

## **Making *Chapati*: Kneading the Dough**

### **Swahili transcript**

Upendo: Baada ya hatua hii, sasa nitaanza kuweka maji kidogokidogo ili kwamba nisije nikaweka maji mengi sana na unga ukaja ukawa laini mno. Kwa hiyo nitaweka maji kidogokidogo kwenye unga. Naweka huku naendelea kuukanda. Kwa hiyo hapa naendelea kuukanda unga wetu, nitaongeza tena maji kidogo, nitaendelea kukanda mpaka nihakikishe kwamba umekuwa laini. Kwa hiyo, chapati unaweza ukatumia kama kitafunwa asubuhi unakunywa na chai, na vilevile, unaweza ukatumia chapati kama mlo wa jioni. Unaweza ukatengeneza mchuzi wa nyama labda, au ukatengeneza maharage ukayaunga vizuri, ukala na chapati. Tayari unakuwa ni mlo mzuri wa jioni. Kwa hiyo nahakikisha kwamba unachanganyika vizuri kabisa na unga unakuwa laini ili chapati ziweke kuwa laini. Na ikifikia hatua hii sasa, nitaongeza mafuta kiasi huku nikiendela kukanda. Cha msingi, hakikisha tu kwamba unga wako umeukanda vizuri, umekuwa laini ili kwamba hata chapati utakapopika ziweze kutoka vizuri na ziweze kuwa laini. Unga usipoukanda vizuri, usipoukanda sana, mara nyingi chapati zinakuwa ngumu. Kwa hiyo inakupasa uukande vizuri, na unatumia nguvu kwa kweli katika kuukanda mpaka uhakikishe kwamba unga wako umekandika vizuri. Nadhani sasa unga wetu uko tayari, na nitaugawa kwa sababu chapati zinakuwa ni ndogondogo, kwa hiyo nitaugawa katika mafungu

### **English translation:**

Upendo: I will start by adding some water, little by little, to avoid pouring excess water which will make the dough softer. I will pour some water while kneading the dough. I will be adding some water to the flour while kneading until the dough looks soft enough to be able to make *chapati*. You can use *chapati* as a snack during morning tea, and also as a meal for supper. You can eat it with a meat sauce or with beans. When it reaches this level, I add some oil while kneading it. The important thing is to make sure the dough is well kneaded so that when you make the *chapati*, they come out soft and delicious. If the dough is not well kneaded, the *chapati* will be hard and not delicious. You expend a lot

of energy when kneading the dough. Now, as I can see, the dough is ready so I will divide it into pieces.

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