Talo Bixinta Macmiilka

SHURUUDAHA WARGELINTA MACAAMIISHA

Qaybaha talo bixinta macmiilka

Xarumaha cuntadu waa inay adeegsadaan talo bixinta macmiilka mar kasta oo cuntada xoolaha oo ceeriinka ah ama aan aad loo karin ay ku jirto dookhyada. Talo bixintaada macmiilka waa in lagu daraa shaacinta xogta iyo xasuusin. Waxaad adeegsan kartaa waraaqaha xogta, kiishada deeliga ama talooyinka dookhyada, tilmaamaha cuntada ku qoran, teendhooyinka miiska, kaararka fariinta, ama qaabab kale si aad u soo bandhigto talada. Tusaalayaasha talooyinka macmiilka ayaa ku qoran bogga labaad.

Shaacinta

Shaacintu waa hadal qoraal ah oo si cad u sheegaaya cuntada xoolaha ee ceeriinka ah ama aan si fiican loo karin ama sheey ku jiro cunto ceeriin ah ama aan si fiican loo karin.

Waxaa jira labo khiyaar oo shaacinta loo sameeyo:

- Waxaa ku jira erayada sida "ceeriin" ama "aan si fiican loo karin" sifaynta cuntada.

AMA

- Ku dhaji xidig magaca cuntada oo adeegso qoraalka hoose oo sheegaaya in cuntada ay ku jirto cunto ceeriin ah ama aan si fiican loo karin, ama ay ku jirto, ama ku jiri karto, cuntooyin ceeriin ah ama aan si fiican loo karin.

Xasuusin

Xasuusin waa hadal qoraal ah oo sheegaaya in cunista cunto ceeriin ah ama aan si fiican loo karin ay keeni karto khatar dheeraad ah oo cudurka cuntada ka dilaaca ah. Xasuusinta waa in lagu daraa xidig lagu sawiraayo dookhyada cuntada iyo qoraalka tilmaanta hoose ah.

Waxaa jira sadex dookh oo qoraalka tilmaanta hoose ah:

"Cunista hilibka, digaaga, cuntada badda, kalluun qolfeed, ama ukunta ceeriinka ah ama aan si fiican loo karin ayaa kordhin kara khatartaada cudur cuntada ka dhasha."

AMA

- "Cunista hilibka, digaaga, cuntada badda, kalluun qolfeed, ama ukunta ceeriinka ah ama aan si fiican loo karin ayaa kordhin kara khatartaada cudur cuntada ka dhasha, gaar ahaana haddii aad qabto cudurada qaarkood."

AMA

- "Marka laga hadlaayo badqabka cuntooyinkaan, xog qoraal ah ayaa la heli karaa marka la codsado."

Hennepin County Environmental Health
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Xadidaaddo

- Cuntada xoolaha ee ceeriinka ah ama aan si fiican loo karin waa inaan lagu cunin xarumaha cuntada ee u adeegga bulshada aadka u nugul. Dadkaan ayay u badan tahay inay waajahaan xanuun cuntada ka dhasha waayo waa ardayda dugsiga barbaarinta, waayeel ama dadka nidaamkooda difaac uu daciifay.
- Hilibka shiidan ee ceeriinka ah ama aan sida fiican loo karin waa inaan lagu darin cuntooyinka carruurta ama qaybta cuntada ee carruurta.

Cuntada caadiyan lagu cuno ceeriinka ama ayadoon aad loo karin

Cuntada xoolaha ee Ceeriin ama aan Aadka loo karin (barotiinnada)	Dookhyada cuntada
Hilibka lo'da	Ukun hilib la saaray, haambeegarka, carpaccio, hilibka jiirka ee la farsameeyay
Hilibka digaaga	Qooleey la dubay
Ukumaha	Ukunta dabka yar la saaray (tartiib loo karshay, la dubay, cirida lagu shiilay, la qandiciyay) Ukunta loo isticmaalay qayb cuntada kamid ah (saladka Caesar, hollandaise, beverages, aioli, tiramisu, mousse, meringue pie, puddings ama kastar)
Kaluunka	Sushi, kaluun ceeriin, kaluun qaboowga lagu qiiqshay, ceviche, tuna carpaccio, seared tuna, gravlax, crudo
Kalluun qolfeed	Oysters, clams, mussels

Tusaalayaasha talo bixinta macmiilka

Tusaalayaashaa **shaacinta ayaa ku qoran far wayn** *inta kalana waa farta italics (jiifta).*

Oysters lagu daray nus kalluun qolfeed ah **(oysters ceeriin ah)***

Haambeegar **(dalab lagu karshay)***

Ceviche (kaluun ceeriin ah)*
**Cunista hilibka, digaaga, cuntada badda, kalluun qolfeedka, ama ukunta ceeriin ama aan si fiican loo karin ayaa kordhin kara khatartaada cudur cuntada ka dhasha.*

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Oysters lagu daray nus kalluun qolfeed ah*

Hambeegar*

Ceviche*

***Kuwaani waa cuntooyinka lagu cuno ceeriinka ama ayagoon si fiican loo karin, ama ay ku jiraan, cuntooyin ceeriin ah ama aan aad loo karin.** *Marka laga hadlaayo badqabka cuntooyinkaan, xog qoraal ah ayaa la heli karaa marka la codsado.*

Labo ukun*oo lagu baxsho shurbad iyo rooti

Hambeegar*

Ceviche **(kaluun ceeriin ah)***

***Ukunta iyo haambeegarka ayaa lagu cuni karaa ceeriin ama ayagoon aad loo karin.** *Cunista hilibka, digaaga, cuntada badda, kalluun qolfeedka, ama ukunta ceeriinka ah ama aan si fiican loo karin ayaa kordhin kara khatartaada cudur cuntada ka dhasha, gaar ahaana haddii aad qabto cudurada qaarkood.*

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