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# KALLUUNKA

TILMAAMO GUUD

DIYAARINTA KALLUUNKA

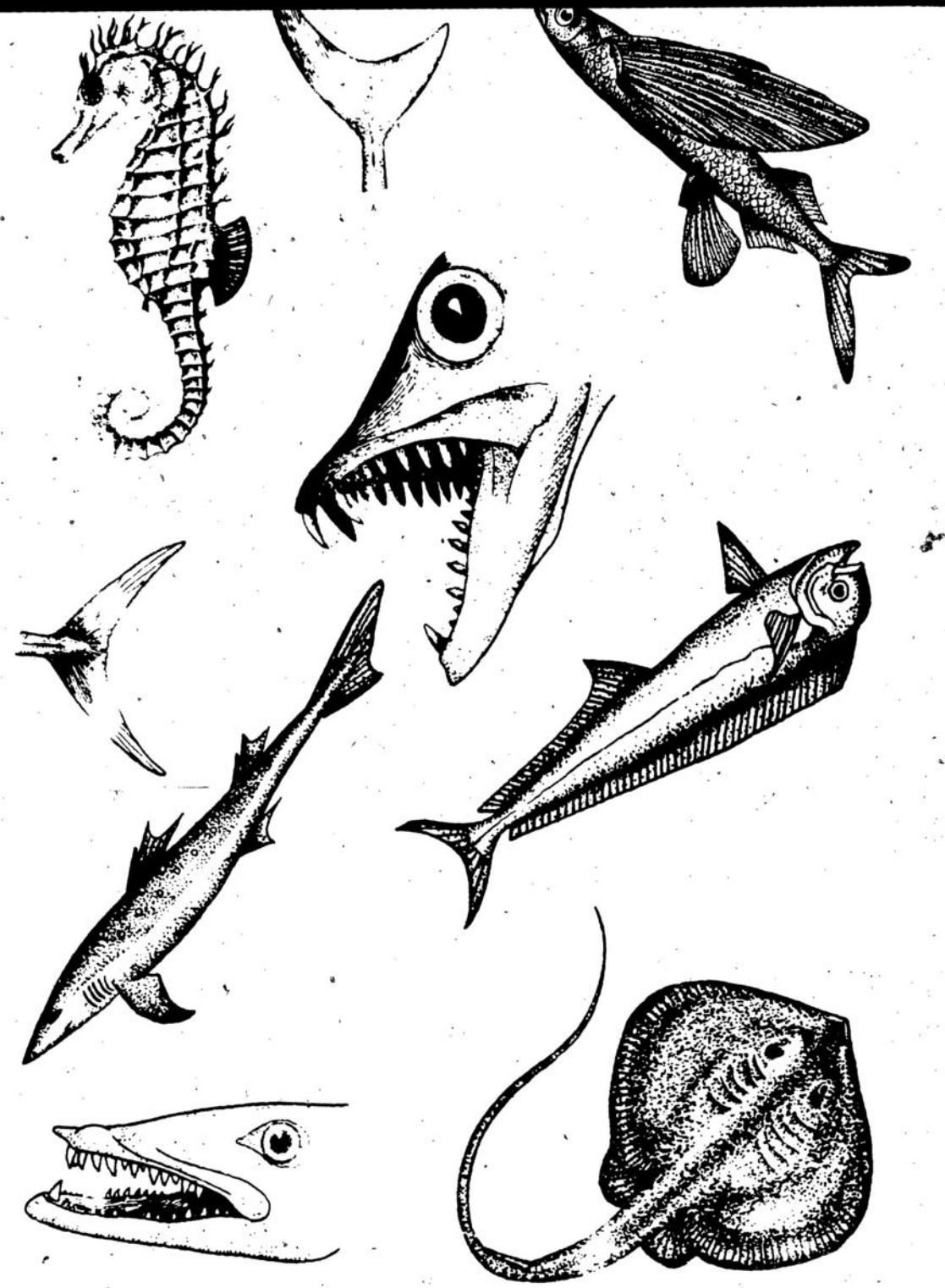
NOOCYADA KALLUUNKA EE BADDEENA



WASAARADDA WAXBARASHADA

XARUNTA WAXBARASHADA

DADKA WAAWEYN



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PJ  
2534  
A2  
K352  
1977

WASAARADDA WAXBARASHADA

XARUNTA WAXBARASHADA

DADKA WAAWEYN

My

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RSC4  
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## H O R D H A C

Buugan kalluunka waxaa loogu tala galay beelaha dan-wadaagaha ee kalluumaysatada ah iyo iskaashatooyinka kallumaysatada. Buuggu wuxuu u qaybsan yahay 3 qaybood oo kala ah (1) Arar guud oo ku saabsan kalluunka iyo faa'iidooyinkiisa. (2) Dhawrista, daryeelid iyo keydinta kalluunka. (3) Kalluunka baddeenna laga kalluumaysto astaamahooda, musawirkooda, waxtarkooda. iyo tilmaamo guud.

Waxa aan ku rejo weynahay in haddii uu ardayga kalluumaysatada ahi uu si fiican u derso buugan, in uu si habboon uga faa'iidaysan karo.

Waxaa buugan qoray Manfred Wehrmann, Ismaaciil Muumin, Ibraahim Xaaji Barre, iyo Jaamac Cismaan Cashuur, waxaa garaacay Rabiica Barre iyo Gisela Wehrmann, waxaa daabacay Maxamed Cabdi.

Qeybta diyaarinta, dhowrista iyo keydinta waxa aan ka soo minguuriney buug ay soo saareen laanta jimciyadda qaruumaha u qaabilsan cuntada iyo beeraha (FAO) "Home Techniques: Food Preparation".

Ibraahim Xaaji Barre  
Maamulaha Karunta W.D.W.

## CASHARKA laad

### WAA MAXAY KALLUUNKU ?

Haddii aan su'aasha kor ku dhigan isweydiino, waxaa dhici karta in dadka qaarkiis ay ku jawaabaan amaba u qabaan in wax allaale wixii ku nool badaha iyo webiyadu ay yihiin kalluun. Fikraddasu waa mid khalddan waayo kalluunka maahee xoolo fara badan oo kale ayaa ku nool webiyada iyo badah adduunka. Xoolahaas kale waxaa ka mid ah (Nibiriga, iyo car-saanyada).

Haddaba, sideebaa kalluunka looga sooci karaa ama looga garan karaa xoolaha kale ee uu meel kula noolyahay? Kalluunku wuxuu leeyahay calaamado guud ahaaneed oo lagaga sooci karo xayawaanka meel kula nool. Tan hore waxay tahay iyada oo kalluunku leeyahay, qolfoof carjow ah ama mid lafo ah. Mid kalena waxay tahay, kalluunku wuxuu leeyahay waafyo, kuwaas oo awood u siiya inuu ku dhex neefsado biyaha gudahooda isaga oo aan dibadda u soo bixin.

Inkasta oo arrimahaasu ay ka dhaxeeyaan kalluun oo dhan, haddana kalluunku wuxu u kala baxaa noocyoo farabadan oo kala gegedisan. Culimadu waxay sheegeen in labaatan kun (20.000) oo nooc oo kalluun ahi ay ku umanyihiin badaha addunka.

Kalluunka noocyadiisa qaarkaa aad u dhaadheer qaarna waa wax aad u yaar oo dheerarkoodu yahay 2sm kuwa dhaadheeri waxay gaadhaan 15m ilaa 20m.

Kalluunka waxa kale oo lagu kala saaraa midabadiisa kala duduwan. Qarbaa guduudan ama cagaaran qaarna waxay isugu jiraan midabo kala jaad ah.

Siyaabaha kale ee loo kala qaybiyo kalluunkuna waa mid ku dhisan xagga dhismaha jidhka kalluunka ama sabada uu ku noolyahay.

Qaybaha kalluunka loo qeybiyaana badiyaa waa sidan  
soo socota.

1. - Kalluunka aan lafta lahayn ama qalfoofkiisu ka koobanyahay carjaw kaliya, waxana ka mid ah, libaaxa iyo odaal.  
- Kalluunka lafta leh ama qalfoofkiisu lafta leeyahay. Qeybtanina waxay si doora uga badantahay qeybtii hore ee an sheegnay.
2. - Kalluun badeedka iyo  
- Kalluun wabiyeedka, kalluun hareedka.
3. - Kalluunka badda gunteeda hoose ku nool iyo  
- Kalluunka biyaha sare ku nool.
4. - Kalluunka quuta daaqa (cagaarka) badaha hoostooda ka baxa iyo  
- Kalluunka hilib cunka ah ee quuta xayawaanada kale.

#### LAYLI

1. Sheeg astaamaha caanka ah ee kalluunka?
2. Qor ugu yaraan seddex siyaalood a loo kala qeybin karo kalluunka?
3. Imisa nooc oo kala gadisan oo kalluun ah baa jira?
4. Kala bax laba kalluunka oo kala nooc ah magacyada kalluunka ee hoose ku qoran adigoo sheegaya mid walba kooxdiiisa. Wuxaad kaashan kartaa buugga xaggiisa dambe.

## CASHARKA 2 aad

### QUUTINTA KALLUUNKA

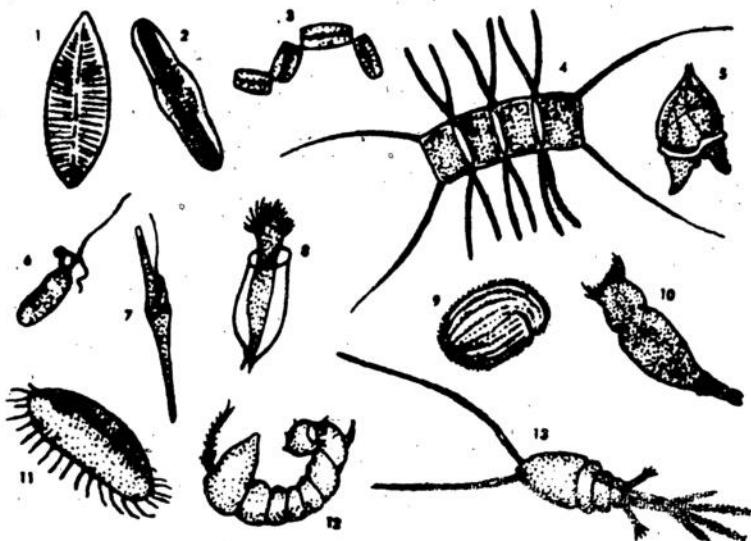
Kalluunku sida xoolaha kale oo dhan wuxu u baahan-yahay cunto u ku noolaado. Cuntadaas oo uu ka helo tamar.

Sidaas daraadeed kalluunku wuxu ku noolaan karaa oo kaliya, meel cuntada uu u baahan yahay u ka heli karo.

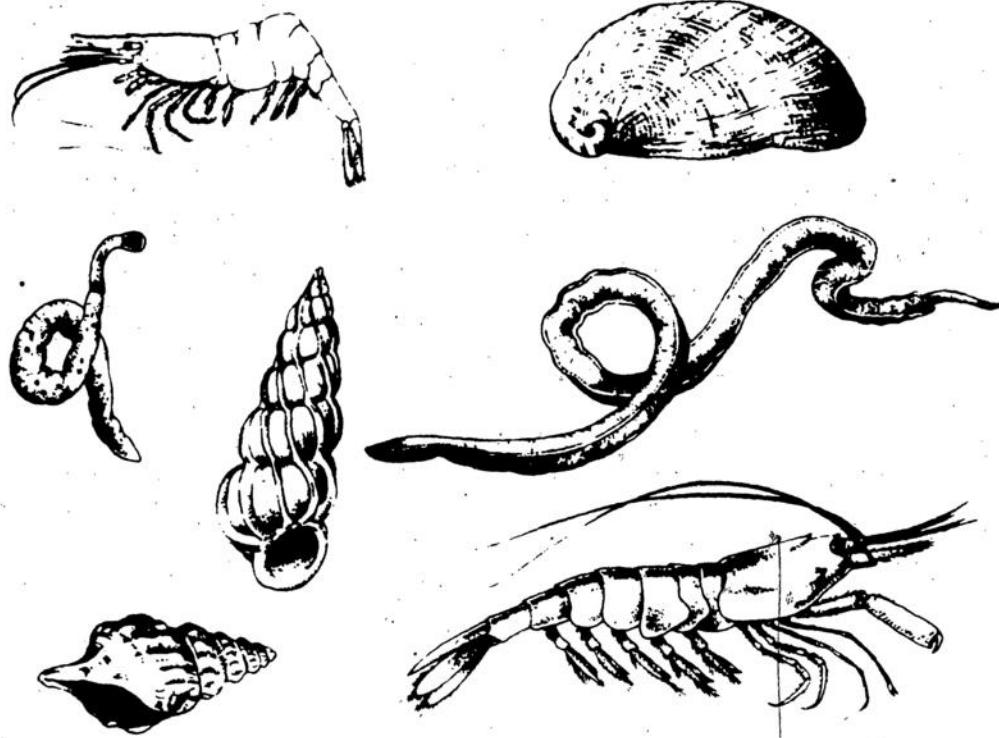
Biyaha dheddooda cuntadu waa meerto. Cuntadu waa meerto waxaynu uga jeednaa, kalluun kastaa cunto ayuu cunayaa marar badannaq waxa dhacda in kalluunkii naftiisu uu cunto u noqdo kalluun kale.

Taasi waxay inoo caddaynaysaa in kalluunku cuntana cuno isna cunto u yahay qaar kale.

1. Waxyalo aad u yar yar oo ili ma qabatay ah ayaa xayawaanka baddu quutaan. Meelaha xeebaha ah waxaad ku arkeysaa biyaha oo xumbo leh oo aan saafi ahayn. Waxyalaahaas biyaha la socda ayaa ah waxyalaaha ay quutaan xayawaanka baddu (Hoos waxa ku masawiran waxyalaahaas aan kor ku xusney oo la weyneeyey).

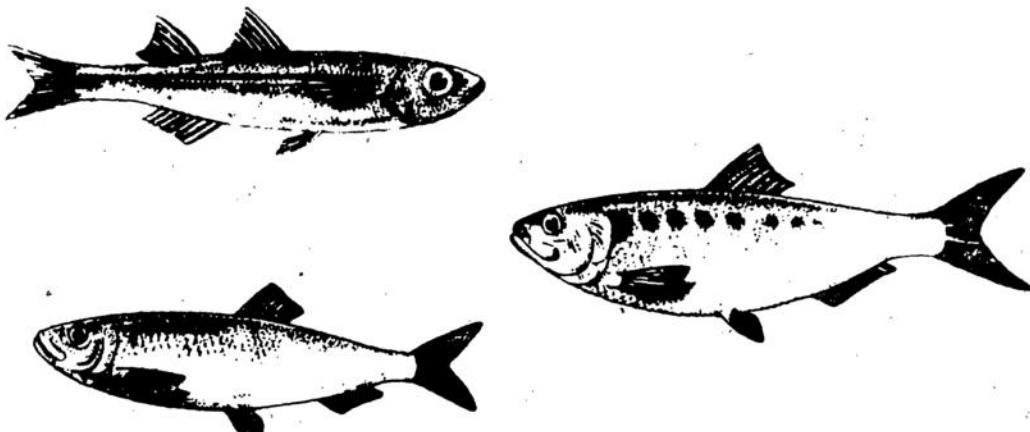


2. Xayawaanka badda ee quuta waxyaalahaas yar waxa ka mid ah kalluunka, dixiriga, carsaanyada, xaaxeyda iwm.

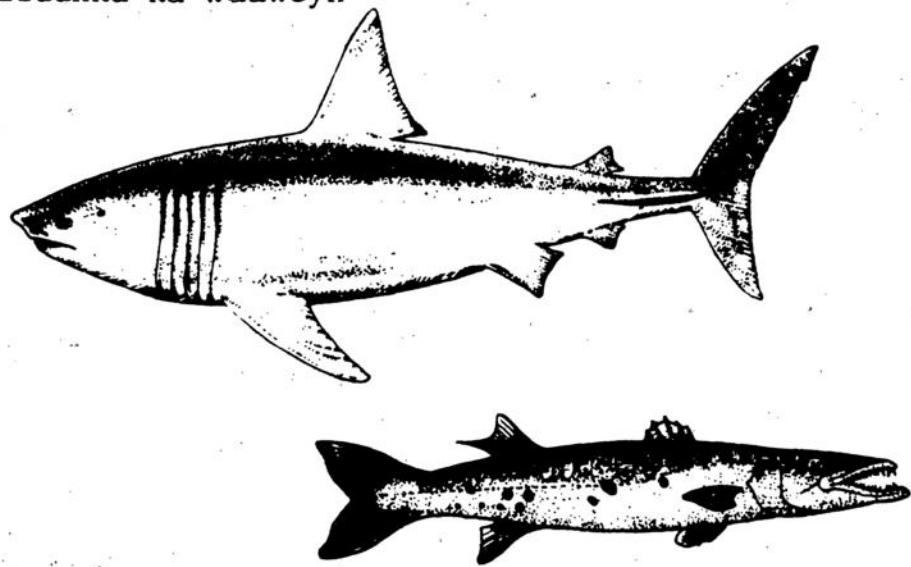


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3. Xayawaanka kor ku musawiran waxa cuna kalluunka yar yar.



4. Kalluunka yar yar laftooda waxa cuna oo ku nool kalluunka ka waaweyn



Sidaas darteed cuntada xayawaanka baddu wey isku xidhxidhan tahay. Haddii waxyaalahaas ili ma qabataya ah iyo xayawaanka yar yar ee baddu ay madhaan, waxa unto waayaya kalluunka. Markaasna kalluunka ayaad madha.

Kalluunka qaarkii waxay cunaan oo qudh a waxyaalahaas ili ma qabataya ah, qaar kalena kalluunka ka yar yar oo keli ah.

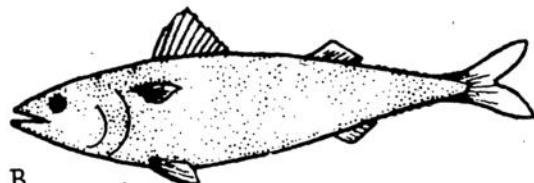
Waxa la yaab leh libaaxa badda ku nool kuwa ugu waaweyni in ay quutaan xayawaankasi ili ma qabataya ah ee an soo sheegnay iyo geedaha badda oo kali ah.

DHISMAHA JIDHKA KALLUUNKA

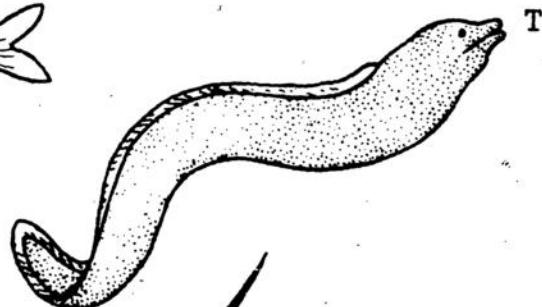
Kalluunku wuxu leeyahay noocyo fara badan oo qaab-koodu aad u kala geddisan yahay. Dadka berriga ku nool ee an badda aragi aad ayey ula yaabaan markay arkaan qaababkaa kalluunka ee kala gedisan.

Hase yeeshee dhismahasi kala gagadisani waa midka u suurto gelinaya kalluunka siduu ugu noolaan lahaa dagaankiisa cuntana ku raadsan lahaa.

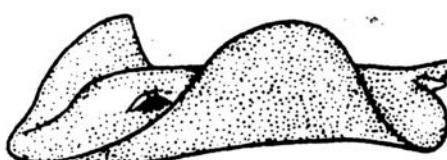
Hoos waxa musawiran dhour nooc oo kalluunka ah, oo kuu muujin kara qaababka kala geddisan ee kalluunka.



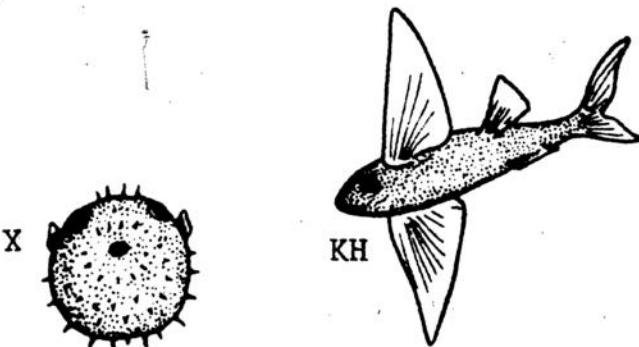
B



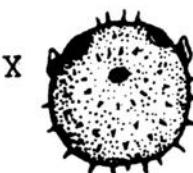
T



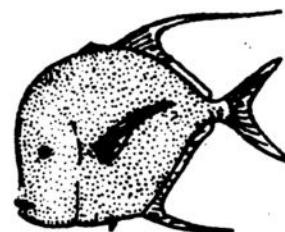
J



KH



X



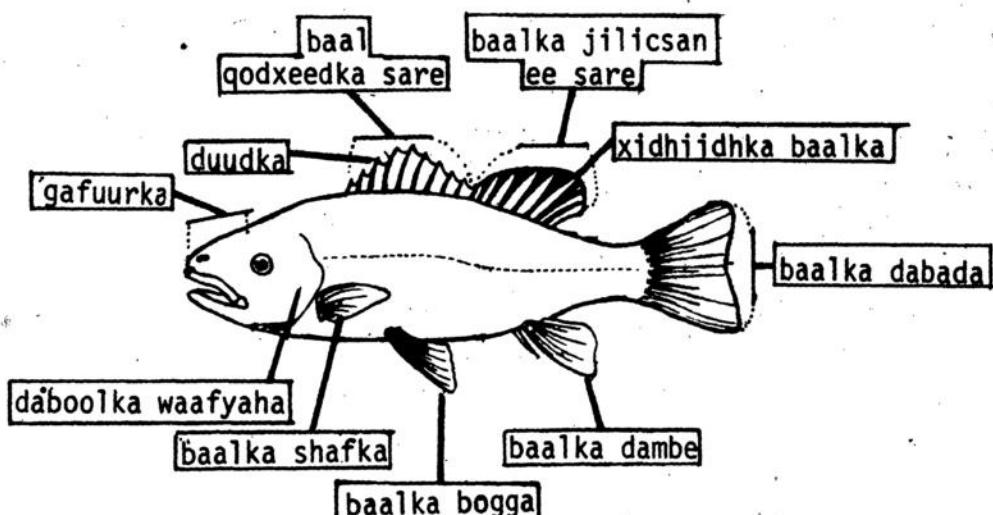
D

1. Xarafka B:  
Sidaas darteed wuxu aad ugu daranyahay ugaadhsiga kalluunka kale.
2. Xarafka T:  
Marka uu ugaadhsanayo wuxu kala qaada afka inta ay waxuun ku soo dhacayaan.
3. Nooca leh xarafka J aad ayuu u balaadhan yahay wuxuna ku badan yahay burciidaha hoose. Taas oo u suurta gelisa inuu ka nabadgalo kalluumada kale ee ugaadhsanlahaa.
4. Nooca xarafka X ku hoos qoran yahay aad ayuu u gaabiyaa, wuxuuna bedbedeli karaa qaabkiisa. Taas oo uu cadawgiisa kaga nabad galo, waayo wax kalluunka kale ku adkaata in ay liqaan marka qaabkiisa uu ka dhigo kan kubada oo kale.
5. Nooca leh xarafka Kh wuxu leeyahay baalal uu mararka qaarkood biyaha kor uga soo baxaa. Wuxu hawada ku boodi kara 30 ilaa 50 m marka uu cadawgiis ka baxsanayo.
6. Xarafka D:  
Wuxu iska rotti kara meel cidhiidhi ah. Wuxuna dheeryahay kalluunka kale firficooni.

Inkasta oo ay si aad ah u kale geddisan yihiin, misna waxa jira astaamo ka wada dhexeeya kalluunka oo dhan.

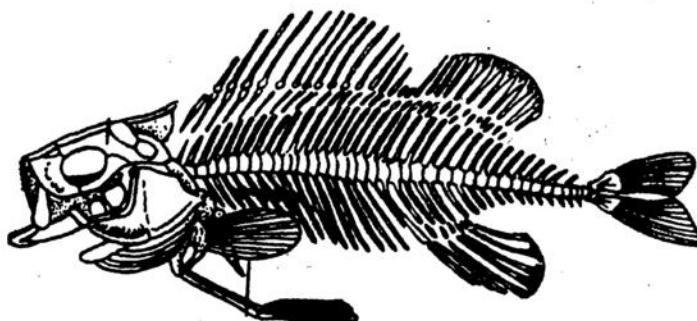
Sawirkan hoos ku samaysan waxad ku aragtaa astaamaha guud ahaaneed ee kalluunka badankiis lagu yaqaan.

## QAYBAHA JIDHKA KALLUUNKA



Waxa badanaa aad kuu caawin kara qaabka madaxa iyo baal biyoodyada kalluunka oo ah waxyaalaha lagu kala sooci karo, laguna soo dirsoci mid walba qoladiis iyo bahada u yahay. Waxa loo baahanyahay in aad barto ma-gacyada baalbiyoodada haddii aad rabto inaad buuggan intiisa dambe sii fiican u garto.

U fiirso sida ay isugu xidhan yihiin qaabka kalluunka iyo qalfoofkiisu ama lafahiisu.

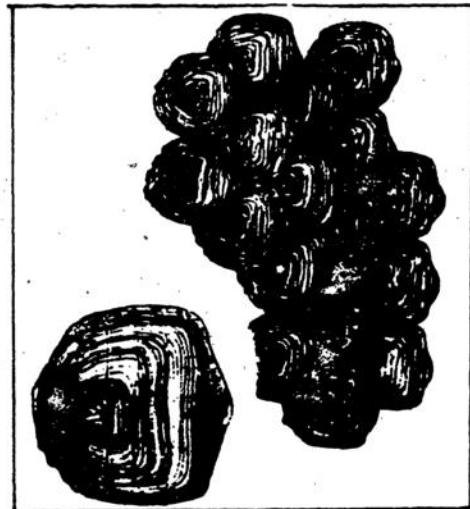


Sawirkan iyo kan ka horeeya maxaad xidhiid ah oo aad ku aragta?

Baalbiyoodyada iyo dabadu waa waxyaalaha uu kalluunku ku dabaasho. Baalbiyoodka dabadu waa kan ugu xoog roon ee uu ku dabaasho kalluunku.

Waafyada oo ah meelaha uu kalluunku ka neefsado, waa astaanta ugu weyn ee kalluunku leeyahay. Iyagu waxay kalluunka u suurta gelyaan sidii uu biyaha úgu dhexte neefsanlahaa, hawada ogsajiinkana ugala soo bixi lahaa.

Waxa kale oo jirta, waxa ku daaadhan jidhka kalluunka qolof ama qashar. Qoloftaasi waxay gaashaan uga tahay waxyeelada kaga iman karta dibedda. Inkasta oo qalfoofku mid' kakan uu yahay haddana iskama horttaago kalluunka socodkiisa.



CASHARKA 4 aad  
NAFAQADA KALLUUNKKA

Kalluunku wuxuu ka mid yahay cuntooyinka kaydsan ee ku jira badda. Hase yeeshaa kaydkaas cuntada ah waxa jirta in aynaan ka faa iideysan. Kalluunku wuxuu ka mid yahay nafaqada jidhku u baahan yahay. Qofka kalluunka cunaa waxa jidhkiisu yeeshaa awood uu iskaga celin karo cudurrada soo weerara. Koritaanka iyo faya qabka jidhka dadku wuxu u baahan yahay nafaqooyin ku jira cuntooyinka. Hase ahaatee cuntooyinku wey kala waxtar roon yihiin, nafaqaduna wey ku kala badan tahay. Cuntaba cuntada ay ka nafaqo badan tahay uga waxtar roon jidhka. Kalluunka waxa ku jira nafaqooyinka jidhku u baahan yahay oo dhan, kuwaas oo jidhka qofku la'aantood aanu si habsami ah u shaqeyney.

Nafaqooyinka kalluunka laga helo waxa ka mid ah:

1. Brotiin = waa nafaqada jidhku ku koro waxana kale oo laga helaa caanaha iyo ukunta. Qofka nafaqadani ku yartahay si quman uma koro, cuduradana wuu u nugul yahay.
2. Macdan = Jidhka dadku si uu si habsami ah ugu shaqee yo waxa lagama maarmaan u ah in cuntada qofku cunayo ay ku jiraan macdano kala duwan. Kalluunka waxa ku jira dhammaan macdan ha uu jidhku u baahan yahay.
3. Fiitamino=oo iyana ah waxyaalo ku jira cuntada jidh-kuna la'aantood aanu shaqeyn karin. Fiitamino waxay qeyb weyn ka qaataan wada shaqeynta guud ee jidhka.

LAYLI

1. Waa maxay faaiidooyinka kalluunku?
2. Sheeg nafaqooyinka laga helo kalluunka?
3. Maxay u taraan jidhka nafaqooyinka soo socda: Brotiin, macdan iyo Fiitamino?

**CASHARKA 5 aad**  
**WAXYAALAH A KALE EE KALLUUNKA LAGA HELO**

Cunto ahaan ka sokow kalluunka waxa kale oo laga helaa waxyalo waxtar roon inoo leh. Marka la geliyo Warshadda qeyb kasta oo ka mid ah jidhka kalluunku waxay yeelataa waxtar gaar ah.

1. Saliid: Saliidda ka soo baxda hilibka kalluunka waxa lagu isticmaalaa waxyalaha ay ka mid yihiin, sameys-ka saabuunta, renjiyada la mariyo biraha iyo loo-xaanta, waxyeelaha wax lagu dufno, dheeha dusha laga mariyo weelka iyo biraha iyo megdinta hargaha.
2. Qolofta Kalluunka: Waxa laga sameeyaa qolofta kalluunka kuulo iyo waxyalaha guryaha lagu qurxisto oo aad u qurux badan.
3. Lafaha, baal-biyoodyada iyo midhicirada: inta la ridqo lafaha baal-biyoodyada iyo mindhcirka kalluunka ayaa lagu daraa waxyalo kale oo laga sameeyaa cunto xayawaanku cunno iyo waxyalaha beeraha lagu bacri-miyo.
4. Isla sidoo kale ayaa madaxa kalluunka waxa laga sameeyaa cuntu lagu quudiyo xayawaanka iyo waxyalaha lagu bacrimiyo carrada. Waxyalahaasi waxay nafaqo ku kordhiyaan carrada.

**LAYLI**

1. Maxa ka mid ah waxyalaha laga helo kalluunka?
2. Sheeg waxyalaha soo socda waxa laga sameeyo:
  - b - Qolofta kalluunka
  - t - baal biyoodyada
  - j - Maqaarka libaax baddeedka
  - x - Madaxa kalluunka

CASHARKA 6 aad  
BAAHIDA LOO QABO KALLUUNKA

Waayadan dambe waxa si dhaqso ah u kordhaya tirada dadka ku nool addunyada. Taasi waxay keentay in ay sii korodho baahida cuntada loo qabaa. Dadyowga maanta-ku kor nool adduunyada gaar ahaan Qaaradda Afrika iyo Eyshiya (dalalka soo koraya) kumanyaal dad ah ayaa macaluul u dhinta sannad kasta. Ayaan darro

dadyawgaas u dhimanaya macalluushu waxay leeyihiin bado badan. Haddii aynu tusaale u qaadano dalkeenna waxa ina soo martay abaar dheer. Abartaas dalkeenna ku habsatay waxay madhisay xoolihii dadkeenna 80 %. ay ku noolaayeen. Taasi waxay keentay in ay dawladda kacaanka ahi gargaarto kumanyaal dad ah.

Bal ka feker haddii dadkaasi aanay ku koobnaan lahaa-yeen xolo oo keli ah. Waxa hubaal ah haddii ay ahaan lahaayeen kalluumeysato in aanay dhibaatadaasi gaadheen. Ninka kallumeysatada ahi kama werwero abaar.

Waxaase kalluumeysigu u baahan yahay hawl Karnimo, adadeyg, xirfad iyq qalab lagu la soo baxo. Adduunyada waxna fadhi laguma helo haddii aan loo tabcan oo loo dhididin sidii Soomaalidu hore u tidhi: "Fadhi iyo fuud yicibeed la isku waa".

LAYLI

1. Wax ka sheeg baahida weyn ee loo qabo kalluunka?
2. Sidee ayey kula tahay in looga faaiideysan karo cuntadaas ku keydsan badda?
3. Dalalka baahida weyn u qaba ka faaiidaysiga khay-raadka badda waa ku wee? Waayo?

## CASHARKA 7aad

### DHAWRISTA KALLUUNKA

Sida cuntooyinka kale ayaa kalluunku u baahan yahay dhawris iyo in la ilaasho nadaafaddiisa. Waayo dhakhso ayuu u fadaroobaa waxana ka dhasha cudurro. Inta badan wuxu kalluunku fadaroobaa marka laga soo rogayo huuri-ga ee la keenayo xeebta. Marka la keenno xeebta ama dekdedda waa in laga ilaashaa kulka lagana qariyaa cad-ceedda. Isla sidoo kale ayaa loo baahan yahay in la daryeelo oo laga ilaasho jirka, shimbiraha badda, xoolaha, bisadaha iyo wixii kale ee fadareyn kara kalluunko inta uu yaallo xeebta ama suuqa laga gato. Haddii kalluunku fadaroobo waxa ka fidi kara cudurro aad u halis ah oo saameyn kara bulshada.

Daryeelak kalluunka waxa kale oo ka mid ah.

1. In Kalluunka shabaagta hore looga saaro waayo wuu xumaada haddii uu ku raago.
2. Doonyaha iyo qalabka lagu kalluumaysto waa in had iyo jeer la nadiifiyaa, si joogto ahna loo dhaqaa
3. Uur-ku-jirta iyo waafyaha oo markaaba laga qooyo waayo waa meelaha ay bakteeriyyadu dhakhso ugu dhalato.

- LAYLI
1. Sheeg siyaalaha kala duwan ee loo dhawro kalluunka?
  2. Maxaa ka mid ah siyaalaha uu ku fadaroobo kalluunku?
  3. Maxaa madaxa iyo uur ku jirta looga gooyaa kalluunka?

## CASHARKA 8aad

### KAYDINTA KALLUUNKA

#### Qalajin iyo milixayn

Kalluunka marka laga soo saaro badda ayaa inta uur ku jirka laga saaraa, madaxa iyo waafyahana laga gooyaa. Dabadeed inta la saafo ayaa lagudaadshaa milix.

Hal kiilograam ee hilib kalluun ahba waxa lagu daadshaa 40 kiiloograam oo cusbo ah. Marka la milixeyo kadib ayaa la huurshaa ilaa malin.

Inta dabadeed la soo saaro ayaa lagu maydhaa biyo maa-can, waxana lagu wadhaa meel gorax leh, si uu u en-gago.

Badanaa sidan waxa lagu isticmaalaa libaax badeedka waxana aad looga yaqaanaa xeebaha gobolka Boosaaso.

Wixii ay soo saaraana waxay u diraan debebedda gaar ahaan Afrikada bari iyo dalalka carrabta.

Kalluunka la yiraahdo taraaqadda sida loo engejaa way ka duwan tahay tan libaax badeedka iyo kalluunka kale. Hilibka taraaqada looma dhigo qoraxda waayo uma adkeysto, milixdانا waa lagu yareeyaa waayo hilibkiisa ayaa jilicsan.

#### Xaniidis

Isla sidoo kale ayaa kalluunka marka la soo qabto ayaa laga saaraa uur-ku jirta madaxna laga gooyaa. Inta markaa waslad waslad loo jaro ayaa lagu gura moofo. Marka uu bislaado ayaa laga soo saaraa, lafaha iyo dubka saaranalaga saaraa. Inta oogada laga marsho mi-lix tuman ayaa meel lagu wadhaa si uu u engego.

#### Qaboojin

Kalluunka waxa kale oo lagaga ilaalin karaa in uu fadarroobo. haddii baraf lagu dhex rido. Habkani wuu ka qarash badan yahay kuwi hore. Qabowga faraha badani wuxu dilaa waxyaalaha yar yar ee qudhmiya hilibka.

#### Qasacayn

Habkanwaxa isticmaala warsahdaha oo ku gura hilibka qascado, dabadeedna ku daboola.

Kalluunka noocyo gaar ah ayaa lagu guri karaa qasacadaha. Kalluunka hilibka cad ee duxduna ka yartayah uumiga lagu bisleeynayo uma adkeysan karo, waayo xilibkiisa ayaa burbura. Waxa ka mid ah taraaqadda iyo tabadinka.

#### LAYLI

1. Waa maxay faaiidooyinka ay leedahay kaydinta kalluunku?
2. Waa maxay xaniidistu?
3. Kalluunka nooce ayaa lagu guri karaa qasacado?
4. Sidee ayaa qaboojintu uga ilaalin kartaa kalluunka in uu fadarroobo?

## CASHARKA 9aad

### DIYAARINTA KALLUUNKA

Waxa jirta in dad badan oo soomaali ahi aanaw jecleyn hilibka kalluunka, Qaarkoodna ay liidaan oo u heystaan cunto xun.

Haddii aad u fiirsatid sababaha dadku ku nacay kalluunka, waxa badanaa ugu wacan daryeeliid la'aanta aan la daryeelin hilibkiisa, iyo marka la bislenayo oo aan si quman loo sameyn. Waxana jirta in hilibka kalluunku u dhaqso u fadaroobo, haddaan si wanaagsan loo maamulin oo looga shaqeeyn.

Sidaas darteed kutubkan soo socdaa wuxu ku saabsan yahay: sida loo daryeelo hilibka kalluunka iyo sida loo keydiyo, si uu u raago oo mudo dheer loo isticmaali karo.

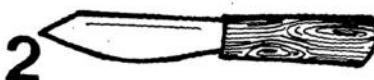
Waxanu ardayda kalluumaysatada ah ka codsanaynaa in ay tijaabiyaan oo raacaan hababka loo hagaajo, loona kaydiyo hilibka kalluunka ee buuggan ku xusan: kuwaas oo aanu filaynu in ay yihiin habab fudud, isla markaana faa'iide badan leh.

B. N A D I I F I N T A



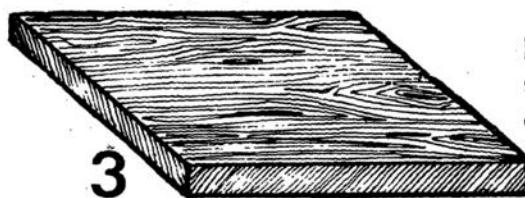
1

Soo qaado qori aad kaga rogtid kalluunka qolofta sare. Middi ayaad kaga xoqi kartaa qolofta, markase kalluun badan aad qolofta ka xoqaysa waxa kuu dhakhsa badan kuuna fudud in aad isticmaasho qoriga ad musawirka ku aragta.



2

Nadiifinta iyo googoynta kalluunka waxad ku isticmaalaysaa midi af badan oo nadiif ah.



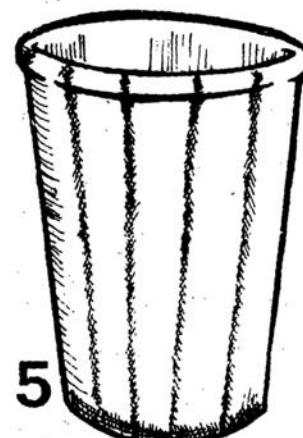
3

Loox adag, nadiif ah oo ballaadhan dul saar marka aad googoyneyso ama aad nadiifineyso kalluunka.



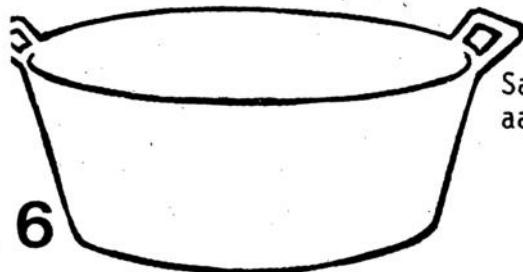
4

Soo diyaarso biya qabaw oo aad ku meydhoo kalluunka.



5

Weel aad ku shubto qashinka.



Saxan ballaadhan, kildhi ama baaldi,  
aad ku meydhoo kalluunka.

6

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T. D A R Y E E L I D D A (Curing)

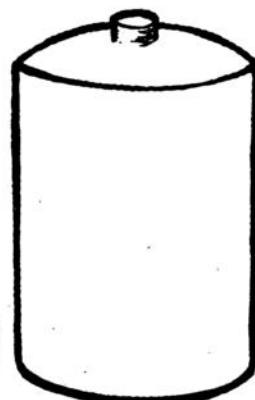


Weel biyaha sii daya sida weel caw  
ka sameysan (dambiil) baaldi dalda-  
loola ama saxarad.

1

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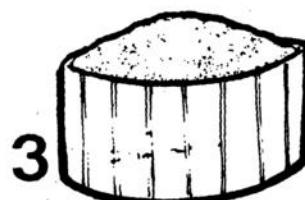
eeel biyaha celiya oo an sii  
eyn (baaldi, ashun) oo lagu  
ido kalluunka marka la istic-  
halayo milixaynta qoyan.  
(vetsalting).



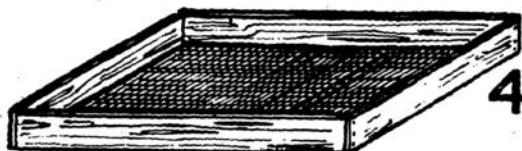
2

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iliix: milixda aan cuntada  
cunno.

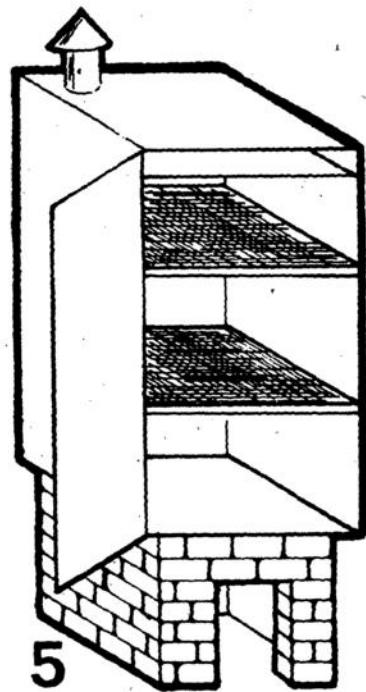


3

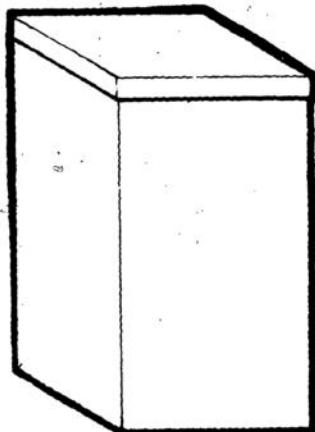


4

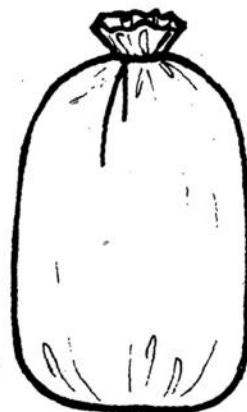
Faraley, shandho bir ah, ama darin soo qaađo. Waxad istic-maali doontaa marka ad qiiqä ku gallajineyso kalluunka.



Foorno (moofo) lagu qaaciyo kalluunka marka la gallajinayo.



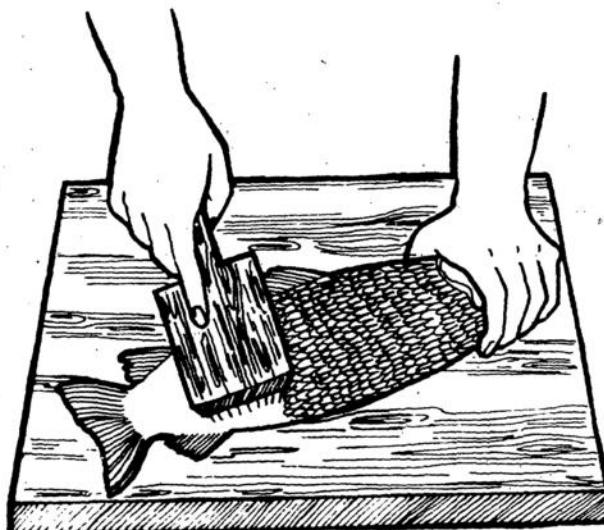
6



6

Sanduuqyo sixaarado ama kiishash caag ah oo hawo anay soo geli karin si kalluunka qallalan loogu keydiyo.

Marka la nadiifinayo kalluunka waxa ugu horeysa madax ta goynta iyo qolof dhicinta (gutting and scaling) adigoo qaadaya tallaabooyinka hoos ku qoran.

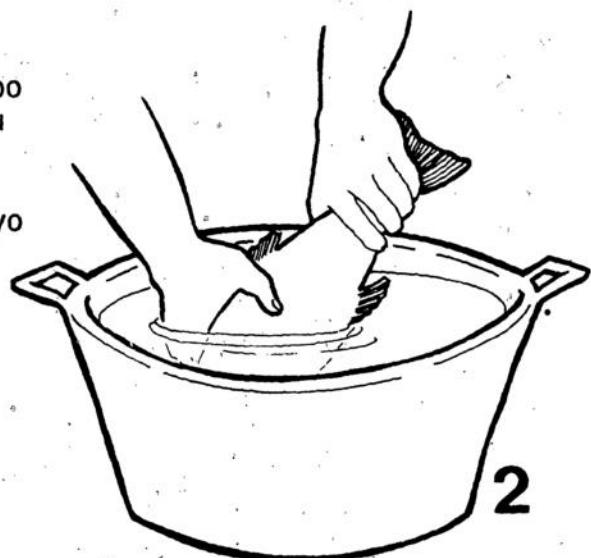


Dulsaar kalluunka loox adag oo ballaadhan. Qabo kalluunka madaxa. Soo qaado qorigii qolofta lagaga xaqquqayey kalluunka.

Ku xoq qolofta kalluunka adigo ka soo bilaabaya xagga dambe ilaa madaxa. Iska jir marka aad kalluunka qolof dhicineyso in aad hilibka hoose wax yeesho.

1

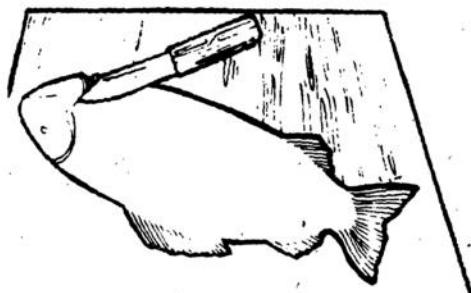
Ku maydh kalluunka biya qabaw oo soconaya ama weel ballaadhan ku jira. Adigoo hal gacan ku haya kalluunkii gacanta kalena kaga nadiifinaya wixii wasakha ah iyo qolofta ku hadhay.



2

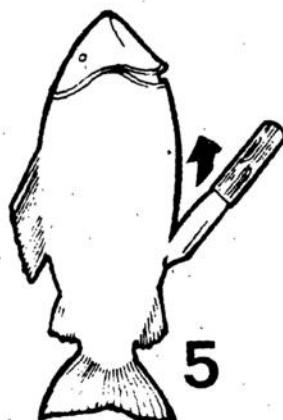


3



4

3. Adigoo dhinac u dhigaya duldhig kalluunka loox nadiif ah oo adag. Soo qaado middi afbadan oo nadiif ah, dabadeed ku jeex adigoo la raacaya jeex jeex waafyaha. Middida hoos geli waafyaha dabool kooda.  
Dhinaca kale u rog kalluunka dabadeedna sidii oo kale u jeex. Iska jir in aad goyso madaxa.
4. Middida waafyaha dhexdooda hore u sii geli adigoo ku celcelinaya si aad u dabciso, dabadeed jar waafyaha adigoo u jaraya xagga madaxa kalluunka.



5

Adigoo ka soo bilaabaya daloolka dabada ilaa iyo madaxa doox caloosha kalluunka. Iska jir in aad laba u kala goyso kalluunka.



6



7

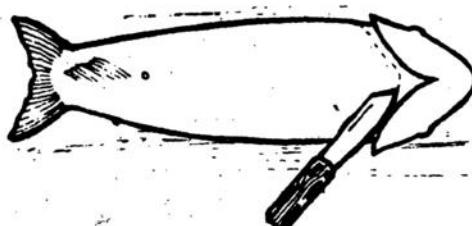


8

5. Marka ad dooxdo waxad arkeysaa ubucdii kalluunka oo dhan, xubno calooleedkii iyo waafyihii. Farta hoos ka geli oo ku soo qaad, ulaafyaha, xubnihiikale oo dhammina wey soo raaci doonaan, waayo waxay ishaystaan waafyaha oo ay isku dhaggan yihiin.
7. Middida soo qaado, adigoo ku xoqaya ka nadiifi xinjiraha iyo dhigga ku hadhay gudaha.
3. Biya qabaw soo qaado ama qasabad la tag oo nadiifi uur ku jirta kalluunka.

B. KALLUUNKA WEYN

1



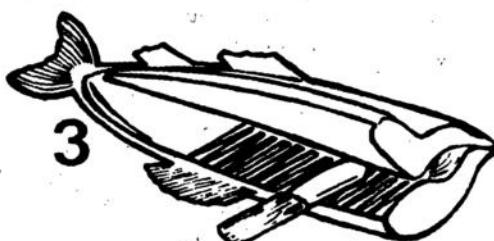
Adigoo jirjirka u dhigaya. Calooshana kor u soo marinaya, dul saar kalluunka loox ballaadhan oo adag. Madaxa dhinaca midigtaada u jeedi. Middida soo qaado oo ku goo, adigoo raacinaya middida jeexyada waafyada.

2



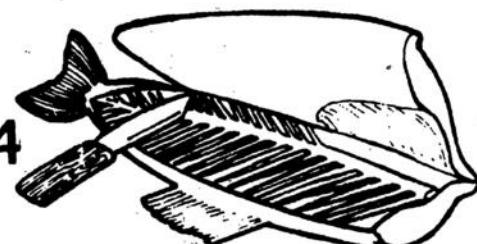
Gees u dhig madaxa iyo uur ku jirta.

3



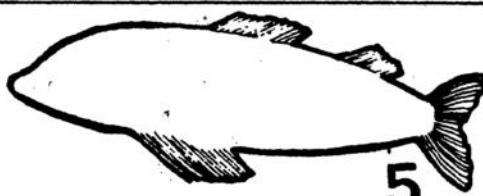
Dhinac u rog kalluunka. Si aad u kala saartid hilibka iyo lafaha. Kaga soo bilaw middida halka madaxa u xigta, una soo jar xagga dabada. Marka aad hilibka goynayso. Midida ad wax ku goyneysaa waa in ay taabataa lafta si anad hilib ugaga badh tagin.

4

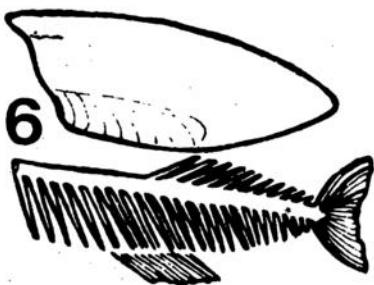


Saableyda feedha iyo laf dhabarta kala goy, si ay u dabacdo oo ay kuugu dhib yaraato in ad hilibka ka goysid feedhaleyda.

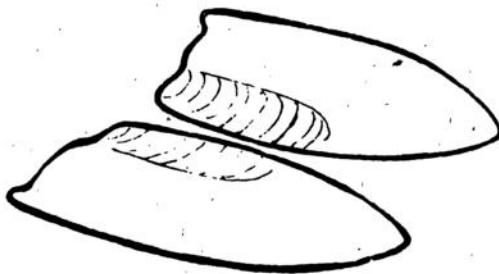
5



U rog kalluunka dhinaca kale adigoo dabadiisa u jeedinaya midigtaada. Dhinacii hilibka lahaana korka soo marinaya.



6



Sidii dhinacii hore oo kale ka jar hilibka.

### K A L L U U N K A      Y A R

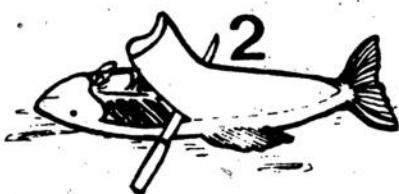
Waxad isticmaali kartaa kalluun dhan oo madaxa an laga goyn.



1

Dul saar kalluunka loox balladhan, adag, oo nadiif ah.

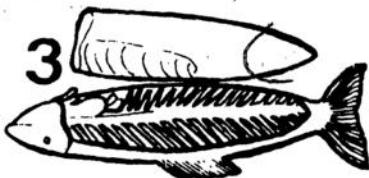
Kalluunka qaarkiisa dambe xaggaaga u soo jeedi, madaxiisana u jeedi xagga bidixdaada .haddaadan guraneyn. Middida ku goo adigoo la raacaya jeexa daboolka waafuyaha ilaa aad gaadho laf dhabarta (spine).



2

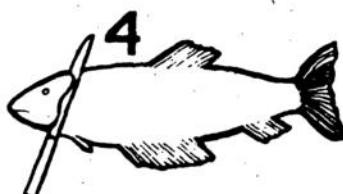
Leexi ama u janjeedhi middida marka aad waxku jarayso ila ay la samayso laf dhabarta (spine) xagal qumman.

U jar hilibka dhinaca dambe adigoo middida kaga soo bilaabaya madaxa. Middida ku dhaji laf dhabarta marka aad jareyso si anu hilib ugu hadhin lafaha.



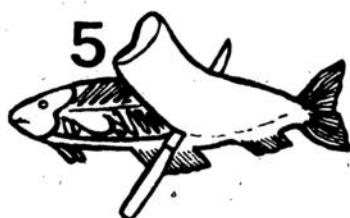
3

Marka aad hilibka goysay waxad arkeysaa  
uur ku jirta kalluunka oo dhan iyo  
tafihi oo qayaxan.



4

Dhinaca kale u rog. Callooshuna korka  
ha soó marto.

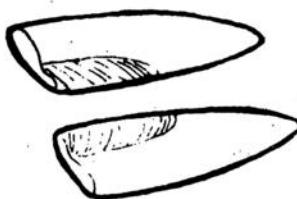


5

Ku celi tallaaboyinkii, hore ee 2 aad  
iyo 3 aad.

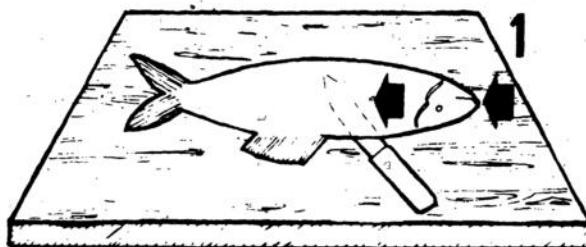


6



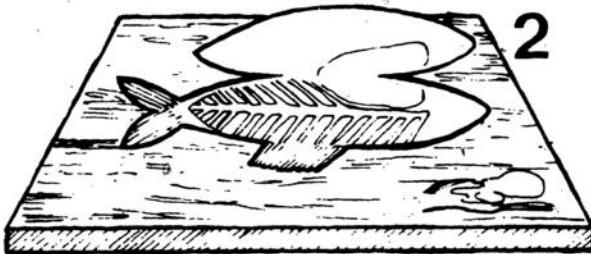
Ka nadiifi qashin calooleedka weli  
ku dhagdhagan hilibka ad goysay.  
Haddii ad doonto baalbiyoodyada ku  
goo. Hilibka ku meydh biyo soconaya  
oo qabaw, oo nadiif ah ama kuwa baaldi  
ku jira oo aadsii diyaarsatay.

B. KALLUUN YAR AMA MID MEEL DHEXAAD AH.



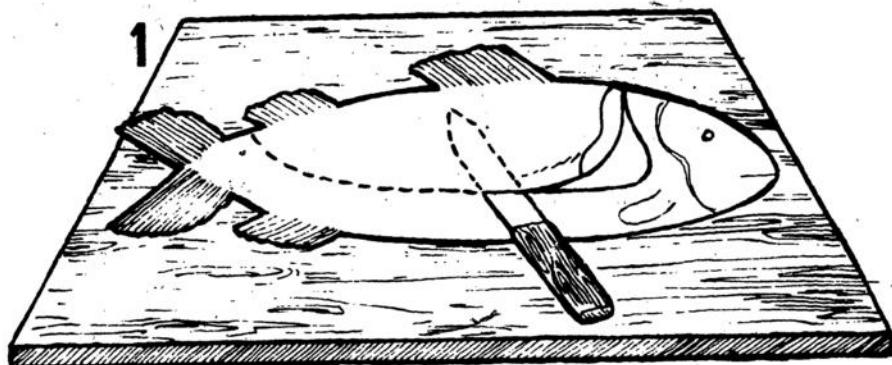
Dul saar kalluunka loox ballaadhan oo nadiif ah. Madaxiisu xagga midigtaada ha xigo, haddii adan gurraneyn, dhabarkiisuna ha kugu soo jeedo.

Laba u kala jeex madaxa kalluunka, sii wad ila aad laba jeex ka dhigto kallunkii, adigoo laf dhabarta dhinac raacinaya. Marka aad kala jeexayso kalluunka iska jir inaad middida hoos u geliso oo ad caloosha dooxdo.



Kala fur kalluunka, waxa kuu soo baxaya laba dhambac oo is le'eg oo xagga booga iska haysta, calooshii iyo uur ku jirtiina iyagoo muuqda oo dhinac saaran ayaad arki doontaa. Ka soo saar uur kor jirta iyo waafyaha dabadeedna aad ugu maydho biyo qabaw oo socda ama weel kuugu sii jiray.

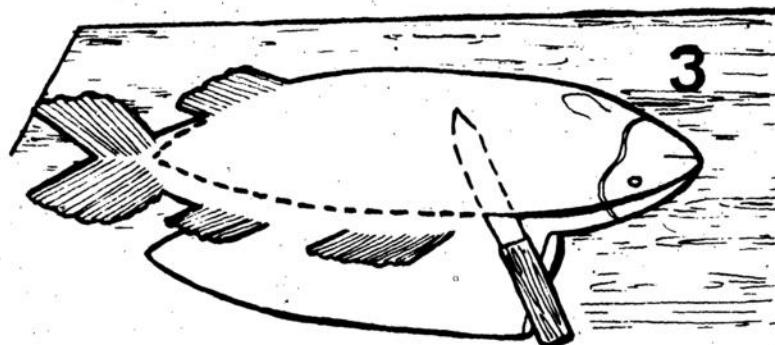
Si ay habaynta kalluunka inooga kaalmeyso, waxa loo baahanyahay in an wasladaha yar yareyno, sidaas daraadeed googoynta waxan ka dhigeyna intii kalluunka yar oo labanlaaban.



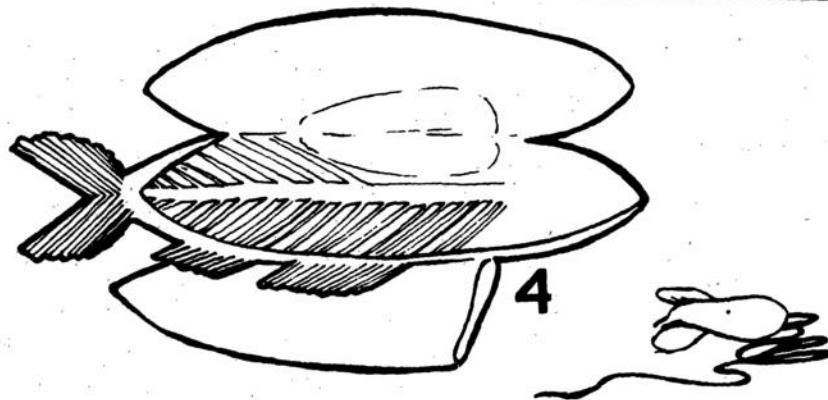
Kalluunka kor saar loox adag oo balladhan, ha ahaado looxu mid nadiif ah. Boogga (caloosha) kalluunku waa inuu xaggaaga soo xigaa, maduxuna midigtadaa ha u jeedo haddii anad guraneyn. Adigoo ka soo bilaabaya daboolka waafyaha ilaa baalbiyoodka dambe middida ku jeex. Wäxa kuu soo bixi doona waslad ad moodo dabool oo kale - markaad kor u faydo.



Wasladdu waa in kalluunka ay ka haysa taa dhabarka sare. Marka aad goynaso wasladdana iska jir in aadmiddida hoos u geliso oo ad uur ku jirta sarto ama dooxdo.



Kalluunka u rog dhinaca kale, madixiisuna ha u jeedo dhinaca midigtaada, dhabarkiisuna ha u soo jeedo dhinacaaga bidix. Kala jeex kalluunka adigoo ka soo bilaabaya madaxa ilaa dabada. Waa in ad hesho waslad dhumuc le'eg tii hore dhirerkana ka dheer, laf dhabartu way kaa hadhaysa. Marka ad kala jeexayso kalluunka waxad u baahantahay middi weyn ama faas..



Marka aad wasladan goyneysa ha gaadho middidu caloosho, laakiin iska jir in aad ku mudid oo aad dillaaciso caloosha.

Wasladda kor isaga qabo dabadeedna gacanta kaga soo bixi uur ku jirta oo dhan iyo waafyaha.

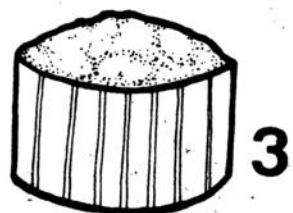
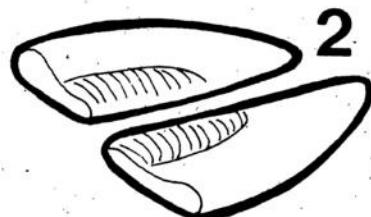
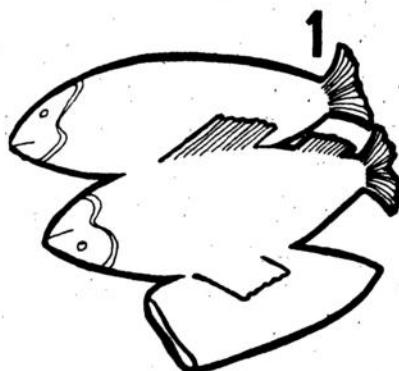
Ku meydh kalluunka biya qabaw oo nadiif ah oo socda ama weel ku jira.

## MILIXAYNTA BIYAH

la'

## MILIXAYNTA QALLALAN

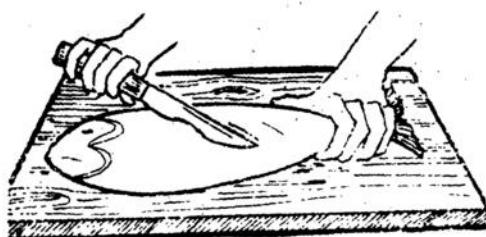
B. WAXAD U BAAHAN TAHAY:



1. Kalluun la kala dhambalay am la kala jeexay.
2. Laba wasladood oo waaweyn.
3. Milixda caadiga ah ee la cuno.

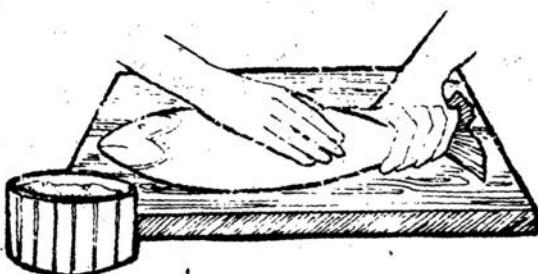
## MILIXAYNTA BIYAH AAN LAHAYN MARKA.

isticmaalayo waxa loo baahanyahay weel dambiil oo kale ama shaando ah oo biyuhu ka hooraan.



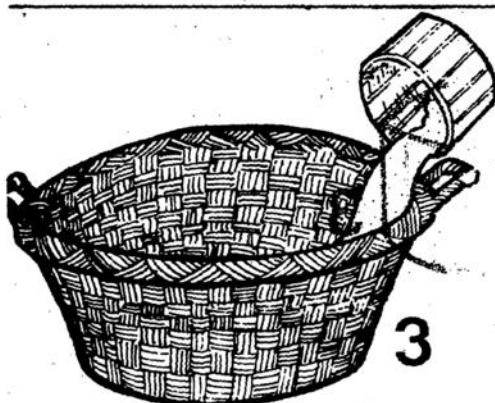
1

Dul saar kalluunka loox balladhan oo adag. Adigoo isticmaalaaya middi af badan oo nadiif ah, saaf kalluunka korkiisa adigoo u sameynaya meela ay mulixdu gasho.

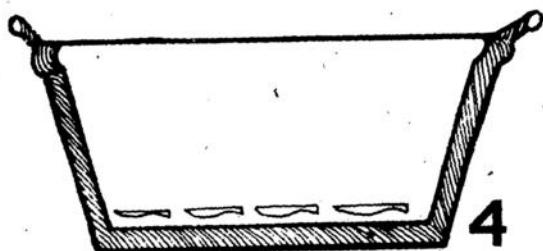


2

Soo qaado sacab milix ah oo ku daadi meelihii ad saaftay.



3



4

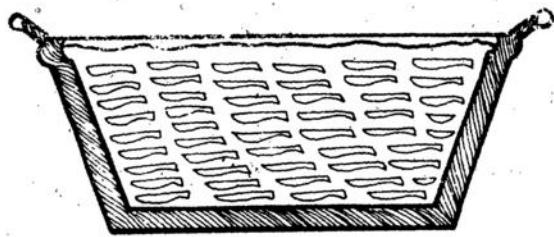
Weelkii aad ugu tala gashay (baldi, dambiil) soo qaado, milixna gunta u dhig.

Kalluunkii saf saf oo dhig weelka guntiisa.

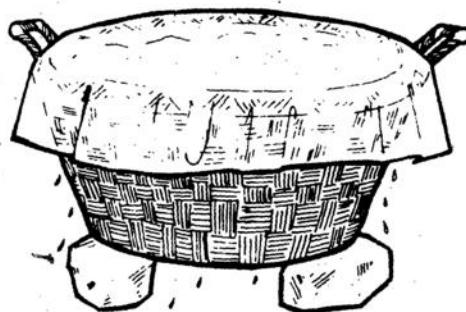
Kalluunka aad safeysaa waa mid dhambacyo ah (laba u kal jeexan). Ee ma aha mid dhan. Taasi waxay fudu daynaysaa in milixdu si fican u gaadho kalluunka. Iska ilaali in ad labada dhambac isku daboosho, waa inaad is ag dhigtaa.



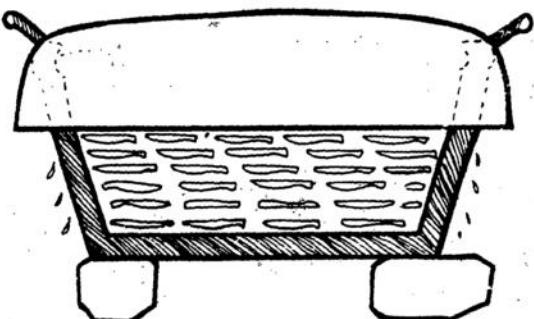
5



Sidaas ku wad adigoo saf kalluun ah marka ad dhigtaba saf milix ah ka sareysiinaya ila u kaa buux samo weelkii.



6



U dabool si culus, lakiin ha dul saarin dhagax i.w.m.

#### X U S U U S

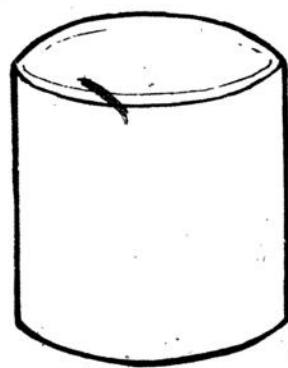
Weelkiaad kalluunka ku gurtay rako yar (dhardhaaro) u samee oo dabadiisa dhulka kor uga yar qaad.

Taasi waxay suura gelineysaa in ay biyuhu ka hooraan weelka.

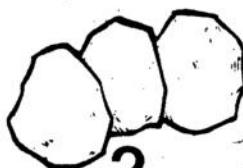
(MILIXAYNTA QOYAN)

B. WAXAD U BAAHAN TAHAY :

1. Weel dabool leh. Weelku waa inuu ahaado mid xagga sare u dhuuban.
2. Dhawr dhagax oo nadiif ah.
3. Milixda caadiga ah ee la cuno.
4. Baaldi ama weel la mid ah.



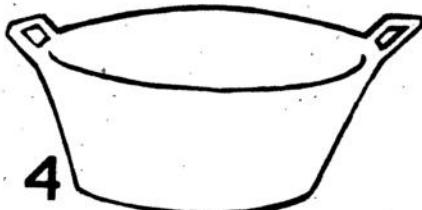
1



2



3



4

T. KALLUUN YAR (NOOCA SARDIINKA AH)

Ha ka bixin uur ku jirta ee u daa, waxay caawineysaa (fermentation) inaanu xumaan kalluunku mudda dheerna u yaallo.

KALLUUNKA WEYN: -

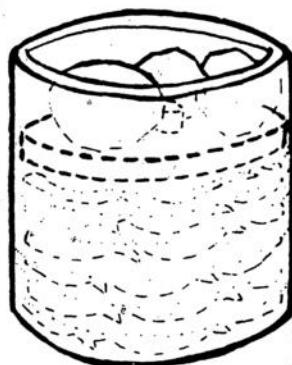
Isaga ka bixi uur ku jirta.

Milixda oo kaliya ayaa ku filan raajinta iyo daryeelka hilibkiisa. Si arrintaasi u suurtu gasho waa la kala jeexaa kalluunka weyn iyo ka meel dhexaadka ahba, si ay milixdu hoos ugu gasho jidhka kalluunka.

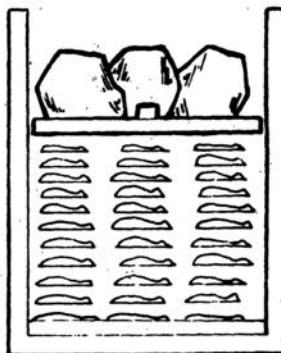


Soo qaado 3 dex meelood oo källuun ah iyo meel milix ah.

1

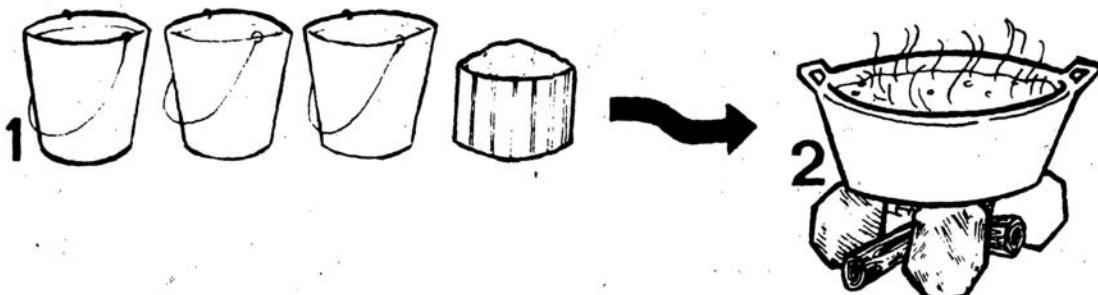


2

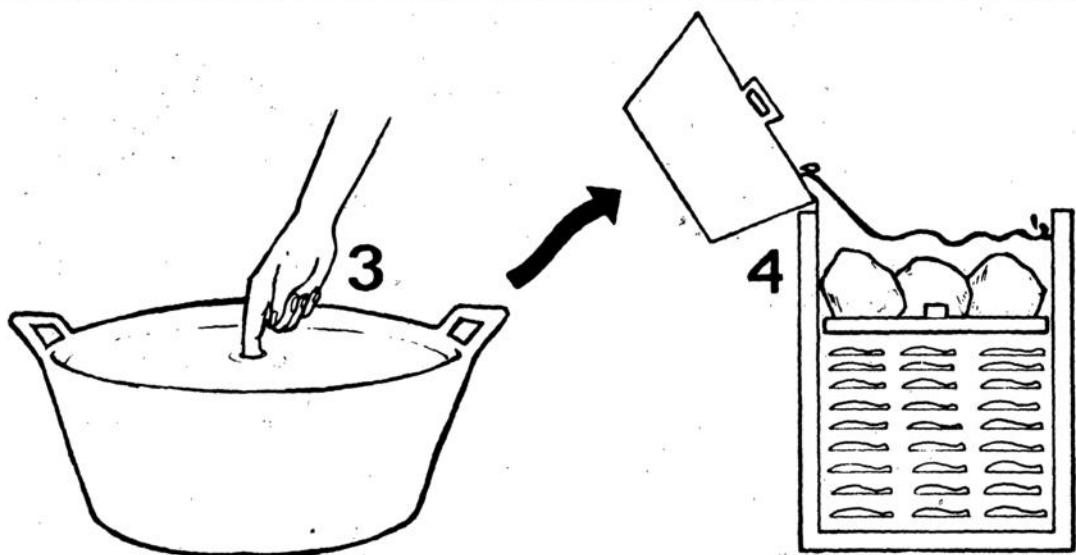


Weelkii aad haysatay milix gunta u dhig milixdu waa in ay qarisaa guntiisa. Dul saar saf kalluun ah, milix ku dul daadi dabadeena saf kalluun ah, sidaa ku wad ilaa u ka buuxsaamo weelku. Marka aad arrintaa waddo laba shay xasuusnaw. Safkii walba ee kalluun ah ba inaad ku qariso milix inta anad kalluun kale dul saarin iyo inaad kala fogeyso kalluunka marka aad safayso oo anad isku cidhiidhyin. Dulsaar dabool. Soo qaado dhawr dhagax oo culus oo dul saar dabool ka si ay hoos ugu raji. Waxad arki doonta takab milix ah oo daboolka karkiisa ku sameysmay waqtii ka dib. Haddiaad arki weydo ka qaad daboolka oo ku kordhi milixda.

## J. DIYAARINTA BIYAH A LAGU MILIXAYNAYO KALLUUNKAA

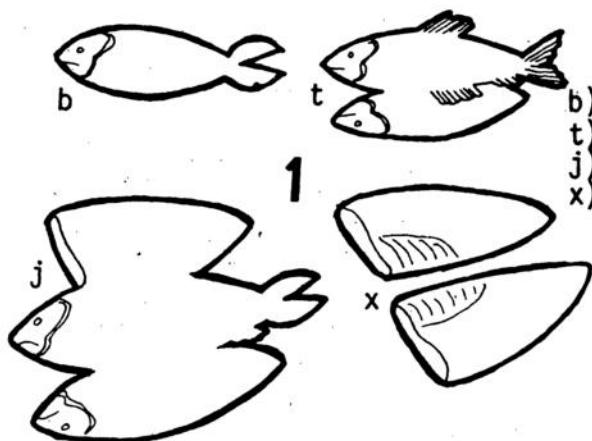


1. Soo diyaarso seddex meelood oo biya ah iyo meel milix ah.
2. Isku dar (solution) biyaha iyo milixda karkari oo dabadeedna qabooji.



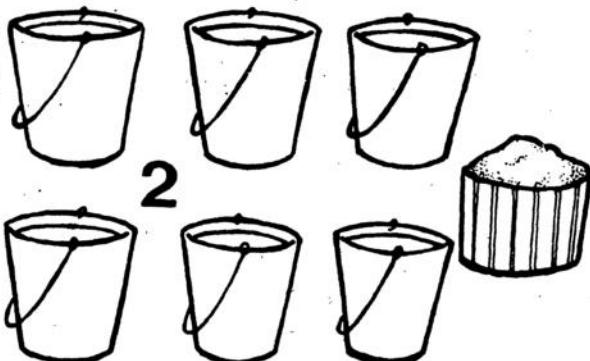
3. Farta ku day, adigoo iska hubinaya in ay weli kulkululyihiin iyo in kale; haddii anay kululeyn waa la isticmaali karaa.
4. Kalluunkii iyo milixdii oo meeshii kuugu jira ka qaad daboolka, dabadeena ku dar biyaha milixda leh, oo korka kaga shub.

B. W A X A A D   U   B A A H A N   T A H A Y



- b) Kalluun yar oo dhan,  
 t} kalluun yar oo la kala jeexay,  
 j} kalluun weyn o la kala jœexay  
 x) waslado.

Diyaarinta biyaha lagu milixay-nayo kalluunka haddii loo baahdo in la sii sameeyo, waxad u baahan tahay shentii ilaa lixdii meelood ee biyo ahba hal mee'l oo milix ah in ad ku darto.

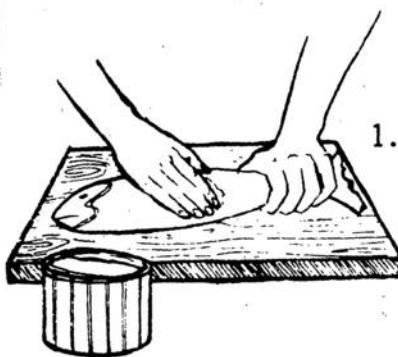


T.

Raajinta iyo daryeelidda kalluunka waxa ka mid ah in qiq lagu shido. Ulajeedaduna waxay ay tahay in la kariyo dabadeedna la qallojijo kalluunka.

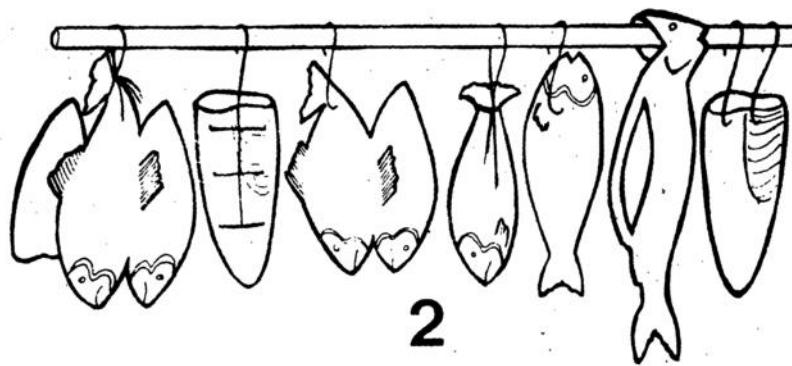
Habkaas waxa lagu magacaabaa qiq ku qaalajin qiiqa ku qallajintu waxay noqon kartaa laba nooc. Qallajin dhan iyo qallajin badh ah. Qallajinta badhka ah waxa lagu dhameystiraa qorraxda oo loo dhigo. Marka kalluunka loo diyaarinayo in qiq lagu qallajiyo, sida badan lama isticmaalo kalluun milixaysan taasina waxa loo yeelayaa dadka cuni doona ee loogu tala galayo oo laga yaabo in qaarkoodba anay ka helin milixda badan iyo dhanaankeeda. Milixaynta kalluunkuna iyadoq ah mid ku xidhan kolba cimilada meesha la joogaa sida ay tahay, haddana waxa la isku raacsanyahay milixayntu in ay tahay habka ugu fiican ee kaydinta kalluunka marka taga eego xaag tayada.

Kalluunka qiiqa lagu shidaa marka la diyaarinayo wuxu noqon karaa, mid dhan (madaxa laga gooyey ama laga goynba), mid la kala jeexay ama mid waslado laga dhigay.

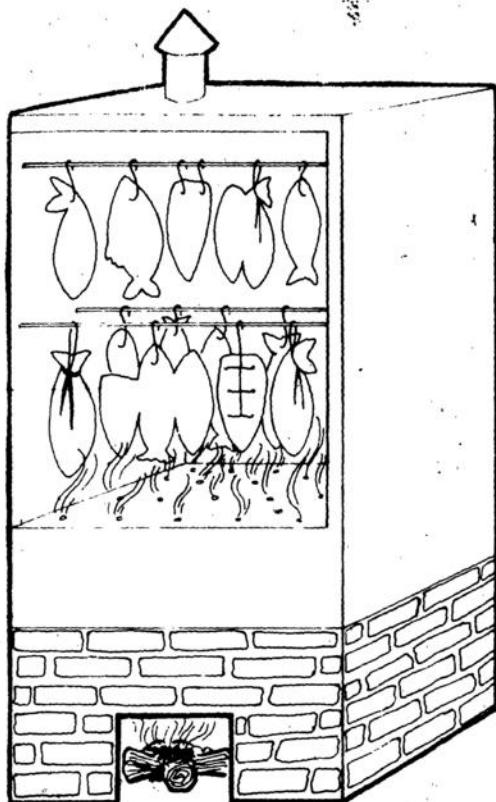


1. Haddi kalluunka horta la sii milixeyay, waa inu ahaado kalluunku mid biyo milix leh ku jirey tobant daqiqo ilaa sagaashan daqiqo (10 - 90 daqigo) inta u dhaxaysa. Qiyaasta biyaha iyo milixdu waa lix meelood oo biya ah iyo meel milix ah. Waqtiga loo baahanyahay in kalluunku biyaha ku jiraana (10 - 90 daqigo)

aa mid ku xidhan kolba kalluunkaad isticmaaleysaa inta uu leegyahay, kalluunka la diyaarinaya sida uu yahay (mid dhan, mid kala jeexan, waslado) iyo buurida kalluunka. (Kalluunka aad u buurani wuxu u aahanyahay in u biyaha ku jira waqt badan). Haddii kalluunka an ore loo milixayn waan in si fiican loo maydho.



2. Uj dheer ú dhig oo ka soo laalaadi (daldal) Kalluunka. Haddii meel aad ka' soo laadlaadisoaad weydana is ag dhig dhig (isku ag wadh) oo yey istaabtaane ha kala yar durugsanaadan. Si qiiqu u si isku mid ah ugu wada qaadho kalluunka kolba dhinac u rog inta habka qijintu soconayo. Kalluunka isagoo dhawr nooc ah ayaa lagu soo laad laadiyaa xadhig dhuban, dun ama bir soo qalloocda (hook) ha ahaado. Kalluun dhan, mid ta kala jeexay ama waslado waaweyn ayaad soo laalaadin kartaa, adigoo ka xidhaya dabada ama ka dalodinaya qawlalka, waafyaha i.w.m.

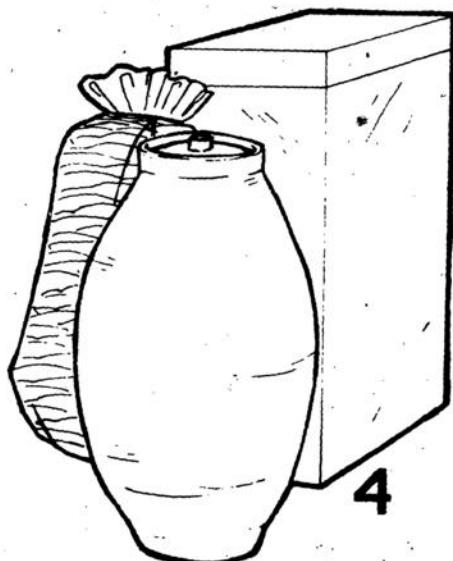


Meeshii dabka ad ugu tala gashay ku shid dab. Waa in ay ahaato kalluunka daldalan hoostiisa si si qiiqu ugu boxo.

Marka hore dabka aad ha u shidin, si uu u qallajiyo kalluunka intissa sare. Dabadeed dabka aad u shid oo kulleylkiisa kordhi, adigoo dabayl badan u ogolaanaya, kulka badani wuxu suurta gelinaya inuu kalluunku karsamo. Karintu waa ilaa laba saacadood.

Haddii anu kalluunku si fiican u wada qallalin markii hore, waxa dhacaysa inu marka dambe ee dabka ad aad ugu shiddo hilibku dhakhso u karsamo oo dabadeedna kalluunku ka soo dhaco halkii u ka soo daldalaa ama u soo googo. Marka karintu dhammato, dabadeed qorraxda ayaad u dhigi si u aad ugu sii qallalo.

Markaad qorraxineyso dul saar kalluunka mara kaneecho, shaandho bir ah ama shabaq i.w.m. Oo ka celiya diqsiga baranbarada iyo xasharaadka kale ee wasakheeya cuntada.

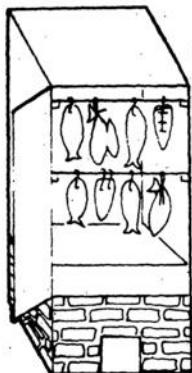


Kalluunka aad imika haysata ee aad ka celisay xasharaadkii wasakhda lahaa ee aan soo sheegnay, wuxu jiri karaa dhawr bilood isagoo an xumaan. Meelaha sayaxa iyo suyuca badan leh, waa in lagu ridaa kalluunka weel hawadu anay soo geli karin, si aan sayax u soo gaadhin kalluunka.

Haddii weelka noocaas ah anad heli kareyn ama u qaali kugu naqdo waa in ad kalluunka qallajisaa marka aad waqtii joogtaba.

(QORRAX KU QALLAJINTA KALLUUNKKA)

B. WAXAAD U BAAHAN TAHAY



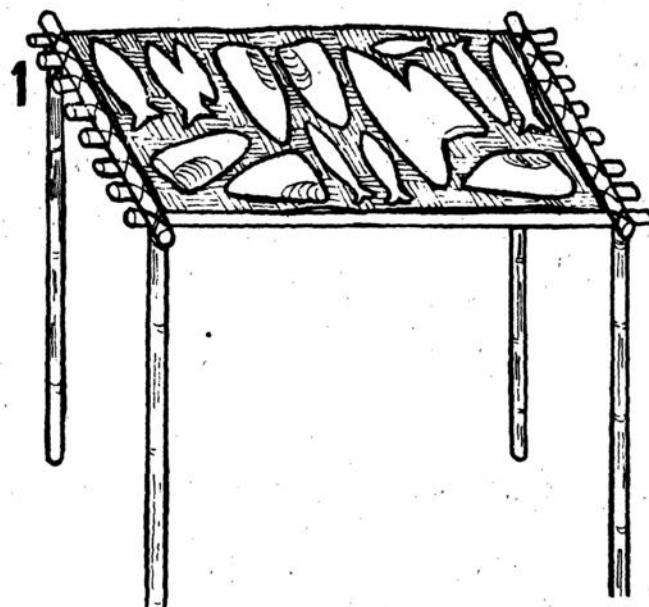
1. Kallun qiig lagu qallajiyey.
2. Kalluun an la milixayn ama.  
la qallajin.



Kalluun lagu milixeeyey  
biyo qabaw oo milix leh.

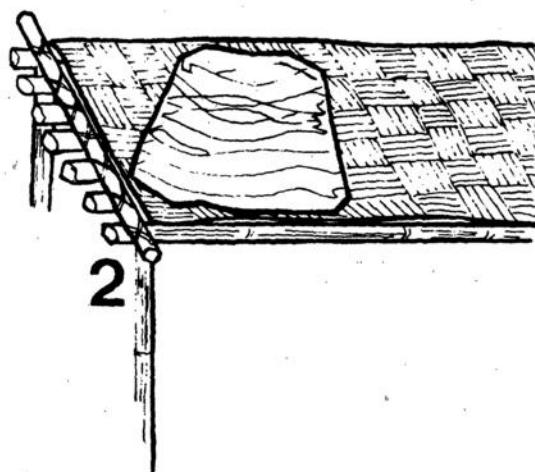
T.

Si ay qorraxintu u hagaagto waxa loo baahanyahay inaad kala jeexdo kalluunka weyn iyo midka meel dhixaadka ah ba.  
Waxa kale oo aadisticmaali kartaa kalluun la milixeeyay ama mid iska dhan oo aad madaxa ka goysay.

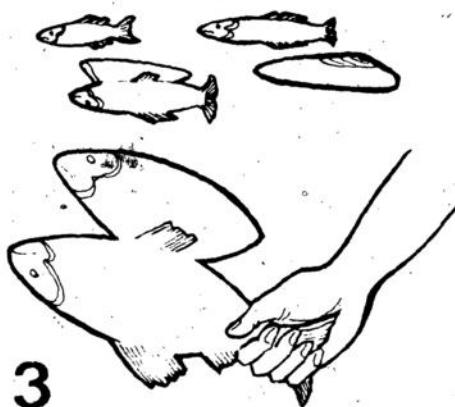


Ku wadh kalluunka sariir dhulka ka kacsan dusheed. Sariirtu waa in ay ka sameey santahay caw, xadhig ama sarab aad isugu dhaw i.w.m.. Taasi waxay suurta gelineysaasi ay hawadu dhinac walba uga soo gasho. Sariirta aad kalluunka ku dul wadhay dhig meel hadh ah maalin ama laba kolba sida suyuca (humidity) meesha aad joogtaa ay tahay.

Haddii aad kalluunka qorraxda digto waqtii badan waxa dhacaysa in inta sare ay.aad u qallasho oo qolof adag ay noqoto iyadoo xagga hoose ay weli qoyantahay. Waxa habboon in aad ku horeysiiso meel hadh ah. Marka aad dragto korkii sare inu qallalay, u soo bixi kalluunka qorraxda ilaa u dhammaan wada qallalo.

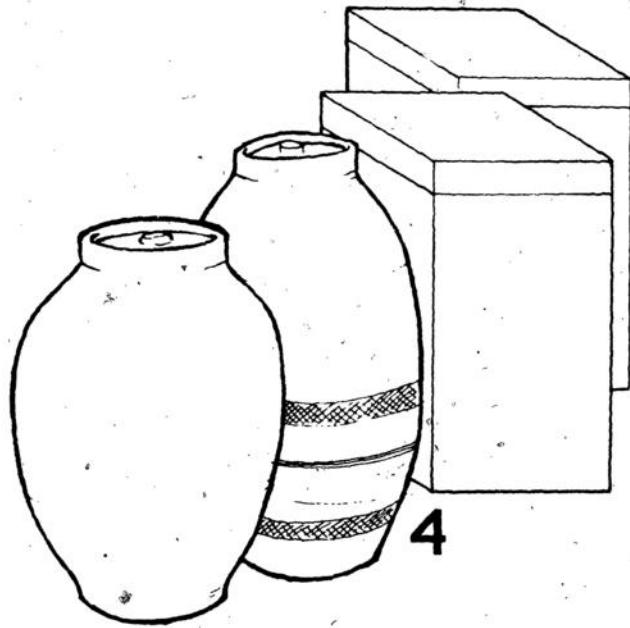


Habeenkii ama waqtiyada roobku da'ayo, u samee dabool adag. Kariyo hoosba uga samee, si aan sayax u ugu soo noqon kalluunka.



3

Marka u diyaar yahay kalluunku,  
si sahlan uma qallocin kartid.  
Haddii kalluun milixaysan aad  
markii horé isticmaashay waxad  
arkeysaa markaad daboolka ka  
qaado iyada oo dusha sare ay kaga  
sameysantay lakab.  
Milix ahi (layer of salt cristals)



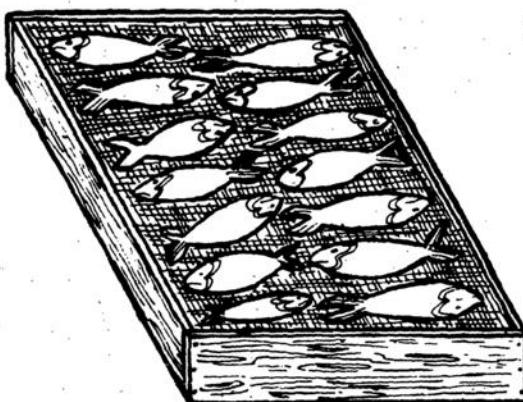
4

alluunka qallalani ha ahaado mid la milixeeyey ama mid aan la  
ilixayne, wuxu jiri karaa waqtii badan gaar ahaan marka lagu  
aydiyo meel hawada ka xidhan sida qaboojaha oo'kale.

# KAYDINTA KALLUUNKA

KALLUUNKA LA QALLAJAY WAXA LAGU KAYDIN KARAA SIYAABA  
KALA DUNWAN.

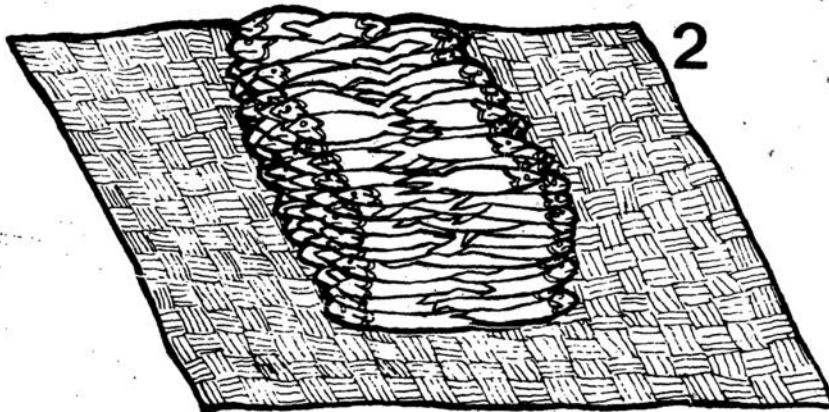
1



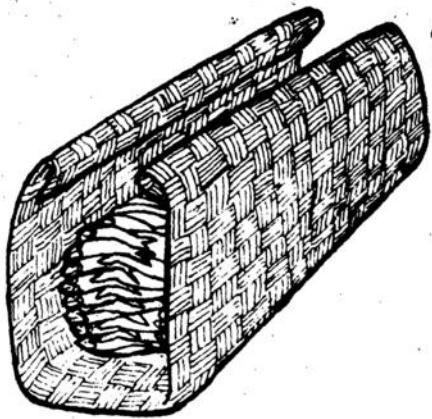
B. ADIGOO ISTICMAALA DARIN.

Soo qaado kalluun qiiq lagu gallajiyey ama la qorraxiyey.

2

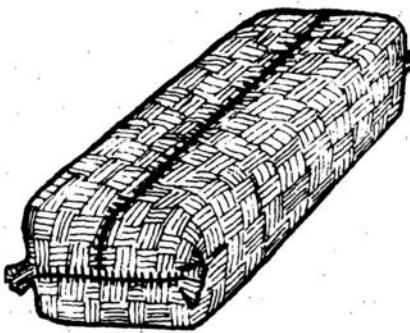


Soo qaado darin oo fidi, dabadeedna is ku dul rasee kalluunka darinta dusheeda.



3

Si fiican isugu soo laab darifyada  
darinta iyada oo kalluunkiina ku  
dhex jiro.

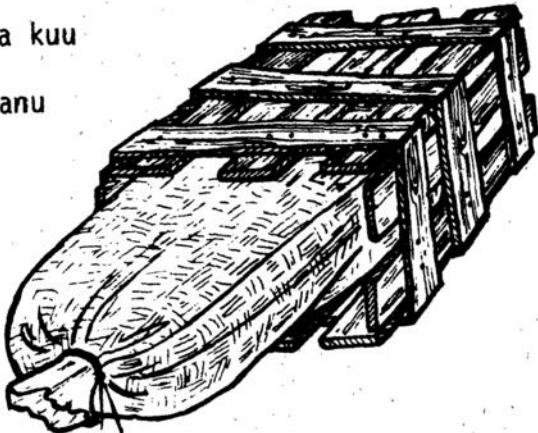


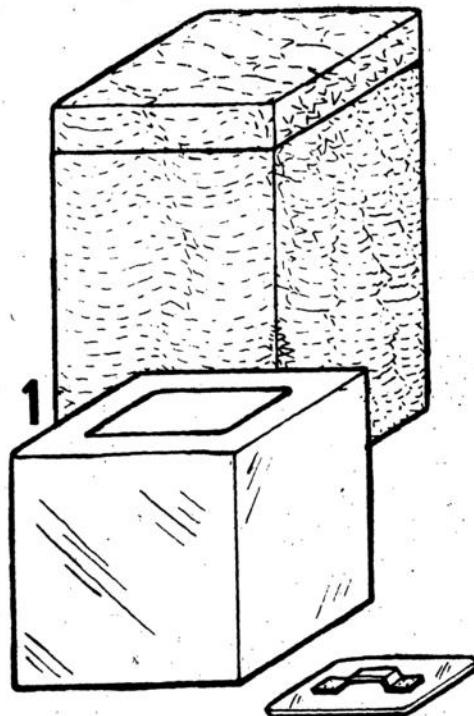
4

Darifyada darinta isku  
tol.

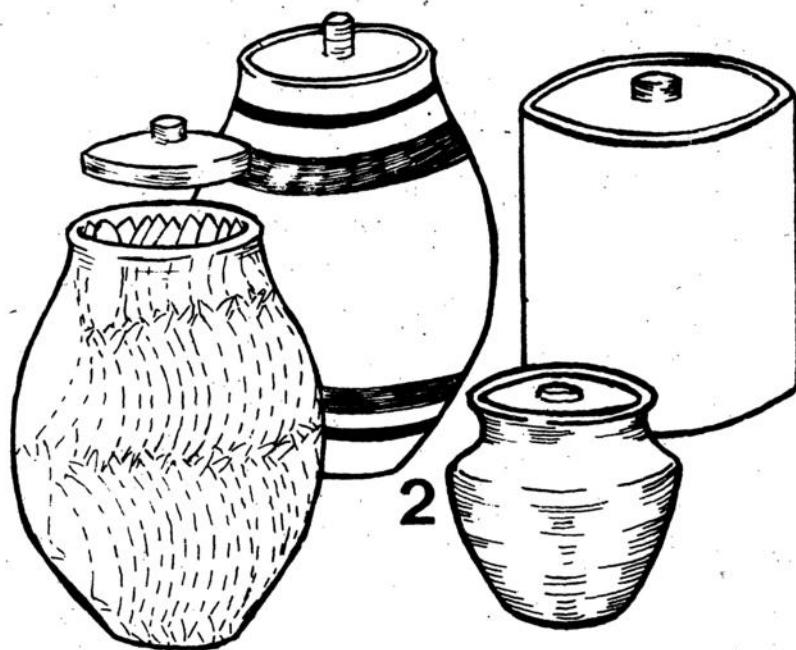
Darintii o joonyad ad moodo ayaa kuu  
soo baxaysa.

Ku rid taqdad ama shay kale si anu  
kalluunku u burburin.





1. Kalluunki oo xidmo xidhaa  
isugu xidhan ku rid weel  
weyn oo bir al Hawaduna  
anay geli karayin.
2. Weelkale oo dhooba ah  
(sida ashumnada oo kale)  
ku rid kalluunka oo ku da-  
bool.



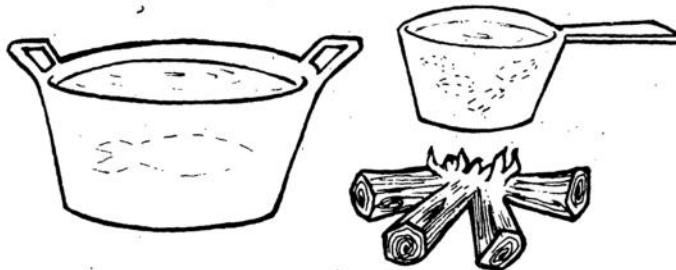
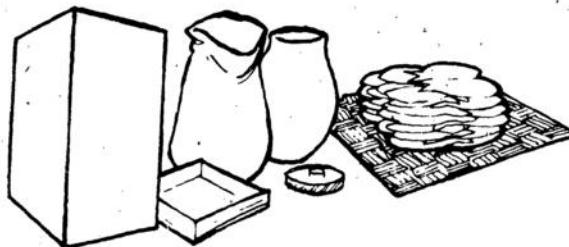
## B. I S T I C M A A L K A

Kalluunki la hagaajey inta an la isticmaalin, waa in horta laga meydhoo miliixda, adigoo ku riddaya biyo qabaw oo macaan.

Biyaha ku daa muddo hal habeen ilaa laba maal mood ah.

Meelaha Cimiladeedu ay kulushahay habeen wax ka badan kallunka biyaha ha ku deyn.

Biyaha ka baddel dhawr jeer. Waxa kale oo aad sameyn kartaa in ad kalluunka sii jarjarto oo waslado aad ka dhigto, dabadeedna aad ku riddo biyo. U kuleyli biyaha soddon daqiqo ilaa saacad.



## X U S U U S

Kalluunka qallalan oo dhami noocuu doono ha ahaadee waa in la kariyo inta an la cunin ka hor.

## T. KARINTA KALLUUNKA



Marka milixdii ay ka maydhanto, ku karkari kalluunka biyo, khudaarna ku dar. Khudaarta lagu kariyo kalluunka waxa badanaaba ka mid ah, tamaandhada, basasha iyo bataatada. Khudaarta cagaaran ee ay ka mid yihiin, kaabashka, salaadka, bagalka kaaroodka i.w.m.



J. KALLUUNKA KARKARSAN  
(Boiled Fish)



Marka aad kalluunka ka maydho milixdii, ku rid digsi ama weel kale oo wax lagu kariyo.

Biyo ku shub ilaa ay qariyaan kalluunkii digsiga gunteeda ku jirey.

Dabka saar oo karkari ilaa hal saac.

Xumbada iyo wasakhda korka soo marta kaga qaad qaado.

Ka soo bixi kalluunka oo ku rid saxanaad hore u diirisay.

Ku shub saliid ama subag iyo woxoogaa basbaas ah.

X. DUBIDDA A MA SOLIDDAD



Marka aad milixda ka meydho kalluunka, ha hooraan biyuhu oo ha gallalo.

Woxoogaa saliid ama subag ah ku daadi kalluunka korkiisa.

Dulsaar kalluunka shaandho bir ah dabadeedna dabka kusol.

Adigoo seddexdii daqiqaba dhinac u rogaya. Waqtigaad soleysaa wuxuu ku xidhan yahay kolba inta uu kalluunku leegyahay.

Kalluunka buurani waqtii badan ayuu kaaga baahanyahay inaad sosh, ka caadiga ahina waqtii yar ayuu kaaga baahan yahay.

## CASHARKA 10aad

### NOOCYADA KALLUUNKA EE BADDEENA

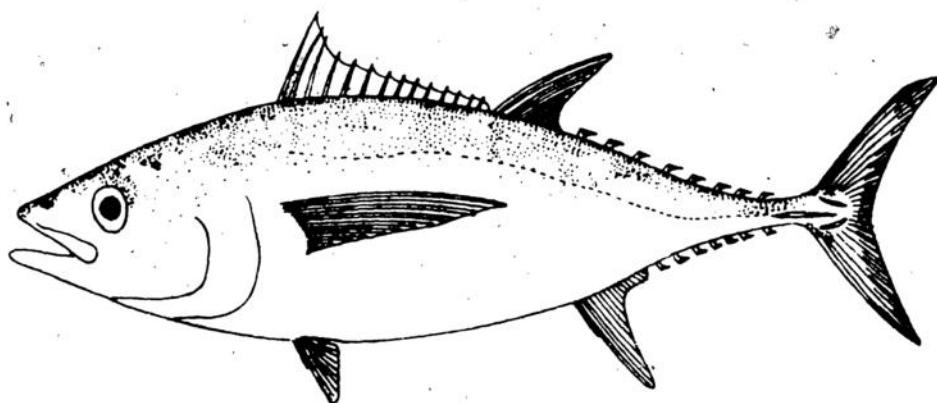
Cutubkan .waxaad ku baran doontaa noocyo kalluun ah oo ka mid ah kuwa laga dabto xeebaheena. Noocyadan dhamaantood waa la cunnaa, waxana lagaga dabtaa xeebaha qalabka ay ka mid yihiin huuri, shabaag.

Baalashan soo socda waxaad ka arkeysaa warbixino ku saabsan kalluunka oo ku habboon u fiirsasho.

1. Waxa muujisan magaca kalluunka. Waxa laga yaabaa in ka aad u taqaanid mooyaane mid kale qoran yahay.
2. Masawirka kalluunka oo qeybaha jidhka falaadho lagugu tusey.
3. Astaamaha guud ee kalluunka noociisa lagu soo sooci karo. Isu fiiri astaamaha musawirka ku muujisan iyo hadalka hoos ku qoran.
4. Midabada kalluunka, inkasta oo midabku aanu ahayn wax lagu kala sooci karo kalluunka.
5. Xajmiga iyo inta uu lee'gyahay kalluunkaasi, waxa muujisan xajmiga caadiga ah iyo qiyaasta aan caadiga ahayn ee kalluunkaasi gaadhi karo.
6. Tilmaamo gaar ah oo nooca kalluunkaasi lee yahay.
7. Nooca cuntada uu kalluunkaasi quuto.
8. Habka sayladda loo geeyo. Qaarkood waxa sayladda la geeyaa isaga oo cusub qaarna hilibkiisa oo la milixeeyey ama la engejiey.
9. Sabada uu nooca kalluunkaasi ku nool yahay.

Waxa aan ku raja weynahay in marka si quman aad u deristid tilmaamahan in aad khibrad u yeelaneysid, nooca aad kalluumey saneysid iyo meesha aad ka kalluumey saneysid.

## T A B A D I I N



Kalluunkan jidhkiisu wuu kala baxsan yahay, Washirku way yar yar yihiin waxayna ku badan yihiin jidhka intiisa hore. Labada`baal-biyood ee miskuhu way isku dhow yihiin. Labada baal biyood mis-kood mid ka hore qodxo ayuu leeyahay.

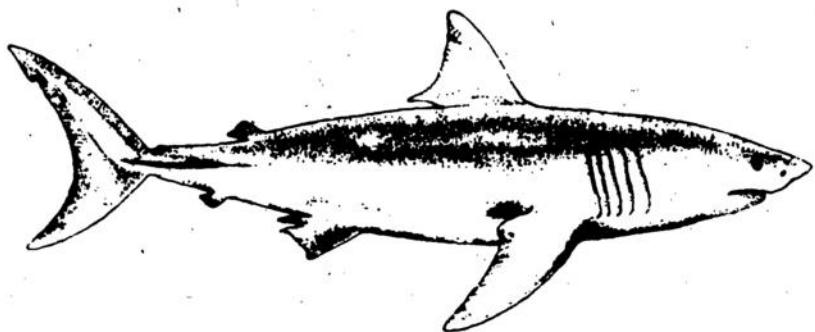
Wuxu leeyahay af weyn iyo ilko.

Xajmiga: Kalluunka noocan ahi aad ayuu u kala waaweyn yahay, qaarkood dhererkooda waa 40 sm. Qaarna 180 sm.

Cuntada: Wuxu cunaa oo uu ku nool yahay kalluunka yar yar.

Sabada: Wuxu ku badan yahay xeebaha. Kalluunka noocani waa nooca xeebaheena ku badan ee la qasaceeyo. Hilibkiisu wuu macaan yahay, wuxuuna leeyahay saliid badan.

Sayladda: Qaarkiis waa la qasaceeyaa, qaarna waa la qalajiyaa ama ta milixiya.



Habdhiska muuqaleed:

- 1) Libaaxu ma laha laf run ah oo qalfoofkooda ka mid ah.
- 2) Ma laha badanaaba qashar ama qolof.
- 3) Noocyoo badan baa jira. Ugu yaraan 250 nooc ayaa jira, sida aad musawirka ku aragtid.
- 4) Wuxuu libaaxu ma laha laf run ah oo qalfoofkooda ka mid ah.

Midabkiisa: Midabkoodu waa madow camaajiciir ah, buluuki iyo casuus.

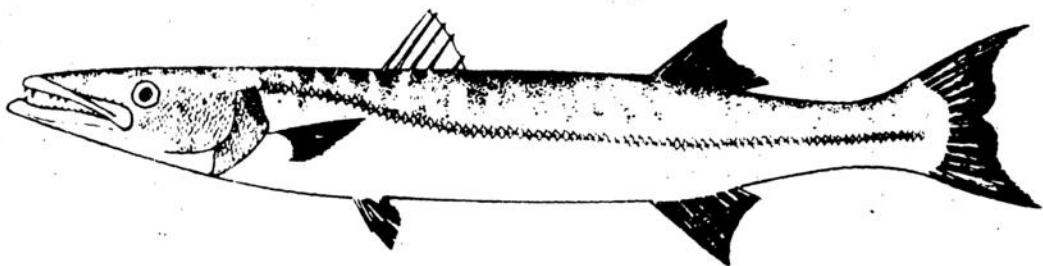
Dherarka: Waa 1m ilaa 17 m inkasta oo ay waaweyn yihin, halis ma aha.

Quutinta: Wuxuu libaaxu cunna malayga ka yar yar, carsaanyada, qaarkood waxay cunaan dhirta badda gunteeda ku taal.

Sabada: Dhawr meelood oo biyaha ka mid ah baa laga helaa, sida biyaha diiran, iyo kuwa xeebaha.

Sayladda: Waxa sayladda la geeyaa isaga oo cusub, ha yeeshe intiisa badan waa la milixiyaa. Noocyoo libaaxa ka mid ah ayaa halis ah oo weerara mallayga iyo dadkaba. Waxayna noocani ku helaan cuntadooda uris, ay uriyaan wixii u dhaw. Wuxuu libaaxu ma laha laf run ah oo qalfoofkooda ka mid ah.

## S U B S A R I I N



Habdhiska muuqaleed: Noocani wuxu leeyahay jidh kala baxsan oo dheer. Wuxu leeyahay qashar aan badneyn. Wuxuu leeyahay laba baalbiyood oo ka hore ay ku yaaliin shan qodxood.

Wuxu leeyahay af weyn oo ay hareeraha kaga yaaliin qolofii.. Afka fuqiisa sare wuxu ku leeyahay laba miciyood.

Sameyska iyo qaabka jidhka darteed aad ayuu u dheeereya marka uu dabaalanayo.

Midabka: Wuxu ku leeyahay dusha sare midab bluuki ah bogga hoosana waa qalin. Dhinac kasta wuxu ku leeyahay 18 jitimood oo madmadow.

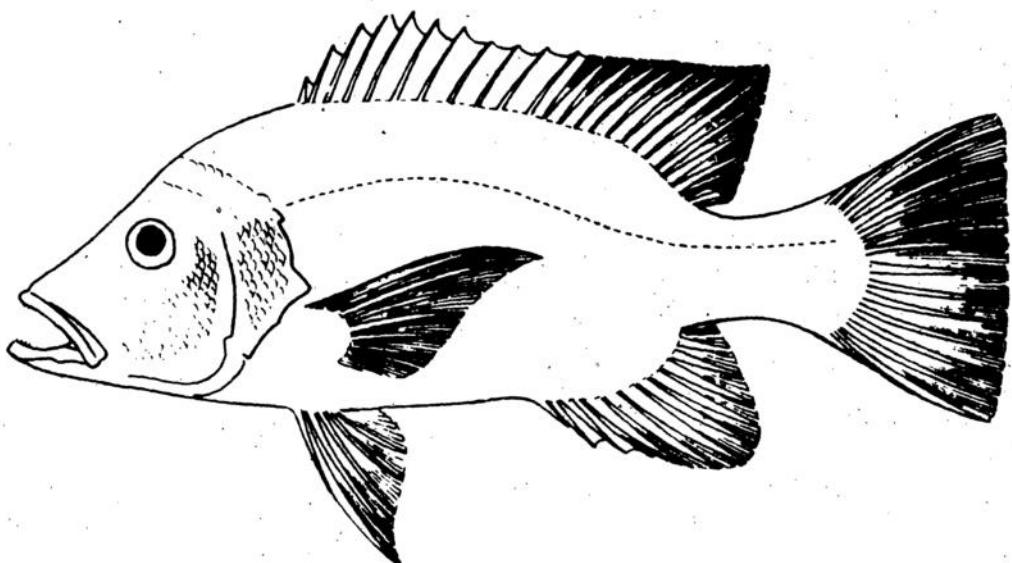
Dheererka: Xajmiga caadiga ahi waa 100sm ilaa 150sm, qaarkood waxay gaadhaan 180sm.

Cuntada: Wuxu cunaa kalluunka ka yar yar.

Sabada: Wuxu ku badanyahay xeebaha aan hoos u godneyn.

Tilmaan Guud: Waa kalluunka ugu haliseysan, waxayna weeraraan qofka kalluumeysanaya.

Sayladda: Sidiisa ayaa seyladda lagu geyn karaa. Hase yeesh ee marar baa la engejaa ama la khamiiriyaa.



Habdhiska muuqaleed: Noocan jidhkiisu wuu kala baxsan yahay, wuxu teeyahay af balaadhan iyo miciyo aad u xooggan. Noocan qaabkiisu aad ayuu u kala geddisan yahay, isla markaana midabo kala duwan ayuu leeyahay.

Wuxu leeyahay baalbiyood miskeed leh 11 qodxood. Qashirku wuxu bilawdaa indhaha dabadooda. daa indhaha gadaashooda.

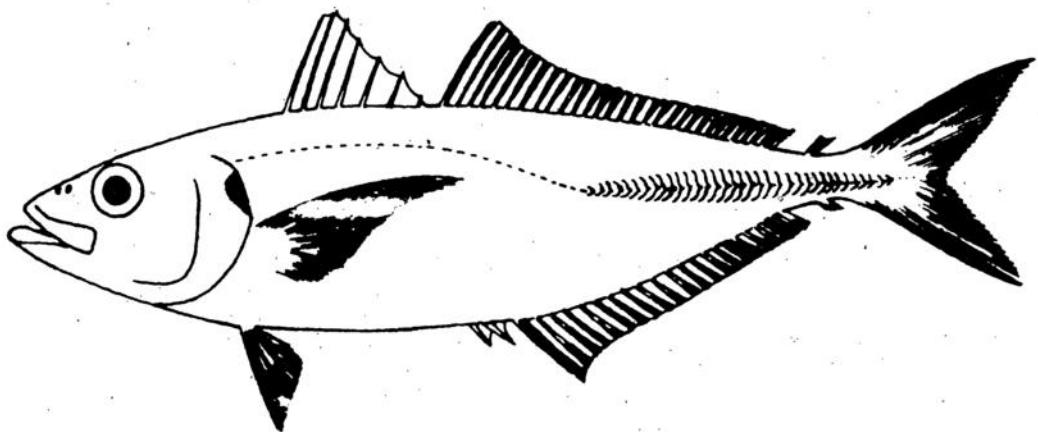
Midabka: Midabo badari ayuu leeyahay, waxase ay u badan yihiin casaan, qaarkoodna waa huruud cawlimaddku jiro. Noocyada qaarkood waxay dhinacyada ku leeyihiin liidimo ama baro madaw.

Xagmiga: Xajmiga caadiga ahi waa 25 sm. ilaa 60 sm. Qaarbaase gaadha 120 sm.

Sabada: Waxa uu ku badan yahay xeebaha. Marka biyaha laga soo saarc wuxu isla dhacaa ilkaha, sidaas darteed dhibaato ayuu gaadhsiiin karaa qofka. Hase yeesh ee qaniinyadiisu ma laha sun.

Syladda: Sidiisa ayaa loo gadan kara, waana la milxin karaa.

## B U R A A S O



Habdhiska muuqaleed: Waxay isku dhow yihiin kalluunka yunbi, wuxuu leeyahay jidh kala jiidan. Waxaa astaan u ah oo dhaqso loogu garan karaa fiiqtin ka soo taagan meel ka dambaysa baal biyood miskeedka.

Baalbiyoodka dabadu wuxuu leeyahay laba qodxood. Baalbiyood garbeedka horena wuxuu leeyahay siddeed qodxood. Noocani kuma badna qoloftu.

Midabka: Boggaa sare waa cagaar ama buluuki cagaar ku jiro.

Bogga hoose waa qalin caddaan ku jiro. Baalbiyoodku waa huruud.

Dhererka: Caadigu waa 25 sm, ugu badnaanna 35 sm.

Quutinta: Wuxuu quutaa xayawaanka yar-yar ee badda gunteeda ku nool.

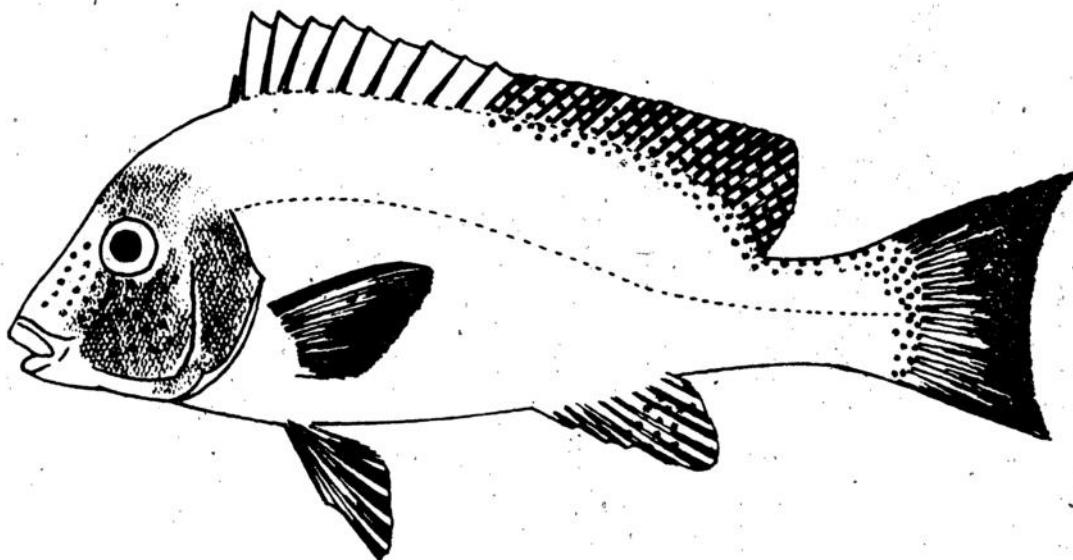
Sabada: Waxa laga helaa xeebaha biyahoodu diiran yihiin.

Sayladda: Isaga oo cusub ayaa la geyn karaa sayladda, mararna waa la engejiyaa oo la milixeeyaa. Waxaa loo isticmaalaa culaaf kalluunka kale lagu dabo.

## M A T A K O

iyo

## G A S H A S H I



### Habdhiska muuqaleed:

1. Xajmiga noocani ma weyna, af yar oo ilko naqani ku yaallaan buu leeyahay.

2. Baalbiyood miskoodkoodu waa ila 10 qodxood.

Midabka: Midabo kala gedisan, kan qalinka ah baana ugu badan.

Muuqa: Qaarbaa leh liidimo aan aad u muuqan, qaarna liidimo aad u muuqda, qaarna liidimo, ama baro aad u madow.

Dheerar: 25 - 45 sm. ugu badnaan 80 sm.

Qashirka: Adihiisu waa yar yar yihiin, hadaad taabatidna waa ku mudi karaan. Wawa laga helaa biyaha sare ila iyo 80 sm. biyo xee-beedka.

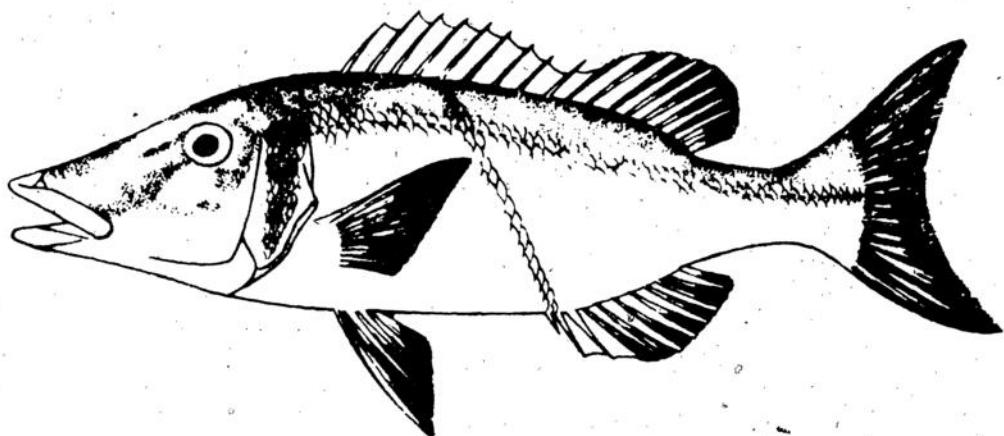
Quutinta: Xayawaanada naqan, carsaanyada, alaxida iyo malayga yar yar.

Saylada: Wawa la iib geeyo isaga oo cusub, waana la milixin karaa.

DHEG GUDUUD

ama

DHABAKHO



abdhiska muugaleed:

- . Jidh kala baxsan oo aad moodid in uu hilibkiisu isku jiro.
- . Wuxuuna gaar ahaan leeyahay af dhuuban oo qashirlahayn.
- . Afkiisu waa caadi, ilko yarna waa leeyahay.
- . Baalbiyoodkiisa midgeed waa ila iyo 10 qodxood.

idabka: Waa buluug caamajiiciir ah.

heererka: 20 ila 50 sm. Ugu badnaan 40 sm - 90 sm.

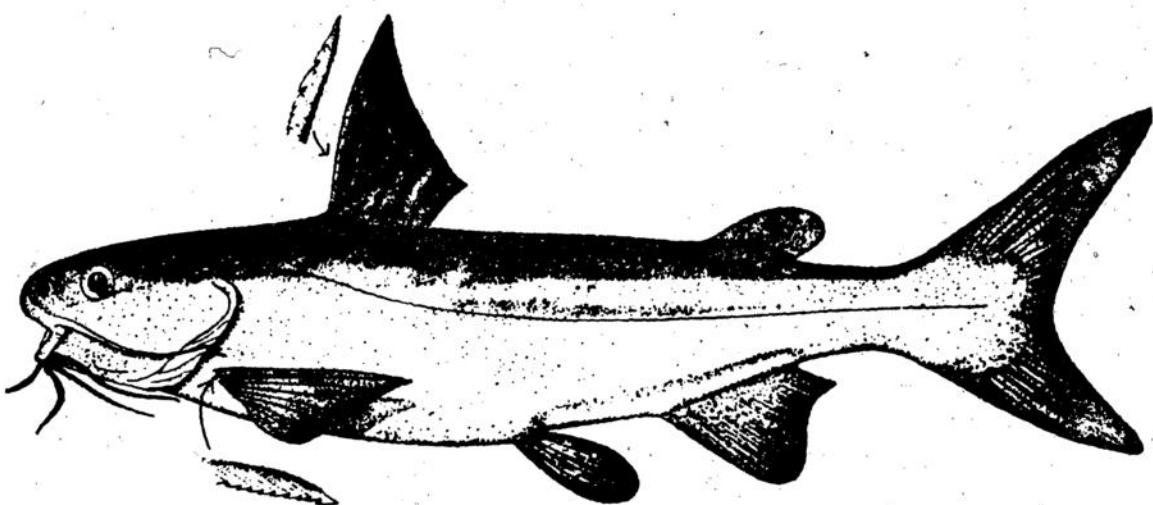
uutinta: Wuxuu cunaa xayawaanada yar yar, ee ku nool badda guneeda.

abada: Wuxu ku nool yahay xeebaha, siiba burciidaha guntooda, oo an ka yareen 50 m.

ilib badan buu noocani leeyahay. Hilibkiisu waa wanaagsan yahay.

ayladda: Isaga oo cusub, ayuu iib gali kara.

## FUNNI

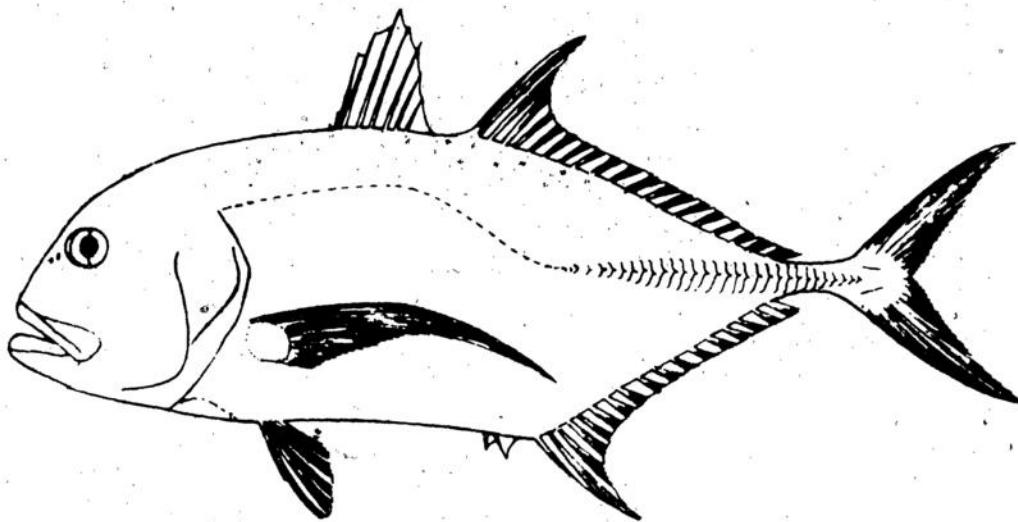


### Habdhiska muugaleed:

1. Jidh kala baxsan oo an qashar lahayn.
  2. Baalbiyoodka dabadiisu sida saqafta oo kale ayuu u feedhan yahay.
- Midab: Midabkiisu waa isku jir. Ama midabo badan oo isku jira.
- Dheerar: 20 - 30 sm. Sida caadiga ah, ugu badnaan 45 sm.
- Quutinta: Wuxuu cunaa xayawaanada naqan ee badaha, mararka qaarkoodna malayada yar yar.
- Sabada: Biyaha xeebaha, ila 45 m. oo hoos ah, oo aan dhagxan lahayn.
- Saylada: Wuxuu sayladda ku gala isaga oo cusub.

YUNBI:

CAYLO ama EEJO



Habdhiska muuqaleed: Jidhkiisu ma kala jiidna. Qaarkood ma laha qashir. Inta badanise waxay leeyihiin qashir yar yar oo goobaban, wuxu leeyahay af caadi ah iyo ilko jilicsan, qaarkoodna maba laha. Wuxu leeyahay dabo aad u xoogan oo faro leh.

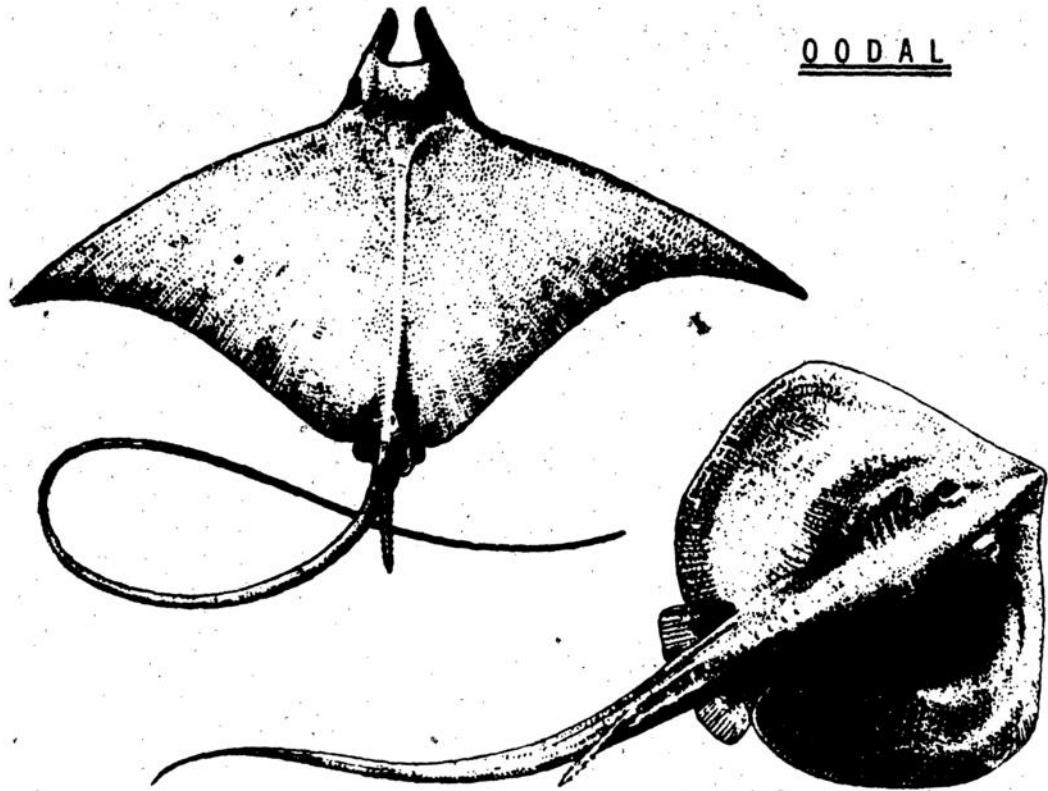
Midabka: Noocani wuxu lee yahay midabo badan oo ku xidhan da'da kalluunka. Kalluunka yar yari wey ka midabo badan yihiin kuwa dada weyn. Hase yeeshi midabka caadiga ahi waa madow dusha ah iyo bogga hoose oo qalin ah. Ama dusha waxay noqon kartaa cagaar ama buluuki.

Dhererka: Dhererka caadiga ahi waa 50 sm.-60 sm. ka ugu weyni wuxuu gaadhi kara 70 -- 110 sm.

Cuntada: Wuxu cunaa kalluunka yar yar.

Sabada: Wuxu ku badan yahay xeebaha aan hoos u godneyn.

Sayladda: Sidiisa ayaa loo gadan karaa, waana la engejin karaa.



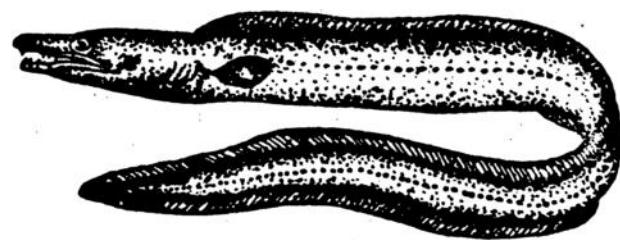
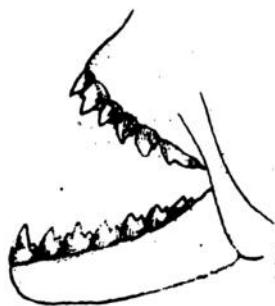
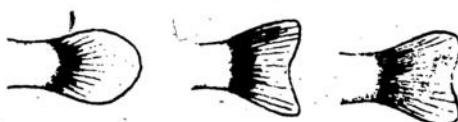
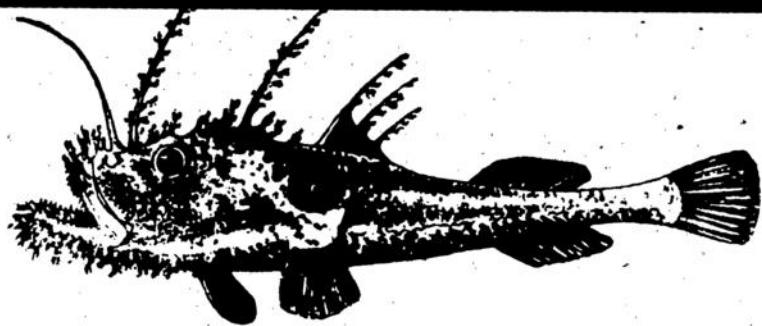
Habdhiska muugaleed: kalluunka oodal waa libax dhab ah, waxayna teeyihiin jidh ballaadhan oo u suurto geliya inay ku noolaadaan badda hoose..

Waxay teeyihiin daba dheer oo dhuuban, afka, sinka dalooldiisa iyo shanta xariiq ee waafiyuhuba waxay ku yaallaan bogga hoose ee kalluunka. Induhuse waxay ku yaallaan jidhka xaggiisa sare. Jidhka libaaxyadani waa mid siman oo turxaan iyo qolof midna aan lahayn. Ilkahoodu waa kuwo yar-yar, ballaadhan, oo aan fiiqnayn. Midabada: midabka kalluunkani wuxuu u badan yahay cawl iyo cimiir dambaska oo kale ah.

Boggodu hoose sida badan waa caddaan qaar baase bar bar madoobi ku dhafan tahay.

Xajmiga: qaabka jidhkooda iyo xajmigooduna aad ayuu u kala fog yahay. Waxaad arki kartaa qaad aad u waaweyn iyo yar-yar ah (60sm ilaa 6 m).

Kalluunka noocan ahi waxay quutaan kalluunka yar-yar, carsaanyada iwm. Xagga daafacaadda naftooda iyo siday cadowgooda isga dhiciyaan waa mid ku xidhan qaabka dhisma jidhkooda. Qaarkood waxay teeyihiin daba dheer oo ay wax ku dhirbaaxaan, dhaawacyo halis ahna ugu geysan karraan cadowgooda. Hase yeeshiee kalluunka noocani duulimaad ma sameeyo ilaa isaga lagu soo duulo.



1977 . 4

Waxa lagu daabacay X. W. D. W.