

འདྲི་བ་ལྟོ: མེ་ཆེན་པོ་དཔར་དགོས་རེད་པ་

དབྱངས་ཆེན་ལྟོ: མེ་ཆེན་པོ་བཟུ་ན་ཉག་ཉག་ཅི་རེད། ད་ཚར་པོ་བཟོ་དུས་ཉྱལ་ཚམ་ཆེ་བ་དཔར་གྱི་ཡོད་རེད།
ཡིན་ནས་རྩེ་ལ་ཉྱལ་ཚམ་ཆུང་བ་བཏང་ན་འགྲིགས་གྱི་རེད།
ཚལ་འདི་ཚོ་སླུག་ཚར་ནས་མེ་འོ་ཚམ་ཆེན་པོ་བཞགས་དགོས་རེད།
མེད་ན་ཚལ་ཞིག་དྲག་བཙོ་ཡ་ཡོད་མ་རེད། རྩེ་ལ་མོག་མོག་ཁོང་རང་བཙོ་དུས་ཡང་“steam
བྱེས་དུས་སྐབས་ལ་གཅིག་བཙོ་དགོས་རེད་པ་ཨ་ནི་མོག་མོག་འདི་ཚལ་ཉྱལ་ཚམ་ཡག་བ་ཚལ་གྱི་
རེད། ཨ་ནི་འདི་མ་ཚལ་སྐབས་ལ་ཉྱལ་ཚམ་མ་ཞིན་བཙོ་མ་རེད། ཨ་ནི་འདི་འི་ནང་ Jeera
ཟེར་མཁན་ཞིག་masala ཞིག་སླུག་གི་རེད། ཨ་ནི་འདི་སླུག་ནས་རྩེ་ལ་ཚོང་འདི་སླུག།
ཚོང་འདི་ཆུང་ཆུང་བྱེད་ནས་ཉུབ་ཚྲོག་ རྩོད་ལྟོ་རེད།
ཚོང་རྩེ་ལ་གོག་པ་དང་སྤྲ་གར་འདི་སླུག།
ཨ་ནི་འདི་ནས་ཀླག་ཀླག་ཉྱལ་ཚམ་བཏང་དགོས་རེད། ཉྱལ་ཚམ་བརྗོད་དགོས་རེད།

འདྲི་བ་ལྟོ: ཨ་ནི་ཚོང་འདི་དམར་པོ་ཆགས་རེད་པས་

དབྱངས་ཆེན་ལྟོ: དམར་པོ་ཉྱལ་ཚམ་ཆགས་དགོས་རེད།

English translation:

Interviewer: Today I am with Yangchen la. Yangchen la, what do you have to put in the vegetable *momo*?

Yangchen: Here, [a] variety of vegetables. Well... there are all these variety of vegetables. Here is red carrot, cauliflower, cabbage, spinach, and beans. In this, there are garlics and tomato. And here there is this called *jeera masala*. This is cheese, yak cheese. This is salt and oil is in this. You have to heat up the oil and then put a little of bit the *jeera masala*. After that, put onions and tomato and have to fry. After that, put in the vegetables and stir. After the vegetables, add in the tomatoes, then cheese and after cheese you have to add in a little bit of salt and just heat it up, because the vegetables are already cooked. Earlier, [the vegetables are washed] and after that was cooked for a little bit. After it was cooked, you cut into very small pieces. Actually, after everything is cooked and all, it won't take much to make [*momo*]. It does not take that long. Now all there is to do is only to heat up the oil. Oil... [put] just a little bit, not much. Then, the oil has to heat up a little bit.

Interviewer: How do you know whether it [oil] is warmed?

Yangchen: Warmed... you will just know. You will know like this. It will take a little time, but not much; probably two to three minutes, not more than that.

Interviewer: The [cooking] fire has to be right?

Yangchen: Well... this is perfect. When you are heating up, it has to be a little big, but later you can make it smaller. You have to keep the fire a little big after you put in the vegetables, but [not so big because] you cannot cook this vegetable much. Later, when you steam the *momo* it will be cooked again. The vegetable has been cooked well. Cook only for a while and before it is cooked, add *jeera masala* in there. Then add onion, the onions have been cut into very tiny pieces. After onion add both in tomato and sugar and stir. You have to fry a little.

Interviewer: The onion has to turn red right?

Yangchen: Yes, it has to turn red.

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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