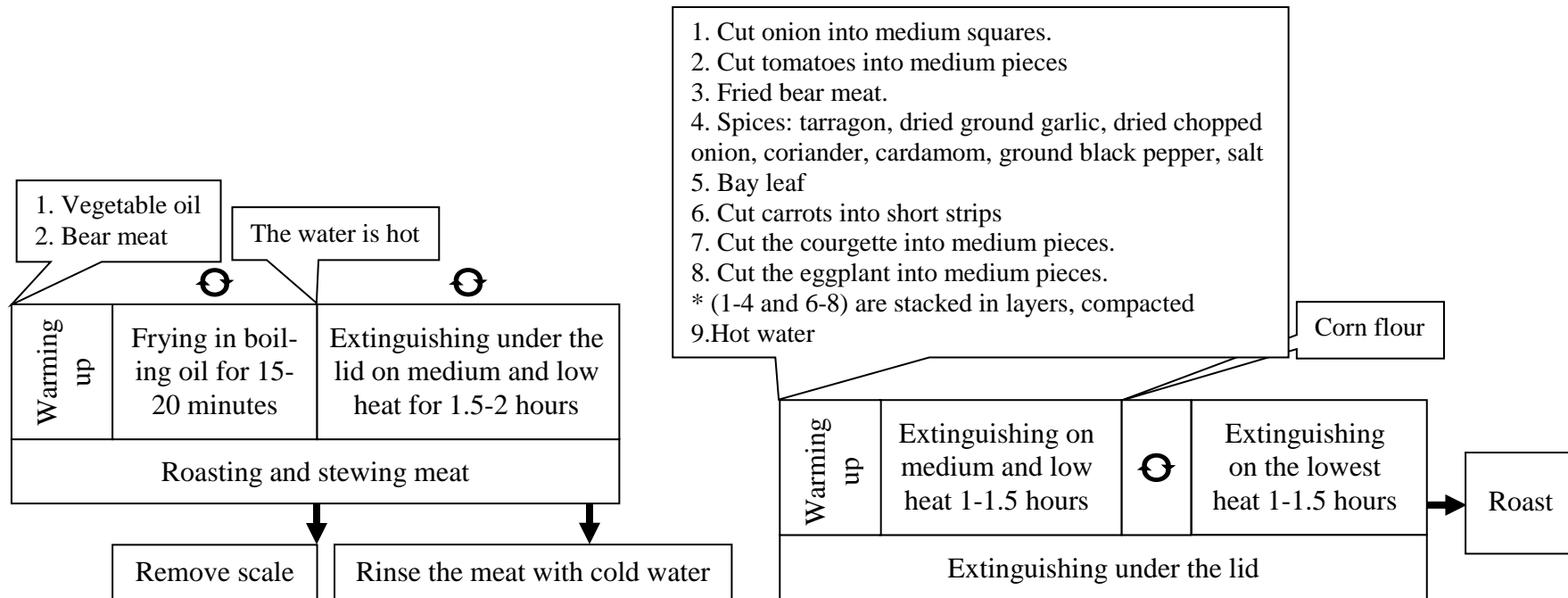


Roast of bear meat with vegetables "Exquisite" (khurs.ru - 2019)



1. Bear meat – 1,7 kg
2. Onion – 200 g
3. Courgette – 800-900 g
4. Eggplant – 500-600 g
5. Carrots – 250-300 g
7. Tomatoes – 1.5 kg
6. Vegetable oil – 75-80 g
8. Corn flour – 4 tablespoons
9. Tarragon – 1.5 tablespoons
10. Dried chopped onion – 1.5 tablespoons
11. Dried ground garlic – 1 tablespoon
12. Coriander – 0.75 tablespoons
13. Cardamom – 0.3-0.5 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 "Exquisite"



1. Take the bear meat



2. Take the courgette



3. Cut the courgette into medium pieces



4. Take the eggplant



5. Cut eggplant into medium pieces



6. Take tomatoes



7. Cut tomatoes into medium pieces



8. Take carrots



9. Cut the carrots into short strips



10. Take the onion



11. Peel and cut the onion into medium squares



12. Take vegetable oil

Roast of bear meat with vegetables "Exquisite"



13. Make up the proportions of spices



14. Mix spices



15. Take corn flour



16. Measure corn flour



17. Put the frying pan on the fire, pour vegetable oil



18. Put the bear meat in boiling oil



19. Fry over high and medium heat, mix



20. Pour boiling water into a frying pan, remove the scale



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



22. Fried meat is washed with cold water



23. Put a layer of onions in a saucepan



24. Put a layer of tomatoes in a saucepan

Roast of bear meat with vegetables "Exquisite"



25. Put the fried meat in a saucepan



26. Put some of the spices in a saucepan



27. Put a bay leaf in a saucepan



28. Put a layer of carrots in a saucepan



29. Put a layer of eggplant in a saucepan



30. Put a layer of courgette in a saucepan, close tightly.



31. Put the second layer of vegetables and meat, add hot water



32. Cover the pan with a lid and simmer over medium to low heat



33. Put the corn flour in a saucepan



34. Mix the contents of the pan



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



36. We serve it on the table