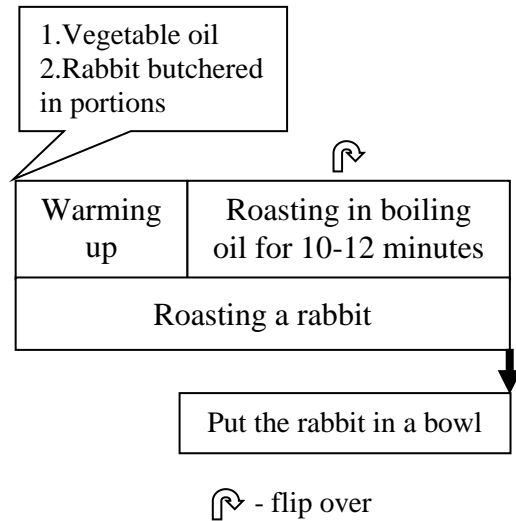
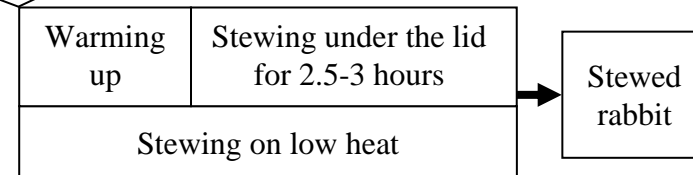


Stewed rabbit "Traditional" (khurs.ru - 2020)



1. Heat the vegetable oil
2. Cut the onion into large squares
3. Cut the rabbit into portions and fry
4. Cut the garlic into thin slices
5. Cut red and yellow bell peppers into large short strips
6. Cut the carrots into thin long strips
7. Prepare spicy Heinz ketchup
8. Spices: rosemary, dried ground garlic, fennel seeds, cardamom, utsho, a mixture of ground peppers, salt
* (2-8) lay out in layers and seal
9. Pour hot water to the meat laying level



1. Rabbit carcasses – 2.4 kg
2. Onion – 0.9-1 kg
3. Carrots – 300 g
4. Sweet red and yellow peppers – 400 g
5. Garlic – 30 g
6. Heinz spicy ketchup – 350 g
7. Vegetable oil – 150-180 g
8. Rosemary – 1-1.5 tablespoons
9. Dried ground garlic – 0.75 tablespoons
10. Fennel seeds – 0.5-0.75 tablespoons
11. Cardamom – 0.75-1 teaspoon
12. Utsho – 0.3-0.4 teaspoons
13. Ground pepper mixture – 0.3-0.4 teaspoons
14. Salt – 0.75 tablespoons
15. Hot water – 1-1.5 liters



Stewed rabbit "Traditional"



1. Take the rabbit carcasses



2. Cut the rabbit carcasses into portions



3. Peel the onion



4. Cut the onion into large squares



5. Peel the carrots



6. Cut the carrots into thin long strips



7. Take the red and yellow sweet peppers



8. Cut the peppers into large short strips



9. Take garlic



10. Peel and cut the garlic into thin slices



11. We make up the proportions of spices



12. Mix the spices

Stewed rabbit "Traditional"



13. Take Heinz spicy ketchup



14. Take vegetable oil



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



16. Put the pieces of rabbit in boiling oil



17. Turn over the pieces of rabbit, fry until golden brown



18. Put the fried rabbit in a bowl



19. Pour vegetable oil on the bottom of the saucepan



20. Put a layer of onion in the saucepan



21. Put a layer of carrots in a saucepan



22. Put a layer of sweet pepper in a saucepan



23. Put a layer of fried rabbit in a saucepan



24. Put the first part of the spices in a saucepan

Stewed rabbit "Traditional"



25. Put the first part of the ketchup in a saucepan



26. Put a layer of onions, carrots and peppers in a saucepan



27. Put a layer of fried rabbit in a saucepan



28. Put the second part of the spices in a saucepan



29. Put the second part of the ketchup in a saucepan



30. Put a layer of sweet pepper in a saucepan



31. Put a layer of carrots in a saucepan



32. Put a layer of onion in a saucepan



33. Squeeze the contents of the saucepan tightly, pour hot water



34. Put the garlic, heat the water to a boil



35. Cover the saucepan with a lid, stewing on low heat



36. We serve it on the table