# Newari Food and Culture

**Nepali transcript:**

अंतरवार्ताकर्ताः अब नेवार, नेवारी बारे अब केही भनिदिनुस् न।

विद्यार्थी: अब नेवारी बारे भन्नु पर्दा चाहिं..विशेष गरी नेवारहरुको एउटा विशेषता भनेकै संस्कृतिको बारेमा हो के...जस्तै धेरै चाडपर्व मनाइन्छ होइन। नेवारी संस्कृतिमा चाहिं धेरै चाडपर्व हुन्छ। त्यसकै अनुसार चाहिँ भोज भनेर गर्छ। अनि यसो धेरै परिकारको खाने कुराहरु यस्तो बनाइन्छ। धेरै आफ्नो नजिकको मान्छेहरु, साथी-भाईहरु अनि उनीहरुलाई बोलाएर रमाइलो त्यस्तो भेटघाट त्यस्तो हुन्छ।

अंतरवार्ताकर्ताः हजुर, अनि नेवारी खानमा चाहिँ के के हुन्छ?

विद्यार्थी: नेवारी खाने कुरामा त अब एकदमै धेरै परिकारको खाने कुरा छ होइन। अब एउटा मासुहरु भयो। मासुमा छोयलाहरु एकदमै चर्चित छ। त्यस्तैगरि अरु धेरै परिकारको खाने कुराहरु जस्तै बाराहरु, वोहरु छ होइन अनि त्यस्तो धेरै कुराहरु हुन्छ। तरकारीहरु पनि विभिन्न परिकार हुन्छ।

अंतरवार्ताकर्ताः अनि नेवारहरुको लुगा नि फरक हुन्छ?

विद्यार्थी: अ, त्यसलाई चाहिँ हाकु पटासी भन्छ होइन। त्यसमा चाहिँ त्यो धेरै पुजाहरुमा चाहिं मान्छेहरुले लगाउने गर्छ। अनि लुगाहरु लगाएर धेरै यस्तै dance हरुमा पनि देखिने गर्छ होइन। त्यस्तो हुन्छ।

अंतरवार्ताकर्ताः अनि अब तपाई अघि तपाई नेवार हो भन्नु भयो होइन?

विद्यार्थी: हजुर..

अंतरवार्ताकर्ताः अब घरमा दिन दिनै नेवारी खान खान्छ कि साधारण खान खाइन्छ?

विद्यार्थी: साधारण दाल, भात नै हुन्छ तर भोजहरु भएको बेलामा चाहिं नेवारी type को खानेकुराहरु हुन्छ।

अंतरवार्ताकर्ताः अनि तपाईको सबैभन्दा मनपर्ने खान के हो?

विद्यार्थी: मलाई चाहिँ मासुनै मनपर्छ होइन। मासुमा छोयलाहरु मनपर्छ

अंतरवार्ताकर्ताः हुन्छ, हस, धन्यवाद।

**English translation:**

Interviewer: Now, can you tell us something about Newar[1] people and Newari?

Student: So to talk about Newari culture... the main speciality of Newar is [our] unique culture... we celebrate many festivals... we have a lot of festivals in Newari culture. Because of large number of festivals, we organize a lot of *bhojs.*[2] We eat a variety of cuisines. We invite our relatives and friends and we have fun in our gatherings.

Interviewer: Okay, and what do you find in traditional Newari food?

Student: We have a lot of variety in Newari food. Many of the dishes have meat on it. Among meat dishes, *choyela*[3] is very popular. Apart from this, there are many other types of food items like *Bara, Woh*, etc. are available. There are also many other types of vegetable dishes.

Interviewer: Is traditional Newari dress also different?

Student: Yes, it is called *Hakupatasi*. It is worn by people during many important religious events. It is also worn during showcases of different traditional dances.

Interviewer: So before, you told me that you are a Newar, right?

Student: Yes.

Interviewer: So do you eat Newari food every day or do you eat simple food?

Student: Usually, we eat simple *daal*, rice but during *bhojs*, we eat Newari food.

Interviewer: So what is your favorite dish?

Student: Personally, I prefer meat dishes. I like *choyela* among meat dishes.

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[1] Newar are one of the biggest ethnic groups in Nepal. They are the original inhabitants of Kathmandu Valley.
[2] *Bhojs* are traditional family gatherings where you eat special Newari food.
[3] barbecued buffalo meat with very spicy sauce

Interviewer: Okay. Thanks a lot.

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