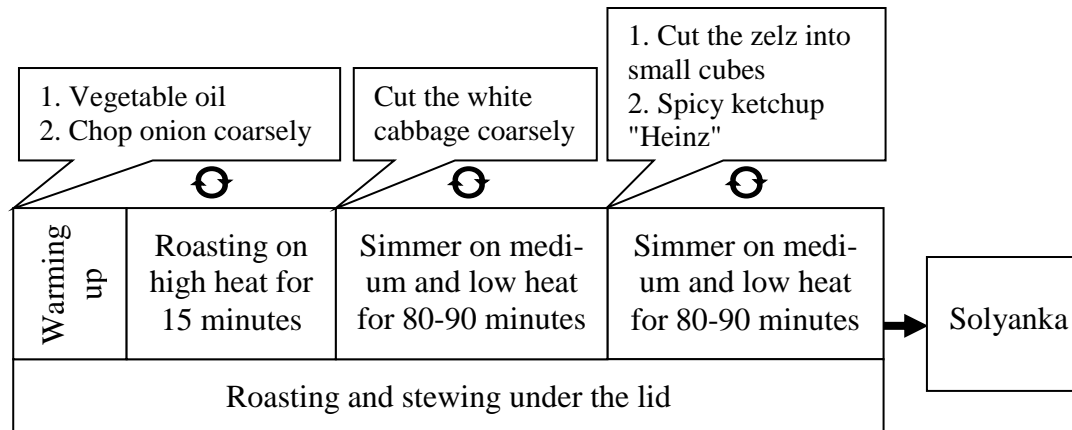


Solyanka meat "Polesskaya" (khurs.ru - 2019)



1. Zelz - 0.7-0.8 kg
2. Onion – 1.2-1.3 kg
3. White cabbage – 1.6-1.8 kg
4. Heinz hot ketchup – 400-450 g
5. Vegetable oil – 90-100 g



Solyanka meat "Polesskaya"



1. Take the zelz



2. Cut the zelz into small cubes



3. Take the onion



4. Peel the onion



5. We cut onions into large squares



6. We take white cabbage



7. We cut white cabbage coarsely



8. We take sharp ketchup "Heinz"



9. Take vegetable oil



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



11. Put the onion in the frying pan



12. Cover the pan with a lid, fry over high heat

Solyanka meat "Polesskaya"



13. Periodically stir the onion



14. Put the cabbage in a frying pan, simmer over medium heat



15. Cover with a lid, let the cabbage decrease in volume



16. Remove the lid



17. Stir the cabbage and onion



18. Cover the pan with a lid, simmer over medium heat



19. Mix the contents of the frying pan



20. Put the zelz in the pan



21. Put ketchup in a frying pan



22. Mix the contents of the frying pan



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



24. We serve it on the table