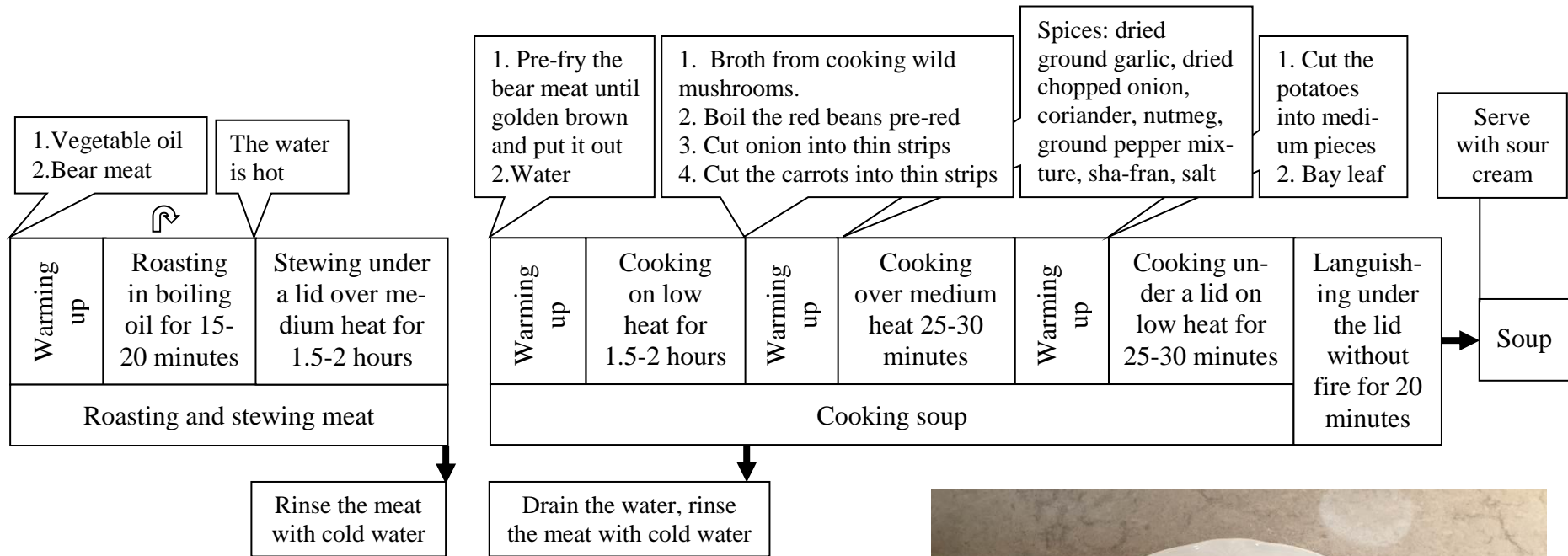


Soup with bear meat on a ridge with red beans "Hunting lunch" (khurs.ru - 2019)



↻ - flip over

- Bear meat on the ridge – 1.7-1.8 kg
- Potatoes – 1-1.2 kg
- Carrots – 1 pc.
- Red beans – 150 g
- Onion – 3-4 pieces.
- Sour cream fat content 20 %
- Vegetable oil – 75-80 g
- Dried granulated garlic – 1 tablespoon
- Ground coriander – 1 tablespoon

- Dried chopped onion – 1 tablespoon
- Saffron – 0.5 teaspoons
- Ground pepper mixture – 0.3-0.4 teaspoons
- Nutmeg – 0.2 teaspoons
- Bay leaf
- Salt – 1-1.5 tablespoons
- Broth from cooking wild mushrooms – 2.5-3 liters



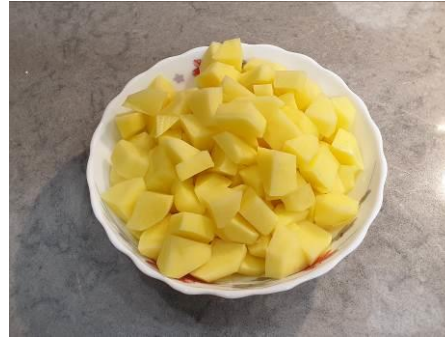
Soup with bear meat on a ridge with red beans "Hunting lunch"



1. Take the bear meat on the ridge



2. Take the potatoes



3. Peel and cut the potatoes into medium pieces



4. Take the onion



5. Peel the onion



6. Cut the onion into thin strips



7. Take the carrots 8. Cut the carrots into thin strips



8. Cut the carrots into thin strips



9. Take the red beans



10. Soak the red beans in water



11. We measure the proportions of spices



12. Take sour cream with a fat content of 20 %

Soup with bear meat on a ridge with red beans "Hunting lunch"



13. Take vegetable oil



14. Cook the beans in salted water



15. Put the boiled beans on a plate



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



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



18. Periodically turn over pieces of bear meat



19. Pour the meat in a pan with hot water



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



21. Fried meat is washed with cold water



22. Put a saucepan of water on the fire



23. Put the fried bear meat in the saucepan



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

Soup with bear meat on a ridge with red beans "Hunting lunch"



25. Wash the bear meat and put it back in the saucepan



26. Pour water into the saucepan and put it on fire



27. Put the red beans in the saucepan



28. Put the onions and carrots in the saucepan



29. Remove the scale, put the spices, cook over medium heat



30. Cook, remove the scale



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



32. Put the bay leaf in a saucepan



33. Cover the saucepan with a lid and cook over low heat



34. We serve the soup on the table



35. Add sour cream



36. Stir the sour cream