

Egyptian Arabic transcript:

حنشي الفلفل وحنشي ورق الخس بخلطة الرز، يعني كده. بس طبعاً المفروض متمليش عشان الرز بيتنفتح بعد كده. نحشي ورق الخس، كده عندي ورقه زي كده، بقسمها نصين. بعدين بحشيها بشوية رز صغيرة خالص. كده يبقى شكلها. بنحطها هنا، وبنبدأ نحشي الورقه الثانية، كل الورق إاي عندنا. ونحشي ورق الخس كده، نحط رز، شوية رز قليبين ونلفهم. كده. ونحشي الفلفل بالرز. وما نملهوش أوي عشان الرز بعد كده يتنفتح. كده. بنحطه جنب أخوه. بنرص المحشي كده بالحلة، كل المحشي إالي عندنا طبعاً، نحاول نلاقيلوه مكان. طبعاً عندنا محشي كثير. صعب على الصغيرة ديه. عندنا الخس ممكن ينصاف. ممكن كمان نحط الرز الفائض. دلوقتي نحط طبعاً عصير الطاطم إالي عندنا. نحط عصير الطاطم. ونحطها على البوتغاز لغاية لمده حوالي عشرين دقيقة أو نص ساعة.

English translation:

We will use the mixture to stuff the peppers and lettuce leaves.

Start stuffing the peppers with the rice mix. Try to fill the peppers with a small amount of rice and leave some space, because when the rice cooks it will expand.

Prepare the lettuce leaves by dividing them into pieces (i.e. each one into two pieces). Wrap them like this and start with the next lettuce leaf.

Stuff the leaves with small amounts of rice, and wrap them tightly and neatly.

Then I stuff another pepper, but not too much because the rice will expand.

Do the same with all the peppers and lettuce leaves.

Put all the stuffed vegetables in a pot.

We will try to find a place for all the stuffed peppers, and place the lettuce leaves on top.

Add the rest of the lettuce leaves and the rice mix (if there is any).

Add the rest of the tomato juice to the stuffed vegetables.

Cover the pot and put it on the stove for 20 to 30 minutes.

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