

## Libyan Dishes

### Part 1

#### English translation of Libyan Arabic:

**Abed:** As for the Libyan dishes, of course, it, of course, include sweets, and dishes that include soups, and includes...aaa... I mean regular dishes certainly, not sweet or salty. As for Libyan foods of course, the most famous Libyan dish, or among the famous Libyan dishes is of course Couscous. Couscous is different; I mean there are types of couscous. And couscous is originally made of *sameed* of course which is semolina wheat flour. Among the types of couscous we have couscous with onions...aa.. We have, of course, couscous with vegetables; the one with vegetables includes eggplant, and includes cilantro, which is cooked, I mean, in a certain way, and this cooking is mixed with vegetables, I mean made with vegetables. And then, we have couscous with *gedeed*. I mean, we have to understand what *gedeed* is. *Gedeed* is made of meat, which is usually lamb meat, and, of course, there are people who use camel meat of course and then dry it. *Gedeed* is the way to dry meat, it is dried meat, I mean. There is another type which is couscous with whale [fish]<sup>1</sup>. A whale of course is not the big one I mean, a whale is regular fish; we call fish 'whale' I mean. It's a mere difference in names. We cook whale [fish] in a special way and it gives a flavor different from the *gedeed*'s or the vegetables' or the onions'. I mean each type has its special flavor.

As for rice, types of rice: there is of course "watery rice". Watery rice, as we can tell from the name, I mean one can tell the type of this rice I mean. "Watery rice" has, I mean, a large amount of water and it looks like soup I mean. ...aaa... "Thick rice", "thick rice" is the same but it's thicker than ...aaa... a little bit thicker than "watery rice."

Fried rice is, of course, fried rice is cooked in oil, we fry it in oil, then we add ...aa... I mean, I mean a ready sauce. Also "Mixed rice" is, of course, another type. Mixed rice, I mean, is made with a mixture. The mixture is made of what? The mixture is cilantro...aa... meat, cut into small pieces, umm... also, for example, there are people who add some pieces of animal fat and coriander and...aa...and spices, etc. I mean a mixture can include many things...mmm... I mean, I mean...mmm... additional things like spices, garlic, onion, liver, for example, also. There is rice with liver to substitute meat, there is rice with meat and liver, and there is rice with chicken. I mean it's a mixture, I mean ingredients are mixed, and that's why we call it mixed rice. Of course, we mix rice with the mixture and...aaa... The way the mixed rice is cooked is, of course, done by steaming. We call it steaming; I mean we use steam to cook the dish. I mean, it's cooked via using steam.

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<sup>1</sup> In Libya, any type of fish is called 'whale'. They don't mean the regular big whale; it's just the way they call fish.

The other dish is soup. We, of course, have different types of soups. I mean, there is Libyan soup, which is, of course, made of...made of...I mean, it's made just like macaroni of course, from wheat. It looks like...aaa... I mean...aaa.... I mean it's sold ready-made in shops. We put it in water, with...aa... the...aa... tomato paste and cilantro, and ...aaa... and...aa... and meat, etc. Lentil soup of course is made of lentil of course. The name is a standard Arabic one. Also there is vegetable soup. In a vegetable soup, there, of course, is broccoli and there is cilantro and there is onion and all vegetables.

We come to the fried dishes. Of course maqliat or as we call it magliat<sup>2</sup> [fried] dishes, certainly, contain potatoes that are 'embatan' [stuffed]. What is 'embatan'? Embatan is made of potato slices, and a special mixture on the side for these slices. The mixture is, of course, made of minced meat mixed and minced with garlic and onion ...aa... and cilantro ...aaa... umm... and also, I mean, there are people who add spices and pepper. Of course, we take 2 slices of potatoes...aa... I mean, we put this mixture, I mean, I mean, on the slice and close the slices like this... I mean we take a slice and place the mixture, for instance, on it and then place the other slice and then place them in the oven.

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<sup>2</sup> Both words: maqliat and magliat mean fried but are pronounced differently; the first one is standard Arabic and the second one is colloquial Libyan dialect

