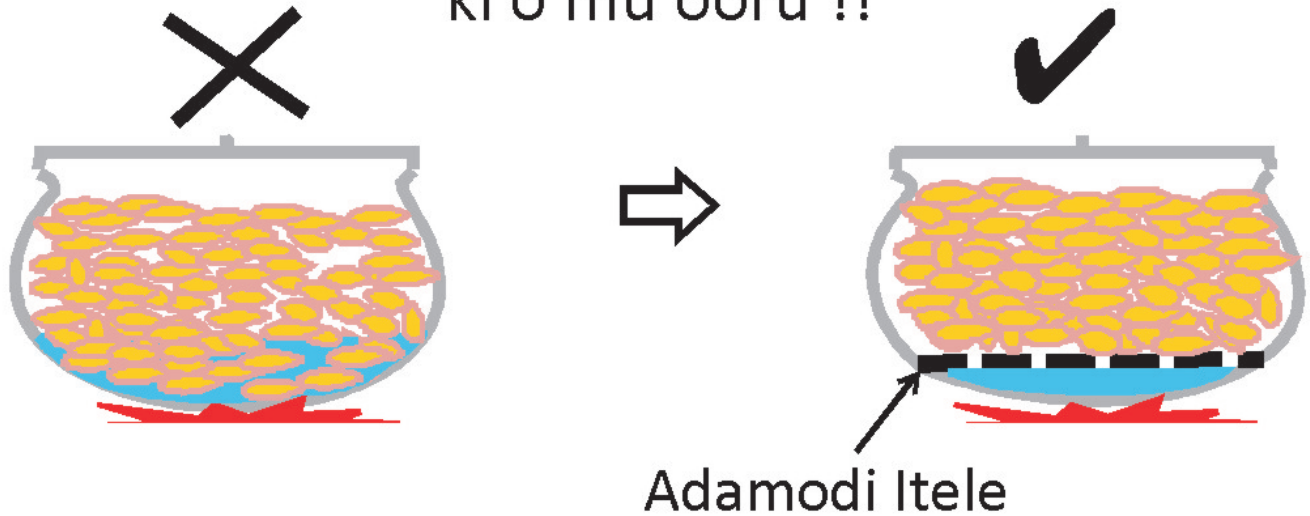
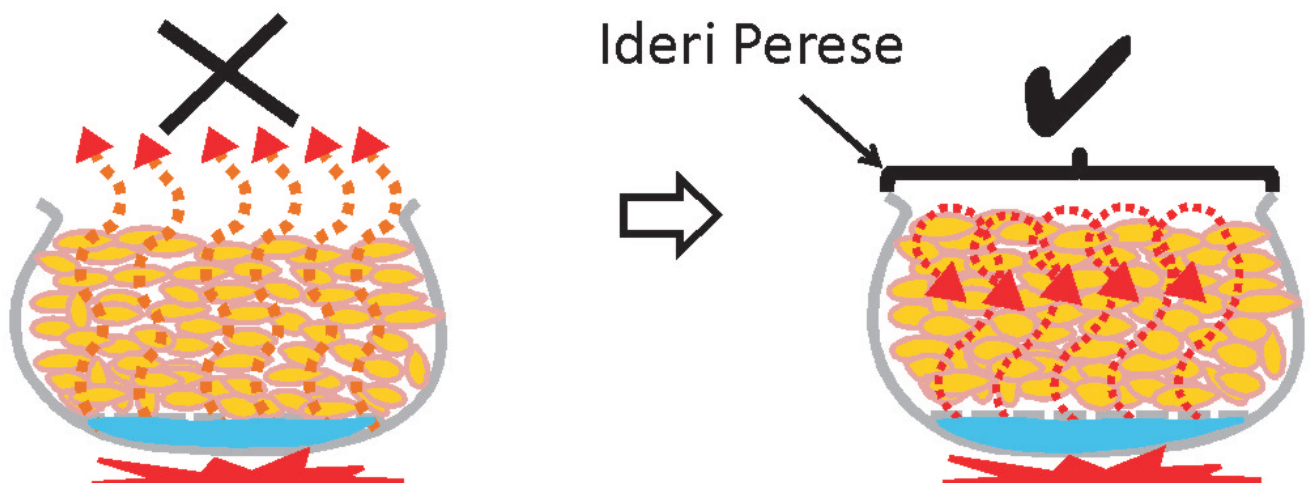


ONA IGBALODE LATI BO IRESI PELU IKOKO OMI ADAMODI ITELE ATI IDERI PERESE

Ma se bo padi iresi re ninu omi sugbon je
ki o mu ooru !!



De Ikoko na daradara, ki ooru omi gbibona na
ma ba ru jade !



Bibo Iresi

Kana Fun Bibo Iresi

1. Fo padi iresi mo tonitoni pelu omi kio to re.
2. Re padi iresi to o ti fo mo yi pelu omi gbibgona (65-70°C)
3. Fun wakati mejo si mewa (8 –10 hrs).
4. Lo ikoko igbawole (oniadamodi itele) pelu ideri lati bo.
5. Sa padi iresi ti o ti bo yi si ori pepe (konkere) ti o mo ni ferefe.
6. Yi iresi yi pada ni orekoore nigbati a ba nsa.
7. Ka nigbati o ba ti gbe.
8. Je ki padi iresi ti o ti gbe yi tutu moju nipa tite sile labe ile.