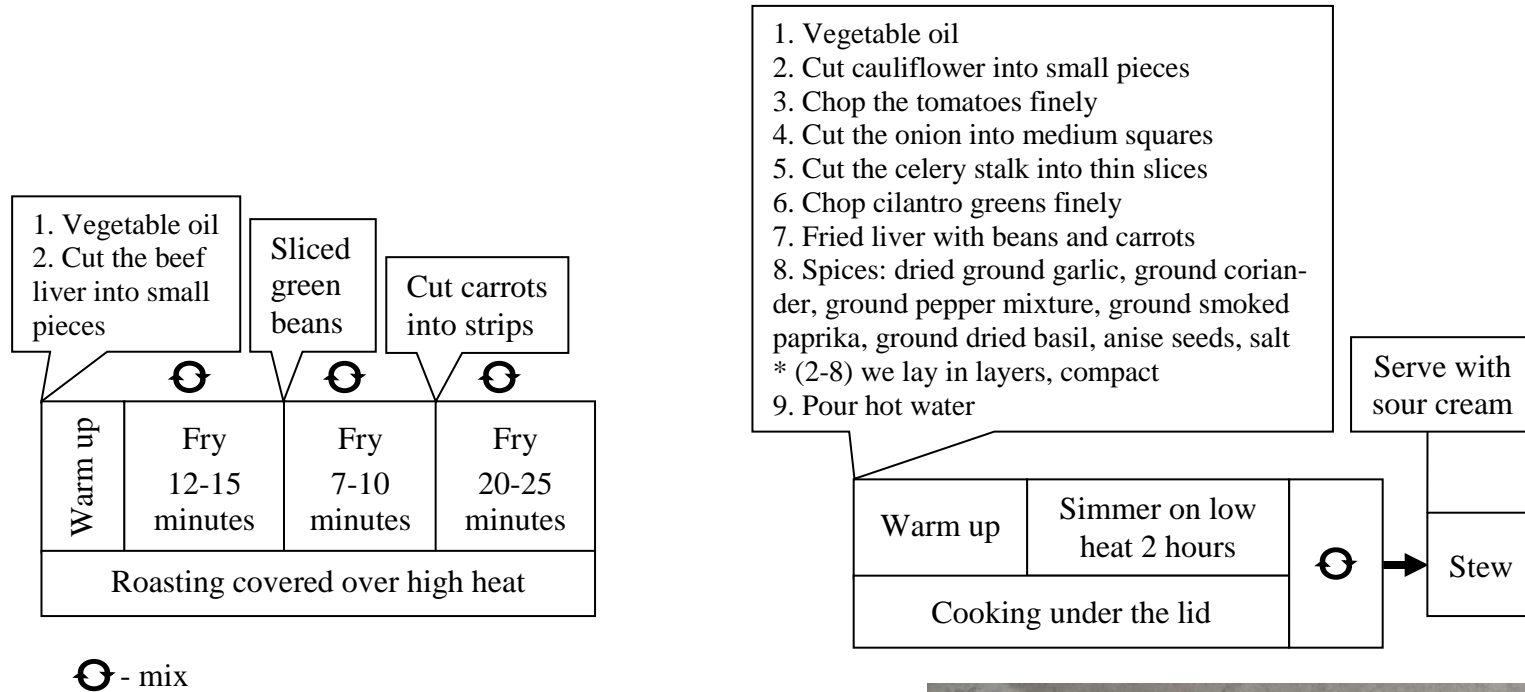


Stew with chicken liver, mushrooms and vegetables "Autumn fantasy 2" (khurs.ru - 2020)



- | | |
|--------------------------------------|---|
| 1. Beef liver - 1.2 kg | 11. Dried ground garlic - 0.75-1 tbsp. spoons |
| 2. Quick-frozen cauliflower - 0.7 kg | 12. Dried chopped basil - 1.5-2 tbsp. spoons |
| 3. Onions - 0.9-1.0 kg | 13. Ground coriander - 0.5-0.7 tsp |
| 4. Sliced green beans - 0.4 kg | 14. Smoked paprika ground - 0.3-0.4 tsp |
| 5. Red tomatoes - 600 g | 15. A mixture of ground peppers - 0.3-0.4 tsp |
| 6. Celery stalk - 100-150 g | 16. Anise seeds - 0.5-0.7 tsp |
| 7. Carrots - 400 g | 17. Salt - 1.0-1.5 tbsp. spoons |
| 8. Cilantro greens - 70 g | 18. Hot water - 0.5-0.7 l |
| 9. Vegetable oil - 90-100 g | |
| 10. Sour cream 20% fat | |



Stew with chicken liver, mushrooms and vegetables "Autumn fantasy 2"



1. Cut the beef liver into medium pieces



2. Defrost and cut the cauliflower into small pieces



3. Defrost the green beans cut



4. We take red tomatoes



5. Cut red tomatoes into small pieces



6. We take onions



7. Cut the onion into medium squares



8. We take carrots Берём морковь



9. Cut carrots into strips



10. Take a stalk of celery



11. Cut the celery stalk into thin slices



12. Take the green cilantro

Stew with chicken liver, mushrooms and vegetables "Autumn fantasy 2"



13. Cut the cilantro greens finely



14. Take vegetable oil



15. Take sour cream with a fat content of 20%



16. Compose the proportions of spices



17. Mix the spices



18. Put a fry pan with vegetable oil on the fire



19. Put the beef liver in the pan



20. Fry over high heat, stir



21. Put green beans into the frypan



22. Stir the contents of the frypan



23. Cover the frypan with a lid, fry over high heat



24. Put the carrots in the frypan

Stew with chicken liver, mushrooms and vegetables "Autumn fantasy 2"



25. Cover the frypan with a lid, fry over high heat



26. Stir the contents of the frypan



27. Cover the frypan with a lid, fry over high heat



28. Pour vegetable oil into a saucepan, put onions



29. Put red tomatoes in a saucepan



30. Put the celery stalk in a saucepan



31. Put the cauliflower in a saucepan



32. Put part of the fried liver with vegetables in a saucepan



33. Put the first part of the spices in a saucepan



34. Put cilantro greens in a saucepan



35. Put onions in a saucepan



36. Put red tomatoes in a saucepan

Stew with chicken liver, mushrooms and vegetables "Autumn fantasy 2"



37. Put the cauliflower in a saucepan



38. Put the celery stalk in a saucepan



39. Put part of the fried liver with vegetables in a saucepan



40. Put the cilantro greens in a saucepan



41. Put the second part of the spices in a saucepan



42. Put onions in a saucepan



43. We ram the contents of the saucepan



44. We put the saucepan on the fire, add hot water



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



46. Stir the contents of the pan. Serve on the table



47. Put sour cream on a plate



48. Stir the sour cream