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Taste The Horseradish

By Rachel Lynn

Many are proud of their capability to consume spicy. They keep on blowing the trumpet about eating jalapeños out of the jar while some love to consume eggs with Tabasco. I am an epitome of above illustrated cases. Hot food eating is my passion and there is a genuine biological reason for it. I am unique because horseradish is my life.

Being the first spicy item that I ever tried horseradish has a very distinctive place in my heart. Here is a great gardening informational site

<http://www.verygreenthumb.com>

. It was by pure coincidence that I

tasted it. My grandfather could even take it through his veins! He never even considered mixing the horseradish with any toppings or dressings. Raw was his way and I started by taking a bite of this spicy bomb.

He continues eating it so and this is why I say he likes to eat horseradish the raw way. This might be the reason he has lived so long. He even vows by it. Grandpa definitely knows his stuff. He has lived for eighty four years now , has lived two tours of duty and plenty of shrapnel and he gives credit of his good health to horseradish.

My initial gut feeling tells me to ignore his conclusion as bluff, but I can never forget that the first bite of horseradish induced in me an everlasting love for spices. My tongue went numb and I could sense a gush of clean, clear air through my sinuses, an experience I never had before. It felt as if I had just breathed deep for the first time.

There is an inherent purifying element in horseradish. You will come to know when you have a good taste of it. But finding it in raw form is hard. You may believe that what you are eating is horseradish when in reality it might be something else. The horseradish that is available in stores is sealed with vinegar and salt and is definitely not its natural form.

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The reason for this is that horseradish has a very short shelf life. You need to freeze it when you buy it. This helps in maintaining the root fresh for six months. But it will lose its spiciness, so staunch horseradish lovers do not advocate freezing. If browning sets in just toss it.

You may be speculating the factors that causes me to love the spicy root. It may not be genetic, though I can't fully ignore it. Endorphins could possibly be the biological reason. These are natural painkiller hormones that are injected on the brain when you consume spicy foods.

Rachel Lynn loves working with the following sites:

<http://www.sdmdirectory.com>

<http://www.massreleases.com>

Russian Appetizer Recipes for Russian brides in the US

By Annas Agency

Russian Salad

Description

Wonderful salad will be a great appetizer with vodka and decorate your holiday table. It will take at most 10 minutes to make it.

Method

Combine grated cheese with chopped eggs and dress with mayonnaise.

Ingredients 200 g grated cheese. 5 ea hard-boiled eggs. 100 g mayonnaise. greens

Apple Salad

Description

Unexpected combination, but really tasty. Refreshing light salad will go fine at th end of the dinne to relieve the feeling of satiety.

Method

Cut apples into small cubes. Chop eggs finely. Add peas, mayonnaise and stir thoroughly. Decorate with greens.

Ingredients 4 ea apples cored and peeled. 3 tb green peas. 2 ea eggs hard boiled. 3 tb mayonnaise. greens

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Beet Salad

Description

A very good appetizer for any occasions. Beet is very useful for digestions and contains a lot of trace elements necessary for a man.

Method

Grate beets and cucumbers, chop garlic cloves finely. Combine all ingredients and stir in mayonnaise. If you don't like garlic, don't use it, the salad will be tasty anyway.

Ingredients 2 ea beets boiled and peeled. 2 ea pickled cucumbers. 2 ea garlic cloves.

mayonnaise. salt.

Boiled Potatoes with Pickles

Description

Boiled potatoes with pickles is a true Russian dish at any time of a day or a year.

Method

Cut potatoes in small cubes, add finely chopped pickled cucumbers and onion. Add salt to taste and dress with oil. Stir carefully.

Ingredients 250 g potatoes boiled. 80 g pickled cucumbers (sauerkraut). 60 g onion. 60 g oil..

Cabbage Salad

Description

Cabbage Salad is very delicious and healthy food, rich of vitamin C. This salad can be a wonderful snack or delicious appetizer.

Method

Serves 6

Cut the cabbage in half and carve out the core. Using a long sharp knife, cut the cabbage into julienne strips. Discard the thicker ribs of the cabbage leaves. Sprinkle the cabbage with 1/2 teaspoon of salt and rub the strips with your hands to make them softer and juicier. Cut the onion and apple into julienne strips and combine with the cabbage, mayonnaise, and carrot shavings. Add salt and sugar to taste, then chill.

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Ingredients 1 firm head of cabbage (as white as possible) about 1 1/2 pounds. 1/2 teaspoon salt. 1 medium onion. 1 large apple, peeled and cored. 1 cup mayonnaise. 3–4 tablespoons thin carrot shavings. Sugar to taste. Parsley sprigs and/or thin wedges of red–skinned apples.

Carrot Salad

Description

Carrot Salad is really healthy appetizer full of vitamins. It is better to dress the salad with oil or sour cream, as carotene is assimilated better in rich medium. Carrot salad is very good for the sight.

Method

Serves 6

Peel and grate the carrots and apples. In a bowl combine them with the remaining ingredients except walnuts for garnish. Chill and serve decorated with the apple slices and walnuts.

Ingredients 3/4 pound carrots. 2 large apples. 1 tablespoon Horseradish. 1 tablespoon olive oil. 1 tablespoon vinegar. 1 tablespoon sugar. Salt to taste. Walnut halves.

Cheese Souffle

Description

Cheese soufflé is a delicious appetizer for the holiday table. Bake soufflé in a different small molds and your guests will be astonished by the beauty, piquant taste and tempting aroma.

Method

Melt cheese in a small pan, add yolks, milk, flour and pepper. Whip egg whites until there is foam and stir in cheese mass.

Pour in well greased baking molds and put in an oven on low heat for 5 minutes. Then make the heat higher.

Ingredients 4 ea yolks. 2 ea egg whites. 1 c milk. 2 tb flour. 40 g butter. pepper. 250 g cheese.

Chicken or Veal in Aspic "Holodets"

Description

Chicken or Veal in Aspic "Holodets" is a perfect appetizer for the holiday and the best snack with vodka. Holodets can be also called Studen, there is no difference between these two dishes. Holodets

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is served with horseradish sauce.

Method

Serves 8–12 as an appetizer or 6 as an entree

Rinse the calf or pork feet, put in a 4–quart pot, and add 2 quarts of water. Bring to a boil, lower the heat, cover, and simmer for 4 hours. The stock should have reduced by half, and gristle should fall away from the bones.

Add the beef, onion, carrot, parsley and celery root, and ½ teaspoon salt to the pot, bring to the boil, lower the heat, and simmer, partially covered, for 40 minutes. Add the chicken breasts, peppercorns, allspice, and bay leaves, and continue to simmer until the beef and chicken are tender, about 20 minutes. Cool, then refrigerate for 3–4 hours.

Remove all the fat from the top of the aspic. Melt the aspic over low heat. Remove the calf's feet, beef, and chicken, add the garlic and salt to taste to the broth. Skin and bone the chicken. Remove the meat from the calf's feet, discarding the bone and the gristle. Cut all the meat into 1–inch pieces and place in a 2– to 2½–quart serving dish or in individual 1– to 1½ cup dishes. Strain the broth over the meat, discarding the vegetables and spices. Top with slices of hard–boiled egg and refrigerate until set, about 2 hours.

Cut the meat into as many slices as you will need and serve from the dish, accompanied by horseradish.

Ingredients 2 chicken breasts (about 1 pound), or 1 pound boneless veal. 2 pounds calf or pork feet. 1 pound beef round. 1 onion. 1 carrot. 1 parsley root. 2 ounces celery root. ½ teaspoon salt plus additional salt to taste. 10 black peppercorns. 5 allspice berries. 2 bay leaves. 3–4 cloves garlic, crushed or finely chopped. 3 hard–boiled eggs, peeled and sliced Horseradish or Mustard.

Chopped Egg Pate

Description

Easy to make, delicious and festive! No wonder this recipe is so popular!

Serves 6

Method

Chop the hard–boiled eggs finely, to a grainy pate. Add the scallions, dill, butter, mayonnaise and salt to taste. Mix carefully with a fork and chill.

Mound the pate in a serving bowl and decorate it with cucumber slices and olives interspersed with parsley sprigs. Serve at room temperature.

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Ingredients 6 hard-boiled eggs, peeled. 6 finely chopped scallions. 1 tablespoon finely chopped fresh dill. 1 tablespoon melted unsalted butter. 2 tablespoons mayonnaise. Salt to taste. Cucumber slices. Black olives. Parsley.

Corn Salad

Description

Corn salad has become very popular for last years. It is very easy to make, will bring pleasure to you and your kids as well.

Method

Chop boiled eggs and crab sticks . Add corn and salt. Stir mayonnaise into the salad.

Mix the salad and refrigerate for a while.

Ingredients 250 g canned sweet corn. 250 g crab sticks. 5 ea hard boiled eggs. 200 g mayonnaise. salt.

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