



Beegarka Hilibka lo'da iyo Boqoshaaga Leh

Xaddiga Cuntada 6 | Waqtiga diyaarinta 20 daqiiqo. |
Waqtiga guud 30 daqiiqo.

Qalabka: Birtaabada cunto shiilida oo dhexdhexaad ah, Baaquliga weyn ee cuntada lagu qaso

Maacuunta: Mashiinka baradhada burburiyo ama fargeetada, Qaaddada cuntada lagu walaaqo, Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

2 qaaddo shaah oo saliid saytuun AMA saliid cadeey ah, la kala qaybiyay

12 wiiqiyadood oo boqoshaa ah, loo jarjaray gabalo 1/4 inji ah

8 rodol oo hilib lo' ah (85% duqad ama caato ah) la shiiday

1/4 qaaddo shaah oo filfil ah

1/8 qaaddo shaah oo cusbo ah

2 ukun oo waaweyn

1/2 koob oo rooti la burburiyay ah

2 qaaddo oo goosaarta Worcestershire ah

6 rooti oo heed ka samaysan, la dubay

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Ku shub 1 qaaddo shaah oo saliid ah gudaha birtaabada cunto shiilida oo saaran dab dhexdhexaad ah. Ku dar boqoshaaga oo kari ilaa inta uu ka jilco, qiyaastii 5 daqiiqo. Ka qaad dabka birtaabada cunto shiilida, ku rid baaquli weyn oo lagu qaso, ha qaboobo muddo 5 daqiiqo ah.
3. Ku ridiq ama burburi boqoshaaga mashiinka baradho ridqaha ama fargeeto ilaa boqoshaagu gabalo yaryar ka noqdo, oo ha qaboobo.
4. Ku dar hilibka lo'da, filfisha, milixda, ukunta, rootiga burbursan, iyo sooska Worcestershire baaquliga uu ku jiro boqoshaaga, isku qas ilaa si siman isugu darmaan. Ka dhig isku-dhafka 6 kabaab oo cabbir siman leh.
5. Ku dar qaaddo shaaha saliida ah ee soo hadhay digsig. Ku sii kululee birtaabada cunto shiilida kul dhexdhexaad ah.
6. Ka kari beegarka 5 ilaa 7 daqiiqo dhinac kasta ama ilaa heerkulka gudaha uu ka gaaro 160°F.
7. Isla gur beegarka iyo rootiga heeda ka samaysan.

Macluumaadka Nafaqada:

Kalooriyada 260 Dufanka Guud 9g Cusbada 450mg Karbohaydaraydhka
Guud 28g Borotiinka 17g