ZUCCHINI WITH YOGURT

Ingredients
100 ml water
2.5 tbsp corn starch
1 teaspoon salt
200 cream cooking
120 ml milk
1 (kg milk (yogurt
Milk ingredients:
10 g pine nuts
Oil for frying
1 tablespoon ghee
1/4 teaspoon cinnamon
1/2 teaspoon pepper
3/4 teaspoon mixed with mixed
3/4 teaspoon salt
400 g minced meat
Kilo Cosa

Directions
In a bowl, melt a spoonful of buttermilk, then put the meat and add salt, seven spices, black pepper, cinnamon, a little pine nuts and leave it over a medium heat. Then we dig the zucchini, and after digging, we start stuffing the zucchini from the meat. Frying stage: In a bowl, we put the oil for frying, and we fry the zucchini and put in a bowl of boiling water and salt, then put the zucchini in it until the oil is removed. We cover the zucchini with a saucer so that the filling does not come out. Preparing the yogurt: put in a filtered saucepan, put the yogurt in it and filter the yogurt, then add a cup of milk, sweet cooking cream (if it is not available we just add half a teaspoon of sugar), salt (a spoonful of mashed potatoes: full), cornstarch and then we whisk The ingredients together. Put the saucepan on medium heat, stirring constantly, in one direction, until the yogurt boils. After boiling the yogurt: put the zucchini in the yogurt and leave it for ten minutes on a low heat, then serve (and serve it with rice)

CHEF OMAR

Bon Apetit!