# UKULUNGISWA KOKUDLA OKUZODLIWA

**Yenza isiqiniseko sokuthi ugcina umsoco wokudla usezingeni eliphezulu**

Izithelo nemifino inomsoco omuhle wezakhamzimba, phecelezi amavitamini namineral. Kodwa lo msoco ungalahleka kalula uma umuntu enganakekeli indlela yokubeka nokupheka ukudla. Nanga amasu wokugcina ukudla kunomsoco osezingeni eliphezulu:

* Yidla izithelo nemifino engaphekiwe njalo uma kwenzeka
* Zama ukudla kakhulu izithelo nemifino, kuhlanganisa nesikhumba.
* Umsoco omningi usesikhumbeni, noma ngaphandle. Zama ukuthi ungasixebuli isikhumba



* Thenga futhi udle izithelo nemifino esemisha
* Pheka imifino iyizigagxa ezingacwiyiywe kakhulu ukuze ugweme ukulahleka komsoco okungenzeka kalula uma iqotywe yabamincane.
* Kuhle ukupheka imifino ngomophu wamanzi abilayo.
* Pheka imifino emlilweni ophansi ngokungajarhile uyikhiphe ingekavuthwa ngokweqile
* Sebenzisa amanzi asale ngemuva kokupheka imifino ukupheka okunye ukudla noma wenze ngawo isobho.
* Musa ukugcina imifino ephekiwe isikhathi eside ingadliwe, kufanele idliwe isaphuma emlilweni

**Isu elihle lokugcina ukudla kuphephile**

Inyama kufanele uyidle ngosuku ethengwe ngalo uma ungenalo ifriji. Akufanele inyama ihlale efrijini isikhathi eseqile ezinsukwini ezimbili. Ngemuva kwezinsuku ezimbili kufanele ifakwe emakhazeni aqinisayo. Zonke izinhlobo zenyama kufanele ziphekisiswe. Akufanele udle amaqanda, inyama nofishi ungaphekiwe. Ungawasebenzisi amaqanda aphukile.

# Imifino emincane, izibabisi nemithi

* Izibabisi ezinjenge sinamoni (cinnamon) zenza ukudla kubemnandi. Ungathenga izindukwana zesinamoni uzifake ekudleni ngesikhathi ukudla kusaphekwa.
* Ukudla ipasi (parsley) ngemuva kokudla kuvuselela umlomo kanti futhi inomsoco. Lesi sithelo sitshaleka kalula.
* Ijinja yona isiza uma uzwa ngathi uzobuyisa noma uphethwe ngumkhuhlane. Ungazenzela itiye lejinja.
* Ugaliki uyasiza ekulwisaneni namagciwane. Kuhle ukuyisebenzisa uma upheka kanti futhi ungenza itiye layo
* IThyme isiza ukuthi ukudla kugayeke kahle esiswini. Amaqabunga ayo ayafakwa ekudleni.
* Eminye imifino emincane (herbs) engasetshenziswa yibasil, icoriander, oregano ne fennel. Zonke kulula ukuzitshala

# Ukudla okuhlanzekile



Kubaluleke kakhulu ukuzilungiselela ekudleni okuhlanzekile ukugwema ubuthi obuyingozi. Hlamba izandla zakho ngaphambi kokubamba ukudla nengemuva kokuba ubuya endlini yangasese nangemuva kokuthutha izibi ekhishini ( Ikakhulu umakade ubamba iyama ehlaza). Qinisekisa ukuthi uqwembe likuqobela nombese nojeke kanye nesitsha kuhlanzeke kalhe. Yenza isiqiniseko sokuthi amanzi ohlanza ngawo izimpahla ozisebenzisa ekhishini nemifino kanye nezithelo ahlnzekile. Uma kungenjalo abilise imizuzu eyishumi noma ufake ujikhi encane (1: 50 mixture).

# Ukomisa izithelo nemifino

* Eminye imifino idinga ukubiliswa kancane (ukugxabhiswa) ngaphambi kokuba yonyiswe. Lpkhu kusho ukuthi uwafake emanzini abile imizuzwana embalwa.
* Ukomisa kudinga ukufudumala kungabi mswakama nomoya.
* Ukomosa kuhamba kancane kungathatha kusukela emizuzwini eyisithupha kuya emahoreni amahlanu ( 6 hours to 5 days). Isikhathi sokoma sincike emswakameni wezithelo nemifino Kanjalo nendlela oyisebenzisile yokomisa.
* Njalo qinisekisa ukuthi usebenzisa imikhiqizo emisha ukuqinisekisa ukudla okusezingeni eliphezulu nomkhiqizo omuhle owomile.

## Indlela okomiswa ngayo

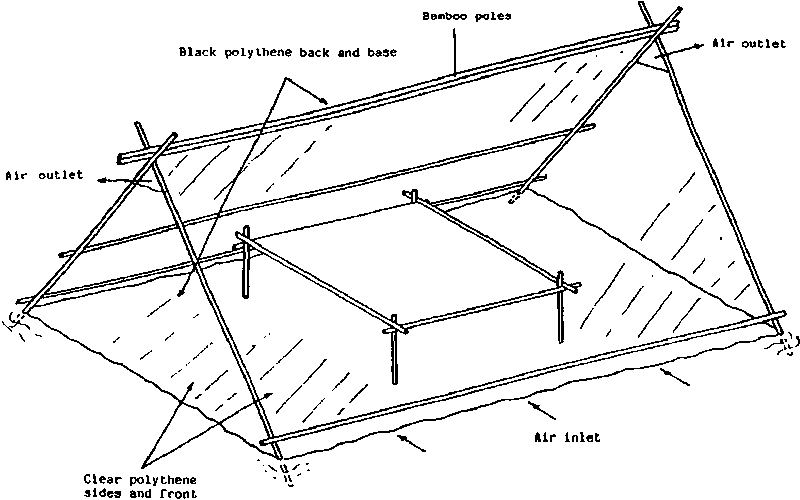


### Ukomisa ngelanga:

*Umkhiqizo uwubeka phezukwesaka elomile umboze ngenethi ukugwema izinambuzane nothuli ukubeka elangeni noma ngaphansi kompheme*.

Isikahthi sokomisa:izinsuku ezintathu kuya kwezinhlanu.

|  |  |
| --- | --- |
| **Ububi** | **Ubuhle** |
| Umkhiqizo kufanele ususwe uma kuguquka isimo sezulu (kubanomoya noma kunomoya). Uma umkhiqizo ungavikelekile mhlawumbe ungangcola. | Uhlaka lokomisa alubizi kulula ukulenza. |



### Iqumbi lokomisa:

umkhiqizo uwubeka ohlakeni lamapulanga uwemboze ngeplastiki ubheke ngasekukhanyeni kwelanga.

Isikhathi sokomisa:izinsuku ezintathu kuya kwezinhlanu (3-5 days)

|  |  |
| --- | --- |
| **Ububi** | **Ubuhle** |
| Kufanele kube nesivumelwano phakathi kothengisayo nabasebenzi. | Vikela izitshalo emoyeni nasemvuleni. |

### Uhavi wokomisa:

Umkhiqizo uwubeka kwezinsimbi ezikuhovini uwubhake ngezinga lokushisa elingu 140° C.

Isikhathi esingamahora ayisishiyagalombili nangaphezulu: 8 hours or more

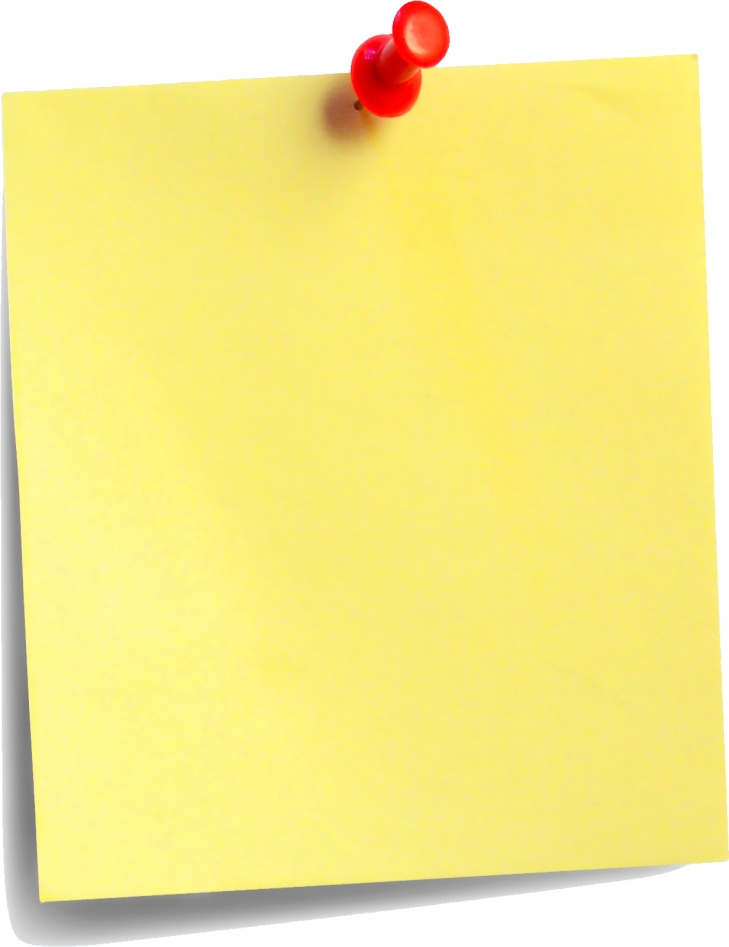
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| **Ububi** | **Ubuhle** |
| Kubiza kakhulu ungakusebenzisa nje kuphela ukwenza isibonelo. | Kushesha kakhulu ukomisa. |

## Inqubo yokomisa

*ukuhlanza*

* Sebenzisa kuphela okusezingeni elihle nomkhiqizo ovuthiwe
* Hlanza lapho usebenzela khona nazozonke izitsha nazimpahla ozisebenzisayo.
* Sebenzisa isihlanzi ingxenye eyodwa yojikhi nezingxenye ezingamashumi amahlanu amanzi (20L water + 400ml bleach)
* Sebenzisa okusha nokuhlanzekile nsukuzonke.
* **Ungacweci isikhumba kulokukuguqula umhkiqizo!!**
* Beka umkhiqizo esitsheni esihlanzekile emva kokusihlanza.
* Kukhiphe kungakavuthwa kahle
* Gwema kungayeki ukubamnandi
* Kwenza umkhiqizo ungenwe kahle ngamanzi

*ukucwecweka*



**Kwenzani ukupheka kancane?**

Kubulala izinto ezidla okungaphakathi kugcine umbala

Kunciphisa isikhathi sokomisa

**Okulandelayo kufanele kuphekwe kancane phambikokuba kufakwe emabhodleleni:**

Ukuze ugweme ukulahleka kobisi lombila Ufanele unamathele ehlezeniuthinta luze lungaphumi lapho uwuhlaba ngemfologo.

Ubhithiluthi nesiqathi akubhalance kuze kubelula ukususa kwamakhasi.

* Akufanele amakhasi acwecweke ngenkathi uhlamba umkhiqizo wakho ongavuthiwe.
* Ucwecwe kahle amakhasi ugweme ukususa ukudla .
* Susa amakhasi ngaphandle kokuchitha isikhathi.

*Ukusika nokuqoba*

* Uhlobo nohlobo lomkhiqizo lwaziwa ngohlonzo lwawo.
* Izingcezu ezinkulu zithatha isikhathi eside ukoma.
* Izingcezwana zinamathela esitsheni sokomisa.
* Uma uzimisele ukudayisa qinisekisa ukuthi izincezu zakho ziyalingana.

*Ukupheka kancane (kufanele izitshalo Kanjalo kuncoyiwe nasezithelweni)*

* Kubilise ngamanzi anele ukubhoza wonke umkhiqizo.
* Faka umkhiqizo esivaleka kahle kungaphumi nomncane umoya.
* Ukucwilisa emanzini (kudingeka izikhathi eziningi).
* Kukhiphe emanzini abilayo ukubeke kwisisefo ukuze kuphume amanzi.

*Ukugcina umbala omuhle*

* Faka imifino esitsheni esinamanzi afudumele lapho kufakwe namanzi kalamuni owodwa.
* Pholisa imizuzu eyishumi ngaphambi kokukhipha imifino emanzini.
* Loku kuzosiza ukuthi imifino ingalahlekelwa umbala ngesikhathi yomiswa.

*Ukubekwa kwamaveji kwithileyi (iizithebe)*

* Amathileyo okomisa kufanele kuqinisekiswe ukuthi ahlanzekile ngaphambi kokuthi asetshenziswe.
* Faka kumathileyi (noma ezithebeni) ngesikhathi ucwecwa, usondelise kodwa amaveji angagibelani.
* Beka ithileyi endaweni elinganayo engatshekile la umoya ungashayi kakhulu khona, elangeni noma emthunzini

*Ukomiswa amaveji*

* Uma kubakhona ubumanzi ngaphakathi esomisweni sakho (tent dryer), vula izivalo kancane.
* Uma kwenzeka, beka isomiso sakho endlini ntambamba ukuze zingaficwa ngamazolo.

### Ukuqoqa nokubeka

Ukuqoqa nokugcina kahle umkhiqizo kusiza ekutheni ungangenwa kalula wubumanzi. Wubeke kahle ukuze ugweme ukuhuzuka.Kufanele uqoqe ukudla ukubeke kahle masinyane ngemuva kokomisa.

* Gcina kumabhodlela angangenwa ngumoya namanzi.
* Yenza izandla zokudla ezincane ukugwema ukubola koudla okuningi endaweni eyodwa.
* Gwema ukuhlanganisa izinto ezingafani.
* Beka endaweni epholile, eyomile futhi ehlanzekile.

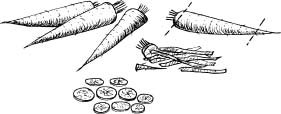


* Uma usebenzisa izitsha zegilasi, beka endaweni emnyama..

*Isithombe: Amabhodlela anobhatata owmisiwe, ushilisi ogayiwe no brinjolo.*

Izitya zokubeka kufanele zibhalwe usuku lokufaka, ukudla kugcinwe isikhathi esiyiminyaka eyishumi nambili.

Ukudla okuseqopheleni eliphezulu ibonakala ngkoma kahle ingaboli. Kufanele umbala ubemuhle, kodwa kujwayelekile ukushinsha kombala okuhlangene nokubola. Kufane ukudla kuzwakale sengathi kuvunwe manje. Imifino eyomisiwe kufanele ingabinamanzi izwakale yomile uma uyidla noma uyibamba.



Ukomiswa kwemifino yezintanga: Ukomiswa kukakherothi:

Khetha amakasi asemasha Khetha ukherothi ophuka kahle ungaqini

Susa uboya ngaphandle Pheka kahle ngomoya oshisayo

Geza emanzini acocekile Sus uboya, imisila namakhanda

Pheka ngomoya oshisayo imizuzu eyi3 noma 5 Qoba ngobubanzi noma ubude

Beka ezithebeni zokomisa Beka ezithebeni zokomis

Hlola uthole isiqiniseko sokoma Yiba nesiqineseko sokoma kahle

kuvumelekile ukugoba.

# IZINDLELA ZOKULUNGISA UKUDLA KWENDABUKO

## Ukuqhumisa imithombo

Imithombo yenziwa ngezinhlamvu ukuze nzigaywe kwenziwe umdoko noma ukudla okumuncu. Ukwenza imithombo kwenza ukuthi ukudla kubenomsoco omningi wezakha muzimba ukuze kubelula ukuthi utholakale. Lokhu futhi kwenza ukuthi umdoko uthambe kahle ukuze izingane ziwudle kalula.



### Ziqhunyiswa kanjani iznhlamvu

* Cwilisa izinhlamvu emanzini zize zidumbe.
* Beka imbewu edumbile endaweni epholile izinsuku ezimbalwa ukuze iqhume

*Isthombe: Isithebe esilingele ukuqhumisaizinhlamvu*

* Uma seziqhumile, beka izinhlamvu endweni eshisayo eyomile isikhathi esingaba yizinyanga ezimbalwa.



* Ngemuva kwalesi sikhathi, izinhlamvu zingagaywa kwenziwe umdoko. Lo mdoko unomsoco UKUDLULA umdoko wempuphu ejwayelekile.

*Isithombe: Isitya sokwenza istambo sasekhaya.*

* Izinhlamvu eziqhunyisiwe ziyasetshenziswa nokwenza umqombothi. Uma uthanda ungathela isibiliso esithengwayo, uyisiti. Uma usebenzisa izinkamba ungagcina isibilisousiphindaphinde ukusisebenzisa.



*Isithombe: Umqombothi okhambeni..*

### Ukwenziwa komqombothi nomdoko

#### Umdoko omuncu noma idokwe

500 ml impuphu   
250 ml amabele noma izinhlamvu zemfe aqhunyisiwe  
1 l amanzi  
  
Xova impuphu namabele ukulalise. Pheka umdoko ozodliwa. Uma uthand ungapholisa amahora amane ukuze kumemuncwana. Faka ushukela ngaphambi kokudla.

# EZINYE IZIDLO

## Imifino yendabuko exoviwe



### Izinto ezidingekayo

1 isandla sembuya

1 isandla se kale

1 isandla sikakwayimba

1 isandla sesipinashi

200g ushizi

1 ilitha yobisi

1 inkomishi kafulawa

100g imajarini

### Indlela yokwenza

Washa imifuno uyipheke imizuzu emihlanu. Thambisa imajarini. Faka ufulawa kancane kancane ngesikhathi uxova ugweme ukwakheka kwezigagxa. Uma inhlama isvuthiwe thela ubisi kancane kancane ngesikhathi ubonda. Hlanganisa nesipinashi esivuthiwe. Lokhu kusetshenziswa njengesidlo esiseceleni.

## Amagwinya kabhatata



### Izinto ezidengekayo

2 izigaxa zika-anyanisi

1 inkomishi kafulawa

2 inkomishi kabhatata ogayiwe

3 izipuni kika baking powder

1 ml ushukela

1 ml upelepele

Namafutha kaoyele okuthesa

### Indlela yokwenza

Qoba u-anyanisi kahle. Hlanganisa iqanda nokhilimu omusha kahle. Hluza ufulawa nosawuti uhlanganise kwezinye izinto. Yenza amagwinya amancane asagolide..

***Ref****: Department of Agriculture and Environmental Affairs (Undated).* ***Sweetpotato processing****. Cedara: Department of Agriculture and Environmental Affairs Development*