???? ??????????? (????? ??????? ??????? ?????????)

Lolo · 12/09/2025

??? ???????

90

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Servings

7-8

Description

?? ???? ???? ???? ???? ?? ?????? ???????? ???? ???? ??? ????? ????? ????? ????? ???? ?????? ??? ?????? ??????? ??? ??????? ???????? ????? ?? ???? ??????? ???? ?? ????????????? ?? ?? ?? ??????? ????????: “????? ??????? ???????” ??? ??? ????? ??? ?????? ?? ?????? ????? ????? ?? ????? ????? ???? ???? ???? ?????? ????? ????? ??? ?????? ???????? ??????? ???????? ??????? ???????? ???????? ?? ?????? ???? ????? ????? ??? ?????: ????????????? ????? ?? ??????? ?????? ???? ??????? ?????? ????? ??????? ???????? ????? ???? ??????? ?? ??????? ????????? ?? ?????? ?????? ?? ??? ??????? ????? ????? ?? ??? ???? ???? ???? ?? ??????? ?????? ???????? ???? ???????? ?????? ????? “????” (????? ???? ????? ????) ??? ?? ???????

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- 500 ???? ????? ????? ?????? ??? (???? ????? ?????? ????)
- 250 ???? ???? ???? ?????
- 100 ???? ???? ?????? ?? ???? (?????? ???? ?????)
- ???? ?????? ?????? ????
- ??? ??? ?????? ?????
- ??? ??? ??? ????? (??????? ?? ????? ???? ?????)
- 2 ???? ??????
- ??????? ???? ??? ?????
- ??? ????? ???? ??? ??????
- ??????? : 400 ???? ????? ???? ????? (?????? ????????????)
- ??? ??? ??? ????? ?? ???? ????? ???? ???????

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1. 1 ????? ?????? : ???? ????? ????? ????? ???? ??? ??????? ???? ????? ??? ?? ???? ????? ????? ????? ????? ????? ???? ??????? ?????? ??? ?? ???? ????? ???? ??? ?? ???? ??? ????? ?? ????? ???????? ????? ?????? ??????? ????? ???? ?????? ?????? ????
2. 2 ????? ??????? : ??????? ???? ????? ???? ????? ???? ????? ???? ?? ???? ???? ????? ??? ?????? ???? ?? ???? ????? ??? ????? ??????? ???? ??? ??????? ??? ???? ?????? ???? ???? ??? 6–8 ????? ???? ???? ????
3. 3 ????? ?????? : ??? ?? ???? ??????? ?????? ???? ?????? ???? ?????? ????? ??????? ?????? ????? ?? ?????? ???? ??????? (6–8 ?????) ???? ???? ???? ????? ???? ????? ???? ????
4. 4 ?????? : ???? ??????? ?????? ?? ?????? ??? ????? (???? ?? ????? ?????) ?????? ???? ???? ?????? ??? 180° ????? ???? 40–45 ????? ??? ?? ???? ????? ???? ??????
5. ????? ??????? : ??? ???? ?? ????????????? ?? ?????? ??????? ???? ???? ??????? ??????? “?????” ?? “???????” ????? ?? ?????? ?????? ???? ???? ????? ?????? ??????? ???? ?????? ??? ????? ??? ?? ?????? ?????? ?? ?????? ???? ????? ????? ?????? ??? ????? ?? ????? ?????? ???? ??? ????? ????? ??????? ????? ?? ???? ??? ??? ????
6. ?????? ?????? : ??? ??? ???? ???? ??? ????? ???? ?? ?????? ????? ???? ????? ????? ?????? ???? ???? ??? ???? ???? ??? ????? ???????? ???? ????? ???? ?? ??? ??????? ???? ?????? ?????? ?? ??? ????? ?????? ??? ?? ?? ??? ????? ?????? ??? ?????
7. ????? ?????? : ?? ????? ??????? ?????? ????? ?????? ???? ????? ??????? ????
8. ?? ??? ?????? ?????? ???? ????? ?????? ?? ??????? ???? ????? ?????
9. ????? ??????? ??????? ????? (?? “?????? ????”) ???????? ???????
10. ???? ????? ?? ??????? ??? ??? ???????? ?????? ??? ???????
11. ??????? ???????? : ??? ??????? ?? ?? ????? ???? ?????? ????? : ??????? ???? ????? ?????? ???????? K
12. ?????? ???? ???? ??????? ???????
13. ??????? ????? ?????? ?????? ???????? ??????? ???? ???? ????? ???? ??????? ?????? ?? ???? ???? ??????
14. ??????? : ??????????? ?? ???? ????? ?? ??? ????? ??????? ???? ????? ?? ?????? ???????? ?????? ????? ??? ??????? ???? ???? ?? ???? ????? ?? ????? ?????? ?? ?????? ??? ?????? ?? ???? ??????????? ???? ???? ??????? ???? ??? ????? ????