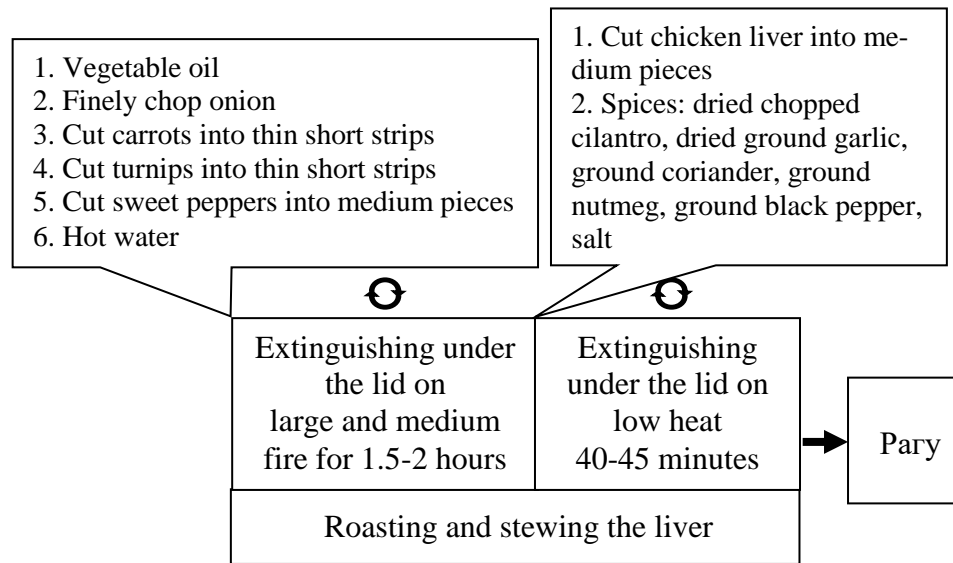



Stew with chicken liver "Winter time" (khurs.ru - 2022)



 - mix

1. Chicken liver – 1 kg
2. Onion – 1-1.2 kg
3. Turnip – 250 g
4. Sweet red and yellow peppers - 4 pcs.
5. Carrots - 300 g
6. Dried chopped coriander greens - 1.5 tablespoons
7. Dried ground garlic – 0.25-0.3 tablespoons
8. Ground coriander – 0.25-0.3 tablespoons
9. Nutmeg – 0.2-0.3 tablespoons
10. Ground black pepper – 0.3-0.4 teaspoons
11. Salt – 0.8-1 tablespoon
12. Vegetable oil – 50-60 g
13. Boiling water – 0.5 l



Stew with chicken liver "Winter time"



1. Cut the chicken liver into 4-5 parts



2. Peel and cut the onion finely



3. Take the sweet pepper



4. Cut the sweet pepper into medium pieces



5. Take turnips



6. Cut turnips into thin short strips



7. Peel carrots



8. Cut carrots into thin short strips



9. We make up the proportions of spices



10. Mix spices oil on the fire



11. Take vegetable oil



12. Put a frying pan with vegetable

Stew with chicken liver "Winter time"



13. Put onions in a frying pan



14. Put carrots in a frying pan



15. Put the turnips in the pan



16. Put the sweet pepper in the pan



17. Mix the contents of the pan, pour boiling water



18. Cover the pan with a lid, simmer over high and medium heat



19. Remove the lid, mix the contents of the pan



20. Put the chicken liver in the pan



21. Put the spices in the pan



22. Mix the contents of the pan



23. Cover the pan with a lid, simmer on low heat



24. We serve it on the table