ᐃᖑᓚᒐᖅ ᓵᑦᑐᔭᐅᑎᒨᖅᑐᖅ

8-ᓄᑦ ᓈᒻᒪᒃᑐᖅ ᓂᕆᔭᐅᓂᐊᕐᓗᓂ. 30-ᒥᓇᑦᔅ-ᐸᓗᖕᒥ5 ᓴᓇᔭᕆᐊᓕ ᐆᓪᓗᒍᓗ.

ᐊᓛᓯᒥᑦ ᐃᓚᔪᓐᓇᖅᑐᖅ.

ᓱᒃᑲᔪᖅ, ᐊᔪᕐᓇqᑦᑐᑯᓗᒃ ᑕᕐᓵᑦᑎᐊᖅᖢᓂᓗ ᓂᕆᔭᒃᓴᖅ!

ᐃᖑᓚᒐᖅ ᓵᑦᑐᔭᐅᑎᒨᖅᑐᖅ 1/2

ᓂᕿᓕᐅᕈᑏᑦ

1 ᑭᓗᒍᕌᒻ (2 ᐸᐅᓐᔅ ᐅᖁᒪᐃᓐᓂᓕ) ᑐᒃᑐᕕᓂᖅ, ᐅᒥᖕᒪᕕᓂᖅ ᐊᓯᐊᓂᒡᓘᓐᓃᑦ ᐅᖅᓱᖃᖏᑦᑐᒥᑦ ᓂᕿᒥᑦ

3 ᐊᓘᑎᕐᔪᐊ ᐅᖅᓱᖅ

½ ᐃᕐᖑᓯᖅ ᐃᒥᖅ

750 ᒍᕌᒻ ᐃᒃᐱᐊᕐᔪᒃ
ᖁᐊᕐᓂᖅ ᐊᑯᓯᒪᔪᓂᑦ
ᐱᕈᖅᑐᕕᓂᕐᓂᑦ

ᐊᓘᑎᕐᔪᐊᑦ ᓱᐃᔭ ᓵᓯᒥᑦ
(ᒥᓯᕋᕆᔭᐅᒐᔪᖅᑐᖅ

ᖁᐊᖅᑐᓕᕌᖓᒥᑦ) (soya sauce)

ᐊᓘᑎᕐᔪᐊᖅ ᑯᐊᓐ

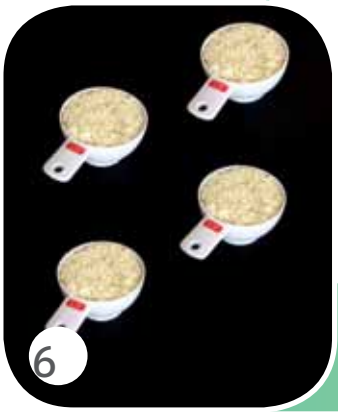
ᓯᑖᑦᓯᒥᑦ (cornstarch)

ᐃᓗᓕᖏᑦ

ᓂᕿᓄᑦ ᖁᐊᖅᓵᕐᓇᖅᑐᒦᖏᓪᓗᑎᑦ!

ᓇᓗᖏᑦᑎᐊᖃᑦᑕᕆᑦ ᓴᕕᒃᑎᑦ ᐊᒡᒍᐃᕕᒃᑎᓪᓗ ᐅᐊᓴᖃᑦᑕᕋᓗᐊᕐᒪᖔᖅᐱᒋᑦ ᐅᓇᔪᒃᑐᒧᑦ, ᐅᐊᓴᐅᑎᖃᑦᑎᐊᖅᑐᒧᑦ ᐃᒪᕐᒧᑦ ᐊᒡᒍᐃᕌᓪᓚᓚᐅᕐᓗᑎᑦ ᓂᕿᓂᑦ.

ᐊᖏᔪᖅ ᓵᑑᔭᐅᑎ ᒪᑐᖃᖅᖢᓂ |
ᓴᕕᒃ ᐊᒻᒪᓗ/ᐅᕝᕙᓘᓐᓃᑦ ᐅᓗ | ᐊᒡᒍᐃᕝᕕ |
ᒪᕐᕉᒃ ᕿᔫᒃ ᐊᓘᑏᑦ | ᐆᒃᑐᕋᐅᑎ ᐃᕐᖑᓯᖅ | ᐆᒃᑐᕋᐅᑎᓕ ᐊᓘᑏᑦ



ᐆᑦᑎᓗᒋᑦ ᓂᖀᑦ ᑐᐊᒡᓕᑎᖅᓯᒪᔪᑦ ᐅᖅᓱᕐᒥᑦ ᐆᓇᓗᐊᖏᑦᑐᒧᑦ-ᐆᓐᓇᕆᐸᓗᖕᑐᒧᑦ.

ᑲᑎᓪᓗᒋᑦ ᑯᐊᓐ ᓯᑖᑦᓯᒥᑦ (cornstarch), ᐃᒥᖃᕐᓗᒍ ᐊᒻᒪ ᓱᐃᔭ ᓵᓯᒥᑦ (ᒥᓯᕋᕆᔭᐅᒐᔪᖅᑐᖅ ᖁᐊᖅᑐᓕᕌᖓᒥᑦ) (soya sauce).

ᐃᓚᓕᐅᑎᓗᒋᑦ ᐱᕈᖅᑐᕕᓃᑦ
ᐆᓪᓗᒍᓗ 3-ᓄᑦ 4-ᓄᓪᓘᓐᓃ
ᒥᓇᑦᔅᓄᑦ, ᐃᖑᓚᖅᓴᕋᐃᓪᓗᒍ.

.ᐃᓚᓕᐅᑎᓗᒍ ᑯᐊᓐ ᔅᑖᑦᔅ
(cornstarch), ᑲᑎᖅᓱᖅᓯᒪᔪᖅ
ᐃᖑᓚᑦᑎᐊᕐᓗᒍᓗ ᐃᓚᓕᐅᑎᑦᑎᐊᕐᓗᒍ.

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ᖃᓄᐃᓕᐅᖅᐸᓪᓕᐊᓗᓂ ᓂᕿᓕᐅᖅᑕᐅᓂᐊᖅᐸ

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ᖃᒥᒋᐊᕐᓗᒍ ᒪᑐᓗᒍᓗ.
ᐆᒃᑲᓐᓂᐊᕐᔪᒡᓗᒍᓗ
ᕿᓚᒥᑯᓗ, ᑕᒪᓐᓇ ᖃᔫᔭᖓ
ᕿᓂᖅᓯᒃᐸᑦ ᑭᓯᐊᓂ.

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8-ᓄᑦ ᓂᕆᔭᐅᔪᓐᓇᖅᑐᒥᑦ ᐊᓛᓯᓕᐅᖅᑐᖃᕈᒪᒃᐸᑦ

ᐆᑲᐅᑎᒋᔪᓐᓇᖅᑐᒥᑦ, ᐊᑐᕐᓗᑎᑦ 4-ᓂᑦ ᐃᕐᙳᓯᕐᓂᑦ
ᐸᓂᖅᑐᒥᑦ ᐊᓛᓯᒥᑦ 4-ᓂᒡᓗ ᐃᕐᖑᓯᕐᓂᑦ ᐃᒪᖃᕐᓗᒍ.

ᐆᕌᓂᒃᐳᖅ!

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ᐆᓇᕐᓂᕐᓴᐅᕌᔪᒡᓗᒍ

3-4 ᒪᓇᒥᑦ ᐊᑯᓐᓂᖓᓂᑦ
3-4 ᒪᓇᒥᑦ

ᐃᖑᓚᒐᖅ ᓵᑦᑐᔭᐅᑎᒨᖅᑐᖅ 2/2

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ᑖᓐᓇ ᓂᕿᓕᐊᒐᒃᓴᖅ ᐱᔭᐅᓚᐅᖅᑐᖅ ᖃᒪᓂᑦᑐᐊᕐᒥᐅᓂᑦ ᓯᖓᐃᔪᓄᑦ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᕐᒧᑦ ᐱᓕᕆᐊᕆᔭᖓᓂᑦ ᐆᒪᙵᑦ, ᖃᒪᓂ’ᑐᐊᕐᒥᐅᑦ ᓂᕿᓕᐅᖅᐳᑦ!

ᒪᒪᑕᒃᑲᓐᓂᕈᒪᒍᕕᑦ, ᐆᒃᑐᕈᓐᓇᖅᐳᑎᑦ ᑭᖑᒃᐸᖕᓂᑦ ᐃᖑᓚᒐᕐᒧᑦ ᓵᑦᑐᔭᐅᑎᒨᖅᑕᕐᓄᑦ. ᐃᓚᓕᐅᑎᓗᒋᑦ ᑭᖑᒃᐸᐃᑦ ᐱᕈᖅᑐᕕᓃᑦ ᐆᑦᑎᐊᓕᖅᐸᑕ, ᐆᓕᕐᒥᓗᒍ 2-ᒥᓇᑦᔅ-ᒥᑦ, ᐃᓚᓚᐅᖏᓐᓂᕐᓂ ᖃᔪᒃᓴᔭᖕᒥᑦ.

ᑕᖅᓴᖃᑦᑎᐊᖅᑐᑦ ᐱᕈᕐᓂᑯᐃᑦ,
ᓲᕐᓗ ᑭᐅᕈᑦᔅ, ᐳᕌᑯᓕ
ᐱᐅᓪ ᐸᐸᐃᓪᓗ, ᕙᐃᑕᒪᓐ-
ᖃᐅᑦᑎᐊᖅᑐᒻᒪᕆᐅᕗᑦ. ᐃᑲᔪᖅᐸᒃᐳᑦ ᐅᓇᑕᐅᑎᐅᒃᑲᓐᓂᕈᓐᓇᖅᑐᓄᑦ
ᖃᓂᒻᒪᓯᓐᓄᑦ.

ᑐᓴᖅᑕᖃᒃᑲᓐᓂᕈᒪᒍᕕᑦ ᖃᓄᐃᙱᑦᑎᐊᕈᓐᓇᕐᓂᕐᒧᑦ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᕐᒧᓪᓗ ᐅᓈ ᑕᑯᔭᖅᑐᕐᓗᒍ