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Some Typical Meals

Hindi transcript:

Regular meal के बारे में मैं कहूँगी कि हमारे यहाँ, इंडिया के staple foods में दोनों तरह के खाने... rice और wheat, दोनों staple foods में आते हैं। बस ये है कि North India में wheat ज़्यादा खाया जाता है, South India में rice ज़्यादा खाया जाता है। लेकिन देखा जाए तो rice और wheat दोनों का combination... North India में है और दोनों ही हमारी staple… staple food हैं, rice और wheat। ज़्यादातर वही खाया जाता है – रोटियाँ, चपाती और... बनाई जाती हैं – रोटी, पराठे और ये सब बहुत खाया जाता है।

हमारे घर में सुबह में तो normal breakfast होता है...अगर weekdays हैं, कि भई bread, omelet and tea and milk – जिसको भी जो चाहिए – और वैसे जिस दिन छुट्टी होती है तो उस वक्त कभी-कभी रोटी बना लेती है मेरी sister, या कुछ पराठे या कुछ भी। कभी-कभी – और वो भी ज़रूरी नहीं है हर छुट्टी पे, क्योंकि अगर आप tired हों तो weekend पे फिर वह भी नहीं होता, फिर वैसे ही होता है – weekdays-वाला breakfast।

लेकिन हाँ, lunch और उसमें गर्मियों में दोपहर में ज़्यादातर चावल बनते हैं लेकिन क्योंकि मेरे फ़ादर को ज़्यादा चावल का शौक नहीं है तो उनके लिए फिर रोटी बनाई जाती है, और... regular meal में मैं क्या कहूँगी... मतलब, बस week के हिसाब से कुछ भी बनता है – normal सब्ज़ी, रोटी, किसी भी तरह की – या कभी किसी वक्त कोरमा बन जाता है – like, meat की dish बन जाती है। मतलब, कोई लाज़मी नहीं है.. कुछ लोगों के घर ऐसे हैं कि भई meat की एक dish बनना रोज़ लाज़मी है, compulsory है। मेरे घर में ऐसा नहीं है। मेरे घर में शायद week में दो बार बन जाता है – दो-तीन बार, चार बार maximum। दो बार ही मैं कहूँगी बनती है normally और कोई occasion होता है या कभी बिल्कुल free महसूस कर रहे हैं तो कबाब वगैरह बना लेते हैं, अगर दिल चाह रहा है तो। लेकिन normal dish में यही होता है.. सब्ज़ी-रोटी या normal, कोई meat, किसी भी सब्ज़ी के साथ, या अकेले... आप बना लें। आलू-कीमा होता है, और आलू-गोश्त वैसे बनता है, किसी भी तरीके से बन जाती है।

Cooking कौन करता है? Cooking मैं और मेरी बहन करते हैं। पहले मेरी मम्मा करती थीं लेकिन अब उनसे होता नहीं है ज़्यादा काम तो अब बस, मैं और मेरी सिस्टर करते हैं।

और वैसे, cleaning वगैरह के लिए तो maid होती है। लेकिन खाना हम लोग maid से नहीं बनवाते हैं, वो मेरी मम्मा को सफ़ाई और उसका बहुत वह है... एहसास... तो खाने की चीज़ों में at least avoid करते हैं, किसी को बाहर से बुलाना। लेकिन कुछ लोग maid रखते हैं। मेरी एक cousin है, उनके यहाँ maid आती है। वो खाना बनाती है।

English translation:

About regular meals, I would say that in our place, India's staple foods consist of both types of food … rice and wheat, both constitute staple foods. It's just that wheat is eaten more in North India; rice is eaten more in South India. But if one sees, a combination of rice and wheat is [customary] in North India and both are [a part of] our staple … staple food: rice and wheat. Mostly that is what is eaten – *rotis, chapattis* and … are made – *rotis, parathas* and all this is eaten a lot.

At our home, there is a normal[1] breakfast in the mornings. If it is a weekday then, you know, it is bread, omelet and tea and milk – whatever each person wants – and usually, when it is a holiday, then at that time sometimes my sister makes *rotis* or some *parathas* (fried unleavened bread) or something. Sometimes … and not necessarily on every holiday, because if you are tired then that too does not happen, then it's the same -- weekday breakfast.[2]

But yes, at lunch, in summer in the afternoons, mostly rice is made but because my father does not like rice very much, so *rotis* are made for him and … what can I say [about] a regular meal … I mean, depending on the [day of the] week anything is made … normal[3] vegetables, *roti* of any kind or sometimes *korma*[4] is made – like, a dish made from meat. I mean, any (unclear). Some people's homes are such that it is necessary, compulsory to cook a dish of meat everyday. It is not so in my home. [In our home, meat] is cooked perhaps twice a week – two or three times, maximum four times. Twice only, I would say; if there is a [special] occasion or if one is feeling completely free, then we make *kebabs* etc., if [we so] desire. But as for normal foods … *rotis*, vegetables [cooked in the] normal[5] way dish or some meat [cooked] with vegetables or by itself … you can make. There is *aloo-keema*;[6] and *aloo-gosht*[7] is made like that – they are cooked in some way or other.

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1 The speaker means 'regular' or 'usual.'

2 The speaker means that the same breakfast (i.e. bread, omelets etc.) is eaten on holidays as is on weekdays if people in her home are too tired to make anything different (i.e. *rotis, chapattis, parathas*).

3 See footnote 1.

4 '*Korma*' or '*qorma*' is a creamy, Mughlai style curry and can be made with yogurt, meat or vegetables, cream, nut or seed pastes or coconut milk.

5 See footnote 1.

6 *Aloo-keema* is a potato and mince meat (beef, lamb or chicken) curry.

7 *Aloo-gosht* literally means meat (lamb, beef, chicken or mutton) with potatoes.

Who does the cooking? My sister and I do the cooking. Earlier my mother used to cook but now she cannot do much work so now I and my sister do it. And otherwise there is a maid for cleaning etc. But we do not get the food made by the maid, my mother is very… particular about …cleanliness and all that so at least with food we avoid calling someone from outside [to cook]. But some people have a maid [to do the cooking]. I have a cousin; a maid comes to her place. She makes the food.

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