

CultureTalk Iran Video Transcripts: <http://langmedia.fivecolleges.edu>
Comparing Iranian and American Food

Persian transcript:

محسن: شما مدت زیادی تو آمریکا بودین خب به هر حال با غذاهای آمریکایی فکر کنم یک آشنایی نسبتاً زیادی دارید. فکر می کنید که چه تفاوت بارزی بین غذاهای ایرانی و غذاهای آمریکایی هست.

ناهید: خب غذاهای ایرانی بیشتر... اصل غذا پلو هستش بعد خورشتی که بیشتر... خورشت خورشت یا چیزی که کنار [یا] روی پلو می آد و این نیستش که پلو مثل [آمریکا نیست]. توی آمریکا خیلی موقع ها رستوران ها و این ها که می رین غذاها را می بینین پلو در حقیقت کنار غذاست
محسن: درسته

ناهید: در صورتی که در غذاهای ایرانی شما نگاه کنید پلو اصل غذاست. کنار غذا نیست. اصل غذا هستش. بیشتر مردم با پلو سیر می شن. گوشت بیشتری رو توی غذای آمریکایی می بینید مثلاً یک تیکه استیک یک تیکه مرغ در صورتی که این گوشت به عنوان یه ماده ی پروتئینی در حقیقت با سبزیجات دیگه باید قاطی بشه یک به اصطلاح آبی داشته باشه و بعد روی پلو می ره و به اصطلاح مزه ی پلو را بهتر می کنه. ما خیلی با سبزی خوردن بزرگ شدیم. یه زمانی... الان خب خیلی توی ایران سالاد بیشتر مد شده. از بچه گی من یادمه بیشتر سبزی خوردن بود که با غذا اون سبزی های سبز بود که با غذا می خوردیم ولی خب حالا الان سالاد بیشتر مد شده. خب سالاد هم هستش ولی ما ماست توی غذاهامون کنار غذامون خیلی زیاد استفاده می کنیم. ولی من خودم البته خیلی موقع ها غذای ایرانی درست می کنم توی خونه ولی خب از غذاهای مدل آمریکایی هم خب گهگاه دنبال تنوع ما در خونمون

محسن: پسی یعنی یک تی پیکال غذای ایرانی همیشه پلو داره و یک چیزی کنار پلو

ناهید: پلو داره. یه مقداری گوشت داره و سبزیجات و این معمولاً با ماست یا ترشی خورده می شه.

محسن: درسته

ناهید: کنارش ماست و ترشی گذاشته می شه. سالادی هم خب اضافه می شه ولی غذاهای آمریکایی یه اصل بزرگیش گوشته

محسن: درسته هان

ناهید: و سبزیجات و به اصطلاح آگه یه چیزی مثل سیب زمینی یا پلو یا باشه این ها کنار غذا هستند کنار غذا هستند

English translation:

Mohsen: You have been in America for a long time; well, at least you must, I think, be somewhat more familiar with American food. What do you think are obvious differences between Iranian food and American food?

Nahid: Well, Iranian food is more... the main part of the food is rice, then a stew which is more... stew, stew or something which is next to or on top of the rice. It is not [like in America] where rice [is next to the main dish]. In America, a lot of the time when you go to restaurants and places like that, you see that in fact rice is next to the food.

Mohsen: That's right.

Nahid: However, when you look at Iranian food, rice is the main part of food. It is not next to the food. It is the main food. Most people feel full [after eating] rice. You see more meat in American food, such as a piece of steak, [or] a large piece of chicken. Meanwhile this meat as a source of protein must in fact be mixed with vegetables so it will have some juice [which] then goes on top of the rice and let's say makes the taste of the rice more delicious. We have grown up with edible herbs.¹ There was a time...well, now salad is more common² in Iran. Since childhood I remember it was edible herbs [or] those green vegetables which we ate with food, but now, well nowadays salad is more common. Well, salad too exists. But we [Iranians] use yogurt in or next to our foods a lot. However, I myself most of the time make Iranian food at home, but well, when we look for change at home, we make American food.

Mohsen: So, it means a typical Iranian food always has rice and something next to rice.

Nahid: It has rice. It has a little bit of meat and vegetables and these are often eaten with pickles.³

Mohsen: That's right.

Nahid: Yogurt and pickles are placed next to it [Iranian food]. Well, a type of salad too is added, but a big part of American food is meat.

Mohsen: Right, *haan*⁴.

Nahid: And vegetables and let's say if there is [supposed to be] something next to the food, it would be potatoes or rice.

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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¹ "سبزی خوردن" literally means "edible vegetables" and refers to the collection of herbs such as basil, parsley, leeks, cilantro, etc which are eaten raw and can be found on every Iranian dinner table.

² Nahid here says that salad has "become the mode." *Mode* is a French word, and the expression مد شدن means "becoming popular."

³ "ترشی" which here is translated as "pickle" refers to anything that has been pickled and preserved. Pickling is a major part of Iranian cuisine. For example onion, garlic, cauliflowers, carrots, etc are pickled and kept for years in vinegar and air-tight jars and consumed daily with lunch and dinner.

⁴ *Haan* is used like the English expression "Right?"