

Libyan Dishes

Part 2

English translation of Libyan Arabic:

Abed: As for the second type which is mixed broccoli. It's made of eggs, for example, eggs that are...aaa... of course we mix eggs of course and stir it for instance. We have a special tool, for example, to beat the eggs...umm... then we dip the broccoli and fry it in oil, I mean, just like this.

Now we come to whale¹ [fish] kufta. Fish kufta, of course, follows the same way of making kufta but without, I mean without using red meat. ...aaa... Tubahij, we have another dish, which is called Tubahij and is a fried dish also. Tubahij is made of eggplants and potatoes and zucchini and...aaa... I mean a mixture of fried vegetables in an oven. Usually these dishes are cooked in the oven, I mean. ...aaa... We have fried meat, of course fried meat is known. I mean small pieces and...aaa... the first thing is, of course, we put it in what we call a pot, we put it in a pot until water evaporates from the meat. Then we add a little bit of oil. After oil, we add...aa... we add spices or for instance, some don't prefer spices, they prefer garlic; others don't like garlic, they prefer onions, and so on. It is, of course, fried in oil.

Then there is Tajine², I mean. Among the Tajine, we have the *Osbaan* [intestines]. *Osbaan* consists of a sheep stomach stuffed with pieces of liver, I mean small pieces of liver that are placed inside the stomach of a sheep I mean, the stomach contains liver and kidney, liver is cut into small pieces and wrapped with the sheep's intestines - liver wrapped with intestines and...aaa... of course, some people dry it just like the *gedeed* [dried meat], others cook it directly with, with, with other dishes or couscous or with ...aa... etc.

And of course there is couscous with intestines. It's the same thing, I mean I didn't mention it but there is couscous with intestines and we use the sauce with intestines.

We have chicken Tajine. Chicken Tajine is, of course, chicken cut into small pieces and is...aa... and for example, a special sauce for it. For example, the sauce would contain spices and garlic and onion, etc. In most cases, people prefer to use garlic, I mean, garlic with meat...aaa... this is for chicken Tajine. Usually these...aaa... I mean, these dishes are all cooked in the oven. Aaa... and we also have hot pepper stuffed with whale [fish]; I mean hot pepper and...aa... we stuff it with...aaa...with small pieces of whale meat [fish] - the same thing, it's cooked in the oven. And we have okra Tajine with chicken. Okra of course is a type of plant. We place the Tajine that's ...aaaa... I mean we place the Tajine in the oven, and of course, before we put the Tajine in the oven, the dish, I

¹ Libyans use the word 'whale' to describe 'fish'.

² Tajine: a colloquial name for a certain type of cooking pots in Algeria and Tunisia.

mean, must be cooked and ready...aaa... it must be made with chicken and okra. And this is how these...aaaa... these dishes are cooked.

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