

Hindi transcript:

- तो, यह मैं न, पराठे के लिए आटा गूँथने जा रही हूँ। तो इसमें मैंने क्या किया है कि थोड़ा सा चपाती flour लिया है और अब मैं उसमें थोड़ा सा plain flour ढालूँगी – yes, मदा। तो इनका proportion है about one-third: one-third for everything। थोड़ा मैंने पहले से ढाला हुआ है। And और one-third ढालूँगी some rice flour। चावल का आटा। इसके बाद मैं ढालने वाली हूँ इसमें कलौंजी – जिसको कि बखाला में बोलते हैं काला जीरा। तो इसको बोलते हैं कलौंजी... तो यह करीब about one tea spoon इसमें चली जाती है। और फिर इसमें मैं ढालूँगी थोड़ा सा... what is this? (तेल की बोतल पर नाम पढ़ती हूँ) – Flora . थोड़ा सा Flora ढाला जाता है कि जिससे कि पराठा थोड़ा सा मुलायम बने, जब बने तो। तो यह हो गया Flora। और इसके बाद if you wish अगर ढालना है तो नमक ढाल सकते हैं नहीं। ढालना है तो जरूरी नहीं है। जहाँ आपको पसन्द है। And, truly I wouldn't put any नमक in there. और उसके बाद मैं इसको सब mix कर लेती हूँ। और इसके बाद मैं... आटे को गूँथकर के, जहाँ चपाती का dough बनता है वहाँ इसका भी बन जाएगा। (आटा गूँथती हूँ) तो अभी तो मैं देखो एक हाथ से कर रही हूँ और एक बार जो यह पूरा एक dough बन जाएगा then I will use my other hand as well। यह मशीन में भी आप कर सकते हैं इसको लेकिन मशीन में मुझे लगता है कि it is a lengthy process। उसको clean करना और यह सब, इसलिए मैं हाथ से ही prefer करती हूँ। यह अब dough बन गया है अच्छा। इसको मैं थोड़ी देर और जरा गूँथूँगी जिसके कि यह smooth बन जाये। और जहाँ मैंने पहले कहा है consistency इसकी जहाँ रोटी बनाने के लिए होती है आटे की, वहाँ ही है। और ideally after making the dough इसको करीब अगर आप half an hour छोड़ दें तो अच्छा रहता है। So that its elasticity is lost। तो मैं थोड़ा सा इसके ऊपर तेल लगा देती हूँ।

- एक चम्मच तेल?

- Not एक चम्मच तेल, एक चम्मच से भी बहुत कम। Just थोड़ा-सा उसको... उसके surface को कवर करने के लिए – जिससे की सूखे ना basically वह आटा।

- आपको कितना टाइम तक गूँथना पड़ता है आटा?

- आटा... मतलब, दस-पन्द्रह मिनट लग जाता है आटा गूँथने में। अब यह तो हो गया। Now I have already made the सब्जी। So in, another 10-15 minutes we will start making the parathas.

English translation:

So I am now going to knead dough to make *paratha* with. So what I have done is taken some whole wheat flour (*chapatti* flour) and I will now add some plain flour to it – yes, *maida*. The proportion of these is about one-third – one-third of everything. I added some (plain flour?) earlier. Now I will add [some] rice flour. Rice flour. Next I am going to add to this some *kalaunji* [seeds] – which are called black cumin seeds in Bengali. So this is called *kalaunji* ... so about one teaspoonful of this goes into the [dough]. And then I shall add a bit of ... what is this? (Reads brand name on bottle of oil) – Flora. A little Flora is added so that the *paratha* turns out soft when done. So, in goes the Flora. And now, if you wish, you can add salt, but it isn't necessary that you add salt – [do] what suits your preference. And, I really wouldn't put any salt in there. And after that, I mix everything together. And after this I ... the kneaded flour will resemble dough for *chapatti*. (Kneads dough.) So: look, I am now using one hand; once this becomes one mass of dough, I will use both hands. You can do this in a machine, too, but I feel that [kneading dough using a] machine is a lengthy process. You have to clean it and everything, so I prefer doing it by hand. Now this dough is nicely done. Now I will knead this a bit longer, so that it becomes smooth. And like I said before, the consistency of this dough is going to be like that of dough for *chapatti*. And, ideally, [you should] let the dough sit for half-an-hour afterwards so that its elasticity is lost. So now I will slather it with a little oil.

A spoonful of oil?

Not a spoonful of oil, much less than a spoonful. Just so that it ... its surface is covered with oil, to keep it from drying, basically.

How long do you have to knead the dough?

Dough ... it takes ten to fifteen minutes to knead dough. Now this is ready. Now I have already made *subzi* (vegetable dish). So, in another 10-15 minutes, we will start making *paratha*.

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