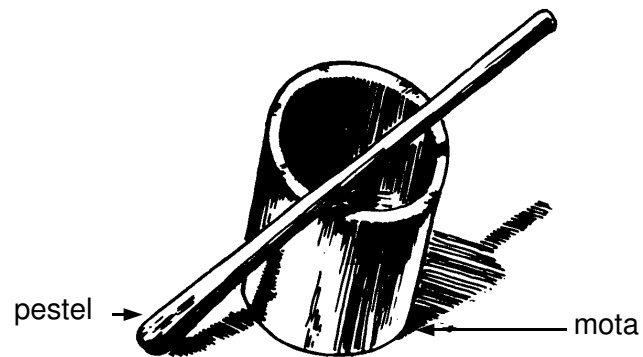


### 3. TAPIOK FLAWA

- ◆ Putim tapiok longpela taim long san long wanwan dei inap ol i drai gut tru.
- ◆ Paitim tapiok insait long mota ikamap pauda.
- ◆ Rausim pipia wantaim strena na putim long bek. Em i rere long usim olsem flawa.



Piksa 3. Mota (diwai drum) na pestel (stik)



National Agricultural Research Institute

## Oi Sampela Rot Bilong Rerim Tapiok Bilong Kaikai



### LUKAUTIM YU YET LONG TAIM NOGUT

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Sapos yu laik save moa o kisim skul long ol dispela rot bilong rerim tapiok, rait i go long:

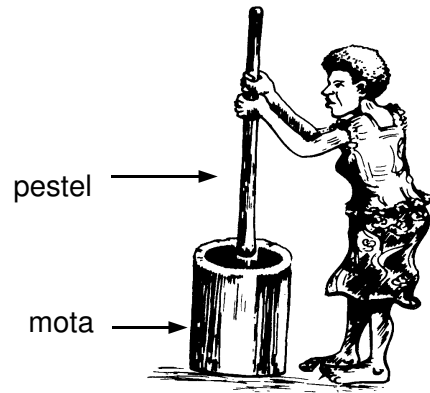
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Tapiok em i strongpela kaikai i ken sanap long taim drai. Olsem na i moa gutpela sapos yumi planim planti olgeta taim bilong kaikai. I gat planti rot bilong rerim tapiok. Bilong kaikai kwik taim o putim i stap bilong bihain. Stori bilong 3-pela kain rot i stap aninit.

## 1. FUFU

- ◆ Kukim tapiok gut, rausim wara na brukim igo pauda wantaim mota na pestel (piksa 1) o baksait bilong fok.
- ◆ Rerim sup wantaim kumu. Putim liklik abus sapos i gat.
- ◆ Putim tapiok insait long sup. Hatim liklik taim na kaikai.



Piksa 1. Meri i brukim tapiok wantaim hap diwai (pestel) insait long diwai drum o garamut (mota)

## 2. GARI

- ◆ Rausim sikin bilong tapiok na sikirapim.
- ◆ Putim insait long klinpela rais bek na putim antap long ston o hap palang.
- ◆ Putim ol bikipela ston antap bai hevi bilong ol i rausim wara bilong tapiok.
- ◆ Wokim bokis raunim ol ston bai i no ken pun-daun na larim i stap 3-pela dei. Tapiok bai i kamap strong olsem kek.
- ◆ Rausim tapiok long bek na brukim i kamap pauda. Kukim tapiok insait long aian boila o antap long aian plet inap em i drai.
- ◆ Putim insait long dis o drum o plastik taim kol.

**Kain tapiok (*gari*) i ken istap longpela taim tru.** Putim *gari* long sup o tanim wantaim tin pis na kaikai. Yu ken putim *gari* insait long cup wara wantaim milk na suga, tanim na dring.



Piksa 2. Ol meri i rausim sikin bilong tapiok