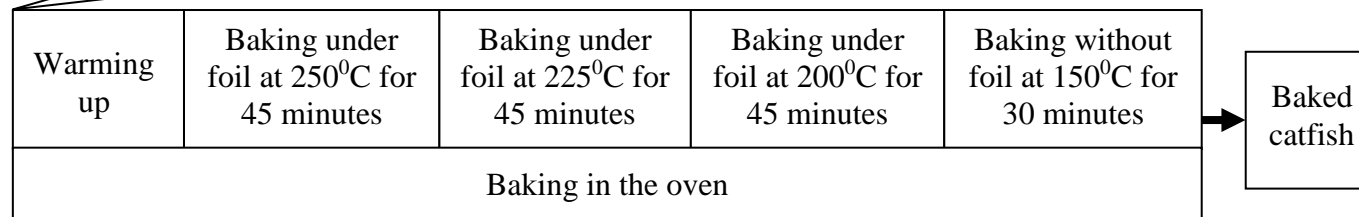


Catfish baked with sour cream and vegetables "African catfish" (khurs.ru - 2021)

1. Vegetable oil
2. Cut onion into rings
3. Cut red tomatoes into thin slices
4. Sweet red pepper cut into thin cubes
5. Cut potatoes into medium pieces
6. Cut coriander greens finely
7. Spices: dried ground garlic, ground pepper mixture, dried ground ginger root, suneli hops, cardamom, anise seeds and salt
8. Sour cream
9. Cut the catfish fillet into large pieces and smear with sour cream with spices



1. African catfish (fillet) – 3 kg
2. Potatoes – 2-2.3 kg
3. Onion – 1 kg
4. Red tomatoes – 0.6 kg
5. Sweet red pepper – 250 g
6. Coriander greens – 45-50 g
7. Sour cream with a fat content of 20% – 500 g
8. Vegetable oil – 50-60 g
9. Dried ground garlic – 0.5-0.7 tablespoons
10. Hops-suneli – 0.4-0.5 teaspoons
11. Ground pepper mixture – 0.3-0.4 teaspoons
12. Dried ground ginger root – 0.3-0.4 teaspoons
13. Anise seeds – 0.3-0.4 teaspoons
14. Cardamom – 0.3 teaspoons
15. Salt – 1-1.5 tablespoons



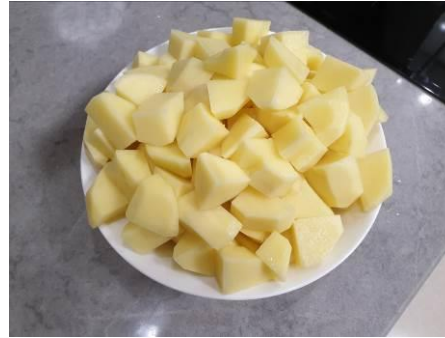
Catfish baked with sour cream and vegetables "African catfish"



1. Cut up the catfish carcass



2. Peel the potatoes



3. Cut the potatoes into medium pieces



4. Peel the onion



5. Cut the onion into rings



6. Cut the red tomatoes into thin slices



7. Cut the sweet red pepper into thin strips



8. Make up the proportions of spices



9. Mix the spices



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



11. Take coriander greens



12. Cut the coriander greens finely

Catfish baked with sour cream and vegetables "African catfish"



13. Take vegetable oil



14. Put sour cream in spices



15. Mix the spices and sour cream



16. Cover the baking sheet with foil



17. Pour vegetable oil over foil



18. Put most of the onion in a baking tray



19. Cover the catfish with sour cream with spices and put it in a baking tray



20. Put the red tomatoes in a baking tray



21. Put the coriander greens in a baking tray



22. Put the sweet red pepper in the baking tray



23. Put the potatoes in the baking tray



24. Sprinkle the potatoes with lemon pepper

Catfish baked with sour cream and vegetables "African catfish"



25. Put the rest of the onion in a baking tray



26. Close the foil over the catfish with vegetables



27. Put the baking sheet in the pre-heated oven



28. Set the temperature to + 250 °C and + 225 °C, stand for 45 minutes



29. Set the temperature to + 200 °C, stand for 45 minutes



30. Take out the baking sheet, open the foil



31. Put the baking sheet in the oven



32. Set the temperature to + 150 °C, stand for 30 minutes



33. Remove the baking sheet from the oven



34. We serve baked catfish with vegetables on the table