

KRISHI VIGYAN KENDRA

Lawngtlai District : Mizora



BEKANG SAWNGBAWL DAN

Buatsaihtute:

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Bekang hi thlai atanga hriak leh protein kan hmuh tamna berte zinga mi a ni a, chaw tha tam tak paiin, chung zingah chuan protein tihrawl siamtu) 40%, carbohydrate chakna) 23% leh hriak 20% leh vitamin leh minerals engemawzat a pai bawk a ni. Be lam chi dang zawng aiin leh sa, sangha te aiin a let hnihin protein a pai tam zawk a; artui aiin a let thumin a pai tam zawk bakah bwnghnute aiin a let sawm in a pai tam zawk bawk a ni. Nausen, naupang, tar leh naupai leh naupawm tan chaw tha a tling a ni. Bekang atang hian a sawngbawl dan a zirin eitur chi hrang hrang kan siam chhuak thei a, chung te chu a hnuaiah hian tarlan an ni.

SOYA MILK (BEKANG HNUTE)

A pawlh tur te :

1. Bekang fai : No 4
2. Chini : No 1
3. Alaichi : tlem
4. Tej Patta : Hnah 5

A siam dan :

1. Bekang fai kha zankhuain chiah la, zingah a pil kha nuaifai vek ang che.
2. Minute sawm(10) chhung tui saah ah chiah la, deng dip ang che.

3. Bel fai takah dah la, tui a let hnih(2) vel telh la, minute 20-30 chhung chhuang so ang che.
4. Alaichi leh tejpatta a so laiin telh la, thli chhuak la, a I theih nghal mai ang.

SOY PANEER TOFU

Soy paneer siam dawn chuan soya milk kan siam hmasa phawt ang a, chu mi hmang cuan soy paneertofu kan siam ve leh dawn a ni.

i) Soya milk be kang h nute

A pawlh tur te :

1. Bekang fai: No 4
2. Tui : Bekang chiahna tur be kang tam lam let thum- no 12) leh a siamna tur Bekang tam lam let ruk- No 24)

A siam dan :

1. Bekang chu thian fai la, sil fai la, tui dai be kang let thum) ah darkar 4-6 chiah ang che. Tui lum I hmang a nih chuan darkar khat I chiah dawn nia
2. Bekang chiah sa chu mixer/grinder ah tuisa be kang let ruk) nen I hersawm dawn nia. Mixer I neih loh chuan I dingsawm anga, I densawm vek hnuah tuisa nen that takin i chawhpawlh dawn nia.
3. Mixer a be kang leh tui I her sawm sa emaw I be kang densawm leh tui I pawlh ho kha atta hrikna chungah puan nem fai dah la,

bun chhuak ang che puan nem chuan be kang tui chu sawr chhuak vek ang che. Hemi tui hi soya milk Bekang h nute chu a ni.

ii) Soy Paneer Tofu

Mamawhte:

1. Soya milk be kang Hnute) : litre 1
2. Citric acid/ Vinegar/ Limbu tui
3. Puannem fai :

A siam dan :

1. Soya milk be kang h nute) chu chhuang so bawrh bawrh la, tlemin dah dai leh deuh ang che 70oC chunglam a ni tur a ni, chutih hunah chuan I pawlh tur pahnihna engemaw ber khi I pawlh anga, tha takin I chawk pawlh dawn nia
2. Bekang h nute chu a rawn khal anga, a tuifim leh a khal a rawn in thliar anga, chu chu puannem faiin I thli anga, a tui fim ho zawng chu I paih anga, puan chuan I fun rih anga,

plate, a mawng leh bang vel kaw sir siar ah puan nen chuan I dah anga a chungah thil rit hmangin minute 30 chhung vel I delh tir anga chu chuan a tui a sawr chhuak vek anga, bakah a ti hlawm tha dawn a ni. Tichuan tofu chu I siam zo tawh a, I eitur siam hrang hrangah I pawlh thei a, a ti tuiin a ti hang em em a ni.