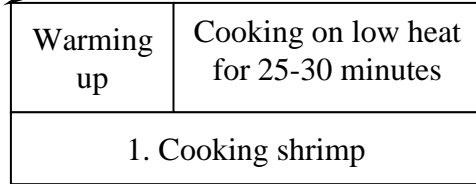# Solyanka with giant shrimps, cabbage and onions "Morning breeze" (khurs.ru - 2023)

1. Defrost the backs of shrimps in shells
2. Cut red capsicum into thin rings
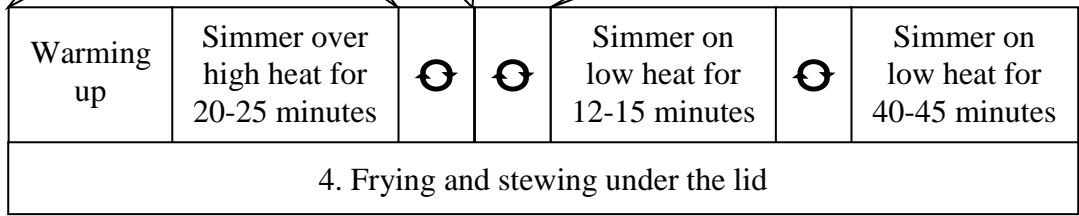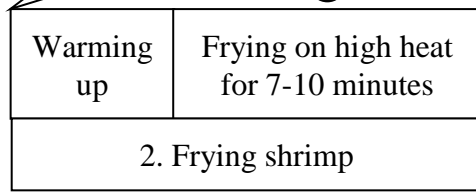3. Spices: seasonings for seafood and shrimp, salt

Warming up	Cooking on low heat for 25-30 minutes
1. Cooking shrimp	

1.Vegetable oil
2. Onion

Stewed cabbage

Spicy ketchup "Heinz"

Fried shrimp

Warming up	Simmer over high heat for 20-25 minutes	↻	↻	Simmer on low heat for 12-15 minutes	↻	Simmer on low heat for 40-45 minutes
4. Frying and stewing under the lid						

→ Solyanka

1.Vegetable oil
2. Fried shrimps without shell

Warming up	Frying on high heat for 7-10 minutes
2. Frying shrimp	

1.Vegetable oil
2. White cabbage

Warming up	Simmer on high heat for 15-20 minutes
3. Stewing cabbage	
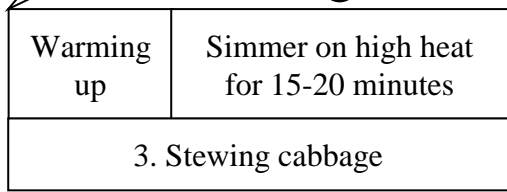
↻ - mix

1. Giant shrimp (backs in shells) – 1 kg
2. White cabbage – 2.8 kg
3. Onion – 1.2-1.3 kg
4. Red capsicum – 55-60 g
5. Seasoning for seafood and shrimp – 1-1.5 tablespoons
6. Vegetable oil – 65-75 g
7. Heinz spicy ketchup – 640 g
8. Salt - 1.2 tablespoons (for cooking shrimp)
9. Water – 3.0-3.5 liters (for cooking shrimp)

Solyanka with giant shrimps, cabbage and onions "Morning breeze"

1. Defrost the giant shrimps

2. Take the white cabbage

3. Cut the white cabbage small

4. Peel the onion

5. Cut the onion into large squares

6. Take the red capsicum

7. Cut the red capsicum

8. Take the spicy Heinz ketchup

9. Take vegetable oil

10. Make up the proportions of spices for cooking shrimp

11. Put a saucepan of water on the fire

12. Put the shrimp and spices in a saucepan

Solyanka with giant shrimps, cabbage and onions "Morning breeze"

13. Put the red capsicum in a saucepan

14. Cook the shrimp until tender

15. Put the shrimps on a plate

16. Peel the shrimps from the shells

17. Put a frying pan with vegetable oil on the fire

18. Put the shrimps in the pan

19. Fry the shrimps over high heat, mix

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

21. Put the onion in the wok

22. Stir the contents of the wok

23. Fry the onion under the lid over high heat

24. Bring the onion to a golden color

Solyanka with giant shrimps, cabbage and onions "Morning breeze"

25. Put a frying pan with vegetable oil on fire

26. Put the white cabbage in a frying pan

27. Simmer the cabbage over medium heat under the lid, mix

28. Put the stewed cabbage in a wok

29. Mix the contents of the wok

30. Put the ketchup in the wok

31. Mix the contents of the wok

32. Put the shrimp in the wok

33. Cover the wok with a lid, simmer over low heat

34. Mix the contents of the wok

35. Cover the wok with a lid, simmer over low heat

36. We serve it on the table