

Egyptian Arabic transcript:

دلوقتي نعمل الخلطة، خلطة الرز، عندنا الرز، وعصير طاطم، شبت، وبقدونس، وبصل، وتوم، عشان حنحشي بيه الفلفل.
نحمر البصل، نقليه تحمرت، البصل تحمر.
وعصير الطاطم، ونسيبه فتره، حوالي عشر دقائق نعمل الخلطة ناعت الرز. الرز طبعا تحمر حوالي دقيقتين أو ثلاثه في الزيت. بنضيف الرز والشبت، والبقدونس، والتوم، وتوم كثير، وكمون، ونحط كمون كثير. كمان عصير طاطم، نقليه، نقليه مع بعض. دلوقتي نحط عصير الطاطم، طبعا على الرز، ونقلب، المفروض إن إحنا نقالب فترة طويلة خالص. كده بقت الخلطة جاهزة للحنشي، ممكن لو محتاجة شوية كمون ثاني، ملح، نحط عليها ملح وكمون مرة ثانية. نزود الطاطم دي بالميه، نحط عليها ميه، ونحطها على البوتاجاز، عشام تغلي. حنحتاجها بعد كده.

English translation:

Now we are going to prepare the mixture of rice.

We have rice, tomato juice, dill, parsley, onions, and garlic that we are going to stuff the pepper [with].

Fry the onions until they are caramelized. It almost has the caramel color ... the onions have a caramel color now.

Add the tomato juice and leave it for about 10 minutes.

This is how we make the rice mixture:

Fry the rice in oil for two to three minutes;

Add chopped dill, chopped parsley, garlic, cumin and salt to the rice;

Mix the ingredients well.

Add the tomato juice and the onions to the rice mix.

Mix all the ingredients very well.

Now the mix is ready for stuffing. We can add more cumin and salt if needed ... then add some water to the tomato juice and let it boil, because we'll need it afterwards.

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