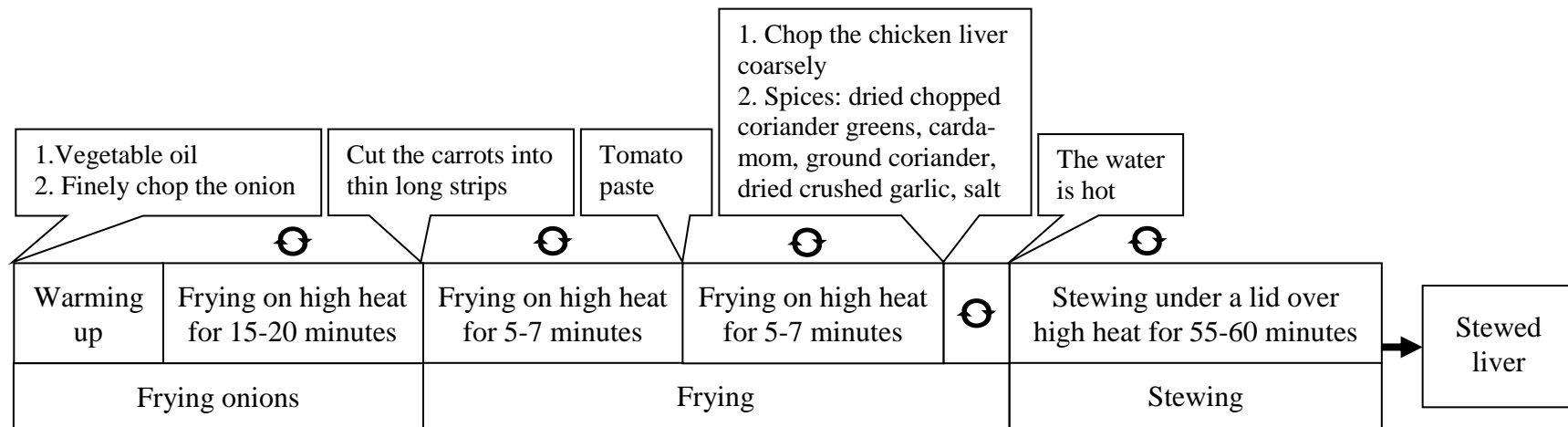


Stewed chicken liver with carrots and onions "As in childhood" (khurs.ru - 2023)



⊗ - mix

1. Chicken liver – 1.3 kg
2. Onion – 1.1 kg
3. Carrots – 0.35-0.4 kg
4. Tomato paste – 30 g
5. Vegetable oil – 65-75 g
6. Dried chopped coriander greens – 1 tablespoon
7. Cardamom – 0.45-0.5 tablespoons
8. Coriander – 0.4-0.45 tablespoons
9. Dried crushed garlic – 0.3-0.4 tablespoons
10. Salt - 1.2 tablespoons
11. Hot water – 0.3-0.4 liters



Stewed chicken liver with carrots and onions "As in childhood"



1. Cut the chicken liver coarsely



2. Peel the carrots



3. Cut the carrots into thin long strips



4. Peel the onion



5. Chop the onion finely



6. Make up the proportions of spices



7. Mix the spices



8. Take vegetable oil



9. Cooking tomato paste



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



11. Put the onion in the pan



12. Mix the contents of the pan

Stewed chicken liver with carrots and onions "As in childhood"



13. Fry the onion over high heat until golden brown



14. Put the carrots in a frying pan



15. Stir the contents of the pan, fry over high heat



16. Put the tomato paste in the pan



17. Mix the contents of the pan, fry over high heat



18. Put the chicken liver in the pan



19. Put the spices in the pan



20. Stir the contents of the pan



21. Pour hot water into a frying pan



22. Mix the contents of the pan



23. Cover the pan with a lid, simmer over low heat



24. We serve it on the table