

**Hindi transcript:**

- अब मैं यह न, दाल को छौंकने के लिए जा रही हूँ। तो मैंने थोड़ा-सा इसमें... दो... ढेढ चम्मच का इसमें तेल लिया ह। और यह मैं इसमें ाल रही हूँ... जसो दाल मैंने पहले से बना के रखी ह।

- दाल का पराठा बना रहे हो?

- नहीं दाल बनी हुई ह। खाली – हाँ? तो दाल मेरी बनी हुई रखी थी – उबाल के मैंने रखा ह। इसको। अब मैं इसमें tempering देने जा रही हूँ – ठीक ह। छौंका लगाने के लिए। तो करीब ढेढ चम्मच तेल ह। इसमें, mustard seed करीब half teaspoon, और उसके बाद मैं इसमें ालूंगी प्याज़ और लहसुन। ठीक ह। प्याज़, लहसुन ाल के इसको मैं stir कर लेती हूँ। Heat is medium. बस, अब इसको stir करते रहेंगे, जब तक कि light brown न हो जाए। और इसमें मैं ालूंगी थोड़ा-सा लाल मिर्च पाउर। ठीक ह। थोड़ा-सा लाल मिर्च पाउर ाला, और इसके बाद मैं ालूंगी इसमें थोड़ा-सा हीण। यह हीण ह। पिसी हुई। तो... थोड़ा-सा ालना ह। हीण को। That's it. और अब मैं इसमें ालूंगी... बस एक मिर्च मैंने ली ह। but you can increase the number of मिर्चes depending on how much taste you like. That's it. और उसके बाद मैं ाल दूंगी यह दाल जो मैंने... बनी हुई रखी ह। And water. बस, यह इसको लो हीट पर सिमर करने रख देंगे। और करीब पाँच मिनट बाद, this is ready। ठीक ह।

**English translation:**

(The speaker is taking a break from bread-making and demonstrating how to temper *dal* – or lentil soup. On tempering, see below.)

- Now I am going to temper\* this *dal* here. So I have a bit of ... two ... one and a half spoonfuls of oil here. And to this I am adding ... like, I made the dal earlier ...

- Are you making *dal paratha* (*paratha* with a filling of spiced lentils/pulses)?

- No, it's just cooked *dal* – Okay? So the *dal* was sitting ready – I had boiled it [earlier].

So there is approximately one and a half spoonfuls of oil in here, [I'm adding] approximately half a teaspoon of mustard seeds, and after that I shall add (chopped) onions and garlic. Okay? After adding onions and garlic, I stir [the contents of the pan]. Heat is medium. That's all. Now we continue to stir until the mixture becomes light brown. And I shall add a bit of red chili powder. Okay? [I] have added a bit of red chili powder, and after this I shall add a bit of *asafetida* (a kind of aromatic resin). This is *asafetida* – ground. So... [we] have to add a bit of *asafetida*. That's it. And now I shall add to this... I have taken just a single (fresh) chili, but you can add more chilies, according to taste. That's it. And after that I shall add this *dal* I... cooked *dal*. And

water. That's all; we will leave it to simmer on low heat. It will be ready after approximately five minutes. Okay?

(\* To temper – छौकना – is to add flavor to steamed or boiled foods by infusing them with spices and certain aromatic vegetables and herbs – such as onions, ginger and curry leaves – fried quickly in hot oil.)

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