

Mapishi ya Dagaa wa nazi, nyanya chungu na bamia

By SW - Melkisedeck Shine · April 9, 2022

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

Mahitaji

Dagaa waliokaushwa (dried anchovy 2 kikombe cha chai) Bamia (okra 5) Nyanya chungu (garden egg 5) Tui la nazi (coconut milk 1 kikombe cha chai) Nyanya (fresh tomato 2) Kitunguu (onion 1) Curry powder 1/2 ya kijiko cha chai Turmeric powder 1/2 kijiko cha chai Limao (lemon 1/2) Chumvi (salt kiasi) Pilipili (scotch bonnet 1) Mafuta (veg oil)

Matayarisho

Safisha dagaa na uwaweke pembeni. Baada ya hapo kaanga vitunguu vikianza kuwa vya brown tia dagaa wakaange kidogo kisha tia chumvi, pilipili, curry powder, turmeric, bamia na nyanya chungu, koroga vizuri mpaka mchanganyiko wote uchanganyike vizuri kisha tia nyanya na ufunike. Pika mpaka nyanya iive kisha kamulia limao, na pia hakikisha nyanya chungu na bamia zimeiva kidogo (usiache mpaka ziive sana manake zitavurugika pindi utakapotia tui la nazi) kisha malizia kwa kutia tui la nazi na uache lichemke mpaka rojo ibakie kidogo. Hakikisha nyanya chungu na bamia zimeiva ndo uipue. Na hapo dagaa wako watakuwa tayari kwa kuliwa na wali au ugali.

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