

KAHVALTILIK SOS

Kategori : Salatalar

Yayýnlayan [Admin](#) 2015/10/20

Normal

0

21

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MicrosoftInternetExplorer4

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none;text-autospace:none" class="MsoNormal">

115%;font-family:Calibri;mso-bidi-font-family:Calibri;mso-ansi-language:EN-US">1-3kg. olgun domates

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115%;font-family:Calibri;mso-bidi-font-family:Calibri;mso-ansi-language:EN-US">2-1kg. Salçalýk kýrmýzý biber

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115%;font-family:Calibri;mso-bidi-font-family:Calibri;mso-ansi-language:EN-US">5- bir su bardađý zeytinađý

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115%;font-family:Calibri;mso-bidi-font-family:Calibri;mso-ansi-language:EN-US">6- arzuya göre 6-8 diþ sarýmsak

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115%;font-family:Calibri;mso-bidi-font-family:Calibri;mso-ansi-language:EN-US">7-- yeterince pul biber ve tuz

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115%;font-family:Calibri;mso-bidi-font-family:Calibri;mso-ansi-language:EN-US">YAPILIPİ:Domates, maydanoz sarımsak,ve biberleri temizle . derince bir pıpirme kabýna dođra. Kendi suyuyla yumusayýncaya kadar pıbirdikten sonra robottan geir. Bir bardak zeytinyađý,yeterince tuz ve pul biber ilave et.arzu ettiđin kývama gelinceye kadar pıpir.Sýcakken temiz ve kuru kavanozlara doldur. Kapađýný sýkýca kapat. Ters evirerek 24 saat beklettikten sonra serin bir yerde saklamaya al.

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115%;font-family:Calibri;mso-bidi-font-family:Calibri;mso-ansi-language:EN-US">Not: 1-kavaozu atıktan onra 3- 4 đün buzdolabýnda dayanabilir.

none;text-autospace:none" class="MsoNormal">

115%;font-family:Calibri;mso-bidi-font-family:Calibri;mso-ansi-language:EN-US"> 2-evinizde diyabetli varsa bir kýmýna örekotu(dövülmüp) ilave et.

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115%;font-family:Calibri;mso-bidi-font-family:Calibri;mso-ansi-language:EN-US">Wwwpervinengin.net

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