



IDEALI's
recipes
& cleaning tips

Simple & delicious

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Carrot Cake

Ingredients:

- 1 cup vegetable oil
- 3 eggs
- 1½ cups sugar
- 1 teaspoon vanilla
- 2 cups flour
- 2 cups grated carrots
- 1 teaspoon cinnamon
- 2 teaspoons baking soda
- ½ teaspoon salt



Instructions:

Preheat oven to 350F (175C).

Lightly grease a 13X9 cake pan and set aside.

Combine and mix the oil, eggs, sugar and vanilla.

In a separate bowl, combine the dry ingredients and mix.

Add the dry mixture to the wet one and mix.

Stir in the grated carrots and mix.

Pour batter into greased cake pan.

Bake at for 45-50 minutes, or until a toothpick inserted in the center comes out clean.



Banana Loaf

Ingredients:

- ½ cup vegetable oil
- 1 egg
- ¾ cup sugar
- 1½ cups flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 3 medium sized bananas, mashed (the riper the better)



Instructions:

Preheat oven to 325 F (160-165C).

Lightly grease loaf pan and set aside.

Mix the oil, egg and sugar.

Add the dry ingredients and mix well.

Add mashed bananas and mix.

Pour into loaf pan and bake for an hour. (Test with a toothpick)



Cinnamon Marble Cake

Ingredients:

- 4 eggs
- 2 cups sugar
- 1 cup oil
- 3 cups flour
- 1 teaspoon baking powder
- 1 cup orange juice or milk
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 2 heaping tablespoons cinnamon
- 1 teaspoon baking soda
- 1/4 cup water



Instructions:

In a bowl, beat eggs and sugar till nice and fluffy.

Add the oil, flour, baking powder, orange juice or milk, vanilla extract and salt.

Pour half of the batter into your baking pan.

To the batter that is left in the bowl, add cinnamon, baking soda and water and mix.

Pour cinnamon mixture on to the white batter and 'marbelize' with a knife.

Bake at 350F (180C) for about half an hour. You can check if the cake is ready with a toothpick.



Easy Cherry Tomato Salad

Ingredients:

- 200 grams red cherry tomatoes
- 200 grams yellow cherry tomatoes
- 200 grams grated cherry tomatoes
- 1 red onion, thinly sliced
- 1/4 cup chopped coriander
- 1/4 cup olive oil
- 3 tablespoons balsamic vinegar
- Salt
- Fresh ground black pepper



Instructions:

Cut the tomatoes in half and put them in a large bowl.

Add the onion, coriander and mix together.

In a separate bowl, combine the olive oil, balsamic vinegar, salt and pepper.

Drizzle over the salad till coated.



Sesame Garlic Green Beans Recipe

Ingredients:

- 1 pound green beans, washed
- 2 teaspoons canola oil
- 1 tablespoon sesame oil
- 1-2 tablespoons soy sauce
- 1 garlic clove, thinly sliced
- 1 tablespoon toasted sesame seeds



Instructions:

Heat a large pan or wok over medium heat.

Pour in canola oil and add sliced garlic, cook for about a minute.

Toss in green beans and sesame oil.

Stir the beans to coat with oil.

Cook for about 8-10 minutes, until beans are bright green.

Add soy sauce and stir frequently for about 5 minutes.

Stir in toasted sesame seeds and transfer to a serving platter.



Roasted Garlic Mashed Potatoes (Dairy free!)

Ingredients:

- 4 large potatoes, washed well and quartered
- 1 head garlic
- 1 tsp olive oil
- 4 tablespoons vegan butter (or margarine)
- 1/4 cup non-dairy milk
- Salt
- Freshly ground black pepper
- Fresh chives for garnish (optional)



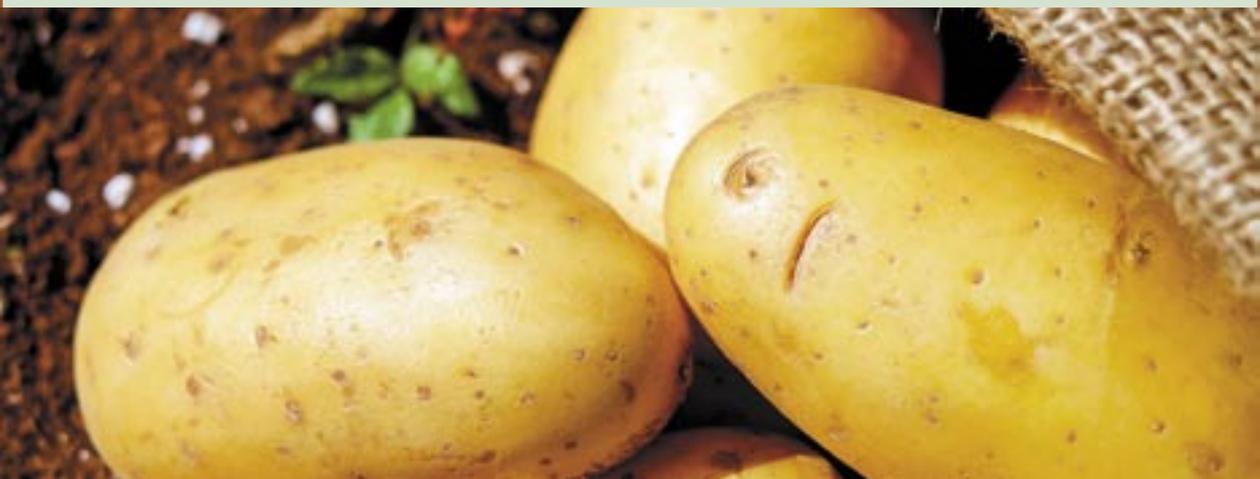
Instructions:

Preheat oven to 400F (205C).

ROAST GARLIC: Peel off the outer flaky layers. Slice off the very top of the garlic head (just the tips). Drizzle olive oil over it and wrap in foil. Place on a sheet tray and bake until tender and fragrant, around 35 minutes. Remove from the oven and let cool. Pull out the cloves and mash with a fork. Set aside.

PREPARE THE POTATOES: Peel the potatoes and quarter them. Put them in a pot and cover with water. Add some salt and bring the water to a boil. Cook until soft (about 20 minutes, test with a fork) and remove from pot. Mash the potatoes with a potato masher. Add the vegan butter and make sure all melted. Add the non-dairy milk and mix. If it seems a bit dry, you can add a bit more. Add the mashed roasted garlic and combine all together.

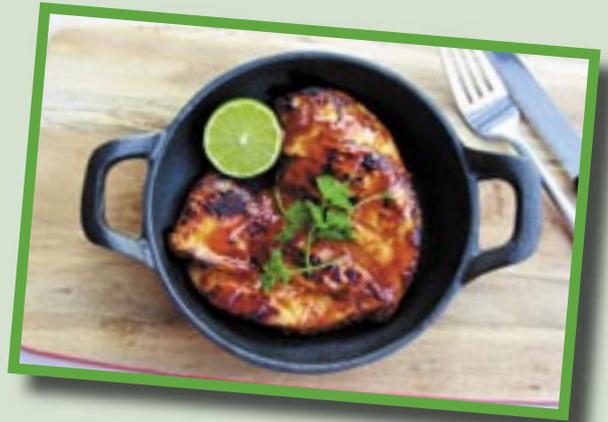
Season with salt and pepper and serve.



Roasted Chicken with Tomatoes

Ingredients:

- 4 chicken thighs
- 1 tablespoon olive oil
- 2 tablespoons paprika
- 1 tablespoon honey or silan (date honey)
- Pinch of nutmeg
- 3 tomatoes, quartered
- Salt
- Freshly ground black pepper



Instructions:

Mix the olive oil and spices together.

Place chicken thighs in baking dish and pour the mixture over them.

Let marinate for about an hour.

Cover with aluminum foil and bake at 350F (175C) for about an hour.

Remove the foil about 10 minutes before the end to give the chicken pieces a nice color.



Baked Mac and Cheese

Ingredients:

- 1 box of macaroni
- 16 ounces (450 grams) of cottage cheese
- 13 ounces (350 grams) grated yellow cheese
(more if you like things really cheesy)
- Salt
- Pepper
- Garlic powder



Instructions:

Cook macaroni according instructions on the box, drain.

Add the cottage cheese and mix.

Add a little bit of grated cheese and spices to the macaroni and mix.

Top with the remainder (majority) of yellow cheese.

Bake at 350F (175C) till the top light brown.



Homemade Pizza

Ingredients:

DOUGH

- 2½ cups flour
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon fast rise yeast
- 1 cup warm water (120F / 50C)
- 1 tablespoon oil



TOPPING

- 1/4 cup tomato sauce
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup shredded mozzarella cheese
- 1 cup shredded Monterey Jack cheese
- 3 tablespoons grated parmesan cheese



Instructions:

Dough:

In large bowl, mix first 4 ingredients.

Mix water and oil and add to flour mixture.

Place on a floured surface and knead for 2 minutes.

Place the dough in a greased bowl, cover with a dry towel and let it rise for 20 minutes.

Punch the dough down and place on a 12 inch, greased pizza pan.

Pat and flatten into a circle.

Topping:

Mix first 5 ingredients and spread over crust.

Sprinkle the cheeses on top.

Bake at 400F (205C) for 20 minutes or until light brown.



30 Minute Honey Whole Wheat Rolls

(Makes 12 rolls)

Ingredients:

- 1 cup warm water
- 2 Tablespoons dry yeast
- 1/4 cup honey, plus extra for coating
- 1/4 cup olive oil, plus extra for forming
- 1 egg
- 1 teaspoon sea salt
- 3.5 to 4 cups whole wheat flour



Instructions:

Preheat oven to 350F. Grease a 9x13 pan.

Mix together the warm water, yeast, and honey in a bowl. Let sit a few minutes till it starts to bubble.

Add in the oil and egg and mix.

Add in the flour and salt and mix till the dough is well combined and only a bit sticky.

(You can gradually add a bit more flour if you feel it's too sticky, but do not add too much or the rolls will be dry.)

Oil your hands and separate the dough into 12 pieces.

Roll them into balls and place in the pan.

Let them sit for about 5 minutes. You can egg them but not necessary.

Place in the oven for 15-20 minutes.

Once they come out brush honey over the tops.

These rolls are best fresh out of the oven. (If you want to make them in advance, we recommend you warm them before serving.)



Cleaning

TIPS



Plastic Containers

In order to clean oily plastic containers, take a cleaning sponge and put on it a teaspoon of backing soda. Scrub the containers well. Then wash with hot water.



Removing Rust Stains from Ceramic Tiles

Put a few drops of lemon juice on the area of rust and wait a minute - not more, since the lemon can harm the tiling - and wash off the lemon.

If this didn't help put a bit more lemon juice on the spot and sprinkle salt on it. Take steel wool and scrub the spot. The stain will disappear.



Polishing Glasses

Do you want glasses (or glass platters) that are shiny? Mix warm (not boiling) water with vinegar; in a ratio of 4 cups of water to 1 cup of vinegar. Dip each glass in the mixture for about one minute. Dry well and then you will of shimmering glasses.

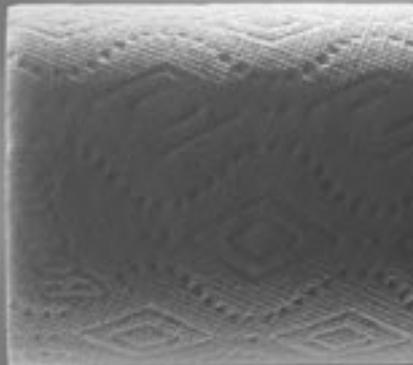


Cleaning the Sandwich Maker

Turn on the sandwich maker and let it get hot, and then unplug.

Carefully open it and place inside several damp paper towels, and close the sandwich maker.

The heat of the will create steam that will clean the surfaces. After the sandwich maker cools off, take out the paper towels, and wipe off the surfaces with other clean paper towels.



Soft Laundry

Instead of using fabric softener, pour vinegar in the space in the washing machine for fabric softener. Use the same amount of vinegar as you would use of fabric softener. The results – brighter colors, the laundry smells clean (the vinegar neutralizes the bad odors), the washing machine is cleaned of water deposits, and soft laundry, and there is no smell from the fabric softener.

Someone who enjoys the fabric softener smell and doesn't want to give it up – can swap out just half of the amount of softener with vinegar, for the same wonderful results.



Pots and Pans – Enough Scrubbing

If the activity of standing and scrubbing pots, pans, and other kitchen utensils with burnt on and oily residues is familiar to you – we are happy to recommend for you a new method, which will allow you to stop the scrubbing! Simply put on each spot a little bit of laundry detergent, pour over it boiling water. Let it soak over night. In the morning like magic the residues will just rinse away.



Mugs with Coffee and Tea Stains

***Allow the mug to soak overnight with
a mixture of warm water and baking
soda.***



Mattress Cleaning

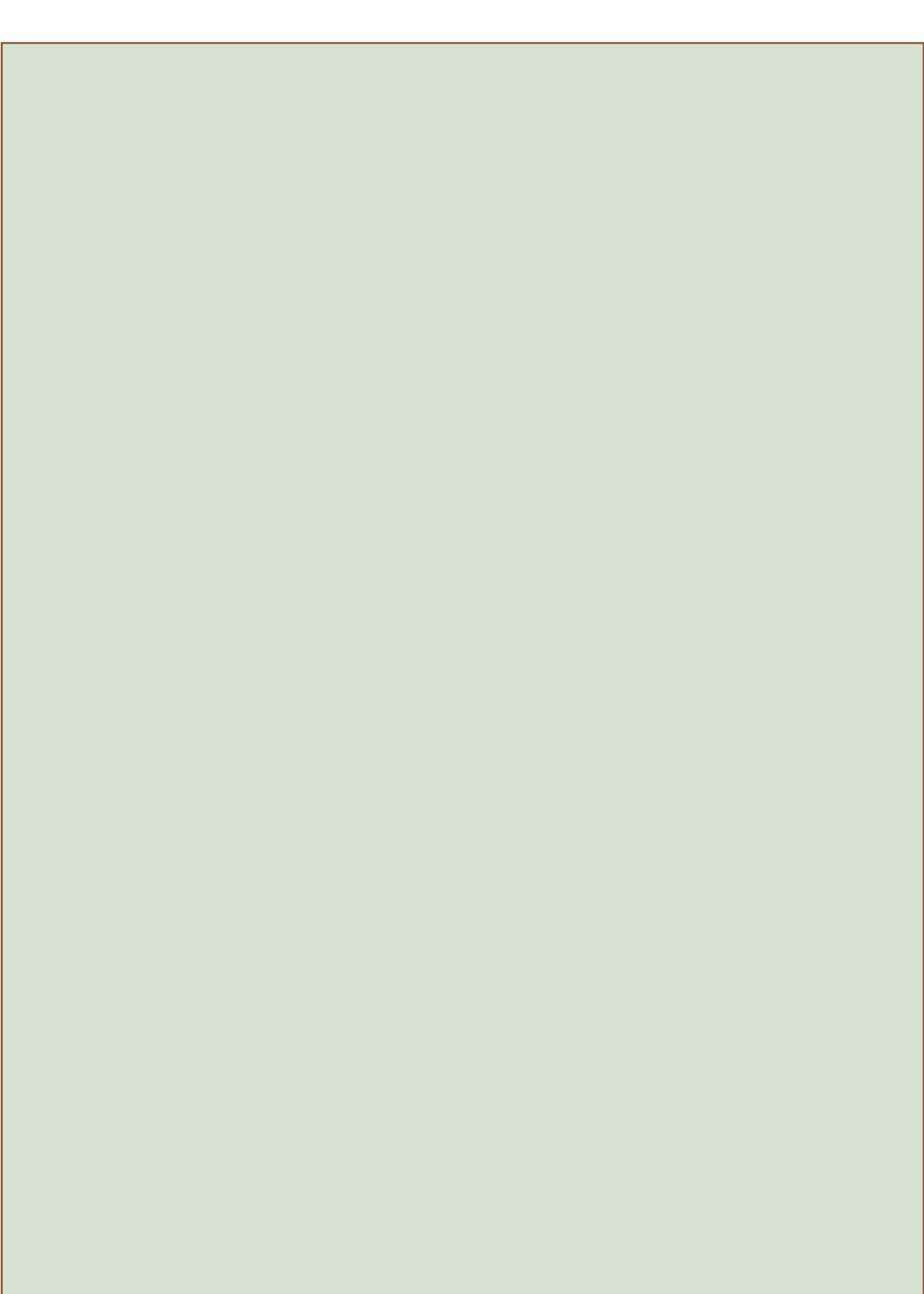
Fill a spray bottle with vodka. Lightly spray the entire mattress. Allow the mattress to dry outside the room or near an open window. The alcohol will efficiently kill the bacteria that cause the bad smells.



Cutting Boards

Prepare a paste of backing soda with a little water. Rub it well all around the board. Leave the paste on the board for a few minutes, and then rinse it off with water. It is most important to use this cleaning process after cutting meat on the board.





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