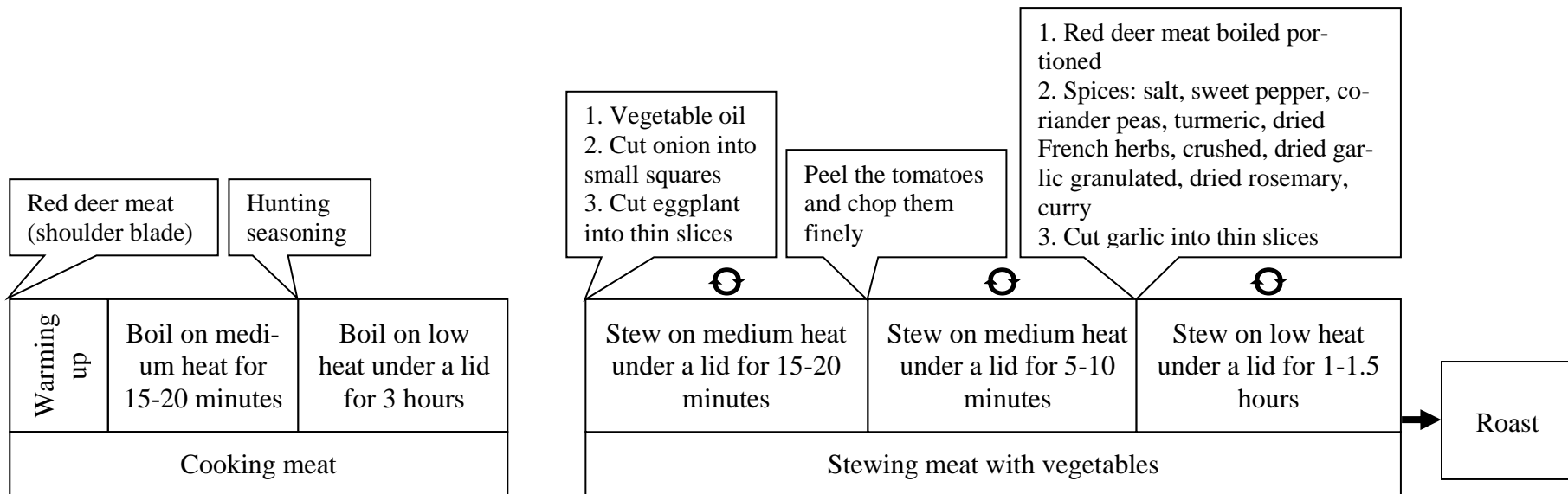


Roast with red deer meat "Forest fairy tale" (khurs.ru - 2016)



⌚ - mix

1. Red deer meat (shoulder blade) – 1.2-1.5 kg
2. Eggplant - 3 pcs.
3. Onion – 1-1.2 kg
4. Tomatoes – 4-5 pcs.
5. Garlic – 1 head
6. Hunting seasoning – 2 tablespoons
7. Sweet peas
8. Coriander peas
9. Turmeric
10. French herbs, dried, crushed
11. Dried granulated garlic – 10 g
12. Dried rosemary
13. Curry
14. Vegetable oil – 100-120 g
15. Salt – 1 tablespoon



Roast with red deer meat "Forest fairy tale"



1. Take the red deer meat (shoulder blade), remove the films and fat



2. Take the hunting seasoning



3. Put a saucepan of water on the fire



4. Put the red deer meat in the saucepan



5. Cook and remove the foam



6. Put the hunting seasoning in a saucepan



7. Cover the pan with a lid and cook over low heat



8. The meat is ready



9. Remove the meat into a separate plate



10. Peel the onion



11. Cut the onion into small squares



12. Take eggplants

Roast with red deer meat "Forest fairy tale"



13. Cut eggplants into thin slices



14. Take tomatoes



15. Peel tomatoes and cut finely



16. Peel garlic cloves



17. Cut garlic cloves into thin plates



18. Take vegetable oil



19. We take salt



20. We prepare the proportions of spices



21. We knead coriander and mix spices



22. Pour vegetable oil into a frying pan



23. Put onions in a frying pan



24. Put eggplants in a frying pan

Roast with red deer meat "Forest fairy tale"



25. Stew onions under the lid



26. Mix the contents of the pan



27. Put tomatoes in the pan



28. Simmer under the lid on low heat



29. Mix the contents of the pan



30. Put the portioned red deer meat in the pan



31. Put salt in the pan



32. Put the spices in the pan



33. Put garlic in a frying pan



34. Mix the contents of the frying pan



35. Simmer under the lid on low heat



36. We serve it on the table