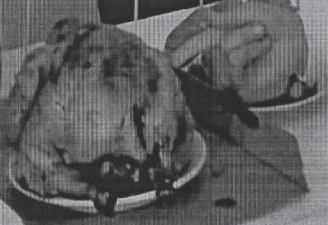


DIET

PROTEIN FATS

CHEESE CHOCOLATE




1. Boil the chicken with the skin as long as you can. A large turkey takes about 2 1/2 hours to cook. Add salt and pepper to the water. Drain the turkey and let it cool. Remove the skin and discard it.

2. Remove the chicken with salt and pepper and add the ginger. Boil the turkey for about 1 hour. Add salt and pepper to the water. Drain the turkey and let it cool. Remove the skin and discard it.

3. Place the chicken on the turkey and let it cool. Remove the skin and discard it.

4. Cook the chicken for about 30 minutes or until the skin is brown. Add the meat to the turkey and let it cool. Remove the skin and discard it.



конце Верно

Директор школы / Манамегов Д.С.