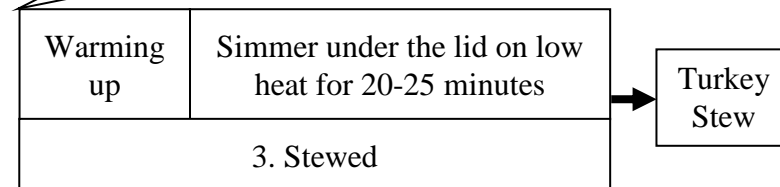
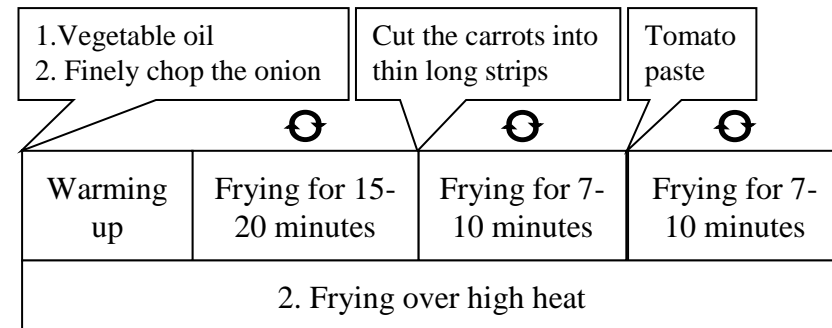
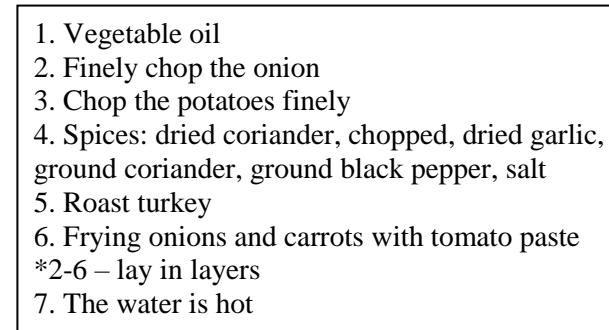
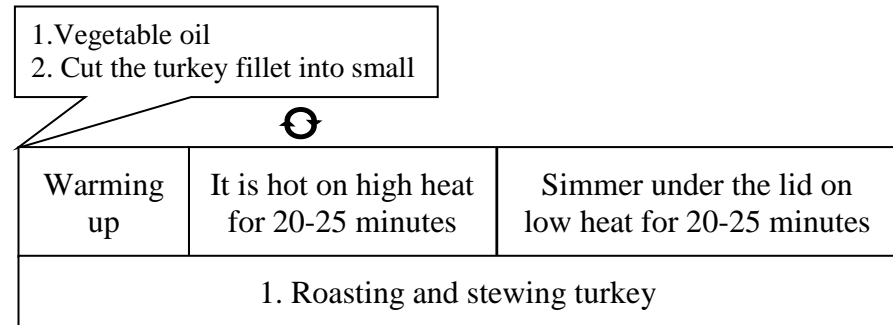


Turkey meat stewed with vegetables "Elegy" (khurs.ru - 2023)



☉ - перемешать

- | | |
|---|---|
| 1. Turkey fillet – 3.8-3.9 kg | 7. Ground coriander – 0.4-0.6 table-
spoons |
| 2. Potatoes – 1.6 kg | 8. Ground black pepper – 0.2-0.3 tea-
spoons |
| 3. Carrots – 230 g | 9. Vegetable oil – 25-30 g |
| 4. Onion – 1.0 kg | 10. Tomato paste – 70 g |
| 5. Dried coriander greens, chopped - 1-1.5
tablespoons | 11. Salt – 1.5 tablespoons |
| 6. Dried crushed garlic – 0.4-0.6
tablespoons | 12. Water – 3.2-3.6 liters |



Turkey meat stewed with vegetables "Elegy"



1. Take the turkey fillet



2. Cut the turkey fillet small



3. Peel the potatoes, cut the potatoes finely



4. Take the onion



5. Chop the onion finely



6. Take the carrots



7. Peel and cut the carrots into long thin strips



8. Take vegetable oil



9. Take tomato paste



10. We make up the proportions of spices



11. Mix the spices



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

Turkey meat stewed with vegetables "Elegy"



13. Put the turkey fillet in a wok



14. Fry the turkey meat over high heat



15. Cover the wok with a lid and simmer over low heat



16. We put a frying pan with vegetable oil on the fire



17. Put the onion in the pan



18. Stir, fry over high heat until golden brown



19. Put the carrots in the pan



20. Put the tomato paste in the pan



21. Mix



22. Fry the onion with carrots and tomato paste over high heat



23. Pour the oil on the bottom of the saucepan, and put part of the onion



24. Put part of the fried turkey in a saucepan

Turkey meat stewed with vegetables "Elegy"



25. Put some of the potatoes and spices in a saucepan



26. Put some of the fried onions and carrots in a saucepan



27. Put part of the fried turkey in a saucepan



28. Put part of the potatoes in a saucepan



29. Put some fried onions with carrots and spices in a saucepan



30. Put part of the fried turkey in a saucepan



31. Put the remaining potatoes in a saucepan



32. Put the rest of the onion and carrot roasting in a saucepan



33. Pour hot water into a saucepan to the level of products



34. Put a bay leaf in a saucepan



35. Cover the pan with a lid and simmer over low heat



36. We serve it on the table