

Mapishi ya Biriani

By SW - Melkisedeck Shine · April 9, 2022

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

Mahitaji

Mchele (rice 1/2 kilo) Nyama (beef 1/2 kilo) Vitunguu (onion 2) Kitunguu swaum (garlic 1 kijiko cha chai) Tangawizi (ginger 1 kijiko cha chai) Maziwa mgando (yogurt 1 kikombe cha chai) Hiliki nzima (cardamon 6) Amdalasini nzima (cinamon stick 2) Karafuu nzima (cloves 6) Pilipili mtama nzima (black pepper 8) Curry powder 1/2 kijiko cha chai Binzari manjano (turmaric 1/2 kijiko cha chai) Binzari nyembamba nzima (cumin 1/4 kijiko cha chai) Chumvi (salt) Mafuta (vegetable oil)

Matayarisho

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