



Digir Cagaar Duban

Xaddiga Cuntada 4 | Waqtiga diyaarinta 10 daqiiqo. | Waqtiga guud 30 daqiiqo.

Qalabka:

Looxa cuntada lagu jarjaro
Saxanka foornada
Sufur

Maacuunta:

Mindi
Koobabka iyo qaaddooyinka cuntada lagu cabbiro
Qabato ama 2 fargeeto

Maaddooyinka

1 rodol oo digir cagaar daray ah, geesaha laga jaray
1 qaaddo oo saliid saytuun ah AMA saliid cadeey ah
1/2 qaaddo oo cusbo ah
1/8 qaaddo oo filfil ah

Soo-jeedinta Dhadhanka:

- Macaan oo dhadhan iyo caraf fiican leh: Ku dar jeexyo waaweyn oo basal cas ah digirta cagaaran marka aad foornada geliso. 10 daqiiqo ka dib, ku kawtan basasha iyo digirta cagaaran dhafd haf ka samaysan 1 qaaddo oo malab ah, 1 qaaddo oo khal ah, 1/2 qaaddo reexaan oo la qalajiyay ama 1 qaaddo oo dharay cusub ah, iyo 1 qaaddo oo toon la kidfay ah. Dub muddo dhan 7-10 daqiiqo oo kale, ka bixi foornada, oo ku dul dar 1/3 koob oo jows ah ama lows kale ah.
- Sisinta Aasiya: Kadib markaad dubto 10-ka daqiiqo ee ugu horreeya, ka saar foornada digirta cagaaran oo ku kawtan dhafd haf ka samaysan 1 qaaddo oo toon la kidfay ah, 1/2 qaaddo oo sanjabiil la qalajiyay ah, 2 qaaddo oo malab ah ama miid, far-iyo-suul oo jafka basbaaska cas ah, iyo 4 qaaddo oo iniinta sisinta ah.

Macluumaadka Nafaqada:

Kalooriyada 60
Dufanka Guud 4g
Cusbada 600mg
Karbohaydaraydhka Guud 7g
Borotiinka 2g

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Sii kululee foornada ilaa 450 darajo xaraareed.
3. Sufur ku dabool saxanka foornada. Saar digirta cagaaran dusha saxanka foornada, ku shuuxi saliid, oo ku rshee milix iyo filfil.
4. Isticmaal qabato ama laba fargeeto si aad u kawsanto digirta cagaaran oo ku dul faafi hal lakab oo xaanshida saxanka foornada ah.
5. Ku dub foornada ilaa 10 daqiiqo. Kawtan digirta cagaaran, ku faafi hal lakab oo xaanshida saxanka foornada ah oo dub 7-10 daqiiqo oo kale ama ilaa digirta ay ka bilawdo inay bunnii ka noqoto.