Upishi wa Samaki wa Maji Matamu

Kitabu cha mapishi wa samaki wenye afya na maelekezo ya upishi yaliyo sahihi na yenye ladha ya kuboresha ulaji wa samaki

Smart Fish

FAO FIAT PANIS

INDIAN OCEAN COMMISSION

Kitabu hiki ni moja ya bidhaa za kampeni ya *Clean Fish Better Life*
(samaki safi kwa maisha bora)

Clean Fish
Better Life

Mpango wa uhamasishaji uliozinduliwa na
mradi wa SmartFish

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Upishi wa Samaki wa Maji Matamu

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KWA NINI KITABU HIKI?

Samaki ni aina moja ya chakula chenye manufaa zaidi ulimwenguni, huwa na manufaa ya kuotesha mwili kwa afya njema.

Makusudi ya hiki kitabu ni kufahamisha manufaa na uzuri yanayoletwa na ulaji wa samaki. Cha nuia upishi sahihi wa samaki hiari na kukaanga kwa mafuta mengi ambao ni mtindo dhaifu kwa afya.

Samaki sio wazuri kwa afya ya jamii nzima mbali inahitajika kwa wenye mahitaji speshali kwa familia kama kina mama wajawazito, watoto wachanga, wazee na hata wagonjwa.

Cha angaza upishi wa samaki wa maji matamu lakini samaki wa aina yeyote wanaweza kutumika kwa upishi huu.

Kitabu hiki cha eleza kwa urahisi, mifano na picha, hatua kwa hatua tofauti za jinsi ya kutayarisha na kuandaa samaki maagizo yaliyo rahisi kabisa kufuata na kuelewa.

Mapishi yaliyo simuliwa kwenye kitabu hiki ni rahisi. Viungo vinavyo hitajika pia vinapatikana kwa urahisi na kwa bei nafuu. Vyakula vyote vinaweza kutayarishwa kwa jiko zinazopatikana nyumbani.

Haya, wakati ni wako sasa, jaribu mapishi yaliyomo na unaweza ongeza maoni yako ili kuboresha chakula unacho kiandaa .

FURAHIA MLO WAKO!

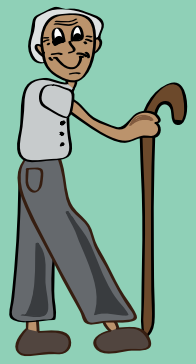
KWA NINI NI VIZURI KUKULA SAMAKI ?

SAMAKI NI INASTAWISHA UBONGO WA WATOTO NA HUPUNGUZA HATARI YA WATOTO KUZALIWA KABLA YA WAKATI WAKE

Kwa kinamama wajawazito

NI TAJIRI KWA MADINI YALIYO MUHIMIU KWA UZUKI WA WATOTO HUWASAIDIA KUKAZA FIKRA SHULENI

Kwa watoto wetu



Kwa wazee

INA MAFUTA YANAYO ONGEZA AFYA (OMEGA 3) AMBAYO HUPUNGUZA HATARI YA UGONJA WA MOYO

Kwa watu wote

NI TAJIRI KWA PROTEINI NA VITAMINI NA NI RAHISI KUNYWEWA TUMBONI

BAADHI YA SAMAKI WA ZIWA

Kuna aina tatu za samaki zinazo tumika kwenye kitabu hiki : Dagaa, Ngenge na Mbuta.
Kuwa huru kutumia aina zingine za samaki zinazo patikana karibu nawe.

Dagaa

Samaki wadogo wa maji ya ziwa (Dagaa) ni samaki mdogo wa rangi ya fedha. Huwa na ladha kali. Baada ya kukaushawa kwa jua na huliwa akiwa mzima.
Manufaa yake ni:

- Bei ya nafuu na huweza kukaa kwa muda murefu
- Ukwasi wa kalsium, magnesium au chumvi haluli, potassium, madini haya ni muhimu kwa ustawishaji wa meno na mifupa yenye nguvu kwa watoto wadogo na ni lazima kwa uzima wa kinamama wajawazito
- Ukwasi wa vitamin A,D na kikundi cha B ambazo ni lazima kwa uzima wa jamii nzima

Ngence

Tilapia (Ngenge) ni samaki mwenye ladha nzuri na ni rahisi kutayarisha. Mara nyingi hutumika kama minofu. Manufaa yake ni:

- Ukwasi wa proteini, vitamini na madini
- Ana mafuta kidogo sana – kumfanya awe bora kwa wagonjwa au wenye umri wa juu wanao ugua ugonjwa wamoyo, wa presha ya juu au chini na kolesterol ya juu
- Huyeyuka kwa urahisi tumboni,ladha yake ni nyororo
- Ni chanzo halisi cha vitamin B12 ambayo ni muhimu kwa kudumisha na kusawazishanguvu mwilini

Mbuta

Nile Perch (Mbuta) ni samaki mkubwa, huuzwa mzima, nofu au vipande.
Manufaa yake ni:

- Nyama yake ni rahisi kusaga, ni gamba na ngumu kiasiChanzo muhimu zaidi cha mafuta ya Omega 3
- Ni badilifu na inaweza kupikwa kwa njia tofauti tofauti

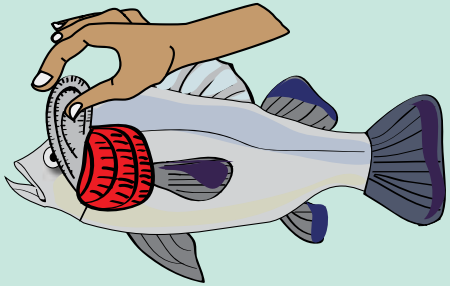
MBINU MUHIMU :

KUCHAGUA NA KUTAYARISHA SAMAKI

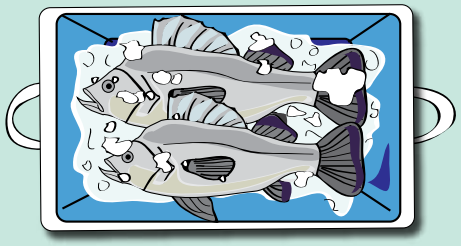
JINSI YA THABITI ZA ULAJI WA SAMAKI SAFI

1. Hakikisha kwamba umenunua samaki wako kutoka mahal pasafi na anaye uza pia anathibitisha usafi

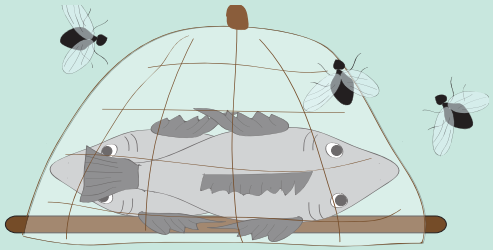
2. Kagua kwamba samaki wako ni wa hali ya juu



3. Hakikisha umempika samaki wako upesi baada ya kumnunua au umweke kwa barafu hadi utakapo mpika



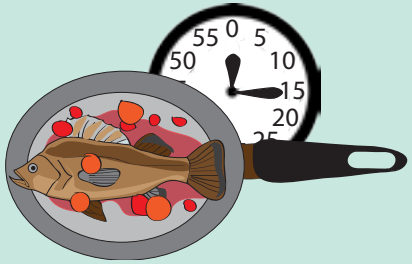
4. Funika samaki wako wakati wote asishikwe na nzi na kuchafuka



5. Hakikisha kwamba umeosha samaki kwa makini kutoa uchafu na viini vinavy sababisha magonjwa

6. Hakikisha kwamba vyombo vinavyo tumika kama visu mbao ya kukatia, sufuria, karai na kadhalika vimeosh wa kwa maji safi na sabuni baada ya matumizi

7. Hakikisha kwamba viungo vyote vinavyo hitajika ni freshi, vya hali ya juu na ni safi



8. Hakikisha kwamba samaki wako amepikika vizuri ndani na kwa muda unohitajika (usimpike samaki zaidi)

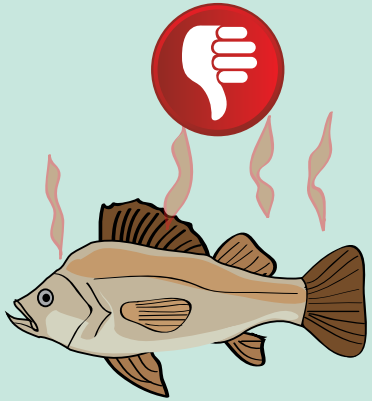
9. Andaa samaki na hakikisha ameliwa wakati huo huo kama bado yuko moto na hajashikwa na nzi na uchafu

MBINU MUHIMU:

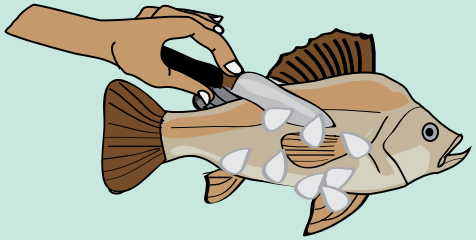
KUCHAGUA NA KUTAYARISHA SAMAKI

JINSI YA KUCHAGUA SAMAKI MBICHI MBAYA

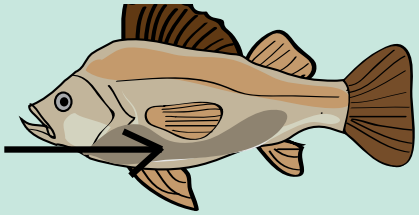
NUSA
Haina harufu mbaya



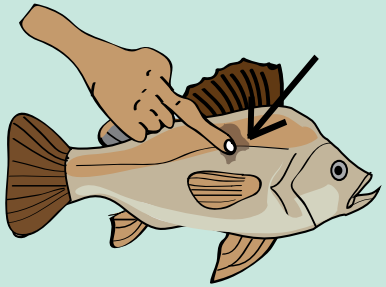
PUJUA
Magamba yake hayafai kutoka kwa ngozi kwa urahisi



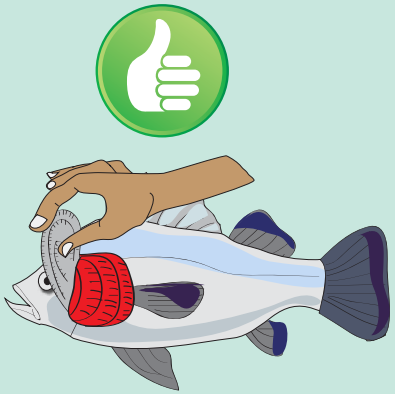
TAZAMA TUMBO
Haifai kuwa bonyea au dhaifu au teketeke au lililo pasuka



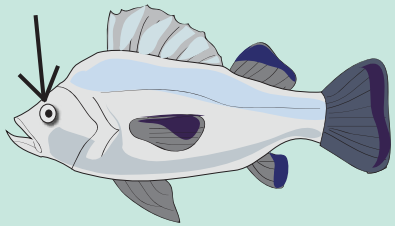
SHINDILIA MWILI
Ngozi yake haifai kuwa nyororo au kufanya alama unapobonyeza na kidole



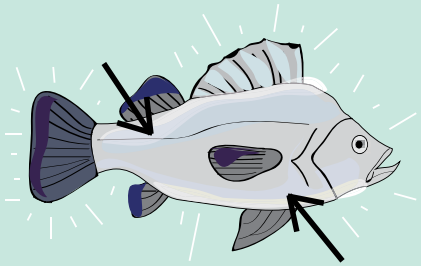
USILE!



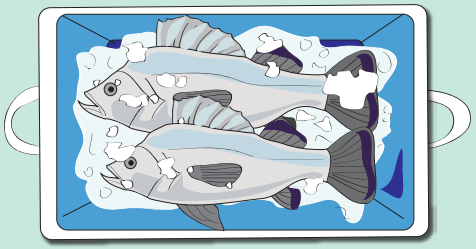
TIZAMA SHAVU
Shavu ni nyekundu na safi na haina kamasi au nyuzi



TIZAMA MACHO
Macho yanafaa kuwa baini na yaliyo tokelezea



TIZAMA NGOZI
Ngozi iwe imeng'aa na lenye unyevu

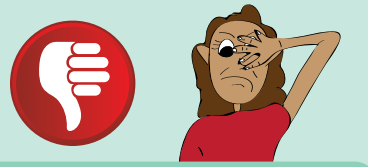


TAZAMA VILE MUUZAJI ANAVYO WEKA SAMAKI
Samaki anafaa kuwekwa kwenye kivuli na kugandishwa kwa barafu safi na vyombo visafi

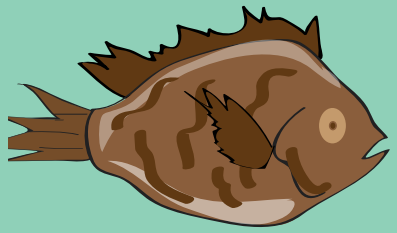
WAWEZA KULA!

JINSI YA KUCHAGUA SAMAKI WA HALI YA JUU ALIYESINDIKWA

RANGI, HARUFU NA INAVYO ONEKANA



SAMAKI WA MIVUKE YA MOSHI



Inavyoonekana:
ngozi imeng'aa, isiyoharibika, bila wadudu au kuharibiwa na wadudu

Harufu:
moshi

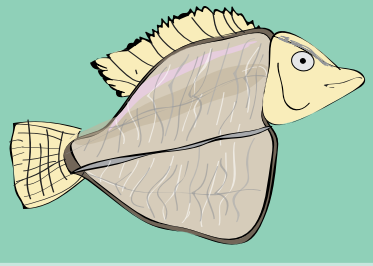
Rangi: kahawia

Inavyoonekana:
isiyovutia,iliyovunjika, iliyooza, iko na wadudu na imeharibiwa na wadudu

Harufu:
Kuungua

Rangi: nyeusi

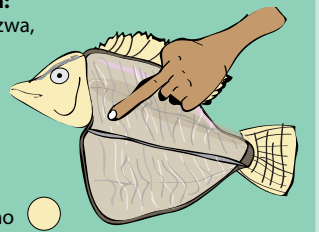
SAMAKI WA KUKAUSHWA KWA CHUMVI



Inavyoonekana:
ni laini inapoguzwa, haijaharibika na haina wadudu

Harufu:
isio na uvundo

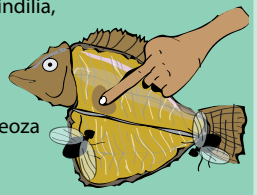
Rangi:
nyeupe/ manjano



Inavyoonekana:
vidudu, tefu unaposhindilia, yenye madoa ya pinki au kahawia

Harufu:
mbaya ya samaki aliyeoza

Rangi:
kijani kikavu au

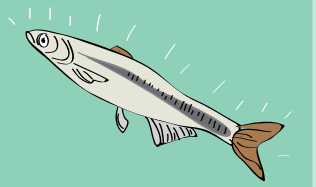


DAGAA WA KUKAUSHWA KWA JUA

Inavyoonekana:
ngozi ime ng'aa

Harufu:
hainuki

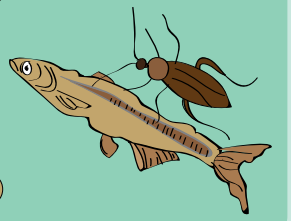
Rangi:
ya fedha



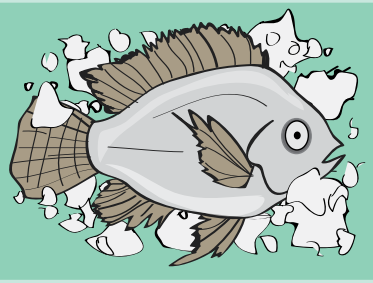
Inavyoonekana:
isiyovutia, iko na wadudu

Harufu:
inanuka vibaya

Rangi:
hudhurungi



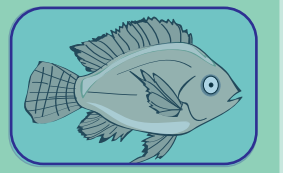
SAMAKI WALIOHIFADHIWA KWA BARAFU



Inavyoonekana:
Ikiwa kwenye pakiti inaonekana ikiwa ngumu kama barafu

Harufu:
bila harufu

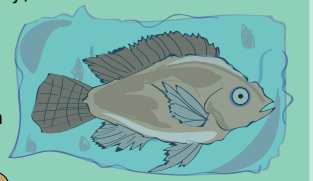
Rangi:
ya fedha



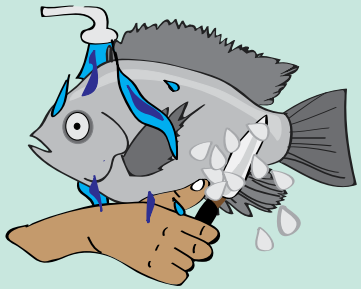
Inavyoonekana:
nyororo, majimaji, pakiti iliyoharibika

Harufu:
inanuka vibaya

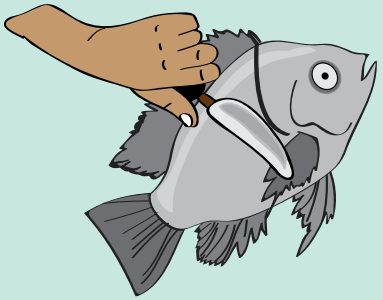
Rangi:
udhurungi



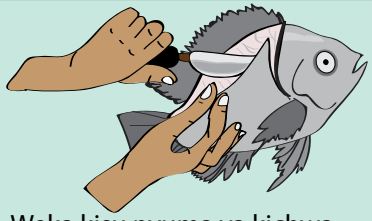
JINSI YA KUSAFISHA SAMAKI VIZURI



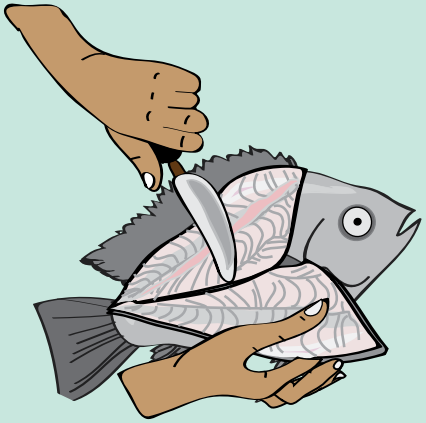
1. Osha na Komba magamba yote kwa kutumia kisu kutoka kwnye mkia ukielekea kichwani dhidi ya magamba yanavyolala. Suuza



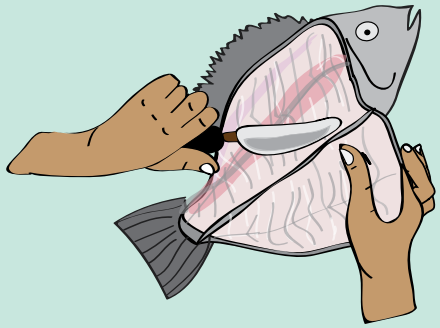
2. Weka samaki sambamba kwenye ubao wa kukatia. Tumia kisu kukata samaki nyuma ya kichwa chake



3. Weka kisu nyuma ya kichwa cha samaki na ukate kutoka nyuma ya kichwa ukifuata uti wa mgongo hadi mkia

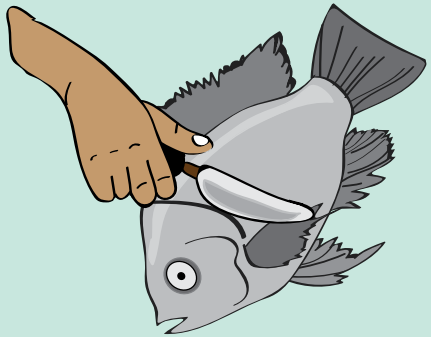


4. Papatua na uvute mwili nyuma na ukate na kisu ukitenganisha mwili na uti wa mgongo hadi kichwani na uondoe mifupa midogo

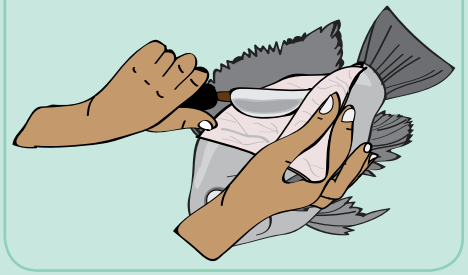


5. Kata kupita kwa tumbo na utenganishe nofu na samaki

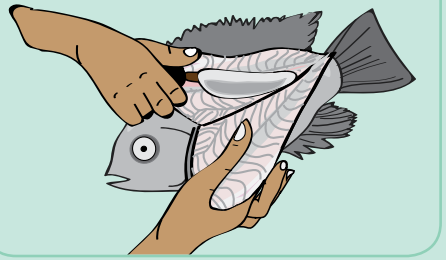
6. Pindua samaki na ukate tu nyuma ya kichwa



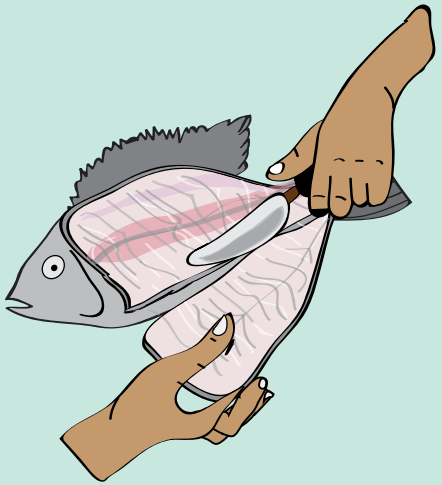
7. Kata kutoka kwenye mkia hadi kichwani ukitenga mwili mbali na uti wa mgongo



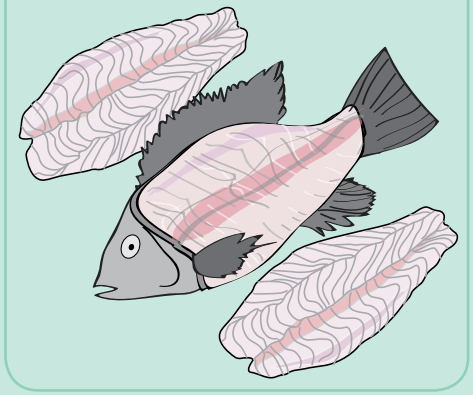
8. Papatua uvute nofu nyuma kutoka kwa mkia hadi kichwani na uondoe mifupa ya mbavu



9. Kata kupita kwa tumbo na utenganishe nofu na samaki



10. Tengeneza minofu yako na utengeneze mwisho wake



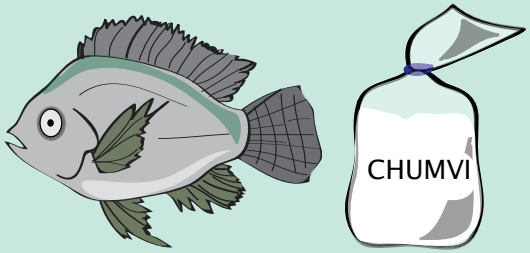
JINSI YA KUTENGENEZA SAMAKI MZURI WA KUKAUSHWA KWA CHUMVI

Chumvi ni njia nzuri ya kuhifadhi samaki.

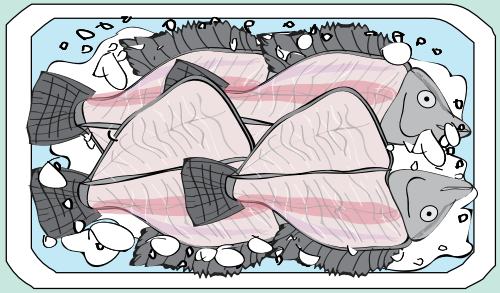
Inapo kaushwa na kuhifadhiwa vizuri, samaki wa chumvi anaweza kukaa kwa muda mrefu.

Fuata maagizo haya ya kutengeneza samaki wa kukaushwa kwa chumvi.

Unahitaji:
Samaki mzima wa hali ya juu, chumvi kama kilo

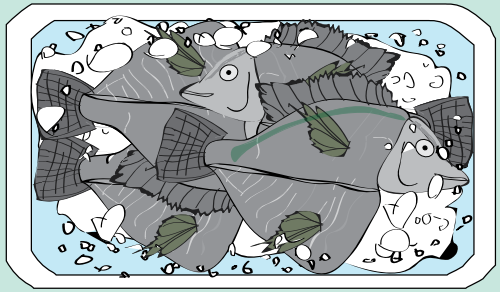


1. Tumbua na umsafishe samaki (angalia Uk. 13). I fungue kabisa na uiweke sambamba, suuza kwa maji masafi na ukaushe.;



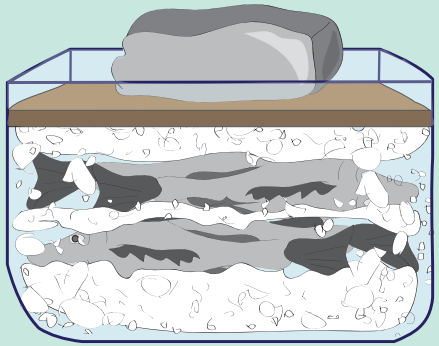
2. Weka chumvi kwenye sinia, nyunyiza chumvi ya kutosha kufunika sinia nzima. Tandaza rusu ya kwanza Funika samaki kwa rusu ya chumvi;

3. Hakikisha kwamba nyama yote ya samaki ime imefunikwa na chumvi bila kuwacha pande lolote;



4. Ogezea rusu zingine mbili au tatu. Na unyungize chumvi baada ya kila rusu;

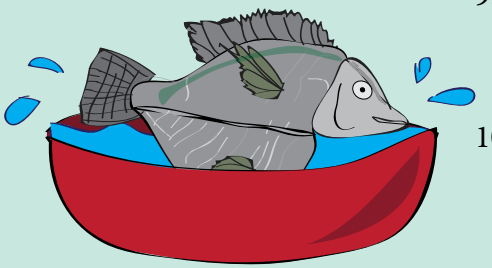
5. Rusu ya mwisho tandaza pande ya ngozi ikawa juu;



6. Nyunyuzia chumvi nyingi kwa rusu ya juu kabisa. Weka mbao juu yake na uweke kitu kizito ili kufinyilia chini;

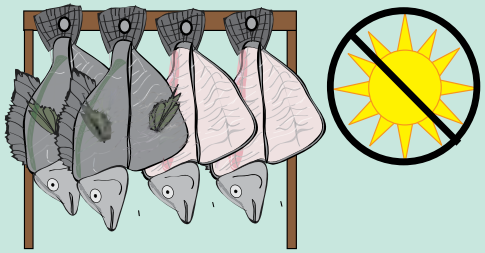
7. Hifadhi samaki namna hii kwa siku 15 wakati wa msimu wa joto na siku 21 wakati wa baridi;

8. Safisha samaki kwa maji safi ya chumvi;

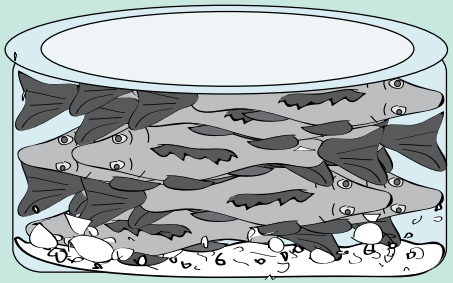


9. Panga samaki ikauke kwa kuzifunga kwenye mikia na kuzianika kwenye vigingi;

10. Siku ya kwanza, Anza kwa kukausha samaki wako kwenye kivuli, mahali ambapo pana hewa ya kutosha. Ili kuzuia ngozi ya juu kuchomeka na jua na kuifanya ngumu;



11. Kuanzia siku ya pili hadi siku ya mwisho weka samaki kwa jua ikauke. Kwa msimu wa jua, itachukua siku 5 na kwa msimu wa baridi na mawingu siku kumi au zaidi;



12. Hakikisha kwamba samaki wako mahali penye hewa safi wakati wa usiku;

13. Samaki inapokauka, hifadhi samaki kwenye kipeto kikubwa na uweke rusu ya chumvi na ufunge kifuniko