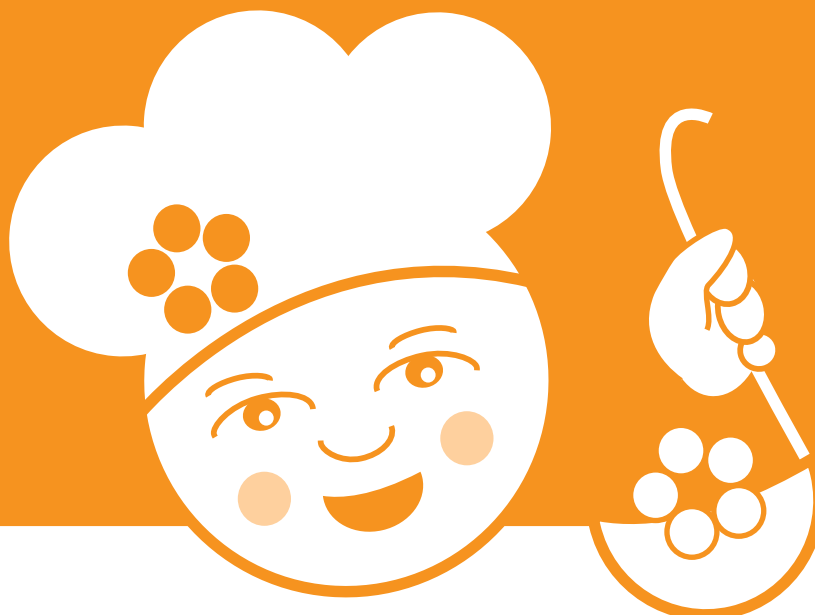




Kristel Palgi
Ragne Kuusk

MINU RETSEPTI- RAAMAT

2. MAGUSAD TOIDUD

*Toimetulekuõppe II ja III arengutase,
lisa-aastate klassid*

Autor **Kristel Palgi**
Kunstnik **Ragne Kuusk**

MINU RETSEPTI- RAAMAT

2. MAGUSAD TOIDUD

*Toimetulekuõppe II ja III arengutase,
lisa-aastate klassid*

Elu- ja toimetulekuõppe,
eesti keele ja matemaatika elementidega
seotud tööõpe



Euroopa Liit
Euroopa Sotsiaalfond



Eesti tuleviku heaks



Hariduslike erivajadustega
õpilaste õppevara arendamine

Autor: Kristel Palgi

Kunstnik: Ragne Kuusk

MINU RETSEPTIRAAMAT 2. Magusad toidud

Elu- ja toimetulekuõppe, eesti keele ja matemaatika elementidega seotud tööõpe

Õppevara vastab põhikooli lihtsustatud õppekava toimetulekuõppe II ja III arengutasemele.

Retsenseerinud Triin Kivirähk ja Ireen Kukner

Kujundanud ja küljendanud Ivi Piibeleht, OÜ Kirjavalla

„Minu retseptiraamatu” juurde kuuluv õpetaja juhendmaterjal on kättesaadav portaalist **hev.edu.ee**.

Raamatu väljaandmist on toetanud Euroopa Sotsiaalfond ja Eesti riik programmi „Hariduslike erivajadustega õpilaste õppevara arendamine” kaudu.

Programmi viib ellu Riiklik Eksami- ja Kvalifikatsioonikeskus.



Kõik õigused kaitstud. Igasugune autoriõigusega kaitstud materjali ebaseaduslik paljundamine ja levitamine toob kaasa seaduses ettenähtud vastutuse.

Autoriõigus: Riiklik Eksami- ja Kvalifikatsioonikeskus, 2011

ISBN 978-9949-487-23-3 (komplekt)

ISBN 978-9949-487-24-0(1. osa)

ISBN 978-9949-487-25-7 (PDF)

ISBN 978-9949-487-26-4 (2. osa)

ISBN 978-9949-487-27-1 (PDF)

ISBN 978-9949-487-29-5 (PDF, õpetajamaterjal)

SISUKORD

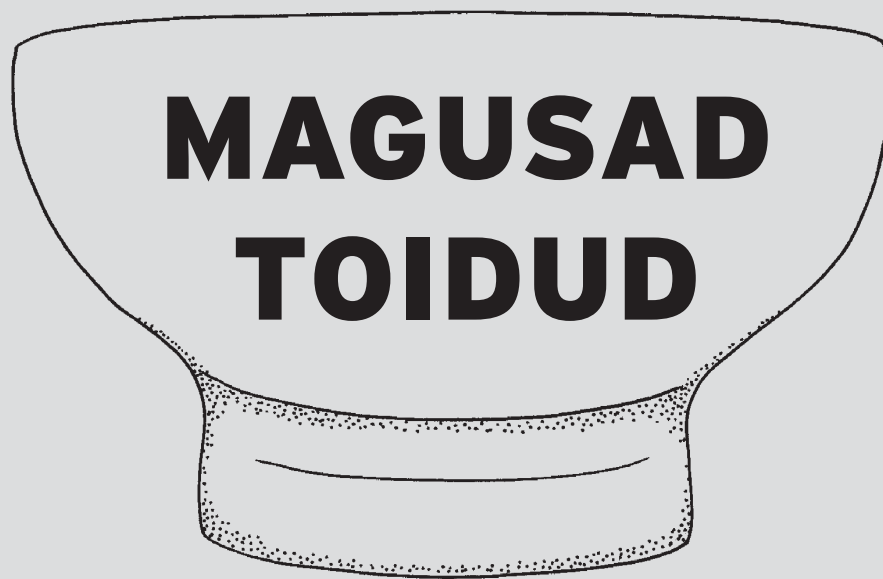
MAGUSAD TOIDUD 5

MAGUS-TOIDUD

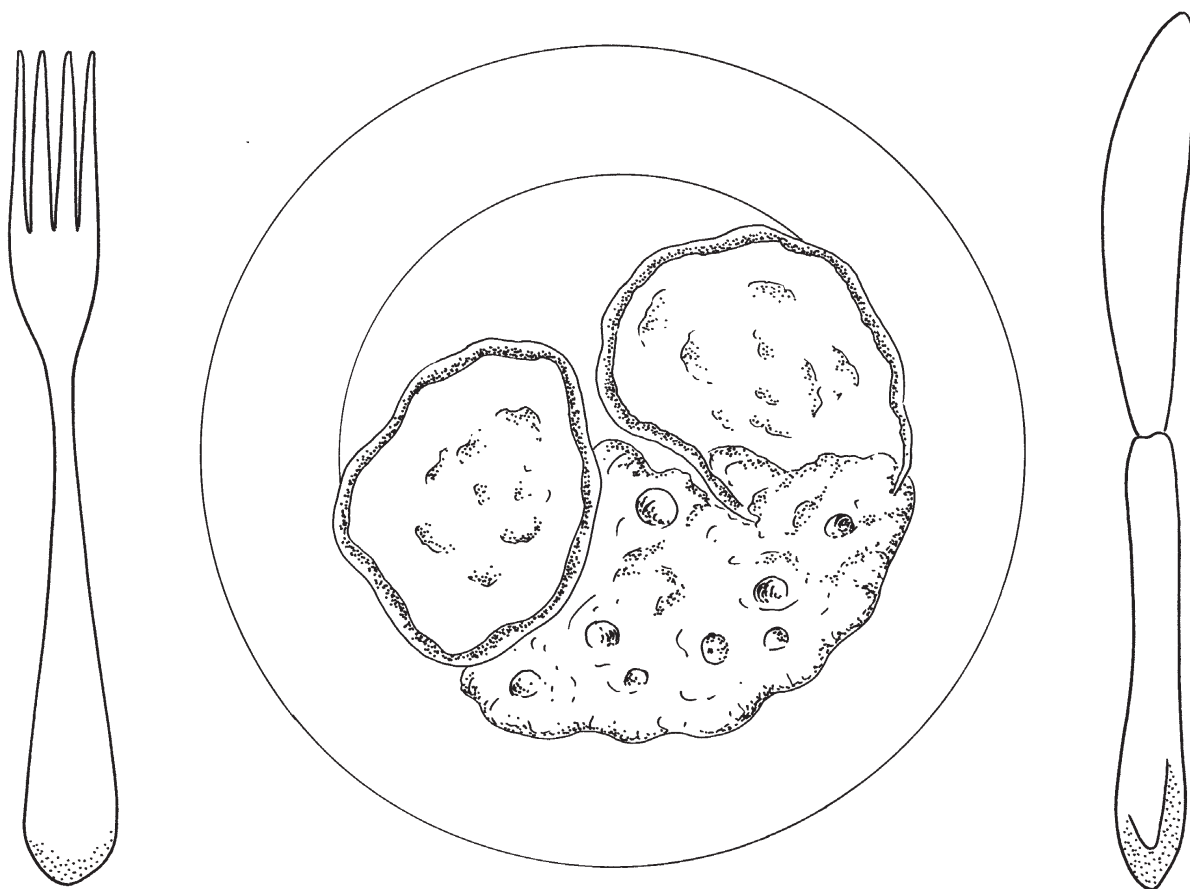
1. KOHU-PIIMA-PANN-KOOGID	6
2. MARJAD KOHU-PIIMAGA	12
3. PANN-KOOGID	18
4. PUU-VILJA-SALAT	24
5. RABARBERI-KISSELL	30
6. ÕUNA-VORM	36

KOOGID JA KÜPSISED

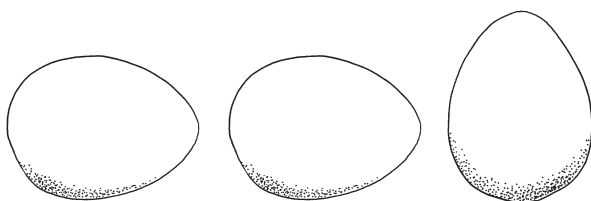
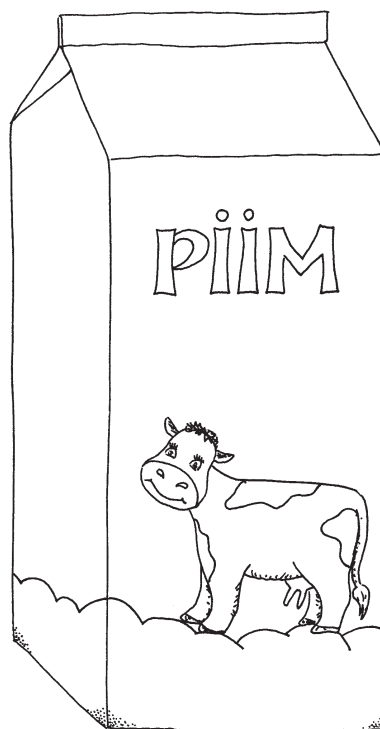
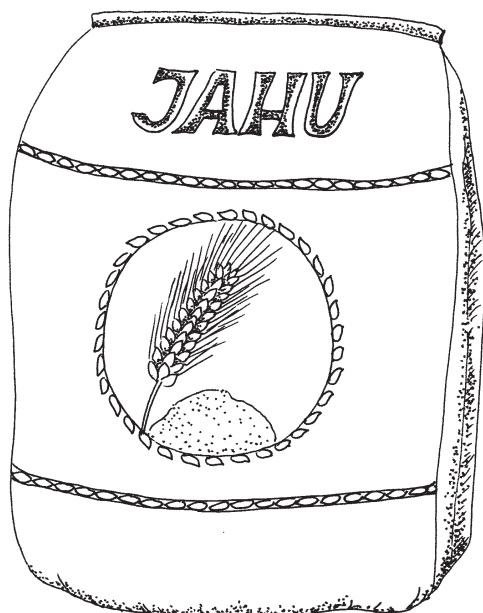
7. AHJU-PANN-KOOK	42
8. KAERA-KÜPSISED	50
9. KIRJU KOER	56
10. KOOKOS-HELBE-KÜPSISED	62
11. KÜPSISE-TORT	68
12. ÕUNA-KOOK	74



KOHU-PIIMA- PANN-KOOGID



KOHU-PIIMA-PANN-KOOGID



KOHU-PIIMA-PANN-KOOGID

jahu	1,5 dl
piim	2 dl
muna	3
kohu-piim	1 pakk (200 g)
õli	

1. Pane kaussi jahu ja piim. Sega.
2. Lisa munad. Sega.
3. Lisa kohu-piim. Sega.
4. Küpseta pannil väikesed pann-koogid.

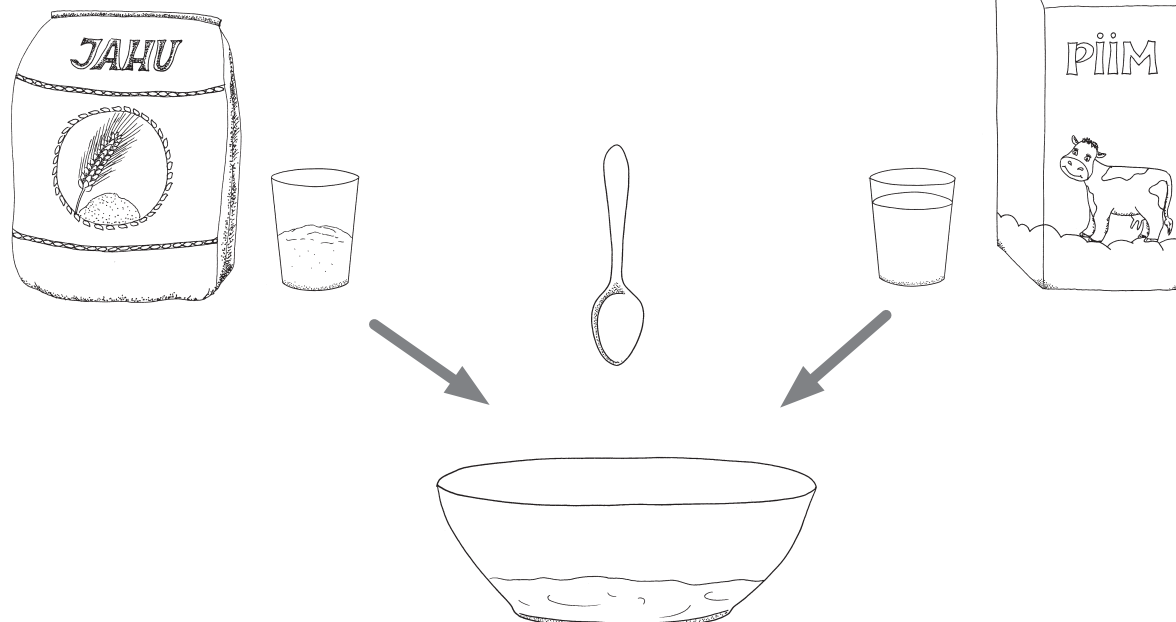
KOHU-PIIMA-PANN-KOOGID

JAHU	1,5 DL
PIIM	2 DL
MUNA	3
KOHU-PIIM	1 PAKK (200 G)
ÕLI	

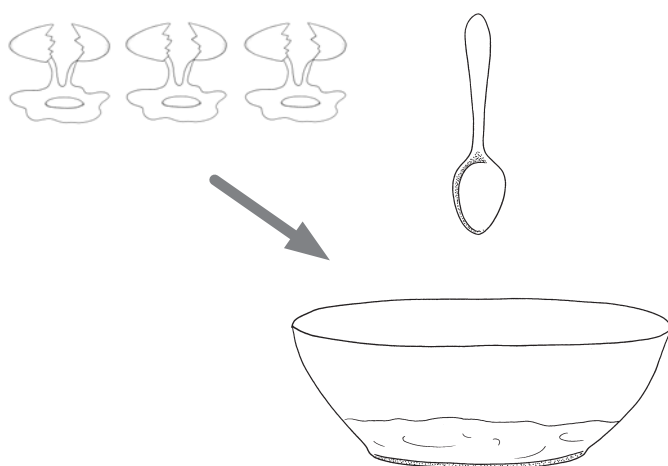
1. PANE KAUSSE JAHU JA PIIM. SEGA.
2. LISA MUNAD. SEGA.
3. LISA KOHU-PIIM. SEGA.
4. KÜPSETA PANNIL VÄIKESED PANN-KOOGID.

KOHU-PIIMA-PANN-KOOGID

1.

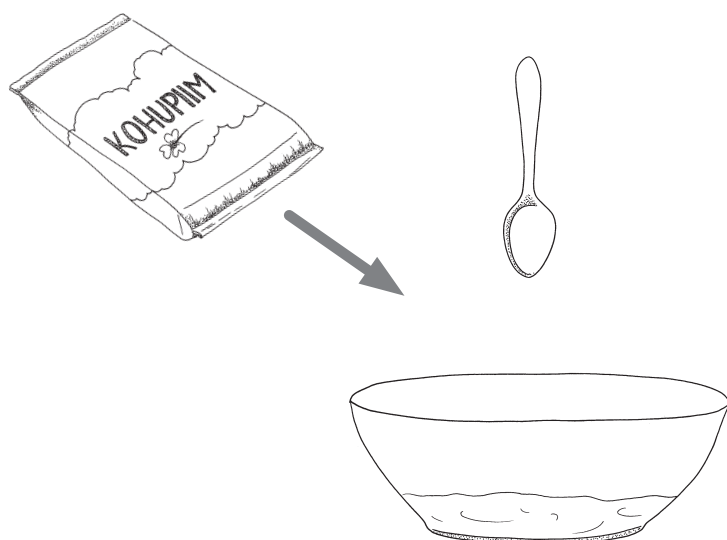


2.

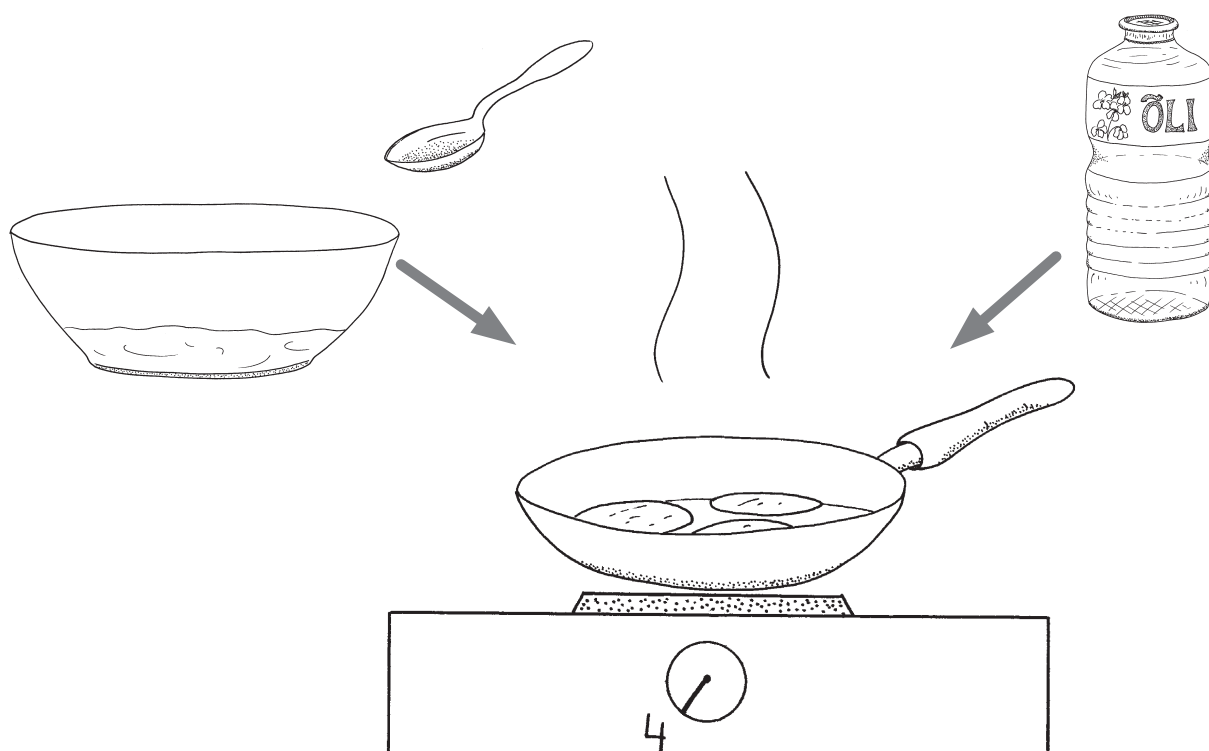


KOHU-PIIMA-PANN-KOOGID

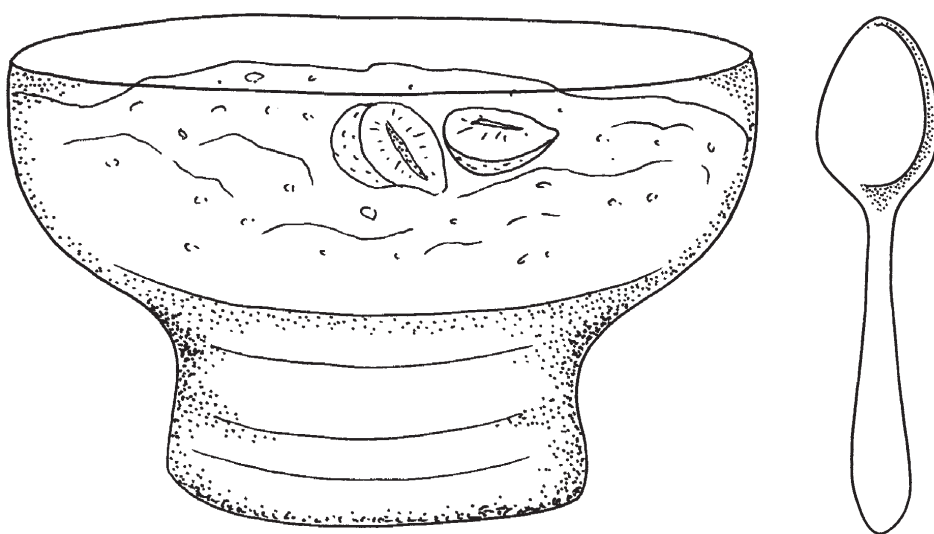
3.



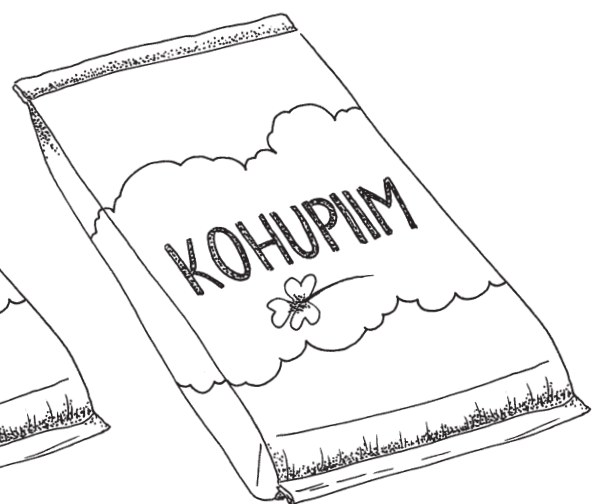
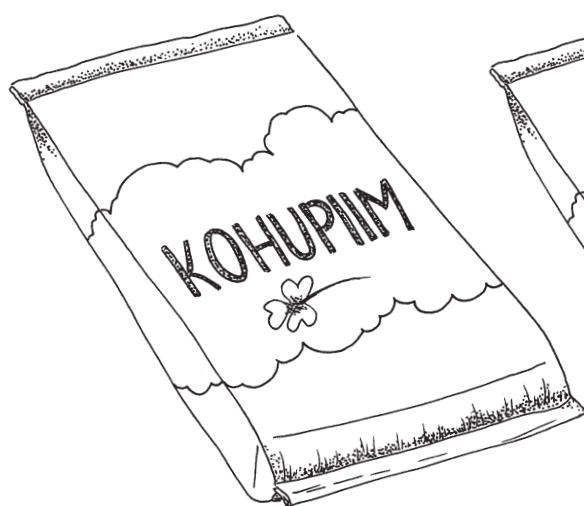
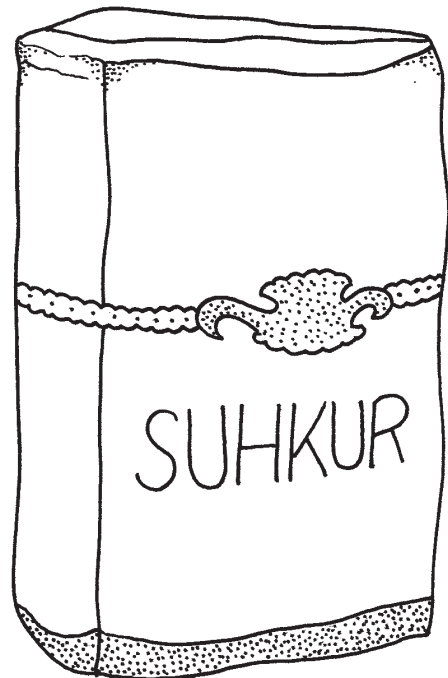
4.



MARJAD KOHU-PIIMAGA



MARJAD KOHU-PIIMAGA



MARJAD KOHU-PIIMAGA

marjad (<i>külmutatud</i>)	500 g
suhkur	0,5 dl
kohu-piim	2 pakki (400 g)

1. Pane marjad kaussi.
2. Purusta marjad kahvli või sau-mikseriga.
3. Lisa marjadele suhkur ja kohu-piim.
Sega.

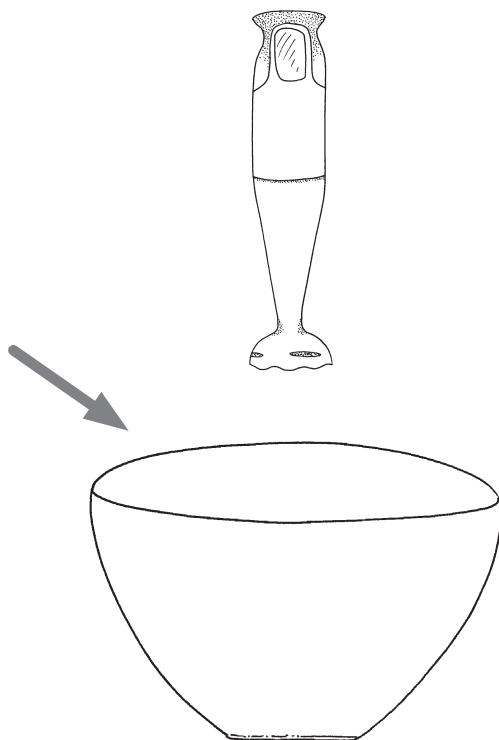
MARJAD KOHU-PIIMAGA

MARJAD (<i>KÜLMUTATUD</i>)	500 G
SUHKUR	0,5 DL
KOHU-PIIM	2 PAKKI (400 G)

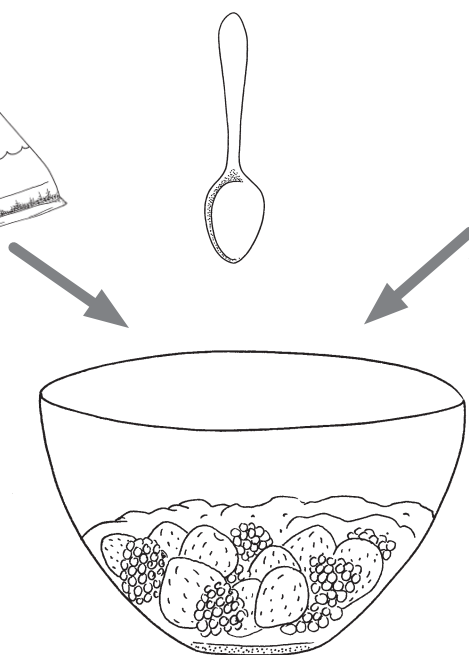
1. PANE MARJAD KAUSSE.
2. PURUSTA MARJAD KAHVLI
VÕI SAU-MIKSERIGA.
3. LISA MARJADELE SUHKUR JA KOHU-PIIM.
SEGA.

MARJAD KOHU-PIIMAGA

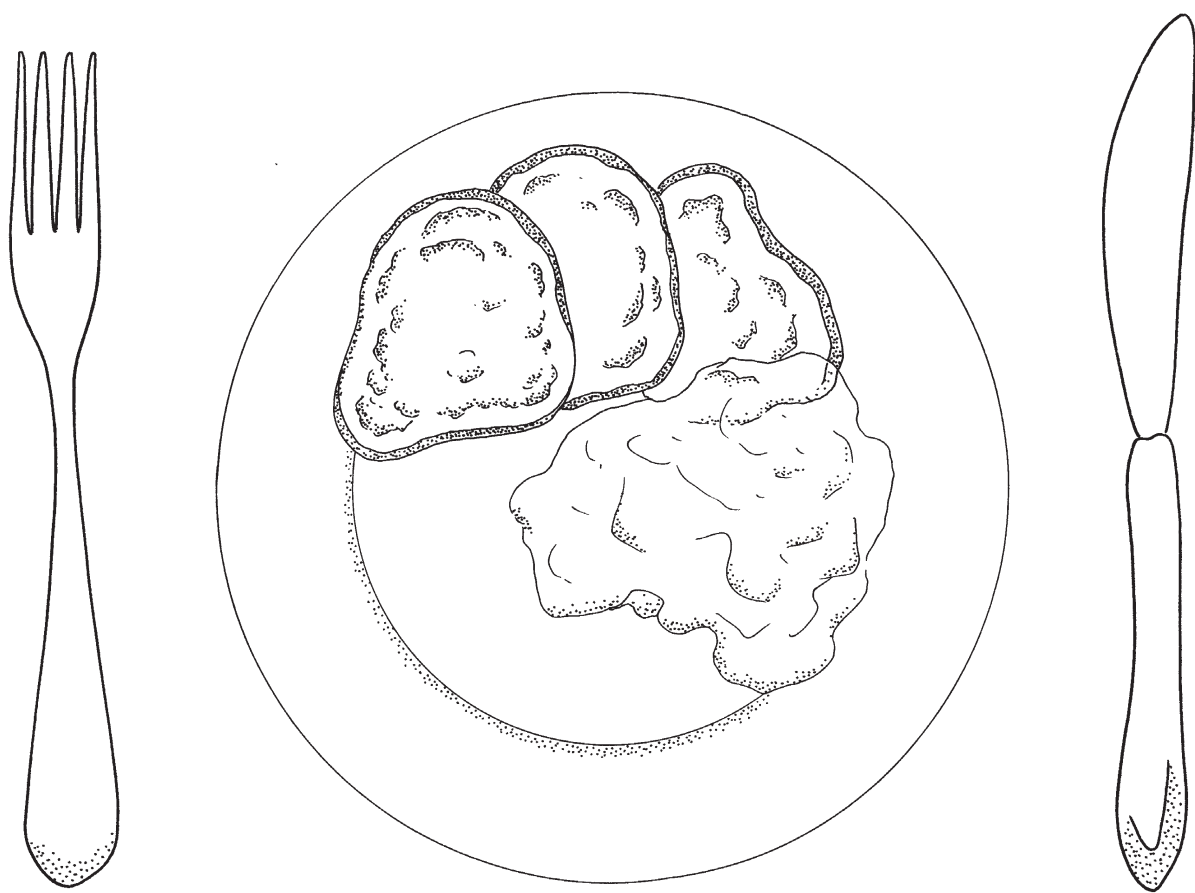
1.



2.



PANN-KOOGID



PANN-KOOGID



PANN-KOOGID

muna	2
suhkur	2 sl
keefir	5 dl
jahu	3 dl
söögi-sooda	0,5 tl
õli	

1. Pane kaussi munad ja suhkur. Vahusta.
2. Lisa keefir. Sega.
3. Lisa jahu ja söögi-sooda. Sega.
4. Küpseta pannil väikesed pann-koogid.

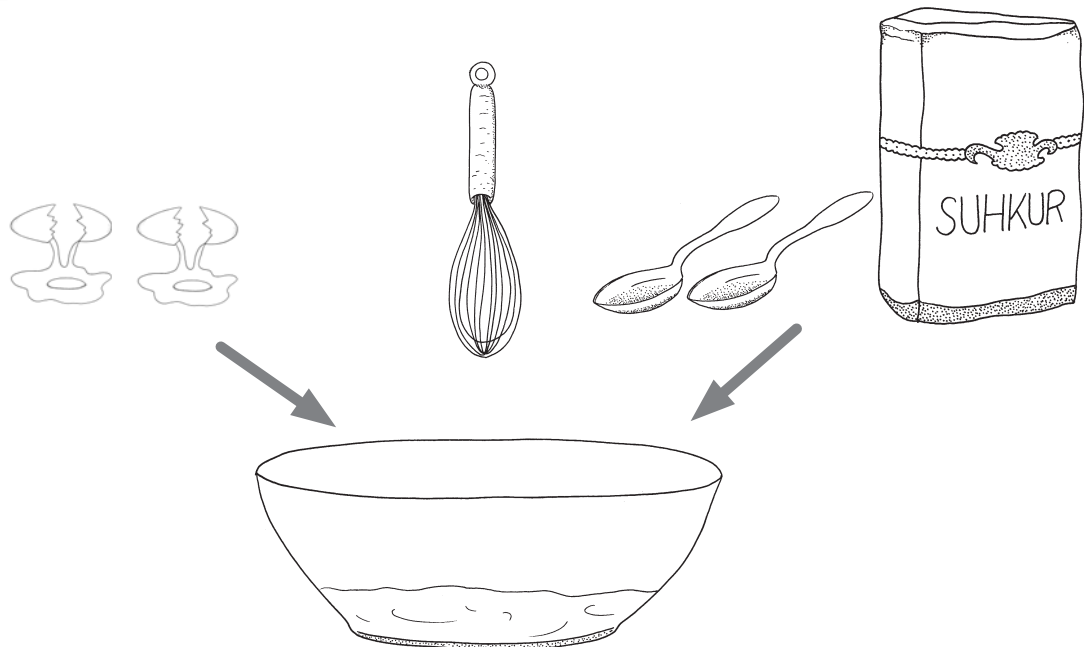
PANN-KOOGID

MUNA	2
SUHKUR	2 SL
KEEFIR	5 DL
JAHU	3 DL
SÖÖGI-SOODA	0,5 TL
ÕLI	

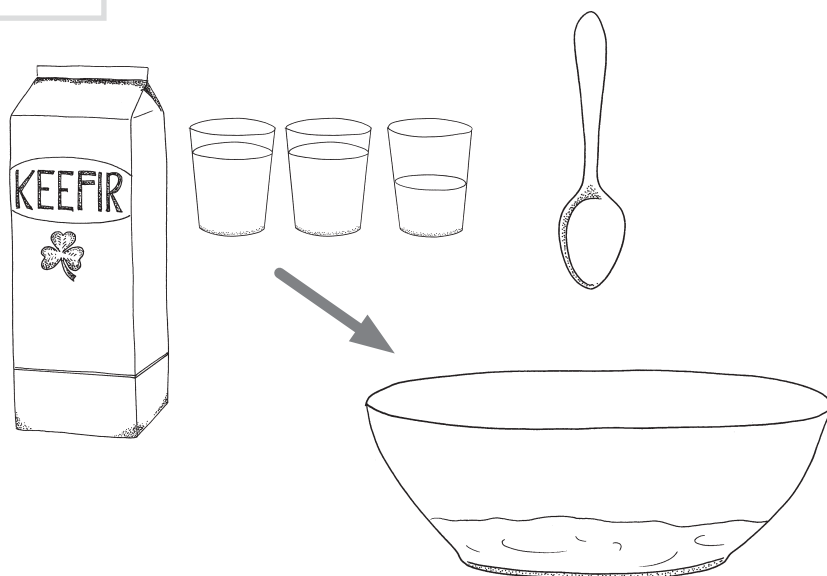
1. PANE KAUSSE MUNAD JA SUHKUR. VAHUSTA.
2. LISA KEEFIR. SEGA.
3. LISA JAHU JA SÖÖGI-SOODA. SEGA.
4. KÜPSETA PANNIL VÄIKESED PANN-KOOGID.

PANN-KOOGID

1.

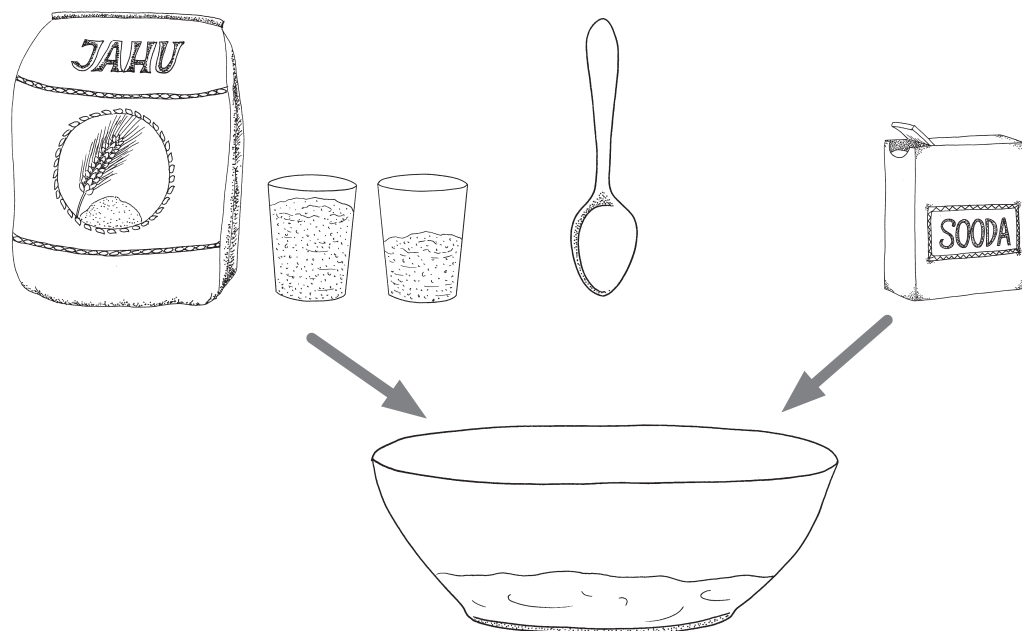


2.

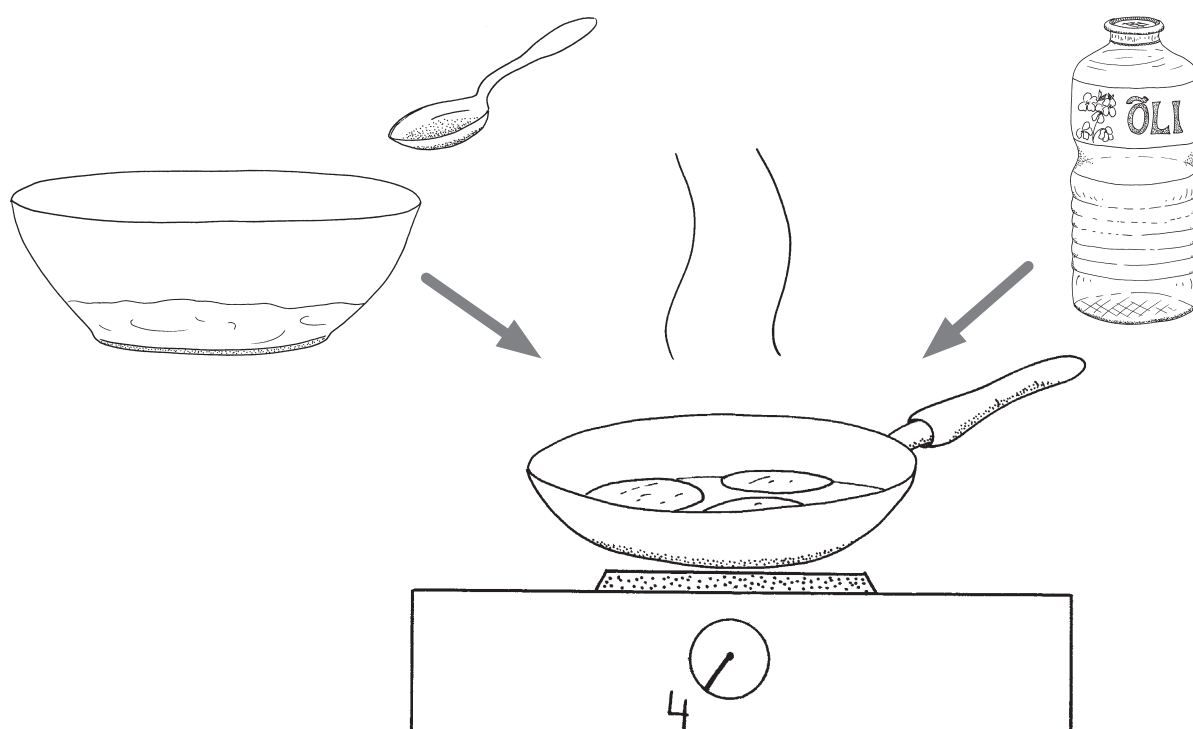


PANN-KOOGID

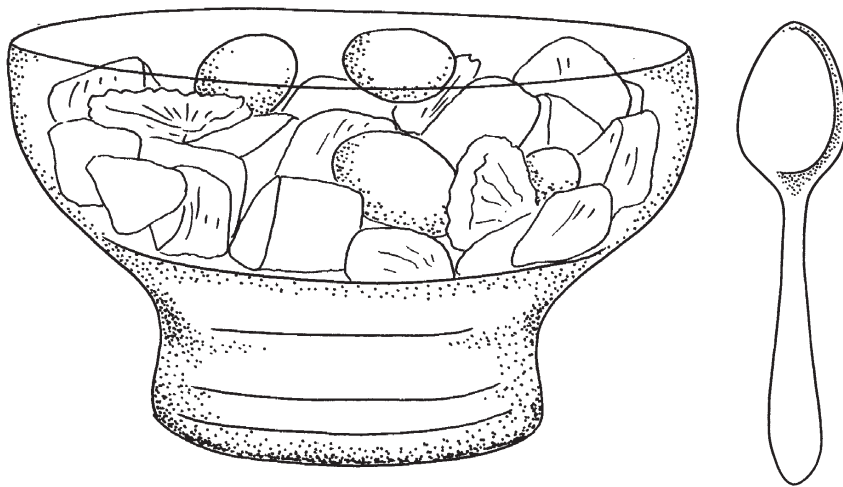
3.



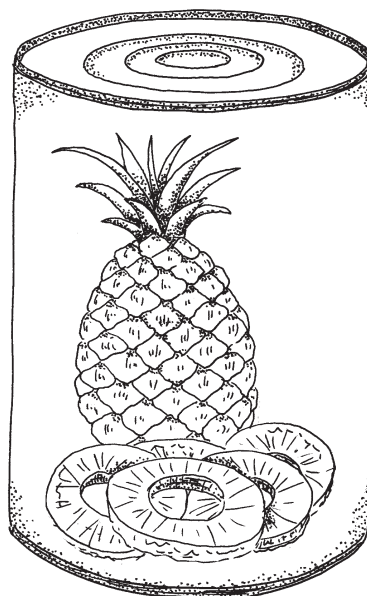
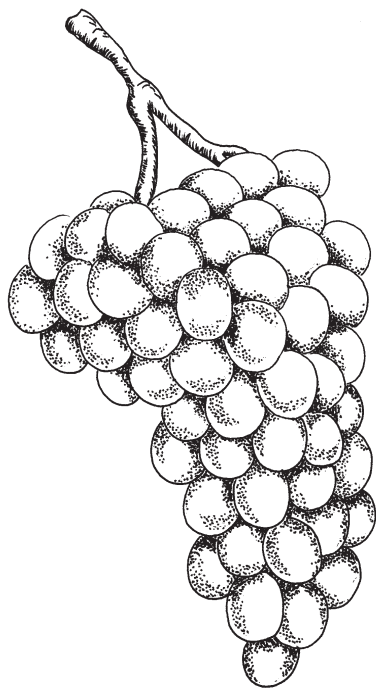
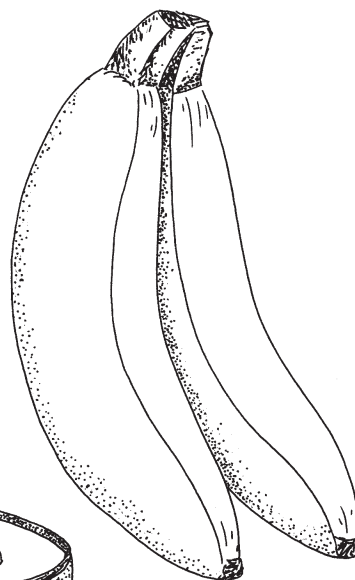
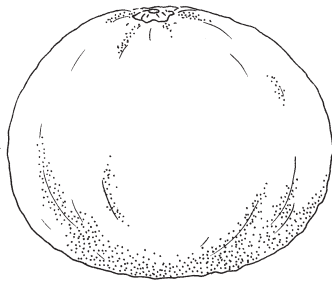
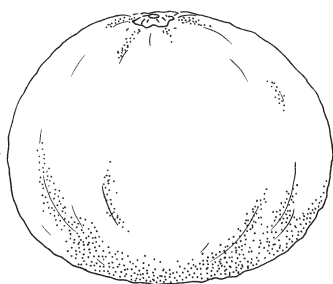
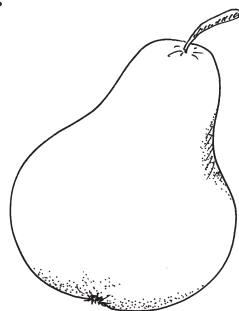
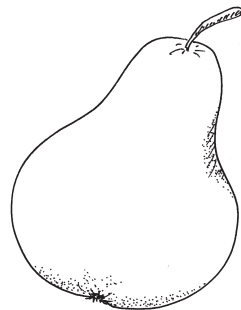
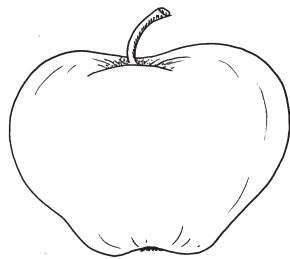
4.



PUU-VILJA-SALAT



PUU-VILJA-SALAT



PUU-VILJA-SALAT

õun	2
pirn	2
apelsin	2
banaan	2
viina-mari	1 väike kobar
ananassi-kompott (<i>tükid</i>)	1 väike purk

1. Pese puu-viljad.
2. Puhasta puu-viljad.
3. Tükelda puu-viljad.
4. Pane puu-vilja-tükid kaussi.
5. Lisa ananassi-kompott. Sega.

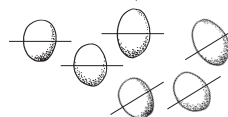
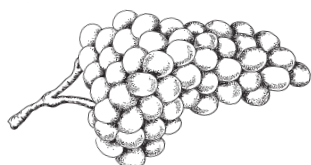
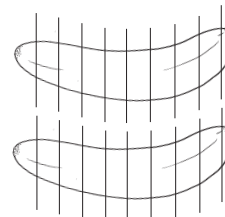
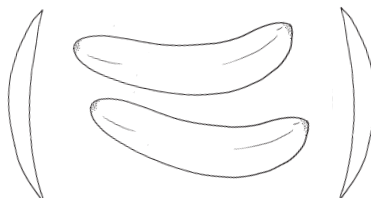
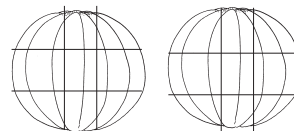
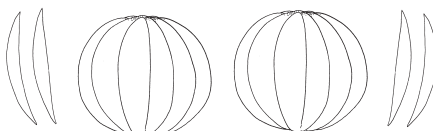
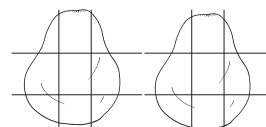
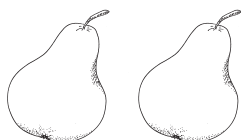
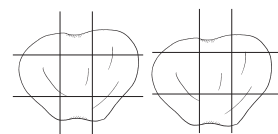
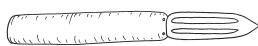
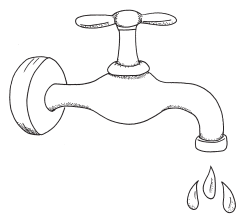
PUU-VILJA-SALAT

ÕUN	2
PIRN	2
APELSIN	2
BANAAN	2
VIINA-MARI	1 VÄIKE KOBAR
ANANASSI-KOMPOTT (<i>TÜKID</i>) 1 VÄIKE PURK	

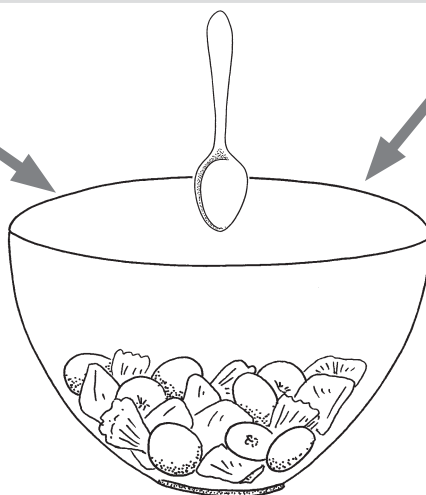
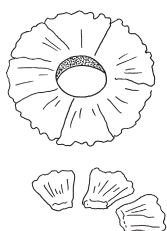
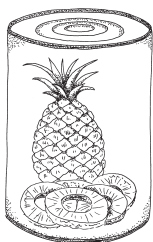
1. PESE PUU-VILJAD.
2. PUHASTA PUU-VILJAD.
3. TÜKELDA PUU-VILJAD.
4. PANE PUU-VILJA-TÜKID KAUSSE.
5. LISA ANANASSI-KOMPOTT. SEGA.

PUU-VILJA-SALAT

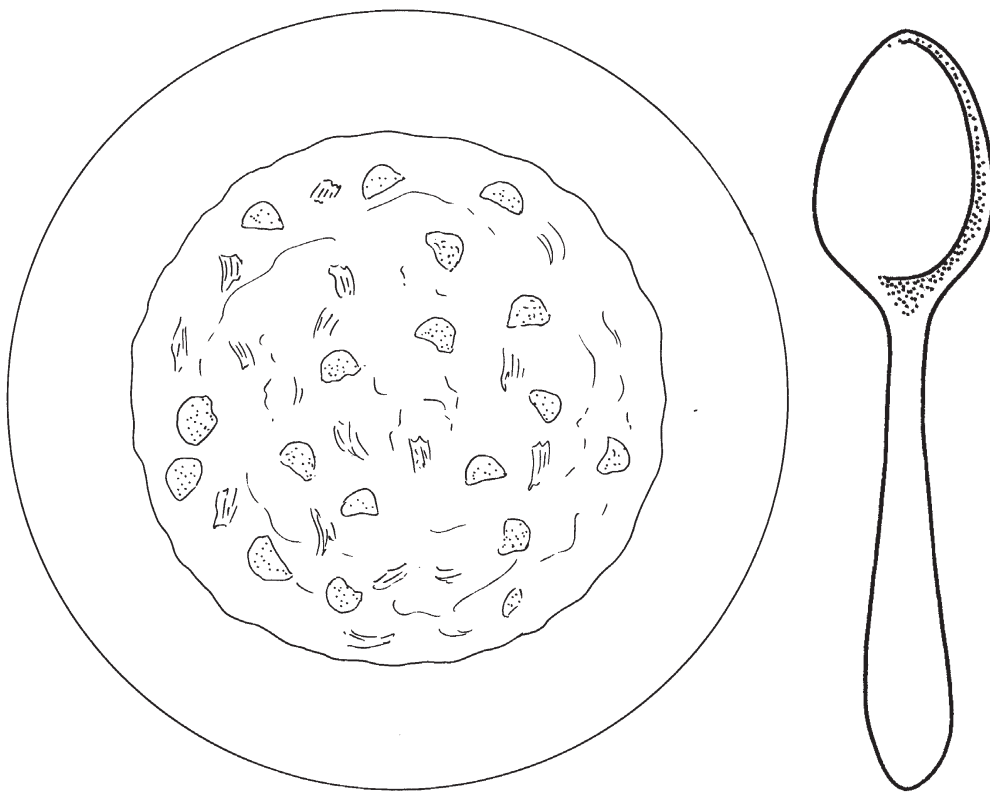
1. 2. 3.



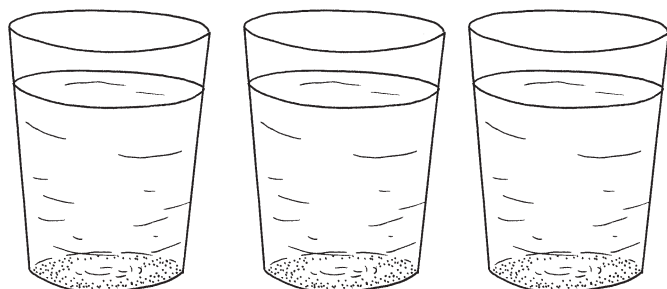
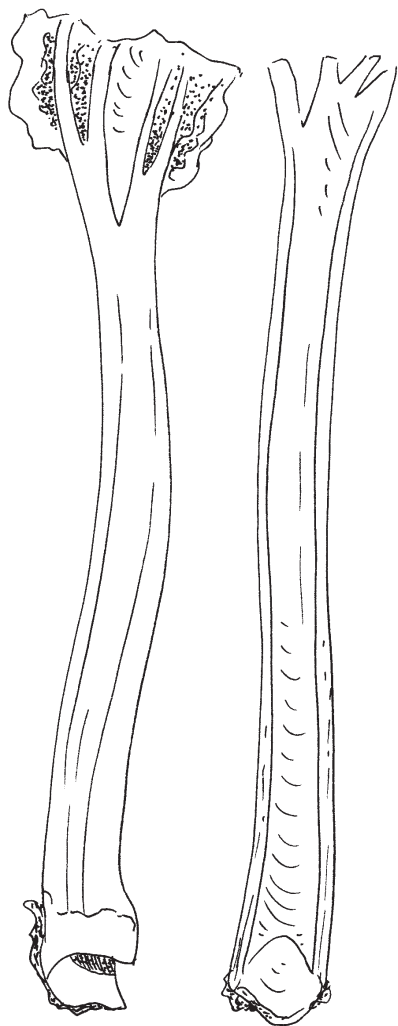
4. 5.



RABARBERI-KISSELL



RABARBERI-KISSELL



RABARBERI-KISSELL

rabarber	2
suhkur	1 dl
vesi	6 dl + 0,5 dl
kartuli-tärklis	3 sl

1. Pese, koori ja tükelda rabarberid.
2. Pane potti rabarberi tükid, suhkur ja 3 klaasi vett (6 dl).
Keeda 5 minutit.
3. Pane tärklis tassi.
Lisa tärklisele veerand tassi külma vett (0,5 dl).
Sega.
4. Lisa tärklise ja vee segu kissellile.
Sega kogu aeg.
5. Lase kissellil keema tõusta.
6. Jahuta.

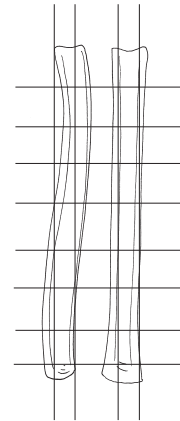
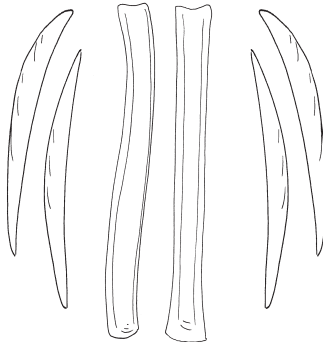
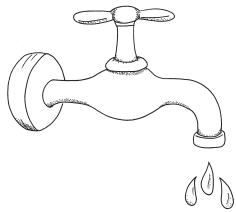
RABARBERI-KISSELL

RABARBER	2
SUHKUR	1 DL
VESI	6 DL + 0,5 DL
KARTULI-TÄRKLIS	3 SL

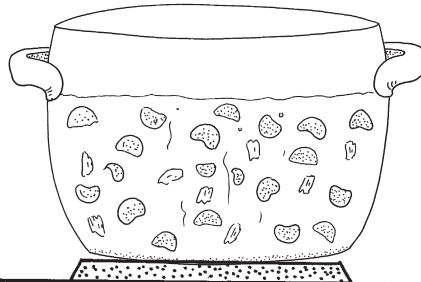
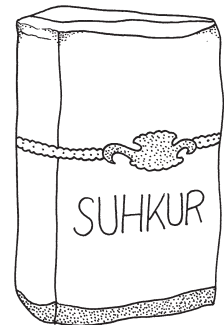
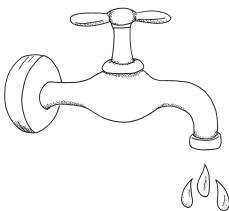
1. PESE, KOORI JA TÜKELDA RABARBERID.
2. PANE POTTI RABARBERI TÜKID, SUHKUR JA 3 KLAASI VETT (6 DL).
KEEDA 5 MINUTIT.
3. PANE TÄRKLIS TASSI.
LISA TÄRKLISELE VEERAND TASSI KÜLMA VETT (0,5 DL). SEGA.
4. LISA TÄRKLISE JA VEE SEGU KISSELLILE.
SEGA KOGU AEG.
5. LASE KISSELLIL KEEMA TÕUSTA.
6. JAHUTA.

RABARBERI-KISSELL

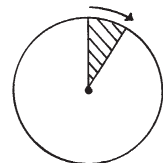
1.



2.



5r

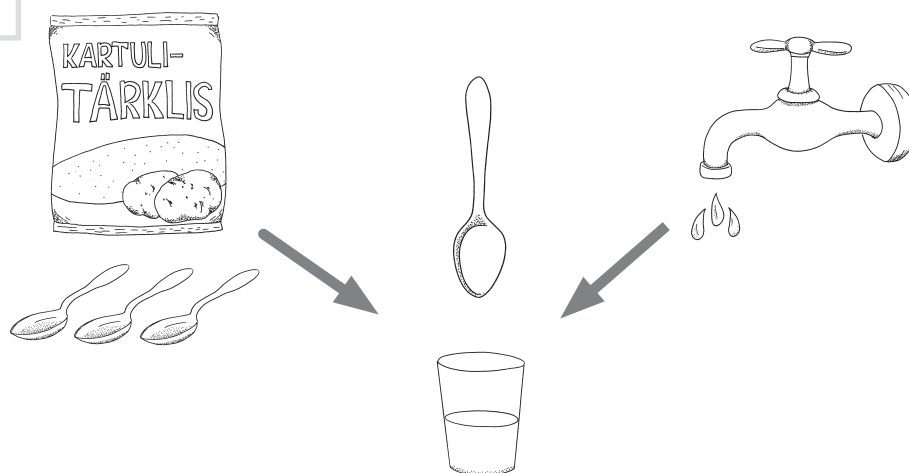


5 MINUTIT

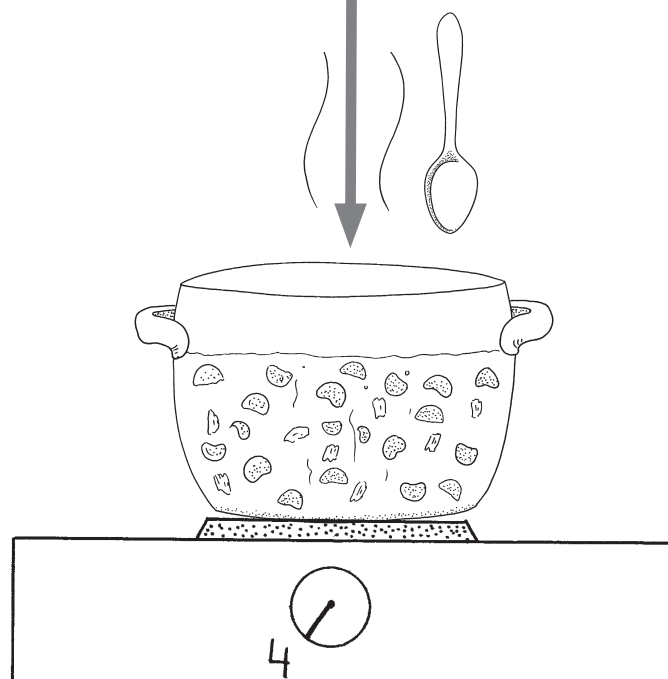


RABARBERI-KISSELL

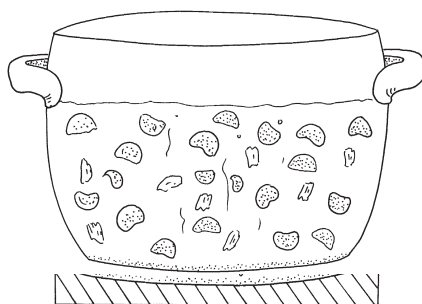
3.



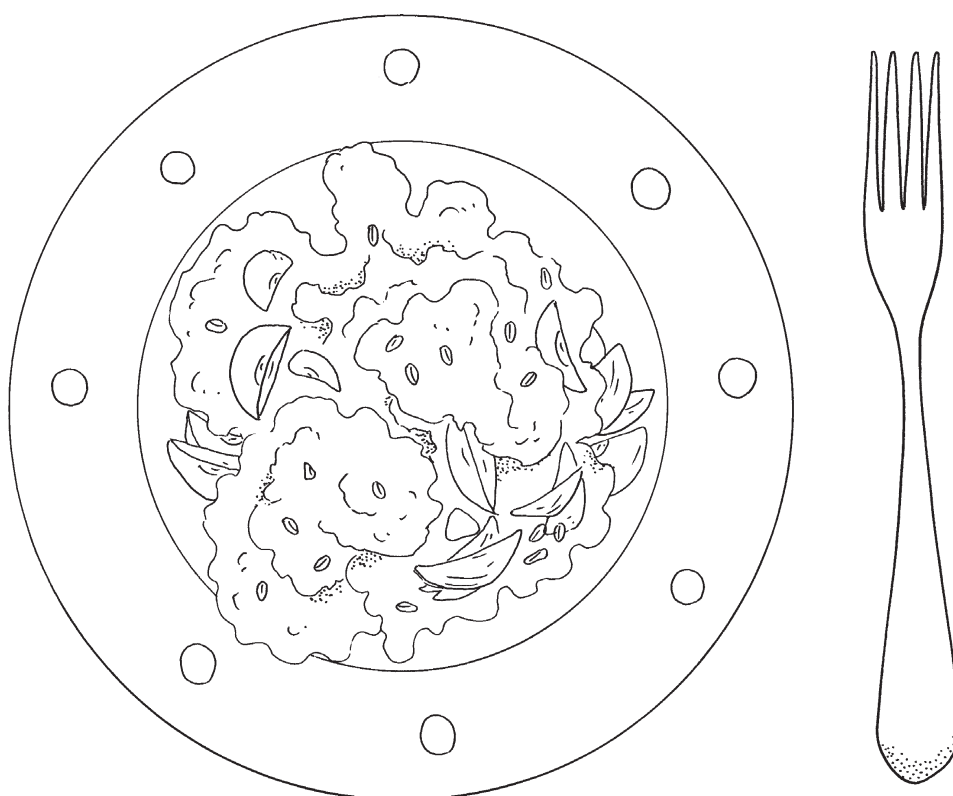
4. 5.



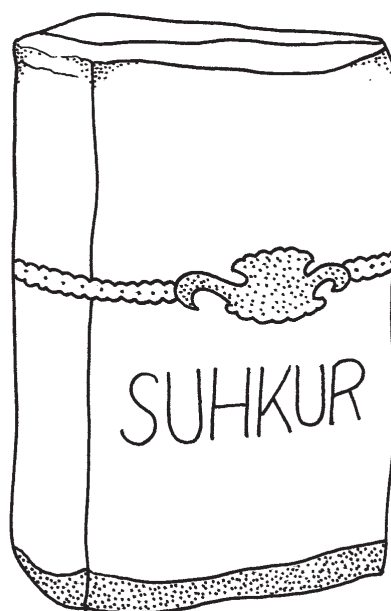
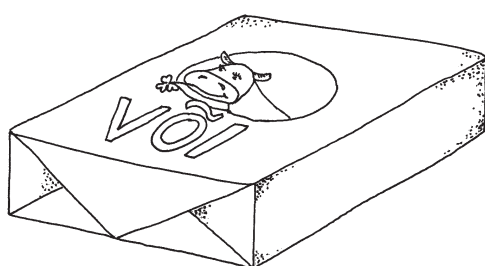
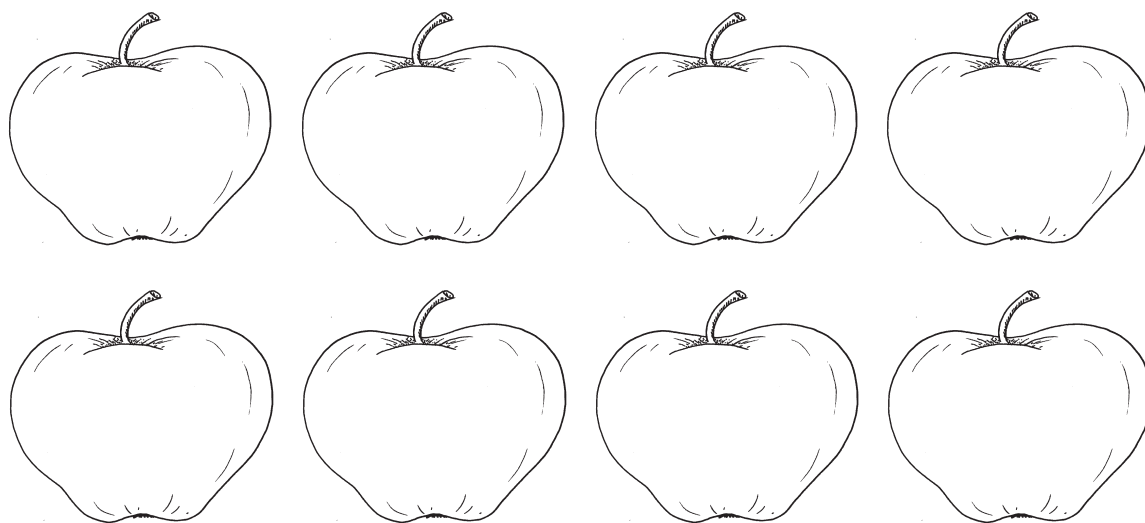
6.



ÕUNA-VORM



ÕUNA-VORM



ÕUNA-VORM

õun	8 tk
või	100 g
suhkur	1 dl
kaera-helbed	2 dl

1. Pese, puhasta ja viiluta õunad.
2. Pane õuna-viilud ahju-vormi.
3. Sulata potis või.
4. Lisa võile suhkur ja kaera-helbed. Sega.
5. Kalla segu vormi õunte peale.
6. Küpseta ahjus 180° juures umbes 25 minutit.

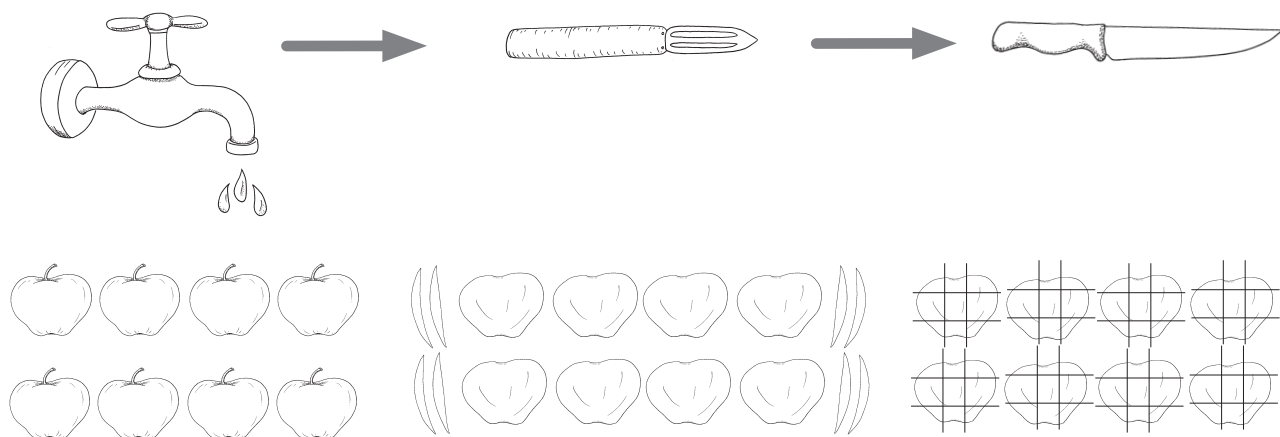
ÕUNA-VORM

ÕUN	8 TK
VÕI	100 G
SUHKUR	1 DL
KAERA-HELBED	2 DL

1. PESE, PUHASTA JA VIILUTA ÕUNAD.
2. PANE ÕUNA-VIILUD AHJU-VORMI.
3. SULATA POTIS VÕI.
4. LISA VÕILE SUHKUR JA KAERA-HELBED.
SEGA.
5. KALLA SEGU VORMI ÕUNTE PEALE.
6. KÜPSETA AHJUS 180° JUURES
UMBES 25 MINUTIT.

ÕUNA-VORM

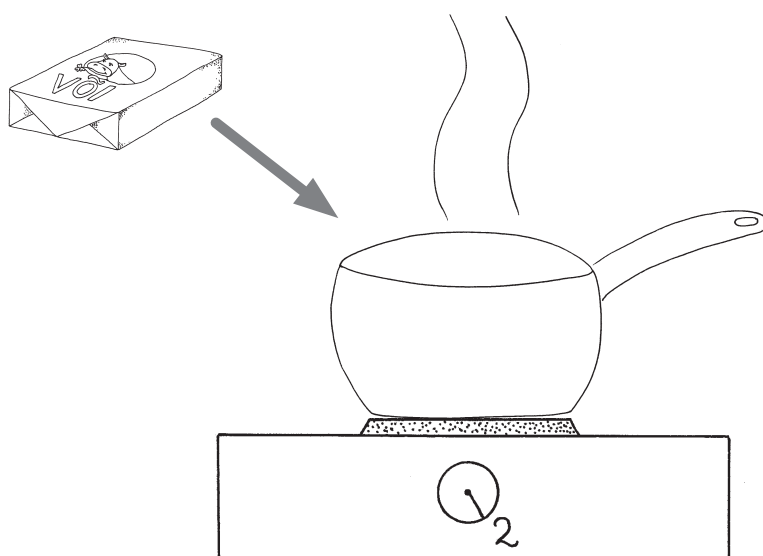
1.



2.

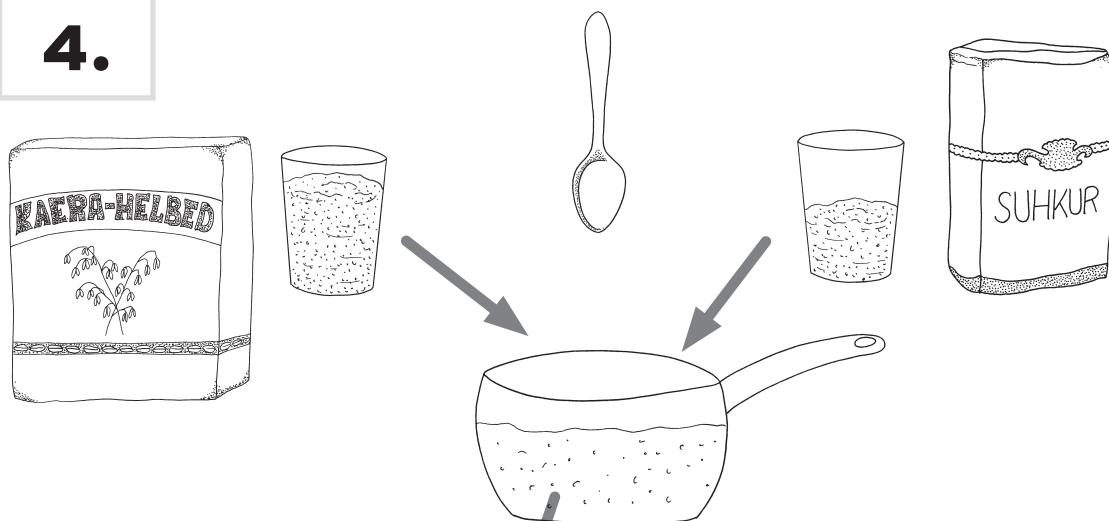


3.

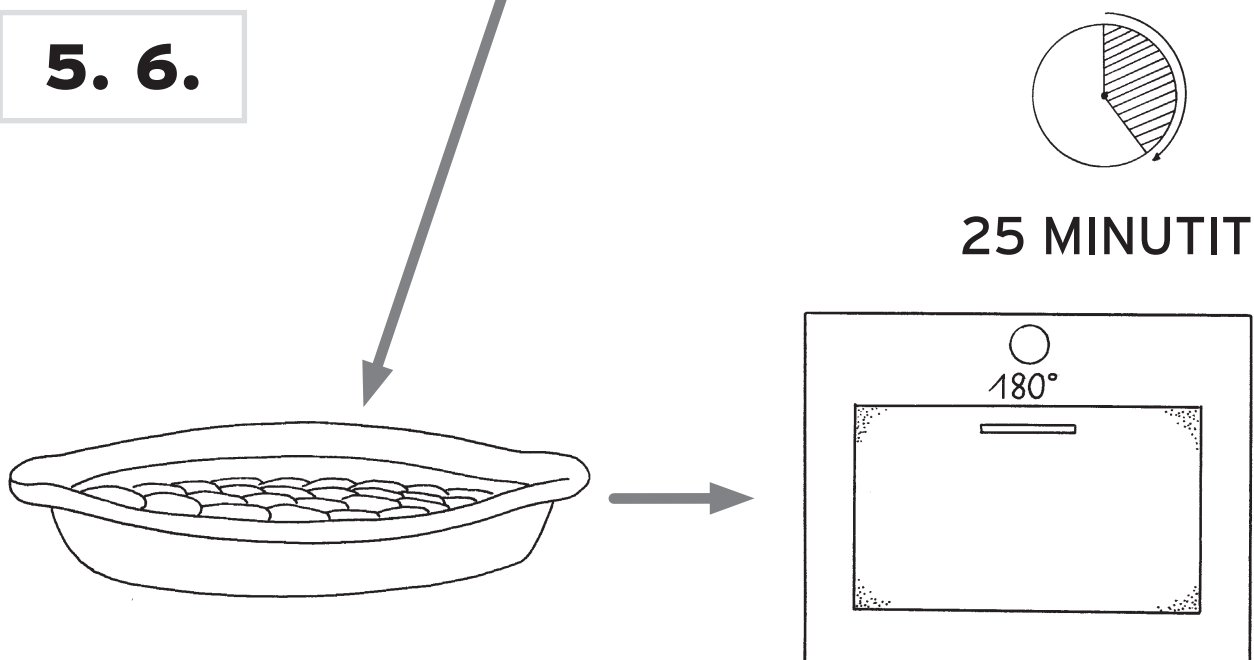


ÕUNA-VORM

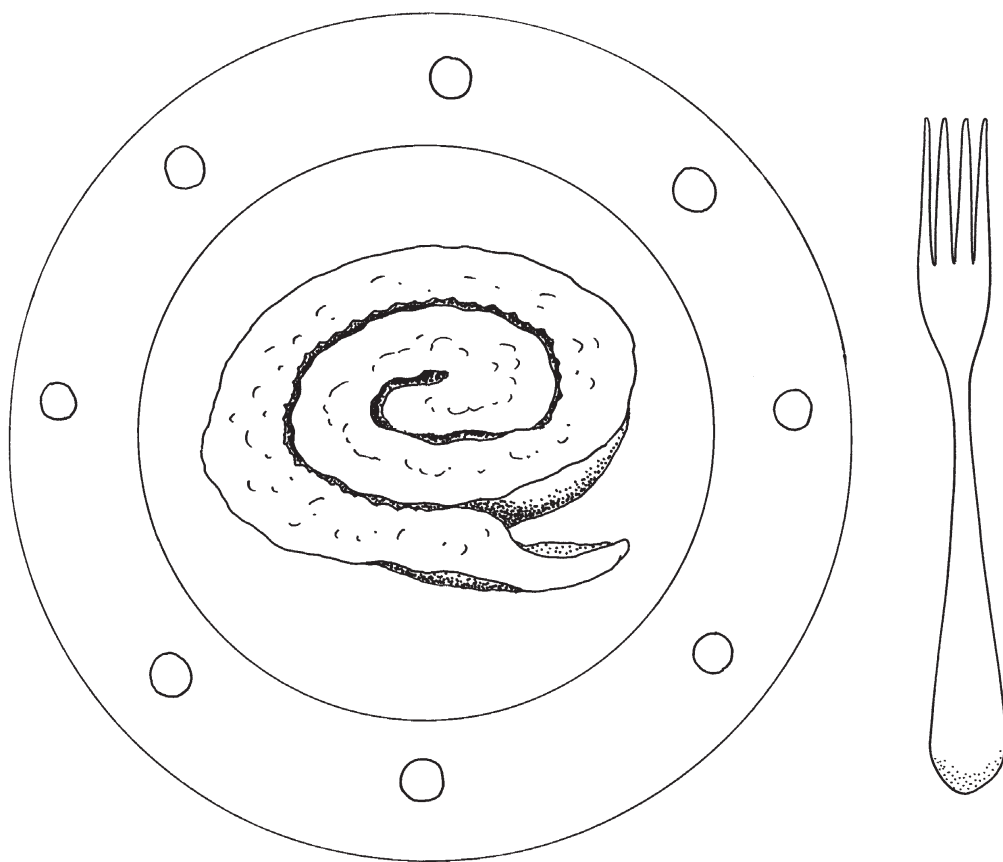
4.



5. 6.



AHJU-PANN-KOOK



AHJU-PANN-KOOK



AHJU-PANN-KOOK

muna	3
piim	7 dl
kiir-kaera-helbed	1 dl
jahu	3 dl
õli	2 sl

täidis:

moos	3 dl
------	------

1. Pane kaussi munad. Vahusta.
2. Lisa piim. Sega.
3. Lisa kaera-helbed, jahu ja õli. Sega.
4. Lase tainal 15 minutit seista.
5. Kata ahju-plaat küpsetus-paberiga.
6. Vala tainas plaadile.
7. Küpseta ahjus 200° juures umbes 30 minutit.
8. Määri küpsele koogile moos.
9. Keera kook rulli.
10. Lõika rull viiludeks.

AHJU-PANN-KOOK

MUNA	3
PIIM	7 DL
KIIR-KAERA-HELBED	1 DL
JAHU	3 DL
ÕLI	2 SL

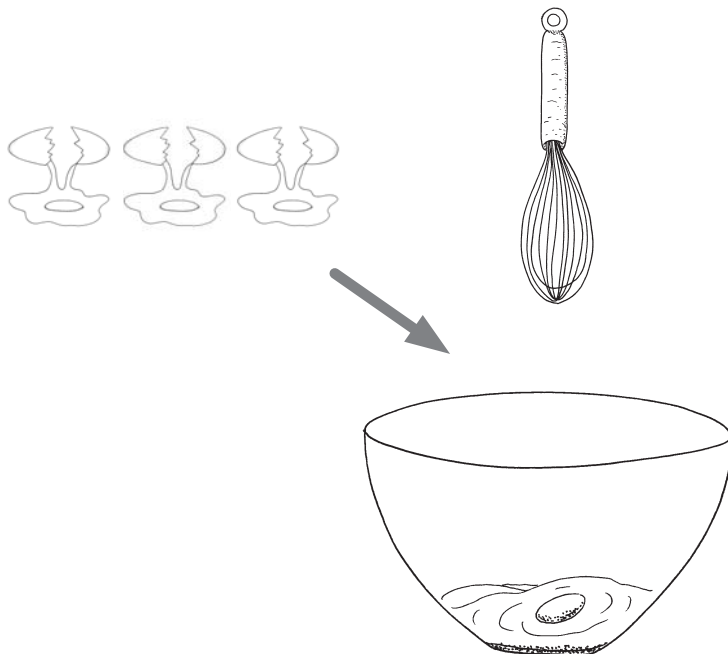
TÄIDIS:

MOOS	3 DL
------	------

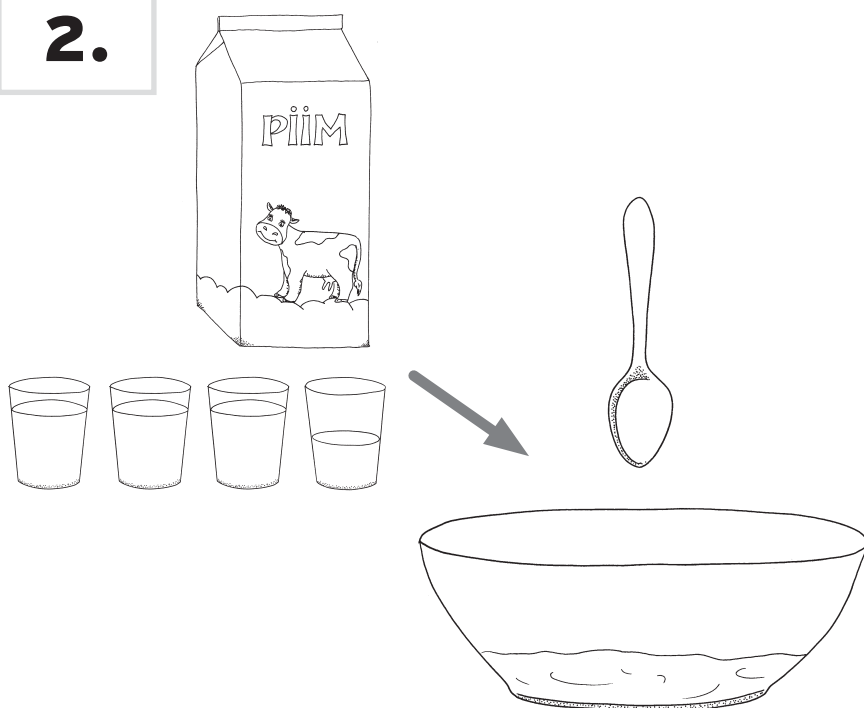
1. PANE KAUSI MUNAD. VAHUSTA.
2. LISA PIIM. SEGA.
3. LISA KAERA-HELBED, JAHU JA ÕLI. SEGA.
4. LASE TAINAL 15 MINUTIT SEISTA.
5. KATA AHJU-PLAAT KÜPSETUS-PABERIGA.
6. VALA TAINAS PLAADILE.
7. KÜPSETA AHJUS 200° JUURES
UMBES 30 MINUTIT.
8. MÄÄRI KÜPSELE KOOGILE MOOS.
9. KEERA KOOK RULLI.
10. LÕIKA RULL VIILUDEKS.

AHJU-PANN-KOOK

1.

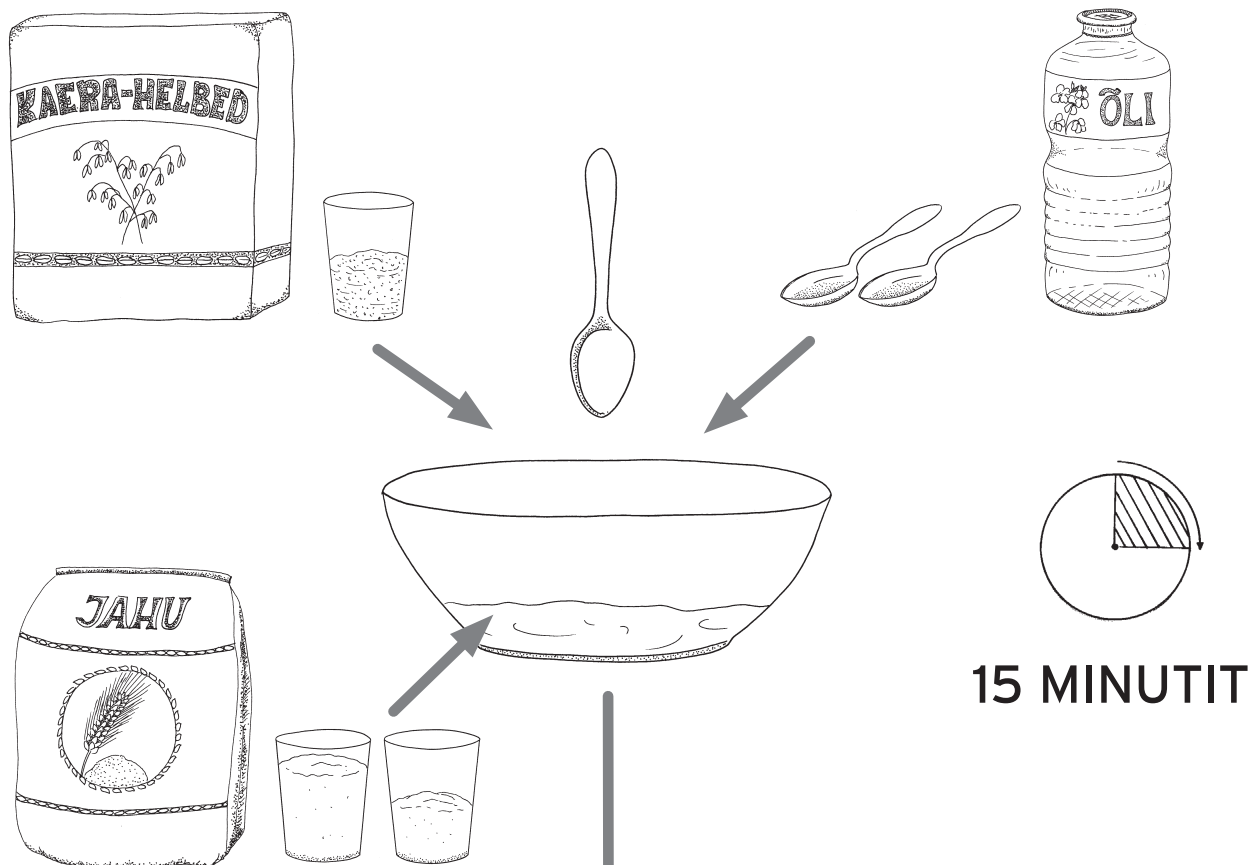


2.

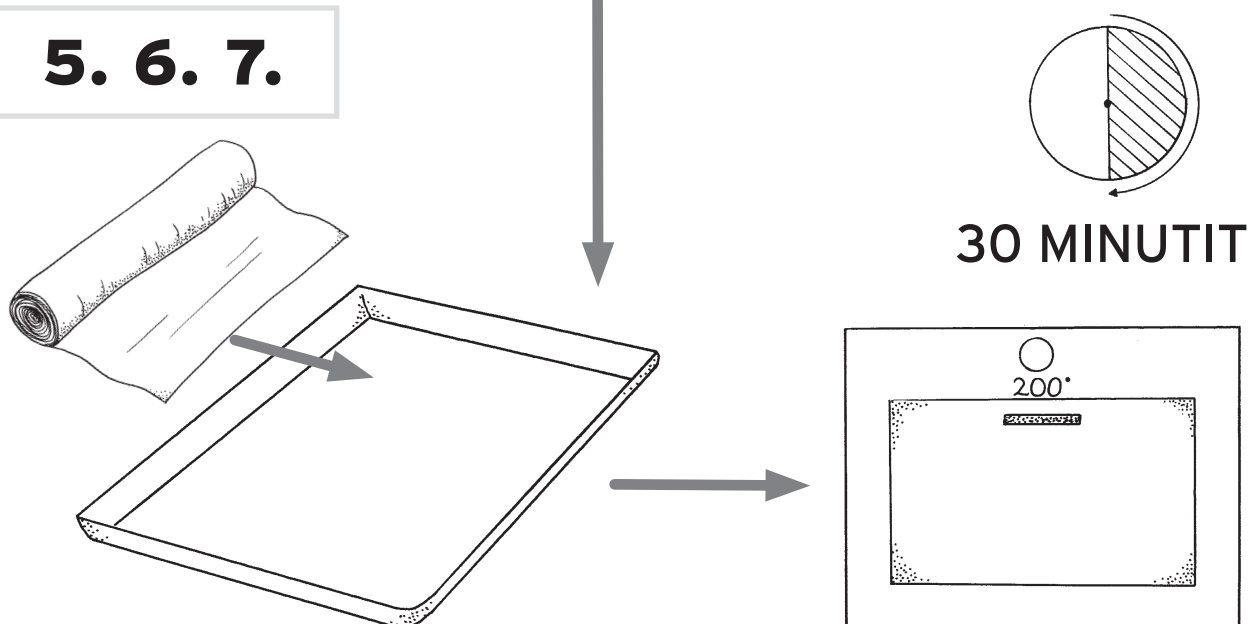


AHJU-PANN-KOOK

3. 4.

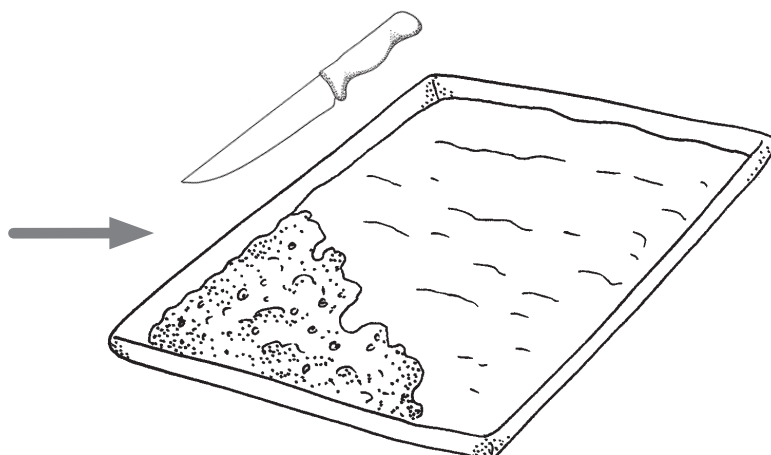
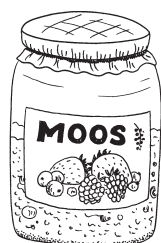


5. 6. 7.

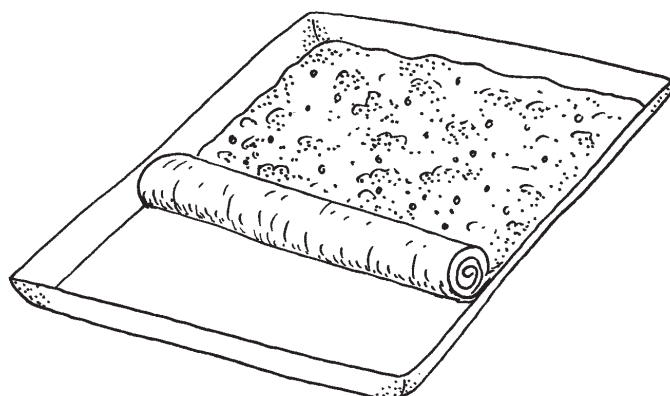


AHJU-PANN-KOOK

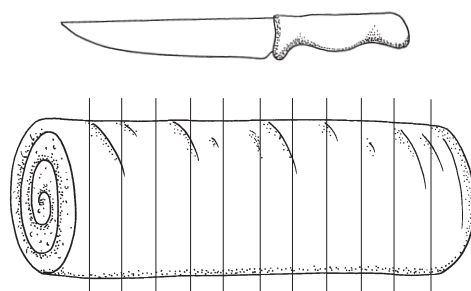
8.



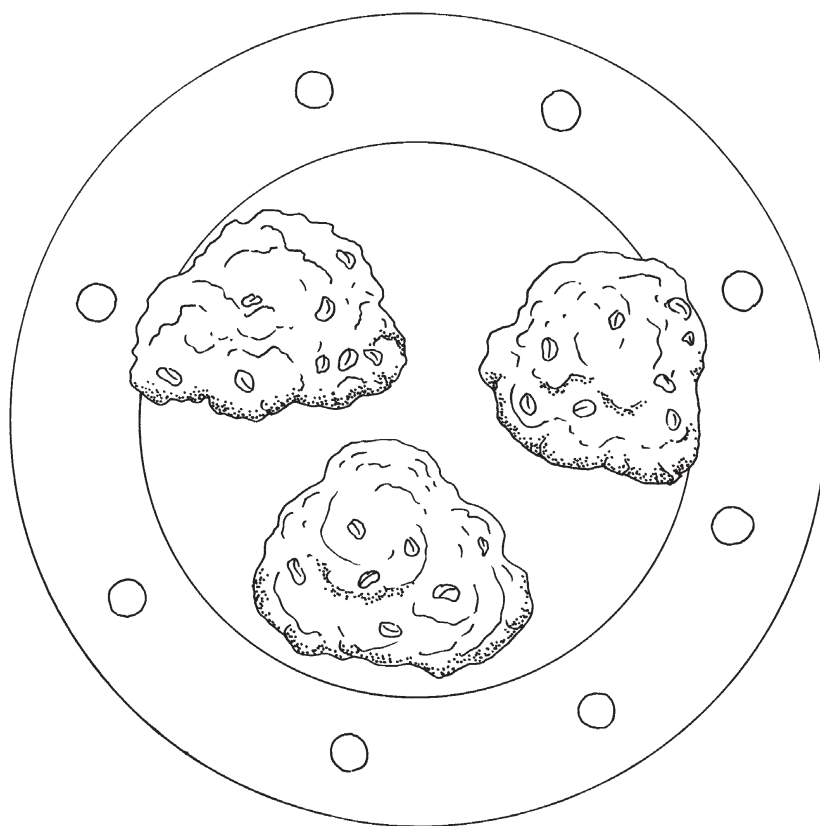
9.



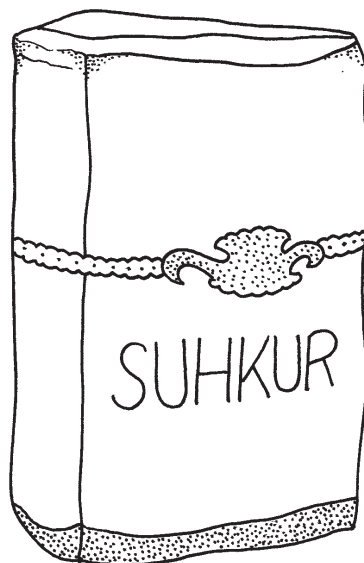
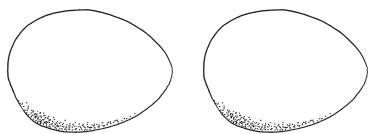
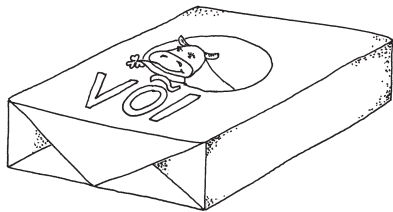
10.



KAERA-KÜPSISED



KAERA-KÜPSISED



KAERA-KÜPSISED

või	100 g
kaera-helbed	300 g
muna	2
suhkur	1 dl

1. Sulata potis või.
2. Lisa võile kaera-helbed, munad ja suhkur. Sega.
3. Kata ahju-plaat küpsetus-paberiga.
4. Vormi tainast pätsid.
5. Pane pätsid ahju-plaadile.
6. Küpseta ahjus 200° juures umbes 15 minutit.

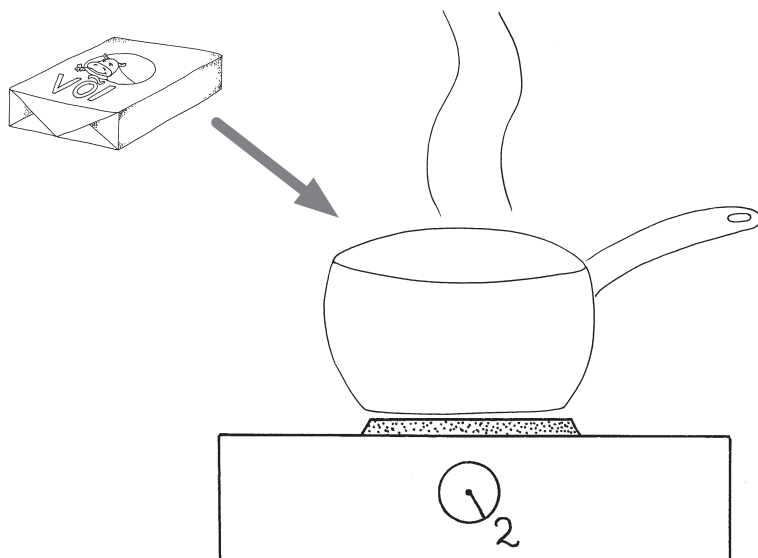
KAERA-KÜPSISED

VÕI	100 G
KAERA-HELBED	300 G
MUNA	2
SUHKUR	1 DL

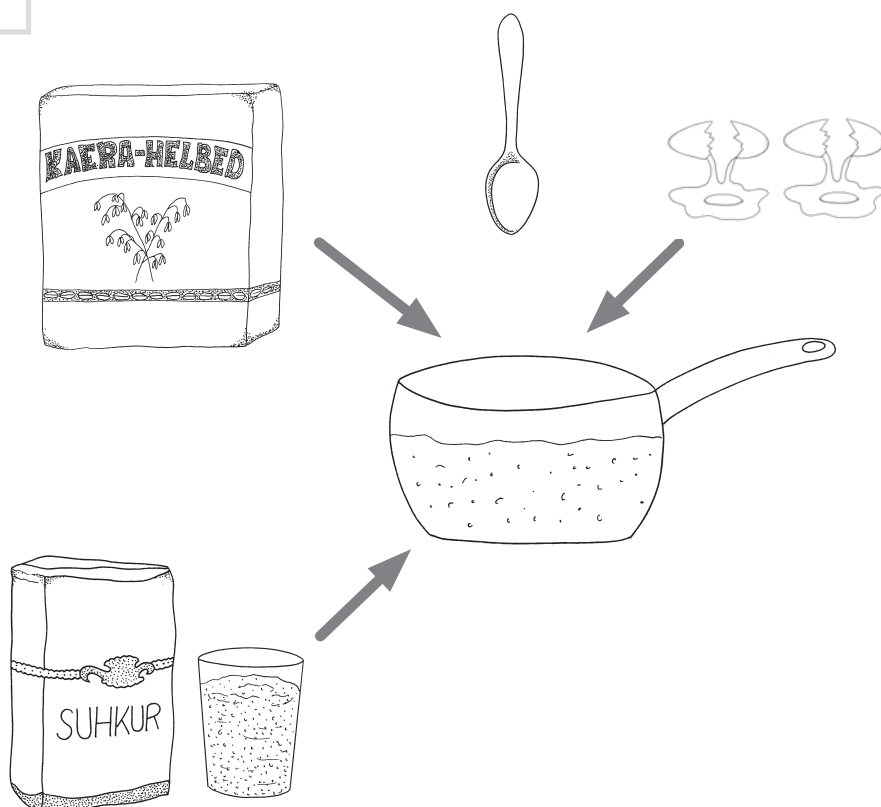
1. SULATA POTIS VÕI.
2. LISA VÕILE KAERA-HELBED, MUNAD JA SUHKUR. SEGA.
3. KATA AHJU-PLAAT KÜPSETUS-PABERIGA.
4. VORMI TAINAST PÄTSID.
5. PANE PÄTSID AHJU-PLAADILE.
6. KÜPSETA AHJUS 200° JUURES UMBES 15 MINUTIT.

KAERA-KÜPSISED

1.

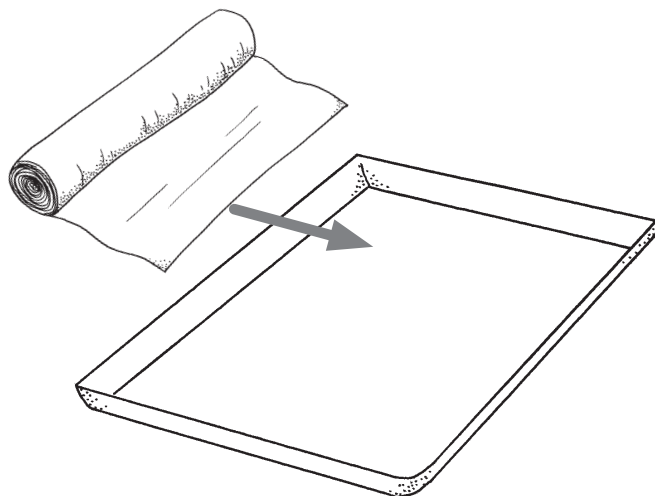


2.

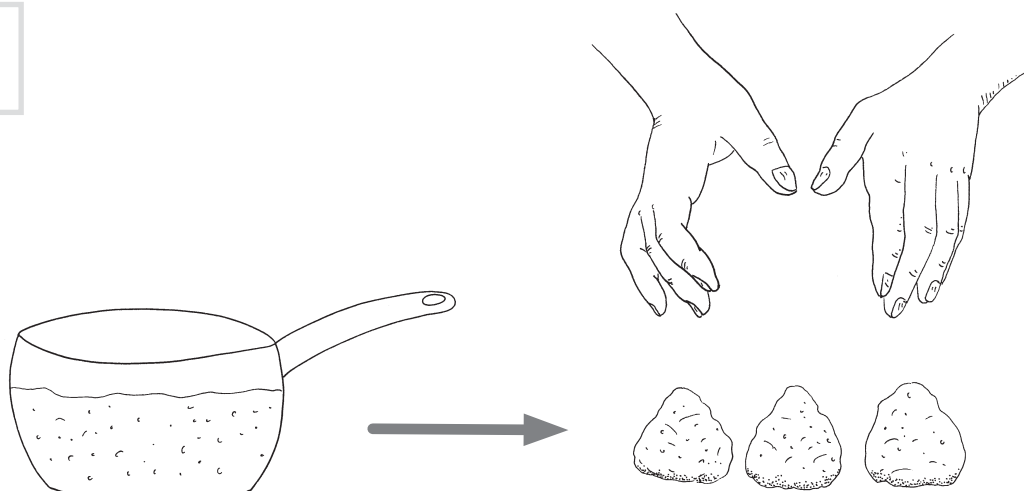


KAERA-KÜPSISED

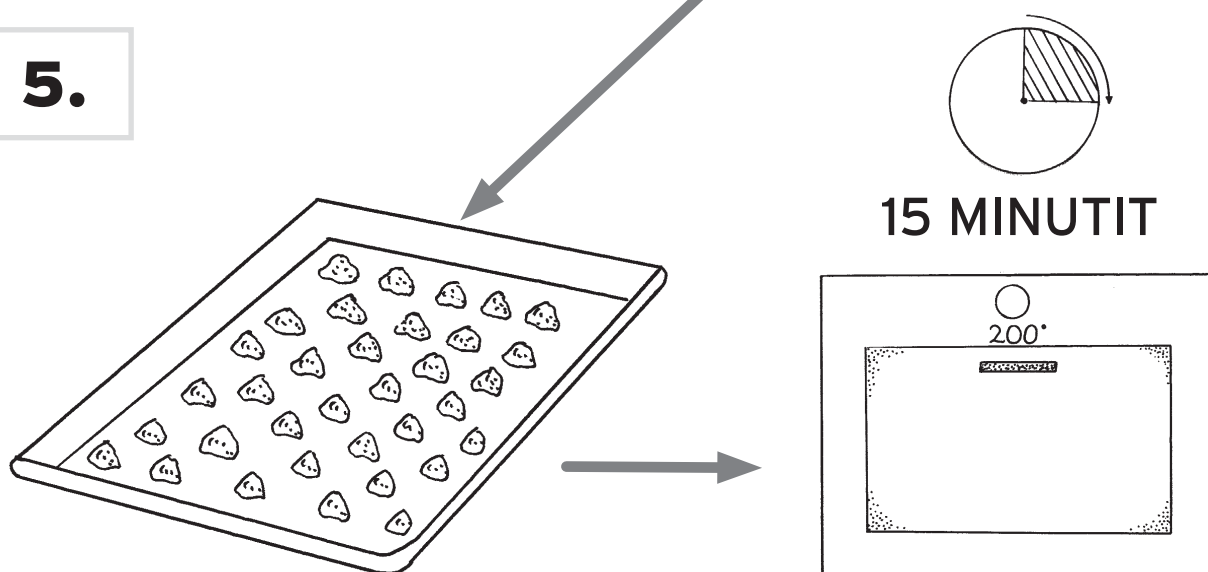
3.



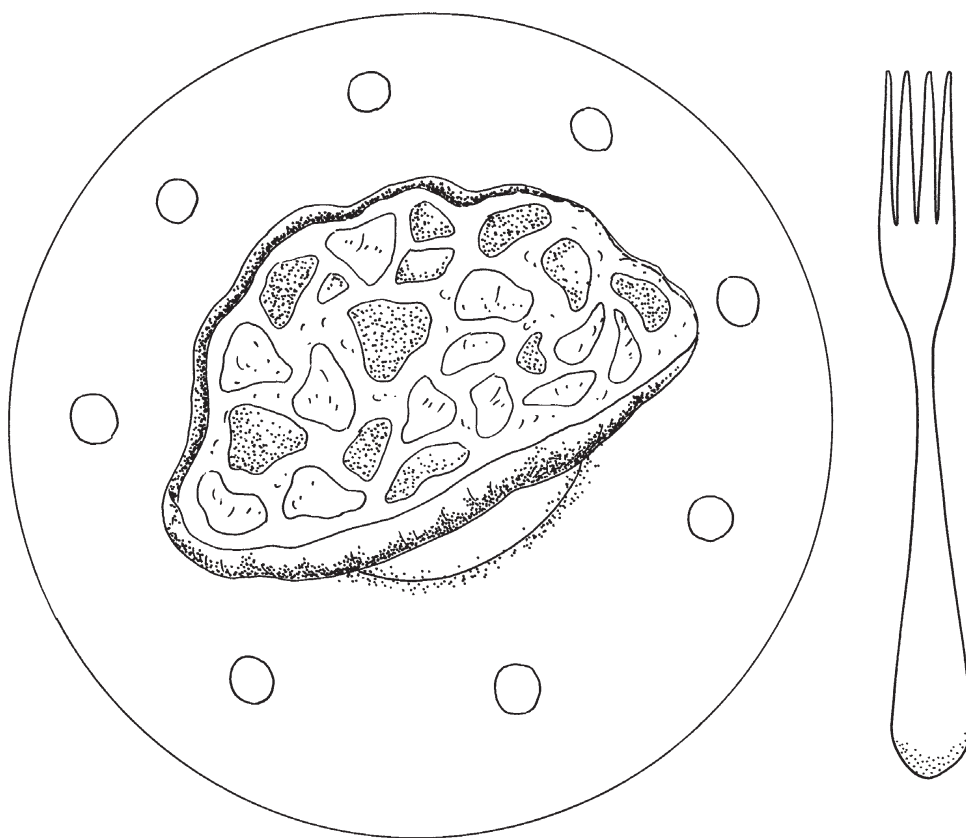
4.



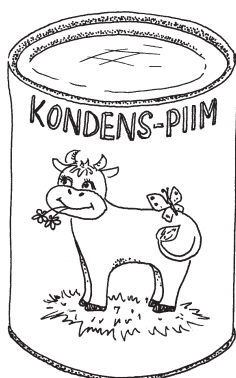
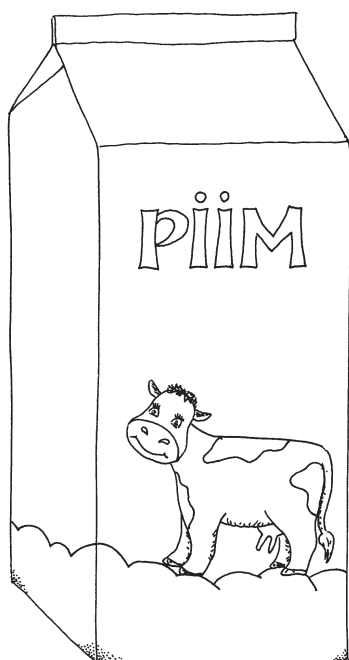
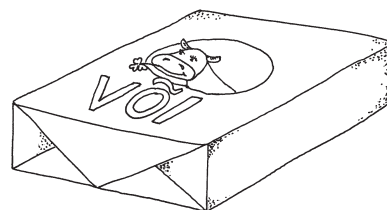
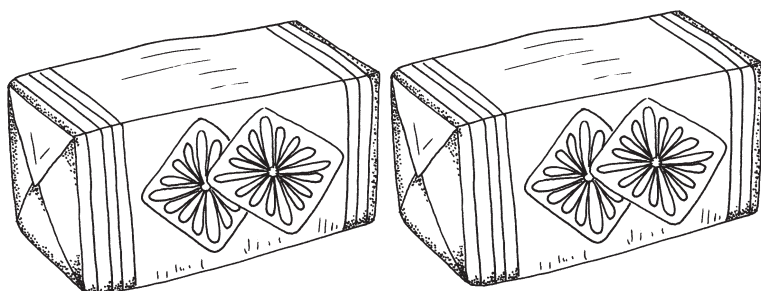
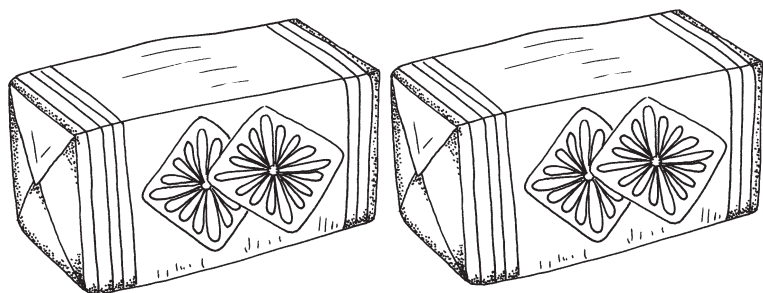
5.



KIRJU KOER



KIRJU KOER



KIRJU KOER

küpsis	4 pakki (a 180 g)
või	200 g
piim	1 dl
kondens-piim	pool purki
kakao-pulber	3 sl
marmelaadi-kuubikud	3 pakki (a 150 g)

1. Pane küpsised kaussi.
Purusta küpsised.
2. Sulata potis või.
3. Lisa küpsistele sulatatud või, marmelaad, piim, kondens-piim ja kakao-pulber. Sega.
4. Vormi segust kätega rullid.
5. Keera rullid toidu-killesse.
6. Hoia rulle järgmise päevani külm-kapis.

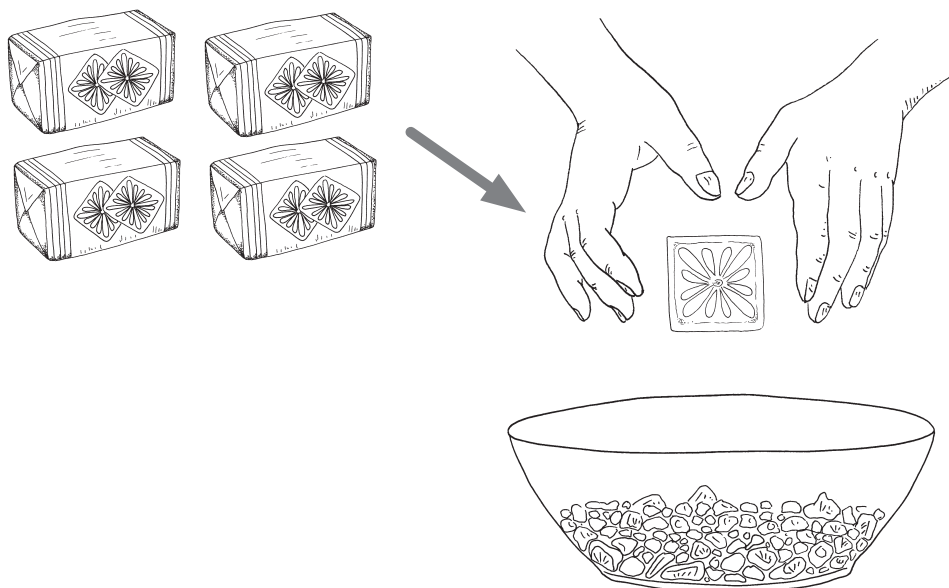
KIRJU KOER

KÜPSIS	4 PAKKI (a 180 g)
VÕI	200 G
PIIM	1 DL
KONDENS-PIIM	POOL PURKI
KAKAO-PULBER	3 SL
MARMELAADI-KUUBIKUD	3 PAKKI (<i>a 150 g</i>)

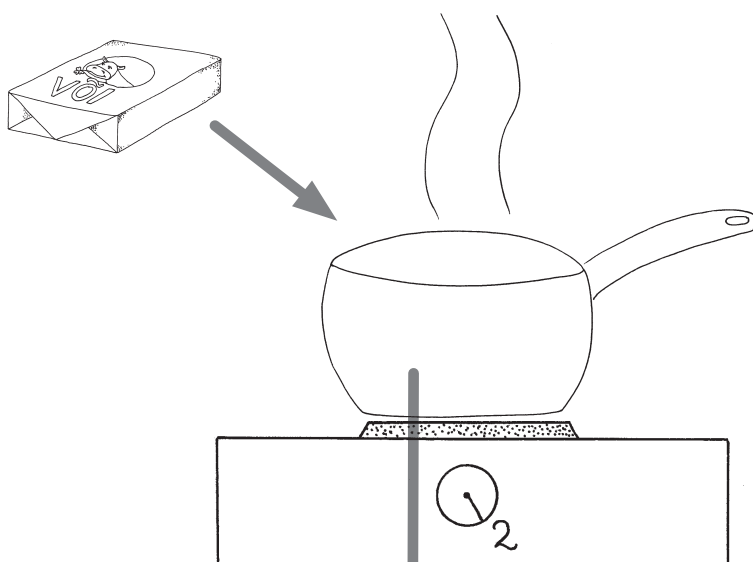
1. PANE KÜPSISED KAUSSE.
PURUSTA KÜPSISED.
2. SULATA POTIS VÕI.
3. LISA KÜPSISTELE SULATATUD VÕI,
MARMELAAD, PIIM, KONDENS-PIIM JA
KAKAO-PULBER. SEGA.
4. VORMI SEGUST KÄTEGA RULLID.
5. KEERA RULLID TOIDU-KILESSE.
6. HOIA RULLE JÄRGMISE PÄEVANI KÜLM-KAPIS.

KIRJU KOER

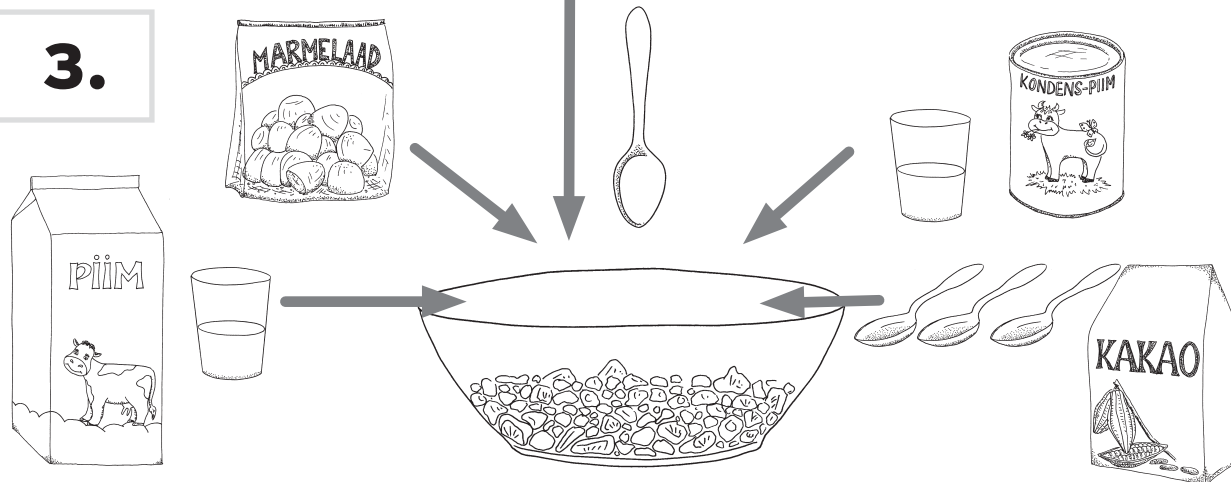
1.



2.

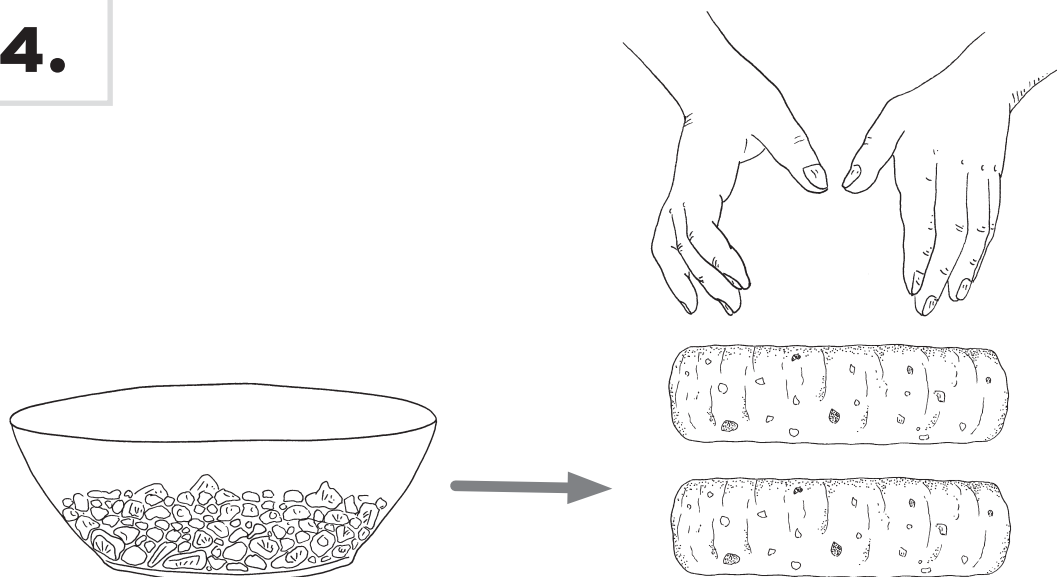


3.

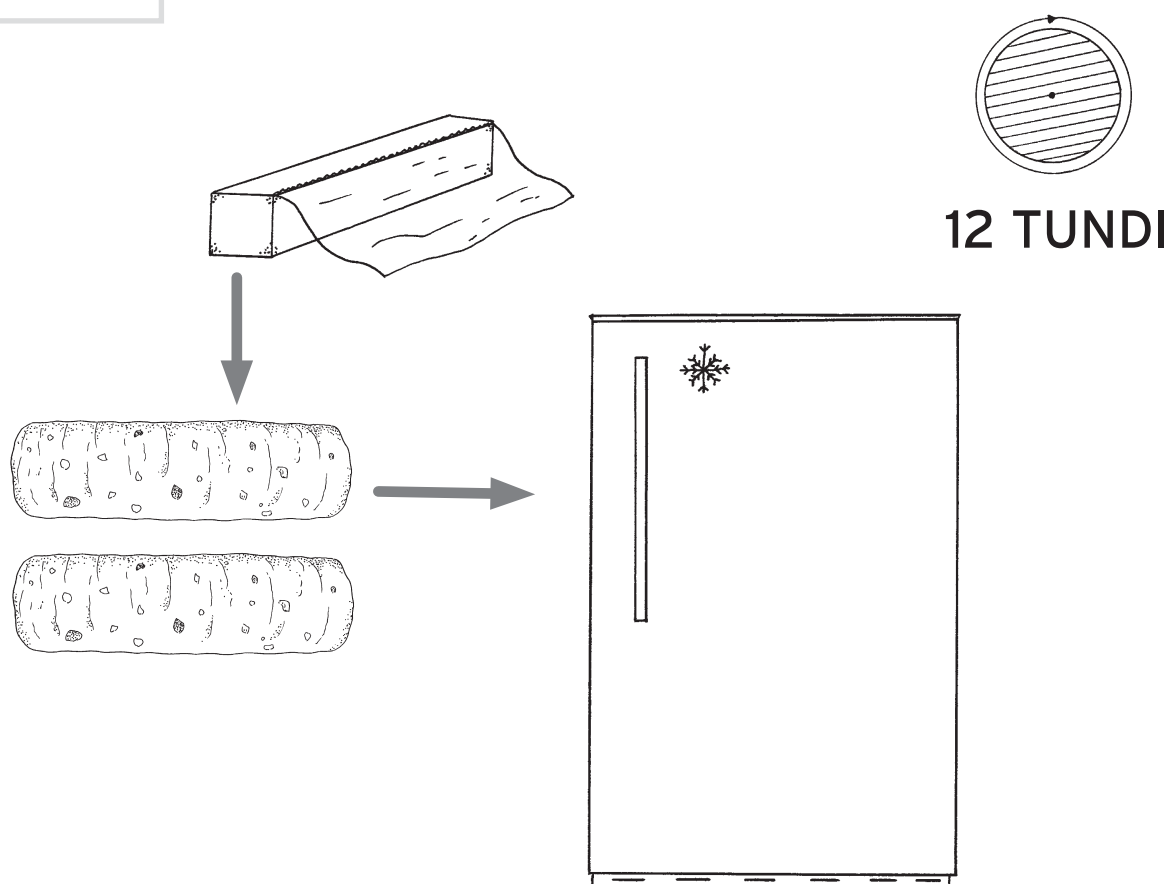


KIRJU KOER

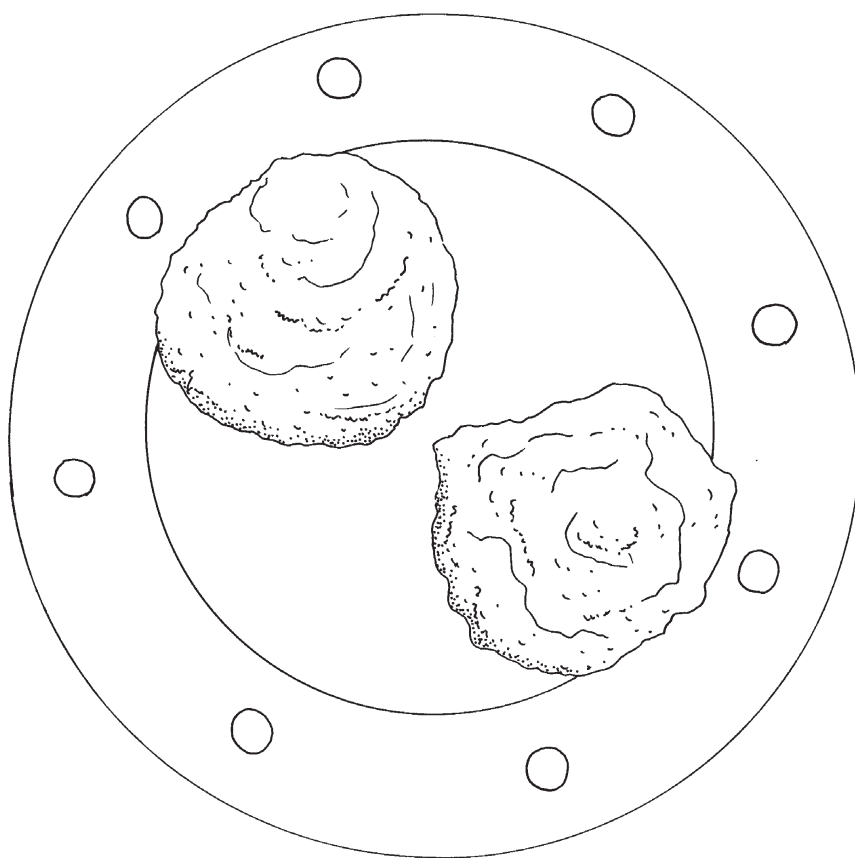
4.



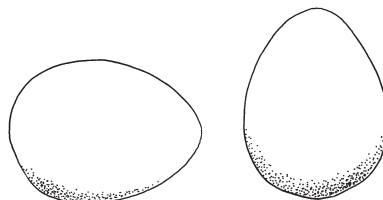
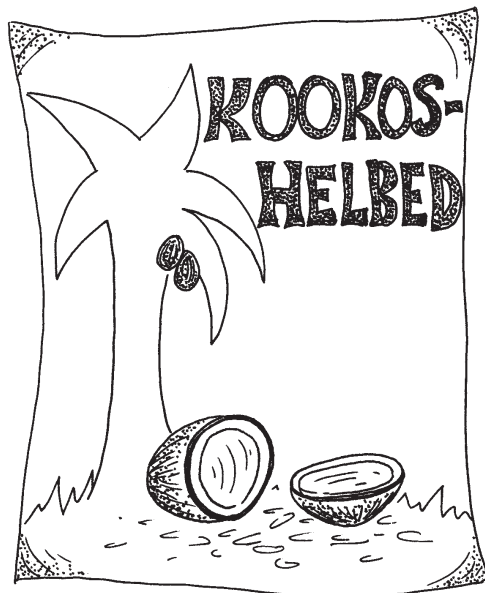
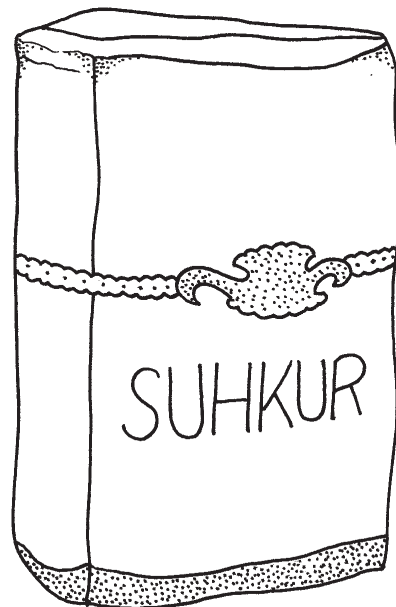
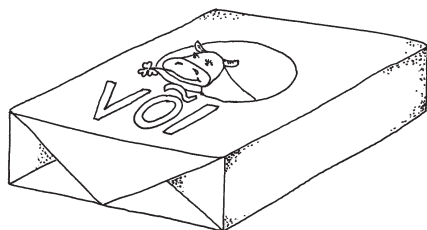
5. 6.



KOOKOS-HELBE- KÜPSISED



KOOKOS-HELBE-KÜPSISED



KOOKOS-HELBE-KÜPSISED

või	50 g
suhkur	2 dl
kookos-helbed	200 g
muna	2

1. Sulata potis või.
2. Lisa võile suhkur, kookos-helbed ja munad.
Sega.
3. Lase tainal 10 minutit seista.
4. Kata ahju-plaat küpsetus-paberiga.
5. Vormi tainast pätsid.
6. Pane pätsid ahju-plaadile.
7. Küpseta ahjus 200° juures umbes 15 minutit.

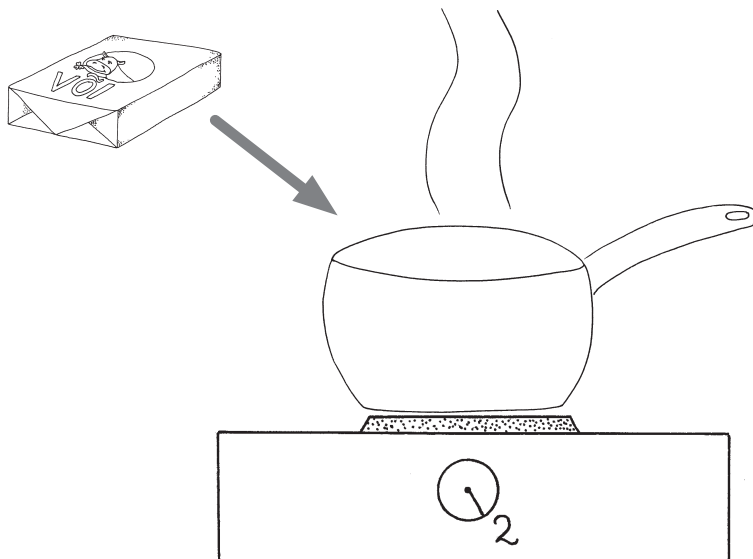
KOOKOS-HELBE-KÜPSISED

VÕI	50 G
SUHKUR	2 DL
KOOKOS-HELBED	200 G
MUNA	2

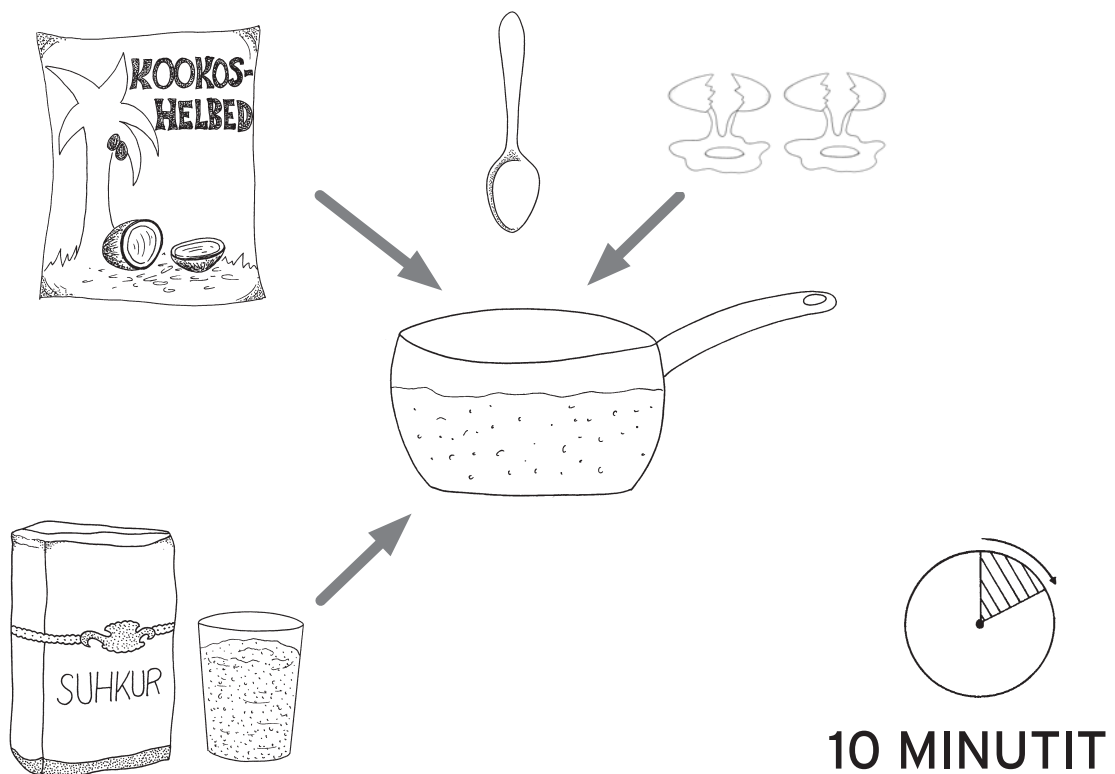
1. SULATA POTIS VÕI.
2. LISA VÕILE SUHKUR, KOOKOS-HELBED JA MUNAD. SEGA.
3. LASE TAINAL 10 MINUTIT SEISTA.
4. KATA AHJU-PLAAT KÜPSETUS-PABERIGA.
5. VORMI TAINAST PÄTSID.
6. PANE PÄTSID AHJU-PLAADILE.
7. KÜPSETA AHJUS 200° JUURES UMBES 15 MINUTIT.

KOOKOS-HELBE-KÜPSISED

1.

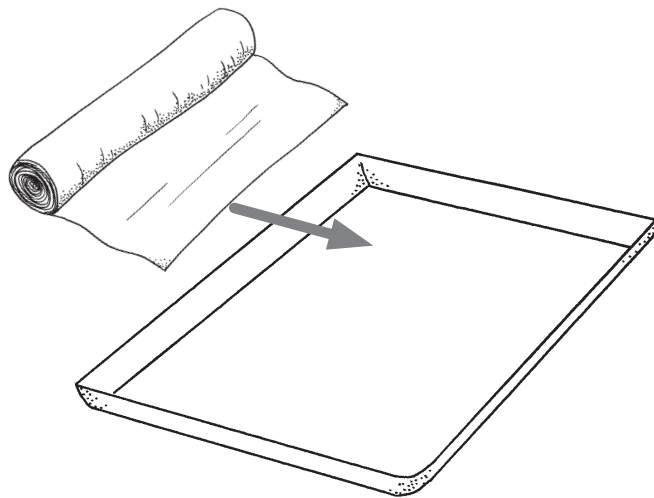


2. 3.

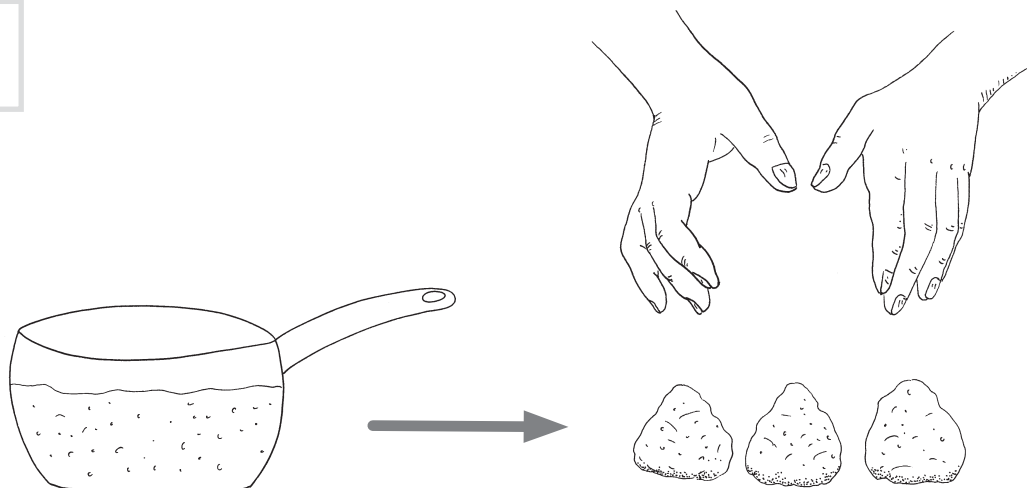


KOOKOS-HELBE-KÜPSISED

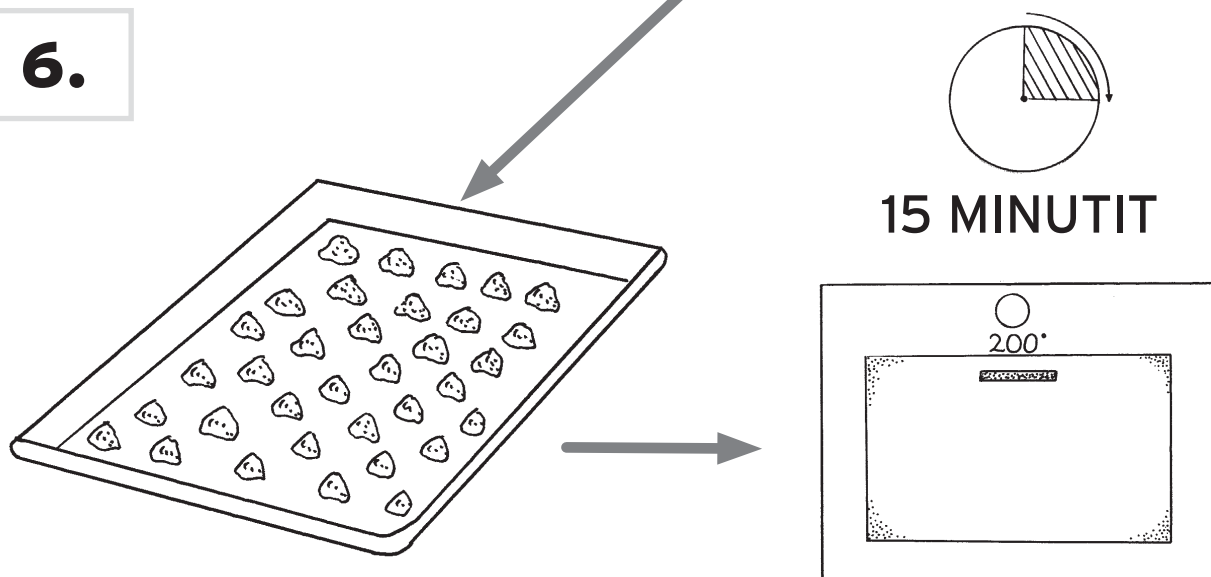
4.



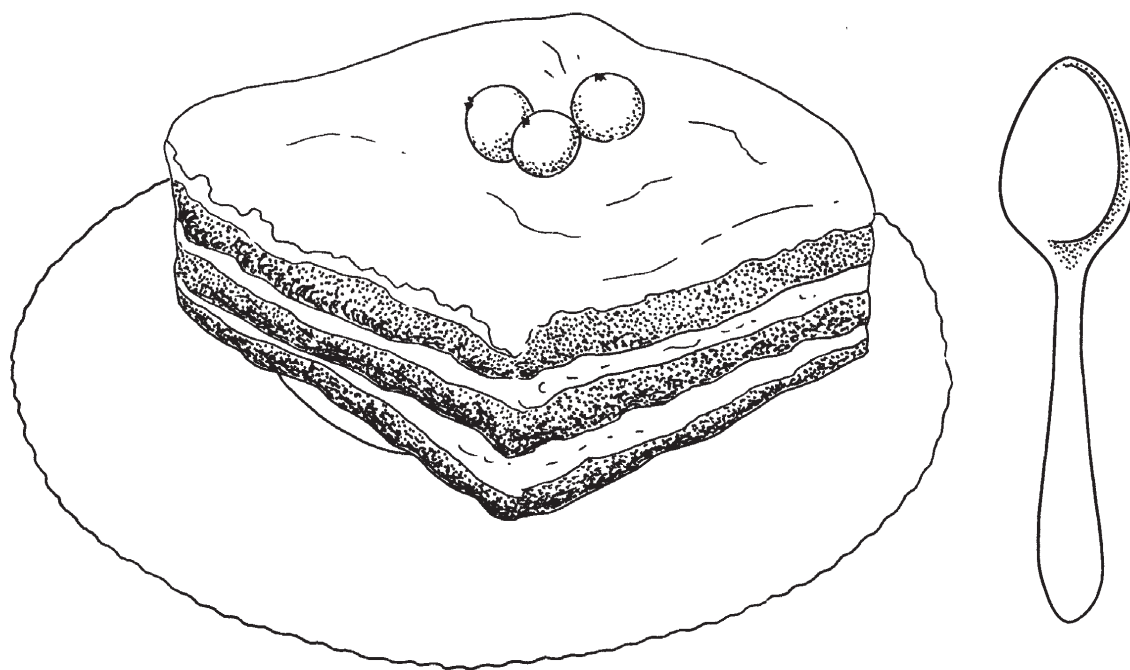
5.



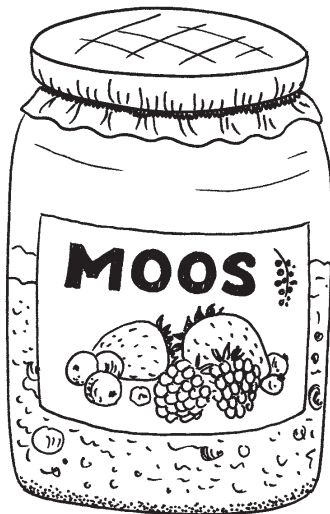
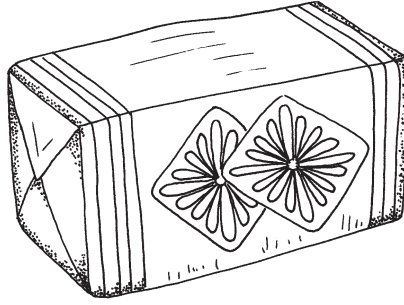
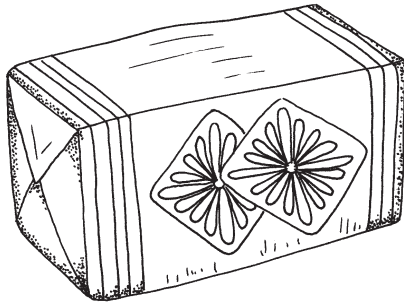
6.



KÜPSISE-TORT



KÜPSISE-TORT



KÜPSISE-TORT

küpsis	2 pakki
hapu-koor	400 g
moos	2 dl

1. Pane taldrikule 9 küpsist.
2. Määri küpsistele kiht hapu-koort.
3. Pane hapu-koore peale 9 küpsist.
4. Määri küpsistele kiht moosi.
5. Pane moosi peale 9 küpsist.
6. Määri küpsistele kiht hapu-koort.
7. Kata tort toidu-kilega.
8. Hoia torti järgmise päevani külm-kapis.

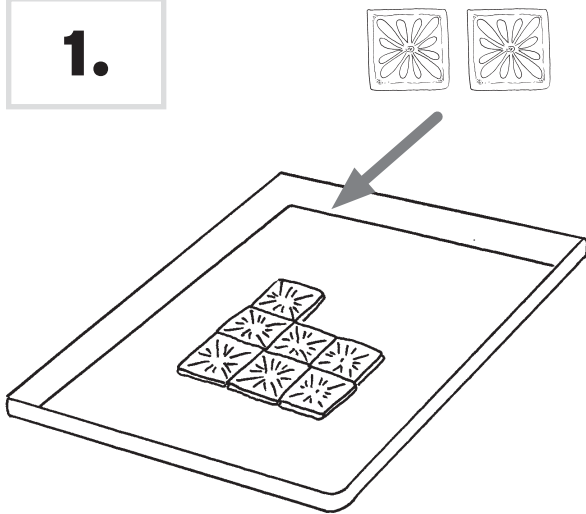
KÜPSISE-TORT

KÜPSIS	2 PAKKI
HAPU-KOOR	400 G
MOOS	2 DL

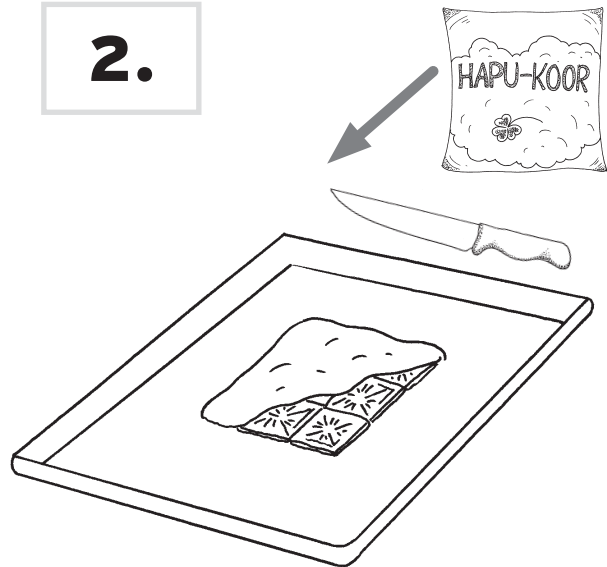
1. PANE TALDRIKULE 9 KÜPSIST.
2. MÄÄRI KÜPSISTELE KIHT HAPU-KOORT.
3. PANE HAPU-KOORE PEALE 9 KÜPSIST.
4. MÄÄRI KÜPSISTELE KIHT MOOSI.
5. PANE MOOSI PEALE 9 KÜPSIST.
6. MÄÄRI KÜPSISTELE KIHT HAPU-KOORT.
7. KATA TORT TOIDU-KILEGA.
8. HOIA TORTI JÄRGMISE PÄEVANI KÜLM-KAPIS.

KÜPSISE-TORT

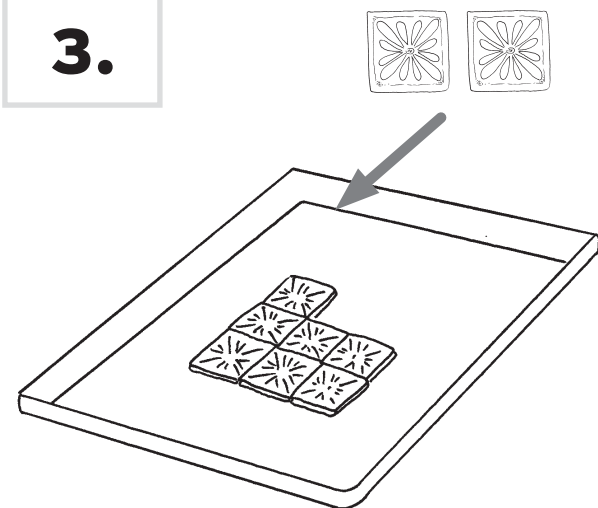
1.



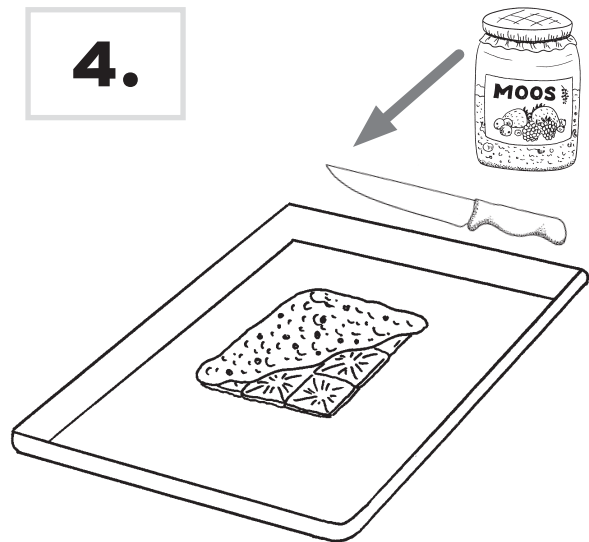
2.



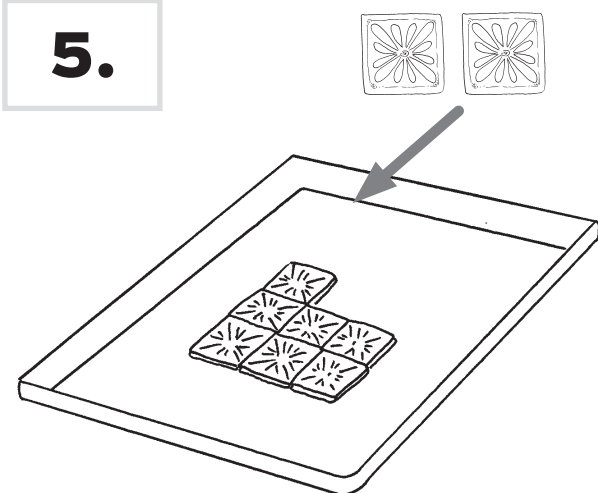
3.



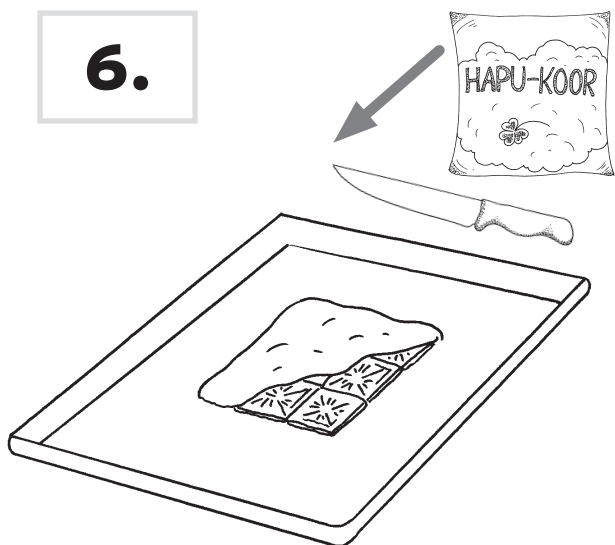
4.



5.

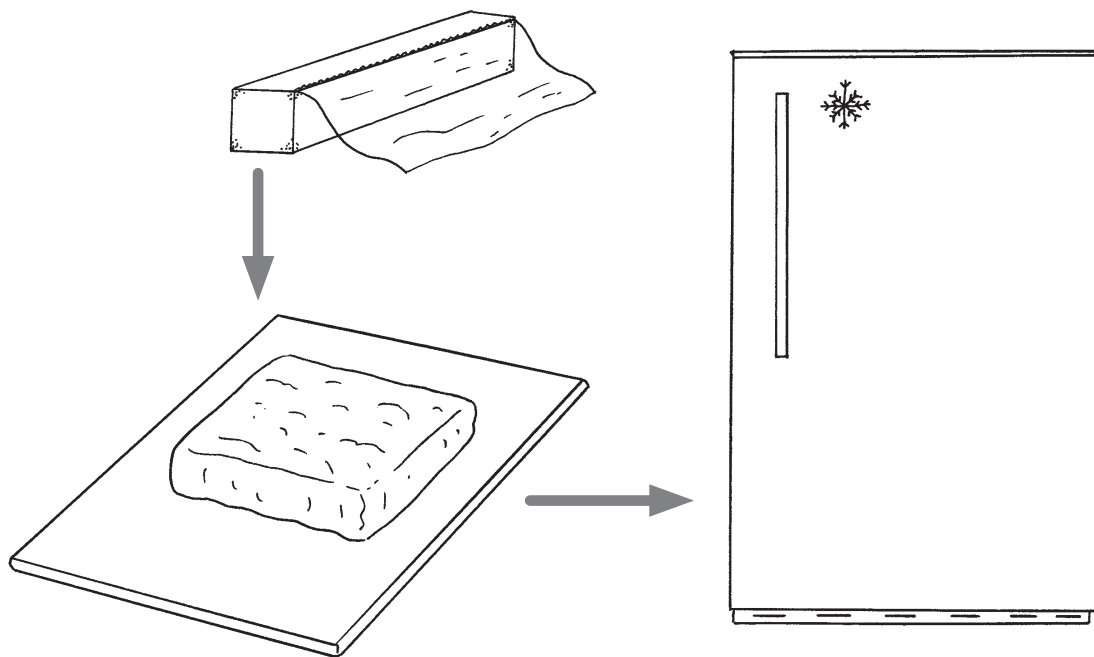


6.

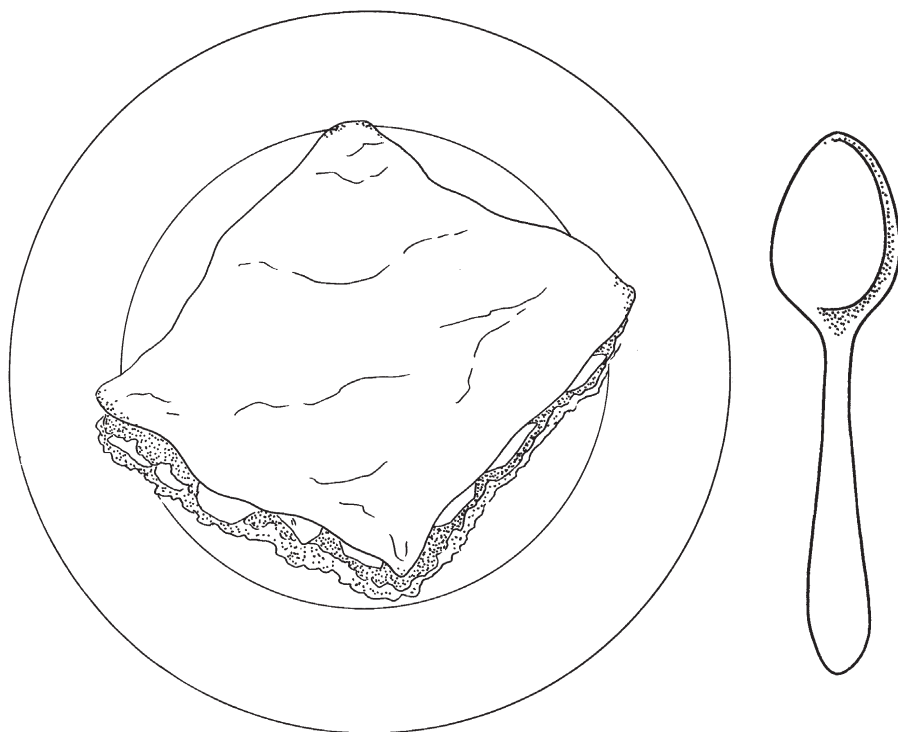


KÜPSISE-TORT

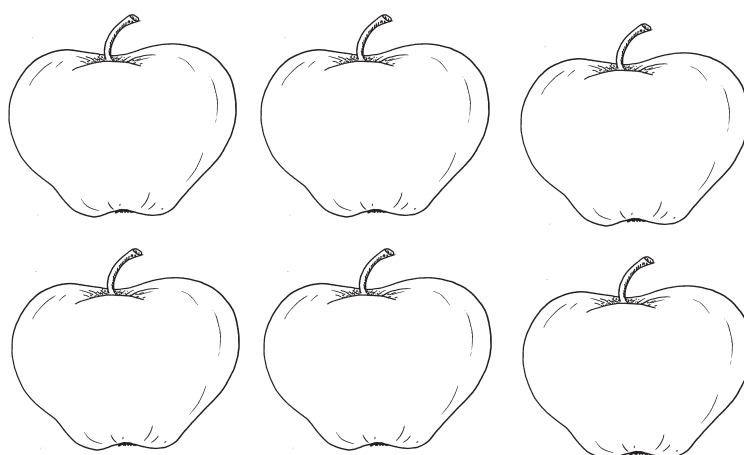
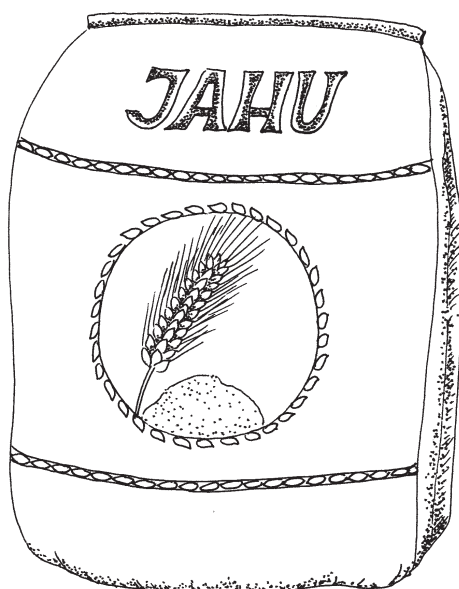
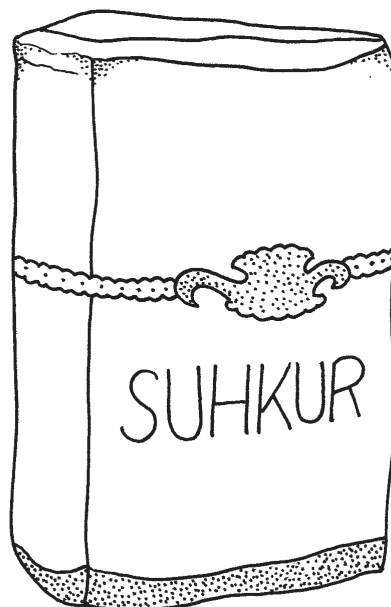
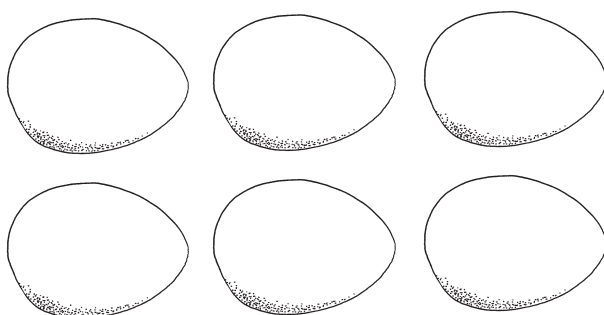
7. 8.



ÕUNA-KOOK



ÕUNA-KOOK



ÕUNA-KOOK

muna	6
suhkur	4 dl
jahu	4 dl
õun	6

1. Pane muna-valged ja muna-kollased eraldi kaussidesse.
2. Vahusta muna-valged.
3. Lisa muna-valgetele suhkur. Vahusta.
4. Lisa muna-kollased. Vahusta.
5. Lisa jahu. Sega.
6. Pese, koori ja viiluta õunad.
7. Kata suur ahju-plaat küpsetus-paberiga
8. Pane õuna-viilud ahju-plaadile.
9. Vala õunte peale taigen.
10. Küpseta ahjus 180° kraadi juures, kuni kook on helepruun.

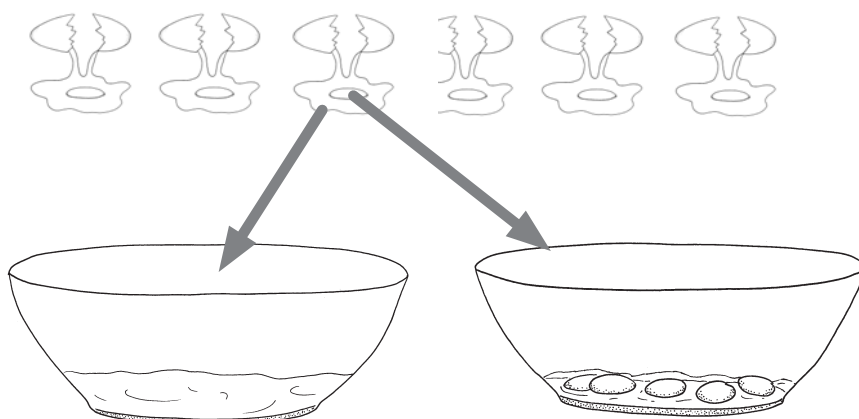
ÕUNA-KOOK

MUNA	6
SUHKUR	4 DL
JAHU	4 DL
ÕUN	6

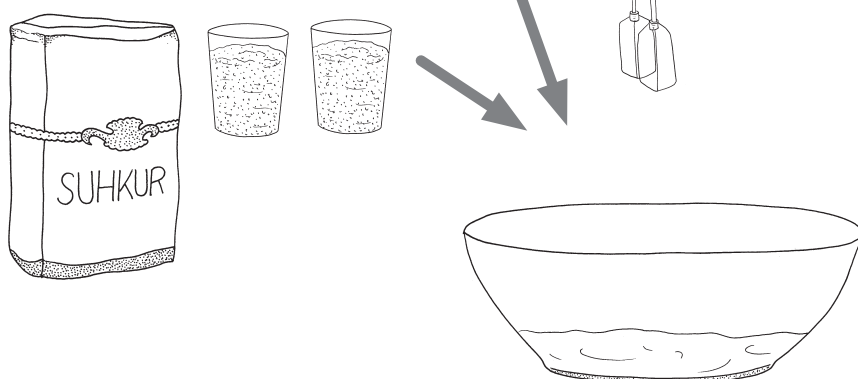
1. PANE MUNA-VALGED JA MUNA-KOLLASED ERALDI KAUSSIDESSE.
2. VAHUSTA MUNA-VALGED.
3. LISA MUNA-VALGETELE SUHKUR. VAHUSTA.
4. LISA MUNA-KOLLASED. VAHUSTA.
5. LISA JAHU. SEGA.
6. PESE, KOORI JA VIILUTA ÕUNAD.
7. KATA SUUR AHJU-PLAAT KÜPSETUS-PABERIGA.
8. PANE ÕUNA-VIILUD AHJU-PLAADILE.
9. VALA ÕUNTE PEALE TAIGEN.
10. KÜPSETA AHJUS 180° KRAADI JUURES, KUNI KOOK ON HELEPRUUN.

ÕUNA-KOOK

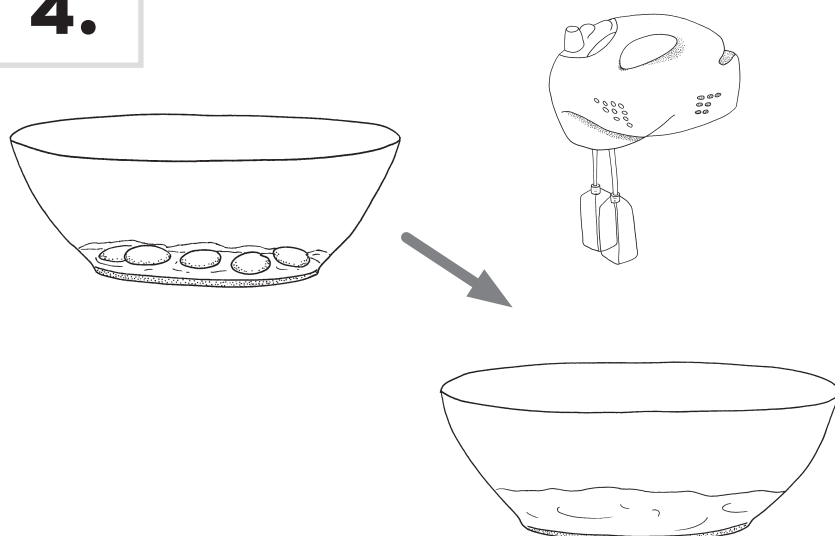
1.



2. 3.

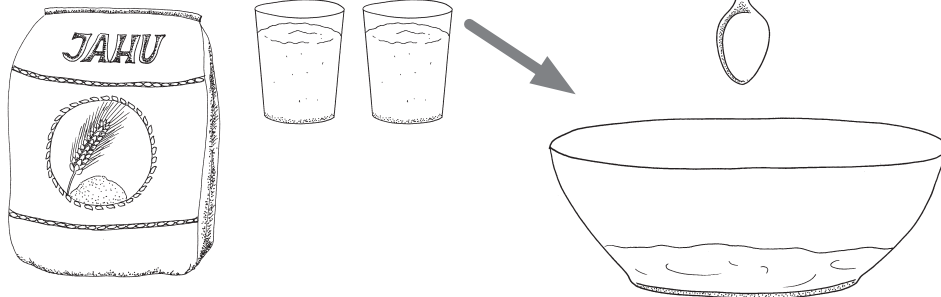


4.

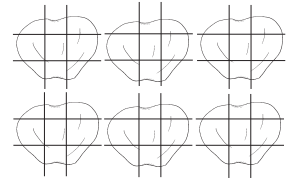
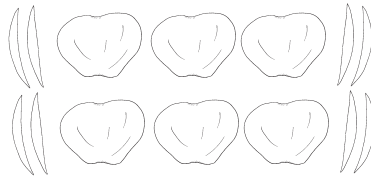
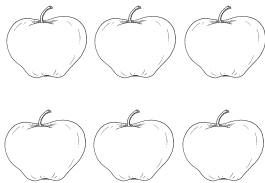
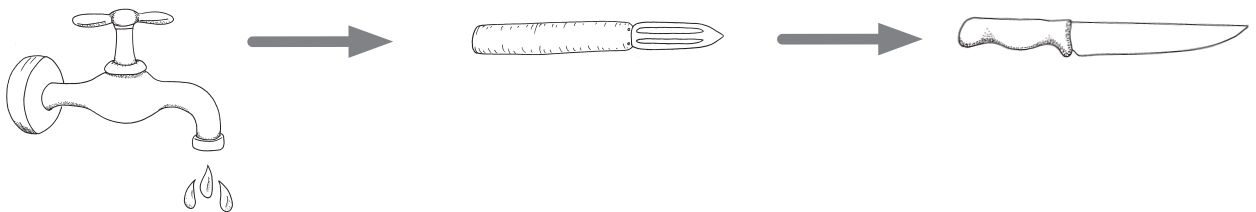


ÕUNA-KOOK

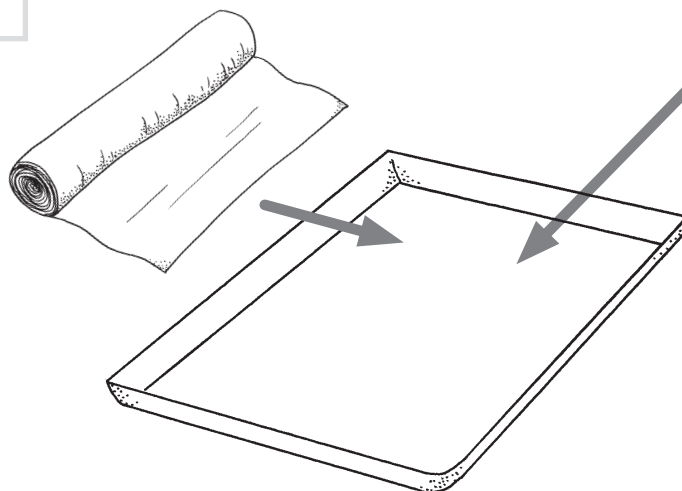
5.



6.



7. 8.



ÕUNA-KOOK

9. 10.

