



Barbarooniga Farmaajada iyo Isteega Leh

Xaddiga Cuntada 6 | Waqtiga diyaarinta 25 daqiiqo. |
Waqtiga guud 1 saac 10 daqiiqo.

Qalabka:

Looxa cuntada lagu jarjaro
Baaquliga lagu qaso cuntada oo weyn
Gasac fure
Saxanka dubista ee afar-geeska

Maacuunta:

Mindi
Koobabka iyo qaaddooyinka cuntada lagu cabbiro
Qaaddada cuntada lagu walaaqo

Maaddooyinka

2 ukun
1 koob oo caano-boore aan dufan lahayn
1 1/2 koob oo bariis bunnii la kariyay ah
1 koob oo la firay lana jarjaray oo la isku daray oo dufan yar leh
1 15 wiiqiyadood oo sabuul/galley aan milix/cusbo lagu darin oo gasacadaysan
1 basal, la jarjaray
1/2 qaaddo oo filfil ah
1 1/2 qaaddo oo toon buddo ah

3 barbaroni oo cagaaran oo dhexdhexaad ah oo dhexda laga kala gooyay, iniinta iyo jiridana laga saaray
1 15 wiiyadood oo yaanyo shiishiid aan milix/cusbo lagu darin oo la jarjaray, la qallajiyay/miiray

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta iyo khudaarta.
2. Sii kululee foornada ilaa 350 darajo xaraareed.
3. Adigoo adeegsanaya baaquli weyn, isku dar ukumaha, caan-booraha aan dufanka lahayn, bariiska, farmaajada, sabuulka, basasha, barbarooniga madow, iyo toonta buddada ah.
4. Ku rid gabalada barbarooniga cagaaran gudaha saxanka dubista ee 9x9-injiga ah.
5. Ku gur dhafdhafka gudaha gabalada barbarooniga ilaa ay ka buuxsamaan. Ku dul shub yaanyada barbarooniyada.
6. Dub muddo dhan 40-45 daqiiqo.

Macluumaadka Nafaqada:

Kalooriyada 280 Dufanka Guud 7g Cusbada 260mg
Karbohaydaraydhka Guud 39g Borotiinka 18g