

**Hindi transcript:**

आज मैं आपको बताऊँगा रायता बनाने की विधि। रायते के लिए सबसे पहले प्याज़ काटिए छोटे-छोटे टुकड़ों में। टमाटर काटिए, मिर्ची और धनिया काट के रखिए। फिर... साथ में कुछ मसाले रखे हुए हैं – आप नमक, ज़रा पावपूर, काला मिर्च, और अजवाइन ले के रखिए। और यहाँ साथ में यह दही है तो अब, सबसे पहले, एक बर्तन में दही ढालिए। फिर दही को फेंटिए, और उसको पतला कीजिए। अगर फिर थोड़ा गाढ़ा हो, तो इसमें दूध या पानी मिलाइए। दही पतला हो जाने के बाद, इसमें काटी हुई सब्जियाँ ढालिए... और फिर से मिलाइए। फिर स्वाद अनुसार नमक ढालिए, और ज़रा पावपूर, काला मिर्च, और पिसा हुआ अजवाइन थोड़ा मिलाइए। और सब चज़ों ढालने के बाद एकबार फिर ठीक से मिला लीजिए। और बस, स्वादिष्ट रायता तैयार।

**English translation:**

Today I will tell you how to make *raita*. (विधि is method; speaker says “I will tell you the method of making *raita*.”) For *raita*, first of all chop onions into small bits; cut tomatoes, and [chop] chilies and cilantro (coriander). Then ... there are some spices alongside [here] – have available salt, powdered cumin, black pepper and oregano seeds. And together with it, here is some yogurt. So now, first of all, take some yogurt in a bowl. Then beat the yogurt, and thin it out. If it remains thick, then mix either [a little] milk or water with it. After the yogurt is [thinner], add chopped vegetables to it ... and mix again. Then add salt according to taste, and also mix in the powdered cumin, black pepper and ground oregano seeds. After you have added everything [to the yogurt], mix everything together nicely. And that’s it – your delicious *raita* is ready.

**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.

