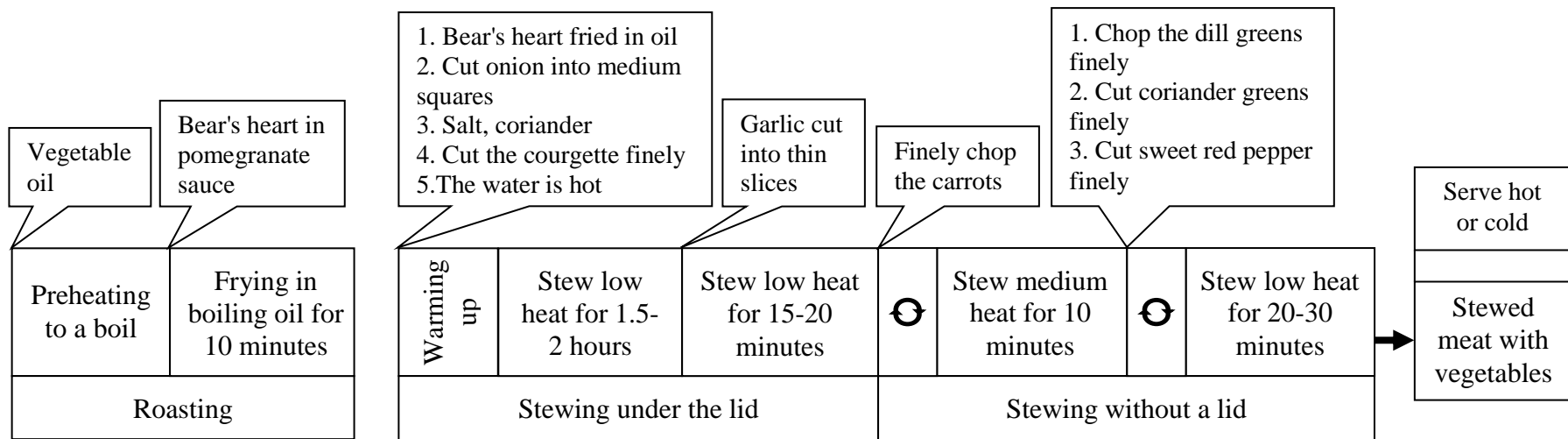


Bear's heart stewed with zucchini "Wild forest" (khurs.ru - 2015)



⊗ - mix

1. Bear heart – 1 kg
2. Onion – 1.25-1.5 kg
3. Courgette – 1 kg
4. Carrots – 0.6-0.7 kg
5. Sweet red pepper – 3-5 pcs.
6. Garlic – 2-3 heads
7. Dill greens – 1 bunch
8. Coriander greens – 2 bunches
9. Garnet sauce "Narsharab"
10. Vegetable oil – 250-300 g
11. Sour cream with a fat content of 20-25%
12. Ground pepper mixture
13. Ground coriander – 1 tablespoon
14. Salt – 1 tablespoon
15. The water is hot



Bear's heart stewed with zucchini "Wild forest"



1. Take the pomegranate sauce "Nar-sharab"



2. Take the bear's heart



3. Cut the bear's heart into medium pieces



4. Pour the bear's heart with pomegranate sauce, stand for 2 hours



5. Peel and cut onion coarsely



6. Cut courgette finely



7. Peel and cut sweet red peppers finely



8. Peel and cut carrots finely



9. Peel and cut the garlic cloves into thin plates



10. Take the dill greens



11. Cut the dill greens finely



12. Take the coriander greens

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13. Cut coriander greens finely



14. Measure coriander and salt



15. Take a mixture of ground peppers



16. Take vegetable oil



17. We take sour cream with a fat content of 20%



18. Put a frying pan with vegetable oil on the fire, bring to a boil



19. Fry the bear's heart in boiling oil, stirring



20. We put a cauldron with vegetable oil on the fire



21. We put the fried bear's heart in Kazan



22. We put, alternating layers of onion in Kazan



23. We put, alternating parts of ground coriander in Kazan



24. We put, alternating parts of salt in Kazan

Bear's heart stewed with zucchini "Wild forest"



25. Put, alternating a layer of zucchini in a cauldron, add hot water



26. Stew under the lid on low heat



27. Put garlic in Kazan



28. Stew on low heat under the lid



29. Remove the lid, put the carrots in the cauldron



30. Mix the contents of the cauldron, simmer over medium heat without a lid



31. Put the dill greens in Kazan



32. We put coriander greens in Kazan



33. We put sweet red pepper in Kazan



34. Mix the contents of the cauldron



35. Stew on low heat without a lid



36. Put the finished dish in a container for storage in the refrigerator