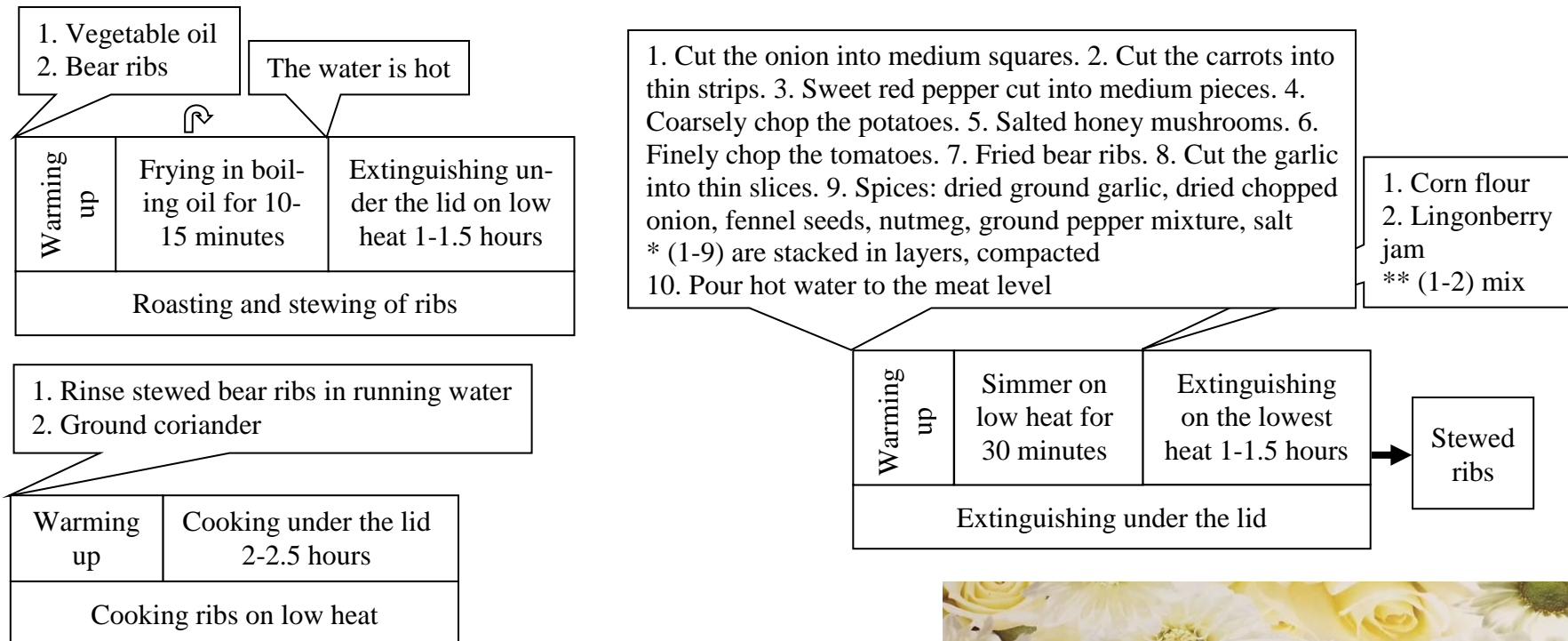


Stewed bear ribs with honeydew, vegetables and cranberry sauce "Khibiny" (khurs.ru - 2019)



↻ - flip over

- | | |
|--|--|
| 1. Bear ribs – 1,7-1,8 kg | 11. Coriander – 2 tablespoons for cooking and 1 tablespoon for stewing |
| 2. Onion – 3 pcs. | 12. Dried ground garlic – 0.75-1st. spoons |
| 3. Carrots – 1-2 pcs. | 13. Dried chopped onion - 0.75 tablespoons |
| 4. Sweet red pepper – 2 pcs. | 14. Fennel seeds – 0.5 tablespoons |
| 5. Tomatoes – 3 pcs. | 15. Nutmeg – 0.5 teaspoons |
| 6. Potatoes – 1 kg | 16. Ground pepper mixture – 0.3-0.5 teaspoons |
| 7. Salted honey mushrooms – 0.7-0.8 kg | 17. Salt – 1.5 tablespoons |
| 8. Lingonberry jam – 200 g | 18. Hot water – 1.5-2 liters |
| 9. Vegetable oil – 150-180 g | |
| 10. Corn flour – 4 tablespoons | |



Stewed bear ribs with honeydew, vegetables and cranberry sauce "Khibiny"



1. Take bear meat on ribs



2. Take potatoes



3. Peel and cut potatoes coarsely



4. Take sweet red pepper



5. Cut sweet red pepper into medium pieces



6. Take carrots



7. Cut carrots into thin strips



8. Take onions



9. Peel and cut the onion coarsely



10. Take tomatoes



11. Cut tomatoes finely



12. We take salted honey mushrooms

Stewed bear ribs with honeydew, vegetables and cranberry sauce "Khibiny"



13. Take vegetable oil



14. Take cranberry jam



15. Take corn flour



16. We measure the corn flour



17. Put the lingonberry jam in a plate with flour



18. Mix the flour and jam



19. We measure coriander for cooking meat



20. We measure the proportions of spices



21. Mix the spices



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



23. Put the bear meat in boiling oil



24. Fry on high heat, periodically turn the meat over

Stewed bear ribs with honeydew, vegetables and cranberry sauce "Khibiny"



25. Let the meat vapors seal in boiling oil



26. Pour the meat with hot water



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



28. We wash the meat with running water



29. Put the meat in a saucepan with water and put it on the fire



30. Put the coriander in a saucepan



31. Cover the pan with a lid, cook on low heat



32. Put stewed bear ribs on a plate, remove the ribs



33. Pour oil and put a layer of onion in a saucepan



34. Put a layer of carrots in a saucepan



35. Put a layer of sweet red pepper in a saucepan



36. Put a layer of potatoes in a saucepan

Stewed bear ribs with honeydew, vegetables and cranberry sauce "Khibiny"



37. Put a layer of salted mushrooms in a saucepan



38. Put a layer of tomatoes in a saucepan



39. Put a layer of stewed bear meat in a saucepan



40. Put the garlic in a saucepan



41. Put some of the spices in a saucepan



42. Layer by layer we fill the saucepan, seal the contents



43. Put the pan on the fire, pour hot water into the saucepan



44. Cover the saucepan with a lid, simmer on low heat



45. Add lingonberry jam to the saucepan



46. Stir the contents of the saucepan



47. Cover the saucepan with a lid, simmer on the lowest heat



48. Serve on the table