



Biise Khudaar iyo Geed-dhireedyo Leh

Xaddiga Cuntada 3 | Waqtiga diyaarinta 30 daqiiqo. |
Waqtiga guud 40-50 daqiiqo.

Qalabka:

Baaquliga lagu qaso cuntada oo weyn

Wasakhtire nadiif ah

Birtaabada biisaha ee 12-inji ah ama saxanka foornada oo weyn

Looxa cuntada lagu jarjaro

Baaquliga cuntada lagu qaso oo yar

Maacuunta:

Xurbin ama fargeeto

Mindi

Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

Loogu talagalay qolfoofka

1 1/3 koob oo bur heed ah

1 qaaddo oo leebito ah

1/2 koob oo caano dufanku ku yar yihiin ah

2 qaaddo oo saliid saytuun ah AMA saliid cadeey ah

Loogu talagalay biisaha

1/2 koob oo yaanyo shidni ah

1 xabo oo toon qoyan ah, la kalaawiyay AMA 1 qaaddo oo toonta buddada ah

2 qaaddo oo xawaaji Talyaani ah AMA Xawaaji Talyaaniga Celebrate Your Plate

2 qaaddo oo saliid saytuun ah AMA saliiida cuntada ah

2 koob oo khudaar ah (yaanyo, isbinaaj, basasha cas, barbarooni, boqoshaa, garruunje, iwm), si dhuudhuuban loo saafay

3/4 koob oo farmaajada mozzarella ah, la firay

Tilmaamaha

Loogu talagalay qolfoofka

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Sii kululee foornada ilaa 400 darajo xaraareed.
3. Adigoo adeegsanaya baaquli weyn, ku rid burka iyo leebitada.
4. Ku dar caanaha iyo saliida. Isku walaaq ilaa cajiin ay ka noqdaan. Haddii cajiinku aad u engegan yahay, sii qas oo ku dar caano, 1-2 qaaddo markiiba, ilaa uu cajiinku ka noqdo kubbad oo kale.
5. Ka bixi cajiinka gudaha baaquliga. Qas cajiinka, adigoo adeegsanaya gacmahaaga, qiyaastii 10 jeer. Ka dhig kubbad oo kale oo ku soo celi baaquliga.
6. Ku dabool shukumaan baaquliga oo u oggolow cajiinka inuu qamiiro 10 daqiiqo.
7. Ka bixi cajiinka baaquliga oo ku rid sagxad bur yar la mariyay oo nadiif ah. Ka dhig cajiinka kuuskuus dhan 12-inji midkiiba oo ku rid saxanka foornada oo cajiinku ku dhegi karin ama birtaabada biisaha.
8. Isticmaal fargeeto si aad u kariso cajiinka 8-10 jeer. Ku dub fooro la sii kululeeyay ilaa 8 daqiiqo.
9. Ka bixi foornada oo u oggolow inuu qaboobo dhowr daqiiqo kahor inta aadan ku dul darin goosaarta.

Loogu talagalay biisaha

1. Adigoo adeegsanaya baaquli yar, ku qas saliid toonta ama toonta buddada ah iyo xawaaji Talyaaniga.
2. Isticmaal farahaaga ama burushka macmacaanka si aad u faafiso saliidda oo u wada gaarsiiso qolfoofka biisaha.
3. Ugu faafi si siman goosaarta baastada dusha qolofa biisaha adigoo sohadin dhan 1-inji u yeelaya hareeraha cirifyada.
4. Haddii aad isticmaalayso yaanyo la saafay, marka hore ku faafi dusha sare ee yaanyo shidnida.
5. Si siman khudaarta soo hartay ugu kala qeybi qolfoofka biisaha.
6. Ku rushee farmaajada khudaarta dusheeda.
7. Dub 15-20 daqiiqo ilaa farmaajadu ka dhalaalayso oo qolofku ka karayo.

Macluumaadka Nafaqada:

Kalooriyada 470 Dufanka Guud 25g Cusbada 580mg Karbohaydaraydhka
Guud 48g Borotiinka 17g