Kan ei leh inah hian Sa (Meat) hian hmun pawimawh tak a chang a, kan taksain a mamawh chakna chi hrang hrang (Essential Nutrients) heng protein, vitamins, minerals leh chaw tha dang kan hmuhna a ni.

Sa kan lei dawn a kan hriattur pawimawh zualte chu:-

1. A lan dan en ngun tur (Examine the texture)
2. A rawng en ngun tur (Check the colour)
3. A rim a dike em (Notice the smell)
4. Sa leiin a hran hlaka khai tur (Carry separately)

# Meat Ball Ingredients:

* + Arsa/ Bawngsa/ Vawksa – ½ Kg.
  + Bread Crumbs – 60 gms (1/2 cup)
  + Chi – A al tawk tur
  + Masala – 1 tsp
  + Black papper – 1tsp
  + Purun var den sawm – 1 tbsp
  + Alu chum hmin den sawm – pim 2
  + Artui – 1 no
  + Dhania/ pardi chan nawi - 2 tbsp

# A siam dan :

1. Sa her dip/ sawm tur.
2. Sa her sawm leh pawlh tur ziah zawng zawng chawhpawlh vek tur.
3. Sa chawhppawlh chu kutin duh ang tiat a hrual mum tur a ni.
4. Thir kan belah tel 100 ml in, mei hniam teah ur hmin sen thep tur a ni.
5. Meat ball chu tihian a ei theih mai a, a duh tan chawhmeh dang nen a kan pawlh theih bawk.

# Meat Nuggets Ingredients:

* + Arsa/ Bawngsa/ Vawksa (A ti lai) – ½ Kg
  + Nutrella – ½ kg
  + Cheese – 200gms (optional)
  + Purun sen/ var/ sawhthing miz – 2 tbsp
  + Chi – A al tawk tur
  + Masala – 1 tbsp
  + Artui – 2 nos.
  + Cornflour – 80 gms (1/2 cup)

# A siam dan

1. Sa leh Nutrella a hran ve vein her sawm tur.
2. Nutrella leh sa her sawm-ah purun vur/ sen/ sawhthing, chi masala, artui te chawhpawlh vek tur.
3. Sa chawhpawlh chu duh ang shape-in hlawm tur a ni, cheese pawlh duh tan chuan sa hlawmkarah cheese phum tur a ni.
4. Tel (200 ml) ah mei hniamah ur hmin tur a ni.
5. Dah tha duh tan chuan container-ah frozen mai tur a ni.

# Meat patties Ingredients:

* + Arsa/ Bawngsa/ Vawksa (a ti lai) – ½ Kg.
  + Purun sen/ var/ sawhthing mix – 1 tbsp
  + Artui – 1 nos
  + Bread crumbs – 60 gms
  + Chi - A al tawk tur
  + Purub chawr chan nawi - 2 tbsp

# A siam dan :

1. Sa her dip/ sawm tur.
2. Sa her sawmah pawlh tur dang zawng khi chawhpawlh vek tur a ni.
3. Sa hlawm hi bial deuhin a hran te tein dah tur.
4. Tel (100 ml) ah mei hniam tein ur hmin mai tur a ni.

# Kolasib Fried Chicken (KFC) Ingredients:

* + Arsa– 1 Kg.
  + Dhoi – 1 cup
  + Masala – 2 tsp
  + Purun sen/ var/ sawhthing miz – 2 tbsp
  + Chi – A al tawk tur
  + Maida – ½ Kg
  + Tel – 500 ml

# A siam dan :

1. Arsa sil fai a duh ang tiat a chan tur
2. Dhoi, purun var/ sen/ sawhthing mix, masala leh chi khan arsa chiah tur a ni, a rei lo berah darker 1 tal chiah tur a ni.
3. Arsa chiah kha maida-ah tal kual ceka, tui thianghlimah chiah tur a ni a, hei hi cawihnih vel tih nawn tur a ni.
4. Tel saah arsa kha a mal te tein thlak a, kan hmin tur a ni.

# Chilli chicken pork Ingredients:

* + Sa ti -– ½ Kg.
  + Zikhlum– ½ Kg or Capcicum - 250 gms
  + Maida - 100 gms
  + Artui - 1 nos
  + Masala - 1 tsp
  + Black papper - 1 tsp
  + Purun sen – 250 gms
  + Hmarchapui – 100 gms
  + Chilli powder – 2 tbsp
  + Chi – A al tawk tur
  + Cornflour – 40 gms
  + Soyabean sauce – 2 tbsp
  + Oyster/ tomato sauce – 2 tbsp

# A siam dan :

* 1. Sa te reuh te tea chan tur, Maida, artui, cprnf;our, black papper, masala, chi a hmeh pawlh tur, tel 400 ml-ah sa hi kan sen deuh thep tur.
  2. Sa kha a lo hmin sen deuh thep hnuah zikhlum/ capcicum leh purun sen thlak tur a ni. (Zikhlum/ capcicum leh purun sen hi lian deuh hlek a chan phawk phawk tur)
  3. Hmarchapui phel phawk kha thlak leh tur.
  4. Chilli powder, chi, soyabean/ oyster sawuce pawlh tur.
  5. Tha taka chawhpawlh hnuah minutes 2 vel chhuan hnuah cornflour kha tui tlem teah chawh hnuah sa kanah thlaka, a so bawrh bawrh hnuah suan a ei theih mai a ni.
  6. Vegetables kan thlak kha hmin lutuk lo, hring nghalh tur a ni.

# Arsa/ Bawngsa pickle Ingredients:

* + Sa ti -– 1 Kg.
  + Purun sen/ sawhthing mix – 4 tbsp
  + Tel – 500 ml
  + Chilli powder/ hmarchapui – 2-4 tbsp
  + Chi – A al tawk tur
  + Aieng – 2 tbsp
  + Masala – 2 tbsp
  + Vinegar – 4 tbsp

# A siam dan :

* 1. Sa silfai a chant et tur a ni.
  2. Sa chan tawh hnu chu telah kan hmin tur, a uk deuh thak thlen a kan tur.
  3. Sa kan hmin chu duh ang a nawi a pawh/ chan nawi tur a ni
  4. Tel a hranin chhuan leh a, purun sen/ var/ sawhthing mix thlak tur, chumi hnuah, masala, aieng, chi thlak leh tur.
  5. Ngun taka chawhpawlh hnuah sa chan nawi kha thlak tur, minutes 3 hnuah chilli powder/ hmarcha ro pawlh leh tur a ni.
  6. Ngun taka chawh hnuah vinegar tha taka pawlh a, suan dai a, bur thianghlim taka dah tawh mai tur a ni.

***Note: Sa hi duh chuan cooker-ah chhum hmin hmasak a, pickle nem deuh a siam thei tho a ni.***

# Arsa Roast (Simple roasted Chicken)

# Ingredients:

* + Arsa-– Pum 1 (2 kg vel).

(A puma duh loh chuan lian pui puia chan tur)

* + Ghee – 400 gms

(Dalda/ butter etc.)

# A siam dan :

* 1. Arsa kha silfai la, a sa kha chemtein zai kak zeuh zeuh la, chemte hmawr zumin chhun zeuh zeuh bawk ang che.
  2. Bel mawng chhah emaw, cooker ar pum leng tur kha chhuang sa la ghee thlak ang che.
  3. Ghee kha a sat hmain arsa kha dah lut ang che.
  4. Ar silna tui leh ama tui pai te a lo ral hnuah a khat tawkin chawh leh zeuh zeuh tur a ni.
  5. Minutes 40 hnu velah ar pum kha a lo ut sen thep hnuah suan a ei theih mai a ni.

***Prepared by:***

***Lalrinpuii Sailo***

***Programme Assistant (Home Science)  
and***

***Dr. Michelle C. Lallawmkimi***

***Senior Scientist & Head***

***For further details and information, contact:***

***Dr. Michelle C. Lallawmkimi***

***Senior Scientist & Head***

***Krishi Vigyan Kendra***

[***email@kvkkolasib@gmail.com***](mailto:email@kvkkolasib@gmail.com)



**SA SIAM DAN HRANG HRANG**

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