

Egyptian Arabic transcript:

الرجل: الأكلات إلي معانا في قديم الزمن، من زمان، كانوا يعرفوا يعملوا العصيد.
نجلة: العصيد.
الرجل: والعصيد هي عبارة عن دقيق قمح ويتغلي في ميه وتطبخ طبخه مزبوطه يبقى أليه تخين كده. يحطولو عسل ولبن حامض من تاع لبن الغنم أو البقر، وسمن بلدي، وتتاكل بالإيد كده. المخروطه إلي هي مثلا عبارة عن عجينة قمح وتتخرط (...). وتتخرط بالسكين كده وتتطبخ في الحليب. هو صح من ساعة ما جاؤوا العربي، دايمًا كان زمان وهم في الترحال كانت معاهم الطاحونة يطحنوا الغلة ويخبزوا وهم ماشيين، واكلوا، عندهم اكتفاء ذاتي، طبعا معاهم التموين بتاعهم، غلة، دقيق، حليب، وملح، وهكذا. والميه بتاعتهم طبعا في القرب، كانوا يخذوها بالقرب وهم رحل، أيام الترحال. لكن بعد ما استقرت الأمور وبقت دوله وبقت ناس منظمة ودخلت التنظيم بقت الترمبات وبعد الترمبات بقت الحنفيات البلدية وهكذا، بعد الترمبات.

English translation:

Man: The specific dishes from the past day, from, from, from, from a long time [ago], they used to cook the porridge.

Naglaa: The porridge.

Man: Ah, and the porridge is made of wheat flour, boiled in water and cooked very well until it becomes what? Thick. They add to it honey, and sour yogurt from the yogurt of sheep or cows, and local ghee. And it's eaten by hand like this. *Al-makhrota* ... which is wheat dough that's shredded by ... that is spread and shredded by a knife like this, and cooked in milk.

It's true that when Arabs came, a very long time ago, they traveled a lot, and a grinder was with them to grind the grains and bake while traveling.

Naglaa:

Man: And they eat. They were self-sufficient, of course; they had their supplies with them, and grains, and flour, and milk, and salt, etc. Their water, of course, is carried in leather water bags. They used to carry their water in those bags while traveling from one place to another.

But now, after things settled down, and a country formed, and organization appeared, manual water pumps came, then local taps, etc., as time changes.

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