Maraqa kaariga (Digirta cadcad ee wayn iyo/ama Hilinka Digaaga) oo leh khudaar

Waxyaabaha ay ka kooban yihiin:

- 2 qasac oo digirta cadcad oo waawayn AMA 1 boown oo ah bowdada digaaga oo aan lafo lahayn AMA 1 qasac oo digirta cadcad oo waawayn iyo
  ½ boown oo digaag ah, haddii la isticmaalo labadaba.
- 1 qaado oo khudrad ah ama saliid saytuun ah
- 1 basal oo jaalle ah ama caddaan ah, u jarjar qaybo yaryar
- 1 qaado oo budada kaariga ah
- 1 qaado oo cusbo ah
- ½ qaado oo basbaas ah
- 1 karooto, u jarjar qaybo yaryar
- 2 baradho dhexdhexaad ah, u jarjar qaybo yaryar
- 1 yaanyo weyn ama ½ koob yaanyada yaryar ama yaanyada canab ah, u jarjar qaybo yaryar
- 4 koob oo digaag ah oo cusbo ah ama maraq qudaar ah
- 1 koob oo digirta cagaaran ah oo cusub, dhexda ka jar

4-6 jeer in la cuni karo

Eeg tilmaamaha xagga dambe ku yaala.

Maraqa kaariga (Digirta cadcad ee wayn iyo/ama Hilinka Digaaga) oo leh khudaar sii socota

Tilmaamaha:

1. Ku kululee birdaawo wayn foornada adoo saaraya dab meel dhexdhexaad ah kadibna ku dar saliid. Haddii aad isticmaalayso hilibka digaaga, ku dar birdaawada kadibna labada dhinacba baroon ka dhig. Saar birdaawada kadibna saar saxanka, wali waxay noqon doontaa mid cayriin ah.
2. Ku dar basal birdaawada. Ku dar xoogaa saliid dheeraad ah haddii aad u baahato. Kari muddo 5 daqiiqo ah ilaa ay ka jilcayaan. Ku dar buddada kaariga, cusbo iyo banbanooni kadibna kari 2 daqiiqo oo dheeraad ah. Waa caadi haddii xawaajiyadu ku dhegahaan gudaha.
3. Haddii aad isticmaalayso hilibka digaaga, dib ugu dar digsiga. Ku dar kaaroot, yaanyo, digirta cadcad ee waawayn, yaanyo iyo maraqa digaaga. Kululee. Marka aad ku luleeyso, yaree dabka kadibna ku dabool dabool. Kari muddo 20 daqiiqo ah. Marmar walaaq, adigo burburinaaya qaar ka mid ah baradhada qaadadaada markay noqdaan kuwo jilicsan, arrintaan waxay adkeyn doontaa maraqa.
4. Ku dar digirta cagaaran oo kari muddo 8-10 daqiiqo oo dheeraad ah. Eeg in hilibka digaaga karsamay adoo adeegsanaya mashiinka heerkulka ee akhriso 165 digrii.
5. Ku raaxeyso! Waxaa fiican in lagu cuno bariis lagu daray yoogurtka aan waxba lagu darin.

KC Fresh Rx