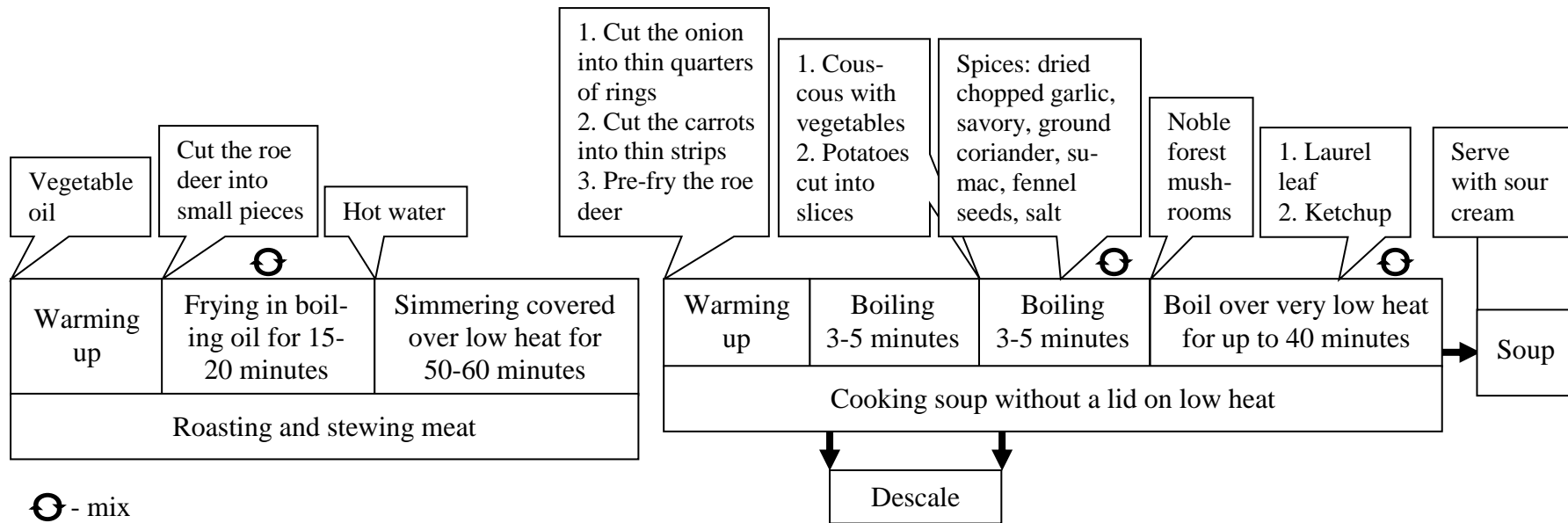


Roe deer soup with porcini mushrooms, couscous and vegetables "Day off" (khurs.ru - 2020)



1. Roe deer meat - 900 g
2. Noble forest mushrooms (porcini, chanterelles) - 900 g
3. Carrots - 100-150 g.
4. Onions - 200-250 g
5. Potatoes - 600 g
6. Couscous with quick-frozen vegetables - 400 g
7. Ketchup Heinz Corn flour - 3-4 tbsp. spoons
8. Sour cream
9. Chopped dried garlic - 0.75 tbsp. spoons
10. Savory - 1 tbsp. a spoon
11. Sumac - 1 tsp
12. Fennel seeds - 1 tsp
13. Ground coriander - 0.75 tbsp. spoons
14. Ground black pepper - 0.3-0.4 tsp
15. Laurel leaf
16. Vegetable oil
17. Salt - 1 tbsp. a spoon
18. Water - 0.5-1 l (for stewing meat) + 3-3.5 l (for cooking soup)



Roe deer soup with porcini mushrooms, couscous and vegetables "Day off"



1. We take roe deer meat, cut into small pieces



2. Peeling potatoes



3. Cut potatoes into flat slices



4. We take boiled porcini mushrooms



5. We take boiled chanterelles



6. Peeling onions



7. Cut the onion into thin quarters of rings



8. Cut carrots into thin strips



9. Take couscous with vegetables



10. Defrosting couscous with vegetables



11. We measure the proportions of spices



12. We take Heinz spicy ketchup

Roe deer soup with porcini mushrooms, couscous and vegetables "Day off"



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



14. We put a frying pan with vegetable oil on fire



15. Put the roe deer meat in boiling oil



16. Fry roe deer meat over high heat



17. Add hot water to the pan



18. Cover the pan with a lid and simmer over low heat



19. Put the fried roe deer on a plate



20. We put a pot of water on the fire



21. Put onions in a pot



22. Put the carrots in the pot



23. Put the fried roe deer meat in a pot



24. Change the pan to a larger one (from 5 l to 7 l)

Roe deer soup with porcini mushrooms, couscous and vegetables "Day off"



25. After boiling, remove the scale, cook over low heat



26. Put couscous with vegetables in a pot



27. Put potatoes in a pot



28. After boiling, remove the scale, cook over low heat



29. Put spices in a pot



30. Put boiled mushrooms in a pot



31. Put the laurel leaf in a pot, cook on the lowest heat



32. Put the ketchup in the pot, mix the contents of the pot



33. When the potatoes are ready, remove the pot from the heat



34. Serving soup on the table



35. Put sour cream on a plate



36. Stir the sour cream