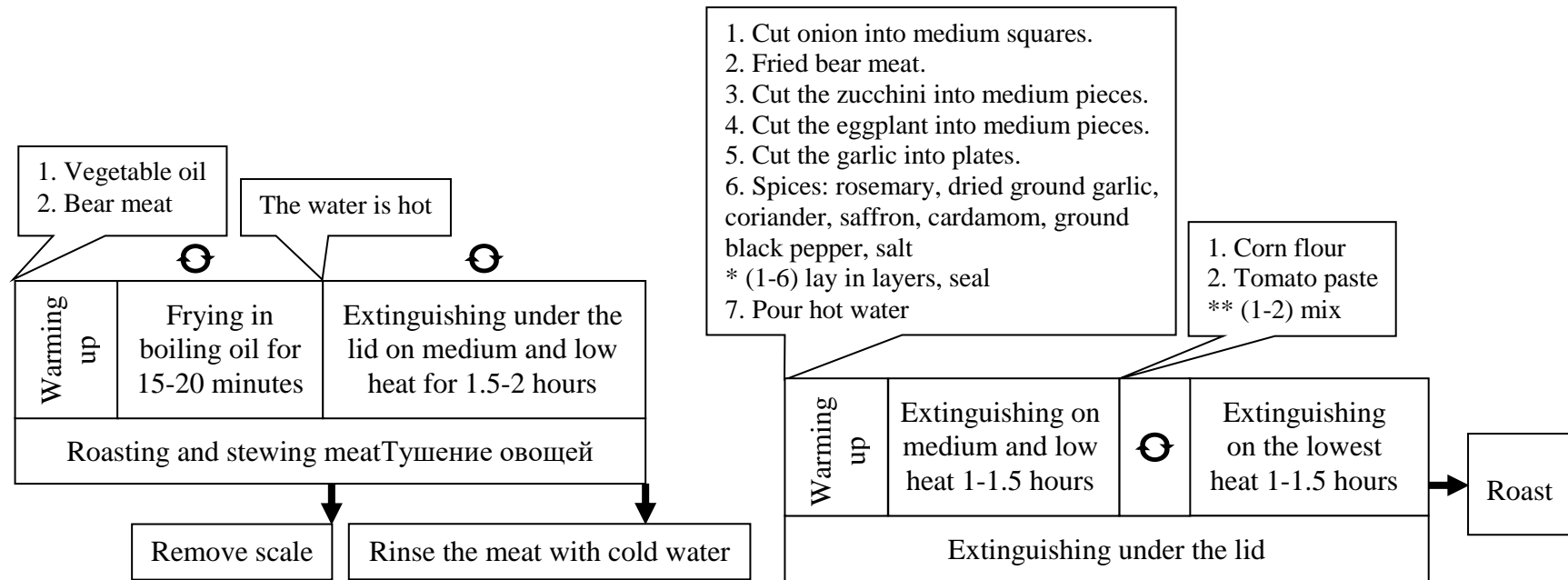


Roast of bear meat with vegetables "Meeting of friends" (khurs.ru - 2019)



⊕ - mix

1. Bear meat – 1,7 kg
2. Onion – 1 kg
3. Zucchini – 500-600 g
4. Eggplant – 500-600 g
5. Garlic – 5-8 cloves
6. Vegetable oil – 75-80 g
7. Tomato paste – 100 g
8. Corn flour – 4 tablespoons
9. Rosemary – 1.5 tablespoons
10. Dried ground garlic – 0.75 tablespoons
11. Coriander – 1 tablespoon
12. Saffron – 1 teaspoon
13. Cardamom – 0.5-0.75 teaspoons
14. Ground black pepper – 0.3-0.5 h spoon
15. Salt – 1.5 tablespoons
16. Hot water – 1 l



Roast of bear meat with vegetables "Meeting of friends"



1. Take the bear meat



2. Take the courgette



3. Cut the courgette into medium pieces



4. Take the eggplant



5. Cut the eggplant into medium pieces



6. Take the onion



7. Cut the onion into medium squares



8. Peel the garlic



9. Cut garlic cloves into plates



10. Take tomato paste



11. Take vegetable oil



12. We make up the proportions of spices

Roast of bear meat with vegetables "Meeting of friends"



13. Mix spices



14. Take corn flour



15. Measure the corn flour



16. Put the tomato paste in the flour



17. Mix tomato paste with corn flour



18. Put a frying pan on fire, pour vegetable oil



19. Put bear meat in boiling oil



20. Fry on high and medium heat, mix



21. Pour boiling water into a frying pan



22. Cover the pan with a lid, simmer on medium and low heat



23. Fried meat is washed with cold water



24. Put a saucepan of water on the fire, put a layer of onions and meat

Roast of bear meat with vegetables "Meeting of friends"



25. Put a layer of eggplant in a saucepan



26. Put a layer of courgette in a saucepan



27. Put some of the spices in a saucepan



28. Put a layer of meat and garlic in a saucepan



29. Put a layer of onion in a saucepan



30. Put a layer of courgette and the second part of the spices in a saucepan



31. Put a layer of eggplant in a saucepan, press



32. Cover the saucepan with a lid and simmer on medium and low heat



33. Put a mixture of tomato paste and corn flour in a saucepan



34. Mix the contents of the saucepan



35. Cover the saucepan with a lid and simmer on the lowest heat



36. We serve it on the table