



Hilib Digaaga Geedgaab Leh oo La Dubay

Xaddiga Cuntada 4 | Waqtiga diyaarinta 20 daqiiqo. |
Waqtiga Guud 1 saac iyo 30 daqiiqo.

Qalabka:

Baaquli weyn
Saxanka foornada
Bacda cuntada lagu duubo

Maacuunta:

Koobabka iyo qaaddooyinka cuntada lagu cabbiro
Qaadada cuntada lagu walaayo ama qabatada
Fargeeto ama xurbin

Maaddooyinka

Loogu talagalay khudaarta

4 koob oo khudaar daray ah (kabaash-yare ama dhalato, garruunje, dhako-cadde, iwm), la jarjaray

1 basal, la jarjaray

3 qaaddo oo saliid saytuun ah AMA saliida cuntada

1 qaaddo oo geedgaab daray ah, la jarjaray AMA 1 qaaddo oo geedgaab ah oo la qalajiyay

1/2 qaaddo oo filfil ah

Saliida cuntada ee birta lagu buufiyo

Loogu talagalay saliida iyo xawaajiyada isku qasan iyo hilib digaaga

6 xabo oo toon qoyan ah, la kalaawiyay AMA 2 qaaddo oo toonta buddada ah

1 1/2 qaaddo oo khalka Dijon ah

2 qaaddo oo goosaarta Worcestershire ah

1 qaaddo saliid saytuun ah

1 1/2 rodol oo shaf ama lug hilib digaag ah oo laf iyo harag toona lahayn

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Sii kululee foornada ilaa 450 darajo xaraareed. Si khafiif ah saxanka foornada u gaarsii saliida cuntada ee birta lagu buufiyo.
3. Adigoo adeegsanaya baaquli weyn, isku dar khudaarta, basasha, 3 qaaddo oo saliid ah, geedgaabka, iyo basbaaska. Kawtan si aad isugu darto.
4. Si siman ugu faafi 1 lakab oo khudaar ah oo saaran xaanshida saxanka foornada oo dub ilaa 20-25 daqiiqo.
5. Adigoo adeegsanaya xurbin ama fargeeto, ku qas toonta, khardalka, saliida qaaddada lagu cabbiray ee hartay, iyo goosaarta Worcestershire (haddii la isticmaalayo), gudaha baaquliga ee loogu talagalay khudaarta. Ku rid hilib digaaga gudaha baaquliga oo isticmaal qabato ama qaaddada cuntada lagu walaaqo si aad u rogto hilib digaaga oo gaarsii saliida iyo xawaajiyada isku qasan. Ku dabool baaquliga bacda cuntada lagu duubo oo ku keydi qaboojiyaha ama firintijeerka ilaa khudaarta ay kaga jirto gudaha foornada muddo dhan 20-25 daqiiqo.
6. Ka bixi saxanka gudaha foornada. U saar hilib digaaga si toos ah saxanka ay khudaarta ku jirto, adigoo qayb ka mid ah dhaqaajinaya si aad boos ugu bannayso hilib digaaga. Qub saliida iyo xawaajiyada isku qasan.
7. Ku celi saxanka gudaha foornada muddo dhan 20 daqiiqo, ama ilaa hilib digaagu heerkulkiisa ka gaaro 165 darajo xaraareed. Kawtan khudaarta oo u rog hilib digaaga marka la marayo kala-barka geedi-socodka dubista.

Macluumaadka Nafaqada:

Kalooriyada 370 Dufanka Guud 19g Cusbada 280mg Karbohaydaraydhka
Guud 12g Borotiinka 38g