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