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Vegetable-potato-meat purée *	380

## Q

Quiche Lorraine	216
Quick cheese soufflés	82
Quick chocolate cake (var.)	332
Quick fruit sorbet	310
Quick puff pastry	44
Quick Thai chicken curry	142

## R

Radishes: Cream cheese spread with radishes	275
Raspberry pancakes (var.)	50
Raspberry swirl cheesecake (var.)	348
Ratatouille	202
Red pasta dough without eggs (var.)	54
Rice	
Asian-style rice with eggs and vegetables	128
Rice pudding	322
Rice salad	130
Rice, ground (table)	34
Risotto with Parmesan cheese	125
Steamed rice	60
Tomato rice	198
Rich rice pudding (var.)	322
Risotto with Parmesan cheese	125
Rolled cake (var.)	326
Rustic bread	224

## S

Sabayon (Zabaglione)	300
Saffron risotto (var.)	125
Salads	
Beetroot salad	79
Broccoli salad with red peppers and pine nuts	78
Chopped vegetable salad	76
Coleslaw	80
Pasta salad with trout and vegetables	120
Rice salad	130
Salmon	
Salmon in mushroom cream sauce with potatoes	166
Salmon tartare	81
Salmon, steamed (table)	37
Sandwich bread	220
Sangria	376
Sauces, savoury	
Basil pesto	246
Béarnaise sauce	252
Béchamel sauce	248
Curry ketchup	260
Egg free mayonnaise	256
Hollandaise sauce	250
Mayonnaise	254
Mustard-dill sauce	262
Tomato ketchup	258
Tomato sauce	242
Vegetable pasta sauce	244
Sauces, sweet	
Apple sauce	278
Chocolate sauce (Profiteroles)	318
Chocolate sauce (syrup)	282
Fruit sauce (coulis)	279
Vanilla sauce (crème anglaise)	280
Sausage and apple risotto (var.)	125
Sesame seeds, ground (table)	34
Shortcrust pastry	41
Shortcrust pastry, sweet	42
Shredded chicken in tomato sauce (tinga de pollo)	138

Slush, lemon	360
Smoothie	364
Sorbet	
Berry foam	306
Frozen fruit sorbet	308
Lemon sorbet	311
Quick fruit sorbet	310
Soufflés, cheese (quick)	82
Spaghetti carbonara	114
Spelt bread	228
Spiced Moroccan lentil soup	106
Spices, ground (table)	34
Spinach	
Chickpea soup with spinach	99
Green pasta dough (var.)	54
Green smoothie	366
Spinach and eggs, baked	84
Spinach, steamed (table)	36
Sponge cake	326
Spreads	
Chocolate hazelnut spread	284
Cream cheese spread with radishes	275
Lemon curd	288
Starters	
Baked spinach and eggs	84
Quick cheese soufflés	82
Salmon tartare	81
Steamed carrot and courgette tagliatelle	204
Steamed rice	60
Steamed turbot and mixed vegetables parcels	162
Stir-fried vegetables	206
Stock paste	
Chicken stock paste	66
Meat stock paste	64
Vegetable stock paste	62
Strawberry jam (var.)	286
Strawberry milkshake	368
Strudel, apple	342
Stuffed peppers with rice and tomato sauce	152
Stuffed vegetables	180
Sugar icing	68
Sweet shortcrust pastry	42

## T

Tagliatelle with sautéed porcini mushrooms	116
Tarts	
Apple tart	340
Lemon meringue tart	350
Thai-style fish cakes	168
Three course meal for two	190
Tinga de pollo (Shredded chicken in tomato sauce)	138
Tiramisù	320
Tofu stew	176
Tomatoes	
Beef goulash with bread dumplings	146
Chicken breasts pizzaiola	136
Chicken garam masala	140
Chilli con carne	156
Creamy tomato soup	93
Curry ketchup	260
Fish and potatoes with tomato sauce	160
Gazpacho	88
Guacamole	272
Lasagne Bolognese	122
Lentil moussaka	186
Meatballs with tomato sauce	148
Mussels in spicy tomato sauce	170
Noodle soup	100
Pasta in tomato sauce with ham and chorizo	118
Pizza Margherita	214
Ratatouille	202
Shredded chicken in tomato sauce (tinga de pollo)	138
Spiced Moroccan lentil soup	106
Stuffed peppers with rice and tomato sauce	152
Tomato ketchup	258
Tomato rice	198
Tomato sauce	242
Vegetable pasta sauce	244
Traditional fruit jam	286
Trout	
Pasta salad with trout and vegetables	120
Trout with hollandaise sauce	158
Trout, steamed (table)	37
Truffles, chocolate (var.)	69
Turbot, with mixed vegetables, steamed in parcels	164
Turkey escalopes, steamed (table)	37
Tzatziki	274

## V

Vanilla	
Custard * 🌿	292
Vanilla custard with whisked egg whites ( <i>var.</i> ) 🌿	292
Vanilla ice cream 🌿	314
Vanilla sauce (crème anglaise) * 🌿	280
Vanilla sugar * 🌿	38
Vanilla sugar, quick version ( <i>var.</i> ) * 🌿	38
Vegetables	
Asian-style rice with eggs and vegetables	128
Borscht 🌿	108
Broccoli and potatoes with cheese sauce 🌿	178
Chicken with creamy vegetable sauce	134
Chickpea soup with spinach 🌿	99
Gazpacho * 🌿	88
Indian vegetable curry 🌿	174
Minestrone 🌿	104
Pasta salad with trout and vegetables	120
Potato and vegetable purée * 🌿	200
Quick Thai chicken curry *	142
Ratatouille * 🌿	202
Rice salad	130
Steamed carrot and courgette tagliatelle 🌿	204
Steamed turbot and mixed vegetables parcels	162
Three course meal for two	190
Tofu stew * 🌿	176
Trout with hollandaise sauce	158
Vegetable pasta sauce * 🌿	244
Vegetable potato cakes ( <i>var.</i> ) 🌿	182
Vegetable salad, chopped * 🌿	76
Vegetable soup * 🌿	92
Vegetable stock paste 🌿	62
Vegetable-potato-meat purée *	380
Vegetables in spicy tomato sauce ( <i>var.</i> ) * 🌿	172
Vegetables, stir-fried * 🌿	206
Vegetables, stuffed 🌿	182
Vegetarian quiche ( <i>var.</i> ) 🌿	216
Venison goulash with bread dumplings ( <i>var.</i> )	146
Vichyssoise (cold leek and potato soup) ( <i>var.</i> ) * 🌿	90

## W

Whipped cream 🌿	39
Whisked egg whites * 🌿	40
Wholemeal breads	
Rustic bread 🌿	224
Spelt bread * 🌿	228
Wholemeal sandwich bread ( <i>var.</i> ) 🌿	220

## Y

Yoghurt	
Plain yoghurt 🌿	72
Tzatziki * 🌿	274
Yoghurt cake 🌿	328
Yoghurt dressing * 🌿	268

## Z

Zabaglione (sabayon) * 🌿	300
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