

Kua Fawm

Kev Tau Txais: 10 tais nyob rau ntawm 2 khob

Cov Khoom Xyaw

6 quarts dej

1 lub hauv paus dos loj, phua nruab nrab thiab tev tawv

4 tug tauj dub

4 inch ntawm ib daim qhiav, tsis tev tawv

2 lub zaub ntug hauv paus liab, txiav nruab nrab

1 khob cov nceb qhuav

1 pob khoom rau kua fawm

10 pob fawm las mees (ramen) qhuav los yog cov fawm mov

3 dia diav tshuaj yej kua taum paj

Cov Txuj Lom Rau Kom Zoo Nkauj Uas Muaj Tau

Hauv paus dos ntsuab

Zaub ntug hauv paus liab txhoov ua lub me me

Xis lees thos (cilantro)

Cov kaus taum

Zaub txwg theem liab



Cov Lus Qhia rau Cov Neeg Loj

- Ntawm lub lauj kaub kua nqaj 8-quart, rau dej coj mus rhaub. Saib xyuas hluav taw thiab saib lub lauj kaub. Pab cov me nyuam yaus dos lub lauj kaub.
- Muab hauv paus dos, tauj dub, thiab qhiav rau hauv lub yias qhuav uas kub tshaj ntawm ib nrab-siab txhaw kom txhiab li 2-3 feeb rau ib sab los yog kom dub thaub rau txhua sab.
- Ntawm lub lauj kaub me, rau dej coj mus rhaub. Tev pob fawm las mees(ramen), muab hnab khoom rau pov tseg thiab muab cov fawm rau hauv lub tais. Cia nws npaus npaus thiab tos kom cov fawm muag. Siv lub lim, lim dej tawm rau saum lub tais ntxuav tais diav thiab muab tso rau hauv dej txias txog rau thaum uas npaj tau rau noj.

Cov Lus Qhia rau Cov Me Nyuam Yaus

- Rau hauv paus dos, tauj dub, qhiav uas txhiab tau lawm tso rau hauv lub lauj kaub uas muaj dej tab tom npau npau nrog rau cov nceb qhuav thiab hauv paus zaub ntug liab. Rau hnab khoom rau. Rov qab muab coj mus hau, txo hluav taws nqis thiab ncu li 30-45 feeb, do tej thaum xwb. Siv rab diav to qhov, yawm tawm thiab muab hnab khoom rau thiab cov zaub hauv kua nqaj pov tseg. Rau kua taum paj txhaw rau kom qab.
- Siv khub hlau tais, muab 1 khob cov fawm las mees (ramen) uas hau tau lawm rau hauv lub tais noj mov. Daus 2 khob kua ywg rau cov fawm. Rau yam txuj lom ua kom zoo nkauj raws li koj xav tau. Rau noj thiab noj tau lawm!
- Cov kua uas noj tsis tas tuaj yeem muab tsau txias rau hauv ib lub ntim uas tsis muaj cua tawm nkag tau li ntawv ib as thiv los yog ua kom khov li ntawm ib lub hlis.

Nej Cov Ncuav Xees Viv Tuaj Yeem Pab Tau Ntiaj Teb! Ntaub Ntawv Kawm Paub Txog Zaub Mov © 2021 Chaw Paub Txog Zaub Mov. Cov cais tas nrho raug ceev tseg.

Txwv tsis pub luam theej los yog faib tawm yog tsis muaj ntawv sau tso cai.

Nriav cov ntawv qhia ua zaub mov ntxiv nyob rau ntawm:

www.foodliteracycenter.org



Pob Khoom Rau Kua fawm

Kev Tau Txais: 1 pob ua tau 5 quarts kua thaum uas tau rau dej lawm



Cov Khoom Xyaw

- 1 dia diav ntev cov ceg paj ntoo kauv (cloves)
- 2 res txiv khas das moos (cardamom)
- 2 res txiv ntoo tsw qab xab tas as niv (star anise)
- 1 ceg tawv ntoo tsw qab xis na moos (cinnamon)
- 6 daim tawv ntoo tsw qab lis khos laiv (licorice)
- 1 dia diav tshuaj yej noob txuj lom fas noos (fennel)

Cov Khoom Siv

Hnab tsuaj yej los yog ntaub mis nyuj khov (cheesecloth)
Hlua yas

Cov Lus Qhia rau Cov Neeg Loj

Pab rau qhov twg uas xav tau kev pab.

Cov Lus Qhia rau Cov Me Nyuam Yaus

- Muab tas nrho cov khoom xyaw siv xyaw rau hauv ib lub tais me.
- Do kom sib xyaw.
- Muab cov khoom uas sib xyaw lawm rau hauv ib lub hnab tshuaj yej los yog daim ntaub mis nyuj khov thiab muab hluas yas pav ncauj hnab.
- Kaw cia rau ib qho chaw txias, qhuav. Cov khoom rau yuav nyob tau ntau lub as thiv.

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