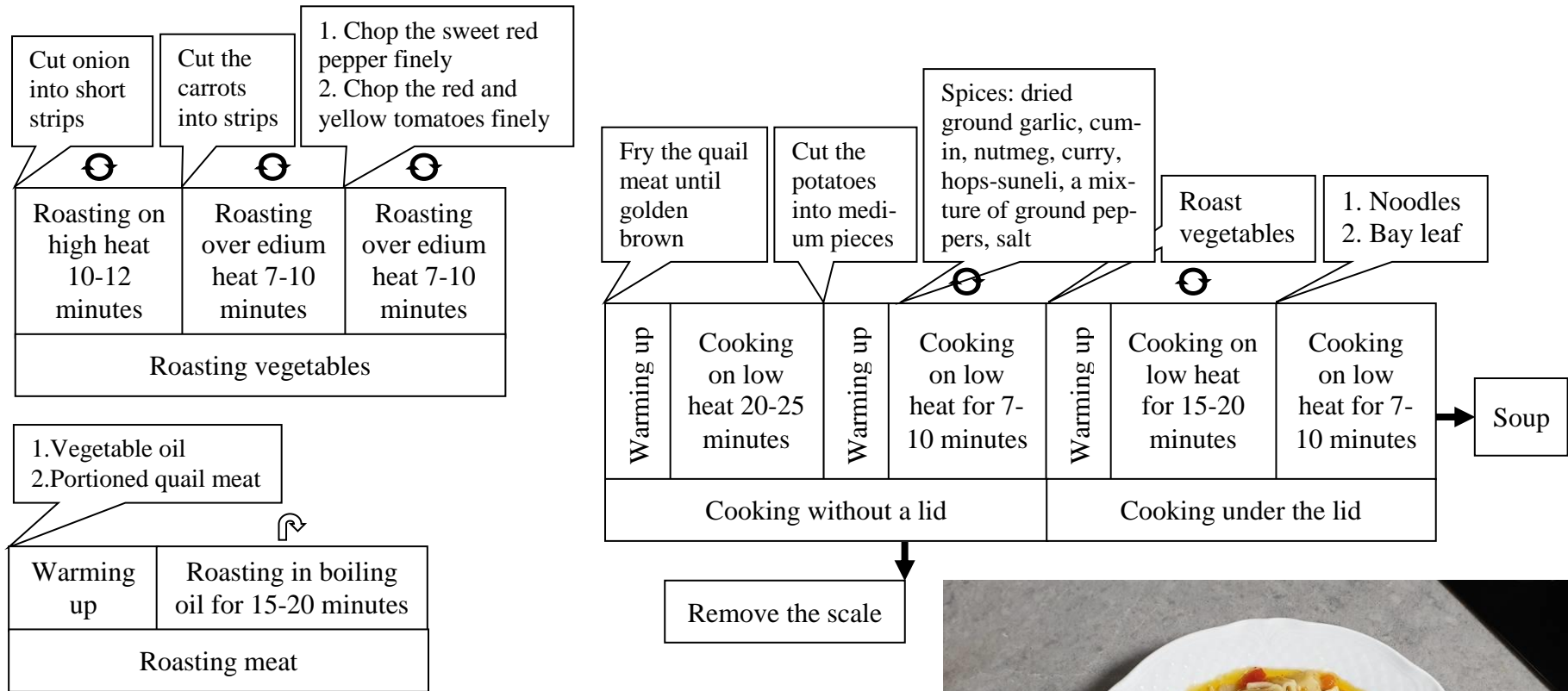


Soup with quail meat "Lagman quail" (khurs.ru - 2020)



↻ - flip over; ⦿ - mix

- | | |
|---------------------------------------|---|
| 1. Quail meat – 1-1.1 kg | 10. Cumin – 1 tablespoon |
| 2. Potatoes – 0.5-0.6 kg | 11. Nutmeg – 0.5 teaspoons |
| 3. Carrots – 100 g | 12. Curry – 0.3 teaspoons |
| 4. Onion – 100-150 g | 13. Hops-suneli – 0.3 teaspoons |
| 5. Sweet red pepper – 1 pc. | 14. Ground pepper mixture – 0.3 teaspoons |
| 6. Red and yellow tomatoes – 2+2 pcs. | 15. Bay leaf |
| 7. Noodles – 150 g | 16. Salt – 1.5 tablespoons |
| 8. Vegetable oil – 150-180 g | 17. Water – 2.5-3 liters |
| 9. Dried ground garlic – 1st. spoon | |



Soup with quail meat "Lagman quail"



1. Take the butchered carcasses of quails



2. Cut each carcass into four parts



3. Peel the potatoes



4. Cut the potatoes into medium pieces



5. Peel the onion



6. Cut the onion into short strips



7. Peel the carrots



8. Cut the carrots into strips



9. Take yellow and red tomatoes



10. Cut the tomatoes finely



11. Cut the sweet red pepper finely



12. We measure the noodles, break them

Soup with quail meat "Lagman quail"



13. Measure the proportions of spices



14. Take vegetable oil



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



16. Put the quails in the pan



17. Fry each side until golden brown



18. Put the fried quail meat on a plate



19. Put the onion in a frying pan with boiling oil



20. Fry the onion over high heat until golden brown



21. Put the carrots in the pan



22. Mix the onion and carrot and fry over medium heat



23. Put the sweet red pepper in a frying pan



24. Mix the contents of the pan

Soup with quail meat "Lagman quail"



25. Put the tomatoes in the pan



26. Mix the contents of the pan, fry over medium heat



27. Put the fried quail meat in a saucepan with water, cook



28. Put the potatoes in a saucepan, cook and descale



29. Put the spices in a saucepan



30. Mix the spices



31. Put the fried vegetables in a saucepan



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



33. Put the noodles in a saucepan



34. Put the bay leaf in a saucepan



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



36. We serve the soup on the table