ᐸᓈᓇ ᓂᐊᕐᑰᔭᒃᑲᓪᓗᑦ

ᐃᓗᓕᑦᓴᔭᖅᑭᑦ 12 ᓂᐊᕐᑰᔭᒃᑲᓪᓗᑦ:

3	ᐸᓈᓇ (ᕿᕐᓂᓯᓯᒪᔪᖅ ᐊᒥᖓ)
2	ᒪᓐᓃᒃ
1 ᖃᓪᓗᑎᒃ (250 ml)	ᐃᒻᒧᖅ ᐃᒪᖅ
1/3 ᖃᓪᓗᑎᒃ (80 ml)	ᐱᕈᕐᑐᕕᓃᑦ ᒥᓴᕐᐅᔭᖓ
1¾ ᖃᓪᓗᑎᒃ (425 ml)	ᓂᕿᑦᓴᔭᖅ
½ ᖃᓪᓗᑎᒃ (125 ml)	ᒪᒪᕐᓴᐅᑎᒃ
4 ᖃᓗᕐᐅᑎᐊᐱᒃ (20 ml)	ᐳᑦᔪᓴᐅᑎᒃ

ᐃᖅᒍᑕᐅᒍᓯᖅᑭᑦ:

1. ᑭᐊᑦᓴᐅᑎᒃ ᐆᓇᕐᓯᓯᑎᕐᖃᓗᒍ 350°F-ᒧᑦ.
2. ᒪᕐᐸᑎᕐᓗᒋᑦ ᐸᓈᓐᑦ
3. ᐃᖅᒍᑦᓯᕕᒻᒧᓗᒋᑦ ᒪᓐᓃᑦ, ᐃᒻᒧᖅ ᐃᒪᖅ, ᐱᕈᕐᑐᕕᓃᑦ ᒥᓯᕐᑦᓴᔭᖓ ᐊᒻᒪᓗ ᐸᓈᓐᑦ ᐃᖅᒍᓚᓗᒋᓪᓗ.
4. ᐃᖅᒍᑦᓯᕕᒻᒧᒥᓗᒋᑦ ᐊᓯᐊᓄᑦ ᐸᓂᕐᑐᑦ ᐅᑯᐊ (ᓂᕿᑦᓴᔭᖅ, ᒪᒪᕐᓴᐅᑎᒃ, ᐳᑦᔪᓯᐅᑎᒃ) ᐃᖅᒍᓚᓗᒋᓪᓗ.
5. ᐃᖅᒍᓚᕐᑖᕐᑕᑎᑦ ᐸᓂᕐᑐᑦ ᐸᓈᓇᑕᓕᒻᒧᑦ ᐃᖅᒍᓚᓯᒪᔪᒧᑦ ᐅᐊᕈᑦᓯᐅᑎᒋᓗᒋ ᖃᓗᐃᕐᓗᒋᓪᓗ.
6. ᐊᑦᔨᒌᑦᓯᐊᒥᒃ ᐊᖅᒋᓂᖃᕐᓯᐊᕐᑎᓗᒋᑦ ᐃᓕᐅᕐᖃᓕᕐᓗᒍ ᓂᐊᕐᑰᔭᑦᓴᔭᓕᐅᕈᑎᒧᑦ ᐃᓕᒃᑰᑎᕐᑐᓂᒃ ᐃᓗᓕᓕᒻᒧᑦ. ᐃᒐᓗᒋᑦ 20-ᒥᓂᑦᑎᒥ

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