După gust

26 October – 1 November 2026 · Menu for 4 people

Day	Breakfast	Lunch	Snack	Dinner
Monday, 26 October	Rye bread with cottage cheese and peppers	Turkey with white cabbage and dill	Yogurt with pear and cinnamon	Chicken soup with semolina dumplings
Tuesday, 27 October	Scrambled eggs with leeks and rye bread	Pan-fried beef with mushrooms and rice	Apples and walnuts	Ciorbă rădăuțeană (Rădăuți-style chicken sour soup)
Wednesday, 28 October	Rye bread with avocado, lemon and olive oil	Creamy barley with mushrooms and leeks, no cream	Pear and almonds	White bean soup with celeriac and carrot
Thursday, 29 October	Yogurt with baked apples and walnuts	Baked salmon with beetroot and carrots	Grapes and walnuts	Tomato soup with noodles
Friday, 30 October	White bean and lemon spread on rye bread	Pumpkin stuffed with lentils, mushrooms and walnuts	Baked apple with cinnamon	Leek and potato soup
Saturday, 31 October	Pan-fried French toast with pears	Pork tenderloin with apple sauce and celeriac mash	Plain kefir	Turkey ciorbă (sour soup) with root vegetables and lemon
Sunday, 1 November	Baked eggs with spinach and telemea (feta-style cheese)	Roast whole chicken with quinces and onions	Pumpkin and chocolate loaf cake	Clear beef soup with vegetables

The recipes follow on pages 2–8.

Monday, 26 October

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Rye bread with cottage cheese and peppers

Prep time: 10 min
Cooking time: 0 min

Ingredients · 4 servings
320 g rye bread; 400 g cottage cheese; 300 g bell pepper; 10 ml olive oil.

1. Mix the cheese with the oil and a little salt. Wash the pepper and cut it into strips.
2. Spread the cheese on the bread and divide the pepper alongside, in four portions.

LUNCH

Turkey with white cabbage and dill

Prep time: 20 min
Cooking time: 45–55 min

Ingredients · 4 servings
700 g boneless turkey thigh; 1200 g white cabbage; 150 g onion; 200 g carrots; 300 g tinned chopped tomatoes; 25 ml olive oil; 20 g dill; 300 ml water.

1. Cut the meat into 2 cm cubes, finely chop the onion, slice the carrots into rounds and cut the cabbage into strips. Season with salt and pepper.
2. Heat the oil in a large saucepan. Brown the meat in two batches, 6–8 minutes in total. Add the onion and carrots; cook for 5 minutes.
3. Add the cabbage in two batches, stirring until it wilts. Add the tomatoes and water, cover and simmer gently for 30–40 minutes, until the meat is cooked through and the cabbage is tender. Top up with a little water if needed.
4. Uncover for a few minutes if the sauce is too runny. Add the chopped dill and adjust the seasoning.

Thermomix TM6
The TM6 helps with preparing the vegetables; the dish is cooked in a saucepan. Put the onion and carrots, cut into pieces, into the mixing bowl: 5 sec / speed 5. Transfer to the saucepan at step 2. Cut the cabbage by hand and follow the classic method.

SNACK

Yogurt with pear and cinnamon

Prep time: 5 min
Cooking time: 0 min

Ingredients · 4 servings
600 g plain yogurt; 400 g pears.

1. Wash the pears, core them and dice them.
2. Divide the yogurt and pears between four bowls. Sprinkle with cinnamon to taste.

DINNER

Chicken soup with semolina dumplings

Prep time: 20 min
Cooking time: 85–95 min

Ingredients · 4 servings
700 g bone-in chicken for soup; 300 g carrots; 150 g celeriac; 120 g onion; 2 pcs eggs; 110 g semolina; 10 g parsley; 2300 ml water.

1. Put the chicken into the cold water and slowly bring to the boil. Skim off the foam. Add the roughly chopped vegetables and a little salt; simmer gently for 60–70 minutes, until the meat is cooked through.
2. Lift out the meat and vegetables. Strain the soup, pull the meat off the bones and slice the carrots.
3. Beat two medium eggs (about 100 g without shells). Stir in the semolina and a pinch of salt; leave for 10 minutes. The mixture should be soft but hold its shape on a spoon.
4. First cook one small test dumpling; if it falls apart, add a little semolina and leave for another 5 minutes. Shape small dumplings with a wet teaspoon and simmer them over a low heat for 12–15 minutes. Leave covered for 5 minutes, then check they are cooked through to the centre.
5. Return the meat and carrots, heat through and sprinkle with parsley. Divide into four portions.

Tuesday, 27 October

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Scrambled eggs with leeks and rye bread

Prep time: 10 min
Cooking time: 10 min

Ingredients · 4 servings
8 pcs eggs; 200 g leek; 15 ml olive oil; 320 g rye bread.

1. Wash the leek well and slice it finely. Soften it in the oil over a low heat for 5–6 minutes.

2. Beat the eggs with salt and pepper. Pour them over the leek and stir slowly for 3–4 minutes, until set. Serve with the bread, divided into four portions.

LUNCH

Pan-fried beef with mushrooms and rice

Prep time: 20 min
Cooking time: 25 min

Ingredients · 4 servings
650 g beef sirloin or rib-eye; 500 g button mushrooms; 150 g onion; 10 g garlic; 280 g rice, uncooked; 30 ml olive oil; 15 g dijon mustard; 150 ml water.

1. Use sirloin or rib-eye, which suit quick cooking. Cut the meat into thin strips across the grain. Slice the mushrooms and onion.

2. Cook the rice separately in water according to the packet. The amount of water for the rice depends on the variety and is not included in the 150 ml for the sauce.

3. Heat half the oil in a large frying pan. Brown the meat in 2–3 batches, 2–3 minutes each, then lift it out onto a plate.

4. Add the rest of the oil and the mushrooms; cook for 7–8 minutes. Add the onion and cook for 4 minutes, then the chopped garlic for another 30 seconds.

5. Add the water and mustard, scrape up the browned bits and simmer for 2 minutes. Return the meat with its resting juices, heat for 1–2 minutes and season with salt and pepper. Serve with rice.

Thermomix TM6
Cook the meat and mushrooms in a frying pan, following the classic steps. For the rice, use the Rice Cooker mode and the amount of water the appliance recommends for the variety you choose; keep within the filling limits of the mixing bowl.

SNACK

Apples and walnuts

Prep time: 5 min
Cooking time: 0 min

Ingredients · 4 servings
600 g apples; 80 g walnuts.

1. Wash the apples, core them and slice them. Divide the fruit and walnuts into four portions.

DINNER

Ciorbă rădăuțeană (Rădăuți-style chicken sour soup)

Prep time: 20 min
Cooking time: 65–75 min

Ingredients · 4 servings
600 g chicken breast; 300 g carrots; 150 g celeriac; 120 g onion; 200 g sour cream 20%; 2 pcs eggs; 25 g garlic; 1 pcs lemons; 10 g parsley; 2000 ml water.

1. Put the meat into cold water. Bring to the boil, skim off the foam and add the roughly chopped vegetables and salt. Simmer gently for 45–55 minutes, until the meat and vegetables are cooked through.

2. Lift out the meat and vegetables; strain the broth. Tear the meat into strips, dice the carrot and celeriac and return them to the pot.

3. Separate the eggs; use the yolks and keep the whites for another dish. Mix the yolks with the sour cream. Gradually add 3–4 ladlefuls of the hot broth, stirring constantly.

4. Pour the mixture into the pot over a very low heat. Heat, stirring, to at least 71°C without letting it boil hard, so the yolks cook without the sour cream splitting.

5. Add the crushed garlic and lemon juice to taste. Sprinkle with parsley and serve.

Wednesday, 28 October

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Rye bread with avocado, lemon and olive oil

Prep time: 10 min
Cooking time: 0 min

Ingredients · 4 servings
320 g rye bread; 320 g avocado, flesh; 1 pcs lemons; 20 ml olive oil.

1. Mash the avocado with lemon juice, salt and pepper to taste.
2. Spread on the bread, drizzle with the olive oil and divide into four portions.

LUNCH

Creamy barley with mushrooms and leeks, no cream

Prep time: 15 min
Cooking time: 40–50 min

Ingredients · 4 servings
320 g dried pearl barley; 500 g button mushrooms; 250 g leek; 100 g onion; 10 g garlic; 30 ml olive oil; 15 g parsley; 1200 ml water.

1. Rinse the barley. Slice the mushrooms and leek, and chop the onion and garlic. Heat the water separately.
2. Brown the mushrooms in half the oil for 7–8 minutes, then lift them out. In the same saucepan, soften the onion and leek in the rest of the oil for 5 minutes; add the garlic and barley.
3. Add 800 ml hot water and salt. Simmer gently for 30–40 minutes, stirring now and then and adding more of the remaining water as it is absorbed. Also check the time on the packet: the grains should be tender, with a little bite.
4. Add the mushrooms for the last 5 minutes. Keep the dish slightly loose; add more hot water if needed. Sprinkle with parsley and pepper.

Thermomix TM6
For this quantity, cook the barley in a saucepan and brown the mushrooms in a frying pan. The TM6 can chop the onion and garlic: 5 sec / speed 5. Transfer to a saucepan and carry on with the classic steps.

SNACK

Pear and almonds

Prep time: 5 min
Cooking time: 0 min

Ingredients · 4 servings
600 g pears; 80 g almonds.

1. Wash the pears and remove the cores. Divide the pear slices and almonds into four portions.

DINNER

White bean soup with celeriac and carrot

Prep time: 15 min
Cooking time: 30 min

Ingredients · 4 servings
700 g white beans, cooked and drained; 300 g carrots; 200 g celeriac; 150 g onion; 20 ml olive oil; 10 g parsley; 1500 ml water.

1. Finely chop the onion and dice the carrots and celeriac. Soften them in the oil for 5 minutes, with a little water if they stick.
2. Add the water and a bay leaf. Simmer for 15–20 minutes, until the vegetables are tender.
3. Add the rinsed and drained beans; simmer for another 5 minutes. Remove the bay leaf, season with salt and pepper and sprinkle with parsley.

Thursday, 29 October

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Yogurt with baked apples and walnuts

Prep time: 10 min
Cooking time: 25 min

Ingredients · 4 servings
800 g plain yogurt; 600 g apples; 80 g walnuts.

1. Core the apples, dice them and put them in a dish with 2 tbsp water and cinnamon. Bake at 180°C for 20–25 minutes.

2. Let the apples cool until just warm. Divide them over the yogurt and sprinkle with the walnuts.

LUNCH

Baked salmon with beetroot and carrots

Prep time: 15 min
Cooking time: 40–45 min

Ingredients · 4 servings
700 g salmon fillets; 600 g beetroot; 500 g carrots; 25 ml olive oil; 200 g plain yogurt; 15 g fresh horseradish; 1 pcs lemons.

1. Preheat the oven to 200°C. Cut the beetroot into 1.5 cm cubes and the carrots into thin sticks. Toss with oil, salt and pepper; spread in a single layer in a large baking tin.

2. Roast the vegetables for 25–30 minutes, stirring halfway through. They should be almost tender before you add the fish.

3. Check the fillet for bones and divide it into four. Put it in the tin and bake for another 12–15 minutes, depending on thickness, until the centre of the fish reaches 63°C.

4. Finely grate the horseradish and mix it with the yogurt and lemon juice to taste. Serve the sauce separately, alongside the fish and vegetables.

Thermomix TM6
The salmon and vegetables are cooked in the oven. Put the horseradish, cut into pieces, into the mixing bowl: 5 sec / speed 7. Scrape down the sides with the spatula; add the yogurt and lemon juice, then mix 10 sec / speed 3.

SNACK

Grapes and walnuts

Prep time: 5 min
Cooking time: 0 min

Ingredients · 4 servings
600 g grapes; 80 g walnuts.

1. Wash the grapes and pull them off the stalks. Divide the fruit and walnuts into four portions.

DINNER

Tomato soup with noodles

Prep time: 10 min
Cooking time: 30 min

Ingredients · 4 servings
800 g passata; 150 g carrots; 100 g onion; 100 g dried noodles; 20 ml olive oil; 10 g parsley; 1000 ml water.

1. Chop the onion and grate the carrot. Soften them in the oil for 5 minutes.

2. Add the tomatoes and water; simmer for 15 minutes, then season with salt and pepper.

3. Add the noodles and cook for as long as the packet says, usually 5–8 minutes. Sprinkle with parsley. If you make the soup ahead, cook the noodles separately and add them when serving.

Friday, 30 October

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

White bean and lemon spread on rye bread

Prep time: 10 min
Cooking time: 0 min

Ingredients · 4 servings
500 g white beans, cooked and drained; 320 g rye bread; 20 ml olive oil; 1 pcs lemons; 5 g garlic; 150 g bell pepper.

1. Rinse and drain the beans. Mash them with the oil, garlic and lemon juice to taste. Add 1–3 tbsp water for a spreadable texture; season with salt and pepper.

2. Spread on the bread and serve with the sliced pepper.

Thermomix TM6
Put the beans, oil, garlic and lemon juice into the mixing bowl: 20 sec / speed 5. Scrape down the sides with the spatula, add a little water if needed and repeat 10 sec / speed 5.

LUNCH

Pumpkin stuffed with lentils, mushrooms and walnuts

Prep time: 25 min
Cooking time: 55–65 min

Ingredients · 4 servings
1600 g pumpkin, skin on, deseeded; 240 g dried green lentils; 400 g button mushrooms; 150 g onion; 10 g garlic; 80 g walnuts; 30 ml olive oil; 200 g tinned chopped tomatoes; 10 g parsley.

1. Cut two small pumpkins in half and scoop out the seeds; aim for about 1.6 kg after removing the seeds. Brush with half the oil and sprinkle with salt. Bake cut side up at 190°C for 35–45 minutes, until a fork slides easily into the flesh.

2. Meanwhile, cook the lentils in water according to the packet, about 25–30 minutes. Drain well.

3. Soften the chopped onion in the rest of the oil for 5 minutes. Add the chopped mushrooms and cook for 8–10 minutes, then the garlic and tomatoes for another 5 minutes.

4. Mix the lentils, mushrooms, chopped walnuts and parsley. Season with salt, pepper and thyme. Fill the four halves and bake for another 15–20 minutes. Serve the flesh and the filling; the skin is not for eating.

Thermomix TM6
The pumpkin is baked in the oven, the lentils are cooked separately and the mushrooms are browned in a frying pan. Chop the walnuts 3 sec / speed 5 and set them aside. Chop the onion and garlic 5 sec / speed 5; transfer to the frying pan and follow the classic method.

SNACK

Baked apple with cinnamon

Prep time: 10 min
Cooking time: 25–30 min

Ingredients · 4 servings
720 g apples.

1. Core the apples and arrange them in a small dish. Sprinkle with cinnamon and add 3 tbsp water to the dish.

2. Bake at 180°C for 25–30 minutes, until tender. Divide into four portions.

DINNER

Leek and potato soup

Prep time: 15 min
Cooking time: 30 min

Ingredients · 4 servings
450 g leek; 600 g potatoes; 150 g carrots; 20 ml olive oil; 10 g parsley; 1600 ml water.

1. Wash the leek well between the layers and slice it into rounds. Dice the potatoes and carrots.

2. Soften the leek and carrots in the oil for 5 minutes. Add the water and potatoes; simmer for 20–25 minutes, until the vegetables are tender.

3. Season with salt and pepper and sprinkle with parsley. Serve the soup with the vegetables left in pieces.

Saturday, 31 October

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Pan-fried French toast with pears

Prep time: 15 min
Cooking time: 15 min

Ingredients · 4 servings
320 g rye bread; 4 pcs eggs; 200 ml milk; 500 g pears; 30 g butter.

1. Slice the pears and cook them in half the butter over a medium heat for 5–7 minutes. Sprinkle with cinnamon and lift them out.

2. Beat the eggs with the milk. Briefly dip the slices of bread on both sides.

3. In the rest of the butter, brown the bread for 2–3 minutes on each side, in batches, until the egg is fully cooked. Divide into four and serve with the pears.

LUNCH

Pork tenderloin with apple sauce and celeriac mash

Prep time: 25 min
Cooking time: 40 min

Ingredients · 4 servings
750 g pork tenderloin; 400 g apples; 100 g onion; 600 g celeriac; 400 g potatoes; 150 ml milk; 30 g butter; 15 ml olive oil; 150 ml water.

1. Preheat the oven to 190°C. Trim the sinew from the tenderloin and season with salt, pepper and thyme. Brown it in the oil for 5–6 minutes on all sides, in an ovenproof frying pan.

2. Move the pan to the oven for 15–20 minutes, until the centre of the meat reaches 63°C. Rest the meat for at least 3 minutes before slicing; the time depends on thickness.

3. At the same time, boil the diced celeriac and potatoes in salted water for 20–25 minutes. Drain well and mash with the warm milk and half the butter.

4. For the sauce, soften the chopped onion in the rest of the butter for 4 minutes. Add the cored, diced apples and the 150 ml water; simmer covered for 12–15 minutes. Blend and season with salt and pepper.

5. Serve the sliced meat with the mash and sauce. Keep the juices from the meat and stir them into the sauce.

Thermomix TM6
Cook the meat and sauce following the classic method. Boil the celeriac and potatoes in a pot, drain them, then put them into the mixing bowl with the warm milk and 15 g butter. Mix 15–20 sec / speed 3, checking the texture; avoid mixing for too long.

SNACK

Plain kefir

Prep time: 2 min
Cooking time: 0 min

Ingredients · 4 servings
800 ml plain kefir.

1. Gently shake the kefir and divide it between four 200 ml glasses.

DINNER

Turkey ciorbă (sour soup) with root vegetables and lemon

Prep time: 20 min
Cooking time: 60–70 min

Ingredients · 4 servings
500 g boneless turkey thigh; 300 g carrots; 200 g celeriac; 150 g onion; 150 g bell pepper; 20 ml olive oil; 1 pcs lemons; 10 g lovage; 2000 ml water.

1. Cut the meat into small cubes and the vegetables into small dice. Soften the onion, carrots and celeriac in the oil for 5 minutes.

2. Add the meat and water, bring to the boil and skim off the foam. Simmer gently for 45–55 minutes, until the meat is cooked through and tender.

3. Add the pepper for the last 15 minutes. Sharpen with lemon juice to taste, season with salt and sprinkle with lovage.

Sunday, 1 November

Raw boneless meat; vegetables and fruit after peeling. Dry cereals; legumes cooked and drained. Times are estimates. Nutrition values are indicative; method and sources on the site.

BREAKFAST

Baked eggs with spinach and telemea (feta-style cheese)

Prep time: 10 min
Cooking time: 20 min

Ingredients · 4 servings

8 pcs eggs; 300 g spinach; 120 g telemea (feta-style cheese); 10 ml olive oil; 240 g rye bread.

1. Preheat the oven to 180°C. Wilt the washed spinach in a frying pan with the oil for 3–4 minutes; drain off the excess liquid.

2. Divide the spinach and telemea between four small ovenproof dishes. Crack two eggs on top of each and add pepper.

3. Bake for 12–16 minutes, until the whites and yolks are set. Serve with rye bread.

LUNCH

Roast whole chicken with quinces and onions

Prep time: 20 min
Cooking time: 90–110 min

Ingredients · 4 servings

1800 g whole chicken, oven-ready; 700 g quinces; 300 g onion; 20 g garlic; 25 ml olive oil; 200 ml water.

1. Preheat the oven to 190°C. Pat the chicken dry with kitchen paper. Mix the oil with the crushed garlic, salt, pepper and thyme; rub it all over the chicken.

2. Wash the quinces, rub off the fuzz and remove the cores, then cut them into thick slices. Quarter the onions. Put them in the roasting tin with the water and set the chicken on top.

3. Roast for 90–110 minutes, depending on your oven and the size of the chicken. If it browns too quickly, cover it loosely with baking paper and foil. Top up the water in the tin if it evaporates.

4. Check that it reaches at least 74°C in the thickest part of the thigh and breast, without touching the bone. Rest for 10 minutes before carving. Serve with the quinces, onions and the juices from the tin.

Thermomix TM6

The chicken is cooked in the oven. Chop the garlic 3 sec / speed 7, scrape down the sides with the spatula, add the oil and seasonings and mix 10 sec / speed 3. Follow the classic steps.

SNACK

Pumpkin and chocolate loaf cake

Prep time: 20 min
Cooking time: 40–45 min

Ingredients · 4 servings

120 g roasted pumpkin purée; 1 pcs eggs; 60 g wheat flour; 25 g sugar; 20 ml sunflower oil; 25 g dark chocolate; 3 g baking powder.

1. For four portions, use a small loaf tin of about 15 × 8 cm. Preheat the oven to 175°C. The purée must be cold and thick; if you start from raw pumpkin, roast it separately until tender and purée it.

2. Beat the egg with the sugar, then add the purée and oil. Fold in the flour mixed with the baking powder and a little cinnamon, then the chopped chocolate.

3. Pour into the lined tin and bake for 40–45 minutes. Test with a toothpick, avoiding the chocolate pieces; it should come out without raw batter. Cool and cut into four slices.

Thermomix TM6

Put the egg, sugar, cold purée and oil into the mixing bowl: 20 sec / speed 4. Add the flour, baking powder and cinnamon: 10 sec / speed 3. Fold in the chocolate with the spatula and bake following the classic steps.

DINNER

Clear beef soup with vegetables

Prep time: 20 min
Cooking time: 150–180 min

Ingredients · 4 servings

700 g bone-in beef shank; 300 g carrots; 200 g celeriac; 150 g onion; 10 g parsley; 2500 ml water.

1. Put the beef into cold water and bring it to the boil very slowly. Skim off the foam; simmer over a low heat, without boiling hard, for 90–120 minutes.

2. Add the peeled, roughly chopped vegetables and a little salt. Keep simmering for 45–60 minutes, until the meat is tender. Top up with hot water if it reduces too much.

3. Lift out the meat and vegetables. Strain the soup through a fine sieve, take the meat off the bone and slice the carrots and celeriac.

4. Return the meat and vegetables, heat through and sprinkle with parsley. Divide into four portions.