Bulsho Aad u Nugul

XAYIRAADAHA IYO XADIDAADAHA SI LOO DIFAACO SHAQSIYAADKA NUGUL

Qeexitaanka

Bulsho aad u nugul waxaa laga wadaa shaqsiyaadka ay u dhowdahay in ka badan dadka kale ee caadiga ah inay qaadaan xanuunka ka dhasha cuntada sabab la xariirta inay yihiin:

- Dad difaacooda jirku daciif yahay
- Carruurta da'da dugsiga barbaarinta, ama dad waayeel ah

oo

- Ay cuntada kasoo qaataan xarun taasoo bixisa adeegyada sida:
    - Daryeelka waalidnimada
    - Daryeelka caafimaadka
    - Adeegyada Nafaqada
    - Adeegyada baxnaaninta (tusaale, xarunta waayeelka)

Xadidaaddo

Shaqooyinka soo socda looma ogola xarunta cuntada ee u adeegta bulshooyinka aadka u nugul:

- In gacmo qaawan lagu taabto cunto u diyaarsan in la cunno.
- Adeegsiga talo bixinta macmiilka ee waafaqsan heerkulada cunto karinta ee qasabka ah.
- Adeegga ama iibinta cuntada soo socota
- oo u diyaarsan in la cuno:
    - Cuntada xoolaha ee ceeriinka ah sida kaluunka ceeriinka ah, kaluunka la maraqeeyay ee ceeriinka ah, kalluun qolfeedka molaskan (molluscan) oo ceeriin ah iyo tartare hilib jiir ah.
    - Cuntada xoolaha ee qayb ahaan la karshay sida kaluunka aan aadka loo karin, hilibka dhifka ah, ukunta aan aadka loo karin ee laga sameeyay ukunta ceeriinka ah, iyo meringue.
    - Baxaalka miro ceeriin ah.
- U adeegsiga waqtiga qaab lagu xakameeyo caafimaadka bulshada ee ukunta ceeriinka ah.
- Dib u bixinta:
    - Cunto kasta oo lagasoo ceshay bukaan ama macaamiil ku jira karantiil, iskeli yeelid caafimaad, ama goob lagu keli yeelo dadka caabuqa qaba.
    - Baakadaha cuntada ka timaada bukaanka, macaamiisha, ama isticmaalayaasha kale ee ku jira goobta keli yeelida kahortaga ah.

Xadiyadaha

Shuruudaha badqabka cuntada ayaa aad usii adag marka loo adeegaayo bulshooyinka aadka u nugul. Talaabooyinka xakamaynta waxtarka leh ee maadooyinka cuntada gaarka ah ayaa gacan ka gaysan kara yaraynta khatarta xanuun cuntada ka dhasha.

Cabitaanka Miraha

Cuntada horay loo baakadeeyay, cabitaanka aan la sifayn ama khamriga aan la sifayn ee ay ku jiraan cabitaanku laguma bixin karo ama laguma iibin karo goobta cuntada oo u adeegta bulshooyinka aadka u nugul. Cabitaanka, bulsho aad u nugul waxaa kamid ah carruurta da'da sagaal ama ka yar ee cuntada lagu siiyo dugsiga, xarunta daryeelka maalintii, ama meel bixisa daryeelka waalidnimada.

Hennepin County Environmental Health
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612-543-5200 | www.hennepin.us/envhealth
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Ukunta

Ukunta ceeriinka ah ayaa loo adeegsan karaa in la siiyo macmiilka hal cunto haddii ukunta la isku daro, la kariyo lana cuno isla markaaba, sida ukun shiilan, doorsho, ama ukun la karshay. Ku kari ukunta ceeriinka ah heerkul dhan 145°F ama ka badan muddo 15 daqiiqo ah.

Ukunta ceeriinka ah waxaa loo adeegsan karaa cuntooyinka duban ee sida adag loo karshay sida doolshaha, mafinka, ama roodhiga haddii ukunta lagu daray maadooyinka cuntada waxyar kahor intaan la dubin.

Ukunta la sifeeyay ama maadooyinka ukunta waa in lagu badalaa ukunta ceeriinka ah:

- Maadooyinka cunto marka wax ka badan hal ukun la jabsho, la isku daro, aana la karin, la dubin, ama isla markaaba la isticmaalin
- Markaad diyaarinayso cunto ka kooban ukun aan la karin ama si fiican loo karin, sida:
  - Saladka Caesar
  - Maraqa Hollandaise ama Béarnaise
  - Maayoniis (Mayonnaise)
  - Jalaato ukun ka samaysan (Meringue)
  - Cabitaan ukun ka samyasan (Eggnog)
  - Jalaatada
  - Cabitaannada ukunta lagu daray

HACCP

Qorshaha Bar koontaroolka muhiimka ah ee Qiimaynta khatarta (HACCP) ee la ansixiyay ayaa qasab ku ah xarumaha cuntada ee u adeegga bulshooyinka nugul marka:

- Cabitaanka aan la baakadayn lagu diyaarsho xarunta si loo iibsho ama loo baxsho.
- La diyaarinayo cuntada ay ku jiraan ukunta ceeriinka ah ee aan la sifayn ee la isku daray aana isla markaaba la isticmaalin.

La xariir kormeerahaaga si lagaaga caawiyo shuruudaha qorshaha HACCP ee xarunta cuntada ee u adeegta bulshooyinka aadka u nugul.

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