Karinta Roostooyinka Hilib Idil

AYNA KU JIRAAN HILIBKA LO'DA, XALEEFYADA HILIBKA LO'DA, DHAYLADA, KHAANSIIRKA IYO HILIB KHAANSIIR DAAWAYSA

Noocyada foornada iyo heerkullada

Dooro heerkulka saxda ah ee foornada adoo ku salaynaaya:

- Xajmiga roostada (wax ka yar 10 rodol **ama** 10 rodol ama ka badan)
- Nooca foornada (mid qalalan, dab ku xiran yahay **ama** uumis ah)

Nooca foornada	Heerkulka foornada
Qalayl togan	Ka yar 10 rodol: 350°F ama ka badan 10 rodol ama ka badan: 250°F ama ka badan
Dabka dhan kasta	Ka yar 10 bawn: 325°F ama ka badan 10 rodol ama ka badan: 250°F ama ka badan
Uumis badan	Roostooyinka miisaan kasta: 250°F ama ka yar

Heerkulka roostada iyo mudada ku haynta

Adeegso mid kamid ah iskudarka waqtiga iyo heerkulka ku qoran hoos ee hilib lo'aadka iyo roostada lo'da ee la karshay, ayna ku jiraan roostada la qaybiyay ee la nidaamshay, roostada la jaray lana nidaamshay, roostooyinka dhaylada iyo hilibka lo'da ee xaleefshay lana kariyay.

Heerkulka roostada waa kan ugu yar ee ay qasab tahay in laga guul gaaro lana dhawro dhammaan qaybaha cad kasta ee hilibka ugu yaraan waqtiga haynta ee la sheegay.

Heerkulka roostada	Waqtiga haynta
130°F	112 daqiiqo
131°F	89 daqiiqo
133°F	56 daqiiqo
135°F	36 daqiiqo
136°F	28 daqiiqo
138°F	18 daqiiqo
140°F	12 daqiiqo
142°F	8 daqiiqo
144°F	5 daqiiqo
145°F	4 daqiiqo

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Cooking whole meat roasts_Somali_HC_6-25
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