

Mapishi ya Maini ya ng'ombe

By SW - Melkisedeck Shine · April 9, 2022

Dondoo za Mapishi na Lishe · Upishi na Maandalizi ya Milo yenye Afya · #Karibu AckySHINE

Mahitaji

Maini (Cow liver) 1/4 kilo Vitunguu (chopped onion) 2 Nyanya (chopped tomato) 1
Kitunguu swaum/tangawizi (ginger /garlic paste) 1 kijiko cha chai Mafuta ya kupikia
Chumvi Coriander Curry powder 1 kijiko cha chai Limao (lemon) 1/4 Pilipili (scotch
bonnet) 1

Matayarisho

Safisha maini na ukate vipande vidogovidogo na uweke pembeni. Baada ya hapo kaanga
vitunguu kidogo(visiwe vya brown) kisha tia ginger/ garlic paste,carry powder kaanga
kidogo kisha tia nyanya. Kaanga nyanya mpaka zitoef mafuta kisha tia chumvi, pilipili
na vimaji kidogo. Acha vichemke kidogo kisha tia maini na uyapike mpaka yaive.
Malizia kwa kukamulia limao na kutia coriander kisha ipua na hapo yatakuwa tayari kwa
kuliwa.

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