



Ukumaha iyo Khudaarta Lagu Dubay Qorraxda

Xaddiga Cuntada 6 | Waqtiga diyaarinta 15 daqiiqo. |
Waqtiga guud 60 daqiiqo.

Qalabka:

Saxanka dubista oo afar gees dhexdhexaad ah
ama wareegsan
Looxa cuntada lagu jarjaro
Birtaabada cunto shiilida oo weyn
Baaquli weyn

Maacuunta:

Mindi
Qaaddada cuntada lagu walaaqo
Xurbin ama fargeeto
Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

Saliida cuntada ee birta lagu buufiyo
1 qaaddo oo saliid saytuun ah AMA saliid
cadeey ah
1 basal, si fiican loo jarjaray
2 koob oo khudaar ah (barbarooni, boqoshaa,
isbinaaj, karooto la hoolay, sukiini, misir,
yaanyo, iwm), si fiican loo jarjaray
6 ukun oo waaweyn
1/2 koob oo caano dufanku ku yar yihiin ah
1/4 qaaddo oo filfil ah
4 xabo oo rooti badar ka samaysan ah, u kala
jarjar saddex-jibbaaraneyaal 1/2 inji ah
1/2 koob oo farmaajo ah, la jarjary

Macluumaadka Nafaqada:

Kalooriyada 200
Dufanka Guud 11g
Cusbada 310mg
Karbohaydaraydhka Guud 14g
Borotiinka 12g

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Sii kululee foornada ilaa 350 darajo xaraareed.
3. Ku karkari saliid birtaabada cunto shiilida ee weyn adigoo dul saaraya dab dhexdhexaad ah. Ku dar khudaar oo kari muddo dhan 5-8 daqiiqo, ilaa ay cuntadu ka jilicdo. Ka qaad dabka oo u oggoolow inay waxoogaa qabowdo.
4. Adigoo isticmaalaya xurbin ama fargeeto, ku qas ukunta, caanaha, iyo filfisha baaquli weyn oo cuntada lagu qaso.
5. Saxanka dubista ku buufi saliid cadeey ah ee birta lagu buufiyo. Ku diyaari rootiyada saddex-jibbaaran qaybta hoose ee saxanka dubista oo ku rushee farmaajada la jarjaray.
6. Si siman ugu kala qeybi khudaarta la kariyay adoo saaraya dusha rootiga iyo farmaajada. Ku dul shub dhadhafka ukunta dusheeda.
7. Dub muddo dhan 45 daqiiqo ama ilaa inta dhexdu ay ka karto. U oggoolow inay iirto ilaa 10 daqiiqo kahor inta aadan gurin.