CultureTalk Iran Video Transcripts: http://langmedia.fivecolleges.edu

**Bread and Herbs**

**Persian transcript:**

**امیر:** عادتِ ایرانیا[ایرانی ها] مَثلاً یه[یک] تَفاوُتِ عُمده ای که با غَذا خوردَنِ غَربی ها داره[دارد]، سَبزیجاتِ خام ما خِیلی اِستِفاده می کنیم توِی ایران. حالا باز توِی سیستِمِ سُنَّتی بیشتر بوده اَلآن شایَد کمتَر شده باشه[باشد] وَلی مَثلاً سَبزی هایِ مِثلِ ریحون[ریحان] و تَره و شای و اینا[این ها] به صورَتِ هَمین خام خام

**مُحسِن:** سَرِسُفره [هَست].

**اَمیر:** سَرِسُفره هست. بعد مَثلاً خُب ماست، ماستِ ساده حَتماً هَست سِرِ غَذاهایِ ایرانیا[ایرانی ها] می گم[می گویَم] بَعضی غَذاها مِثلِ کباب قُورمه سَبزی با پیاز می خُورَند بَعد نِمی دونَم عادَتِ خاصّ غَذا خُوردَنِ...

**مُحسِن:** ایرانیا خیلی نون[نان] رو مُقَدَس می دونَند[می دانند] و به نون خیلی اِحتِرام می گذارَند.

**امیر:** بَله بَله

**مُحسِن:** نَقشِ نون در به اِصطِلاح رِژیمِ غَذایی یِ ایرانی چه طوره[طور است]؟

**اَمیر:** نون هم خیلی مُهِمِه[مُهِم است]، یَعنی برای قَدیمی تَرها شایَد برایِ نَسلِ من این طوری اِنقَد [آن قَدر] نَبوده ولی مَثلاً پدر بُزُرگ هایِ من یادَم می آد[می آیَد] هَمیشه مَسخَرشون[مسخره شان] می کردیم مَثلاً این که پُلُو بود، خُورِشت بود، کباب بود، بَعد مَثلاً بَعضی وَقتا[وَقت ها] یه لُقمه نون هم دستِشون[دَست شان] بود یعنی هَمون طور[همان طور] که داشتن غَذا را می خوردَن[می خوردَند] مثلاً اون لُقمه نون را هم یا تو غذا می زَدَن یا با غَذا می خوردَن یا بَعضاً مُمکِن بود حتی بِرِنج رو بریزَن[بریزَند] لایِ مَثلاً اون لُقمه نون و بُخُورَن. می گفتیم بابا دیگه[دیگر] آخه حِکمَتِ این یه لُقمه نون چیه؟ می گفتن نه مَثلاً تا این غذا را نخوریم تا این لُقمه نون رو نَخوریم اِنگارکه غَذا نخوردیم. بَعضی غذاها هَستَند که خب کُلاً با نون خورده می شَن[می شَوَند] و همه با نون می خورَن[می خورَند] مِثلِ مَثَلاً حلیم بادِمجان و کُتلِت و غَذاهایِ دیگه[دیگر] ولی تو قدیمیا[قدیمی ها] این عادَتِ نون خوردن با غذا خیلی باب بوده.

**مُحسِن:** یَعنی تا نون نَخوری سیر نمی شی[نِمی شَوی]!

**اَمیر:** سیر نمی شه[نمی شَوَد]. دَقیقاً.

**English translation:**

**Amir**: Iranian habits, for example, a main difference they have with Western eating habits [is that] raw herbs are used in Iran a lot. Well, it was more [common] in the traditional system and now it maybe less [common], but for example herbs such as basil, leek, cress, etc. [are used] raw.

**Mohsen**: [Raw herbs] are at the table.[1]

**Amir**: They are at the table. Then, well, yogurt for example, plain yogurt is definitely [present] at Iranian tables. I'm saying some foods like *ghormeh sabzi*[2] are eaten with onion. Then, I don't know specific eating habits...

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[1] "سُفره"is a piece of cloth or plastic that is spread on the floor where food is served while people sit around cross-legged. In the general context refering to سُفره means any table where food is served.

[2] Vegetable stew.

**Mohsen**: Iranians consider bread sacred and respect bread a lot.

**Amir**: Yes, yes.

**Mohsen**: What is the role of bread in the so called Iranian food regime?

**Amir**: Bread is also very important; it means it was for old times, but for our generation it is not. For example, my grandfathers, I remember we used to make fun of them all the time. For example, if there was rice and stew and kabob, they would hold a piece of bread in their hands and as they were eating food, they would eat the bread with it or it was even possible that they would pour the rice on top of [the piece of] bread and eat it the piece. We would say, dad, "What's the point of this piece of bread?" They would, for example, say not until this food, not until this piece of bread is eaten, we have had our food. There are some foods which are served with bread in general and every one eats them with bread. For example, *halim bademjan*[3], cutlet and other foods; but in old times this habit of eating bread was very popular.

**Mohsen**: It means that you won't be full unless you have bread.

**Amir**: [You] won't be full, exactly.

**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 every day. 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.

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[3] An eggplant dip made with meat, onion, and eggplant.