

**Levantine Arabic transcript:**

اليوم على الغدا رح ناكل لوبيه مع رز.. رز أسمر.. مسلق. خلص الرز هلا فيني قيموا.. حطوا على جنب، وفي كمان شوربة عدس.. عدس.. مع سلق. بنسميه باللبناني عدس بحامض، بس هوي عدس وسلق وبصل وحامض. هيدا السلق، هيدا ورق السلق، مغسل، بدي أفرموا بالسكين على الخشبة، شفتي. باخد ورق السلق شوي وشوي وبفرومه.

هلا عم بطبخ لوبيه. أول شي بحط البصل، البصل مفروم صغير، بحطوا بالطنجره هيدي، بحط فوقو زيت زيتون. بحط من القنيه، هاي القنيه فيها زيت زيتون. بخلط مع زيت الزيتون شويت زيت سمس لحتا ما يحترق الزيت، بقوي الشوي النار لأنو بدي أقلي البصل ليصور أشقر.. يعني بني فاتح.. بنتنبه على البصله، كل شوي بحركها بالمعلقة. هاي معلقة خشب، لحتا ما تلزق، ما تلزق تحت. أوكي.. بخلي النار قويه بس بخففها شوي. يعني وسط نار وسط. قوام بتحترق البصله فبحركها لحتي ما تحترق.. رح خفف شوي النار لحتي أقص السلق. هيدا السلق أخضر طازه. رح قصوا صغير.. بس قصوا صغير عم قصوا على البلاطه، البلاطة الخشب، او لوح خشب.. بالسكين.. هيدا السكين إسمو منشار.. بس بحرب ما قص إيدي.. لأنو مستعجلة بدنا نتغدنا بعد نص ساعه.. بعد ما شي خبز.. ما يعرف كيف راح نتغدا بعد نص هدول كلهن بدهن على القليه ثلاثة أرباع الساعه ليخلصوا.  
زينه: لينظروا الناص.  
ماما: بدنا إنظرهم.

**English translation:**

“Cooking Rice, Beans and Lentils – Part 1”

Today for lunch we're going to eat green beans with brown rice. The rice is finished; we can take it off the stove and put it on the side. There's also lentil soup with chard<sup>1</sup>. In Lebanon we call it sour lentils. It's lentils, chard, onions and lemon. This is chard; washed chard leaves. I want to chop it on the cutting board. I take the chard leaves and I chop them.

Now I'm cooking the beans. First I put the onions - chopped onions in the pot and then I put olive oil over it from the bottle. This is the bottle; it's full of olive oil. I mix a little sesame oil with the olive oil so the oil doesn't burn. I turn up the stove a little, because I want to fry the onions, to brown them (light brown, like your hair). I watch the onion and turn it every once in a while with this spoon (this is a wooden spoon), so it doesn't stick to the bottom. I leave the stove turned up high, but I turn it down a little. Okay. So, medium heat. I stir it so the onions don't burn. I turn the heat down a little so I can chop

<sup>1</sup> Salad leaf related to beetroot.

the chard. This is fresh green chard. I'm going to chop it finely on the wooden board with this knife. This knife is called a "Manchar."<sup>2</sup> I'm going to try not to chop my hand. I'm in a hurry, because we're going to have lunch in half an hour and nothing is ready. I don't know how we're going to have lunch in half an hour when it all needs at least 45 minutes to be finished.

Zeina: People are going to have to wait.

Mom: We're going to wait for them.

Okay.

**About CultureTalk:** CultureTalk is produced by the Five College Center for the Study of World Languages and housed on the LangMedia Website. The project provides students of language and culture with samples of people talking about their lives in the languages they use everyday. The participants in CultureTalk interviews and discussions are of many different ages and walks of life. They are free to express themselves as they wish. The ideas and opinions presented here are those of the participants. Inclusion in CultureTalk does not represent endorsement of these ideas or opinions by the Five College Center for the Study of World Languages, Five Colleges, Incorporated, or any of its member institutions: Amherst College, Hampshire College, Mount Holyoke College, Smith College and the University of Massachusetts at Amherst.

© 2003-2010 Five College Center for the Study of World Languages and Five Colleges, Incorporated

---

<sup>2</sup> Manchar – Saw