

Cooking kabsah a small shark in the traditional Omani way

It is quite clear to all scincus sharks taken predators and prey, in this article will do you eat scincus sharks and cooked to a traditional Omani cuisine, which has the added ingredients appetite and useful way to enjoy cooking Sharks, where everyone's in a new culture of cooking.

Ingredients

1. kilo Sharks
2. The head of onion maqtaa wings
3. two tablespoons of oil or margarine food
4. Spoon black pepper
5. Spoon kronfol
- 6 1 small cinnamon
- 7 2 green pepper
8. The head of garlic mtahowowon
9. Spoon a small Bihar
10. Spoon turmeric
11. small spoon salt
12. Tomato pill in small pieces
13. two tablespoons of tomato-puree food
14. Potato disconnected quarters of the pill
15. Tablets rumí pepper his video
- 16 2 cups Basmati rice
- 17 4 cups of water

The steps of cooking

1. We're going to be moved until the onions and add the spices incarnatum correct even reluctant with onions
2. add the crushed garlic with green pepper and spices and turmeric, salt and leave seconds excited