



Buskutyada laga sameeyo Boorashka PB

Xaddiga Cuntada 20 | Waqtiga diyaarinta 35 daqiiqo |
Waqtiga guud 50 daqiiqo.

Qalabka: Saxan wayn, xaashida foornada ee alumiiniyaamka ah, baaquli ama xariq

Maacuunta: Malgacada cuntada lagu walaaqo, Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

2 koob oo boorashta sida dhakhsada ah u karta ah

1 1/2 qaaddo oo fixiso ah

1/8 qaaddo oo ah fixisada cad

1/2 qaaddo shaah oo cusbo ah

1/4 qaaddo oo qorfe shiidan ah

1/2 koob oo lawska la shiiday ah dufankiisa ah

1 ukun oo waaweyn heerkulka qolka leh

1 qaaddo oo biyaha faniilaha ah (caadiga ah ama asalka ah)

1/2 koob oo malab ah

1/3 koob oo jababka shukulaatada ah oo u macaan si dhexdhexaad ah ama tan madoow ah

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, gasacadaha korkooda.
2. Adigoo adeegsanaya baaquli, isku qas boorashka, bakin soodha, fixisada, iyo qorfe. Isku qas ilaa ay si fiican isku dhex gelayaan.
3. Adoo adeegsanaaya baaquli, ku dar loos la shiiday, ukun, faniila, iyo malab. Isku qas ilaa ay si fiican isku dhex galayaan, xashkuna wali yahay mid qoyan oo is haysta. Qasitaabka haka badin.
4. Ku dar jakutaalada yaryar oo si fiican iskugu qas, samee taxadar oo walaqa haka badin. Geli furinjiyeer oo qabooji ilaa ugu yaraan 30 daqiiqo.
5. Saar meesha la saaro waxyaabaha la dubo oo mashiinka sii kululee si heerkulkiisa u gaaro 350 darajo.
6. Dulsaar saxanka foornada oo wayn adoo adeegsanaaya xaashida alumiiniyaanka. Kasoo saar xashka furinjiyeerka, haddii xashku adag yahay qaadana la gelin karin meel dhig 5-10 daqiiqo ilaa uu ka jilcaayo. Adoo adeegsanaaya qaado, samee xash 2-inji le'eg oo sida kubada u wareegsan. Dulsaar xaashida foornada adoo kala fogeynaaya 1-inji in dhan. Si degan u balaari buskutka kana dhig qiyaas ahaan 3/4 inji.
7. Dub muddo 12 ilaa 15 daqiiqo ah ilaa geesaha buskuyada ka noqonayaan dahabi, korna si fiican uga dumaaya.
8. Saar buskutyada saar xaashida muddo dhan 2 daqiiqo si ay u qaboobaan, kadibna ka qaad xaashida buskutka oo u oggoloow inay qaboobaan adoo ku ridaaya saxan ama baaquli fidsan.

Macluumaadka Nafaqada:

Kalooriyada 120 Dufanka Guud 5g Cusbada 135mg

Karbohaydaraydhka Guud 15g Borotiinka 3g