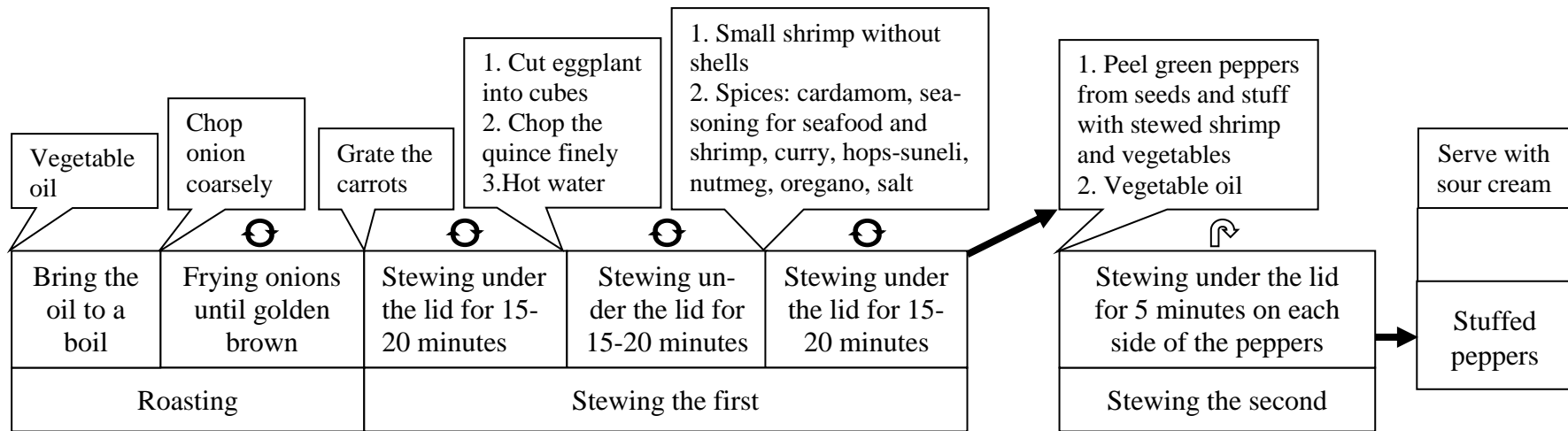


Green pepper stuffed with shrimp and eggplant "Yummy" (khurs.ru - 2015)



⊕ - mix

↺ - flip over

1. Small shrimp without shells – 1 kg
2. Carrots 4-5- pcs.
3. Onion – 6-7 pcs.
4. Eggplant – 3-4 pcs.
5. Green pepper – 18-20 pcs.
6. Vegetable oil
7. Sour cream – to taste
8. Cardamom
9. Seasoning for seafood and shrimp
10. Curry
11. Hops-suneli
12. Nutmeg
13. Oregano
14. Salt – 1 tablespoon
15. The water is hot



Green pepper stuffed with shrimp and eggplant "Yummy"



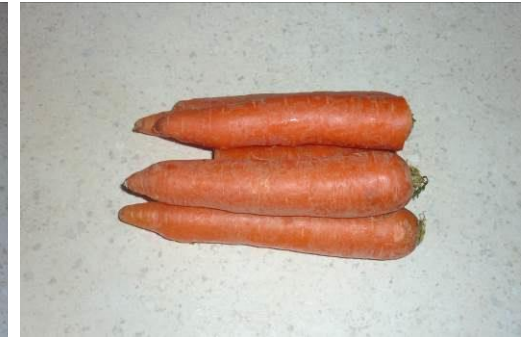
1. Defrost and wash the shrimp



2. Take the onion



3. Peel and cut the onion



4. Take the carrot



5. Peel and grate carrots on a fine grater



6. Take eggplants



7. Cut eggplants into cubes



8. Take quince



9. Cut the quince finely



10. Take the green peppers



11. We clean the green peppers from the seeds



12. We take vegetable oil

Green pepper stuffed with shrimp and eggplant "Yummy"



13. Take sour cream



14. We make up the proportions of spices



15. Pour vegetable oil into a cauldron and heat until boiling



16. Put onion in boiling oil



17. Stir



18. Fry the onion until golden brown



19. Put the carrots in the cauldron



20. Mix the onion and carrot



21. Simmer onions and carrots under the lid on low heat



22. We put eggplants in kazan



23. We put quince in kazan



24. Mix the contents of the cauldron, you can add a little hot water

Green pepper stuffed with shrimp and eggplant "Yummy"



25. Stew vegetables under a lid on low heat



26. Periodically mix the contents of the cauldron



27. Put small shrimp without shells in kazan



28. Put spices in kazan



29. Mix the contents of the cauldron



30. Increase the heat and simmer without a lid, stirring occasionally



31. When the vegetables and shrimp are ready, turn off the fire



32. We separate the excess liquid and stuff the peppers



33. Put the stuffed peppers in a frying pan and pour the vegetable oil



34. Simmer the stuffed peppers under the lid on low heat



35. Fry the stuffed peppers from the second side



36. The remaining dressing allows you to stuff another 9-10 peppers