

Ipilawu – Umuceri wo muri Nepali

Ivamwo amagaburo 6

Ibirigize:

Igikopo 1½ c’umuceri udahiye w’ikijuju*

Ibiyiko vyo ku meza 2 vy’amavuta y’ibihingwa

Igitunguru 1 kiringaniye, gikataguyemwo duto cane

Uduti 2 twa ‘cinnamon’

Ibirungo vya ‘clove’ 2

Ikibabi 1 ca ‘bay’

Ibiyiko vy’ameza 2 vya ‘cashew’

Ibiyiko vy’ameza 2 vy’inزابیبو (golden raisins)

Igice c’ikiyiko c’umunyu

Uko bikogwa:

1. Oza umuceri inshuro nyinshi uhejeje uwinike iminota 30.
2. Ca uminina umuceri neza n’akayunguruzo.
3. Shusha amavuta mu nkono iringaniye ku mucanwa mukeyi uringaniye, mu nyuma ukarange ibitunguru gushika vyoroshe.
4. Shiramwo mu nkono ibindi bisigaye (ukuye umunyu) mu nyuma ukarange uvanga kumara iminota 2 ku mucanwa uringaniye.
5. Ongeramwo umuceri, ibikopo 2 vy’amazi, ushiremwo umunyu. Ca ubibiza. Fundikira cane ushiremwo umucanwa muke.
6. Teka buhoro, wongeramwo amazi mu gihe ari nkenegwa utetse, gushika umuceri woroshe uhiye neza n’amazi akamiriye.
7. Kuramwo ibibabi vya ‘bay’, ‘cloves’ n’uduti twa ‘cinnamon’ imbere y’uguhereza.

*Gerageza guteka umuceri w’ibara ry’ikijuju bidatebye – Kurikiza aya, ukuye ku gikogwa ca nimeru 6; guteka gahoro iminota 10-12.

Ivyo uronkamwo ku igaburo: Inguvu karoli 250, iporoteyine igarama 4, amasukari igarama 41, amavuta igarama 7, umunyu wa sodiyumu imiligarama 200.



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Bariis Iskukaris – Umuceli wa Somaliya n'Ibirungo

Havamwo amagaburo 8

libirungo birashobora kugumizwa vyose canke ukabisya, canke wokoresha ibirungo biseye.

Ibirigize:

Ibikopo 2 vy'umuceri w'ibara ry'ikijuju*

Ibiyiko vy'ameza 4 vy'amavuta y'umuzeti (canke amavuta ayunguruye y'igiti ca 'subag'/'ghee')

Igitunguru 1 kininiya, gikataguye

Agati 1 ka 'cinnamon' (canke ½ c'ikiyiko ca 'cinnamon' iseye)

'Clove' 5 zuzuye (canke ¼ c'ikiyiko ca 'clove' ziseye)

Imisogwe 4 ya 'cardamom' (canke ¼ c'ikiyiko ca 'cardamom' iseye)

Ikiyiko 1 c'imbutu za 'cumin' (canke ½ c'ikiyiko ca 'cumin' ziseye)

Tungurusumu 3 (canke ikiyiko 1 ca tungurusumu ikataguye)

Inyanya 2, zikataguye (igihe wiyumvira ko ari nkenegwa)

Igikopo 1 c'imboga zikataguye zivanze (nk'ikaroti, amashaza n'ibigori)

Ibikopo 2 ½ vy'amazi

¾ vy'ikiyiko c'umunyu

Uko bikogwa:

1. Oza umuceli incuro nyinshi wongere uwinike iminota 30.
2. Minina umuceli n'akayunguruzo.
3. Canira amavuta mu nkono iringaniye n'umucanwa uringaniye, uhejeje ukarangemwo ibitunguru bihinduke umukara.
4. Ca wongeramwo ibirungo na tungurusumu. Ca uteka umunota 1.
5. Ongeramwo inyanya zikataguye. Teka undi munota.
6. Ongeramwo imboga zivanze. Teka undi munota.
7. Ongera mu nkono umuceri, ibikopo 2 ½ vy'amazi, n'umunyu. Ca ubibiza. Fundikira cane wongere ushireko umucanwa mukeyi.
8. Teka buhoro iminota 45, wongeramwo ayandi mazi igihe ari nkenegwa gushika muceri uhiye kandi woroshe n'amazi akamiriye.

*Gerageza guteka bidatevye umuceri w'ibara ry'ikijuju – ca ukurikiza ajya mabwiriza, ukuye igikogwa ca nimeru 8 – guteka buhoro iminota 45.

Ivyo uronkamwo ku igaburo: Inguvu karoli 260, iporoteyine igarama 5, isukari igarama 41, amavuta igarama 8, umunyu wa sodiyumu imiligarama 250



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