

Nome: \_\_\_\_\_ Curso: \_\_\_\_\_

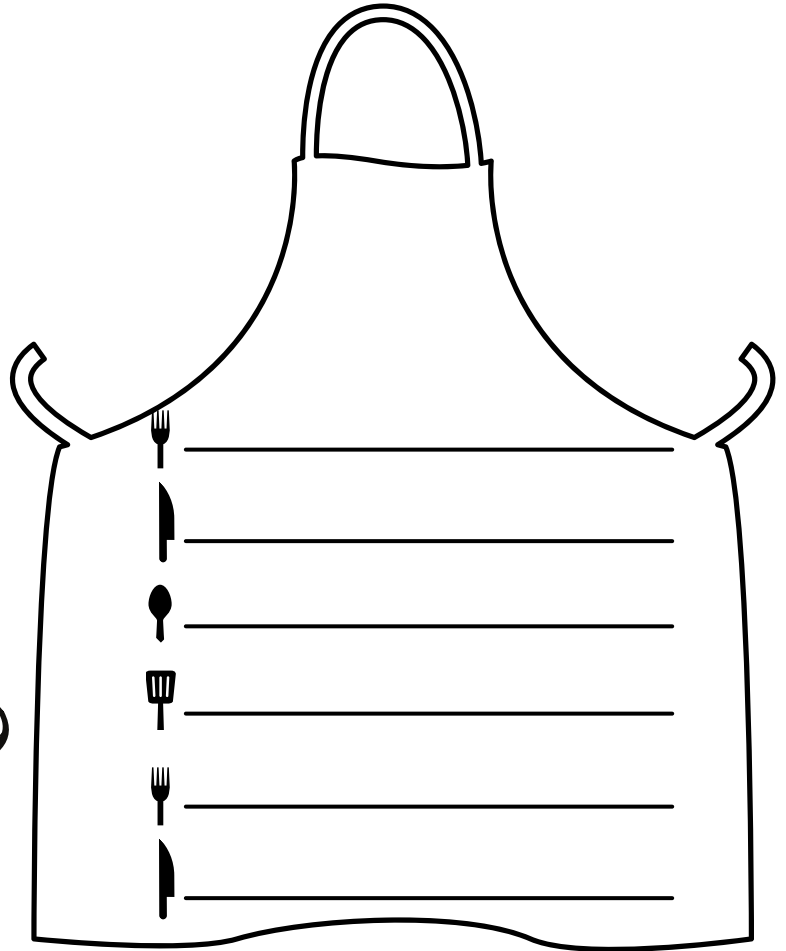
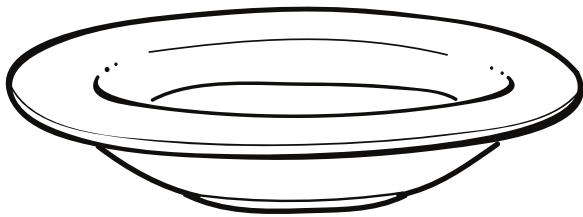


# A MIÑA RECEITA



## INGREDIENTES:

DEBUXA COMO QUEDARÁ  
O TEU PRATO:



## PASOS DA MIÑA RECEITA:

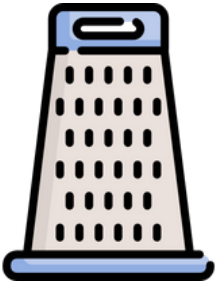
1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

# UTENSILIOS



RELADOR



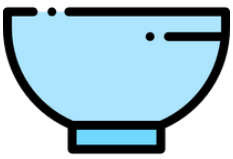
ESCUMADEIRA



TIXOLA



POTA



CUNCA



SACARROLLAS



GARFO



COITELO



CULLER



CULLERÓN

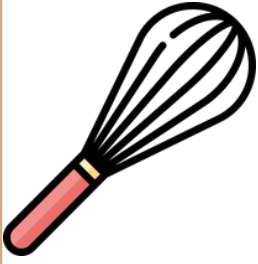


FUNIL



COADOR

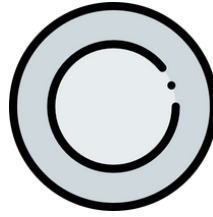
# UTENSÍLIOS



BATEDOR



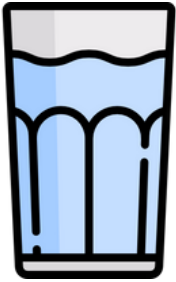
BATEDOR  
ELÉCTRICO



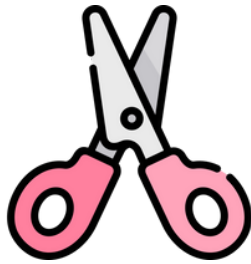
PRATO



PRATA



VASO



TESOIRA



FORNO



CHISQUEIRO



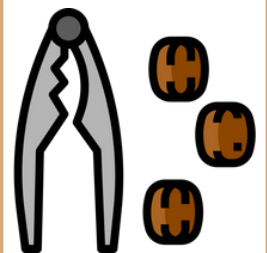
PENEIRA



GRELLA



MOLDE



CREBANOCES

# TÈCNICAS



FERVER



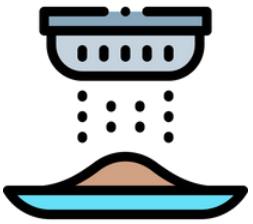
ENFORNAR



RELAR



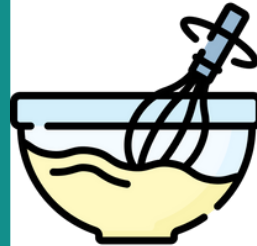
FRITIR



BARUTAR



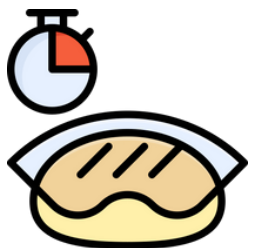
GRELLAR



BATER



MONDAR



LEVEDAR



GUISAR



MESTURAR



PICAR

# DOCE



AZUCRE



MARMELADA



MEL



ZUME

# SALGADO



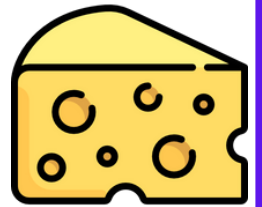
SAL



MANTEIGA



IOGUR



QUEIXO



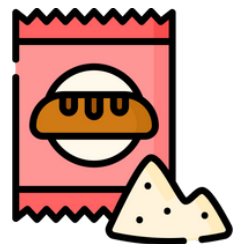
FARIÑA



LEITE

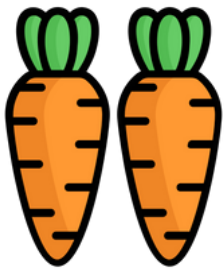


OVOS



FERMENTO

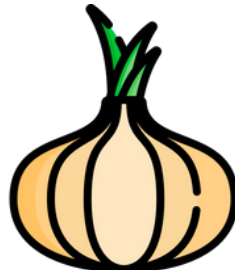
# HORTALIZAS



CENORIA



CABAZA



CEBOLA



ALLO



CHÍCHARO



GARAVANZOS



LENTELLAS



FABAS



LEITUGA



PATACA



ALLO PORRO



REPOLO



PEMENTO



GRELO



FEIXÓN

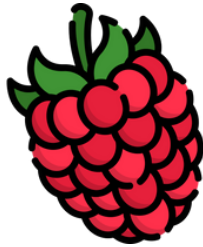


COGOMELOS

# FROITAS



AMORODO



FRAMBOESA



LARANXA



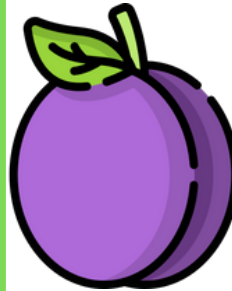
AMORA



MAZÁ



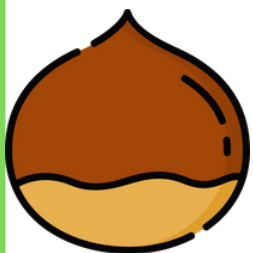
CEREIXA



AMEIXA



FIGO



CASTAÑA



NOZ

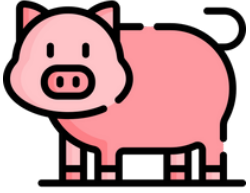


ABELÁ

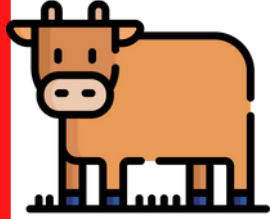


AMÉNDOA

# CARNES E PEIXES



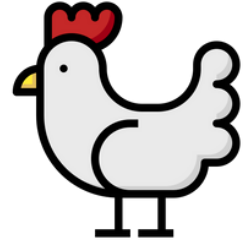
PORCO



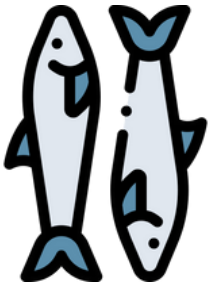
TENREIRA



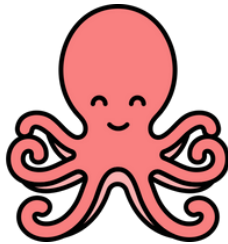
COELLO



POLO



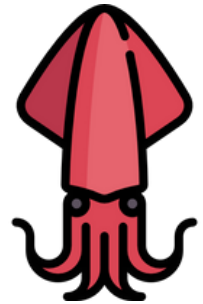
XOUBA



POLBO



CHOCO



LURA



RAPANTE



AMEIXAS



MEXILLÓNS



CENTOLA