???? ??? ???????? ???????? (????? ????? ????? ??? ???????

Lolo · 16/09/2025

??? ???????

120

?? ?????

?????

Servings

6-8

Description

??? ?? ????? ???? ???? ???? ????? ??? ?? ???? ?? ?????. ?????? ??? ??? ??? ???? ???? ?????? ?????? ????? ????? ????? ????? ????? ??? ?????? ?????. ??? ??? ?? ????? ????? ???? ??????? ?? ???? ????? ???? ????? ????? ?????: ??? ???????? ???????? ???? ????? ??? ????? ????? ?????? ????? ????? ?????? ??????? ?? ???? ???? ????? ?? ????? ????? ?? ?????? ?????? ????? ??????? ????? ?????? ?? ????? ????? ???? / ??? ??? ????? ????? ??? ???? ??? ????? ?????? ????? ?? ??? ???? ??? ??? ???? ??? ????? ???? ??? ??? ???? ???? ???? ??? ?? ???? ????? ?? ?????? ??????? ????? ????? ????? ????? ????? ???????? ????? ????? ?????? ????? ????? ??? ?? ????? ?? ??? ????? ???? ?????? ?????? ??? ?????? ?? ??? ??????? ?? ??? ??? ????? ?? ??? ???????

????????

- 4 ????? ???? ???? ????? ???????????
- ??? ???? ??? ????
- ????? ????? ????? ?????
- ????? ????? ???
- ??????? ??????? ???
- ??? ??? ??? ?????
- ??? ????? ???? ?? ???? ????? ????? ????? ?????
- ????? ????? ???? ????
- ????? ????? ????? ????? (???????) ????? ???? ?? ????
- ????? ????? ??? ????? (???????)

???????

1. 1 ????? ??????? : ??? ???? ?????? ??? ????? ??????? ?? ????? ???? ??? ???? ??????? 10 ????? ??? ?? ???? ?????? ??? ?????? ??????? ?????? ??????? ??? ???? ????? ???????? ????? ?? ??????? ????? ??? ????? ???? ?????
2. 2 ????? : ???? ???? ???? ???? ?????? ?? ????? ???????? ?????? ??????? ???? ??????? ???? ??????? ????? ???? ???? ???? ???? ????? ??? ??? ??? ?? ???? ??????? ???? ?????? ???? ??????? ???? ????? 8–10 ?????
3. 3 ????? ??????? : ??? ?? ???? ??????? ????? ???? ????? ??????? ??????? ???? ??????? ????? ??? ???? ??????? ?????? ???? ???? ????? ?????
4. 4 ??????? : ???? ??????? ?????? ????? ??????? ????? ???? ???? ??????? ??? ?? ?????? ????? ??? ?????? ?? ???? ??????? ???? ????? ???? ??????? ?????? ???? ???? ???? ??? ???????
5. 5 ??????? ?????? : ??? ?? ????? ?????? ??? ??? ??? ???? ????? ???? ?? ?????? ????? ????? ????? ????? ??? ????? ?????? ??? ???? ????? ???? ????? ?????? ?? ??? ?????? ???? ????? ?????? ??? 200° ????? ????? 25–30 ????? ??? ?? ????? ????? ????? ????
6. ????? ??????? : ??? ?? ????? ?????? ?? ????? ??????? ??????? ?? ??? ?????? ????? ???? ????? ???? ????? ?????? ??????? ??????? ???????? ????? ???? ??? ???? ??????? ??????? ?????? ??????? ??????? ???? ????? ?? ?? ???? ?? ??? ????? ???? ???? ????? ????? ?? ?? ???? ???? ????? ?? ??? ?? ???? ????
7. ??? ????? : ??? ?????? ??? ????? ???? ?? ??? ??? ????? ???? ???? ???? ???? ??? ??????? ?? ???? ???? ????? ???????? ????? ???? ????? ????? ?? ???? ????? ???? ????? ???? ???? ????? ?????? ?????? ?????
8. ?????? ?????? : ??? ???? ???? ???? ???? ???? ???? ??????? ????? ???? ???? ?????
9. ??????? ?????? ??? ?? ?????? ?????? ????? ????? ?????? ????? ??? ????
10. ?? ??? ???? ???? ???????? ?????? ??? ?????? ??? ????? ????? ????? ?????
11. ????? ?????? : ?? ????? ????? ????? ?? ?????? ???? ?? ???? ??????? ???? ??????
12. ?? ????? ?????? ????? ???? ???? ????? ??????? ????? ?????
13. ?????? ????? ????? ??? ???? ?? ?? ??? ????? ?????? ???? ?????? ???? ???? ????
14. ?????? ???????? : ??????? ????? ?????? ????? ????? ????
15. ??????? ?? ?????? ?????????? ????? ????? ?????? ???? ????? ??????
16. ????? ????? ?????? ??????? ?????? ?????? ??????? ??????? ????? ??? ???? ???? ???? ?? ??????
17. ??????? : ??? ???????? ???????? ?? ???? ???? ?? ????? ????? ?? ??? ?? ????? ??????? ????? ????? ???? ???????? ????? ??? ??? ?? ???? ????? ????? ????? ?????? ?? ???? ???? ????? ??? ???? ???? ??? ??????? ??? ??? ?? ??????? ???? ???? ???? ??? ??? ???? ???? ???? ??????? ?? ??? ??? ??? ????? ????? ????? ??????