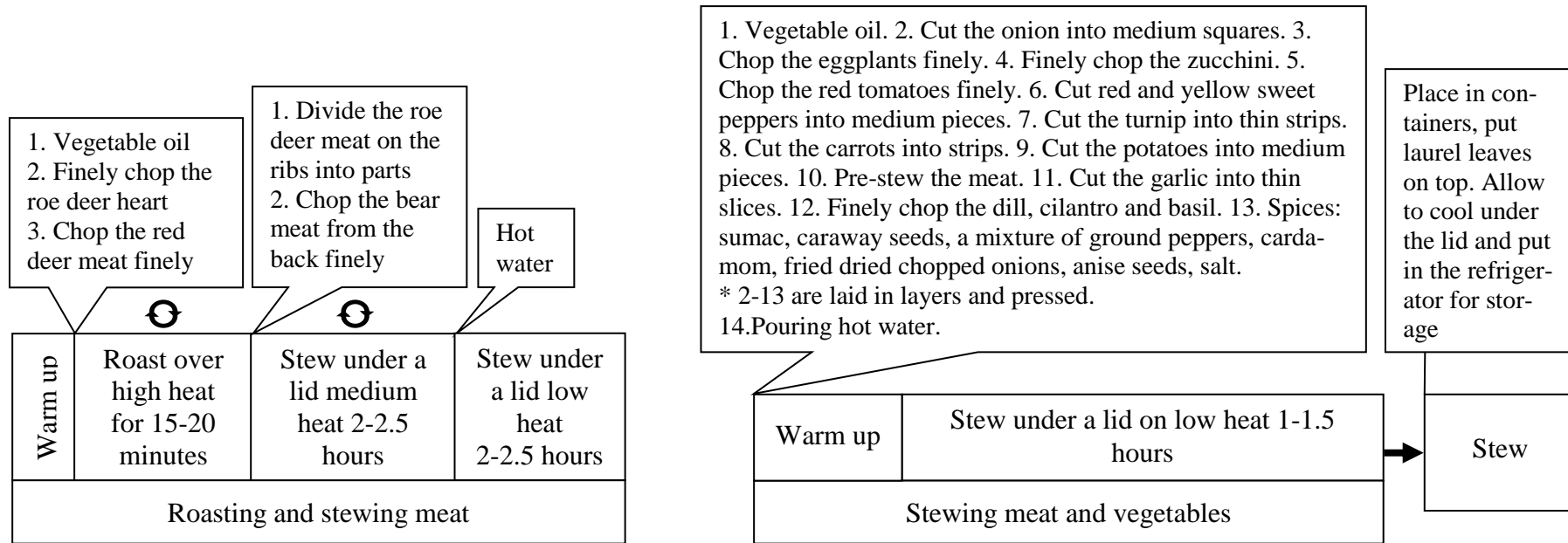


Stew with meat of wild animals with vegetables "Wild forest" (khurs.ru - 2020)



⊗ - mix

- | | |
|-------------------------------------|---|
| 1. Roe deer heart - 0.4 kg | 15. Cilantro greens - 100 g |
| 2. Roe deer meat on ribs - 0.6 kg | 16. Basil greens - 20 g |
| 3. Red deer meat - 0.5 kg | 17. Sumac - 0.5-0.6 tbsp. spoons |
| 4. Bear meat from the back - 0.6 kg | 18. Cumin - 0.5 tsp |
| 5. Potatoes - 1 kg | 19. A mixture of ground peppers - 0.3-0.4 tsp |
| 6. Onions - 1 kg | 20. Cardamom - 0.5-0.6 tsp |
| 7. Eggplant - 300 g | 21. Fried dried chopped onions - 1-1.5 tbsp. spoons |
| 8. Vegetable marrow - 300 | 22. Anise seeds - 0.5 tsp |
| 9. Red tomatoes - 700 g | 23. Salt - 1.5-2 tbsp. spoons |
| 10. Turnip - 300 g | 24. Bay leaf |
| 11. Carrots - 200 g | 25. Vegetable oil - 100-120 g |
| 12. Red and yellow peppers - 500 g | 26. Hot water - 1-1.5 l |
| 13. Garlic - 6-7 cloves | |
| 14. Dill greens - 70 g | |



Stew with meat of wild animals with vegetables "Wild forest"



1. Cut the roe deer heart finely



2. Finely chop the red deer meat



3. We divide the roe deer meat on the ribs into parts



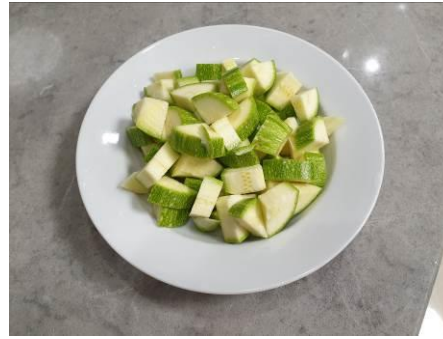
4. Finely chop the bear meat



5. Cut the turnip into thin long strips



6. Finely chop the eggplants



7. Cut vegetable marrow finely



8. Cut red and yellow sweet peppers into medium pieces



9. Finely chop the red tomatoes



10. Cut carrots into strips



11. Cut the onion into medium squares



12. Cut the potatoes into medium pieces

Stew with meat of wild animals with vegetables "Wild forest"



13. Finely chop the dill greens



14. Finely chop cilantro greens



15. Finely chop cilantro greens



16. Peel and cut the garlic into thin slices



17. We measure the proportions of spices



18. Mix the spices



19. We take vegetable oil



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



21. Put the roe deer heart and bear meat in the pan



22. Fry over high heat, mix the contents of the pan



23. Put red deer meat and roe deer meat in the pan



24. Fry over high heat, mix the contents of the pan

Stew with meat of wild animals with vegetables "Wild forest"



25. Cover the pan with a lid and fry over medium heat



26. Stir the contents of the pan, pour hot water



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



28. Put vegetable oil, onions, carrots and turnips in a saucepan



29. Put eggplant, vegetable marrow, tomatoes and peppers in a saucepan



30. Put onions and potatoes in a saucepan



31. Put dill, cilantro and basil in a saucepan



32. Put the fried meat, garlic and spices in a saucepan



33. Lay the meat and vegetables in a saucepan in layers, press



34. Put the top layer of potatoes and pour hot water



35. Cover the saucepan with a lid and simmer over low heat



36. Place the stew in containers and place the laurel leaves