Maraqa Eggplant iyo Banbanooniga

Waxyaabaha ay ka kooban yihiin:

- 1 eggplant (wayn)
- 2 banbanooni - midab kasta
- 1 basal (yar)
- ¼ qaado oo toon buddo ah
- 2 qaado oo saliidda cuntada ah
- 1 qaado oo la qalajiyay oregano ah
- 1 qaado oo basil la qalajiyay ah
- ¼ qaado oo cusbo ah

Seasonal and Simple

Barnaamijka Wacyigelinta dadweynaha ee University of Missouri

8 jeer in la cuni karo

Eeg tilmaamaha xagga dambe ku yaala.

Ilaha: seasonalandsimple.info

Maraqa Eggplant iyo banbanooni sii socota

Tilmaamaha:

1. Isticmaal mashiinka lagu fiiqo khudaarta si aad diirka uga saarto eggplant.
2. U kala jar eggplant 1-inji qaybo le'eg.
3. Jarjar banbanooniga.
4. Diirka ka saar oo jarjar basashada.
5. Ku dhub dhammaan cuntooyinka baaquli wayn. Isku qas.
6. Ku fadi cuntada saxanka foornada.
7. Ku dub 400 °F muddo 45 daqiiqo ah. Inta maraqu dumaayo, walaaq dhowr daqiiqo ah.
8. Marka eggplant xoogaa boroon noqdo uuna jilco, maraqa kasoo saar foornada.
9. Maraq qabooji ugu yaraan 10 daqiiqo.
10. Maraq ku shub mashiinka wax lagu shiido. Shiid ilaa ay ka shiidmayaan.
11. Maraq oo qaboow ama heerkulka guriga ah bixi.

KC Fresh Rx