

### Egyptian Arabic transcript:

طبعاً الأكلات المصرية أكثر حاجة بتبين الزاي أنو في كذا ثقافة عدت علينا. يعني إحنا الأكلات المصرية أغلبها متأثر أوي بالأكلات بتاعت الإقليم البحر المتوسط. يعني تركيا، عندنا طباق تركي، عندنا متأثرين بالمطبخ اليوناني، متأثرين بالأكل اللبناني، عندنا محلات، وبتأثر بالأطباق اللبناني والسوري كمان. فمثلاً، إحنا بنعمل الدولما، إلي هي محشي إلي على الطريقة التركي، وبنعمل محشي ورق عنب، بس مثلاً، اللبنانيين بعملوا من غير طماطم، إحنا بنحط بيه طماطم. في حاجة ثانية، في الملوخية، ودا طبق رئيسي في مصر، المصريين كلهم بيهبوه. هو عبارة عن ورق زي ورق شج، بنخروطه بسكينه مخصوصة، بنحطها وتبقى تحت صغيرة، صغيره، صغيره، وبعدين بنحطها في شوربة، شوربة فراخ، أو شوربة لحمة، أو شوربة بط، أو حمام، وبندوبها، وبتتاكل بعد كدا يا بالرز الأبيض يا بالعيش. دا مثلاً طبق مصري نمره واحد مثلاً. حتى في لبنان، عندهم ملوخية، بس بيعملوها بطريقة ثانية، بيسيوا الورق صحيح، إنما أنا منكسروه وتبقى على هيئة شوربة، شوربة خضرة. وبعدين بنعمل كفتة. الأكلة إلي بنحبها أوي الكباب. بيبقى في صواب كفته وبيبقى فيه تحت لحمة، وغالباً بتبقى لحمة ضأن، ضأن يعني لحمه الخروف.

ويعمل كمان الكشري، الكشري دي أكلة شعبية جداً، والناس بتاكلها جامد، وبيكلوها كتير لأنها رخيصة، وهي بتشبع لأنها عبارة عن رز على عدس على مكرونه على شقيه على هو العدس. العدس الأسود، ويصل محمر وتوم، وبيبقى طعمها حلو جداً. وبعدين في كمان الطعمية. الطعمية دي عبارة عن عجينة بتتعمل من الفول وبتتطحن بخضرة، بقونس، وكرافس، وشبك، وبيتفرم كلو على بعضوا وبعدين بتتقلي بالزيت. طبعاً الطعمية من الأكلات الشعبية الجامدة جداً، ومن الأكلات الرخيصة برضوا.

وحاجه ثانية في عندنا الفول بقي، طبق الفول المدمس. داه الطبق الشعبي نمره واحد وإلي هو فعلاً بقولوا أكل الفقراء. بس الأغنياء كمان بياكلوه، بس الفرق بين إمتا بيتاكل. يعني الغني حياكلوا في الفطار الصباح، الفقير حياكلوا الظهر، على الغدا، لأنو معدوش حاجة تناية، وحياكلوا بالعيش. وبعدين ساندويتش فول ممكن يكون بخمسين قرش. طبعاً أي واحد ممكن بخمسين قرش ياكل ساندويتش فول وبيشبع. داه من الأكلات برضوا المصري المصري الأصلية وإلي الناس بتحبها جداً. في كمان الفتة. إحنا بنعمل فتة، ودي أكلة مصرية، يمكن تكون جاي من السعودية، أو من الجزيرة العربية، يمكن، أنا ماش متأكدة. هي بتتعمل، بنقطع عيش وبنحمره وبعدين بنحط عليه شوربة لما بيطره وبعدين بنحط عليه رز وبعدين بيتحط عليه دمة حمرة، وطبعاً أغلب الخضار بنعملوا في دمة حمرة برضوا. والأكلات الثانية إلي بنحبها مثلاً بالحلو: المهلبية. بنعمل كتير مهلبية، ودي باللبن وبالنشأ وبالسكر، وبنحط عليها فاكهة ناشفة زي الزبيب، مكسرات. وبنحب جداً كمان الرز بلبن وبنحط عليه برضوا مكسرات. وبنعل كنافه، ودي مثلاً من الأطباق المشهورة وبنسميها حلويات شرقية، وبناكلها بشهر رمضان، لأنو الناس عشان بتقعد صيامه طول النهار، بيحتاجوا بعد كده إن هم ياكلوا حاجه حلوة وسكرها عالي.

### English translation:

Naturally, Egyptian meals show more than anything how many cultures went through Egypt. I mean, most Egyptian meals are largely influenced by meals from the Mediterranean region ... Turkey, we have Turkish dishes ... we have ... we are influenced by Greek cuisine, we are influenced by Lebanese food, we have stores and restaurants, and we are influenced by Lebanese and Syrian dishes as well.

For example, we make the *dolma*,<sup>1</sup> which is the stuffed vegetable cooked the Turkish way, and we make stuffed vegetable with grape leaves -- but, for example, the Lebanese cook it without tomatoes, while we put tomatoes in it.

There is something else: there is the *molokheya*,<sup>2</sup> a main dish in Egypt. All Egyptians love it; it is made out of leaves, like tree leaves, and after we chopped [it] with a specially-designed knife ... we chop it, and we chop it, and it becomes little, little pieces ... and then we put it in soup, chicken soup, or meat soup, or duck soup, or pigeon ... and we mix it, and after that it is eaten either with white rice or with bread. This is, for example, a number one Egyptian dish. Even in Lebanon they have *molokheya*, but they cook it differently. It is true that they leave the leaves in, but we cut it in small pieces, and it is like a soup, a green soup.

And after that, we make *kofta*.<sup>3</sup> The meal that we love a lot is the kebab<sup>4</sup>; there are fingers of *kofta*, and there are pieces of meat, which are, most of the time, lamb meat. Lamb meat is the meat of the mutton.

And we also make the *koshari*. The *koshari*<sup>5</sup> is a very popular dish and people eat it a lot. They eat it a lot because it is cheap and it fills up the stomach. It is made of rice on lentils on pasta on vermicelli. The lentils are black lentils, and there are also fried onions, and garlic, and its taste is really very good. There is also the *taameya*. The *taameya* is basically a paste made out of fava beans, squashed with vegetables, parsley, celery, and dill. Everything is minced together, and it is then boiled in oil. Naturally, *taameya* is really good with popular meals. And it is also one of the cheap meals.

Something else ... we also have the dish of *ful medames*,<sup>6</sup> fava beans, which is the number one popular dish, and, effectively [rightly], they call it “the food of the poor,” but the rich also eat it. The difference is in when it is eaten. The rich will eat it for breakfast, in the morning, while the poor will eat it in the afternoon, for lunch; because he [the poor person] has nothing else, he will eat it with bread. And the fava beans sandwich is only

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<sup>1</sup> *Dolma* is a type of stuffed vegetables from the Mediterranean region, particularly in the gastronomy of the former Ottoman Empire countries. The stuffing is usually made of rice, vegetables, and spices, and can also include meat.

<sup>2</sup> *Molokheya* is one of the national dishes of Egypt, and also of other countries in the Middle East region. The *molokheya* soup is often made with beef, or more commonly chicken, or even shrimp in some areas. *Molokheya* is usually served with plain rice and bread.

<sup>3</sup> The *kofta* is a meatball mixed with onions and spices. It is a very popular meat dish in the Middle East.

<sup>4</sup> The kebab refers to a variety of meat dishes grilled on a skewer or a stick.

<sup>5</sup> *Koshari* is a very popular traditional Egyptian dish. It is made of rice, lentils, chickpeas, and pasta, and you can add a spicy tomato sauce with onions on top and then mix it all together.

<sup>6</sup> *Ful medames* is one of the national dishes of Egypt, eaten at breakfast, lunch, or dinner. It consists of round brown beans, which are slow-cooked and can be mashed. *Ful medames* is usually served with olive oil, chopped parsley, onion, garlic, and lemon juice, and typically eaten with Egyptian bread. It is a very filling dish and it has lots of proteins, so a lot of people like to eat it during the Muslim fasting month of Ramadan or the Christian fasting month of Lent. Egyptians of all social levels love to eat *ful* all year long.

50 cents. Naturally, anyone can eat a *ful* sandwich for 50 cents, and it will satisfy his appetite. This is a part [one of] of the original Egyptian dishes, and people like it a lot. There is also the *fatta*.<sup>7</sup> We make *fatta*, and it is an Egyptian meal that may originally be from Saudi Arabia, or from the Arabian Peninsula, maybe -- I am not sure. It is made ... we cut bread, and we fry it, and then we pour soup over it when we take it out, and then we put rice over it, and then we put red sauce over it. And, naturally, we make most of the vegetables in red sauce also.

Other meals that we like -- in the sweets for example -- are the *mehalabeya*.<sup>8</sup> We make a lot of *mehalabeya*, and it is made with milk, starch, and sugar, and [we] put dry fruits over it, such as dried raisins and nuts ... and we also like milk rice a lot, and we also put nuts over it. We also make *konafa*, and this is one of the famous dishes that we call oriental sweets. We eat it in the month of Ramadan, because, since people fast all day, they later need to eat something sweet with a high sugar level.

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<sup>7</sup> The *fatta* is a traditional Nubian dish, prepared on special occasions. It is a meat soup served with bread and rice in a bowl.

<sup>8</sup> *Mehalabeya* is an Egyptian dessert, a pudding usually made with milk and rice, nuts and perfumed water. It is an easy dessert to make and very popular in Egypt.