

Lajmbanj Bienq Gyaeundei Guengjsae Raeuz Miznaj

乡村面貌新 咱广西光荣

□ Veiz Vwnzgauh

Gaijgwz hailangh daeuj Dangj vix raeuz loh gvangq Daih gensez lajmbanj Haenq yamqdin mbouj dingz	Mbouj caiq you caiq heiq Bouxlaux loegcib daengz Couh miz ngaenzciengxlaux Doengh boux gwn vujbauj Nienzlaux engq vuenyungz	Rox gak hangz sinsiz Yawj gisieng ganj hong Ranzranz miz cauji Caiq miz swlaizsuij Mbouj caiq rap raemx gya Mbouj bae dwk fwnzhaz	Gaem sauqbaet daiqdaez Roengz daengz lajmbanj daeuj Goemzgyaeuj gauj veiswngh
Lai bi neix gvaqdaej Baihgwz caeux roengzngaenz Dienh raemx loh doeng daengz Ranzmbanj yiengh bienq gyaeu	Ndaem naz ndi aeu liengz Lij hawj cienz doxdaug Boux cawjnaz swngzbau Bi cix dauq lingx cienz	Luengqranz gvangq youh soh Ci itloh baizhangz Youq cungqgyang aenmbanj Hoenghhwd dangq aenhaw	Hengzdoengh youh senhconz Gangj gij hong dangqnaj Seuqcingh caeuq loegvaq Daihgya caez okrengz
Guh gaijcau ranzyiemj Ranznamh bienq ranzlaeuz Baengh baihgwnz bangbouj Ranzlaeuz baiz ladlad	Ci baedauq hwnjroengz Gyaudoeng gig fuengbienh Gihgaiva saedyienh Gaijbienq hong reihnaz	Docih dangjgunghyangh Naek lajmbanj lailai Fuz beksingq vunzlai Bongh baihnaj Siujgangh	Vanzging aeu cinghseuq Ndaem faex heu mbanjranz Song mbiengj loh song hangz Ndaem va bangx bien loh
Guh bingzcwnjg dujdi Naz iq bienq naz hung Fouz giz bo giz gumz Mizleih yungh gihgai	Caerauq ndi yungh vaiz Ndaemndai ndi gungj hwet Mbouj caiq mbaq rap gwed Hwet mbouj in mbouj goz	Gwn daenj youq mbouj you Lij aeu caiq bued cienz Vih ceng' aeu saedyienh Lajmbanj bienq gyaeundei	Saedyienh mbwn ciengz lamz Va rang roeg caiq eu Raemx saw faex engq heu Bid heuh deih engq cingh
Banh miz sinh nungz hoz Baenzbingh goj mbouj you Bingh naek naeuz bingh mbaeu	Ranz geij aen densi Soujgih vunzvunz miz	Mijgven gyoengq lingjdauj	Lajmbanj bienq gyaeundei Guengjsae raeuz miznaj Raeuz daengx guek cunghvaz Fanzvaz engq hwngvuengh

Seizhah Bouxlaux Siu Hwngq Hab Gwn Dang

老年人消夏宜饮汤

Seizhah mbwn ndat seizgan nanz, bouxlaux wngdang haeujsim re fatsa. Cawz haeujsim diuzleix gwnndoet le, ngoenz sam donq wng guh daengz gwn cit、noix manh、yungzheih siuvaq. Lai gwn di byaekheu caeuq lwgmak hamz veizswnghsu lai he. Engq youqgaenj diemj ndeu dwg, ciengz gwn di dang fuengz hwngq cangq ndang ndeu haemq ndei.

Daih' it, ciengz gwn dang cehmbu. Cehmbu 20 gwz, haeuxlidlu caeuq haeux-gyaueujgaeq gak 10 gwz, raetmoegngaex hau duj ndeu(dwk raemx fat gvaq). Sien dwk cehmbu、haeuxlidlu、haeuxgyaeujgaeq caeuq youz roengz rek loq cau j yaep ndeu, caiq dwk raemx caeuq raetmoegngaex hau roengz itheij oemq cug. Gwn de ndaej nyinh yaem ciengx saenz、cawz ndat siu hwngq. Hab seizhah bouxlaux fanz ndat、ninz mbouj ndaek gwn.

Daihngeih, ciengz gwn dang maenz-cienz. Aeu maenzcienz 100 gwz, dat naeng bae swiq seuq, caeuq 50 gwz noh ndoksaen mou ronq baenz sei, ndingq roengz dangnoh bae hai feiz coemh goenj, dwk gyu le gwn. Ndae j nyinh yaem bouj mak、cangq dungx dingz siq. Hab bouxlaux ndang hawnyieg、bouxlaux fanz ndat ninz mbouj ndaek、bouxlaux gwn bouj mbouj ndei gwn.

Daihsam, ciengz gwn dang haijdai. Aeu haijdai sau j 20 gwz, raemx cimq gawh le swiq seuq ronq baenz sei dwk raemx naengj yaep ndeu. Sien coemh dang ndoksaen goenj, caiq dwk haijdai roengz cawj naemz, dwk di meiq he diuz feih gwn. Ndae j bouj lwed、bouj gai, daegbied doiq yawhfuengz bouxlaux hezyaz sang、bouxlaux souhyiengh doengh-meg giet ndongj、bouxlaux lau z ndaw ndang daiq lai caeuq bouxlaux ndok soeng ndok byoiq daengj bingh miz haemq ndei cozyung.



Daihseiq, ciengz gwn dang byaekaeuj. Aeu 15 gwz byaekaeuj(dwk raemx cimq gawh), 50 gwz raetdoeng, 100 gwz rangzngox. Sien ronq raetdoeng caeuq rangzngox baenz sei, doengzcae z dwk roengz raemxgoenj bae cawj, dwk youz、veicingh、laeujhaeux diuz feih gwn. Cungj dang neix yingzyangj gyaciz sang, gwn de ndae j siu hwngq bouj ndang. Ciengz gwn ndae j fuengz bouxlaux doengh-meg giet ndongj caeuq gamhanh hezyaz swng sang.

Daihhaj, ciengz gwn dang sanhcach. Aeu 30 gwz maksanhcach, 150 gwz ndoksej mou, hai feiznumq aeuq cug, dwk gyu diuz feih le dwk di mbaw byaekginzcai he gwn. Ndae j siu hwngq vaq cw k、dingz siq, ndae j baujgen sai simlwed.

Daihroek, ciengz gwn dang naeng-mou. Aeu 250 gwz naengmou, 200 gwz makyungz. Sien swiq naengmou seuq ronq baenz gaiq, dwk di raemx he hai feiznumq aeuq baenz dang gwd, caiq dwk makyungz、coeng caeuq youzhom gwn. Ndae j nyinh yaem liengz lwed、ciengx daep siu hwngq gai j hozhawq.

Seiq Fap Seizhah Gwn

Daeuhfouh Yw Bingh

夏季豆腐的四大食疗方法

Daeuhfouh yingzyangj lai, caemhcai q hamz miz diet、gai、linz、meij daengj ndang vunz aeu miz lai cungj veizlieng yenzsu haenx, lij hamz miz dangz、youzdoenghgo caeuq youheiz danbwz gig lai. Ciengz gwn daeuhfouh, ndae j bouj ndaw ik heiq、siu hwngq nyinh sau j、seng raemx gai j hozhawq、cingswiq dungxsaej.

Daeuhfouh cawz miz gij goengnaengz demgya yingzyangj、bangcoh siuvaq、hawj vunz lai gwn ndae j doxgaiq le, doiq diuzheuj、goetndok sengmaj fazyuz hix daih miz ndeicawq; de mbouj hamz miz danjgucunz, dwg gij yw ndei boux baenz hezyaz sang、hezci j sang、danjgucunz sang caeuq boux baenz doengh-meg giet ndongj、boux baenz gvanhsinhbing haenx.

1、Yw dwgliengz. Aeu 50 gwz daeuhfouh, 10 daengz 15 gwz daeuhseih cit, 5 dug coengbieg caez cawj ndat daeuq, swnh ndat gwn caemhcai q cw denz hawj ok hanh.

2、Yw cihgi' gvanj ae' ngab. (1) Aeu 500 gwz daeuh-fouh, 60 gwz dangzngazmeg, boi raemx lauxbaeg ndip ndeu doxheuz cawj goenj, ngoenz faen 2 bae z gwn. (2) Aeu 120 gwz daeuhfouh, 15 gwz ngveih makgingq, 30 gwz mazvangz, yungh baengz suek ndei song meih yw doeklaeng caiq caeuq daeuhfouh itheij cawj goenj, gwn dang caeuq daeuhfouh, ngoenz 2 bae z.

3、Yw feigzwhz. (1) Aeu daeuhfouh、dangznae、rag cwwse ndip(鲜泽泻根) gak di ndeu caez baek raemx, cawz nyaq gwn raemx. (2) Aeu ganjimbaw cwwse(泽泻茎叶) caeuq daeuhfouh cawj gwn, ngoenz fuk, lien z gwn 1 daengz 3 ndwen.

4、Yw dungx hawnyieg. Aeu 50 gwz nohyiengz cawj cug, gya 200 gwz daeuhfouh, 15 gwz hingndip, dwk gyu diuzfeih gwn.

