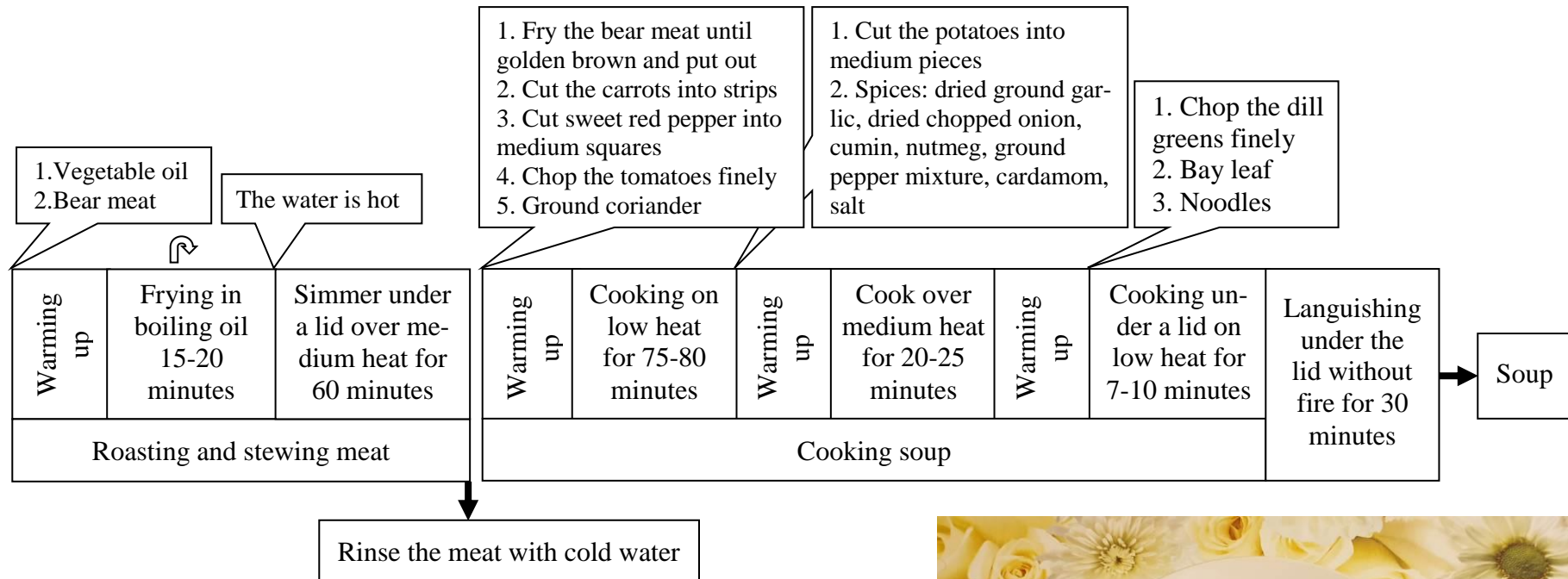


## Bear meat soup on the Lesnoy "Lagman ridge" (khurs.ru - 2019)



↻ - flip over

- |  |   |
|--|---|
| 1. Bear meat on the ridge – 1.7-1.8 kg | 11. Coriander – 1 tablespoon                  |
| 2. Potatoes – 0.8-1 kg                 | 12. Dried chopped onion – 1 tablespoon        |
| 3. Carrots – 1-2 pcs.                  | 13. Ground pepper mixture – 0.3-0.4 teaspoons |
| 4. Sweet red pepper – 1 pc.            | 14. Nutmeg – 0.3 teaspoons                    |
| 5. Tomatoes – 0.5 kg                   | 15. Cardamom – 0.3 teaspoons                  |
| 6. Noodles – 200-250 g                 | 16. Bay leaf                                  |
| 7. Dill greens – 1 bunch               | 17. Salt – 1.5 tablespoons                    |
| 8. Vegetable oil – 150-180 g           | 18. Water – 2.5-3 liters                      |
| 9. Dried ground garlic – 1 tablespoon  |   |
| 10. Cumin – 1 tablespoon               |   |



## Bear meat soup on the Lesnoy "Lagman ridge"



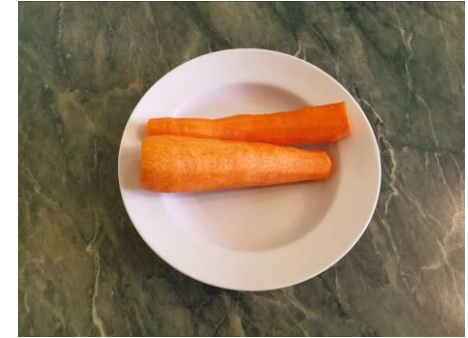
1. Take the bear meat on the ridge



2. Take the potatoes



3. Peel and cut the potatoes into medium pieces



4. Peel the carrots



5. Cut carrots into strips



6. Take sweet red pepper



7. Cut sweet red pepper into medium squares



8. Take tomatoes



9. Chop the tomatoes finely



10. Measure the noodles



11. Break the noodles short



12. Take the dill greens



## Bear meat soup on the Lesnoy "Lagman ridge"



13. Cut the dill greens finely



14. Measure the ground coriander



15. We measure the proportions of spices



16. We take vegetable oil



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



18. Put the bear meat in a frying pan, fry in boiling oil



19. Periodically turn over pieces of bear meat



20. Pour the meat in a pan with hot water



21. Cover the pan with a lid and simmer over medium heat



22. Put the fried meat on a plate



23. Put a saucepan with water on the fire



24. Put the fried bear meat in a saucepan



## Bear meat soup on the Lesnoy "Lagman ridge"



25. Put the carrots in a saucepan



26. Put the sweet red pepper in a saucepan



27. Put the tomatoes in a saucepan



28. Put the coriander in a saucepan, mix



29. Cover the pan with a lid and cook over low heat



30. Put the potatoes in a saucepan



31. Put the spices in a saucepan and cook over medium heat



32. Put the dill greens in a saucepan



33. Put the bay leaf in a saucepan



34. Put the noodles in a saucepan



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



36. We serve the soup on the table