

MEAT AND CHICKEN ALTERNATIVE FOR RAMADAN

Ingredients

5 kg beef bone

3 Carrots

2 large onions

2 small garlic heads (or 1 large head)

1.5 celery

To prepare the roux:

200 grams butter

2 cups of flour

1 coriander

6 green onions

tablespoon black pepper grains

tablespoon dried coriander

10 cardamom

4 dried lemons

5 bay leaves

15 carnations

1 nutmeg

2 cinnamon

immersion water

For vegetable soup:

green onion

zucchini

Carrots

celery

olive oil

Salt

200 ml bone broth

half a liter of water

noodles

Directions

To prepare the broth: We put the bones in the oven tray and add a little oil to them, then add carrots cut into large pieces, onions cut into large pieces (that is, for two halves), garlic cut in half, celery cut into large pieces, and then we stir all the ingredients with oil a little, and then put The tray is in the oven on the highest heat (and leave them until they just take color), then we pour all the ingredients into a bowl and add coriander, green onions cut in half, black pepper, dried coriander, cinnamon, cardamom, nutmeg (crushed), cloves, dried lemon bay leaf, and then add immersion water to the previous ingredients. Then we put the pot on a high heat and leave it until it boils and after boiling we reduce the fire to the lowest degree and leave it for 12-24 hours (and for you leave them 48 hours), then we filter the broth and leave it aside until it cools, and then we pour the broth into molds or special freezer bags We leave them a little (until they cool), and then we cover them in nylon paper and put them in the refrigerator until use.

To prepare the roux dough: In a bowl over a low heat, put the butter, leave it until it melts, then add the flour and roast them until we get a coherent texture, then put in a butter paper box and pour the previous mixture into it and leave it aside until it cools, then we close the box and put it in Refrigerate until use. To prepare the vegetable soup: In a bowl, put chopped zucchini, chopped carrots, chopped celery, chopped green onions, olive oil, a little vermicelli, salt, and roast the ingredients on the fire, and after roasting add 200 ml of the previous broth, half a liter of water and leave them until Boiling, then add a piece of frozen roux paste and leave it until it melts (to thicken the consistency of the soup), and then the vegetable soup is ready.

C H E F O M A R

Bon Apetit!