

LAO

ທ່ານຍັງສາມາດຝັກເປັນຕ່ອນນ້ອຍໆ ແລ້ວອົບ, ຕົ້ມ, ຫຼື ໃສ່ໄມໂຄຣເວທ ຈົນກວ່າມັນຈະອ່ອນ.  
 1/2 ນິ້ວ, ອົບຈົນກວ່າມັນອ່ອນ ແລ້ວກິນກັບສະໝຸນໄພ ຫຼື ເຄື່ອງເທດທີ່ທ່ານມັກ,  
 ນີ້ແມ່ນວິນເຕີສແຄວສ໌, ຕັດເຄິ່ງ, ແລ້ວຄວັດເອົາເມັດອອກ, ຈາກນັ້ນໃສ່ໃນເຈ້ຍອົບ ໃສ່ນໍ້າປະມານ



This is winter squash. Cut in 1/2, scoop out the seeds, and place on baking sheet with 1/2 inch of water. Bake until soft and eat with your favorite herbs and spices. Also good with butter. You can also chop into pieces and bake, broil or microwave until soft.

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ນີ້ແມ່ນວິນເຕີສແຄວສ໌, ຕັດເຄິ່ງ, ແລ້ວຄວັດເອົາເມັດອອກ, ຈາກນັ້ນໃສ່ໃນເຈ້ຍອົບ ໃສ່ນໍ້າປະມານ  
 1/2 ນິ້ວ, ອົບຈົນກວ່າມັນອ່ອນ ແລ້ວກິນກັບສະໝຸນໄພ ຫຼື ເຄື່ອງເທດທີ່ທ່ານມັກ,  
 ທ່ານຍັງສາມາດຝັກເປັນຕ່ອນນ້ອຍໆ ແລ້ວອົບ, ຕົ້ມ, ຫຼື ໃສ່ໄມໂຄຣເວທ ຈົນກວ່າມັນຈະອ່ອນ.

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