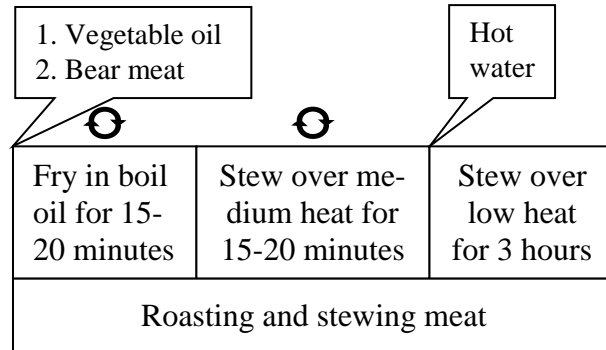
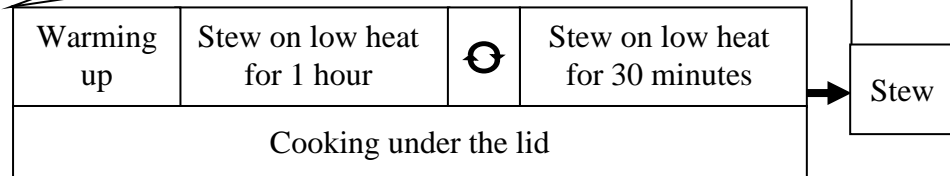


## Stew with bear meat and mushrooms "Forest Delight" (khurs.ru - 2020)



⊗ - mix

1. Vegetable oil. 2. Cut the onion into large squares. 3. Chop the tomatoes finely. 4. Carrots cut into thin segments. 5. Cut red sweet pepper into short strips. 6. Cut the eggplants into small pieces. 7. Boiled Tricholoma. 8. Fried bear meat. 9. Cut the garlic into thin slices. 10. Finely chop the cilantro. 11. Spices: coriander, tuscan, dried ground garlic, ground black pepper, salt. \* (1-10) we lay in layers, compact. 12. Pour hot water.



1. Bear meat - 2.5 kg
2. Bulb onions - 800 g
3. Tomatoes - 600 g
4. Eggplant - 1.4 kg
5. Boiled Tricholoma mushrooms - 1.1 kg
6. Sweet red pepper - 500 g
7. Carrots - 300-400 g
8. Garlic - 0.5 heads
9. Cilantro greens - 50-60 g
10. Vegetable oil - 90-100 gr
11. Sour cream 20% fat
12. Coriander - 2 tbsp. spoons
13. Tuscan - 2 tbsp. spoons
14. Dried ground garlic - 0.75-1 tbsp. spoons
15. Ground black pepper - 0.3-0.4 tsp
16. Salt - 1.0-1.5 tbsp. spoons
17. Hot water - 0.5 l



## Stew with bear meat and mushrooms "Forest Delight"



1. Cut the bear meat into small pieces



2. Peeling onions



3. Cut the onion into large squares



4. Peeling carrots



5. Cut carrots into thin segments



6. Take sweet red pepper



7. Cut red sweet pepper into short strips



8. We take tomatoes



9. Chop tomatoes finely



10. We take the eggplant



11. Cut the eggplants finely



12. Take boiled Tricholoma mushrooms

## Stew with bear meat and mushrooms "Forest Delight"



13. Peel the garlic



14. Cut the garlic cloves into thin slices



15. We take cilantro greens



16. Chop cilantro greens finely



17. We take sour cream with a fat content of 20%



18. We take vegetable oil



19. We make up the proportions of spices



20. Mix the spices



21. We put a frying pan with vegetable oil on the fire



22. Put bear meat in boiling oil



23. Fry bear meat over high heat, stir occasionally



24. Pour hot water into the pan

## Stew with bear meat and mushrooms "Forest Delight"



25. Simmer bear meat under a lid on low heat



26. Put the fried meat on a plate



27. Pour vegetable oil and put onions in a pot



28. Put the first part of the tomatoes in the pot



29. Put the first part of carrots in the pot



30. Put the first part of the sweet red pepper in the pot



31. Put the first part of the eggplant in the pot



32. Put the first part of boiled Tricholoma and garlic in a pot



33. Put the first part of the spices in the pot



34. Put the fried bear meat in a pot



35. Putting garlic in a pot



36. Put the second part of the spices in the pot

## Stew with bear meat and mushrooms "Forest Delight"



37. Put the second half of the boiled Tricholoma in the pot



38. Put the cilantro greens in the pot



39. Put the second part of the tomatoes and carrots in the pot



40. Put the second part of the onion and peppers in the pot



41. Put the second part of the eggplant and add hot water to the pot



42. Cover the pot with a lid and simmer over low heat



43. Stir the contents of the pot



44. Cover the pot with a lid and simmer over low heat



45. The dish is ready



46. Season the stew with sour cream



47. Stir the stew with sour cream, serve



48. Stew with plenty of liquid can be served as a soup