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Numerical concentrations by products
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INTRODUCTION

When working with food products for the purpose of eternal life and eternal development it is necessary to consider the following: external the influx of matter and information promotes technologies of perpetual development according to the principle of saturation in biological terms, the principle of training technologies of eternal development and according to the principle interaction of the spiritual and the material.

So when it comes to the receipt of products nutrition in the human body and, generally speaking, products food consumed by living beings, here, first of all, first of all, we need to consider the general task and ideology of the eternal development aimed at the formation of technologies of eternal development, based on nutrition. It is necessary to perceive the structure of the soul, manifested in the form of a physical body.

Products power supply, which is also an information system of the world, entering the human body, interact with the soul. It is advisable to implement the actions of food products on the level of the spirit, building the body according to the biological principle and according to the principle of spiritual control. The transition from biological functioning of the body to the level of spiritual control physical matter can also be produced using food products.

Based on this, the numerical series that correspond food products, directing those consumed by humans food products in the field of knowledge of eternal development and at the same time they realize the eternal life of man.

It is necessary to take into account the element of management development, which consists of that there are quite a lot of interactions in the body occurs at the level of product combination. At the chemical and biological level, at the level of metabolism, absorption the body's absorption of food products occurs in various processes aftereffects of products. When studying food products with using the logic of eternal development and eternal life a person must manage the outcome of the interaction of consumed products.

Take into account also unknown interaction processes that are often important in in terms of interaction with the human soul, with the spirit in terms of action according to the structure of knowledge of the world.

The Creator, creating all living things and having created all living things, directed interaction of the living with the consumed in such a way that the principle of eternal life of the living was realized.

Therefore, here we need to consider the structure of human development that is also connected in many ways with internal thinking at the level deep structures of the soul, where the organization of the human body takes place. After all, the human body is simultaneously organized by the soul a certain level of spiritual control.

Therefore interaction with the divine level occurs in the plane management goals towards eternal development – divine management goals. By recognizing this, one can find systemic technologies of eternal development through perception food products.

The first element of the geometric control level in the area of human perception is that it is possible consider products at the level of reflection for a certain hemisphere. You imagine that from the side of the heart, approximately fifteen to twenty centimeters from the body, there is a hemisphere, which is concave from you. On the inner surface of this sphere various food products are projected that you

you consume – proteins, for example, fats, carbohydrates – and they are like that interact in such a way that the impulse of life occurs of man. The soul, therefore, considers the process interactions between your products at a certain level information and some elements are passed through and sent to the side of eternal development, and some – it corrects. After all, initially the soul is clearly directed in its ideology organization and the structure of its creation and development towards eternal life of the human physical body.

Therefore, here we can also consider the elements resurrection of a person based on a number of products that are most preferable. For example, if we are talking about strengthening and accelerating the systems of resurrection of the departed, then.

First of all, we need to consider milk, water and substances, which have certain reddish hues.

By combining these three elements, we get acceleration in the process. resurrection. The one who is engaged in resurrection can, accordingly, using at the moment of resurrection control milk, water or, for example, plums or cherries that have a red color shade, speed up the process of resurrection. Since the transfer information to the soul of the resurrected occurs more quickly and productively.

You can learn technologies when you are resurrected using minimum quantity of products, maybe faster restore your physical matter by organizing connections of physically manifested matter and various unmanifested substances existing at the level information.

A developed person begins to perceive this and sees that resurrected, for example, using even the fumes from dairy product, can speed up resurrection by memories of the soul about milk. The soul remembers when passing this information many elements of physical life, and the process resurrection is rapidly growing in terms of visualization

resurrected in the ordinary physical world. Food products from the point of view of eternal technologies developments have a complex meaning, first of all realized in the combination of various management positions and constant contact with products. Therefore, they also are a certain level of training for eternal development. Putting into information the consumption of food products the system of eternal development, man, first of all, finds how maximum benefit of products for the current state of health and management of future events in terms of eternal development, so and at the same time implements spiritual management training, in which a person organizes his body physically level initially, moves to the spiritual level control of the body through your consciousness.

Any physical element of development, physical body a person according to this logic can be transformed into a system spiritual control through concentration of the spiritual level, through a state of consciousness that can organize body, for example, with minimal consumption of products along with with the absence of exhaustion of the body. When moving to such spiritual techniques for managing your physical matter in the human body must, first of all, realize the specified the first principle of non-exhaustion, in which a person should be completely healthy. If by reducing products the spiritual management of nutrition has not reached the required level, that is, a person loses his usual body weight, corresponding to his constitution, then the management should be brought back to consumption of more food products.

The transition on spiritual control of biological processes - this is, first of all, at the same time the transition associated with the ability of all people to control the physical body at the expense of spiritual management. Therefore, one must always think about transfer of this knowledge to others.

Individuals who can do this and improve in terms of spiritual management of processes bodies, accordingly, can be sure that their eternal development can be really justified and infinite in that

case, if everyone can do it. People who have been doing it for a long time can nourish their body through spiritual control with minimal consumption of products or none at all, for example, a period of not eating food, first of all, they should also extend the effect of such knowledge for everyone.

Understanding the spiritual control of biological processes can occur between meals.

During this period, it is possible to study the control mechanism, in which the spirit controls the physical body. During this period, one can practice and see what spiritual management is the organism, that is, the physical processes of the organism, due to spirit, and not at the expense of biological systems.

By using products, this process can be developed to such an extent that that without experiencing hunger one can have precise knowledge about spiritual control of biological processes. This knowledge are also a reserve level of the body in case of any situations.

In the future, when all of humanity will be able to do this in this way develop through spiritual management, then it will be, accordingly, it is easier to implement the structure of eternal development without the usual 21st century food supplies. At the same time, the spirit moves management to the product creation level, entering the body, and the creation of elements occurs, useful for the body, which can also be consumed in the form of a normal process of consumption, as people do and Now.

Thus, the next level of development is creation the spirit of food products due to concentration. And this is also one from the elements that are incorporated into the control system when numerical concentrations. The whole system of future development, it must be included in concentrations, since products interact with humans for a long time, during the day for example; and in infinite time it is also necessary know the mechanism for replenishing food products even in the case

when they are not there.

Reproduction of food products by physical and spiritual the following: either products appear by event management, or a person has the power to create information level leading to material substance or a concentrate of information that sort of replaces the product nutrition at some point - this also has a certain level management. Therefore, moving directly to the numerical rows, it is necessary to keep in mind the entire complex that is laid down in these numerical series.

Further, a list of products is given by chapters corresponding chapter concentration on the formation of eternal life using products. Then, the table records the each chapter has product details with corresponding numerical concentrations with the aim of achieving eternal life through the use of products.

NUMERICAL CONCENTRATIONS

MILK AND DAIRY PRODUCTS 91471831949181

PRODUCT
Cow's milk feta cheese 64879421831848
Yogurt nat. 1.5% fat 68437129836481
Low-fat kefir 51831484931784
Kefir fat 54864739849751
Milk 59437121849728
Acidophilus milk 46971536748947
Whole milk powder 54937689439872
Condensed milk 58671831749884
Condensed milk with sugar 59432167849874
Sour milk 49678493184971
Ryazhenka 89121898112948

Cream 10% 59842136718951
Cream 20% 21431567489451
Sour cream 10% 59864174931981
Sour cream 20% 49806412898131
Special curd cheeses and mass 59467194894718
Russian cheese 54849679459481
Dutch cheese 59421831974851
Swiss cheese 56431981949864
Poshekhonsky cheese 54961721979184
Processed cheese 49569179451679
Fat cottage cheese 59874931749879
Semi-fat cottage cheese 59862179849654
Low-fat cottage cheese 34961831758421

FATS, MARGARINE, OIL 5496418911

PRODUCT
Rendered fat 1482413967
Milk margarine 5496973185
Sandwich margarine 4964785496
Mayonnaise 5813948215
Vegetable oil 6497283971
Butter 4795167915
Ghee 2194893190

BREAD AND BAKERY PRODUCTS, FLOUR 31961871481

PRODUCT

Rye bread 54961831754
Millet bread made from first grade flour 54931749871
Sweet pastries 64937189417
Bagels 74854132841
Dryers 98967139851
Wheat rusks 54816793148
Butter crackers 59479689481
Wheat flour premium grade 518214319411
Wheat flour grade I 21431851961
Wheat flour grade II 31948151984
Rye flour 34121831961

CEREALS 51481631971

PRODUCT
Buckwheat kernels 54849169918
Buckwheat prodel 894564897178
Semolina 394564817498
Oatmeal 51849631781
Pearl barley 42146971851
Millet 36831971421
Rice 34961731851
Wheat "Poltava" 39854136871
Tolokno 59847189917
Barley 49851621971
Hercules 49618431984
Corn 59167891481

VEGETABLES 319681398

PRODUCT
Eggplants 149714319
Rutabaga 491814318
Green peas 497184519
Zucchini 361851368
White cabbage 649481319
Red cabbage 398491516
Cauliflower 318567491
Potato 494891519
Green onion (feather) 491894851
Leek 479894317
Onion 648541919
Red carrot 489716318
Ground cucumbers 549164891
Greenhouse cucumbers 647498519
Green sweet pepper 498641894
Red sweet pepper 549641894
Parsley (greens) 548741318
Parsley (root) 494894514
Rhubarb (petiolate) 549641318
Radish 485481316
Radish 541648749
Turnip 496547891
Salad 549649894
Beetroot 371894548
Tomatoes (ground) 564714218
Tomatoes (greenhouse) 591318549
Green beans 3648513194
Horseradish 8215164981
Wild garlic 4985173148
Garlic 3894915946
Spinach 4897183194
Sorrel 4986418981

FRUITS AND BERRIES 5619494319

PRODUCT
Apricots 894541319
Quince 374894594
Cherry plum 3845163189
Pineapple 989417319
Bananas 516498518
Cherry 314918516
Garnet 594398491
Pear 497514894
Fig 549317548
Dogwood 314898617
Peaches 894108494
Rowan garden 541494816
Black chokeberry 549467894
Garden plum 547894318
Dates 561498714
Persimmon 896748516
Cherry 849108901
Mulberry 589714847
Apples 694897548
Orange 589714916
Grapefruit 541218014
Lemon 317584961
Mandarin 318649710
Lingonberry 317496814
Grapes 549618714
Blueberry 319894617
Blackberry 317948612

Strawberry 398749671
Cranberry 364898714
Gooseberry 594697378
Raspberry 361498374
Cloudberry 398594691
Sea buckthorn 894378495
White currant 589647218
Red currant 398671378
Blackcurrant 397498564
Blueberry 369894591
Fresh rose hips 598741894
Rosehip dried 589649717

DRIED FRUITS 5496181979

PRODUCT
Uryuk 5948946191
Dried apricots 3948148159
Raisins with stones 6193185148
Raisin raisin 3148956178
Cherry 3945986179
Pear 3987945967
Peaches 3689745198
Prunes 5946917184
Apples 5896975981

LEGUMES 31894961719

PRODUCT

Beans 31861871918
Split peas 59431861749
Whole Peas 58438961971
Soybean 54969859841
Beans 59479859784
Lentils 39485961748

MUSHROOMS 56489131849718

PRODUCT
White fresh 54961431894717
White dried 49789749164981
Fresh birch boletes 54167121949891
Fresh aspen mushrooms 54964759864781
Fresh Russula 49489149817491

When managing by product categories meat, poultry, fish seafood, as in all cases related to the activity living organisms, the task of eternal development is the creation of eternal life for all living things without causing harm to anyone.

MEAT, OFFALS, POULTRY 498517494168491894718

EGGS 3148964971981

PRODUCT
Chicken egg 4965485194918
Egg powder 4648985194781
Dry protein 4675485496418
Dry yolk 3145185496178
Quail egg 6495471496497

FISH AND SEAFOOD 51849459758961

PRODUCT
Bulls 49847151946981
Pink salmon 69854919758961
Flounder 39451949756489
Crucian carp 49756457897841
Carp 49806421904829
Chum salmon 31489649896471
Smelt 49564879154878
Ice 31854739451648
Bream 49754894947481
Salmon 44819856481948
Macrurus 54751854961841
Lamprey 31749854961751
Pollock 68931459841781
Capelin 34854718431961
Navaga 39856489719871
Burbot 38941489451891
Notothenia marble 31489451671891
Sea bass 59831436871841
River perch 51451831489109101
Sturgeon 49481931961891
Halibut 51454891489418
Blue whiting 39481351941891
Sabrefish 58969131749871
Caspian vimba 54859874971891
Carp 31489451941871
Large saury 31789451931641
Small saury 31894831641891

Herring 34848949716410
Herring 49851432167189
Sig 349618317489491164
Mackerel 38454618451481
Som 31849150619481
Horse mackerel 50219346891898
Sterlet 34951671931841
Pike perch 38945139649751
Cod 34567148949751
Tuna 31451961831751
Coalfish 54849131975489
Sea eel 59431731854971
Eel 34961894917891
Hake 38416804918410
Pike 31485689711230
Ide 18031256978106
Far Eastern shrimp 34154831459318
Cod liver 29806426132904
Squid 31856134916871
Crab 34951671851481
Shrimp 31485619879480
Seaweed 38134128946721
Pasta —Ocean 31485649149875
Trepang 38459489813894

When concentrating on a given part corresponding to the fish and seafood, it is necessary to take into account that the closeness of forms one type of seafood and river products allows in a simplified, accelerated version, bring it to the level of the eternal development of all marine organisms. In this case, management is done by the distribution of forms, so that the same element is completely reproduced in a system of infinite future events.

PRODUCT
Chum salmon granular 591364517498917
Bream punching 368913389497184
Pollock punch 218361948519618
Sturgeon granular 368491519489717
Sturgeon punch 389417594569171

NUTS 5498197

PRODUCT
Hazelnut 2193168
Almond 3687185
Walnut 5986417
Peanuts 3896489
Sunflower seed 3168945

SWEETS 59871421

PRODUCT
Honey 31954872
Fruit dragee 54969874
Zephyr 89849128
Iris 61057429
Marmalade 31984728
Caramel 36479821
Chocolate coated candies 54958564
Pastila 38971498
Sugar 39168974
Tahini Halva 38949194
Sunflower Halva 29871426

Dark chocolate 21906408
Milk chocolate 72814947
Fruit filled waffles 34859854
Wafers with fatty fillings 41489731
Puff pastry with cream 59814931847
Puff pastry with apple 96419854
Sponge cake 37859416
Gingerbread 314819647
Sponge cake 541219617
Almond cake 27481931

Below is a table of E-codes that are used in the form food additives in the food industry. Accordingly, control rows are needed in order to also use management towards eternal development due to the fact that in the perspective of eternal development various synthesized elements will take up significant space. Therefore management should be based on the adaptation of various external substances to the task of eternal development. These external substances, that enter the body must comply with all criteria and standards of eternal life and eternal development man and all mankind.

Table of E-codes

E -100 Curcumin Curcumins 3183648491
E -101 (i) Riboflavin; (ii) Riboflavin-5'-Phosphate Sodium (i) Riboflavin; (ii) Sodium riboflavin 5-phosphate; 3145496191
E 102 Tartrazine Tartrazine 5148945197
E-104 Quinoline Yellow Quinoline Yellow 5483175191
E -140 Sunset Yellow FCF, Orange Yellow S Yellow - sunny Sunset|| FCF, orange-yellow S 4983173196
E -120 Cochineal, Carminic Acid, Carmines Cochineal ; carmine acid ; carmines 4985143197
E -122 Azorubine, Carmoisine Azorubine , carmoisine 69872189851

- E -124 Ponceau 4R, Cochineal Red A Ponceau 4R (crimson 4R),
cochineal red A 598597514318
- E-129 Allura Red AC Red charming AC 54967159831
- E 131 Patent Blue V Patent Blue V 58431721948
- E -132 Indigotine, Indigo Carmine Indigotine , indigo carmine
3416843197
- E -133 Brilliant Blue FCF Blue shiny FCF 3885145196
- E -141 Copper Complexes of Chlorophylls and Chlorophyllins (I)
Copper Complexes of Chlorophylls (ii) Copper Complexes of
Chlorophyllins (i) Copper complexes of chlorophylls and (ii)
chlorophyllins 5496475181
- E-142 Greens S Green S 5945979184
- E-143 Fast Green FCF Green Fast FCF 56947121989
- E-150a Plain Caramel Sugar color I plain (plain caramel)
4912198514
- E-150b Caustic Sulphite Caramel Sugar color II, obtained by
—alkaline-sulfite|| technology 3986497181
- E-150c Ammonia Caramel Caramel caramel III, obtained by
—ammonia|| technology 2145138194
- E-150d Sulphite Ammonia Caramel Sugar color IV, obtained
20
- by —ammonia-sulfite|| technology 49831219841
- E-151 Brilliant Black BN, Black PN Black shiny BN, black
PN 2173169181
- E -152 Carbon Black (hydrocarbon) Coal 3986497184
- E-160a Carotenes: (I) Beta-Carotene (Synthetic) Natural Extracts (ii)
Carotenes: (I) – synthetic carotene, (ii) extracts of natural
carotenes 3485493184
- E-160b Annatto, Bixin, Norbixin Annatto, bixin, norbixin
4193125194
- E-160c Paprika extract, Capsanthin, Capsorubin Extract paprika ,
capsanthin , capsorubin 48947531844
- E-160e Beta-apo-8'-carotenal (C 30) b- apo -8- carotene aldehyde
(From 30) 5142172181
- E-161a Flavoxanthin Flavoxanthin 3148943181
- E-161b Lutein Lutein 3145986181
- E-161c Cryptoxanthin Cryptoxanthin 3648545148
- E-161d Rubixanthin Rubixanthin 3821483174

E-161e Violoxanthin Violoxanthin 5194283174
E- 161f Rhodoxanthin Rhodoxanthin 8495173485
E-161g Canthaxanthin Canthaxanthin 3194184987
E-162 Beetroot Red, Betanin Beetroot red, betanin
3148985199
E-163 Anthocyanins Anthocyanins 3893645987
E-164 Saffron Saffron 3172148948
E-170 Calcium Carbonates Calcium carbonates 1945318981
E-171 Titanium Dioxide Titanium dioxide 3148543781
E-172 Iron Oxides and Hydroxides Oxides and hydroxides
iron 1683173981
E-181 Tannins, Food Grade Tannins food 51458216471
E-200 Sorbic Acid Sorbic acid 5893174981
E-201 Sodium Sorbate Sodium sorbate 3684975194
E-202 Potassium Sorbate Potassium sorbate 5843719898
E-203 Calcium sorbate Calcium sorbate 5897142194
E-210 Benzoic Acid Benzoic acid 5148944981
E-214 Sodium Benzoate Sodium benzoate (ironically, this is
expectorant cough medicine) 51421731949
E-212 Potassium Benzoate Potassium benzoate 51739451847
E-220 Sulfur Dioxide Sulfur dioxide 59431839471
E-221 Sodium Sulphite Sodium sulfite 3145173891
E-222 Sodium
54964789418
Hydrogen
Sulfite
Hydrosulfite
sodium
E-223 Sodium Metabisulphite Sodium pyrosulfite 5947125194
E-224 Potassium Metabisulphite Potassium pyrosulfite 5468917981
E-234 Nisin (issued as a medicine 54131849871
E-235 Natamycin (Pimaricin) Natamycin (pimaricin) 7494698971
E-236 Formic Acid Formic acid 54989759491
E-239
22
Hexamethylene
Tetramine
Hexamethylenetetramine 58964137949
E-242 Dimethyl Dicarbonate Dimethyl dicarbonate 54831728947
E-249 Potassium Nitrite Potassium nitrite 5486417181

E-250 Sodium Nitrite Sodium nitrite 3145648941
E-251 Sodium Nitrate Sodium nitrate 31989719841
E-260 Acetic Acid Acetic acid 3145816491
E-261 Potassium Acetate Potassium acetate 31489731989
E -262 Sodium Acetates (i) Sodium Acetate (ii) Sodium Hydrogen
Acetate (Sodium Diacetate) Acetates sodium : acetate sodium ,
hydroacetate sodium (diacetate) sodium) 8975412197
E-265 Dehydroacetic Acid acid 4975189781
E-266 Sodium Dehydroacetate Dehydroacetate sodium 3684987191
E -270 Lactic Acid acid 4975193196
E-280 Propionic Acid Propionic acid 4897143197
E-284# Boric Acid Boric acid 5163148198
E-285# Sodium Tetraborate (Borax) Sodium tetraborate (borax)
6945745891
E-290 Carbon Dioxide Carbon dioxide 5642148914
E-296 Malic Acid Apple (malonic) acid 3145193178
E-297 Fumaric Acid Fumaric acid 5843914198
E-300 Ascorbic Acid Ascorbic acid 5496410181
E-301 Sodium Ascorbate Sodium salt of ascorbic acid
(sodium ascorbate) 9194975164
E-304 Ascorbyl Palmitate Ascorbyl palmitate 5497184196
E-306 Mixed Tocopherols
tocopherols 5487491987
Concentrate
Concentrate
mixtures
E-307 Alpha-tocopherol Alpha-tocopherol 5841493198
E-315 Erythorbic (Isoascorbic)
ascorbic acid 8943174984
Acid
Erythorbe
(iso-
E-316 Sodium Erythorbate Sodium Erythorbate 4785168987
E-319Tertiary
5497142198
Butylhydroquinone
Tert-butylhydroquinone
E-320 Butylated Hydroxyanisole (BHA) Butylated hydroxyanisole
5841674989
E-321 Butylated Hydroxytoluene (BHT) Butylhydroxytoluene

51421731948

E-322 Lecithins Lecithins (however, mainly GI is used, in particular in chocolate of JSC "Russia", etc.) 31456431948

E-326 Potassium Lactate Potassium lactate 21451831974

E-327 Calcium Lactate Calcium lactate 5413184981

E-330 Citric Acid Citric acid 5614987194

E -331 Sodium Citrates (i) Monosodium Citrate (ii) Disodium Citrate Trisodium Citrate Citrates sodium : (i) citrate sodium monobasic, (ii) sodium citrate dibasic, (iii) citrate sodium trisubstituted 5986413198

E -332 Potassium Citrates (i) Monopotassium Citrate (ii) Dipotassium Citrate (iii) Tripotassium Citrate Citrates Potassium : (i) citrate potassium monosubstituted, (ii) potassium citrate disubstituted, (iii) citrate potassium trisubstituted 5195148194

E -333 Calcium Citrates (i) Monocalcium Citrate (ii) Dicalcium Citrate (iii) Tricalcium Citrate Calcium citrate: monobasic citrate calcium, dibasic calcium citrate, tribasic calcium citrate calcium 3184915196

E-334 Tartaric Acid (L(+)-) Tartaric acid ((L+)-) 5986417199

E -335 Sodium Tartrates (i) Monosodium Tartrate (ii) Disodium Tartrate Sodium tartrates: sodium tartrate monobasic, tartrate sodium disubstituted 9845168481

E -336 Potassium Tartrates (i) Monopotassium Tartrate (ii) Dipotassium

Tartrate Potassium tartrates: monopotassium tartrate, tartrate Potassium dibasic 5148913148

E-337 Sodium potassium tartrate Potassium sodium tartrate 3186478984

E-338 Phosphoric Acid Orthophosphoric acid 3171495484

E -339 Sodium Ortophosphates (i) Monosodium Ortophosphate (ii) Disodium Ortophosphate (iii) Trisodium Ortophosphate sodium: sodium orthophosphate monobasic, sodium orthophosphate, orthophosphate sodium 5497148197

E -340 Potassium Ortophosphates (i) Monopotassium Ortophosphate (ii) Dipotassium Ortophosphate (iii) Tripotassium Ortophosphate Potassium orthophosphates: potassium orthophosphate, monobasic, potassium orthophosphate dibasic, potassium orthophosphate 7148543198

E -341 Calcium Phosphates (i) Monocalcium Ortophosphate (ii)

Dicalcium Orthophosphate (iii) Tricalcium Orthophosphate
Orthophosphates calcium : orthophosphate calcium monosubstituted

,
calcium orthophosphate dibasic, calcium orthophosphate
3148543175

E-342 Ammonium Phosphates (i) Monoammonium Orthophosphate (ii)
Diammonium Orthophosphate ammonium : orthophosphate
ammonium monobasic , orthophosphate ammonium disubstituted
5785417141

E -353 Metatartaric Acid Meta - tartaric acid 9143172196

E -354 Calcium Tartrate Tartrate calcium 3186479191

E -363 Succinic Acid Amber acid 5478943198

E -380 Ammonium Citrates Citrates ammonium (ammonium salts
lemon acids) 4897183194

E -383 Calcium
5143172184

Glycerophosphate
Glycerophosphate
calcium

E -385 Calcium Disodium Ethylene Diamine Tetra-acetate (Calcium
Disodium EDTA) Calcium disodium salt
ethylenediaminetriacetic acids (CaNa₂ EDTA) 6487912194

E -386 Disodium Ethylene Diamine
Ethylenediaminetetraacetate disodium 7492172198

E -391 Phytic Acid Phytic acid 4975196197

E-400 Alginic Acid Alginic acid 4987142198

E-401 Sodium Alginate Sodium alginate 5142193197

E -402 Potassium Alginate Alginate potassium 3148155194

E -404 Calcium Alginate Alginate calcium 5173183164

E -405 Propan-1,2-diol
4987143194

alginate
Propane -1,2- diol
alginate

Tetraacetate

E -406 Agar Agar 5472184987

E -407 Carrageenan and its Salts Carrageenan And his salts
5143163198

E-407a # Processed Eucheuma Seaweed – Processed seaweed
Eucheuma algae (note: this addition was made by amendment

in December 1996) 3148913168
E-410 Carob Bean Gum 5485983194
E-414 Oat Gum Oat gum 5497173194
E-412 Guar Gum Guar gum 5493183147
E-413 Tragacanth Tragacait 6145172184
E-414 Acacia Gum (Gum Arabic) Gum Arabic 5486412187
E-415 Xanthan Gum Xanthan gum 5496173198
E-416 Karaya Gum Karaya gum 4985712174
E-417 Tara Gum Tara gum 5493172194
E -420 Sorbitol (i) Sorbitol (ii) Sorbitol Syrup Sorbitol , sorbitol
syrup 2983142178
E -421 Mannitol Mannitol 2146172198
E -422 Glycerol Glycerin 3194254789
E -425# Konjac (i) Konjac Gum (ii) Konjac Glucomannane [Note –
this
additive is under discussion and may be included in a future
amendment to the Directive on miscellaneous additives] Cognac
resin , cognac glucomannan 7214985194
E -445 Glycerol Esters of Wood rosins Esters glycerin And resinous
acids 5185413194
E -450 Diphosphates (I) Disodium Diphosphate (ii) Trisodium
Diphosphate(iii) Tetrasodium Diphosphate(iv) Dipotassium
Diphosphate (v) Tetrapotassium Diphosphate (vi) Dicalcium
Diphosphate (vii) Calcium Dihydrogen diphosphate Pyrophosphates :
dibasic sodium pyrophosphate, tribasic sodium pyrophosphate
sodium, tetrasodium pyrophosphate, dibasic pyrophosphate
potassium, tetrapotassium diphosphate, dicalcium pyrophosphate,
calcium dihydrogen pyrophosphate 3168199141
E-451 Triphosphates (I) Pentasodium Triphosphate (ii)
Pentapotassium
Triphosphate Triphosphates: sodium triphosphate 5-substituted,
Potassium triphosphate 5-substituted 2945183194
E-452 Polyphosphates (I) Sodium Polyphosphates (ii) Potassium
Polyphosphates (iii) Sodium Calcium Polyphosphate (iv) Calcium
Polyphosphates Polyphosphates: sodium polyphosphate,
polyphosphate
potassium, sodium calcium polyphosphate, calcium polyphosphate
2148594198
E -459# Beta-cyclodextrine [Note – this additive is under discussion
and may be included in a future amendment to the Directive on

miscellaneous additives cyclodextrin 2148014986
E -460 Cellulose (I) Microcrystalline Cellulose (ii) Powdered Cellulose
Cellulose: microcrystalline cellulose, cellulose in
powder 2496483187
E-461 Methyl Cellulose Methylcellulose – 5916487980
E-464 Hydroxypropyl Methyl
methylcellulose -5986417890
Cellulose
Hydroxypropyl
E-466 Carboxy Methyl Cellulose, Sodium Carboxy Methyl Cellulose
Carboxymethyl cellulose, sodium carboxymethyl cellulose
3910689124
E -468# Crosslinked Sodium Carboxymethyl Cellulose [Note – this
additive is under discussion and may be included in a future
amendment to the Directive on miscellaneous additives]
Carboxymethyl cellulose sodium salt 3D -5287143191
E -469# Enzymically Hydrolysed Carboxymethylcellulose [Note – this
additive is under discussion and may be included in a future
amendment to the Directive on miscellaneous additives]
Hydrolyzed by enzymes
carboxymethylcellulose - 5194810198
E -470 a # Sodium, Potassium and Calcium Salts of Fatty Acids
Sodium, potassium and calcium salts of fatty acids-
4890641230
E -470b# Magnesium Salts of Fatty Acids Magnesium salts fatty
acids -3194812181
E -471 Mono- and Diglycerides of Fatty Acids Mono- and diglycerides
fatty acids -71939864871
E -472 a Acetic Acid Esters of Mono- and Diglycerides of Fatty Acids
Esters of mono- and diglycerides of acetic and fatty acids-
6487143191
E -472b Lactic Acid Esters of Mono- and Diglycerides of Fatty Acids
Esters of mono- and diglycerides of lactic and fatty acids-
5190612196
E -472 with Citric acid Esters of Mono- and Diglycerides of Fatty Acids
Esters of mono- and diglycerides of citric and fatty acids-
8094912194
E -472d Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids
Esters of mono- and diglycerides of tartaric and fatty acids-
3910647891

E -472e Diacetyltartaric and Fatty Acid Esters of Glycerol Esters
glycerol, diacetyl tartaric and fatty acids - 5190648980

E - 472f Mixed Tartaric, Acetic and Fatty Acids Esters of Glycerol
Mixed esters of glycerol, tartaric, acetic and fatty acids
acids-0694512197

E-472g Succinylated Monoglycerides
monoglycerides-39874121948
Succinylated

E-473 Sucrose Esters of Fatty Acids
acids-6980612195

E-475 Polyglycerol Esters of Fatty Acids Esters of polyglycerides and
fatty acids-of Fatty Acids Thermally oxidized soy and
bean oil with mono- and diglycerides of fatty acids
3980689173

E -481 S
1984748914
Stearoyl-2-lactate
Stearoyl -2- lactylate
sodium

E -500 Sodium Carbonates (I) Sodium Carbonate (ii) Sodium
Hydrogen
Carbonate (iii) Sodium Sesquicarbonate Carbonates sodium :
carbonate
sodium, sodium hydrogen carbonate, sodium sesquicarbonate
8986487198

E -501 Potassium Carbonates (I) Potassium Carbonate (ii) Potassium
Hydrogen Carbonate Carbonates potassium : carbonate potassium ,
bicarbonate potassium 3915487941

E -503 Ammonium Carbonates (I) Ammonium Carbonate (ii)
Ammonium Hydrogen Carbonate Carbonates ammonium carbonate
ammonium bicarbonate ammonium 2986497184

E -504 Magnesium Carbonates (I) Magnesium Carbonate (ii)
Magnesium Hydroxide Carbonate (syn. Magnesium Hydrogen
carbonate) Magnesium carbonates: magnesium carbonate,
hydroxycarbonate
magnesium, magnesium hydroxycarbonate 5943971948

E-508 Potassium Chloride Potassium chloride 5964975981

E-509 Calcium Chloride Calcium Chloride 4974618917

E-514 Magnesium Chloride Magnesium Chloride 4918975941

E-513 Sulphuric Acid Sulfuric acid 6417988941

E -514 Sodium Sulphates (i) Sodium Sulphate (ii) Sodium Hydrogen Sulphate Sodium sulfates: sodium sulfate, sodium hydrogen sulfate 2196472849

E -515 Potassium Sulphates (i) Potassium Sulphate (ii) Potassium Hydrogen Sulfate Sulfates Potassium : Sulfate potassium , hydrosulfate potassium 6497485138

E -516 Calcium Sulphate Sulphate calcium 3194985168

E -517 Ammonium Sulfate Sulfate ammonium 3945948947

E -524 Sodium Hydroxide Hydroxide sodium 3619498178

E -525 Potassium Hydroxide Hydroxide potassium 6497593194

E -526 Calcium Hydroxide Hydroxide calcium 8943198978

E -527 Ammonium Hydroxide Hydroxide ammonium 3975496497

E -528 Magnesium Hydroxide Hydroxide magnesium 5483916487

E -529 Calcium Oxide Oxide calcium 3647198989

E -530 Magnesium Oxide Oxide magnesium 5896412919

E -536 Potassium Ferrocyanide Ferrocyanide potassium (i) acid , (ii) the main basis of its calcium phosphate tribasic 6497980174

E-551 Silicon Dioxide Silicon dioxide 5943969784

E -553 a (i) Magnesium Silicate (ii) Magnesium Trisilicate (i) Silicate magnesium, (ii) magnesium trisilicate 3946975197

E-553b Talc Talc 5946975984

E-558 Bentonite Bentonite (widely used in "cosmetics" Dead Sea and as a cooling liquid in well drilling) 5493148941

E-570 Fatty Acids Fatty acids 6497485497

E-575 Glucono-delta-lactone Glucono-delta-lactone 5484985971

E-578 Calcium Gluconate Calcium Gluconate 5496418917

E -585 Ferrous Lactate Lactate iron 2987497988

E -620 Glutamic Acid Glutamic acid 5943218947

E -621 Monosodium Glutamate Glutamate sodium monosubstituted 5843162178

E-626 Guanylic Acid Guanylic acid 5487912194

E-627 Disodium Guanylate Sodium guanylate dibasic 5318943148

E-630 Inosinic Acid Inosinic acid 5314842148

E-631 Disodium Inosinate Sodium inosinate dibasic 2493165981

E700-E800 – spare indexes for other possible information; 49831731949

E-900 Dimethyl Polysiloxane Dimethylpolysiloxane 3194985196174
E-901 Beeswax, White and Yellow Beeswax, white and yellow
5193148196
E-902 Candelilla Wax Candle wax 3184975198
E-903 Carnauba Wax Carnauba wax 5945871986
E -904 Shellac Shellac 8961945147
E -905 a Mineral Oil,
— food ||3986917981
Food
Grade
Vaseline
oil
E -905b Petrolatum (Petroleum Jelly) Vaseline 8943163181
E -905c Petroleum Wax Paraffin 3986472194
E -912# Montanic Acid Esters montanin acids
3148945148
E -914# Oxidized Polyethylene Wax Oxidized polyethylene
wax 6485939784
E -920 L-Cysteine L- cysteine 6821493194
E -927b Carbamide Carbamide 5148913194
E-928 Benzoyl Peroxide Peroxide benzoyl 31849161987
E-930 Calcium Peroxide Peroxide calcium 5496172194
E -938# Argon Argon 5843918486
E -939# Helium Helium 5146172198
E -940 Dichlorodifluoromethane Dichlorodifluoromethane , freon -12 -
5986472947
E -941 Nitrogen Nitrogen 3148948954
E -948# Oxygen Oxygen 5485916497
E -950 Acesulfame Potassium Acesulfame potassium 6497815944
E -952 Cyclamic Acid and its Na and Ca Salts Cyclamic acid And
its sodium, potassium and calcium salts 6987965489
E-953 Isomaltitol Isomaltit 6495419487
E-954 Saccharin and its Na, K and Ca Salts Saccharin and its sodium,
potassium and calcium salts 5648914987
E-958 Glycyrrhizin Glycyrrhizin 6497148946
E -965 Maltitol (i) Maltitol (ii) Maltitol Syrup Maltitol , maltitol
syrup 4954718914
E-966 Lactitol Lactit 4986417481
E-967 Xylitol Xylitol (sugar substitute for diabetics, more
has no healing or nutritional value)

3145484194
E-999 Quillaia extract Quillaia extract 8943168981
E -1401 Proteases (i) Protease (ii) Papain (iii) Bromelain (iv) Ficin
Proteases: (i) protease (ii) papain (iii) bromelain (iv) ficin
3148915196
E-1402 Glucose Oxidase Glucose oxidase 3198493196
E-1403 Invertases Invertases 3148513168
E-1404 Lipases Lipases 5183174986
E-1200 Polydextrose Polydextrose 3185148141
E-1201 Polyvinylpyrrolidone Polyvinylpyrrolidone 5983143180
E-1202 Polyvinylpolypyrrolidone
3185464987
Polyvinylpolypyrrolidone
E-1404# Oxidized Starch Oxidized Starch 5486413196
E-1410# Monostarch Phosphate Monostarch Phosphate 5894713194
E-1412# Distarch Phosphate Distarch phosphate 6897128194
E -1413# Phosphated Distarch
distarch phosphate 3196818497
E -1414# Acetylated Distarch
distarch phosphate 89413721964
Phosphate
Phosphate
Phosphated
Acetylated
E -1420# Acetylated Starch Acetylated starch 5197163184
E -1422# Acetylated Distarch Adipate Acetyl distarch adipate
89489751982
E -1440# Hydroxy
54964191481
propyl
Starch
Hydroxypropyl starch
Phosphate
Succinate
E -1442# Hydroxypropyl Distarch
Hydroxypropyl distarch phosphate 3196472184
E -1450# Starch Sodium Octenyl
Starch sodium octenyl succinate 49864149871
E -1451# Acetylated Oxidised Starch [Note: this additive is under

discussion and may be included in a future amendment to the Directive

[on miscellaneous additives] Acetylated oxidized starch
64871781949

E -1505 Triethyl Citrate Triethyl citrate 41931749861

E -1518 Glycerol Triacetate

(triacetin) 3164197194

(triacetin)

Glycerol

triacetate

E -1520 Propylene Glycol Propylene glycol 5986413194

It is also possible to control concentrations on numbers.

in terms of sugar substitutes these are:

– sweeteners – 4195134198

– substitutes – 3194893164

SYNTHETIC SWEETENERS: 4987145198

It should be borne in mind that synthetic sweeteners are not represent nutritional value, and manufacturers are obliged indicate this on the packaging.

Sugar substitutes:

1. Sorbitol (E-420, hexahydric alcohol). Contained in seaweeds algae, rowan, plum, and apple fruits. It is used in production of ascorbic acid, in cosmetics. 4986149148

2. Xylitol (E-967, pentahydric alcohol). Produced from natural raw materials, such as wood. It has choleric and laxative action. 3148945197

Vitamin Administration.

Considering that vitamins are part of the diet, it is necessary to regulate the amount of vitamins in the body. Because Vitamins have a diverse distribution in different products, then vitamin management is an additional factor in order to standardize in the strategy of eternal development various elements that come in different, often not controlled proportions.

The word vitamin itself is made up of two words: "vita", that is, there is life, and "amine". The word "amine" indicates that the composition

vitamins include an amino group containing a nitrogen atom. Based on from the primary level of management, it is necessary to work out information of the word, that is, the word vita - life to spread on endless development to any microelements, and on the example To manage vitamin A, you can do the following:
examine the structure of vitamin A found in humans approximately six meters away from the physical body. There to perceive with spiritual vision a luminous element in the form a small sphere with a diameter of two centimeters and receive rays, going towards a person and away from a person. Element control is the combination of these rays into one, going to to a person. In this way, vitamin A is standardized in the body under control for the purpose of eternal life and eternal development. In the resurrection system, vitamin A plays an important role factor in the management plan along the path of the resurrected.

Management according to vitamin A it was thus determined that the resurrected perceives himself as walking on some basis, which is connected with physical reality. This factor means the obligatory exit of the resurrected into the physical reality.

The numerical concentration of vitamin A is as follows:

Vitamin A 1949753189148174

To achieve immortality

Vitamin A next: 918617

concentration

numeric

By

Vitamin E.

Towards eternal life and eternal development of technology management on perception is as follows: a person perceives the structure of vitamin E, like some spheres scattered around physical body of a person, and tries to consider how vitamin E is perceived, for example, by a plant. In this case, it sees that the perception of another object of information is a docking with this sphere in the form of some kind of wind-like breeze elements. The spheres begin to roll, and in dynamics Vitamin E is perceived, which is at the level established

data objectively serves as a reproduction factor. Made thus preliminary control by perception and adding the next digital row allows you to control in direction of eternal life, eternal development. Numerical series next 919718514319648191.

Vitamin B1

Vitamin B1 management when considering the element perception through numerical series is constructed as follows: areas of information that make up vitamin B1 are perceived, as a rigid system of intersecting rods located on at some distance from man. A peculiar system, similar on the crystalline structure of the substance. Next, spiritual action on this structure control in the direction ribs of this rigid structure, and at the top, where it can look like a cone, for example, consider the luminous spheres. These spheres, when perceived by the soul, react to the external information in such a way that the silver light turns into golden. At the moment of this transition from silvery light into golden is revealed by an impulse in the form of light of light colors, which the following series is perceived: 4948913986497184.

With resurrection technologies, vitamin B1 information is information that builds the physical body in the direction bone tissue and muscular system.

Vitamin B12

Vitamin B12 Administration in the Non-Dying Area is Being Built as follows: first perceived by the soul or spiritual vision the following numerical series: 94971849864. Next a light sphere between the numbers and the following numbers are perceived 314891398647. These numbers seem to envelop the sphere along its surfaces from the outside.

When this perception is accomplished, then the principle is realized undying, which consists in the fact that undying is instantaneous and simultaneously spreads to all tissues of the body and external events. The transition to external events is such that Vitamin B12 is determined in the structure of the external system and in products.

This is a good diagnostic principle, according to which you can identify quality or poor quality products using the control element - a number series, which is in vitamin B12. With the development of technologies for eternal life is important in some cases to somehow increase or dose or regulate the presence of vitamin B12 in products. And therefore, before using the product, rich in vitamin B12, or in general products where it occurs this question is about the presence or absence of this vitamin, you can to standardize the product itself with this series, just by imagining near the product or simply by mentally dictating a number sequence, corresponding to this vitamin.

Vitamin B2

In the structure of the development of eternal life, vitamin B2 has of fundamental importance, since it participates in the processes synthesis of hemoglobin, hematopoiesis. It is important to perceive its presence in all parts of the body and at the same time to consider the organism as an autonomous system that itself determines the course external events. In this case, such a numerical row: 4978514986497198148914871.

In the structure of eternal development, when resurrection is the guarantor of eternal life, such that all the departed are resurrected and while the living do not die, vitamin B12 has in combination with vitamin B2 reference value associated with the fact that in Vitamin B2 implements the principle of information transfer hematopoiesis based on the similarity of the system. When work the organism of the resurrected person passes from the spiritual sphere to the sphere biological processes, then saturation with vitamin B2 is important products that contain this vitamin in one form or another degree. It turns out that the saturation with vitamin before standardization leads to the improvement of hematopoiesis in the body resurrected. Transition to the principle of biological functioning from the spiritual is accomplished more optimally and quickly when controlled by vitamin B2. Spiritual state by the task of eternal life must reach such a force that any information, including that created by spiritual action, can be the basis for the creation of the physical body by the spirit,

life-shaping.

Vitamin B6

It is known to be necessary for the absorption of proteins and fats. It also promotes the formation of red blood cells and regulates the state of the nervous system. Was originally obtained in crystalline form. It is necessary to consider in this system, based on the data in the collective consciousness, the following system management: from rigid crystalline systems to implement transition in consciousness to the dynamic level of the physical plane.

In the system of eternal development, life itself develops from the external rigid forms of any planets, spaces, etc. further. In this regard, in order for life to be eternal, interaction with rigid forms of information is necessary and physical reality. For this purpose, the following is used number series: 4975_191214897318649781. In this case space information may have a rigid structure, which does not affect the life of the organism in the negative phase. The space itself can be considered as an element of constant the eternal level of interaction of living organisms with rigid manifestations of space and time. With the help of this series it is possible to prevent aging.

Vitamin D

Regarding vitamin D, it is necessary to take into account that management, used in any systems for other vitamins, can be more accumulated and concentrated in terms of management goals, if we use the structure of vitamin D as a control system, aimed at systematizing control systems through vitamins.

So, what is important here is to disperse the management itself. into three rows. The first is the system level of unification vitamins in terms of the goal of eternal development, the second level is transfer of knowledge, informational experience from the organism to external environment, and the third is the achievement of the required level eternal life through interaction with external systems non-rigid type - with light and so on.

So, according to the first level, the digital series is:
19431754964851491,
on the second level: 31649489451721, on the third level
digital series: 2414987.

Vitamin B3

Management of this vitamin in the direction of eternal development is determined by the following numerical series: 914216514971851491_814.

Vitamin B5

According to established data, it plays an important role in the exchange substances, has a normalizing effect on the nervous system, on the function of the adrenal glands and thyroid gland. In this case, using the phase data of certain systems in collective consciousness, it is possible to use management in the plan normalization of the functioning of internal organs, in general everything organism. In this case, specific lines can be identified controls that can be used later when control through any vitamin and through any system in general nutrition, through any system of representation. When you represent the body's norm, for example, through a luminous sphere located twenty meters away from you, then

This principle can be obtained from the principle that will now be determined in management through vitamin B5. Thus, when managing metabolism, it is necessary consider a numerical series that goes into light streams. The numerical series is as follows: 519491, and the unit comes out in infinite beam of light upward vertically relative to perception, then the series continues 497514, and the four radiates diffused silvery-light lighting at the hidden level perception that intersects with the beam that goes into infinity level up, and so on. Then numbers may appear – five, six or seven, and the enumeration of numbers depends on the point perception. If you shift the perspective of perception, for example, to the left of the chest and there you will take as a basis for perception the point located in the area of the left shoulder, then there will be the number six and seven.

And if in the area of the right, then this number will be five and six. Here it will be important to see that exchange processes, they are also react depending on what is happening in the plan entry into the body at the information level. Normalization metabolic processes depending on the intake also. It comes down to the fact that the incoming product is standardized. Therefore, any information can be normalized in the form in which it should be accepted. This can be get at the level of vitamin B5, including already in this moment of development of management through thinking in the form of rigid fixed numerical series. The next series, the series that normalizes incoming information even before it is perceived: 498718319641.

Next, you can carry out control to normalize the nervous system. human systems. The very concept of the norm of the nervous system in areas of eternal development are those that react to external and the internal environment of the body, the component that forms eternal development. Even if we consider it situationally enough extensive level of reaction of the nervous system, then in management it is necessary to identify the standard norm. With different events occurring in the environment, we have to control the average diagnostic function nervous system that is acceptable to all and performs all functions.

That is, the nervous system is average-normalized - that is, which, generally speaking, everyone has in a normal, calm life condition, it should practically perform at the level signal and control parameters all functions by ensuring eternal life.

In this case, through vitamin B5, that is, through material substance, you can use a number series, which is like is implanted into this substance. That is, you mentally imagine in the structure of the vitamin substance, in a rigid system of digital series.

It can be placed, for example, between the crystalline systems of matter, at the intermolecular level, numbers can be

also have. You are considering this level of management and place them there in the form of luminous spheres in the gaps the following digital rows: the first row is 491397549641, and the second row – 594849871978. Although these are two different rows, nevertheless, it is necessary to perceive that the action proceeds as from a single row.

Consciousness in eternal development must be developed to the level, when what is given in the creative is perceived and accomplished goals. Such development of consciousness can be obtained in intersections various information areas with simultaneous by highlighting the area necessary for consciousness.

Here a new function of the series is introduced, which consists in the fact that many rows, although they are different, provide the same type of influence to some organ, to some system. Here is the transition to others systems can pass through the functions of the adrenal glands, thyroid gland. And here we can consider the following row, which determines the transition of control to all functions, on all tissues of the body, on all matter of the body and at the same time simultaneously normalizes the function of the adrenal glands and thyroid gland glands: 317498519361.

As a result of the management of vitamin B5, it is possible to consider a series that regulates not only within the system of any parameter to the norm, but also simultaneously regulates along with this the system is everything around, everything that connects this system in system of common connections, and so on. This series is as follows - 591648949718317. Further principle of regulation of the norm, when the impulse coming from the control normalizes the system itself and everything around, it can be used quite often in plan for consideration of elements of general management.

The Creator acts by creating both the private and the public. In connection with this, what is created in the form of a certain set, and the subset is also regulated, this is an important element external control, when any structure is, as it were, absolutely fixed in the system of eternal development. This is an important component of the development of consciousness in terms

of technologies of eternal development, and it can be quite applied for some super-fast decisions. For example, you buy some a product in a store, such as a bun with a filling inside. in this you can mentally introduce the sphere of absolute norm inside buns, without translating into a digital structure. You can to perceive that this sphere is the absolute rigidity of the eternal development in the world of universal connections. Then this bun acquires properties already aimed at forming and providing you with eternal life in your eternal development.

Vitamin B9

According to established data, it is involved in metabolism and synthesis amino acids, nucleic acids, stimulates hematopoiesis function, work of the brain and has a positive effect on bowel function.

In this case, since it is also close to vitamin B12, you can take into account the following relationship in the plan management: substances with similar effects, vitamins can interact at the information level as the most close systems of comparable action. Considering that in this In this case, we are also talking about the synthesis of amino acids, nucleic acids, then we can consider the consequence, aimed at the formation of any products, necessary for the body.

This is an important component in management of eternal development, when many processes you can regulate independently, where the spirit controls development material systems. In this way, you can, therefore, having learned to see some variants of the same synthesis amino acids or nucleic acids, on a spiritual basis to work out and replace the management of the spiritual level. Then it turns out to be super powerful, independent of external circumstances management, when you will always have a norm of events. And this is a rather serious moment in the eternal development organism, because then when the spirit can control on its own, and not through, for example, vitamin B9, then you get, of course, an additional backup system according to eternal development.

By identifying the proximity of a substance to vitamin B12, we can consider that neighboring systems may also be managed on a spiritual basis. That is, it is enough to manage, for example, the synthesis of amino acids, in order to, for example, keep in full health of any organ of the body. And this one unified impulse, it can be moved from the level as comparisons, for example two levels of management - vitamin B9, B12, and also from the level of some training on internal observing how synthesis occurs.

It is possible to study the factor established in the collective consciousness, that there is a stimulation of the impact on hematopoietic function of the brain. Considering the brain as control system in certain systems of eternal development, we can quite well at the opposite level, that is, based on from the signal received by the brain and the level of nutrients to reach the primary organization of the world according to the action of this vitamin and already through the brain in your thinking to compose control scheme. Here a very important principle is discerned in that it is possible to control not only directly, based on the management goal, but it is also possible to manage from the final control points. When the control principle itself, the term itself management, the method itself is organized by solving inverse problem. We know the final impulse and from it

Let's see how everything comes together. Then we close the deal. light-optical perception of control on the primary impulse. This way we can always decrypt in a controlled manner all intermediate systems, so that we have spiritual action, the action of the soul could control physical matter.

Considering that vitamin B9 has a positive effect on the work intestines, can be quite associated here with the interaction products that enter the body and consider how in this way, these products, generally speaking, entered your organism, and to set control for the infinite future, based on even from external products that have ever entered the body and, generally speaking, can act, or you synthesize through the action of your consciousness. Digital series

next – 49831689851964971.

In technologies of eternal development it is important that products nutrition, which is the most useful, the most active contribute to ensuring the eternal life of man and everything humanity as a whole, were structurally interconnected and are defined by some fairly specific categories and fairly well-defined systems that are understandable to everyone.

Therefore, in this case we can consider a very serious an element of eternal development, connected with the fact that through the system vitamins can be structured into different groups of products structures located under the vitamins. For each vitamin there is a group of products that should, to one degree or another, enter the body. You can do it the other way around – a group products form a vitamin.

Therefore, the concentration of products that are most useful for eternal development, it is quite clearly outlined here in the plan detection of internal relationships in the structures of eternal life, eternal development. The Creator gave those products that can organize eternal development, and, consequently, in them we can consider such connections and try to regulate them in depending on personal experience. When choosing any food somewhere or, you can set this task right away and try consider with your inner thinking how, then, you you can choose one or another product.

This is the term "inner thinking" - he will extend it to the moment that you start to bring the thought out as if inside the products or into the information system that is offered, and from there take some information that is closer to your thoughts. This action is similar to the following if you touch something the product with your finger, then you get some tactile sensations on your finger, you can determine its density, temperature, etc. further. Here in this case we are talking about the fact that you are, as it were, bring the structure of your consciousness directly into the physical the reality of this product and from there you get a kind of response to the basic system of consciousness, which,

for example, closer to the brain and closer to the physical body.

Consciousness begins to participate in the product-person system already in at a more specific level in the form of an element controlled by plane of being around the physical body. In this action the important element is that through consciousness one can influence products, change their structural system, direct them in system of eternal development. After all, facts of direct influence are known by thinking on matter.

These facts exist in the form proven experiments, such as the effect on a substance in a vacuum or an effect on photographic film by means of illumination, which relate to the elements control of physical substances by the brain activity. The area where the information corresponding to these facts in the collective consciousness can be used for direct influence on the substance of products for the purpose of standardization composition of products to ensure eternal development. You can choose one or another number series, and you will have, it turns out, corresponding to the series of standards. In general, vitamin B9 management is towards eternal development and the resurrection of all those who have passed away, as well as the immortality of those who are still living defined by the following digital series - 94931831749861.

The immortality of the living in the form of a separate numerical series – 59458931948_61. You can use different number series. according to the immortality of the living, that is, to make up systems of them two, three rows of different elements and, thus, to yourself to ensure the events of eternal life.

Vitamin E

There is evidence that it stimulates muscle activity and function of the sex glands. If these functions are somehow related to each other, If we try to compare it, we can see that in

In the process of eternal development, the factor that is of no small importance is that any element of human activity in eternal development, it is important and can be a system for ensuring eternal development.

Using this preliminary explanation, we can
Vitamin E use the following number series for
ensuring eternal life and eternal development – 498713219498647.
In the structure of information saturation of the resurrected
information about vitamin E can be used when
various elements and vitamins can be introduced as well
into the structure of the resurrected in the form of information, and
then they already acquire complete forms, close at the level
interaction of the resurrected information with any
external environment. And it turns out that, based on this, we see,
that it is possible to take into account the practical effects of some
substances on the level of any processes of eternal development.

And moving on from vitamins, moving on to more, that means,
extensive elements of exploration of the external world, research
inner world of a person, we can get that
interaction of control with physical matter, that is, with
certain substances can be increased through a series of
219497_319. Here you can develop in the direction of resolution
situations related to the issue of infinite development and
infinite space. Based on this, the concentration of
eternal development, eternal life of man in terms of mastering all
spaces and uses, such as the structure of substances, in
In this case, vitamin E, the next one is 519317949478.

This type of concentration forms in the consciousness both
tasks and their resolution. The mechanism of conscious construction
problems that can be solved using one's own consciousness and
which definitely ensure the eternal life of a person - these are
there is an action including this row with the addition before the row
digits 294891. Development can be considered as the beginning of a
series from the physical body of a person in the opposite direction.
Then almost all external space, all external information
falls into a layer of information that looks like a fan. And in this
level, as in each of the fan sectors, one can consider

interaction of all systems that exist, for example: society, organism, external world. From internal connections to see more a deep connection that is formed in all of this at the level information. For example, how is the social system related to products consumed. This system allows very good to illuminate the organism itself from the point of view of what enters it substances.

And, by the way, it is a good element for normalization of the condition through products, correction events in the direction of eternal development. You are considering the system in one sector of perception development of society, in another the availability of products. Moreover, it is possible to determine the system of finding the geometric region products. Next, set a time interval for consumption and consider how they work in your body spread and orient you towards eternal development.

This way you can choose new products and make combinations of them in the form of some recipes that will guide you towards eternal development.

You can advance in the plane of eternity by consciously choosing consumer products using the series 498641_01948. When choosing, for example, a banana or a tomato, or an apple, or some other or another food product, you can see that the combination, for example, an apple and a banana in a certain proportion provides a higher level of control in the direction eternal development than, for example, the combination of an apple and a tomato in state when you want to eat. If you are full, then, perhaps one banana is enough for the same effect or one apple.

Therefore, it is important here to internally feel and contemplate the system. management that arises from consumption. In fact, it is quite often felt by a person when using food products are comparable to what is next in the plan information is happening some pretty serious intellectual process. When you start this information decipher, then you see that the construction plan itself

of the organism in accordance with the organism's access to products nutrition is a very serious element of the development of the world, where it is said that the developing organism towards eternity, it is so it also transmits knowledge and certain information to all external systems. At the same time, the level of products is concentrated in ultimately in the form of some level of concentrated information.

When different species of animals living on the planet are different plant species use one or another as food food, eventually a certain one completely clearly arises balanced level - a source of some energy, which can then be a universal source of eternal development for all systems. In this case, considering the eternal development both humans and later animals, plants and so on, you can use the series 2948168 to control the creation a single level, universal in terms of consumption in in the plane of information, when no one species destroys the other, In this way, eternal development is ensured for everyone. Here we consider it is precisely the creation of such systems at the level of physical reality, which lead to eternal development, and at the same time this level of information, this source of a kind of energy, it is always visible to everyone, and everyone has information about it access at the level of your consciousness.

First of all, we are talking, of course, about the formation of one's own consciousness, but also about the formation consciousness, redistributed to other systems with the help of series 3194819804. Cognition and the concept of how this consciousness is transferred to other systems, can be determined by account of internal sensation, internal level of assessment a situation that arises in the consumption of a product.

That is, for example, if an apple is consumed by a person or, for example, a dog, then it turns out that at the level consumption there is a similarity of exchange processes, similarity processes of perception. Here one can understand the level of perception, which occurs in the dog at the level of comparison.

Commonality the perception is such that one can try to decipher what is happening this knowledge is needed by the same dog for the dog's eternal life, for example, or a cat, or any other species at all animals and plants. Digital series of creation of such knowledge next: 5986418. Mental pronunciation of the series 8941898 forms knowledge in the dog about its achievement of eternal life and produces a healing effect on the dog if this series is presented on products consumed by the dog.

Mental pronunciation of a series 471918498 forms the cat's knowledge of its attainment of eternal life and produces a healing effect on the cat if this series present on the products consumed by the cat.

It turns out that interaction at the product level is what unites species systems at the level of cognition reality in terms of the general direction of eternal development. Such an important factor that is desirable to include in the system management in terms of socialization of management action in in relation to products in the direction of eternal development. You you can see in the actions of animals, in plants comparable directions demonstrated by criteria other than, of course, often in humans, and at the same time you will be able to more systematically to advance in the general idea of eternal development for all.

In this case, replacing products with spiritual control will occur with the combination of information and time everywhere. At the same time, questions may arise that need to be answered. resolve at the level of ideology, moral system of development society. It should be taken into account that research is needed the product itself from the point of view of the implementation of this system the socialization of knowledge in terms of the formation of eternal systems development. To do this, you can distribute products by type, types and so on. For example, red products provide a more physical level of cognition eternal development, white - strategically distant level and

and so on. The use of colors in this case, given level of perception allows not only to record, to disperse, to concentrate the control system, but also this allows you to move in such a way that you can products nutrition is already being considered in terms of their future tasks, imposed on them in the system of eternal development, and to consider these tasks are already in a deeper concept of eternal development for everyone.

Taking, for example, a product such as feta cheese made from cow's milk, we can present the form of information corresponding to this product, and extend the effect of this form to that an element of consciousness that is aimed at the eternal development of all.

Milk, as a product from which feta cheese is produced, is not is the product that causes termination life activity. We can perceive feta cheese in this sense as a socialized level in the system of products, where types of products that do not cause harm in terms of destruction of something there.

At the level of perception, this information can be considered in in the form of some curved planes located approximately at five meters away from you. The first plane is what milk, it does not infringe on any opportunities or lives of others, the second is that it is beneficial, and the third is that it can be presented in in the form of, for example, a processed product – feta cheese. Introducing these three layers, you can mentally connect them, and at the moment the connection gives rise to a set of numerical series, which in the form individual numbers can form in your mind.

So you you can, in principle, consider digital systems, arising from an understanding of the direction of development associated with food products. Having already moved on to the following products - for example, "Yogurt natural one and a half percent fat", you can consider the elements of communication related to why exactly in In some cases, one and a half percent fat content of yogurt is needed.

Why is it most commonly used in this case or most is currently desirable for someone to consume, rather than five percent fat. What is the fat element associated with, and for why it varies. Either it is a consumer feature, that This yogurt is the most widely sold, then why? Analyzing based on the rate of divergence of products, it can be seen that the greatest number of divergent products, that is, the greatest consumption of products occurs when the product contains data about the eternal development. We must try to find it in various products, even in rare products, - those concepts that are aimed at formation of eternal development based on your thinking work.

In this regard, it is necessary to take into account many factors here factors that determine relationships, such as bold, low-fat, such as kefir. Translation of the properties of one product into another can be done by concentrating on a number series 498641019. Low-fat kefir differs from fat kefir not only in percentage of fat, but also in terms of taste perception, which can differentiate the elements of eternity in the product. That is, it is precisely the level laid down in the plan of eternal development, how a particular product can be brought into the area of provision on eternal development. Here we can move on to what is possible manage the product, that is, direct it towards formation eternal development, if it has one or another formalized area in the collective consciousness. For example, for cottage cheese low-fat - this is one type of control, and for fatty cottage cheese - another type of control.

Next, if we consider milk, then here is where it is most socialized management. Acidophilus milk is the most prolonged control system, "Dry milk "whole" is a more short-term management system. And so thus, it is possible to construct an internal gradation in consciousness control systems. For example, if you use condensed Milk is generally the third type of control, characterized increased density and then it is possible to attribute control intensive management.

Sour milk is a type of control in perception that covers more external information systems in relation to a person. The control system can also be distributed in such a way that you can look at the products to see what is manageable from the point of view of this or that product. For example, ryazhenka is more management of internal processes in the body and so on.

You can also do something based on percentage internal classification, based on the tasks of knowing the eternal development. For example, "Ten percent cream" is more cardiovascular activity standardization department systems and at the same time connections with external elements, that is, control over distant future events, and "Cream "twenty percent" - this is mainly the musculoskeletal system and management of more processes related to tactical tasks.

Accordingly, further, continuing to consider the products in system of eternal development, you can see the same thing on in relation to percentages in content. Ten percent sour cream - this is what, from the point of view of the task of eternal development corresponds to the action of the hands, - for example, there, the sculptor creates sculpture, an artist draws, a student writes at school, and so on.

"Sour cream twenty percent" corresponds to the structure reflections on what has been created. And thus, it turns out that in within the framework of one product, depending on the combination of any percentage contents, such as fat content, can be varied from initial action to its end see what happens completely within the control system.

It turns out that logically, if we consider the product in the form certain schemes - division into some substructures, components, even on the mass of the product, - you can see that in one product, in essence, contains everything that required from the initial level of development to the development when it will be the system of eternal development is known. Each product is a source eternal development. If such a principle is implemented, then you can consider the product in terms of eternal development, in terms of applicability.

If we move on to curds and masses, for example, curd, then the concentration increases, and it turns out that concentrated information, it begins act more extensively and contain both the beginning and next action. Here is what a tighter control option is, for example, take Russian cheese, Dutch cheese or cheese Swiss, then in these cheeses, it turns out that at their level internal connections, the concentration of management will be higher.

Therefore, if we consider this system at the level development of the body's action, it turns out that we can it is quite clear that by changing concentrations we can change the control system accordingly.

This way, you can prepare recipes that can be when applying recipe management for eternal life. At the same time, based on the consumption of even ordinary dishes, it is possible by varying a small amount of salt there, pepper, any spices, when the product is ready, direct nutrition towards eternal life and eternal development. In managing towards eternal life and eternal development using product data in relation to cheese "Poshekhonsky" can be considered verbal component of this process. That is, by analyzing the name of the cheese is "Poshekhonsky", you can take this into account certain control details related to use of the name. Can be used in this case with the name of the following process: in its perception on at a distance of about five meters you can imagine a small luminous sphere, up to two or three centimeters, with a bright glow and bring this sphere to product name – "Poshekhonsky". Further this sphere begins to increase sharply, indicating major contacts with global level of information. At the same time, of these macroareasinformationhistoryis emerging production of this cheese. Based on historical parameters, where we are talking about the properties of products, about the implementation of the product and about target aspects of its production, you get control with

point of view of connections with past events. At the same time, it turns out that when you start information from the past use to control future infinite events, you need to use the principle of collapse past events. One can imagine that the entire line of past events, like a kind of red carpet, roll up, and you You turn it forward an infinite number of times.

The entire history of the product, for example several hundred years, looks like a sphere of information or a cylindrical shape information that begins to roll forward in front of you manifestation of its properties. In this case, you can apply these properties add parameters of eternal development. To add these parameters in control, it is necessary to do, firstly, adding to the elements of the past, as if in a peculiar way test the system for the current time. And in the current time the appearance of light tones indicates that you are doing it right manage. To manage properly, you, accordingly, you view the entire management process from a distance from itself, and, as in a certain instrument system, introducing input parameters, you get the output parameters. Therefore, here you can observe all the properties of the product, including useful for eternal development, and transfer this data to the future, and develop them. Moreover, development occurs not only from the product management side, but also from the reaction side of the body. Some functions of the body can be adjusted, accordingly, in terms of this development of the technology of eternal life.

For "Processed cheese" you can consider information, related to the word "melted". This word means a special technology for making cheese, which is then looks like "Processed cheese". Here is one of the methods, speaking about what is possible in the product property, in the name product immediately determine the technology, and then you are completely you can clearly structure management from the primary impulse. This is a certain technology related to the fact that the primary impulse already contains the entire control system, where not it is necessary to consider past areas of information development, and everything is in the very sphere of management that you perceive with your spiritual vision. And the more you

you perceive, the more the control goes towards the eternal development. This is a peculiar state, reminiscent of what you mentally try to shift the sphere towards future events, roll it by means of a volitional mental effort and at the same time even you feel a feedback signal from this sphere. The harder it is and more precisely, the more accurately you move towards future events, because eternal life and eternal development are enough a rigid structured system in your perception, and from the outside it is perceived as a rigid system information links.

That is, considering such a soft product as "Cheese melted", you move on to a rigid system of eternal development, where the laws are clearly repeated in the plan of eternal development, in the plane of non-destruction, non-killing, eternal life. Here it is necessary take into account that when building eternal development it is always necessary to build a precisely uniquely implemented management system, which in any case leads to eternal life.

Moving on to the next product – "Fat cottage cheese", you can consider this process as a detailing process management. For example, such a product category as "Cottage cheese semi-fat" or "low-fat cottage cheese" means that you can vary within one product by certain components. In this case, it is the percentage of content fat. Any control structure that varies in perception varies in different semitones at the optical level. There is such proverb - "water wears away stone". That is, you have to try use for management towards eternal development and areas of management that are not clearly manifested. Can be used the principle of a dynamic approach to the system itself controls, where there are different semitones, that is, not specific target management systems, namely those initiated in the target plan control, but not fully completed control cycles, they can also provide a system of eternal development.

Therefore, considering management, for example, through

numbers of such a product as cottage cheese, in the direction of eternal development, you can perceive the information of the product itself a certain distance from the physical mass of the product. Then you need to look at what kind of glow comes from this product information, which means eternal life and eternal development. Perceiving the numbers 258041_818 in such a glow, you produce management for the attainment of eternal life by all who use this product.

It is possible to demonstrate control that is related to how control detailing goes into the final goal control. Here it is important to highlight the impulse that is fixed that when you do management in terms of even some details, then you still have to implement the final the goal of governance is eternal life. Therefore, in the very level of approach to the control goal, when the goal has not yet been achieved accomplished, within the element that realizes the goal, the goal must be, in fact, already implemented. Thus, we get a fairly diverse level of management, which simultaneously contains the components of all future implemented control systems. This method provides stability management with the goal of ensuring eternal development.

By products: fats, margarine and butter – management can occur for the purpose of combining products that, in accordance with the goal of eternal life for all, lead to the substitution of one type of product by others. Management by these three categories is dispersed in the form of three spheres. The interaction of these spheres occurs at the intersection of information areas where fats of natural origin, which are produced from systems, which were not destroyed during the production of fats, is one category, and the other category is fats, for example, animal fats origin, where the goal is the eternal development of animals.

This category must be realized in terms of eternal development, and the category of animal fats should be information to be downplayed and eliminated. Just like, for example, the management system related to margarine should be more implemented in the public consumption system. Well, and in that

Among the goals of eternal life for all it is clear that it is possible increase consumption of such a product as butter.

When these control systems are functioning, it is possible see that all the spheres that correspond to the schemes functionality, they, firstly, correspond to real products, secondly, determine the information of the future development in accordance with the task of ensuring eternal life. Removal of animal fats from the control system consists in introducing the factor of eternal development into the source of this species from which the fats were derived.

The product is "Melted fat". In management it is necessary to immediately transfer control to the primary status of fat and its primary level, also leading to the level of eternal development for everyone.

Accordingly, for example, "Pork lard". It is also necessary when management and meeting with such a product to bring management into plan of eternal development for all objects of information. This is an important element of development when, at a certain level, the development of civilization and collective consciousness will be that form of consciousness is completely accessible and obvious when everything living beings that live forever. It is already necessary to carry out such management while the consumption of animals is in progress fats.

Moving on to the next product – "Milk" margarine, you can see that when we use margarine, then the prospect of management development in this case, if compare with animal fats, clearly defined. Just as in the control system used in margarine "Sandwich" there or in mayonnaise. In this case it is obvious that the products that are used in these products are as components, do not destroy the life of animals.

It should also be noted here that the expansion process itself the use of these products in the task of eternal development also consists in creating a new type of product that use various resources that completely replace, for example, animal fats, but in terms of quality which are more effective and meet the task of eternal

development. The numerical series implementing this control, next: 2914893190_598.

Moving on to the next product – “Vegetable oil”, this type of management should be considered, based on the principle of eternal development for all living things, which is necessary again- still apply management to create conditions for production oils from that part of the plant which does not generally affect the plant itself. By making such a control selection in the structure of your consciousness, you intuitively and logically, at the level of disclosure all control systems of this type strive to implement of this management of eternal life for all. At the same time, you you get the same effect from vegetable oil that corresponds to the task of eternal development. After all, besides, oil in the collective consciousness also has a lubrication principle, that is, you you can reach the structures of collective consciousness related to to the use of oil in various mechanisms when mechanisms work longer. It is also important to use all informative components of the product, and at the same time.

If you use oil, you can easily record information on it product, that this product is needed because it has more lubrication functions. The information initially embedded a thought, like the oil that lubricates, may well be distributed in the form of a positive quality of eternal life.

Using Different Properties of Foods for Eternal Life is realized through numerical concentration on a number 89101498_019.

Therefore, when we simply think about eternal development, without speaking already about the fact that when we consume products with the intention of further use of products whose production is not destroys something, we, accordingly, already direct the organism for eternal development through the use own thinking.

Moving on to the product - "Butter", you need to take into account, that there is a certain level in the properties of each product

own information to ensure eternal life, laid down originally in this product. Use of butter creates at the moment of use a structure of eternal development. Numerical series of realization of eternal life by the process of consumption products are as follows: 298917_2819. There are products that practically contain the components of eternal life. They are known historical information about the use of elixirs that prolong life based on the substances used. If we proceed from this level of collective consciousness, then it is even possible use recipes for eternal development. For example, this recipe: take two grams of ghee, three grams of butter and vegetable oil five grams. All in a small container heated to boiling point and left for 24 hours exactly. In a day, exactly, to the minute, it is drunk.

It turns out that in this case it will be something reminiscent of elixir of eternal life. In this case, based on the practice of management at the expense of spiritual level, you can always see that the main element of this level of management is not the actual level itself the product as such is basically a consolidation of this product in a certain system of events. After all, it often has meaning for various recipes of this type, for example: the position of the moon, sun and similar external and inner world. For example, when preparing some products should not be irritated or should be think intently, for example, about a candle burning in the distance and so on further.

However, it is important to understand the structure of products in general, so as not to go into detail again, not to waste, for example, extra time to deal with material things systems. Based on this, instead of mixing oil, you can ghee, butter and vegetable on a physical level, will simply present the scope of information corresponding to mixed oils, and perceive on the sphere the number series 9184919, providing eternal life based on information mixed oils.

At the same time, your thought, formed in such a way

representation, creates a spiritual state in which one can ensure eternal life under any circumstances, including including and in the absence of the specified oils. Thus, the development of your consciousness and spirit to the level of ensuring eternal life - this is an objectively real way to live forever.

Spirit and consciousness united in a system of use products, are important components of management. Often use the proverb that "bread is the head of everything", just like for eastern lands, you can say the same about rice. The main consumer products in these proverbs of the plant world.

It can be understood in this way that the union of consciousness and spirit at the information level of some product allows differentiate the quality of the product in the direction of eternal development. Therefore, when you eat, for example, rye bread, then, unlike wheat bread, you immediately feel the difference.

The system of differences in the consumption of products is very important characteristics for the development of spirit and consciousness in the direction eternaldevelopment. Vector of information perception, corresponding to rye bread, is aimed at the area of consciousness, but a similar vector of wheat bread - that will be different vector of control directed from consciousness.

Perception the direction of such vectors develops the ability determine the properties of products to ensure eternal life. Thus, perception can be translated into the realm of action. spirit that creates life. Then the following can be done perception of two products: one product to be perceived by consciousness, and the other - the spirit. Pastries can be perceived certain resources of the soul. It turns out that when

When using products, as you can see, almost all of them work known systems, including, naturally, the physical body. It follows from this that the process itself consumption is a fairly important process in general for organism from the point of view of information interactions. For example, when you eat rye bread, you can consider perception of information from the product and the initially embedded

spiritual content in the same rye bread.

When a person bites off a bagel, a dry bagel with an empty mouth space inside, it simultaneously interacts with level of information with the outline of the circle and the circle. That is, it is important take into account that there is another aspect to the use of products interaction with product forms. Achieving eternal life by fixing consciousness on the form of products it is possible produced using the following numerical concentration: 294818_31948.

By consuming certain forms of products, we can, accordingly, prolong life, improve health and make eternal life, thus, simply through interaction with those forms that we perceive when using products. With practice, you can recognize them by perception. the internal shape of a part of the product, even a short contemplation which provides you with eternal life. It is important to consider the consumption of products in accordance with the task of eternal development also in terms of product placement before starting a meal. Why is it recommended to use it often? Some aesthetic criteria in nutrition? In order to elements of eternal development were developed in perception. Thus, for example, some spaces between products, combination certain products - this is also an element of eternal development.

Therefore, by forms, by arrangement it is also possible to lay the foundation for eternal development.

This approach forms in the collective consciousness of a person perception is one that can interact with various forms without any problems, which is very important for eternal development. The use of products still carries in to itself and such an instructive function, which is designated in the form habituation peculiar to various interactions. When, for example, there are no stressful situations and everything else, then the body develops a certain kind of courage use, and it is clear that a child, for example, developing with time, consumes different types of products, which works out a certain breadth of product consumption, thereby he

nevertheless, in a certain way, it also explores the external world, which is important for the endless development of humanity. Numerical series ensuring eternal life by concentrating consciousness on memory about the products consumed is as follows: 20868139_819.

When using this series, it is advisable to think about the most food product you like and mentally say it row or look at a row.

Further processing of the primary existing product is as follows; it also requires a certain management technique and investment in this system of the level of eternal development. For example, in order to process some product further and give it the following properties, it is advisable to use – 891498_716. This row, it means, carries over properties of eternity from one level to another. Therefore, it should be used during food processing.

Looking at some product categories, such as crackers "Wheat", "Creamy" crackers, you can take into account that in

There are factors such as product names in products, nature of origin or taste-oriented qualities. Therefore, it is precisely the development of taste qualities - this is also a unique structure of eternal development. Why in some cases you like a particular product, but not like, for example, another? Because taste, it is in a certain way to a certain extent it concentrates the body's defense system as well as its development in the direction of eternal life. Highlighting in taste in one's own qualities, the principle of one's development, one can see, that it is possible to form a taste that would define those products, which have the status of eternal development nominally, for example, in this moment. It's like, for example, information around oil creamy; or in terms of using this information as such as in the form of a word, for example, there, "Creamy" crackers. That is, crackers are still a fundamentally different product, but having a creamy taste. Combination of taste qualities and transfer qualities of a product can mean the same properties of eternal development, as is the product itself. The number series of transfer information areas of eternal life from one product to another next: 2910488_081.

Before starting consumption

You can mentally pronounce a number of products.

Using already found controls for

a specific person in terms of eternal development can be the same and verbal. The primary level of the word here can also be a leader when you use the product in the direction eternal development.

Moving on to the next product, such as "Flour wheat of the first grade" or second grade, or "Flour premium wheat", we can consider the following management category: as a rule, they try to use flour, which is better. That is, it is important to implement management of such a type that the quality of the products has different meanings, and you can choose the best, but each of the products can to ensure the events of eternal life. This method of management defined next: 210891489.

However, in each specific case it is still necessary to proceed from their own needs and taste sensations, so that you were determined by the priorities in the products that are focused around your core tasks, your core states, the basic level of your perception. Love, which drives people, determines the behavior that they use products based on the ideological principle of implementing the main tasks of the individual. Accordingly, it is necessary to build management of eternal life through numerical concentrations by products.

If we consider a product such as "Rye flour", then you can imagine that a person is in the rye, in a field where a lot of vegetation, from which rye flour later arises, and an emotionally corresponding state arises.

Certain types of foods are consumed because they create certain associations. For example, the state of love, tested in a field where wheat grows, even if a person sees whether it's on TV or in a picture, it helps to make a choice consumption of products. Can you imagine that you are somewhere you are in a beautiful place, for example near a lake, and at this

moment at the level of certain implicit processes of consciousness some kind of combination of control information occurs your states. This is how the taste buds are developed.

a description of your perception of the product that you currently have the moment is used.

When we begin to manage in the direction of eternal development, the next element must be exactly what we need have a certain stability of a known type, and here is the level previous information that the product contains, it also is an element of stability.

Moving on to the next products - cereals, we can consider generalized characteristics of this product. Cereals, for example, animals and people eat, and therefore we can consider some relationship between different species living organisms that use the same product nutrition. Therefore, if one type of organism begins use the product and develops in the direction of eternal development, then by comparability another species can also do this property to acquire. That is, it is important to consider here a certain, so to speak, subtle organization of this process in in terms of comparability of the development of information objects, which use the same objects and the same properties of these items.

Moving on to management of such a product as buckwheat yadrisa, we can see that in this cereal we can recognize in In principle, this is the interaction of different systems. This is a product, which socializes management, and here we can in this cereal at the moment to consider or even put these into it characteristics. When using, for example, buckwheat porridge you can calmly examine exactly that control element, that the task of eternal development is not only faced by people, but also stands before all living beings, and at the same time she can be solved through the generalization of information. When looking at semolina, you can see that this principle can be used when using semolina as the principle of universal implementation of any information, as well as the principle of any socialized information, in particular in the case of falling into some specific circumstances and situations.

Considering that semolina porridge is consumed, for example, from childhood, then we can take into account that a number of products immediately is oriented, in essence, towards eternal use. Or if we take oatmeal, which can also be consumed a fairly long period of time. That's possible consider that a number of products already have an inherent information as if it were constant use, and at the same time it is important these characteristics of products are translated into the structure of eternal development at the level of consciousness.

That is, the spirit that is trained when consuming products, regulate them in a peculiar way body at the expense of thinking, he can have it in any case a specific, even unique, training program at the level use in this case, for example, there is semolina porridge cereals. And when the product itself is intended for consumption practically for the whole life of a person and is considered useful, it does not is considered harmful, that is, it is acceptable, then this category products organizes a certain element of products, in which contains the very information of eternal development.

In this regard, switching to, for example, such cereals as oatmeal, pearl barley, millet or rice, we can consider interconnection at the level of public collective consciousness in in terms of mass distribution. Considering further oatmeal or barley groats, you can see certain layers collective consciousness that correspond to the use of these grains and see how they interact in even in terms of social processes. That is, if we consider there rolled oats or corn grits, then it is clear that, for example, growing corn is also an element of a certain level of eternal development, since the controlled system to a person, as well as, of course, other cereals. But in this case you can see a more obvious appearance - frequent consumption of corn on growth level, there in the cobs and so on. And here already exists the level of interaction with the product at the level of its growth and that level when the product reaches a person.

By looking at foods such as vegetables, you can control eternal development, eternal life to focus on the following

way: if the vegetable itself is examined at an infinite distance from a person, then when he approaches at the optical level perception we can examine all internal structures vegetable. And this is the product that, when approaching the body, and when used it creates categories precisely infinitely remote areas.

Therefore, it is also quite good, sometimes maximally adapted to eternal development, and looking at the growth of eggplants, for example, you can see that you can eat eggplant at the initial growth stage, and when it has already reached a larger size, that is, the size is often not is of fundamental importance. Moreover, the eggplant cycle itself - to sprout, and since it is a seasonal vegetable, it turns out that we we can come to the concept of the following type, that the possibility use at any time from the moment of minimum organization of this product - this also speaks about the status eternal development inherent in the product; because the ability to always use it, at any time, is a good thing a characteristic that says that this product is ready as if in constant time. For example, if we compare it with cheese, which must undergo some kind of processing technology, then here it turns out that at the primary level of cheese organization everything it cannot be eaten in the same form as, for example, eggplant.

Here here we must also see that the spirit can be realized and can get useful information through your consciousness, your perception in the sense that access to the product is always an important characteristic of eternal development. It does not matter what kind of the product, either it is material, or you regulate it through consciousness their life processes.

Thus, moving on to information from vegetables to fruits, you can also notice that in this case the seasonal element very important in terms of development. Fruit can also be consumed often immature, and therefore it turns out that there is a similarity here management of vegetables and fruits. At the same time, it exists at the level information is a kind of mixture of information about vegetables and fruits.

Therefore, in terms of action, the fruit can be expressed in the same way as an element of constant access to use, even when it is still not fully matured. In this regard, it can be characterized the general area of perception is a vegetable - a fruit.

Moving on to the next vegetables, such as rutabaga, peas green, zucchini, white cabbage, red cabbage, cauliflower, we see that there is a lot of variety in shape. Consumption of green peas creates reserves in terms of more number of events. Different colors of cabbage – white cabbage, red cabbage - gives the opportunity to consider events in even the relationship between colors.

Therefore, it turns out that when using products a certain level of spiritual activity arises when the logical postulate in management works in many ways. when using peas, there is, therefore, an involuntary assessment quantities. Often this assessment is limited to the first peas, and a person does not count any further. Therefore, what is consumed internally is not counted by quantity, for example, those same peas. And here again the element of the eternal arises development in the human consciousness system. This is an important factor, related to the psychology of product consumption, where the transition from elements of the account in the element with the absence of the account means the sign infinity, and therefore it is important to take these into account here characteristics. When adding a level to them, for example, corresponding to the color, we can fully provide a certain development of the spirit, concerning the consideration of various, often not entirely obvious factors in endless development.

Moving on to a product such as potatoes, you can consider the following characteristics of eternity, laid down in this product. For example, boiled potatoes contain there are many enough parts that between themselves, if especially loose potatoes, when combined, create a certain level perception, which is characteristic of many events. And so if we consider potatoes in terms of shape and connection various microcomponents, then we get a multicomponent

level, unlike, for example, green onions, also leeks or onion. If there are sufficiently clearly smoothed forms in the form of some surfaces, then potatoes in this regard can differ in some graininess. And when the transition from a solid type to the boiled type means an increase in properties in terms of quantity components, then here we can consider a simple principle, which indicates that the preparation of the product results in a system that is more generalized, more significant, or larger in information in perception.

Therefore, the cooking process itself and the product itself are unique. When you build a system of eternal development, you must take into account this characteristic of your consciousness, oriented towards eternal development. At the same time, it is already possible some very simple elements to lay down managers in the dish. That is, if you cut the potatoes, then it turns out it's better to have more slices, or if boiled potatoes, so that they are more soft. Here

These are the characteristics that can be called corresponding to the implementation of the task of eternal development.

Looking further at products such as onions, red carrots, ground cucumbers, greenhouse cucumbers, we can see that in some cases the form that has hard look and color transformation for mono products, say in mono form, they interact with each other in consumption. When you, for example, make a salad of cucumbers and add onion, add some products of this type, like green pepper or red sweet pepper, parsley greens, parsley root, you can see that the interaction of these products for the task of eternal development often rests on the simplest such type as interaction by form. That is, than the more the form corresponds to your perception, the more accordingly, more precisely, you are realized in terms of eternal development only from food products.

Therefore, it is important here observe more color characteristics of this type, such as green form, that is, the form of green color. If it is

located higher over the dish, then it speaks of life. Greenery as the personification life, so that's exactly what is sprinkled with parsley, you can sprinkle, for example, rhubarb, you can sprinkle parsley root sprinkle some dish with green pepper on top, then this is characterizes precisely the goal of eternal development, realized in that which gives life.

Looking further at a product such as radish, we can see that that many characteristics of radish, they are manifested in the plan eternal development in the shell and internal content. Often the shell is red, and inside it is white, where the red color is not penetrates. It is important to see here that the clear delineation of colors also characterizes the rigidity of some processes in space and time, and the use of this product as a system exploration of the world, also provides a rigid system of consciousness consolidation of any processes, for example, eternal development.

When looking at a radish, you can see that certain taste qualities characterize possible stability the body to certain levels of a given product, and therefore in terms of eternal development this is a useful product, characterized by the formation of a stable taste or resistance of taste to manifestations of taste of radish. Such In this way, a spiritual structure is also formed, which just one impulse immediately perceives some taste plan.

When considering the next product – turnips, it is necessary take into account the following element in the system of collective consciousness level of management that corresponds to what exists collegial, collective receipt of products, and at the same time It is important that the system of collective receipt of products be The structuring of this system is aimed at eternal development. Therefore, when receiving collectively occurs at the level awareness of the entire team on the task of eternal development, then the effect, accordingly, is significantly higher even from ordinary products that are obtained without such a task. When looking at a product such as lettuce and beets, you can see that that in the case of salad, control occurs closer to the physical

body according to the structure of eternal development, while for beets the control is done in such a way that you concentrate attention to the product - beets, to the information corresponding this product, in front of you. Salad is a scattered level, and Beets are almost vertically standing rays.

Considering the next product, such as ground tomatoes, we can see management that combines interaction land and food products. Therefore, in this case, management should be extended in terms of eternal development to include the earth, in general, on the basis that reproduces the product and on which the product develops. Considering greenhouse tomatoes, one can see that the process of management itself in terms of eternal development is concentrated in the center of the tomato itself, in the physical level of this tomato. And when concentration occurs, it is clear that everything external elements such as the creation of a greenhouse, the creation of special conditions, they accumulate inside the tomato itself.

This type of control is widespread across a fairly large area. the number of greenhouse phenomena, artificially, so to speak, systems created for the production of products, and this extends to almost any level of space space for the endless development of humanity in various spatial system, to other galaxies, and so on.

Green beans characterize the level of commonality of products on level of primary maturation. There is a similarity with a certain type of product according to growth, for example with peas. Considering, for example, the mixing of such products as wild garlic and garlic, it is clear that there are different types of products. That is, garlic, for example, is best consumed in its original form – without mixing. At that time, spinach and sorrel can be used in completely different dishes. From sorrel you can, for example, to cook soup, that is, the third property of the product reproduction of a separate type of dishes in general as a result thermal or other treatment. Control in the direction eternal development taking into account such properties is carried out next row: 2980148918.

Moving on to the chapter - fruits, berries, it is important to consider the commonality direction in the development of consciousness in terms of comprehension technologies of eternity, based on the observation of data growth products. For example, considering the growth of pineapple and apricot, one can try to speculatively find some properties of development quince or cherry plum. At the same time, considering the growth of bananas, for example, at a certain height from the neighboring trees, from the ground, it is possible see that if we consider the height feature where gravity is used, for example, cherries, then as soon as the fruit cherries fall to the ground, it may break.

Therefore,

a unique level of perception of products in terms of eternal development is its natural state and bringing it to unchanged to the consumer.

That is, if, for example, we consider a product such as pomegranate, or a product such as pear, or fig, or dogwood, then It is clear that pear is less susceptible to change than fig forms. At the same time, if you look at the peaches, you can see here, that the most optimal combination now is a certain period time - these are forms and contents in terms of the immutability of form, that is, not subject to change, but for some period, less, for example, longer than a pear.

Therefore, perceiving the combination of properties of products by time, according to the interaction of forms in terms of its destructibility or indestructibility, it can be seen that in the dynamics of observation of products that are quite common in life a person, it is possible to build a certain structure of the spirit when

The form of a person never changes. In this sense, an adult a person can already maintain a form for an infinite time, that is, in dynamic systems to obtain infinite statics, is a very important element of human development, and in this regard it is possible it is quite possible to use products as a system of spirituality development in terms of developing the technology of eternal development.

Moving on to the next product, such as rowan berry, and the next one is black chokeberry, compared to plum

garden or with dates, we see that when consumed, for example, persimmons we can certain tastes of these products feel when compared to the taste of persimmon. So here comparative characteristics of taste properties is also an element of eternal development related to the understanding of processes, preserved as if in the statics of past events. At the same time certain knowledge of these processes corresponds to the fact that, for example, when eating cherries it is absolutely clear there is a difference in taste with cherries, but the uniformity of form assumes that products have a common context directions in the system of connections in reality. And, based on this, it is possible to build spiritual management that relates both to the unification of similar processes or their separation, as well as the basis of spiritual management on various processes that focused on analyzing food products through their own consciousness.

Moving on to products such as mulberries, apples, orange, grapefruit, lemon and tangerine, you can see that if let's say we examine one slice inside a tangerine, then a slice that fits together in a certain way, for example, often shaped like a certain slice of grapefruit, shaped like unites products. The next element of the eternal arises development - a certain and including infinite number combinations of products also create a system of eternal development.

This is one of the important principles of food consumption, which forms eternity in the collective consciousness, because that it is precisely the infinite combination that can be in terms of products.

Therefore, the most diverse type of cuisine, it turns out, more preferable for eternal development than, for example, monotonous food.

Moving on to the next products such as lingonberries, grapes, blueberries and blackberries, we see that if we compare them, for example, with strawberries, then the growth of strawberries occurs more in uncultivated conditions, compared, for example, with grapes.

We can determine that a certain type of product has some original natural essence in eternal development, and here, revealing the very structure of the product, where immediately in comparison with others reveal the uniqueness of the product in terms of integrity perception of form, perception of precisely the structures of a certain glow eternal life, we can very well consume products with awareness of this, and then the properties of the product change.

The product begins to saturate the body with the structure of eternal development and real components of eternal development, because in the eternal development to support the vital functions of the organism in any if necessary.

And in this regard, it can be noted that this does not apply only to cultivated by man or growing in the wild conditions of the products, it is important to simply understand the principle itself. This can also be attributed to those products that are cultivated human.

Next, moving on to perception of such products as cranberries, gooseberry, raspberry, cloudberry, sea buckthorn, white currant, red, black currant and blueberry, then, developing management, for example, when we consider fresh rose hips in our minds, we see that as soon as we move on to dried rose hips, then all these products, if perceived, through, for example, part of the raspberry tissue, then they can be distributed in different properties in terms of the presence of vitamins, any microelements useful for eternal development. If you cover all products and consider all possible combinations of them development, then the identification of a certain chain of internal events that lead to eternal development is a certain the state of the personality, the state of the organism and a certain outlook on the space of the future in the consciousness of man, when man realizes that food products create eternal life for him, inside his physical body saturating him. You can pass on the recipe for eternal development that you have created for another person, and then his reserves of eternal life increase.

It is important for a person to perceive information that

the natural state of man is eternity, eternal life in physical body, and at the same time not to correlate, for example, with the finiteness of the products of their state. Because, as intended The creator, it is precisely the difference in principle, in the position in relation to the world, in the world location of this or that object of information.

Moving on to legumes, we can consider this: management, that, imagining the beans at a distance from oneself, on large and small, you can mentally add up the figure eight. By focusing your attention inside the rings of the figure eight, you can to receive eternal development only by such concentration. in this case, if we compare, for example, beans, split peas, peas whole or soy, beans, lentils and as a control take lentils or just beans, then it is clear that you can simply concentration to keep these products in mind and, when consuming any one of them, to get the effect, which in terms of eternal development corresponds to each of them.

Further, considering such a product as mushrooms, we can In general, the management of eternal development should be set as follows:

consider mushrooms as a system of a certain soil cover, which is around you, but on the ground on which you stand, there are no mushrooms. This is the principle of the inviolability of the product account of human development, it is important when using such product, like mushrooms. And this principle is important in your consciousness extend to infinity, that is, used the products are consumed in such a way that overall you are in under naturally occurring conditions, this product does not destroy, and Moreover, you can in terms of development of the environmental movement "indestructibility of species on the planet"your consciousness to spread in the direction of precisely the reproduction of any food products. Comparing, for example, mushrooms such as porcini mushrooms fresh, dried white, fresh birch boletes, aspen boletes fresh, fresh russula, you can for each item mushrooms to introduce their own control systems the spread of these fungi in natural conditions.

Therefore, using any mushrooms, accordingly it is possible consider all the external events that took place

near mushrooms in natural conditions, and at the same time, if it is forest mushrooms, then, accordingly, you can perceive the whole the power of external nature for eternal development.

Considering such products as meat products, poultry, first of all all you need to do is direct the management through spiritual action direction of inviolability in the future infinite development of all living beings. And this development, it is quite.

It also clearly determines your eternal level of development. When considering a product such as eggs, one can make management in such a way that each egg produces a living egg organism and, accordingly, it is also a task of eternal development says that everything that can lead to life must be preserved and developed to eternal life. Thus, by perceiving the structure of development, it is possible to strengthen and really have a mechanism and structure of eternal development and within its own organism.

Considering product categories such as fish and seafood, you can do it through consciousness, first of all, Naturally, the management of the inviolability of all living in plan of the eternal development of any living being. This is management, accordingly, it builds you a level of fish reproduction and seafood. Management when your consciousness helps reproduce almost the same structure that, for example, was eaten, can be reproduced according to the principles full recovery of information. That is, the element almost complete restoration of the same carp or the same pink salmon, the same gobies in the right place, exactly the same ones, speaks about that there is a certain unique quality in food products the level of need for full recovery to the point where until humanity learns to synthesize products and to exterminate living beings.

For nutrition, you can set the task of obtaining synthesized substances that would be completely one to one replaced the products that are now used from living creatures. It should be understood that the use

plant products of plant origin will be preserved. If we take into account that, for example, in the use of caviar the primary task is the eternal development of each egg, then here - on the contrary: the creation of elements of eternal development for each caviar in your mind even when you eat it the current time creates precisely the reserve of the eternal development already now for a person. Because the main ideological orientation and implementation of this directions, just like any planned work, it is carried out over time, and it is realized in such a way that that the idea itself, the thought – it gradually turns into its implementation.

And therefore, it is important to keep in mind here that when implementing systematicity is also important, and therefore development occurs in consciousness in such a way that already now consciousness has everything useful functions of this eternal development, although still in this

In this case, not everything is implemented. Moving on to the next product – nuts, you can see that if you compare these products, such as hazelnuts, with almonds, with walnuts, peanuts, sunflower seeds, you can see that comparing different groups leads to different properties and, in general, the uniqueness of access to controls systems of eternal development in terms of what is possible inside, for example, such a type of product as nuts, find all systems eternal development.

Moving on to such a type of product as sweets, you can take for base, for example, products such as honey or sugar, or marmalade, toffee or marshmallow, to see that the level of perception itself sweets, it is the control level; and what you like and useful, - this is often the level of eternal development. It is necessary to lay down in the system of eternal development what you like to a person, and this will contribute to a fairly serious level of eternity in humans. For example, there are certain characteristics in the public consciousness, that, for example, chocolate - it also promotes the perception of a feeling of joy, and, for example, comparing products in perception, such as halva,

dark chocolate or milk chocolate when comparing different gingerbread, cakes and so on, we can quite clearly define, what is liked and what is perceived internally the body as useful, can often be brought to useful with the condition of eternal development.

The next level emerges – product management. nutrition from the point of view of the task itself. In each food product with from the point of view of the same digital series, one can lay down the structure of eternal development and at the same time on the basis of the spirit also internally it is necessary to fix the task of eternal development at eating food. Even when you don't know about it. do you think that primary control often works for a long time time. If you remember this periodically and technologically Strengthen before each use of products, or when you have time, namely the task of eternal development, then soon in time you will already stabilize this task, and it will be easier for you achieve the structure of eternal development when using any products and when working with any food products in interaction of these products with external systems. You can completely regulate the properties through the spirit products that lead to eternal life, and at the same time develop your consciousness in the direction of eternal development, constantly increase its resources and technologies consciousness.

When you interact with food, you often consider different approaches because different people have different needs and tastes, which are said to be unimportant argue. Therefore, it is possible to react to information that around the products, also in a special way. They advertise that there are some scientifically balanced theories of nutrition and so on further. It is important to use everything useful, and in all systems, one must always set the task of eternal development. And in connection with this, given that, let's say, many products, they are already have been around for quite a long time, such as oil, for example, and they practically do not change, then it is important from everything offered through the media choose what has the most a long-term, sustainable system to evaluate those or

other products. Often it is also necessary to take into account that various manufacturers, they produce the product differently, therefore, in some cases you need to supplement the products, produced by one or another manufacturer, managing system of your consciousness. Because they can be the same products, but at the same time, due to differences in technology, they may be different in terms of how they affect you.

Therefore, it is important to in each case the product is as if anew internally diagnose and develop a nutrition culture in terms of individual approach, individual some diagnostic characteristics.

If, for example, in margarine or, it happens, in some in cooking fat, there are so-called trans fats, which are often not completely cleared, the amount trans fats should be reduced. Therefore, here management it itself should proceed from the fact that in products, for example, the content of those systems that lead to some problems. In this regard, an important element is that when you can track movement throughout the body food product, then you very easily achieve exactly that correlations of certain processes. Various types of diets, and when using diets you also need to be attentive, because here it is also necessary individually compare and get used to each diet.

When it is said that there is a lot of population on the planet, this is not so. If you imagine all the living - about seven billion, then according to available estimates, if we imagine a site land is 55 by 55 kilometers, then all seven billion will be located on in this area, standing at 2 people per square meter, and this is quite freely. The population is actually very small on planet, and it can develop in any situation infinite. It is necessary to manage for infinite reproduction. products.

Nowadays, various biotechnologies are used, or, for example, genetic engineering. It is also important to correlate these processes in their perception, so that they do not have there distant unnecessary consequences.

Let's say if genetic engineering is considered, then here

we can directly define the essence that every plant or the animal has many different characteristics, and for each some gene is responsible for the trait. A gene is a small segment molecules of deoxyribonucleic acid (DNA), it generates a specific trait of a plant or animal. If you remove the gene, responsible for the appearance of some sign, then it will disappear by itself trait. On the contrary, if, for example, a new gene is introduced into a plant, then it turns out that he will develop a new quality.

The modified plant is often called euphoniously transgenic. Considering that initially, according to divine plants and animals were created at this level, so it is necessary view in management. In case of use genetically modified products it is important that, for example, a plant gene introduced into the structure of an animal or a marine gene The inhabitant of the plant structure could be adapted to humans.

It is also necessary to carry out adaptation management in case consumption of such products. Since now more and more of such food products - genetically modified, respectively, it is necessary to carry out management in terms of normalizing the reaction organism on almost any system of changing products.

You can practically do this through the technologies of your consciousness, account of the development of the spirit, soul and the desire for eternal life to manage food products, and also to transmit this knowledge through recipes, through some control rows, which are often it is quite simple to transfer the control system in terms of eternal development.

It can be said that in the structure of eternal development it is very simple often develop a system of spiritual development that can bring management to the level of practical technology. That is, you develop in practice, interacting with food products a certain system of eternal development, which is always with you, and you can transfer it to other phenomena by mastering the experience of spirituality

states, having mastered the structure of interaction of numbers, words, food product.

It doesn't take much time for humanity to develop a certain category of food products that provide eternal life. And often it is not so difficult to synthesize food products, if there is a task for the whole society to direct the development of humanity into eternity and make life man eternal, using technologies, among other things, related to food products.

When working with the technologies presented in this book, numerical concentrations by products, it is important to use both methods of specific direct control through numerical series, as well as methods of recognizing and understanding the connections in food products, imed at achieving and ensuring eternal life now human life.

The recipes are listed below by number. A hyphen follows. the number corresponding to the recipe is located numerically concentration, mentally pronouncing which b preparing food according to recipes, you realize the eternal life. After the number and the numerical series, the text of the recipe is written, to which the series belongs.

RECIPES

SANDWICHES

1-298464

Required: 6 slices of bread, 120 g of herring fillet, 4 boiled potatoes, 2 tomatoes, greens, salt, 3 tbsp sour cream, 30 g butter.

Method of preparation: Spread butter on the bread and place on top

sliced fillet. Add salt and pepper to the sour cream. Apply it to the herring. Put the sliced potatoes, spread with a layer of sour cream again. Decorate the top sandwich with thinly sliced tomatoes and herbs.

2–5198419

You will need: 7 pieces of black bread, sprat pate, 3 eggs, 50–70 g mayonnaise, 1 clove of garlic, 2 pickles, greens dill.

Method of preparation: Boil the eggs, cool, peel and grate on a fine grater. Peel the garlic and pass through garlic press. Cut the cucumber into thin rings. mayonnaise, pate, grated eggs and garlic, prepare a mass. apply a small layer of the mixture to a piece of bread and put it on top sliced cucumbers and garnish with a sprig of dill.

3–584

Required: 7 pieces of loaf, minced herring or salted fish fillet herring, 2 eggs, 50 g hot sandwich butter (with red pepper), pickled cucumber or 2-3 soaked apples, greens.

Method of preparation: Boil the eggs, cool, peel and grate on a fine grater. Finely chop the greens. Cut the cucumber or apples into rings. Spread the loaf with butter, sprinkle with grated eggs and herbs, then apply a layer of pate or put the herring fillet and Garnish the sandwich with cucumber or apple.

4– 51348164

You will need: 1 city loaf, 120 g fresh or sauerkraut, green onions, 50 g mayonnaise, salt, 2 eggs, canned ham or meat pate, 1 tsp mustard, 30–40 g ketchup.

Method of preparation: Cut the loaf lengthwise. Then, so that without damaging the bottom crust, take out all the pulp from it.

Eggs

Boil, cool, peel and grate. Chop the greens.

not too small. From mayonnaise, mustard, salt and ketchup prepare the mass.

Place a thin layer of cabbage in the middle of both halves, then apply a layer of the mixture, sprinkle with chopped egg and onion. Put a layer of ham or pate on the bottom, connect the halves, the sandwich is ready.

5 – 89189

You will need: 5–7 pieces of bread, 20–30 g of honey, 100 g of fresh strawberries or currants, 70 g cottage cheese, 50 g cookies.

Method of preparation: Mash the berries with cottage cheese and honey.

Crush the cookies into crumbs. Apply the resulting mixture to the loaf.

sweet mass and sprinkle with crumbs on top.

6 – 548681

You will need: 3 pieces of bread, pollock caviar (or other caviar), 2 eggs, 3 tbsp sour cream, herbs, 20 g butter.

Method of preparation: Boil the eggs, cool, peel and grate them. Mix them with sour cream and finely chopped greens. Apply a thin layer of oil to the loaf, then a layer of sour cream and eggs and finally caviar, carefully scoop it up with a spoon and

Place in a pile on top of the sandwich.

7– 189314012

You will need: 3 slices of bread, 45 g of cheese, 50 g of mayonnaise, 2-3 eggs, a bunch of radishes.

Method of preparation: Boil the eggs, cool, peel and cut lengthwise. Warm the bread slightly in a toaster. Grate the cheese on a fine grater and mix it with mayonnaise. Radish process and cut into thin rings. Apply a thin layer of mayonnaise and cheese onto the warmed bread, then put the radish on top, 2-3 egg rings.

8–49804139184

Required: 7 pieces of black bread, 40 g of herring oil, 6 tomatoes, 4 lettuce leaves, 2-3 eggs, 2 tsp mustard, 50 g vegetable oil.

Method of preparation: Fry the bread in oil on one side. Boil the eggs, cool, peel and cut into rings lengthwise. Cut the tomatoes into thin slices and lightly fry. Put mustard, herring oil, lettuce leaf on the bread, Place 2-3 egg rings on one half and 2- on the other 3 tomato wedges.

9 – 498641

You will need: 3 pieces of bread, 1 pickled cucumber, 1 head onions, 50 g cheese, 50 g vegetable oil, 120 g marinated mushrooms, 1 tsp mustard.

Method of preparation: Grate the cucumber, peel the onion and cut into cubes. Finely chop the mushrooms. Lightly chop all the vegetables.

Fry in vegetable oil. Grate the cheese on a fine grater. Spread a thin layer of mustard on the bread, then place fried vegetables and sprinkle cheese on top of the sandwich.

10– 8916491

You will need: 300 g of champignons, a loaf of rye bread, medium onion, 100 g each of mayonnaise and vegetable or cream oils, salt.

Method of preparation: Cut the bread into layers, each layer – into 4 parts. Cut the champignons into slices, boil in salted water for 5 minutes and fry in a well-heated frying pan with oil until done. Cut the peeled onion into rings and fry in oil until done. Layer on the cakes bread, onion, mushrooms, mayonnaise and place them on a baking sheet one after another on each other. Spread the resulting "cake" on top and on the sides mayonnaise and place in the oven for 5-7 minutes. Before serving Sprinkle with chopped herbs at the table.

14–5916

You will need: a loaf of bread, 150 g of sprats, 80 g of tomato sauce, greens.

Method of preparation: From a stale loaf of wheat bread cut off the crust and slice the loaf into slices approximately 1 cm. Place sprats on each slice (depending on size, 1 or 2 pieces). Grease with tomato sauce and Place in the oven for 10 minutes. Place the croutons on a plate, Garnish with herbs. Serve hot.

12–497648

You will need: 6 slices of bread, 80 g of butter, 2–3 cucumbers, 2 eggs, 4-5 tsp mayonnaise, salt, dill.

Method of preparation: Spread the bread with butter and lightly toast it.

on both sides. Cut cucumbers into slices, eggs into circles. First place 2-3 slices of cucumber on the prepared bread, add salt, then 3 egg slices and a spoonful of mayonnaise. Each Decorate the sandwich with herbs.

13 – 8543218

You will need: 7 slices of bread, 100 g of butter, fillet marinated fish, 4 eggs, 100 g feta cheese, 2 tbsp. white crumbs bread, 1 tsp. tomato puree, 50 g cheese.

Method of preparation. Spread the bread with butter. Feta cheese and cheese

grate. Mix the feta cheese with the egg yolks and white bread crumbs. Spread this mixture on the bread. On top put the fish fillet and tomato puree. Bake the sandwiches in oven.

Sprinkle the finished sandwiches with grated cheese.

14–59168

Required: 6 slices of rye bread, 5 slices of wheat bread bread, 200 g butter, 80 g salted herring fillet, 5 eggs, salt, mustard, herbs.

Method of preparation: Boil the eggs hard, chop finely and mix with butter. Add salt, mustard and mix well mix. Spread the resulting mixture on the slices of wheat bread, sprinkle with herbs on top. Cut the herring into small pieces. pieces and place on slices of rye bread.

Place a wheat slice on one rye slice, then again rye, etc., until you have 5 slices. Collect so the second sandwich and put them in the refrigerator for 2–3 hours.

As time passed in small pieces.

SALADS

15–319841

Required: 230 g potatoes, 150 g white chicken meat, 150 g pickled mushrooms, 100 g fresh cucumbers, 4 eggs, salt, pepper, remove and chop the herbs.

For the sauce: 3 egg yolks, 2 tsp powdered sugar, 150 g sour cream, salt, red pepper, 1 lemon, cloves.

Method of preparation: Boil the potatoes, cool, peel and cut into small cubes. Boil the chicken meat and cut into small cubes. with a sharp knife into small slices. Pickled mushrooms (better champignons) lightly wash and dry. Then cut them into thin slices and mix with potatoes and meat. In a mixture add fresh cucumbers, cut into small cubes.

Boil the eggs, peel and chop. Add to add eggs to the salad, salt and pepper the resulting mixture.

Now it's time to start making the sauce. To do this,

Beat the egg yolks with the powdered sugar.

Add the resulting mixture to the cooled sour cream. All this

Add salt and pepper. Chop the cloves and add to the sauce.

Squeeze the lemon and add the juice to the sauce. Whip the sauce well.

Dress the salad with the sauce, mix and let it sit for a while.

soak. Garnish with herbs before serving.

16 – 4986813

Required: 150 g potatoes, 1 onion, 1 carrot, 1 pickle herring, 2 boiled eggs, 100 g mayonnaise, 2 tbsp vegetable or olive oil, salt, sprigs of parsley.

Method of preparation: Boil the potatoes and carrots, peel and grate on a coarse grater. Clean the herring from bones, cut into small pieces. Place the fish in a flat salad bowl, then layers of sliced onion rings, carrots, potatoes. Each pour a small amount of vegetable oil over the layer, lightly salt. Dress the salad with mayonnaise, sprinkle chopped eggs, garnish with parsley sprigs.

17 – 9486817

You will need: 150 g of fresh white cabbage, 1 beetroot, 2 tbsp. vegetable oil, sugar, lemon juice, walnuts, chips, salt.

Method of preparation: Salt the thinly sliced cabbage, squeeze and mix with chopped boiled beetroot. Add more grated nuts and lemon juice with a little amount of sugar. Season with vegetable oil and serve on the table along with the chips.

18 – 4986917198

You will need: 150 g sauerkraut, 150 g pumpkin, 3 tbsp. vegetable oil, sugar, honey, mint.

Method of preparation: Peel the pumpkin and grate it finely. Grater, mix with finely chopped cabbage and sugar. Add vegetable oil. Serve with vegetable sauce. Offer honey and mint separately.

19 – 498641390461

You will need: 1 head of cauliflower, 1.5 medium zucchini, vegetable oil, vegetable sauce, pine nuts.

Method of preparation: Divide the cabbage into florets and boil in salted boiling water. Remove the skin and seeds from the zucchini and cut into cubes and cook until done in salted boiling water. Zucchini It is necessary to cook in a colander, otherwise it will break when removed from water. Dry the vegetable well and mix with chopped cauliflower. Fry the vegetable mass on vegetable oil. You can add finely chopped and toasted pieces of bread. Season the dish with vegetable butter, pine nuts and sauce.

20–49806131

You will need: 700 g fresh cabbage, 150 g peeled walnuts nuts, 6 cloves of garlic, pepper, vegetable oil, salted peanuts, walnuts, salt.

Method of preparation: Cut the cabbage into large pieces, pour salted boiling water and put on high heat, covering lid. When it boils, remove the lid and cook for 5 minutes, to remove the specific smell. Pass the nuts through mince with garlic and grind well. Mix the resulting mass with cabbage, which must first be squeezed out in gauze. Grind the vegetables until smooth. Add pepper and vegetable oil, cover with a lid. Sprinkle the treat nuts.

21–498640219

Required: 250 g frozen seaweed, 3 pickles, 1 carrot, 1 onion, 3 tbsp. vegetable oil, 1 tsp. 3% vinegar, 1 can of canned fish, dill, salt.

Method of preparation: Defrost the seaweed, rinse and Cook for 15 minutes, changing the water three times. Then cool it and

cut into strips. Boil the carrots, shred them into strips. along with cucumbers. Mix all the vegetables, season vegetable oil, vinegar, salt. Add to salad as well liquid from canned fish. Cut the onion into rings and Place on a plate in "meridians" along with dill.

22–498641

You will need: 2 heads of cauliflower, 1 tbsp. crushed breadcrumbs, 4 cans of green peas, flour, salt, vegetable oil, chips, greens, watermelon pulp.

Method of preparation: Boil the cabbage in salted boiling water, dry it and cut it. Fry the flour and breadcrumbs in a sunflower oil. Mix the cabbage and peas with fried breadcrumbs. When frying, add sunflower oil. Serve with sunflower oil, fresh herbs, pulp watermelon and chips.

23 – 49181498

Required: 3 beets, onion, vinegar, seasoning, salt, celery, vegetable oil.

Method of preparation: Grate the boiled beets on a coarse grater.

Lightly fry in a frying pan with heated vegetable oil

onion. Place the grated beetroot in a frying pan and simmer with the onion.

Add salt and seasonings. Before removing from heat,

drizzle with a little vinegar and sprinkle with celery. Cool

Place the dish in a salad bowl

24 – 49864189

You will need: 1 beetroot, 2 horseradish roots, 2 tbsp. vinegar, 2 tbsp.

vegetable oil, dill and parsley, peanuts, salt.

Method of preparation: Boil the beets in salted water,

cool, peel and grate on a coarse grater. Peel and

Grate the horseradish on a fine grater. Mix it with the beetroot and pour

vinegar and oil. Sprinkle with finely chopped herbs and peanuts.

25 – 4984716489

Required: 150 g white chicken meat, 80 g boiled white mushrooms, 1 egg, 50 g green peas, 1 fresh cucumber, 2 boiled potatoes, salt, 3 tbsp. mayonnaise, greens, 2 tbsp. chopped walnuts, 1 tbsp. peanuts.

Method of preparation: Cut the boiled chicken and mushrooms into strips, finely chop the potatoes and eggs. Cut the cucumber peel it and cut it into thin slices. Combine everything ingredients, add salt and mayonnaise. Put in a pile,

decorate with greenery and carefully arrange greenery around the circle

peas.

Finely chop the nuts and sprinkle over the salad on top of the green peas.

26–4986417891

You will need: 3 cucumbers, a medium-sized herring, 80 g of cheese, 25 g

butter, 3 tbsp. mayonnaise, salt, ground black pepper, peanuts, dill and watercress sprigs for garnish.

Method of preparation: Cut the cucumbers lengthwise and remove with a spoon.

pulp and chop it finely. Clean the herring from skin and bones and Pass through a meat grinder. Grate the cheese on a fine grater.

Mix well or beat the cucumber mixture with a mixer.

pulp, minced herring, cheese, mayonnaise and butter, add salt and pepper. Put the resulting mass in

pastry syringe and place it in for a while

refrigerator. After that, squeeze out the liquid through the shaped nozzle.

minced meat into cucumber halves.

Serve sprinkled with peanuts to taste and garnished with sprigs of watercress.

lettuce and dill leaves.

27–49864187

Required: 3 beets, 3 radishes, sugar, honey, fruit sauce, lemon, apple.

Method of preparation: Grate vegetables on a fine grater. Season with

honey and add the sauce. Squeeze lemon juice on top and thinly

Sprinkle sugar in a layer.

Place half of the sliced cloves in the center of the top apples.

28–398641814

Required: 2 beets, 300 g pumpkin, 100 g dried prunes, raisins, vanilla sugar, vegetable oil, fruit sauce, walnuts.

Method of preparation: Grate the beetroot and pumpkin. Add dried prunes, raisins, sprinkle with vanilla sugar. Drizzle with vegetable oil. Serve with fruit sauce. mixed with grated walnuts.

29 – 4916481

Required: 3 beets, 2 apples, 2 carrots, 5 potatoes, 2 fresh or pickled cucumbers, 10 tbsp. green peas, 3 tsp. sugar, 2 tsp. l. vinegar, vegetable oil, fresh tomatoes, salt, herbs parsley, dill, green onions, garlic.

Method of preparation: Peel and wash the beets and carrots. Then cut into strips and place in different pans. Sprinkle with sugar, add cold water (to cover vegetables) and simmer for 10 minutes on low heat. Pour the cooked beets into the vinegar. Cut the potatoes and peeled cucumbers into strips. Place green peas, beets, carrots, potatoes, and cucumbers in salad bowl, but do not stir (to get a bouquet of vegetables). Drizzle the vegetables with vegetable oil and sprinkle finely chopped greens. Cut tomatoes and apples into rings and Spread with grated garlic. Place rings on portions. salad.

30–4986417198

Required: 3 beets, 3 apples, 1 pear, honey, 1 glass of walnuts nuts, vegetable oil, herbs, garlic.

Method of preparation: Boil the beets and peel the apples and pear. Then grate them together on a coarse grater. Walnuts peel and chop. Mix everything and season with a little amount of vegetable oil. Add honey. Sprinkle the salad parsley and dill, and add to the treat if desired grated garlic.

31–498641819

You will need: 1 radish, 250 g sauerkraut, 1 onion, several dried mushrooms, vegetable oil, salt, sugar, vegetable sauce, herbs, peanuts.

Method of preparation: Grate the radish and mix with cabbage. Fry finely chopped onion in oil and mix with vegetables. Add salt and sugar, garnish the salad with fresh herbs. Boil the mushrooms, chop finely and add to the salad, season vegetable sauce and add peanuts.

32–4748913194

You will need: 200 g white beans, 2 onions, 1 clove of garlic, 10 peeled walnuts, 5 tbsp. vegetable oil, ketchup, salt, seasoning, soda water, herbs.

Method of preparation: Soak the beans overnight in cold water. In the morning, drain the water and fill it with carbonated water. Boil for low heat until soft. Mix the drained hot beans with finely chopped garlic and onion. Season with oil, add salt. Add seasoning and chopped nuts. Garnish salad with sprigs of fresh herbs and picturesque "spots" ketchup.

33–48974159

Required: 3 bell peppers (red and yellow),

carrot, cucumber, fleshy tomato, one and a half bunches of green onion, radish, dill, 1 tbsp. vinegar, 1 tsp. dry red wine, 2 tbsp olive oil, salt, ground black pepper.

Method of preparation: Cut the peppers into half rings, carrots and cucumber - slices, tomato - pieces. Green onions and other chop the greens. Chop the radish into circles. Mix everything vegetables in a dish. Mix vinegar, wine and olive oil, add salt and pepper. Combine the sauce with the prepared vegetables, sprinkle the salad with chopped onions and dill.

34–5987481

You will need: 3 tomatoes, 150 g cucumber, 200 g bell pepper and grated feta cheese, a bunch of green onions, salt, pepper, vegetable oil.

Method of preparation: Cut tomatoes, cucumbers, onions and peppers, Add salt, pepper and mix. Dress the salad vegetable oil and sprinkle with grated feta cheese. Despite winter name, the salad you prepare will not cool you down with heat atmosphere of a festive evening.

35–89064812

You will need: 200 g green beans, 1 can of white beans, 3 tomatoes, 2 pears, 6 tbsp vegetable oil, freshly ground black pepper, herbs.

Method of preparation: Divide the green beans into 2 halves, cook for 10 minutes. Place the canned beans in sieve, rinse with cold water. Cut the pears and tomatoes into 4 pieces (cut out the cores from the pears). Cut the pears slices, tomatoes – pieces. Mix the vegetables and pour in oil, add pepper. Let the dish stand for a while. Sprinkle with finely chopped fresh herbs. Serve with fresh baked bread.

36–478164

You will need: 200 g of cottage cheese and 200 g of sweet pepper, 30–60 g

vegetable oil, 15 g lemon juice, parsley, salt.

Method of preparation: Finely chop the pepper and crush in a mortar with a little salt and vegetable oil. Cottage cheese mix with a little vegetable oil and lemon juice until smooth and mix with puree from pepper. Sprinkle with parsley.

37–3486410164

You will need: 3 tbsp. small marinated champignons, 3 eggs, 1 small onion, 2 tbsp mayonnaise, 2 tbsp vegetable oils, salt.

Method of preparation: Boil the eggs, cut them into halves. and take the yolks out of them. Finely chop the onion and fry it in frying pan until golden brown. Chop the mushrooms and yolks and mix them with onions and mayonnaise. Stuff them with this mixture.

egg whites - you will get mushroom boats, which can whisk you away on a romantic trip.

38–548713814

You will need: 350 g potatoes, 80 g white beans, 1 onion, salt, fresh herbs, vegetable oil, 1 zucchini, ketchup.

Method of preparation: Boil the potatoes in their skins, peel and chop. Boil the beans and mix with the potatoes. Onion finely chop and fry in vegetable oil. Add to vegetable mass and fry a little more. Salt, pour ketchup. Fry the zucchini rings, garnish them with herbs and spoon onto salad portions.

39–489641819

Required: 250 g fresh medium tomatoes, 80 g boiled hard-boiled eggs, pickled onions and boiled celery, 250–300 g mayonnaise, peanuts, a few sprigs of parsley, salt, red pepper.

Method of preparation: Cut tomatoes into rings. Eggs cut into circles. Celery, boiled in slightly salted water, chop finely. Cut the pickled onion thinly rings. Mix all the ingredients with mayonnaise, add salt and pepper. Place in a mound in a salad bowl, garnish with sprigs parsley and egg slices.

Peel 3-4 medium onions and pour boiling water over them.

Pour 2 cups of water into a saucepan, dilute 2 tbsp. 6% alcohol in it vinegar, add peanuts, sugar, salt and spices: cloves, cinnamon, red ground pepper, black peppercorns, bay leaf.

Mix the spices with water, boil, and use this marinade.

pour over whole onions and leave for 3-4 hours. After that, marinade drain and cut the marinated onion into rings.

40– 594813481

Required: 250 g red beans, 800 g salted peanuts, 3 cloves garlic, vegetable oil.

Method of preparation: Boil previously soaked beans.

Add finely chopped nuts and grated garlic. That's it.

Stir, add salt and oil if necessary.

41–479641981

You will need: 200 g boiled cod fillet, 150 g potatoes, 3 eggs, green peas, 250 g mayonnaise, 2 onions, salt.

Method of preparation: Cut the boiled cod fillet into strips, mix with boiled potatoes, which are also cut straw.

Boil the eggs, peel them and cut them into thin slices. Then

Separate the thin rings of whites from the yolks. The yolks should be chop even finer. Add the chopped eggs to the rest. salad ingredients. Cut the onion into thin rings and mix with salad. Finally, add peas, pepper, Add salt and season with mayonnaise.
42–59864178914

You will need: 350 g pickled mushrooms, 3 apples, 2 onions, 3 tbsp. l. vegetable oil, salt, marinated olives, red wine.
Method of preparation: Cut the mushrooms into strips, the onion – rings. Grate the apples on a fine grater. Mix everything, add 10 olives, salt, vegetable oil. Sprinkle the salad finely chopped onion (chopped onion has more delicate taste if you pour boiling water over it). Serve the dish with thin sliced white bread.

43–2186417198

Required: 150 g salted or marinated mushrooms, 50 g onions or green onions, 20 cubes of white bread, Vegetable oil, parsley. Method of preparation. Finely chop the mushrooms and combine with finely chopped onion. Season with oil. Cut 20 small cubes of white bread and fry in vegetable oil so that they remain soft. Add toasted bread to the salad. You can offer parsley for salad.

44–2190648194

You will need: 250 g tomatoes, 250 g fresh mushrooms, 200 g potatoes, 2 cloves of garlic, 2 red peppers, vegetable oil, fresh green.
Method of preparation: Boil the mushrooms, cool and chop. into strips. Boil the potatoes in their skins, peel and cut them

cubes. Cut the tomatoes as well. Combine all the vegetables and add to them grated garlic and peeled, chopped pepper. Mix the resulting salad well, add salt and vegetable oil. Sprinkle with finely chopped herbs.

45–498641781

Required: 150 g canned mushrooms, 1 head of lettuce, 3 bunches radishes, 2 tomatoes, 2 tbsp. salted peanuts, vegetable oil, salt, seasoning, black bread.

Method of preparation: Cut the salad into pieces. Mushrooms and peeled radish cut into thin slices. With tomatoes peel and finely chop the flesh. Radishes, mushrooms, lettuce, Mix peanuts and tomatoes. Add salt and seasoning. Fry the black bread cut into small cubes and offer separately.

46 –598648712

Required: 230 g cooked sausage, 220 g potatoes, 6 eggs, 120 g pickled cucumbers, 2 onions, 250 g mayonnaise, salt, pepper.

Method of preparation: Boil the eggs and potatoes, cool, peel and cut into small cubes. Add the chopped Dice the sausage, and you should also cut the pickles. Add finely chopped onion to the salad. Mix all the ingredients together.
in one bowl, add salt, pepper and mayonnaise.

47– 219641891

Required: 150 g sausages, 200 g potatoes, 5 eggs, 100 g salted cucumbers, 2 onions, 200 g mayonnaise, salt, 1 tbsp butter oils.

Method of preparation: Finely chop the onion and fry in butter. Boil the sausages, peel them,

cut into circles. Boil the potatoes, peel and cut into cubes. Boil the eggs, cool in cold water, peel shells and cut them into cubes.

Cut the pickled cucumbers into cubes and mix all the ingredients. Salt the salad and season with mayonnaise.

48–264317284

Required: 200 g chicken fillet, 80 g boiled mushrooms, 200 g potatoes, 4 eggs, 50 g pickles, 5 g mustard, salt, pepper, 30 g celery root, 200 g mayonnaise.

Method of preparation: Boil the chicken fillet, cool and finely chop. Washed and peeled celery roots cut into strips. Cut the boiled mushrooms into slices, and boiled eggs and pickled cucumbers cut into small pieces cubes.

Mix all ingredients in a deep bowl, add salt and pepper the salad. Season the whole mass with mayonnaise, after whipped with mustard.

49–5943120142

You will need: 200 g of cooked sausage, 200 g of beans, 250 g. potatoes, 4 eggs, 400 g green apples, salt, 250 g mayonnaise.

Method of preparation: Boil eggs and potatoes, cool and clean. Cut the products into thin slices, mix with beans. Wash the apples, peel and cut them into small cubes. Cut the sausage into small cubes as well. Mix all the ingredients you have chopped and pour into bean mixture. Salt the salad and season with mayonnaise.

50–4786419

You will need: 200 g of young potatoes, 250 g of fresh cucumbers, 6 eggs,

100 g sweet pepper, 2 medium-sized apples, 200 g boiled chicken meat, salt, 250 g mayonnaise, herbs.

Method of preparation: Boil young potatoes in their skins, cool, carefully peel off the thin skin and slice into small cubes. Cut the boiled eggs too. Fresh Cucumbers do not need to be cut finely, otherwise they will lose their juice.

Wash the sweet pepper, remove the seeds and cut into thin slices. into strips. Peel the apples and cut into cubes.

Boil the chicken meat and cut it into thin strips.

Mix all the salad ingredients, add salt and season.

mayonnaise. Rinse the greens with cold water and chop finely.

Place the salad in a mound on a plate and sprinkle aromatic spices around the mound.

green.

51–498641

Required: 250 g white poultry meat, 100 g cauliflower, 150 g green peas, 200 g potatoes, 4 eggs, 250 g mayonnaise, salt.

Method of preparation: Cool the boiled white meat and

Cut into thin slices. Chop the cauliflower.

into sticks. Add green peas. Boil the potatoes and

eggs, cut these products into cubes. Combine everything ingredients, add salt and season with mayonnaise.

52–898064198

You will need: 200 g marinated fish fillet, 150 g rice, 80 g olives, 100 g raisins, 4 eggs, salt, milk. For the sauce: 100 g sour cream, 2 eggs, 1 tsp powdered sugar, 2 tsp salt, 1 g cinnamon, 1 tsp vinegar.

Method of preparation: Cut the marinated fish fillet thin strips. Boil the rice in salted milk, but do not boil it. Then strain the rice and cool it. Boil the eggs and cut into cubes.

Combine fish, rice and eggs in a special bowl. Add

canned olives, don't forget to drain the liquid. Raisins wash and pour boiling water over. Put on low heat and boil for 2 minutes. Strain the raisins and discard in a colander and let the water drain completely.
Add raisins to the main salad mass and salt the entire mixture. Start making the sauce. Use eggs chilled, so it will be easier to beat them with powdered sugar and salt. For flavor, add ground cinnamon. The mixture Beat well, gradually adding vinegar.
Beat the resulting mixture with cold sour cream and this sauce. Dress the salad.

53–4986417198

Required: 150 g boiled poultry meat, 100 g soy, 300 g crumbly cooked rice, 300 g mayonnaise, 1 tbsp finely chopped parsley and basil, salt.

Method of preparation: Cut the poultry and ham into pieces, mix with rice and herbs. Season with mayonnaise, add salt and greenery.

54–6487418

You will need: 10 frozen lobster necks, 7 cucumbers, 1 tsp. salt, juice of one lemon, several lettuce leaves, 1 clove garlic, 3 tbsp. vegetable oil, a pinch of sugar and pepper, 2 hard-boiled eggs, dill, 5 tbsp mayonnaise, 100 g beans, 100 g olives.

Method of preparation: Defrost the lobster meat. Chop finely. cucumbers. Wash the lettuce leaves and tear into small pieces. Peel the garlic and chop it. Mix the vegetable oil with lemon juice, crushed garlic, sugar and pepper. Eggs cut into 4 pieces. Lobster meat, cucumbers, lettuce, eggs, beans, Place the olives in a salad bowl and pour over the oil sauce. Mix thoroughly, adding mayonnaise and herbs.

55 –4986418481

Required: 200 g baked goose, 80 g carrots, 200 g potatoes, 5 eggs, 150 g olives, 100 g marinated mushrooms, 250 g mayonnaise, salt, 2 onions.

Method of preparation: Boil carrots, potatoes and eggs.

Cool, clean and cut into cubes. Cut the champignons slices. Peel and finely chop the onion.

Chop the baked goose fillet and combine with the rest.

products. Add olives, salt. Season with mayonnaise and

Place the salad in a mound on a plate. Decorate with carrot figures and

eggs.

56 –7196483194

Required: 100 g lightly salted herring, 200 g potatoes, 5 eggs, 150 g salted mushrooms, 150 g green peas, 100 g carrots, 250 g mayonnaise, salt, herbs.

Method of preparation: Peel the herring, remove the skin and bones, chop. Cut the salted mushrooms into small slices, combine with herring.

Boil, peel and cut the potatoes, carrots and eggs.

straws. Add these products, as well as green peas to

total weight. Salt the salad, season with mayonnaise. Place

Place the salad in a mound on a plate, sprinkle with fine herbs and garnish

mushrooms and egg figures.

57–849316219061

Required: 200 g white poultry meat, 200 g potatoes, 200 g green peas, 150 g pickled grapes, 5 eggs, greens parsley, salt, mayonnaise.

Method of preparation: Boil the chicken meat in a small amount of salted water, cool and cut it into thin slices

into strips. Boil the potatoes and eggs. Peel and chop products. Mix meat, potatoes and eggs, add green peas and pickled grapes. Wash the parsley and chop, then add to the salad. Salt the salad and season mayonnaise.

58 – 49868431901

You will need: 150 g sprat, 200 g potatoes, 3 eggs, 3 spinach roots, 100 g beans, 2 onions, 3 pickles, 250 g mayonnaise, salt, pepper.

Method of preparation: Sort out the lightly salted sprat and Clean, remove heads. Chop fish finely. Boil.

potatoes and eggs, peel and cut into small cubes.

It is better to use canned beans. Throw away the beans.

into a colander and let the liquid drain. Peel the onion and finely chop chop. Cut the pickles into cubes. Combine everything salad ingredients.

Peel, wash and grate the spinach roots. Then mix them with mayonnaise, stir until evenly distributed dissolution. Pour mayonnaise into the prepared products and Mix well. Taste the salad if necessary – salt it. Put it in the refrigerator for 2 hours.

59–219418014

Required: 200 g turkey fillet, 150 g rice, 120 g green peas, 100 g prunes, 4 eggs, 2 lemons, 250 g mayonnaise, salt, pepper.

Method of preparation: Boil the turkey fillet in a small amount of salted water. Let it cool a little and cut thin slices. Rinse the rice thoroughly, pour cold water over it. water and cook until done. Throw it into a fine sieve, let it drain the water. Then mix the rice and chopped meat in non-metallic cookware.

Sort the prunes, rinse and pour boiling water over them, put them on low heat and simmer for 3 minutes. Then cool.

and remove the pits. Chop the prunes with a sharp knife and add to the prepared mass.

Boil the eggs, peel and chop finely. Green peas

Place in a sieve. Add eggs and peas to the mixture.

Squeeze the juice from the lemons and add it to the mayonnaise, mix.

Season the salad with mayonnaise, mix the salad thoroughly until to obtain a homogeneous mass. Place it in a pile on a plate and garnish with a few peas and prunes.

60–389641719

Required: 200 g chicken meat, 250 g rice, 4 eggs, 200 g fresh cucumbers, 100 g radishes, 100 g yogurt, 150 g mayonnaise, salt.

Method of preparation: Boil the chicken meat, cool and chop. Wash the rice thoroughly and cook in a small amount of salted water until done. Then discard it in a sieve, rinse with cold water.

Boil the eggs hard, cool and cut into small pieces. cubes.

Wash cucumbers and radishes in cold water. Peel the radishes. peel. Cut the vegetables into thin strips. Mix everything

salad ingredients. Whip the yogurt with mayonnaise and

Season the salad with the prepared sauce and mix thoroughly salad, add salt. Place the salad in a mound in a salad bowl. For for decoration use radishes and cucumbers, from which you can cut out a wide variety of figures.

The combination of mayonnaise and yogurt is unusual and surprising.

This sauce

will amaze you with its lightness and freshness. Don't miss it.

opportunities and add fresh ones to salads in summer and autumn vegetables, in the winter time it will not be so easy to do this.

61–4986418

Required: 150 g boiled crab meat, 200 g potatoes, 150 g seaweed, 100 g olives, 250 g mayonnaise, salt, watercress,

1 tsp allspice.

Method of preparation: Cut the crab meat into thin strips.

Peel the potatoes and boil them in salted water. Drain the water and

Dry the boiled potatoes a little over low heat. Then

cool and cut into small cubes. Seaweed

Throw it into a sieve and chop it.

Combine all the prepared ingredients together

non-metallic container. Add olives and

allspice, season with mayonnaise. Salt. Everything again

Mix thoroughly and place in a heap in a salad bowl.

Wash the watercress leaves with cold water, and remove some of them

Chop and sprinkle fine herbs on top of the salad bed.

Place the rest whole along the edges of the dish.

62–4986417189

You will need: 150 g canned tuna, 150 g rice, 100 g marinated mushrooms, 60 g olives, 2 onions, 250 g mayonnaise, 2 lemon, mint and celery greens.

Method of preparation: Boil rice in small quantities salted water. Then discard in a sieve and rinse with cold water to prevent the rice from sticking together.

Place the olives and mushrooms in a colander. After they have drained,

cut them into thin slices. Pour them into the rice, carefully

Stir and add chopped tuna.

Peel the onion and chop finely. Chop the celery greens.

Add these ingredients to the total mass.

Squeeze the juice from the lemons and add it to the mayonnaise, mixing thoroughly.

mix. Dress the salad with the prepared sauce. Put

place it in a heap on a plate and garnish with mint leaves.

63–4978419184

Required: 150 g smoked fish, 180 g sausage, 100 g carrots,

100 g pickled cucumbers, 2 onions, 100 g green peas, 200 g potatoes, 4 eggs, 250 g mayonnaise, peanuts, salt, black pepper.

Method of preparation: Fish freed from bones chop. Cut the sausage into cubes, mix with the fish in deep bowl.

Boil carrots, potatoes, eggs. Cool and peel, then cut into small cubes.

Cut the pickles into thin strips. Combine together.

all products. Throw the green peas into a sieve. Add them to total weight. Salt and pepper the salad to your taste, season with mayonnaise, add peanuts. Place it in a pile in salad bowl.

64–31841901

Required: 150 g rice, 120 g dried apricots, 80 g raisins, 5 eggs, 70 g pickled grapes, 100 g apples, 200 g sour cream, 3 tbsp. honey.

Method of preparation: Wash the rice and pour a little amount of water. Bring to a boil, cover and

Cook over low heat until done. Then drain the rice

sieve and rinse with cold water. Rinse the dried apricots and raisins, pour hot water over it, cook on low heat for 3 minutes. Drain the water,

Dry the dried fruits a little.

Peel the apples and cut into cubes. Pickled

Throw the grapes into a sieve. Beat the cooled sour cream with with warmed honey.

Combine all the ingredients you have prepared and season.

sour cream sauce. Place the salad on a plate and garnish with raisins, dried apricots and grapes.

65 – 498741219301

You will need: 200 g shrimp, 200 g potatoes, 3 eggs, 2 onions, 150 g olives, 100 g carrots, 100 g pickled champignons, 200 g sour cream, 2 lemons, salt.

Method of preparation: Boil the shrimp in salted water with

onion, then peel. Chop them with a sharp knife. Peel and boil the potatoes. Drain and dry. potatoes over low heat. Let them cool and cut them into small cubes. Boil the eggs, peel and cut them into thin slices.

Place the olives and champignons in a sieve. Boil the carrots, clean and chop. Mix all the salad ingredients, add salt.

Cool the sour cream and mix it with the juice of one lemon. Lemon Beat the sauce thoroughly and dress the salad with it. Place the salad on dish and garnish with thinly sliced lemon.

66 – 986412198

Required: 100 g herring, 120 g squid, 150 g pickled chanterelles, 250 g pasta, 4 eggs, 100 g cauliflower, 100 g pickles, salt. For the sauce: 2 eggs, 2 tsp powdered sugar, 3 tsp salt, 5 allspice peas, 2 tsp vinegar, 20 g vegetable oil, coriander.

Method of preparation: Clean the herring and remove the bones. Cut it into small pieces. Boil the squid in salted water for 5 minutes. Then peel and chop them. into small cubes. Chop the cauliflower, grind it pickled chanterelles.

Boil the pasta in salted water and drain in a colander. Boil the eggs, peel and chop them. Pickled cucumbers Cut into cubes. Combine all ingredients and add salt to the salad. Prepare the sauce. To do this, beat the chilled eggs with powdered sugar and salt. Add spices and vinegar and beat sauce until a thick white foam forms. Stir continuously, pour in vegetable oil in a thin stream. After that, add a little Cool the sauce and dress the salad with it.

67–81906431901

Required: 100 g herring, 150 g rice, 80 g pistachios, 100 g carrots,

2 tbsp. l. basil, 3 tbsp. l. nutmeg, 5 eggs, 150 g marinated champignons, salt, allspice, leaves salad. For the sauce: 200 g cream, 2 tbsp. wine vinegar, 2 tbsp. nut butter, 2 tsp salt, 2 tsp powdered sugar.

Method of preparation: Clean the herring from bones and finely cut. Wash the rice well and cover with water. Bring it to boil, cover and simmer over low heat until readiness. Then discard the rice in a sieve, rinse with cold water, mix with herring, add salt and pepper. On the bottom Place these products in salad bowls.

Boil the carrots and eggs. Cool and peel them, then finely chop them. chop. Pour carrots and eggs into a separate bowl. Add chopped basil, nutmeg and pickled champignons. Mix everything, add salt and pepper.

Whip the chilled cream with powdered sugar and salt. Do not Stop whisking and pour in the wine vinegar. Then carefully add nut butter. Mix the sauce well and season the second part of the salad. Place it on top of the layer of herring and rice.

Decorate everything with greenery.

68–498641819

You will need: 0.8 kg of squid, 4 eggs, 3 onions of mild varieties, 1 pack of crab sticks, 1 jar of mayonnaise.

Method of preparation: Boil the squid carcasses in salted water. water, remove the films and chop into medium-sized pieces.

Chop the onion into half rings and rinse in several waters, to remove all the bitterness. Chop the crab sticks and eggs: eggs – finely, sticks - larger. Mix all ingredients and season mayonnaise. This wonderful salad is best served with white muscat wine.

69–51951731914

You will need: 2 celery roots, 4 potatoes, 3 tbsp chopped marinated champignons, 2 boiled eggs, 2 pickled cucumbers, 2

tbsp mayonnaise, 1 tsp mustard, salt.

Method of preparation: Boil the potatoes in their skins, Peel and cut into small cubes. Celery root grate, finely chop the eggs and cucumbers. The listed mix the ingredients with the mushrooms, season with the sauce mayonnaise, mustard and salt.

70–898064191

You will need: 150 g of pasta, 2 cloves of garlic, 1 onion, 100 ml vegetable oil, 50 ml wine vinegar, 50 g anchovies, 50 g olives, salt, water.

Method of preparation: Boil the pasta. Chop the onion and garlic and fry in vegetable oil. While the onion is frying, mix wine vinegar, vegetable oil, pepper, salt. Mixture bring to a boil.

Mix the anchovies with the pitted and chopped olives.

Drain the pasta and place it on plates. Combine hot spices, pour them over the pasta. Arrange the anchovies with olives.

71–4986917148

Required: fruits from homemade compotes – apricots, pears, apples, 3 fresh apples, 3 oranges, 2 kiwis, 100 g grapes, 100 g ground nuts, 250 g sour cream, 150 g sugar.

Method of preparation: Cut the fruits from the compotes into cubes, Place on the bottom of a large dish. You can layer it. Place a layer apples. Cut the grapes in half and place on top apple layer. Then a layer of diced orange slices and kiwi. Pour each layer generously with sour cream, whipped with

sugar. Sprinkle the salad with nuts on top.

To prepare fruit salad it is advisable to use with a sharp knife to reduce the amount of juice that flows out of the fruit. Cooking

they must be washed immediately before use.

72–54864197

You will need: round bread, 2 boiled potatoes, 2 pickled cucumbers, 3 eggs, 80 g peas, 100 g marinated mushrooms, 200 g boiled meat, 100 g sour cream, 3 tbsp mayonnaise, salt, pepper.

Method of preparation: Cut off the top of the round bread and remove

bread crumb. Put the filling in this bread basket. For finely chop the filling meat, cucumbers, eggs, mushrooms, add peas and pour sour cream and mayonnaise. Salt and season to your taste. Sprinkle the basket with the filling generously with grated

cheese and put it in the oven for a short time. Once the cheese it will melt and cover the basket with an appetizing crust – take it out salad. Serve cooled and garnished with herbs.

73– 4916487178

Required: 350 g fresh white cabbage sliced ripe apricots, 2 kiwis. cabbage, 3 glasses

Method of preparation: Shred the cabbage and mix with apricots. Serve with fruit sauce and separately sliced kiwi.

74–5196418194

You will need: 125 g yogurt, 3 apples, 5 tbsp oatmeal, 2 tbsp. grated nuts, 1 tbsp. raisins. Method of preparation. Oatmeal Pour a small amount of cold boiled water over the flakes for 15–20 minutes. Peel the apples and grate them on a coarse

grater. Place the grated apples in a salad bowl. Oatmeal squeeze out the water and transfer to the apple mixture. Add grated nuts. Rinse the raisins well and soak for 15 minutes in hot water. Place the prepared raisins in a salad bowl. Mix the ingredients and pour in the yogurt.

FIRST COURSES

75–47921431948

You will need: 1.8 kg of fresh cabbage, 5 potatoes, 1–2 onions, 1–2 carrots, 1 beetroot, 0.5 lemon, bay leaf, salt, pepper, parsley.

Method of preparation: Cut all vegetables into strips, put in saucepan, pour boiling water, add salt, lemon juice, pepper, bay leaf, parsley.

76 – 498741818145

Required: 2 cans of canned fish in oil, 1–1.5 kg of fresh cabbage, 6 potatoes, 1 onion, 1-2 carrots, 1 beetroot, bay leaf, 2-3 tbsp vegetable oil, salt, pepper, 100 g sour cream or Provencal mayonnaise, parsley.

Method of preparation: Pour cold water into a saucepan, bring to a boil, add salt, peeled and sliced potatoes. Finely chop fresh cabbage and put it in a saucepan. Sauté the peeled onion vegetable oil until golden brown, add finely chopped carrots, mix and fry in oil for a few minutes. Place the resulting mixture in a saucepan with vegetables, let boil. Peel the beets, chop finely and Place on a heated frying pan greased with vegetable oil oil, add boiled water and simmer under a closed

lid until done. Open the can of preserves and carefully put its contents into a pan with vegetables, stir, let it boil. Put the bay leaf in the pan, add pepper, add salt, season with beets and parsley. Remove the pan from the heat. The Atlantic borscht can be Serve hot or cold, seasoned sour cream or Provencal mayonnaise.

77–2987412019

You will need: 500 g of poultry meat, 2 onions, 3 carrots, 1 beetroot, 0.5–1 kg fresh cabbage, 2 tbsp butter, 0.5 lemon, 100 g sour cream, dill, bay leaf, salt, pepper, 3-4 potatoes.

Method of preparation: Divide the bird carcass, wash, put it in a deep pan, fill it with water, put it on high heat, bring to a boil, add salt, leave to simmer over low heat. When the poultry is almost done, remove it from the pan, separate the meat from the bones. Finely chopped onion

sauté in oil, add finely chopped carrots, pour in a little broth and simmer. Boil or bake the beets in oven, then peel and grate on a coarse grater.

Finely chop the cabbage, cut the potatoes into cubes.

Place the cabbage and potatoes in the broth. A few minutes before remove from heat, season the broth with stewed vegetables and beets,

add lemon juice, put the poultry fillet. Salt, pepper, add bay leaf. When serving, season with sour cream, garnish with dill.

78– 01931489

Required: 9 potatoes, 1 carrot, 1-2 onions, 300 g beet tops, 200 g fresh peas, 2 tbsp vegetable butter, 100 g sour cream, 2-3 eggs, salt, parsley, dill.

Method of preparation: Boil water, put finely chopped

chopped beet tops, bring to a boil, then add diced potatoes. Saute finely chopped onion and carrot and cook until done. A few minutes before At the end of cooking, add salt and season with well-beaten eggs. Before serving, season the borscht with sour cream and garnish. greenery.

79–014214912

Required: 75 g dried porcini mushrooms, 100 g boiled prunes, 3-4 boiled or baked beets, 4-5 potatoes, 1-2 carrots, 2 onions, 4 tbsp tomato paste, 2 tbsp. vegetable oil, 1 tbsp. sugar, 1 tbsp. vinegar, salt, pepper, bay leaf, dill or parsley, 100 g sour cream.
Method of preparation: Soak the mushrooms in water for an hour, then rinse them well with cold water and boil them in a large amount of water. Strain the broth and cut the mushrooms into strips. Add diced potatoes, bring to a boil, then Season with vegetables sautéed with tomato paste. Add salt, pepper, bay leaf, vinegar and sugar. Before removing from heat, place the chopped strips into the pan. mushrooms. Boil the prunes separately and remove the pits. Before serving, add prunes to each plate, Season with sour cream and garnish with herbs.

80– 4986418

Required: 500 g beets, parsley and celery roots, 250 g sour cream, 2 tbsp. milk, 1–2 tbsp. flour, 4–5 potatoes, 2–3 cloves of garlic, 4-5 eggs, 1-2 cups of beetroot kvass, salt, pepper.
Method of preparation: Wash the vegetables and cut them into thin slices. slices, pour hot water over them, add salt and cook until soft. Fry the flour, then dilute it in a small amount of milk and pour into the broth. After boiling, pour in the beet kvass, season with sugar and garlic, ground with salt. Mix

with sour cream. Serve separately as a side dish with boiled potatoes or hard-boiled eggs.

81–319314819

You will need: 3 beets, 6 potatoes, 4 tbsp. butter, 2 onions, 2-3 carrots, 2 apples, 2-3 tbsp. flour, 3-4 tbsp. tomato paste, 200 g sour cream, parsley, sugar, salt.
Method of preparation: Cut the potatoes into strips and dip in boiling water, add salt, sugar, finely chopped, onions sautéed in oil and carrots grated on a coarse grater. When the potatoes are cooked until done, place them in a vegetable broth grated on a coarse grater baked beetroot and finely chopped apple. Bring to a boil and season with tomato sauce. pasta. Before serving, put a spoon in each plate sour cream and sprinkle generously with parsley.

82–38941481

Required: 700 g poultry meat, 400 g white cabbage, 80–90 g pork fat, 2-3 beets, 3 tbsp. tomato paste, 6-8 potatoes, 200–300 g flour, 2 eggs, 1–2 onions, 2 carrots, pepper, salt, bay leaf, 1 tbsp. sugar, 100 g sour cream.
Method of preparation: Process the poultry meat, pour cold water, cook over low heat until done. Coarsely shred the cabbage, put it in the pan with the meat. Then sauté the onion with flour, carrots and beets in lard, add tomato paste, sugar, simmer and season the broth. Put in boiling borscht diced potatoes, add salt, pepper, bay leaf to taste. Prepare the dough for the dumplings. Mix the egg, a glass of broth, flour, add salt and pepper. ready borscht with a tablespoon lower the dumplings. Remove the borscht from the heat when the dumplings are ready. Before serving Season the borscht with sour cream.

83–5489163191

Required: 1000 g of giblets, 3 beets, 4 potatoes, 200 g cooking fat, 2 onions, 2 carrots, 700 g bread kvass, 2-3 tbsp tomato paste, 100 g sour cream, parsley or dill, salt, pepper, bay leaf.

Method of preparation: Boil the giblets in a deep saucepan with half of the vegetables. Strain the broth and chop the giblets. Cut the beets into strips, add tomato paste, bread crumbs kvass, salt and simmer until done. Shredded onion and carrot lightly fry in fat. Put the chopped cabbage and potatoes, bring to a boil, add stewed beets and sautéed vegetables, salt, pepper, bay leaf and cook until readiness. Before serving, season with sour cream and put Place the giblets in each plate and sprinkle generously with herbs.

84– 319484312

You will need: 5 beets, 3 tbsp. cooking fat, 2–3 tbsp. flour, 2 l. meat broth, 1-2 lemons, parsley.

Method of preparation: Peel the beets, cut into pieces. into strips, fry in fat and add flour. Then pour in the broth and cook until the beets are done. Strain the broth, beets rub through a sieve and add lemon juice. Before serving Decorate the table with parsley.

85–498710641

You will need: 1 can of canned fish in tomato sauce, 1–1.5 kg of fresh cabbage, 3-4 potatoes, 1 onion, 1-2 carrots, 1-2 tbsp. vegetable oil, bay leaf, salt, pepper, herbs parsley.

Method of preparation: Pour cold water into a saucepan, bring to a boil, add salt, add diced, pre-peeled and washed potatoes. Chop

finely chop fresh cabbage, add to potatoes. Saute finely chopped onion in vegetable oil, add chopped cut the carrots into strips, fry a little, pour in water and simmer. Season the vegetable broth with stewed onions and carrots. boil. Put the canned fish into the boiling broth, put the bay leaf, add pepper, salt to taste, and also coarsely chopped parsley. Cover the pan cover and remove from heat. The fish soup is ready to serve. both hot and cold.

86–49864101981

Required: 120 g dried mushrooms, 250 g sauerkraut, 1 onion, 2 tbsp. vegetable oil, parsley, 2-3 potatoes, pepper, salt, 2 tbsp. tomato paste.
Method of preparation: Pour hot water over the mushrooms and set aside. soak for a few minutes. Pour warm water over the sauerkraut. water, squeeze out. Put in a saucepan and pour boiling water, add tomato paste, cover with a lid and simmer for low heat. Saute finely chopped onion on vegetable oil, add squeezed, finely chopped mushrooms. Transfer to a saucepan with cabbage, add more water and leave. simmer. Peeled and washed potatoes cut into cubes and add to the cabbage with mushrooms, cook for slow fire until done. Add pepper, salt, coarse chopped parsley, remove from heat.

87–49867121901

You will need: 450 g fish fillet, 250 g each of sorrel and spinach, 1 carrot, 1 onion, 2 tbsp. flour, 2 tbsp. vegetable oil, 2 eggs, salt, peppercorns, bay leaf, green onions.
Method of preparation: Sort and wash the leaves thoroughly. spinach and sorrel, boil and rub through with the broth sieve. Lightly fry finely chopped onion and carrot, Sprinkle with flour a few minutes before the end of frying.

Dilute the vegetables with hot water in the proportion required for the soup.

Add sorrel and spinach puree, bay leaf, herbs, pepper peas, salt. Boil everything for a few minutes. Chopped Salt and pepper the fish fillet into small pieces and roll them in pre-dip each piece in flour and fry. Before serving Place a piece of fish on each plate, half of it hard-boiled egg and chopped green onions.

88–2193198194

You will need: 900 g sturgeon, 6 potatoes, 800 g fresh cabbage, 1 turnip, 2 carrots, 1-2 onions, 3-4 tbsp tomato paste, 3 tbsp cooking fat, salt, pepper, bay leaf, parsley.

Method of preparation: Scald the fish, clean and cook well. rinse it, then put it in boiling water and cook until done.

Scalded and cleaned heads without gills and eyes, as well as tails and put the fins in a saucepan, fill with cold water and Cook the broth. Combine the pulp removed from the boiled heads with

pieces of boiled fish. Cut the cabbage and put it in the fish broth, then add the chopped potatoes, bay leaf leaf, pepper, salt. Cut the vegetables into strips and sauté in fat with tomato paste, put into a pan with cabbage and potatoes. Place the fish pieces in pots and pour in the cabbage soup, Season with sour cream and garnish with parsley.

89– 91481431948

You will need: 2 cups of salted mushrooms, 150 g of dried mushrooms, 1 cup of shredded sauerkraut, 1 carrot, 2 tbsp. vegetable oil, 100 g sour cream, 1 tbsp. feta cheese, herbs and parsley root, salt, pepper.

Method of preparation: Soak dried mushrooms in warm water and let it stand. Then squeeze it out, chop it finely and cook it on low heat. Then add the salted mushrooms, pickled

cabbage, sliced carrots, cook until done.
Then pour in the vegetable oil, add finely chopped
parsley roots, salt and pepper to taste. Before serving
Season with sour cream and feta cheese and garnish with parsley.

90–319481919400

You will need: 650 g fresh sterlet, 120 g pickled cucumbers, 2–
3 tomatoes, 2 onions, 2 tbsp. vegetable oil, salt, pepper,
bay leaf, parsley, 2 tbsp. tomato paste,
olives.

Method of preparation: Cut the fish, remove the bones.
head and bones, prepare a lightly salted broth. Sauté
finely chopped onion, add tomato paste, then put
fish fillet, cut into large pieces. Then add to
a saucepan of cucumbers, tomatoes, bay leaves, sliced into strips
leaf, pepper, salt. Before serving, add to each
olives, garnish with parsley.

91–519481319061

You will need: 600 g of any sea fish fillet, 3 onions, 1–
2 carrots, 2 tbsp tomato paste, 100 g sour cream, 0.5 lemon, 150–
200 g pickled cucumbers, 50-100 g seaweed, salt, pepper,
bay leaf, parsley.

Method of preparation: Wash the fish fillet, cook it
lightly salted broth. Remove the fish fillets from the broth, lightly
fry. Saute coarsely chopped onion and carrot with
adding tomato paste. Pour over fried fish fillet
broth, add onions and carrots, coarsely chopped salted
cucumbers and seaweed. After a few minutes, add
bay leaf, salt, pepper. Serve with sour cream or
lemon without peel, garnish with herbs.

92–498641219401

Required: 900 g of any Far Eastern fish, 3 onions, 50 g pickles, 2 tbsp tomato paste, 2 tbsp butter oils, bay leaf, peppercorns, 0.5 lemon, salt, olives or olives, parsley.

Method of preparation: Cut the fish into large pieces, fill with cold water, bring to a boil, remove scale, salt and cook over low heat. Then carefully remove fish from the broth.

Thinly sliced onion, lightly fry in butter, add after a few minutes tomato paste. Peel the pickles and cut into them into thin slices. Drop into boiling broth prepared vegetables and spices, then put the fish fillet, Bring to a boil and remove from heat. When serving, Place a piece of fish on the plate, a few slices of peeled lemon zest and a few olives, garnish parsley greens.
93–498641819

Required: 350 g sturgeon, 2 carrots, 1 onion, 120 g salted cucumbers, 120 g tomatoes, 1 tbsp tomato paste, 2 tbsp. vegetable oil, 0.5 lemon, parsley, olives or olives, parsley roots.

Method of preparation: Cut carrots and parsley thinly slices, chop the onion and sauté. Into the boiling broth Add the sautéed roots and bring to a boil.

Add finely chopped pickles, olives or olives, fish, divided into portions, and bring to readiness. At the end of cooking, add the tomatoes, chopped slices. Serve the solyanka with lemon, sprinkled parsley greens.

94 –4986418

You will need: 900 g fresh champignons, 7 pickled cucumbers, 2–3 onions, 100 g olives, 3 tbsp tomato paste, 150 g sour cream,

lemon, parsley and dill, salt, pepper.

Method of preparation: Wash the champignons with cold water, Pour water over them and cook until done. Then strain the broth. Saute the chopped onion in vegetable oil, add tomato paste. Boiled mushrooms, sautéed onions and Place the cucumbers cut into strips into the strained broth, Add salt, pepper and cook for a few minutes. Before serving, Garnish the table with a slice of lemon and season with sour cream.

95-3648189181

You will need: 450 g of poultry, 2 l of water, 1 onion, 1 carrot, 1 tbsp. butter, parsley and celery, pepper, 150 g grated cheese, bay leaf, salt.

Method of preparation: Prepare a clear broth from the poultry, add salt and pepper.

Separate the poultry meat from the bones, into pieces and place on plates.

cut

small

Boil the pasta separately so that the broth is not lost.

transparency. Cut the celery root and carrots into cubes, tomatoes - into slices.

Place raw vegetables and pasta in bowls. Pour over everything. broth. Add chopped dill and parsley.

96-49864131840

Required: 450 g poultry, 250 g carrots, 1 lemon, 120 g potatoes, 3 cloves of garlic, 2 large onions, 1 tbsp. butter, herbs, salt to taste.

Method of preparation: Prepare the broth from the poultry, strain it. his. Boil the potatoes whole, mash them finely chopped garlic. Heat the broth, put it in the resulting mass and fried until golden brown in oil onion, carrot. Add herbs, salt.

97–498641719401

Required: 450 g poultry, 3 onions, 1 carrot, 2 l water, greens dill, 4 egg yolks (for 4 servings), salt.

Method of preparation: Make broth from the poultry, periodically skimming off the foam and fat. Strain it. Chop finely onion, carrot, dill. Place in broth cups vegetables, greens, raw yolk. Pour in water cooled to 80 °C broth.

98–519616319401

You will need: 350 g of poultry, 1 onion, 4 potatoes, 1 carrot, parsley, a glass of sour cream, salt, 20 g of horseradish.
Method of preparation: Divide the chicken (or other bird) into 4 parts and fill with cold water. Bring to a boil, remove foam and cook the broth for another 1 hour on low heat. Add finely chopped carrots, potatoes, onions, add grated horseradish, add salt and cook until done.
Serve with chopped herbs and sour cream.

99–498641019

Required: 550 g turkey, 2.5 l water, 3 carrots, 2 heads onions, 1 tbsp. butter, 3 eggs, 0.5 cups milk, herbs, salt.

Method of preparation: Prepare a clear broth from turkey. Finely chop the carrots and onions and add to the broth. Add salt and herbs.

Prepare an omelette, cut into fairly large diamonds, Place one piece in each plate and pour over broth. Serve with salted biscuits.

100–214982891

Required: 550 g poultry, 2.5 l water, 75 g rice, 0.5 lemon, bay leaf, salt, dill, leek, 1 tbsp butter oils.

Method of preparation: Cut the bird into pieces and fry them in oil until golden brown. Preliminary salt each piece and brush with lemon juice. Dip fried pieces of poultry into boiling broth. Put bay leaf, salt, separately boiled rice, greens. Serve to table with sour cream or mayonnaise.

101–498641719819

You will need: 480 g of poultry, 2.5 l of water, 80 g of fresh mushrooms, 1 carrot, 1 onion, bay leaf, celery, parsley, salt, 3 tbsp. butter, pepper, 100 g potatoes.

Method of preparation: Make poultry broth. Strain it. Cut the potatoes and carrots into cubes and put them into the broth.

Fry finely chopped onion and grated onion in butter. grate the carrots. Add to the broth. Put in the bay leaf, salt.

Boil the mushrooms separately.

Before serving the broth, add the chopped into small pieces pieces of poultry, boiled mushrooms, greens.

102–49864101914

Required: 650 g poultry, 250 g chicken liver, 1 carrot, 1 onion, herbs, salt, 2 tbsp. butter, 2 l water, 2 tbsp. l. sour cream, pepper.

Method of preparation: Pour 2 liters of cold water into a saucepan,

add the bird, cut into pieces. Then (after boiling water) reduce heat and add chicken liver, carefully washed beforehand. Tie the greens with a thread and put them in the broth,
when it is almost ready. Remove the greens after a few minutes. Fry the onion and carrot in butter, add to the broth. Add salt to taste.
When the chicken liver is ready, remove it from the broth, cool, mince twice to make a pate turned out airy. Add some broth and butter oil, add salt, pepper, mash the yolk of a boiled egg and put into the pate. Mix everything thoroughly. Cut the bun into thin slices and spread the pate on them. Serve with broth.

103–4986417184

Required: 350 g of poultry, 2.5 l of water, 2 onions, 2 potatoes, 1 carrot, 5 peppercorns, bay leaf, dill, salt, 1 tbsp butter. For dumplings: 4 tbsp flour, 1 tbsp. butter, 1 egg, 1 tbsp milk, a little salt.
Method of preparation: Prepare a clear broth. Place the potatoes and dumplings into the boiling broth. 10 minutes before
when ready, add the carrots and onions fried in oil, then Add bay leaf, allspice, herbs and salt.
To prepare dumplings, take flour, a little milk, butter, 1 egg, a little salt and knead the dough, consistency reminiscent of sour cream. Grab a little bit of it with the edge
hot spoon dough and drop it into the boiling broth. Don't forget After this, cover the broth with a lid for 3–4 minutes. Pour the broth into bowls and sprinkle with chopped herbs, season with sour cream.

104–47864181814

Required: 400 g chicken or goose giblets, 50 g noodles, 2 heads onions, 2 carrots, 2-3 potatoes, 2 tbsp. butter oils, 100 g turnips, 2 cloves of garlic, 2 cloves, herbs parsley, salt.

Method of preparation: Prepare a broth from the giblets, strain it. Put in chopped potatoes, noodles, turnips, sautéed onions, carrots, cloves. Salt. Add crushed garlic, chopped parsley.

105–4184140618

You will need: 350 g of poultry, 3 onions, 2 tbsp. butter, 1 tbsp flour, 100 g cheese, bay leaf, salt, celery greens and parsley.

Method of preparation: Cover the bird with cold water and bring to a boil.

to a boil and cook until done. Melt in a frying pan butter and fry the onion until golden brown. Add 1 tbsp flour and fry it too, stirring constantly. Put it in broth. A few minutes before it is ready, add the bay leaf. leaf, add salt. Serve with grated cheese, chopped celery and parsley greens.

106–4896410194

Required: 350 g of poultry, 2.5 l of water, 3 onions, 50 g of potatoes, 60 g peas, dill, 1 tbsp butter, pepper, salt.

Method of preparation: Cut the bird into pieces, pour cold water, bring to a boil and simmer until done.

Put in the peas, finely chopped potatoes. Fry the onion on butter and put into the broth. Add salt, pepper and taste, greens.

107–498641017

Required: 250 g turkey or chicken, 150 g potatoes, 120 g onions, 50 g dried mushrooms, bay leaf, 1 egg, 1 tbsp. butter, herbs, salt.

Method of preparation: Soak the mushrooms in cold water. Finely chop. cut potatoes and onions. Place the turkey, mushrooms and bay leaf in a saucepan and cover with cold water and cook for 50 minutes. Add chopped diced potatoes. 10 minutes before the end of cooking, put in broth sautéed onion. Add salt. Serve with chopped herbs and crushed boiled egg.

108–49641012

Required: 650 g of poultry, 3 potatoes, 1 onion, 2 l of water, 2 large tomatoes, 1 parsley root, 1 tbsp. melted butter, 100 g cheese, 0.2 g saffron, pepper, salt.

Method of preparation: Prepare a transparent strain it. 14fold in the finely chopped potatoes. bouillon, Fry chopped onion, parsley root in melted butter, tomatoes, with the addition of saffron. Put everything into the broth. Add salt and pepper. Serve with chopped herbs and grated cheese.

109–5987143190

Required: 550 g poultry, 1.5–2 l water, 3 onions, 2 carrots, 300 g champignons, 2 tbsp. butter, dill and parsley, salt.

Method of preparation: Prepare clear chicken broth.

Peel and core the apples and chop finely.

Chop the onion.

Fry the onions and apples in a preheated frying pan, put in broth. Add green peas 15 minutes before it is ready.

Before serving, season the soup with cream. Add salt, add some pepper.

140–47964121931

Required: 350 g poultry, 2 l water, 1 onion, 1 carrot, 300 g champignons, 2 tbsp. butter, dill and parsley, salt.

Method of preparation: Prepare the broth, strain it.

Finely chop the onion and mushrooms. Grate the carrots on a fine grater.

Melt butter in a frying pan. Fry mushrooms and vegetables. Add 1 cup of broth and simmer for 30–40 minutes. Put all in the soup together with chopped dill and parsley.

Add a slice of lemon to each plate.

141–49864171914

Required: 450 g poultry, 4 potatoes, parsley, 180 g eggplants, 100 g zucchini, 140 g fresh mushrooms, 3 cloves garlic, 2.5–3 l water, 2 tbsp tomato paste, 50 g walnuts, 100 g cheese, 1 tbsp flour and butter.

Method of preparation: Prepare the broth, skimming off the foam and excess fat. Put chopped mushrooms, zucchini, potatoes, eggplants and cook until done. Fry in oil flour, add tomato paste. After 2-3 minutes, put the resulting sauce into the soup. Pour into bowls.

Serve with crushed garlic, grated walnuts and cheese. Sprinkle with chopped parsley.

MAIN COURSES

142–41931481910

You will need: 1 chicken, 2 cups of millet, 250 g of pumpkin, 100 g table margarine, 1 onion, 1 carrot, salt.

Method of preparation: Separate the chicken from the bones and cut it

pieces and fry in margarine with onions and carrots. Pumpkin cut into small cubes and mix with washed millet.

Place the chicken in the pots, mix it with millet and pumpkin, add salt, pour boiling water over and place in the oven.

143–4914883194

You will need: 1 chicken, 1.5 kg mushrooms, 200 g melted butter, 2 onions, 120 g hazelnuts, salt, herbs.

Method of preparation: Separate the chicken from the bones and cut it

pieces, add salt, fry in melted butter and put in pots. Clean the mushrooms, wash them, soak them for 2 hours in cold water, then chop and fry in oil with onions.

Peel the nuts, chop them, and sprinkle them over the chicken.

Place the mushrooms on top, pour boiling water over them and place in the oven.

Sprinkle with chopped herbs 10 minutes before cooking.

144 –489641017

Required: 1 chicken, 0.8 l milk, 1 egg, 0.8 kg corn, 2 onions, salt.

Method of preparation: Separate the chicken meat from the bones, salt, put in pots. Clean corn, pour in grains into pots on top of the chicken, put chopped onion on top and pour warm milk over it. Place in the oven for 2–2/2 hours.

10 minutes before cooking, add the beaten egg to the pot.

145 –41931481901

Required: 1 chicken, 23 eggs, 0.5 jars of mayonnaise, 1 head garlic, salt.

Method of preparation: Boil the chicken in water until half-cooked, separate from bones, cut meat into pieces. Chop the garlic and mix with mayonnaise. Each piece salt the chicken, coat with mayonnaise and garlic and put in pots, carefully beat the eggs on top, trying to get the yolks keep the shape, add salt, pour mayonnaise and put in oven.

146–21431751948

You will need: 0.8 kg of chicken stomachs, 1 jar of mayonnaise, 3 onions, black pepper.

Method of preparation: Mince the chicken gizzards mince the onion, add salt, pepper, mix with mayonnaise and put the whole mass into pots, put in a preheated oven and bake.

147–51951431918

You will need: 1 chicken, 1 jar of mayonnaise, 3 heads of garlic, salt, pepper.

Method of preparation: Separate the chicken from the bones, cut the meat large pieces, salt each of them, pepper. Garlic finely crush, mix with mayonnaise and coat each piece. Place the chicken in the pots, basting evenly. mayonnaise, put in the oven and bake.

128– 48916419

You will need: 1 large turkey, 0.8 kg of onions, 2 heads garlic, 220 g flour, 200 g olive oil, 2 tbsp vinegar, black pepper, salt.

Method of preparation: Wash the turkey and pour boiling water over it.

Then very carefully pierce the skin and meat in 6-8 places. with the tip of a knife. Put half of each into the resulting holes. bay leaf, salt and pepper. Cut the onion into rings, marinate in vinegar and place inside the turkey.

Rub the turkey well with olive oil and add flour, rub with salt and pepper and place in a fireproof dish with heated oil. Place in a very hot oven and Bake there until done. Take out every 15-20 minutes Remove the turkey from the oven and baste it with the fat that has rendered out. When serving, sprinkle the turkey with finely chopped garlic and garnish with herbs.

149–51931489

Required: 1 turkey, 0.8 kg carrots, 1 kg onions, 300 g cheese, 100 g flour, 1 jar of mayonnaise, salt, black pepper.

Method of preparation: Peel the onion and carrot, cut and stir. Fry the resulting mixture in a small amount of oil and let cool, then add grated cheese, mayonnaise, salt, pepper.

Cook the turkey in a small amount of water until half-cooked and dry. Prepared in this way stuff the turkey tightly with onions and carrots. In the remaining add some flour and mix until you get a doughy consistency mass. Then cover the turkey with a thick layer of this mass, Place in the oven and bake until done over low heat. The finished turkey should be covered in a beautiful dark red color. crust.

When serving, sprinkle the turkey with a little lemon juice. juice and sprinkle with herbs.

120–49864178

You will need: 1 turkey, 250 g dry white wine, 1 jar of mayonnaise, 2 lemons, salt, black pepper.

Method of preparation: Wash the turkey, dry it, rub it salt and pepper inside and out, coat with mayonnaise. Take syringe with a thick needle and inject into the meat in several places turkey white wine. It's very simple: draw wine into a syringe and make "injections" by inserting the needle 1/2-2 cm slightly diagonally. Each

such an injection should not exceed 2 ml. After the turkey seasoned with wine, it needs to stand for about 1 hour in a warm place

place. Then coat it with mayonnaise again.

Bake in a very hot oven until done, remembering baste the turkey with the liquid that melts from it from time to time fat. Before serving, thinly cover the turkey with sliced lemon wedges.

121–3194198

You will need: 1 turkey, 4 onions, 100 g flour, 100 g butter, 200 g soy sauce, 1 head of garlic, leaves green salad, parsley and dill, black pepper, salt.

Method of preparation: Chop half of the prepared onion rings, cut the other half into small cubes, fry in butter until golden brown and lightly cool. Mix with flour, crushed garlic, pepper and soy sauce until a thick, homogeneous mass is obtained. This Coat the turkey inside and out with the mixture. Onion, cut into rings, mix with soy sauce and place inside the turkey. Place it in the oven to bake, remembering pour the rendered fat over it. Before serving Place the turkey on a platter lined with lettuce leaves and top with

sprinkle with chopped herbs.

122–4786419

You will need: 1 large turkey, 5-6 eggs, 1 head of garlic, salt, pepper, 100 g sour cream, dill seeds.

Method of preparation: Boil the turkey in a small amount of salted water with spices.

Boil the eggs soft-boiled, cool, peel and cut.

half. Prepare the dressing for the eggs: squeeze the garlic through garlic and mix with yolk, add a little broth from under the turkey, pepper, mix everything, put it back into the eggs

and close them. Then place the turkey on the baking sheet, inside hide the eggs and sew up the hole so that there is no loss of juice minimal. Bake in the oven until done, basting

broth. Before serving, remove the threads, take out the eggs and Divide the turkey into halves again. Place it on a platter and surround with egg halves.

Take some of the remaining broth and mix it with sour cream, salt, pepper and dill seeds and serve as a sauce.

123–514312208491

You will need: 1 kg chicken, 150 g rice, 50 g butter, 4 carrots, head of garlic, salt.

Method of preparation: Grate the well-washed chicken carcass salt and garlic. Put it in a frying pan and put it in a well-heated oven. Cut the already cooked chicken into portioned pieces and place in a deep saucepan together with carrots cut into strips. Add rice, butter oil, add water or broth and simmer until the rice becomes soft.

When serving, place the pilaf in a pile, add a few more cloves of garlic, place chicken pieces on top.

124 – 498641 214

You will need: 450 g chicken fillet, 2 tbsp soy sauce, 2 stems leeks, 50 g raisins, 3 tbsp vegetable oil, 250 g rice, 500 ml chicken broth, 1 can of canned pumpkin (200 g), ground black pepper, ground coriander, 1 tbsp lemon juice, salt.

Method of preparation: Wash the chicken meat under running water. cold water and pat dry with a paper towel or towel. Cut into narrow strips and leave for a short time. marinate in soy sauce.

Peel the leeks, wash, dry and cut into thin slices. rings. Then soak the raisins. Heat the vegetable oil. Stir constantly, lightly fry on chopped meat and leeks.

Pour pre-cooked rice into the frying pan and pour hot broth. Let the rice cook well for 5 minutes. swell. Drain the raisins and canned pumpkin and add them to the rice and meat mixture.

Season to taste with salt, ground black pepper and coriander. If desired, you can add a few more drops of soy sauce.

125–49864171901

You will need: 0.8 kg capelin, 2 zucchini, 120 g flour, 2 jars of mayonnaise, 150 g vegetable oil, 2 onions, 2 carrots, salt, black pepper.

Method of preparation: Cut the capelin, add salt and pepper, roll in flour, fry in vegetable oil. Zucchini cut into strips, sprinkle with flour and salt and fry as well. Fry the onions and carrots separately. Place in pots in layers. fish, zucchini with onions and carrots, pour each layer mayonnaise and place in the oven.

126–71421631841

Required: 1 kg of freshwater fish, 6 potatoes, 2 onions, 1 carrot, bay leaf, dill, salt.

Method of preparation: Cut the fish, put it on the bottom pots, put diced potatoes on top, fill with water and put in the oven. When the contents the pots will boil, add chopped onions and carrots, salt, bay leaf, dill and cook until tender.

127–498601848

You will need: 0.8 kg pike perch, 2.5 cups of rice, 1 jar of mayonnaise,

2 onions, 4 tbsp. melted butter, black pepper, salt.

Method of preparation: Cut up the pike perch, remove the bones, salt, pepper and marinate in mayonnaise for 1 hour. Rice Soak in water. Chop the onion into rings and fry in oil. Place the pike perch in the pots, cover with rice, and put on top onion rings, add salt, pour boiling water over them and put in oven.

128–49164018

Required: 2 kg burbot, 550 g dried mushrooms, 3 onions, 1 carrot, bay leaf, dill, salt.

Method of preparation: Cut and chop the burbot into pieces.

Wash the mushrooms thoroughly and soak them in cold water for 1 hour.

Place the fish mixed with mushrooms in pots, add salt, put in sliced onions and carrots, bay leaf, pour water and put in the oven. 5 minutes before it's ready sprinkle with dill.

129–498641016

Required: 1 kg crucian carp, 800 g sour cream, 6 onions, 2 carrots, 100 g

seaweed, 100 g melted butter, 200 g flour, salt.

Method of preparation. Clean and gut the crucian carp, add salt, cut into pieces, roll in flour and fry in melted butter. Boil the sour cream, pour in the chopped onion and carrot slices, flour diluted in a small amount of cold water, and boil for a little. Pieces of fish put into pots, pour hot sour cream over them and put in oven. 5 minutes before it's ready, sprinkle sea salt on top. cabbage.

130–49864181

Required: 2.5 kg pike, 6 potatoes, 4 onions, 1 carrot, 1 egg, herbs, salt.

Method of preparation: Clean the pike, separate the fillet from the bones

and heads. Pass the fillet through a meat grinder 3 times, the third time

along with the onion, mix the minced meat with the egg, add salt and form small balls. Boil the head and bones

broth. Cut the potatoes into small cubes, chop the onion and carrots, mix everything. Put a layer on the bottom of the pots vegetables, then fish balls, then vegetables again – and so on until filling the pots. Pour in hot broth and place in oven.

131–589641071

Required: 1 kg of sterlet, 0.8 kg of onion, 2.5 cups of milk, 2 cups vinegar, 1 jar of mayonnaise, salt.

Method of preparation: Cut the sterlet into pieces and soak in milk for 1 hour. Cut the onion into rings, soak in vinegar, put in pots in layers sterlet and onion, pour each layer

mayonnaise and place in the oven.

132–3986417891

Required: 0.8 kg carp or pike caviar, 4 eggs, 4 onions, 100 g vegetable oil, salt.

Method of preparation: Carefully remove the caviar from the fish, Place in a non-metallic bowl and beat with a fork until combined remove the films, add salt. Chop the onion, mix with vegetable oil, mix with caviar, put there egg yolks. Beat the egg whites until foamy and carefully add them into the caviar. Transfer the mixture into pots, place in the oven and bake.

133–79864101684

You will need: 850 g fish, 1.2 kg fresh cabbage, 3 tbsp margarine, 1 carrot, 2 tbsp. ground breadcrumbs, 2 pickles, 1 tbsp. grated cheese.

Method of preparation: Cut the cabbage into small pieces, put it in a saucepan, add some water. Chop the onion, carrots, parsley, fry, then add tomato paste, salt, sugar, sprinkle with flour and mix everything with cabbage. Continue cooking on low heat for another a few minutes.

Process the fish, rinse, remove the entrails and boil in broth with the addition of salt and spices. Cut up the finished fish into pieces, put in a frying pan, add pickles, pour hot water and put on low heat. Half Place the cabbage in a greased pot, top with place the fish pieces together with the cucumbers, then close again a layer of cabbage. Sprinkle the surface with grated cheese, ground breadcrumbs, sprinkle with oil and bake in the oven. To the table Serve hot. You can serve sour cream or mayonnaise. Garnish the appetizer with herbs before serving.

134–519487319

You will need: 120 g of rice, 1 can of sprats, 1 onion, 2 carrots, cilantro, celery, 2 tomatoes.

Method of preparation: Boil rice in lightly salted water.

Finely chop the onion, shred the carrots and slice the tomatoes.

circles. Fry all the vegetables in vegetable oil,

add a little water and simmer for another 5 minutes.

Place the rice on a nice plate, put the sprats on top, and vegetables on them. Garnish with herbs.

135–498641016

Required: 120 g rice, 1 can of sprats in tomato sauce, greens parsley and dill.

Method of preparation: Boil the rice in a small saucepan.

Place it in a shallow glass salad bowl and mix with

sprats and garnish with herbs. The preparation of this dish is not will take you a lot of time.

136–5195148194

Required: 200 g rice, 350 g catfish, 2 tomatoes, 1 onion, 1 carrot, 2 tbsp vegetable oil, 2 tbsp flour, lettuce leaves.

Method of preparation: Rinse the rice under running cold water and set to cook until done.

Clean the fish thoroughly from mucus, wash and cut into pieces.

small pieces. Salt and pepper each piece,

roll in flour and fry in vegetable oil. Carrots

grate, cut the onion and tomatoes into slices and

Add to the fish. Cover and simmer until done.

Serve the dish by placing the fish pieces on the rice and garnishing. lettuce leaves.

137–91841791

Required: 250 g rice, 550 g pike, 1 onion, 2 cloves garlic, 1 small beetroot, onion peel, salt, black pepper peas, parsley.

Method of preparation: Boil rice in salted water.

Cut the fish, separate the meat from the bones, grind the minced meat,

adding onion and garlic to it. Break an egg into the mince, add salt, Add pepper and mix well to form balls.

Take a small saucepan and add some butter margarine

fry the meatballs on both sides. Put them there

sliced beets, onion peel, black pepper

peas, fill everything with water, close the lid tightly and cook

2 hours, until all the small fish bones are soft.

Serve the rice separately, the fish separately, generously sprinkled with

parsley greens.

138–418712

You will need: 250 g rice, 1 small pike perch, 80 g vegetable oil. oil, 2 onions, 1 egg, 2 tbsp. flour, a little milk, salt, spices, lemon juice, herbs.

Method of preparation. Boil the rice until done. Make the batter.

for fish, mix flour, egg and milk to get a coating

semi-liquid dough. For convenience, divide the pike perch into small pieces and fry them in vegetable oil, dipping

pre-battered. If desired, you can sprinkle the fish

lemon juice.

Serve the dish hot, placing the fish pieces on the rice and sprinkling with

their greenery.

139–48906174

Required: 550 g rice, 550 g burbot, 3 carrots, 1 fresh cucumber, 3 tomatoes, bay leaf, salt, herbs.

Method of preparation: This dish can be prepared for festive table.

Prepare the fish, cut it into small pieces, salt, pepper and cook until done, adding salt and bay leaf. Cut carrots, cucumbers, tomatoes into thin slices and stew.

Boil the rice and put it on a plate to cool. When the fish is ready, put it on a nice tray and put it on top of vegetables. Can be decorated with lemon slices and sprigs of greenery.

140–49864121981

You will need: 250 g rice, 500 g carp, salt, a few peas black pepper, 1 lemon, 1 tomato, 100 g butter.

Method of preparation: Boil rice in salted water until half-ready.

Clean the fish well and cut into pieces. In advance prepare the foil. Place a piece of fish on the foil, add salt, add 2-3 black peppercorns, 1 slice of lemon, 1 tomato circle. Pinch the edges of the foil well. Heat Preheat oven to 200°C, grease a large frying pan with butter. oil and place the fish pieces in foil. When the fish is almost ready, put rice in the pan and continue baking dish until done.

When serving, sprinkle the rice with herbs.

141–3194819

You will need: 200 g rice, 1 small head of Savoy cabbage, 8 pieces of trout fillet (150 g each), pepper, salt, 2 onions, 1 tbsp. butter, 3 tomatoes, 2 tbsp. sour cream, 1 bunch parsley.

Method of preparation: Boil the rice, lightly stew it with finely chopped onion. Separate 4 large cabbage leaves and Blanch them for 4-6 minutes. Season the trout fillets. Place two pieces of fillet on each sheet. Roll up and fasten.

Cut the remaining onion into cubes. Then sauté the onion in butter. Place the rolls in the pan and simmer for 5 minutes under the lid. Then turn them over and simmer for another 5 minutes.

Scald the tomatoes with boiling water and remove the skin. Pulp chop and add to rice.

After this, remove the rolls from the pan. In the remaining sauce stir the sour cream and season with spices. Add chopped parsley. Serve the rolls with sauce and pilaf.

142 – 319481061

You will need: 250 g dried mushrooms, 1 cup rice, 4 tbsp oil, 2 cups of mushroom broth, 2 onions, 1 carrot, tomato paste, salt.

Method of preparation: Sort out the dried mushrooms, wash and soak for 3 hours. Then cook them in the same water until done. Remove the mushrooms from the broth with a slotted spoon and cut into large strips and fry.

Peel the onion, cut into small rings and fry. Carrots grate on a coarse grater and fry with tomato paste.

Mix the prepared onions and carrots with the mushrooms. Add a little strained mushroom broth.

Sort the rice, rinse and put it in the broth. Cover everything, cover and simmer until done.

143–48918

You will need: 1.5 cups of rice, 80 g of canned mushrooms, 2 chicken broth cubes, onion, 50 g butter, salt,

spices, celery and parsley greens.

Method of preparation: Finely chop the onion and celery and parsley. In a heavy-bottomed saucepan, melt the butter oil, mix with it rice, onion, herbs and throw in the chicken cubes. Simmer the vegetables until they are half soft. Put the mushrooms in the vegetables, add salt and close tightly. lid.

Cook the pilaf for 30 minutes until the rice is soft. Let it sit for 10 minutes.

Let the dish stand covered and you can serve it.

144-4986418

You will need: 1 cup of rice, 550 g of fresh mushrooms, 2 tbsp. vegetable or butter, 2 carrots, 1 onion, basil, marigolds, chopped parsley, salt, spices.

Method of preparation: Fry finely chopped mushrooms in oil, add onion, seasonings, spices, salt and bring to readiness.

Rinse the rice in cold water and mix it with the cooked mushrooms, pouring about a liter of boiled water into the resulting mass.

If you have Maggi bouillon cubes, it is advisable to add them water and them. Let the dish cook for 15-20 minutes until done. Sprinkle with parsley before serving.

145-318419

You will need: 5 eggplants, 90 g flour, 500 g sour cream, 100 g butter, greens, salt.

Method of preparation: Cut the eggplants into slices,

Place in hot salted water for 5 minutes, then drain

Place in a sieve or colander, let drain, roll in flour and fry.

Boil the mushrooms for 5-10 minutes, also throw them in a colander, let drain, lightly fry.

Mix the eggplants and mushrooms, add salt, pour in sour cream and simmer for 30–40 minutes.
Sprinkle with herbs before serving.

146–498641819

You will need: 850 g potatoes, 120 g fat for deep frying, orange, 1 tsp sugar, salt, basil, mint.

Method of preparation: Cut raw potatoes into circles, slices or sticks. Rinse in cold water before frying. water, then sprinkle lightly with a mixture of sugar and salt, stir. Heat the fat in a saucepan to 170–180 °C, add add potatoes and fry, stirring occasionally, until formation of a golden crust. Remove the cooked potatoes from the fat

with a slotted spoon, place in a colander and let the fat drain.

Transfer

on a plate, sprinkle with orange juice, garnish with circles orange and aromatic herbs.

147–49861481

You will need: 0.8 kg of potatoes, 450 g of chicken or pork, 2 eggs, 2 tbsp flour or breadcrumbs, 4 tbsp sour cream, greens dill or parsley.

Method of preparation: Peel and boil the potatoes. The broth drain, dry the potatoes and mash until puree forms.

Put the boiled meat through a meat grinder and mix with mashed potatoes, add raw eggs, mix well and

Divide into cutlets. Coat them in flour or breadcrumbs and Fry on both sides until golden brown. Serve the cutlets with butter or sour cream.

148–48964181

Required: 550 g potatoes, 1 l water, 1 glass milk, 50 g butter, 3 eggs, 3 tbsp. sour cream, 100 g cheese, salt, ground black pepper, parsley and dill.

Method of preparation: Boil the potatoes in salted water, mash with milk until puree. Season the finished puree with salt, butter and a raw egg, place in a pastry bag with a serrated tube. On a portioned frying pan or dish, Grease with butter and release the puree into oval boxes. Brush the potato boxes with egg yolk and bake in oven. Pour a beaten raw egg into each box, pour sour cream and sprinkle with grated cheese, add salt, pepper and again
Bake in the oven until the eggs are done. Ready dish transfer to a plate and sprinkle with chopped herbs.

149–49864181

Required: 450 g potatoes, 200 g cheese, 70 g cream, 2 eggs, 50 g butter.

Method of preparation: Grate raw potatoes, add grated cheese, whipped cream and whipped egg whites. Mix the mixture well, put it on greased frying pan, sprinkle with grated cheese and Bake. Place the finished soufflé on a plate and cut into portioned pieces.

150–4890641

You will need: 1 kg of cabbage, 3 eggs, 2 tbsp of breadcrumbs, 5 tbsp sour cream, 2 tbsp vegetable oil, salt, dill or parsley.

Method of preparation: Boil the cabbage leaves in salted water. water, fold 2-3 together into an envelope, dip in whipped eggs, roll in breadcrumbs, fry until golden brown in vegetable oil. 5 minutes before it is ready, pour in sour cream, simmer covered.

151–319418

Required: 20 crayfish, 250 g fresh cucumbers, 120 g each
canned green peas and potatoes, 50 g celery,
1 apple, 1 glass of mayonnaise, salt, sugar, dill.

Method of preparation: Boil the crayfish. Remove the shells.
crayfish necks and finely chop them together with the flesh of the
claws.

Boil the potatoes in their skins, peel and cut.

into small pieces. Peel the apple and
cores, then grate together with celery on a coarse grater.

Finely chop fresh cucumbers and mix all ingredients.

Add green peas and season with mayonnaise, salt and
sugar. Place in a salad bowl and garnish with crayfish necks and
greenery.

152–4987143194

You will need: 1 large pumpkin (5 kg), 5 kg fresh cucumbers, 2 l 8%–
brine (800 g salt per 10 l water), 250 g dill, 100 g
blackcurrant leaf, horseradish root, 20 oak leaves.

Method of preparation: Cut off the top of the pumpkin, clean it
seeds, cut off some of the pulp from the walls so that you get
convenient container for pickling. Place part of the pumpkin on the
bottom

spices, a row of cucumbers, more spices, etc., the top layer is
blackcurrant leaves. Pour the brine over the cucumbers, filling
pumpkin to the top (it is more convenient to put the pumpkin in a
tank or barrel),
place the load on them.

153–49864181

You will need: 0.9 kg yeast dough, 750 g pickles,

3 onions, 2 tbsp. vegetable oil, strong tea and crushed crackers, salt, ground black pepper.

Method of preparation: Peel the cucumbers, remove the seeds and finely chop, then sauté in butter and drain in a sieve.

Fry the chopped onion in vegetable oil and add to cucumbers. Season with pepper and salt. Roll out the dough the size of the baking sheet and prick in several places with a fork.

On top

Spread the pickled cucumber and onion filling in an even layer.

Cover with a thin layer of dough, prick with a fork, grease with strong sweet tea and sprinkle with breadcrumbs. Bake the pie until it is will turn brown.

154–4986414

You will need: 250 g of zucchini, 4 eggs, 1 glass of milk, 70 g of sour cream,

50 g butter, salt, sugar.

Method of preparation: Peel the zucchini and cut into pieces. cubes, add salt and fry in butter until readiness, then add sour cream and simmer, stirring, for 2–3 minutes.

Mix eggs with milk, add salt, sugar and beat, pour the prepared mixture into a hot frying pan and fry, stirring constantly until the mixture becomes thick. Then Place the zucchini in the middle of the omelette and wrap it in a mold pie and fry a little more on each side.

155–49864171914

You will need: 200 g of zucchini, 6 eggs, 1 glass of milk, 50 g of butter.

oils, salt, dill or parsley.

Method of preparation: Peel the zucchini and remove the seeds, cut into small circles, add salt and fry butter. Salt the eggs, add milk, butter butter, stir and cook, stirring continuously, until the mass

will not thicken. Mix the zucchini with the porridge and sprinkle with herbs.

156–49864178

You will need: 350 g zucchini, 600 g sugar, lemon zest.
Method of preparation: Peel the zucchini and remove the seeds, cut into small slices. Cover them with sugar and let time to infuse, then mix with zest and put simmer until thickened and soft zucchini.

You will need: 350 g buckwheat, 200 g zucchini, 3 tbsp. vegetable oil, 250 ml milk, salt.
Method of preparation: Cook buckwheat porridge. Peel zucchini, cut into cubes and fry in oiled pan frying pan. Then mix the porridge with the zucchini, pour in the boiled milk, add salt and serve.

158–4986412

You will need: 750 g eggplant, 5 tbsp vegetable oil, 1 tbsp. wheat flour, 2 eggs, 2 tbsp. milk, 40 g butter, salt, ground black pepper.
Method of preparation: Cut the processed eggplants cubes, dip in the liaison and fry in butter with both sides until golden brown, cook until done oven. For the liaison, dilute the flour with milk, add the whipped eggs, salt, pepper, mix everything.

159–4986417

Required: 80 g eggplant, 250 g wheat bread, 70 g carrots, 80 g cauliflower, 60 g potatoes, 2 eggs, 40 g each canned green peas and cheese, 20 g butter

oils, salt.

Method of preparation: Eggplants, carrots, cauliflower,
Boil the potatoes until done. Drain in a colander or sieve.
Add green peas without juice, season with butter,
beaten eggs, add salt and mix well. Vegetables
place on sliced bread, sprinkle with grated
cheese and bake in the oven until golden brown
crusts.

160–498641518

You will need: 230 g of eggplant and sweet bell pepper,
2 cloves of garlic, 3 tbsp. vegetable oil, vinegar, salt.
Method of preparation: Cut the eggplants into slices lengthwise and
fry in vegetable oil until half cooked. From pepper
remove the seeds and cut it into thin strips. Chop
garlic. Place eggplants, peppers, and other ingredients in layers in a
deep dish.
garlic, lightly salt, sprinkle with vinegar, lay again
layers in the same order, etc., to get 3-4 layers.
The last layer is eggplants. Cover with a wooden bottom,
put some weight on it and take it out to a cool place for 3-4 hours.

161–4716418

Required: 250 g wheat bread, 6 eggs, 20 g fat or
margarine, 400 g eggplants, 3 tbsp vegetable oil, 20 g
butter, salt, ground red pepper.
Method of preparation: Soak the bread slices in water and then in
beaten egg and fry until golden brown on a preheated
margarine or fat. Make a puree from the eggplants, add to
ground black pepper, salt and vegetable oil.
Place the cooled croutons on top of the puree and on each crouton
Place half a boiled egg on each side. Pour some cream over them.
oil mixed with ground red pepper and heated on
frying pan.

162–21931841

You will need: 350 g pike fillet, 250 g fresh tomatoes, 1 tbsp. vegetable oil, 20 g each of cheese and butter, 200 g tomato sauce, salt, ground black pepper.

Method of preparation: Pour boiling water over the tomatoes and remove

peel, cut into two parts, add salt, pepper and lightly fry in vegetable oil. Cut the fish into pieces

put it on a frying pan and, putting the fried ones on it tomatoes, pour tomato sauce, sprinkle with grated cheese, drizzle with oil and bake.

163 – 489641

You will need: 0.9 kg of pumpkin and fresh tomatoes, 4 tbsp of flour, 100 g cheese and butter, salt, ground black pepper, green.

Method of preparation: Cut the pumpkin into pieces. Salt, pepper, roll in flour and fry in hot oil frying pan until half cooked. Then place the pumpkin pieces on pre-greased baking sheet.

Cut the tomatoes into halves. Put the halves out tomatoes on the pumpkin, drizzle with melted butter, sprinkle grated cheese and bake in the oven for a few minutes.

Then place the appetizer on a plate and garnish with herbs. Serve. served chilled.

164–4986412191

You will need: 4 eggs, 120 g cheese, 75 g butter, 3–4 tomatoes, green onions, salt.

Method of preparation: Wash and peel the tomatoes.

To do this, pour boiling water over them and carefully remove the skin.

After you have done this procedure, cut the pulp pieces. Heat a frying pan, grease it with butter and fry the tomatoes a little. Once everything is ready, Place them on a plate.

Now start making the omelette. Beat the eggs with salt and add finely chopped green onions and cheese, all together stir. Melt the remaining butter on frying pan, pour the prepared mixture and bake the omelette for 5–8 min. After it has browned slightly, place it on tomatoes.

If you want, you can sprinkle the dish with dill and parsley. or the remaining green onions.

DESSERTS

165–2194813194

You will need: 150 g flour, 30 g dry yeast, 2 tsp sugar, 1 egg, 70 ml water, 1 tbsp powdered sugar, 800 ml vegetable oil, a pinch of salt.

Method of preparation: Thoroughly mix flour with dry ingredients. yeast, add water and let the dough rise. For this

Time to grind the egg with sugar and salt.

When the dough rises, add the beaten egg and knead.

tough dough. Roll out the prepared dough into a thin layer.

From the resulting layer, cut strips 3–4 cm wide.

Pour into a deep fryer or heavy-bottomed saucepan vegetable oil, the oil layer should be at least 5 cm. When it will boil, drop the formed dough into it and fry until readiness.

Be sure to place the finished products in a sieve to drain the fat. Sprinkle the cooled brushwood with powdered sugar and serve. table.

166 – 49864189

You will need: 550 g flour, 5 eggs, 100 g sugar, 50 g cream, 1 tbsp. rum, 2 tsp. salt, 750 ml. vegetable oil, jam or marmalade, 100 g crushed walnuts.

Method of preparation: Beat eggs with sugar until white, add salt, pour in cream, vodka and pour this mixture over the flour. That's it

Mix thoroughly and let the dough sit.

Roll out the finished dough into a thin layer and cut into strips. 3-4 cm wide. Make various shapes from these strips.

figurines.

Pour vegetable oil into a thick-bottomed saucepan and heat it up and then dip the dough pieces into the fat. When the brushwood will brown on both sides, put it on a sieve and let the fat drain.

Serve the brushwood with jam, to which you have added crushed walnuts.

The corsair may be a robber, but nothing human is alien to him. In between battles and attacks, he was not averse to to enjoy the brushwood named after him, especially since one of the ingredients is real Jamaican rum. So which, as they say, is a balm and conditioner in one bottle.

167 – 3790641

You will need: 4 eggs, 100 ml of water, 60 grams of flour, 550 g of flour, 100 g of sugar, 100–150 g. strawberry jam, 600–700 ml. vegetable oil.

Method of preparation: Roll out the dough thinly and make small pies, stuff them with jam, seal tightly edges, grease with egg. Dip the resulting pies into melted butter and fry until done.

Place the finished pies on a sieve to drain the fat. Before Before serving, sprinkle the pies with sugar or powdered sugar.

168 – 4896418

You will need: 2 eggs, 70 ml of water, 1 tbsp of vodka, 650 g of butter, divided in half.

with lard, 450 g flour, 180 g sugar, 1–2 tbsp powdered sugar.

Method of preparation: Take two eggs and grind with 2 tbsp. sugar, add vodka, flour and knead a stiff dough. Roll out the dough into a layer 4–5 mm thick and cut into strips 5–7 cm. Cut the middle of the resulting strips and turn them inside out.

one end. In a heavy-bottomed saucepan, melt the butter and lard.

When the fat boils, lower the dough pieces into it and fry.

When the brushwood is browned on both sides, take it out.

with a slotted spoon, place on a sieve or waxed paper and sprinkle with

sugar.

Once the excess fat has been removed, move the brushwood on a plate and serve.

A recipe like this doesn't need any comments, just one word – gourmet.

169 – 7194819101

You will need: 450 g milk, 3 eggs, 100 g sugar, 30 g dry yeast, 500 g flour, 150–200 g powdered sugar, 50 g butter or margarine, 10-15 g. salt, 1 l. any vegetable oil.

Method of preparation: Sift the flour through a sieve and very well mix it with dry yeast, add sugar, milk and put it in a warm place to rise.

While the dough is fermenting, rub the melted mixture into a foam.

butter, eggs and salt. When the dough rises, add to

him egg foam. Knead a soft dough and put it

come up for another 30–40 minutes.

Cut the finished dough into equal pieces and roll into

balls. Make a hole in the middle of each ball. Leave

donuts to rise for 15-20 minutes.

While the dough is rising, heat up some vegetable oil for frying.

a heavy-bottomed saucepan. Place the donuts in the hot fat in batches of 3-4 pieces
Sprinkle the finished donuts with powdered sugar and serve.

170 – 3194810481

You will need: 550 g flour, 30 g dry yeast, 350 ml milk, 1 l. vegetable oil, 2 egg yolks, 1 tbsp. rum, 10 g salt, 100 g coconut flakes, 100 g powdered sugar. For the cream: 1 glass of milk, 200 g of sugar, 2 tbsp of flour or starch, 200 g. butter.

Method of preparation: Mix sifted flour with dry ingredients. yeast and dilute with a small amount of milk, add sugar. Place the dough in a warm place for 15–20 minutes. When the dough rises, add 2 tbsp. of vegetable oil, yolks, salt, rum, remaining milk and knead the dough until smoothness. Then put the dough back in a warm place, but only already for 30–40 minutes.

Place the finished dough on a table sprinkled with flour and roll it out. into a layer 2–3 cm thick. Using a special form or Use a regular glass to cut out circles from the dough.

To make the custard, mix the flour with sugar and pour in milk. Put the resulting mixture on the fire and Bring to a boil, stirring constantly.

When the milk boils, remove the pan from the heat and leave it cool. Add butter to the cooled mass and beat with a mixer.

Spread each circle with custard and connect in pairs.

Leave the donuts to rise for 15–20 minutes, then deep fry them.

Mix coconut flakes with powdered sugar and roll in mix each donut.

We sincerely hope that for those who have tasted such exquisite treat, Christmas Eve will seem really kind and generous.

171 – 59864189

You will need: 3 oranges, 300 g of berries, 2 tbsp of cream.
Method of preparation: Wash the oranges and cut them with cloves so that you get two halves–baskets. Select the orange pulp and cut it into pieces. Mix the orange pulp with strawberries and cream. Fill the basket with the resulting mass and decorate with leaves on top mint, pour orange juice and sprinkle with coconut shavings.

172 – 4916487148

You will need: 3 medium-sized beets, 1 large green apple, 600 g cherries, 20 walnuts, 100 g sour cream, sugar to taste.
Method of preparation: Wash the beets and boil them. After that Peel the finished beetroot and grate it on a coarse grater. Apple Peel, core, grate on a coarse grater. Walnuts Peel the nuts, fry them over low heat, then chop them. Wash the cherries, remove the pits, and pass the pulp through a meat grinder. Mix the beets, apple, nuts and cherry puree, Add sugar to taste to the salad and season with sour cream. You can Decorate the top of the salad with herbs (parsley or dill).