

Levantine Arabic transcript:

رَح قِيم شوية بصل لأنو عملنا بصل كثير. عملنا بصل مقلي للوبيه وللشوربه. بقى رح أخذ المعلقه. شوية بصل مقلي للشوربه. هون. ثنين، ثلاثه. ثلاثه ملاعق. وهدول ببيقوا للوبيه. قوي شويه النار. حطي اللوبه الخضرا. لأ نسيت شي. نسيت اللحمه. بس إحنا ما بناكل لحمه. بقى عندي لحمه. لحمه نباتيه. يعني..

زينه: يعني فيجي مبيت. يعني من الجلوتين. بتعملها ست في البيت على إيدها، ما بنشترها من السوق نحنا، ما بنشترها بالسوق، بنعلمهن نحنا، شاطرين نحنا. (...). الثانيه للحمه، الجلوتين، جلوتين القمح. وبيت يعني. هالأ اللحمه بحطها فوق البصله..
زينه: حططيهن كلهن؟

ماما: لأ نصهن. نصهن لأنو كلهن كتار. مفرومين، ناعمين، بيثبو هوا اللحمه، طعمتهن طيبه لانو مطبوخين، طابخته قبل. هبي بتعملهن بالبيت على إيدها. شفتي. اللي بياكلوا لحمه بيحبوا لحمه مفرومه من عند اللحام، لحمه غنم أو بقر. بس نحنا بالبيت بنستعمل هايدي اللحمه. أوقات ما بنحط شي، بس لوبيه. أوقات بنحط تامبه محل اللحمه. عندي. بس رح أستعمل هاي لأنو طيبه. بدي حطها شوية بهارات. هاد البهار، وهاد أسود، بهار حلو، يعني allspice. وشوية قرفه (cinnamon). هالأ شوية بهار حلو، حتى يصير إلها طعمه. رشتين. رشه وتنين. وبهار اسود رشه وحده لانو أقوى، وشوية قرفه، لأنو القرفه طعمتوا قويه، ما بدي يطغى على الطعم، بقى بقلب شويه القرفه. هالأ من بعد ما عم بحرك اللحمه. إنخلطت منيح مع البصله فيني حط لوبيه كلها. هالأ لازم اللوبه تنقل، بحركها، لازم تنقل مع اللحمه والبصله. نسيت حط. بدي حطها بندوره. بقى بندوره في هايدي، بس ما في عنا إلا هايدي، ما بتقدي، بدي جيب كمان رب بندوره. tomato paste. نحنا بنعملوا بس يكون في كثير بندوره، بينعمل مع ملح، بينسلق على النار. هالأ بحطوا بالأخر، ما بحطوا هالأ، بس تستوي اللوبيه وتخلص اللوبيه بالأخر بحط رُب البندوره وبنادورايه. خلاص هاي اللوبيه بلحمه، بس هالأ بنطر لتستوي اللوبيه، لازم تستوي اللوبيه هاي تصير طريه كثير..

English translation:

“Cooking Rice, Beans and Lentils – Part 3”

I'm going to take out some of the onions. We made a lot of onions. We made fried onions for the green beans and for the soup. I'm going to take some onions with this spoon for the soup. Two. Three. Three spoons. These stay for the beans. I'm turning the heat up. I put the green beans – Oh no, I forgot something. I forgot the meat. But we don't eat meat. I have vegan meat. Made from gluten. This woman makes it at home. We don't buy it from the store. We make it. We're skilled. She makes the wheat gluten meat. Now I put the meat on top of the onions.

Zeina: Are you going to add all of it?

No, half of it. All of it is too much. It's ground. It's smooth. It looks like meat. It tastes good because it's cooked. They're pre-cooked. She makes it at home. People who eat meat use goat meat or ground beef. But here in the house we use that meat. Sometimes we don't put anything. Just green beans. Sometimes I use tempeh instead of meat. I have some. But I'm using this because it's good. I'm going to add some spices. This is black pepper, and this is allspice. And a little bit of cinnamon.

Now a little allspice, so it has some flavor. Two pinches. One pinch...and two. Black pepper – only one pinch, because it's stronger. And a little bit of cinnamon, because it has a strong taste. I don't want it to cover up the other flavors. I use a little less cinnamon. So now I stir the meat and mix it well with the onion. I can add all of the beans. The beans have to fry. I stir it. It has to fry with the meat and the onions. I forgot to put... I want to add tomatoes. We have this tomato left, but we only have this one. I'm also going to use tomato paste. Tomato paste. We make it when there are a lot of tomatoes. It's made with salt and boiled. Now, I add it in the end. I don't add it now. When the beans are ready...at the end I'll add the tomato paste and this little tomato. That's it. That's green beans with meat. But now I wait for the beans to be cooked. The beans have to cook and get really soft.

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