

Egyptian Arabic transcript:

نضيف معلقتين بشاميل عشان الخلطه كلها تمسك بعضها، ونقلب عليها، نفضل نقلب الخلطه، وبعديها الخلطة الكاملة مع اللحمه المفرومة. بنفرش اللحمه المفرومة فوق المكرونه، بعديها نضيف النص الثاني للمكرونه. شكل المكرونه بعض ما اتضافلها الجزء الثاني منها. بعد كده بنضيف البشاميل من فوق وبنحطها بالفرنز البشاميل كده على المكرونه، وبعد ما يتفرش كده بالشكل دوه بندخله جوه الفرن، بندخل الصينية كلها جوه الفرن، لمدة ساعة.

داه شكل المكرونه بالبشاميل بعد ما حطيناها بالفرن، طلعناها من الفرن بالشكل داه. دي وجبة الغدا في بيت مصري، في مكرونه بالبشاميل، شوية كباب حلّه، والسلطة، مع عيله مصرية. بالهنا والشفا.

English translation:

We put in two spoons of *béchamel*, so that the mix sticks together. We mix the *béchamel* and the ground meat for a while, and then we spread the whole ground meat above the macaroni until it looks like this. Then, we will add the other half of the macaroni.

This is the shape of macaroni after we put in the rest of it. Next, we add the *béchamel* above, and then put it in the stove. We add the *béchamel* like this, and then after it is all spread like this, we put it in the oven for an hour.

This is the shape of macaroni with *béchamel* after it has been out of the oven. This is the main meal in an Egyptian house, macaroni with *béchamel*, *kebab hala*, and salad, with an Egyptian family and healthy food (*belhana we shefa*).

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