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### **Recipe:**

Preparation of meat for baking

### **Ingridients:**

- 1 kg of meat
- 2 x lemon rings
- 1 x bunch of parsley
- 1/2 x teaspoon of cayenne pepper
- 1 x teaspoon of red pepper
- 4 x cloves of garlic
- 1 x handful of coarsely chopped leek
- 2 x teaspoon of salt



### **Difficulty:**



### **General description and procedure:**

- Take about 1 kg of meat in our case it is poultry, salt it properly. We don't like things too salty, so we only used 2 teaspoons of salt. You can add more if you want.
- Place all the meat in a glass container with a lid and add the ingredients 1 kg of meat, 2 x lemon rings, 1 x bunch of parsley, 1/2 x teaspoon of cayenne pepper, 1 x teaspoon of red pepper, 4 x cloves of garlic squeeze the cloves and 1 x handful of coarsely chopped leeks.
- It is not necessary to add water to the container, as the meat itself takes care of the juiciness.
- The meat is baked for about 2 hours at 200 degrees Celsius.