

Persian transcript:

محسن: حالا توی یه [یک] رستوران ایرانی، تو حالا اصفهان یا جاهای دیگه، چه غذاهایی پیدا می شه [می شود]، یعنی رستوران حالا معمول؟

امیر: یادم می آید [تفاقی این چیزی بود که بعضی وقتا وقت ها] مهمونای [مهمان های] خارجی ما مثلاً می اومدند [می آمدند] [دوستای] [دوستان] خارجی مهمونای خارجی داشتیم می آوردیم [می آوردیم] می گفتن [می گفتند]: بابا چرا شما ایرانیا [ایرانی ها] همه ی غذاهای رستورانتون [رستوران هایتان] کبابه [کباب است] مثلاً می گین [می گوید] می بریمتون [می بریم شما را] این رستوران [که] خیلی عالی؛ بیان [بیابید] بپریمتون [بپریم شما را] می ریم [می رویم] تو رستوران می بینیم مثلاً یک منوی [menu] که هست مثلاً هشتاد درصدش کبابه [کباب است] حالا همین کباب هایی که گفتیم یه کمی ترکیبات مختلف، و سایزهای مختلف، نمی دونم کلفت باشه [باشد] نازک باشه، سی و پنج سانتی باشه، بیست سانتی باشه، چهل و پنج سانتی باشه، ولی انقدر [آن قدر] تو رستورانها [رستوران ها] تنوع غذایی ی مثلاً ... که همه ی غذاهای سنتی ی ایران و اصفهان و اینا [این ها] رو سرو [serve] بکنند ندارند فکر می کنم علتش اینه [این است] که بعضی از غذاهای ایرانی درست کردنش [کردن آن] خیلی زمان بَره [زمان بر است] و انرژی بَره [انرژی بر است] مثلاً همین پلو خورشت ها برای رستوران شاید سخت باشه که هر روز اون خورشت را تازه درست بکنه [بکند]، چرا هستن [هستند] رستورانایی [رستوران هایی] که غذاهای سنتی هم دارن [دارند] ولی اونی [آنی] که همیشه تازه داشته باشه... واقعاً مثلاً خورشت هم طول می کشه که آماده بشه، اصطلاحاً جا بیفته [بیافتد] خوشمزه بشه [بشود] بعد اینی که همیشه اون خورشت حالت تازه و جا افتاده و طعم نگرفته باشه خیلی... شاید نگه داشتنش [داشتن آن] سخت باشه برای همین...

محسن: در رستوران ایرانی بیشتر وقتی که می ری کباب انواع کباب پیدا می کنی.

امیر: حالا یکی دو نوع کباب، یکی دو نوع ماهی مُمکنه باشه [باشد] یا مرغ باشه یا مُمکنه یه نوع دو نوع غذای سنتی تر ایرانی باشه ولی خب اکثر منوهای رستوران ایرانی کبابه [کباب است] بله.

محسن: یعنی پس اگه [اگر] کسی بخواد [بخواهد] غذاهای ایرانی رو بچشه [بچشد]، امتحان کنه [امتحان کند] و بخوره [بخورد] فکر می کنم بیشتر باید بره [برود] خونه ها [خانه ها].

امیر: این درست است [دقیقاً] و مگر این که پگرده [پگردد] که رستورانای [رستوران های] مخصوصی پیدا بکنه. خب مثلاً تو تهران بیشتر بودند رستورانایی [رستوران هایی] که غذاهای سنتی به طور خاص سرو [serve] می کردن [می کردند].

محسن: غذاهایی غیر از کباب!

امیر: غیر از کباب. اون ها [آن ها] را داشتن [داشتند] اونا را هم داشتن. یادم می آید [می آید] یکی از دوستای [دوستان] اسپانیایی ی ما بود که گیاهخوار¹ بود، و جیتارین بود، اون خب خیلی مشکل داشت، یعنی هر رستورانی که می رفت ... خب وقتی برای کار می اومد [می آمد] ... خب تقریباً صبح و شب یک مثلاً یک ماه می موند [می ماند] ... نکنسن بود؛ یک ماه می موند و باید ناهار و شام می رفت رستوران [غذا] می خورد؛ دیگه تقریباً غذاش [غذایش] همیشه چلو ماست بود یا چلو سالاد بود. بعد مثلاً یه رستورانای درست و حسابی می رفت که سالادبار داشتن [داشتند] اون دیگه مثلاً خیلی خوشحال می شد که چند تا انتخاب داشت؛ مثلاً چند تا آپشن [option] داشت که از بینش [بینشان] بین آن ها [انتخاب بکنه] وگرنه برای گیاهخوار هاش هم ... خیلی عادت گیاهخواری تو ایران باب نبوده و هنوز هم نیست؛ خیلی گیاه خوارای خارجی اگه بیان [بیایند] مشکل دارن [دارند] توی رستورانای ایرانی.

¹ is “vegetarian” and literally means “the one who eats plants.” گیاه = plants; خوار = the one who eats.

English translation:

Mohsen: Now, in an Iranian restaurant, in Isfahan or let's say other places, what kinds of food can be found? I mean in a common restaurant.

Amir: I remember actually this was a matter [on] which sometimes our foreign guests who would come and comment, "Oh God², you Iranians! Why are all foods in your restaurants kabob?" You say, for example, "We will take you to this restaurant which is very amazing," or "Let's go take you to this restaurant," [but] there is a menu which is eighty percent kabob. Now such kabobs I talked about have a slightly different make up and different sizes: I don't know, like whether it is thick or thin, whether it is thirty five centimeter or twenty centimeter, whether it is forty or fifty centimeter. But in restaurants there is not that much food diversity--such as traditional foods of Iran or Isfahan--to serve. I think the reason is that some Iranian foods take a lot of time and energy to prepare. For example, these rice and stews maybe difficult for restaurants to make fresh every day. However, there are restaurants which have traditional food, but [not really] those that always serve fresh food...honestly, stews take a long time to be ready, or as we say, fall into place³ and develops a fine taste. Then, there is the fact that preserving a stew which has simmered, is fresh, and has a nice taste is perhaps difficult. That's why...

Mohsen: When you go to Iranian restaurant, you can find different types of kabob.

Amir: Now, it's possible that there are one or two types of kabob, one or two types of fish or chicken, or one or two types of more traditional Iranian food, but more often menus of Iranian restaurants are kabob, yes.

Mohsen: So, it means if one wants to taste, test or eat Iranian food, I think one must go to [Iranian] homes.

Amir: This is true, exactly unless s/he looks for and finds a specific restaurant. Well, for example, in Tehran there were more restaurants which specifically served traditional food.

Mohsen: Foods other than kabob!

Amir: Other than kabob. They had those [kabobs] and they had them [foods other than kabob] too. There was a Spanish friend of ours [visiting] who was vegetarian. Well, he had a lot of problems. I mean any restaurants he would go to...well, when he would come for work...well, almost day and night, let's say he stayed for a month...he was a technician. He stayed for a month and he had to go to restaurants for lunch and dinner. His food almost [every day] was rice and yogurt or just plain rice. Then, for example, if he went to a fancy restaurant which had a

² Amir here says بابا, which means "daddy." Saying "oh daddy" in colloquial Farsi is the same as saying "oh God" or expressing astonishment in English.

³ "جا افتادن" literally means "to fall into place" and in cooking refers to a food or stew that has simmered for a long time and has developed a fine taste. It is a common expression and is also used to describe people. For example, if we say "so and so is جا افتاده," it means that s/he is mature, experienced or wise.

salad bar, he would be very happy to have some options. For instance, he had some options to choose from, otherwise his vegetarianism...the habit of being vegetarian was not common in Iran; it still is not. If foreign vegetarians come to Iranian restaurants, [they] will have many problems.

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