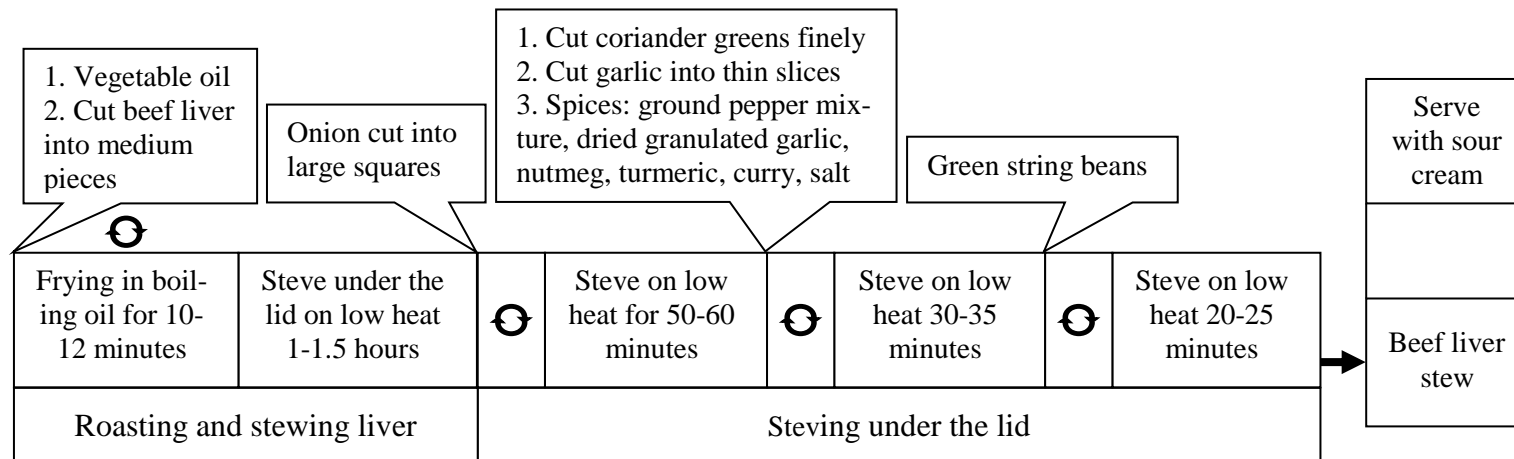


Stewed beef liver "Gagarinskaya" (khurs.ru - 2016)



⊗ - mix

1. Chilled beef liver – 1 kg
2. Onion – 1.0 kg
3. Green string beans of fast freezing – 800 g
4. Vegetable oil – 70-100 g
5. Garlic – 0.5-2 heads
6. Dried granulated garlic – 10-12 g
7. Ground pepper mixture
8. Nutmeg
9. Turmeric
10. Curry
11. Sour cream with a fat content of 20%
12. Salt



Stewed beef liver "Gagarinskaya"



1. Take the chilled beef liver



2. Cut the beef liver into medium-sized pieces



3. Take the onion



4. Peel the onion



5. Cut the onion into medium squares



6. Take the green beans of quick freezing



7. Defrost the beans



8. Take garlic



9. Peel the garlic cloves



10. Cut the garlic cloves into thin plates



11. Take the coriander greens



12. Cut the coriander greens finely

Stewed beef liver "Gagarinskaya"



13. Take vegetable oil



14. We make up the proportions of spices



15. Mix the spices evenly



16. Take sour cream with a fat content of 20%



17. Put the pan on the fire



18. Pour vegetable oil into the pan



19. Put the beef liver in one layer in hot oil



20. Fry the pieces of liver in boiling oil from all sides



21. Steve under the lid on low heat, stir occasionally



22. Check the roasting of the liver



23. Put the onion in the frying pan



24. Cover the pan with a lid and simmer on low heat

Stewed beef liver "Gagarinskaya"



25. Mix the contents of the pan



26. Simmer until the juices from the onion are abundant



27. Put the coriander greens in the pan



28. Put the garlic in the pan



29. Sprinkle the contents of the pan with a mixture of spices



30. Mix the contents of the pan



31. Put the string beans in the pan



32. Mix the contents of the pan



33. Cover the pan with a lid and simmer on low heat



34. We serve stewed beef liver on the table



35. Add sour cream



36. The dish is ready