

Swahili Transcript:

Upendo: Haya ni maji, tutaenda kuyatumia wakati wa kukanda. Na sasa naenda kuchukua mafuta yangu, yatakuwa tayari...yatakuwa tayari yameshachemka. Na kutengeneza chapati tunatumia hii hapa...frying pan, (kikaangio), Kiswahili tunasema kikaangio, kiingereza wanasema frying pan. Lakini sisi tunasema kikaangio, kwa hiyo tunatumia kitu kinaitwa hiki kikaangio chetu. Kwa hiyo nitachukua mafuta, na kwa vile mafuta ni ya moto, nitachukua kidogo, nitachukua katika kijiko na kuyachanganya. Na unaona jinsi ukiweka kwenye unga, unga unakuwa kama unachemka hivi kidogo. Na baada ya hapo, nitachukua mwiko kwa sababu mafuta bado ni ya moto, nitachukua mwiko mdogo na nitaanza kuukoroga ili uweze kuchanganyika vizuri. Huu ni mwiko wetu, kwa hiyo nitakoroga kidogo ili kwamba yale mafuta yaweze kuchanganyika vizuri. Nitaweka tena mafuta kidogo ili kwamba chapati yetu itoke ikiwa nzuriii, ikiwa laini kabisa. Na sasa mafuta yatakuwa yamepoa, kwa hiyo ninaweza nikatumia mikono kuendelea kuchanganya. Kama nilivyosema, unaweza kutumia na mayai ukaweka, lakini kwa vile leo mimi sitaki kutumia mayai, kwa hiyo nitachanganya tu vizuri. Hakikisha kwamba unga unakuwa hauna mabongebonge. Hiyo inasaidia kukuonyesha kwamba yale mafuta uliyoweka yamechanganyika vizuri na unga.

English Translation:

Upendo: Here is the water which I will use when I knead the flour. I will also use oil which will already be heated. We use a frying pan when making *chapati*. In Swahili, we call it *kikaangio*. So I will take some oil, and because it is hot, I will use a spoon and take a little of it and mix it with the flour. As you can see here, after pouring some hot oil into the flour, it is as if the flour boils. Because the oil is hot, I will use a small wooden spoon to mix it up until the flour and oil mixes well. I will add some oil to soften the *chapati* and to make the *chapati* taste delicious. Now that the oil has cooled down, I will continue to mix by using my hands. As I pointed out earlier, you can also use some eggs, but for today I will not use eggs. The flour and oil are well mixed when the mixture doesn't have any lumps.

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