

Dari transcript:

غذاهای افغانی

شهرزاد: غذای بسیار معروف کشور ماره در موردش بگو؟
رویا: غذا کو زیاد است نظر به مردم، که مردم کدام غذا ره خوش داره. مثلا در قوم ما مردم زیادترش آشک ره خوش داره، بولانی ره خوش داره. و در.. به شکل عموم، مردم زیادتر منتور ره خوش دارن، کوفته ره خوش دارن، قابلی پلوه خوش دارن. و کوفته، قابلی پلو، منتو، اینا غذاهایی هستن که مشهور هستن در افغانستان. هر کس که از خارج برن در افغانستان، شاید ازی غذاها لذت ببرن.

شهرزاد: در غذاهای افغانستان بیشتر از چی مواد خوراکی زیاد استفاده می کنن؟ مثلا برنج زیاد استفاده می کنن. سبزیجات زیاد میخوره مردم، گوشت؟
رویا: فکر نمی کنم سبزیجات مردم زیاد بخورن. برنج، کچالو، زیادتر مردم میخورن. فکر می کنم به خاطری که اینا ارزان هستن. و یک قسم رواج هم است بین مردم. و هر چیزی که مردم میخورن حتما برنج است همایش. یعنی تمام قورمه باب برنج داره همراهی خود.
شهرزاد: وقتی یک مهمان د خانه آدم بیایه، چه غذا خوب است که آدم پخته کنه؟
رویا: طبعا مردم گوشت میپزن. گوشت، وقتی به شکلی، فکر نمی کنم زیادتر مردم شوربا کنن گوشته. زیادتر قورمه می کنن.

English translation:

Shaharzarad: Can you tell me about the most famous food in our country?

Roya: There are many kinds of food, but it depends on people, what food people like. For example in my extended family, people mostly like *aashak* and *bulani*. In general, people like *mantu* a lot. They also like meatballs and *qabili pilaf*. Meatballs, *qabili pilaf* and *mantu*, these are the dishes that are famous in Afghanistan. Everybody who goes to Afghanistan from abroad might enjoy these.

Shaharzarad: What food items are mostly used in dishes in Afghanistan? For example do they mostly use rice, vegetables or meat?

Roya: I don't think people eat many vegetables. People eat rice and potatoes mostly. I think because these are cheap and it has become a tradition among people. Everything that people eat has rice with it. All the sauces have rice with them.

Shaharzarad: When a guest comes to visit, what should one cook?

Roya: Naturally, people cook meat. Meat -- I don't think people make soup with meat, usually meat sauce.

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.

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