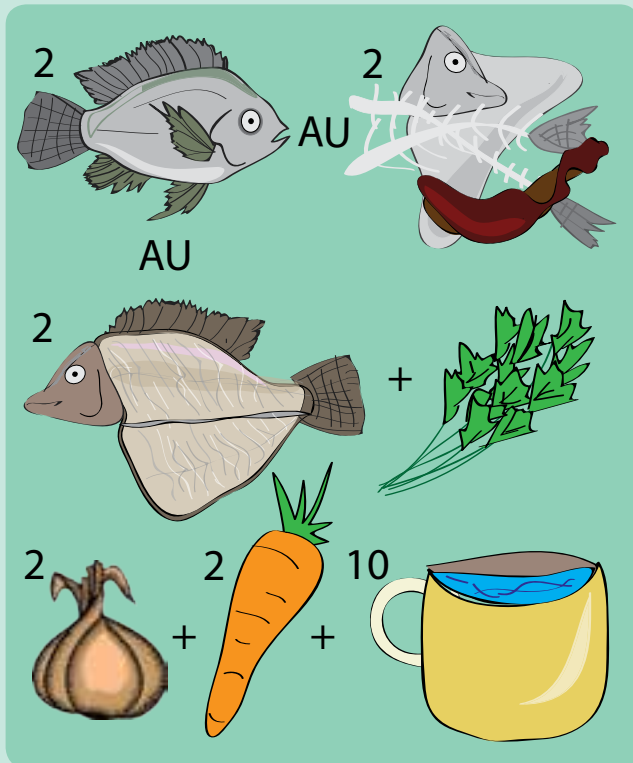


SUPU YA SAMAKI



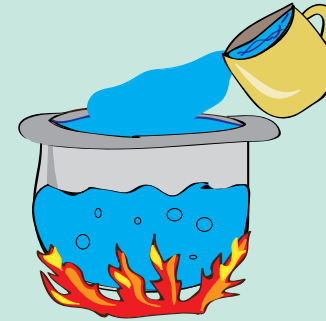
Supu ya samaki ni rahisi kutengeneza na matumizi yake kwa upishi wa samaki ni muhimu kwa mchuzi, upishi wa mchele, na vitoweo tofauti tofauti.



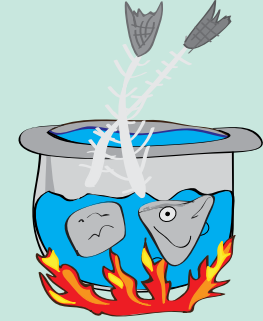
**UNAHITAJI KWA WATU 4**

- 2 samaki wazima freshi au wa chumvi au wa kukaushwa na chumvi au mabakshishi ya nofu (kichwa, mifupa, maini, ngozi)
- 1 tita la dhania
- 2 vitunguu
- 2 karoti
- 10 vikombe vya maji

1. Weka maji yachemke kwenye sufuria;



2. Kama ni samaki ambaye ame-kaushwa mkatakate vipande;



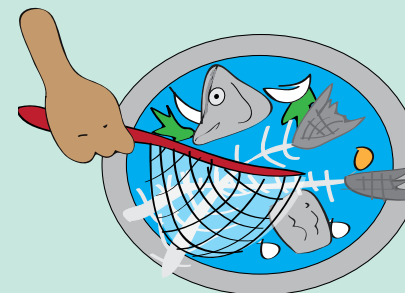
3. Katakata viungo vingine vyote na dhania;



4. Chemsha kwa moto wa chini kwa dakika 45;



5. Subiri itulie, ondoa mifupa na vipande vingine;



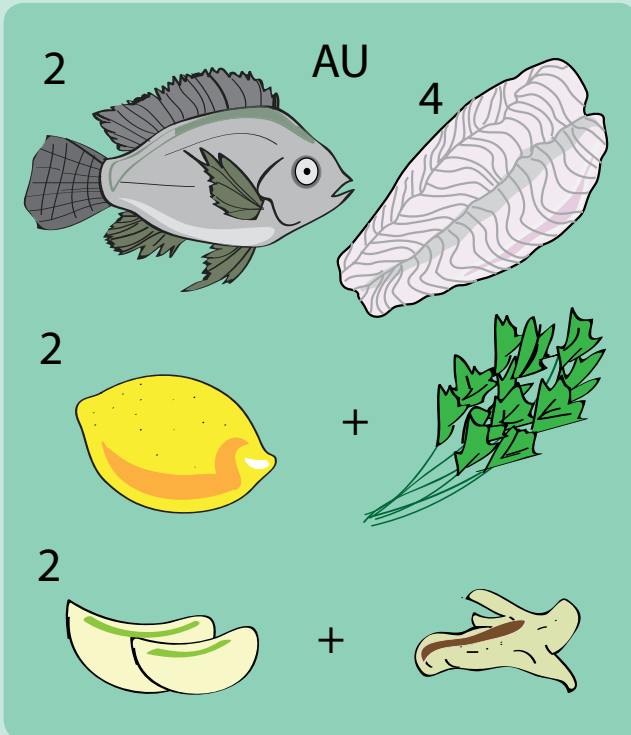
Andaa au hifadhi kwa kutumia kwa mapishi mengine.



**SAMAKI WA MVUKE**



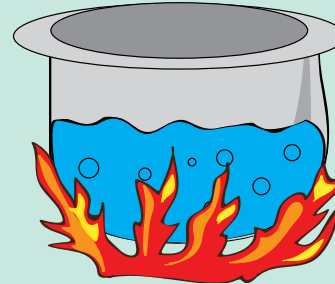
Kupika kwa stimu inapofanya vizuri ni jinsi ya upishi bora zaidi na inakoleza na kuhifadhi ladha na wema wa chakula kinachopikwa. Ni moja ya njia iliyo sahihi na yenye afya.



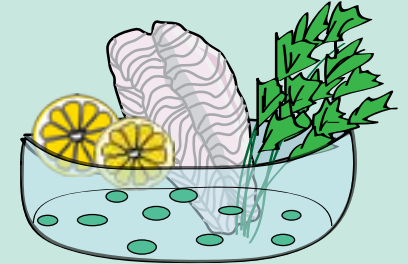
**UNAHITAJI KWA WATU 4**

- 2 samaki wazima au 4 minofu
- 2 ndimu
- 1 tita la dhania
- 2 karafuu za kitunguu saumu
- 1 kipande cha tangawizi

1. Weka maji nusu kwa sufuria na uyachemshe;



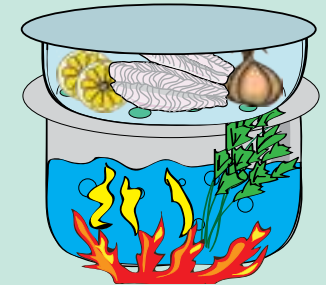
2. Panga vipande vya ndimu, tita la dhania na samaki kwenye king'uto;



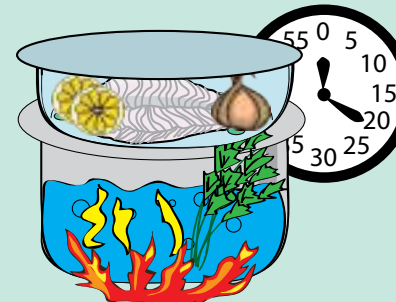
3. Nyunyiza ndimu na dhania kwenye maji yanayochemka;



4. Wekelea king'uto kwenye sufuria. Funika tititi na uhakikishe mivuke haitoki;



5. Pika kwa dakika 20 na uhakikishe maji yasikauke;



Katakata kitunguu saumu na tangawizi kisha unyunyize juu.

Andaa na mboga kama: sukuma wiki, spinachi, maharagwe, karoti, kabaji, viazi, mihogo ama matoke. Unaweza kutumia kwa aina zingine za upishi.

**SAMAKI CHOMA**



**UNAHITAJI  
KWA WATU 4**

- 2 smaki nzima au 4 vigingi

**VYOMBO VYA  
MAPISHI**

- 1 mkebe wa makaa
- 1 jiko la makaa na fito za chuma za kuchoma

**MCHUZI**

- 3 vijiko vya mafuta
- maji ya ndimu 2
- chumvi na pili pili nyeusi

**KACHUMBARI**

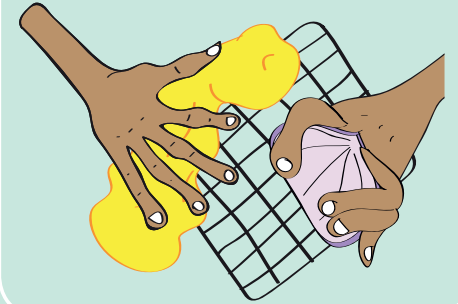
- 2 vitunguu vikubwa
- rundo la dhania
- 3 nyanya



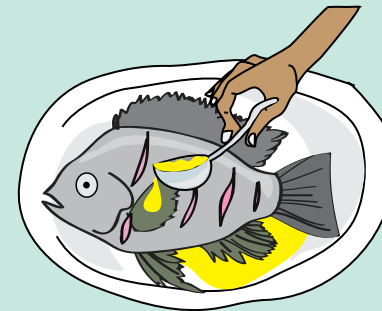
1. Safisha samaki kwa maji safi ya bomba. Na umtumbue;



2. Safisha fito. Fikicha kwa kitunguu ili samaki asinate kwenye fito;



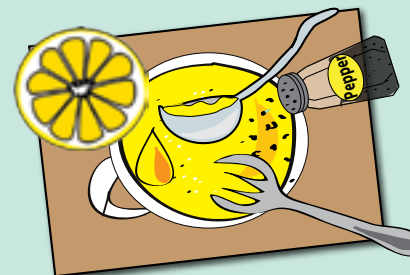
3. Kata ngozi ya samaki mahali tofauti na uipake mafuta kidogo;



4. Weka samaki kwenye fito iliyo na moto na mafuta. Geuza na pika kama dakika 10 kila upande Samaki ni tayari wakati nyama inatoka kwa urhaisi kwenye fito;



5. Mchuzi: changanya viungo vyote vya mchuzi kwenye bakuli ndogo ukitumia uma;



Andaa samaki wako kwa sahani, nyunyiza mchuzi juu ya samaki na kachumbari upande.

Andaa na mboga kama: sukuma wiki, spinachi, mchicha, kabiji, kunde au maharagwe.

Masindikizo: ugali, matoke, chapati, mihogo, mchele, viazi na kadhalika.



## DAGAA KWENYE MCHUZI WA NJUGU KARANGA



### UNAHITAJI KWA WATU 4

- 2 vikombe vya dagaa
- chumvi na pilipili nyeusi
- 2 karoti
- 1 pili pili hoho
- 2 nyanya kubwa
- 1 kitunguu kikubwa
- 3 vijiko vya mafuta
- 2 karafuu za kitunguu saumu
- 1 kikombe cha maji

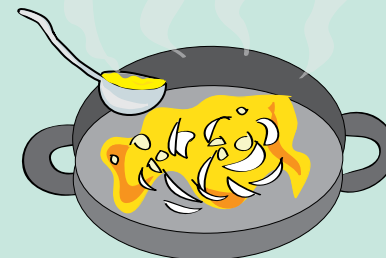
### MCHUZI WA NJUGU KARANGA

Karanga njugu kwa mafuta kidogo kisha uwatoe ngozi. Saga njugu ongezea kikombe cha maji moto

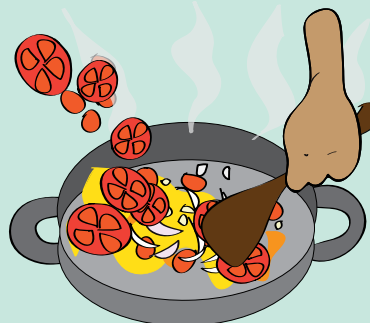
1. Katakata kitunguu, ponda kitunguu saumu na ukatakate karoti;



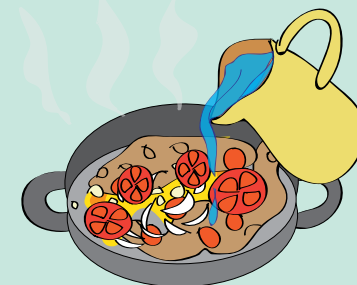
2. Kaanga vitunguu na saumu katika mafuta bila kuunguza;



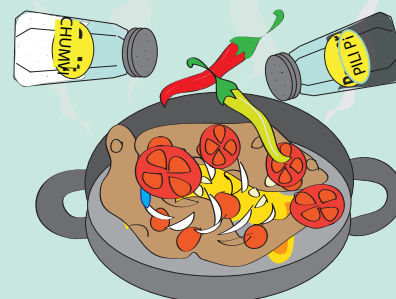
3. Ongeza nyanya na karoti;



4. Ongeza njugu na maji. Hakikisha kuchanganya mara kwa mara ili kuzuia kunata;



5. Ongeza pilipili chumvi, na pilipili;



6. Ongeza samaki na upike kwa dakika 20.



WALI WA SAMAKI



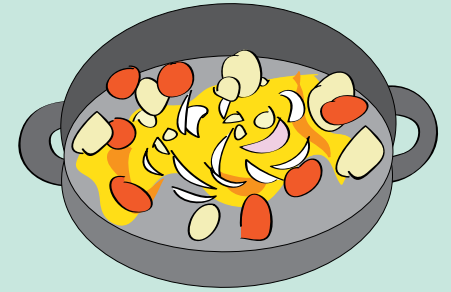
**UNAHITAJI  
KWA WATU 4**

- 4 vikombe wa mchuzi ya samaki
- ( Uk. 17)
- 1 kitunguu
- 2 karafuu za kitunguu saumu
- 1 karoti
- 1 kijiko cha ngozi ya ndimu
- 1 kiasi
- 3 vikombe vya mchele
- 2 vijiko vya mafuta
- 1 kifungu kidogo cha dhania
- chumvi na pili pili nyeusi

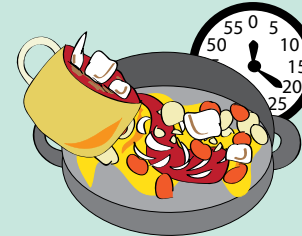
1. Safisha, chambua na ukatakate viungo vyote;



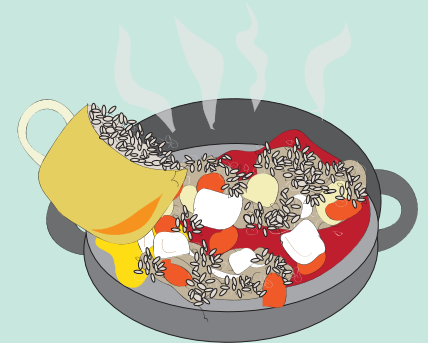
2. Weka kwenye karai kubwa;



3. Kata kata samaki kwa vipande vidogo na weka kwenye karai. Ongezea mchuzi wa samaki, chumvi na pili pili ili kuongeza ladha. Pika ziwe tayari, kama dakika 20;



4. Ongezea mchele;



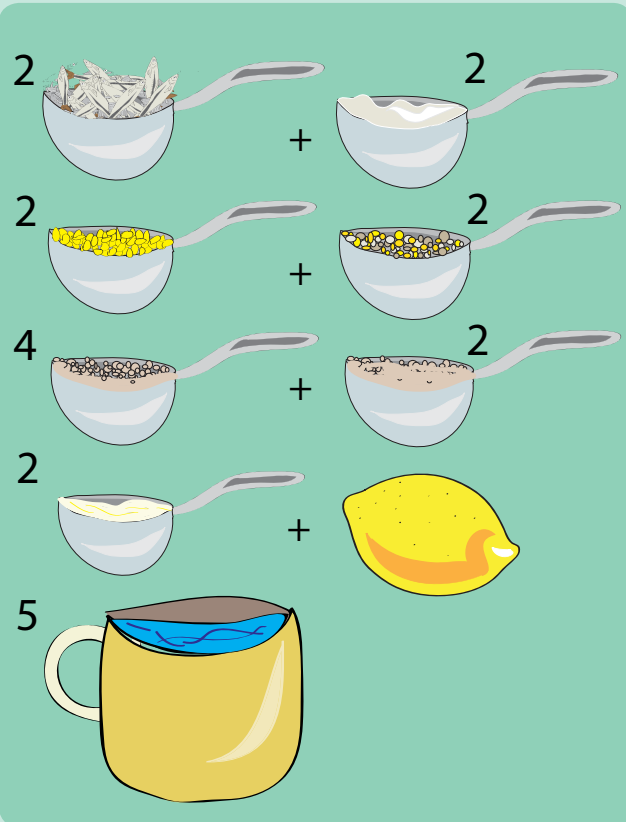
5. Changanya mchele, mchuzi wa samaki na viungo vingine pamoja hadi viwe vyema;



Pakua kwa bakuli, weka vijiko 2 vya mafuta kisha nyunyuzia dhania mbichi zilizokatwa.



UJI WA DAGAA



**UNAHITAJI  
KWA WATU 4**

- 2 vijiko dagaa zilizo sagwa
- 2 vijiko vya unga wa wimbi
- 2 vijiko vya unga wa mahindi
- 2 vijiko vya unga wa mtama
- 4 vijiko vya sukari
- 2 vijiko vya soya (kama iko)
- 1 kijiko cha siagi (kama iko)
- 1 ndimu
- 5 vikombe vya maji

1. Weka unga zote kwa bakuli. Ongeza ½ kikombe cha maji na uchanganye vizuri;



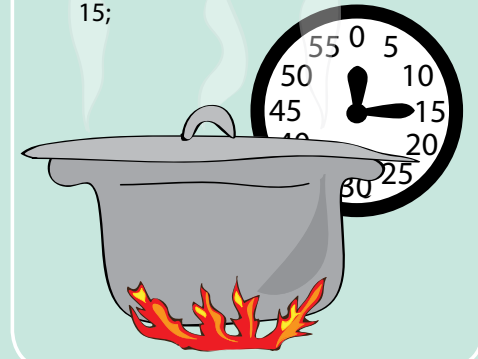
2. Chemsha vikombe 4 vya maji kwenye sufuria;



3. Ongeza mchanganyiko ulioko kwenye bakuli ukikoroga hadi unapo chemka;



4. Punguza moto na upike kwa dakika 15;



5. Ongeza ndimu, sukari na kijiko cha siagi;



6. Andaa kwenye kikombe au bakuli. Ondoa kwenye moto na uteremsha na chapati au mkate.



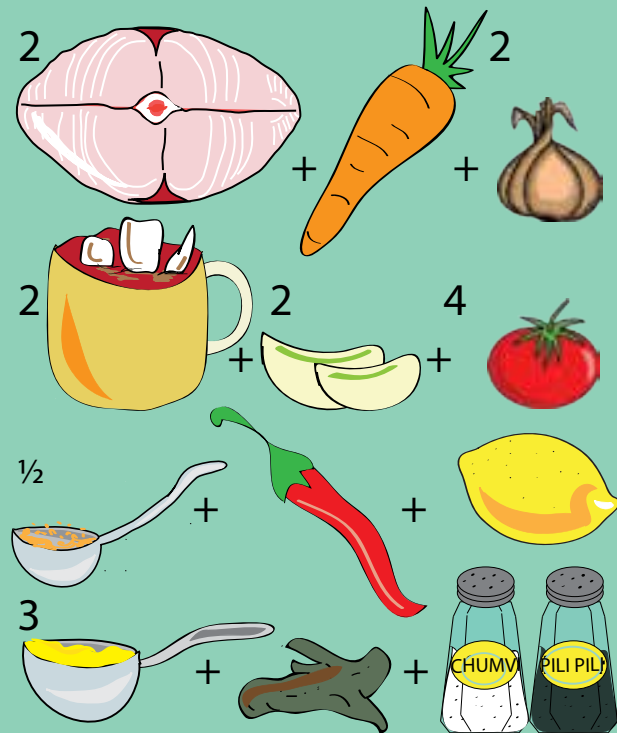


**KITOWEO CHA SAMAKI**

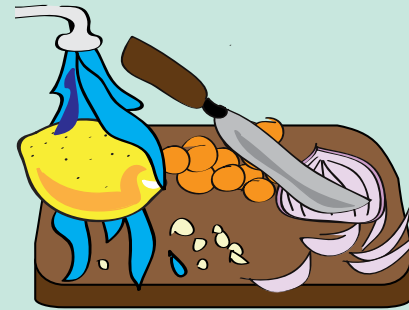


**UNAHITAJI  
KWA WATU 4**

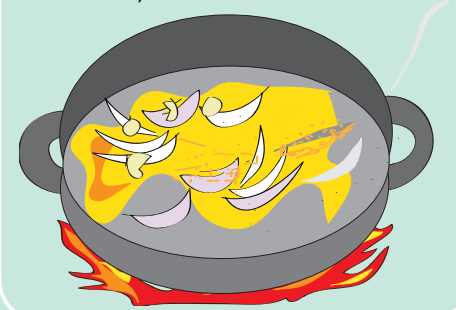
- 2 vigingi vya samaki
- 1 karoti chopped
- 2 vitunguu chopped
- 2 vikombe vya mchuzi wa samaki
- 2 karafuu za kitunguu saumu
- 4 nyanya
- ½ kijiko cha samaki masala
- 1 pili pili hoho
- 1 ndimu
- 3 vijiko vya mafuta
- kipande cha tangawizi
- chumvi na pili pili nyeusi



1. Osha viongo na uvikatakate vipande vidogo;



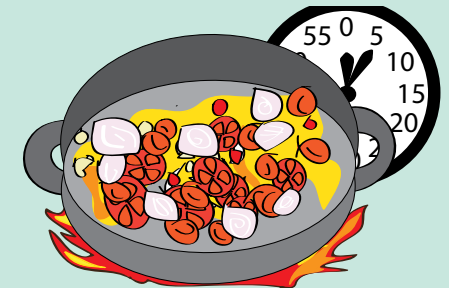
2. Weka mafuta kwenya moto, kaanga kitunguu, saumu, tanawizi na masala;



3. Ongezea nyanya koroga hadi zipikike;



4. Weka karoti, pilipili hoho na vipande vya samaki. Pikakwa dakika 5;



5. Ongezea mchuzi wa samaki, funika na upike kwa moto wa chini kwa dakika 5;



Toa kwa moto. Andaa kitoweo chako na ugali, matoke, viazi, mihogo, chapati au mchele.

