Borscht with bear meat and sauerkraut "Hunting" (khurs.ru - 2019)

1. Roast bear meat on a bone in boiling oil
2. Cut onion into thin strips
3. Cut the carrots into thin strips
4. Cut tomatoes into thin slices
5. Cut the garlic into thin slices
6. Cut turnips into thin strips
7. Sauerkraut
8. Grate the beetroot on a fine grater

1. Spices: dried ground garlic, a mixture of ground peppers, carda-mom, nutmeg, curry, dried chopped dill, salt
2. Table vinegar 9 %

Cut the potatoes into large strips

Bay leaf

Serve with sour cream

1.Масло растительное
2.Мясо медведя

Roasting meat		Cooking borscht							
Warming up	Roasting in boiling oil for 20-25 minutes	Warming up	Cook over medium heat for 12-15 minutes	Cook over medium heat for 12-15 minutes	Warming up	Cook under a lid over medi-um heat for 15-20 minutes	Cooking un-der a lid on low heat for 7-10 minutes	Languish-ing under the lid without fire for 1 hour	Borscht

Rinse the meat with cold water

⊖ - mix

1. Bear meat on the ribs – 1.5 kg
2. Potatoes – 0.5 kg
3. Carrots – 200 g
4. Turnip 200 g
5. Sauerkraut – 0.5 kg
6. Beetroot – 400 g
7. Tomatoes 250-300 g
8. Onion – 200 g
9. Garlic – 5-7 cloves
10. Vegetable oil – 150-180 g
11. Table vinegar 9% - 35 g

12. Sour cream with a fat content of 20 %
13. Dried ground garlic – 1 tablespoon
14. Dried chopped dill – 1.5 tablespoons
15. Ground pepper mixture – 0.3 teaspoons
16. Cardamom – 0.3 teaspoons
17. Curry – 0.5 teaspoons
18. Nutmeg – 0.5 teaspoons
19. Bay leaf
20. Salt – 1.5 tablespoons.
21. Water – 2.5-3 liters

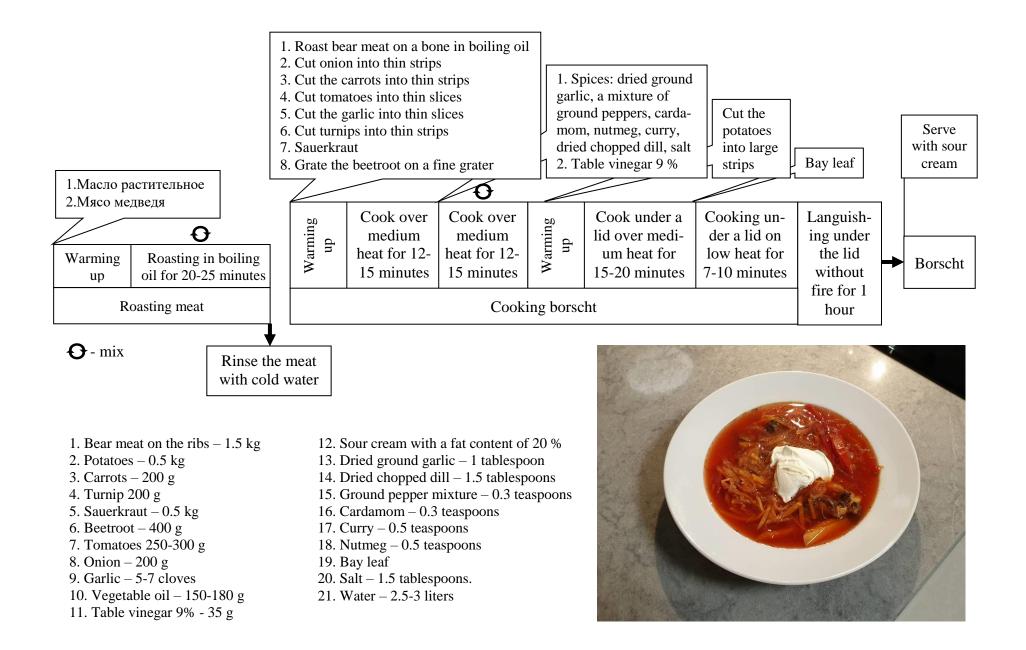# Borscht with bear meat and sauerkraut "Hunting"

1. Take the bear meat on the ribs

2. Take the beetroot

3. Peel the beetroot

4. Grate the beetroot on a fine grater

5. Take carrots

6. Cut carrots into thin strips

7. Take turnips

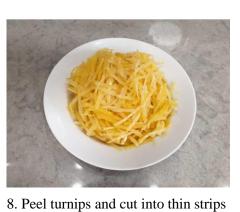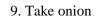8. Peel turnips and cut into thin strips
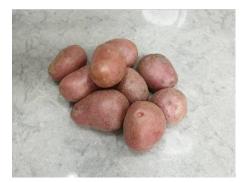

9. Take onion

10. Peel onion

11. Cut onion into strips

12. Take sauerkraut

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13. Take potatoes

14. Peel potatoes

15. Cut potatoes into large strips

16. Take tomatoes

17. Cut tomatoes into thin plates

18. Take garlic

19. Peel and cut garlic into thin plates

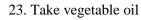20. Take sour cream with a fat content of 20 %

21. Take table vinegar 9%

22. Measure vinegar

23. Take vegetable oil

24. Measure the proportions of spices

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25. Put the pan on the fire

26. Pour the oil, put the bear meat, fry in boiling oil

27. Periodically turn the meat over in a frying pan

28. Fry over high heat until a crust forms

29. Pour boiling water into a frying pan

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

31. Rinse the bear meat with running cold water
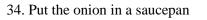

32. Pour water into a saucepan and put it on the fire

33. Put the fried bear meat in a saucepan

34. Put the onion in a saucepan

35. Put the carrots in a saucepan

36. Put the tomatoes in a saucepan

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37. Put the turnips in a saucepan

38. Put the sauerkraut in a saucepan

39. Put the beets in a saucepan

40. Stir the contents of the saucepan, cook over medium heat

41. Put the spices in a saucepan, cook over low heat

42. Pour 9% table vinegar into a saucepan, mix

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

44. Put the potatoes in the saucepan

45. Put the bay leaf in a saucepan, cook over low heat

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

47. We serve the soup on the table

48. Put sour cream in a plate