

Cooking Sag Paneer: Ingredients

Nepali transcript:

अंतरवार्ताकर्ता: नमस्ते, आज हामी यहाँ सावित्री पाठक जी सँग छौं। आज वहाँले हामीलाई साग-पनीर कसरी पकाउँछ सीकाउनु हुन्छ। अब सावित्री दिदि भन्नु त, साग-पनीरमा केके हाल्छ?

सावित्री पाठक: केके छ भने अब, साग, क्रिम, पनीर, अदुवा-लसुन, प्याज, गोलभेडा, बस। र नुन। त्यती हाल्ने।

अंतरवार्ताकर्ता: अब हामीले...अब कसरी पकाउने? सुरु कसरी गर्छ? के गर्नुपर्छ पहिला?

सावित्री पाठक: सुरु गर्दाखेरी पहिला सुरुमा सागलाई धुने। धोएर राम्रोसीत काट्ने, मसीनो गरेर। काटेर त्यस पछि¹ पनीरलाई पहिला fry गर्ने। तेल हालेर पहिला fry गरेर निकाल्ने। निकालेर त्यस पछि प्याज र गोलभेडा भुट्ने। त्यहाँ पछि अदुवा-लसुन भुट्ने। भुटेर त्यस पछि त्यहाबाट साग हाल्ने। त्यस पछि साग हाली सकेर त्यस पछि पनीर हाल्ने। त्यस पछि माथिबाट क्रिम हाल्ने। त्यस पछि नुन हालेर निकाल्ने।

अंतरवार्ताकर्ता: अब पहिला भन्नु त हामी यहाँ अहिले के गर्ने हो। पहिलो कुरा...

सावित्री पाठक: अब पहिला सुरुमा हामीले, के भन्छ अब, पनीर fry गर्ने, तेल हालेर।

अंतरवार्ताकर्ता: अनी यो पान तपाइले अहिले तताइराखेकोछ²?

सावित्री पाठक: अँ, तताइराखेकोछु।

अंतरवार्ताकर्ता: अनी आगो कती बाल्नुपर्छ?

¹ The interviewee says 'tya-han-ri' instead of 'त्यस पछि -tyas pa-chi'. This is a colloquial way of shortening the word. Not all Nepali people do this. It is like shortening 'want to' to 'wanna' in English.

² The interviewee does not pronounce the full word 'तताइराखेको / ta-tai-ra-khe-ko-cha' but rather pronounces it as 'ta-tai-ra-cha'. This is done often while speaking quickly. It is similar to shortening 'want to' to 'wanna' in English.

सावित्री पाठक: आगो ठुलै बाल्नुपछै।

अंतरवार्ताकर्ता: हजुर, अनी कती बेर सम्म बाल्नुपछै?

सावित्री पाठक: अब धेरै बेर सम्म... माने यस्तै अब बिस जती, बिस-पच्चीस मिनेट जती बाल्नु पर्यो अब।

अंतरवार्ताकर्ता: होइन तर पनीर हाल्न अगाडी कती बेर सम्म?

सावित्री पाठक: अब पनीर हाल्नु अगाडी धेरै बेर त पर्देन। दस मिनेट जती तताउनु पर्यो। त्यो तताउने बित्तिकै, त्यस पछि पाचँ-दस मिनेट त लागी हाल्छ पाक्नकोलागी³। साग त धेरै बेर लाग्दैन पकाउनकोलागी⁴। त्यहि पनीरलाइ अलिकती रातो गर्न पर्यो हैन, त्यहि हो।

English translation:

Interviewer: *Namaste*⁵, today we are here with Savitri Pathok *ji*⁶. Today she will teach us how to cook *sag paneer*⁷. Now, Savitri *didi*⁸, tell us, what do you put in *sag paneer*?

Savitri Pathak: The ingredients are spinach, cream, *paneer*⁹, ginger and garlic, onions, tomatoes and salt. That's it.

Interviewer: Now we... How do you cook this? How do you start? What is the first thing you have to do?

Savitri Pathak: When you start, the first thing you do is wash the spinach. After washing it, nicely cut it into thin pieces. Then after cutting [the spinach], fry the *paneer*. Fry it in oil, and then take it out of the pan. Then, mix and fry the

³ the interviewee does not pronounce the full word 'पाक्नकोलागी/ pakna-ko-lagi' but instead says 'pak-na-lai'. This may be right in some contexts when you're saying that something is being done to 'pakna' but in this context it does not work.

⁴ Similar to footnote 3.

⁵ Hello

⁶ This is a way of referring to someone older than you with respect. This is almost like Mr. or Ms. But it can be used for both genders.

⁷ Spinach and cheese curry

⁸ This means "older sister." But in this context it used as synonym for *ji*. It is common for people to call anyone older than you older brother/older sister/younger brother/younger sister in Nepal.

⁹ Cheese

onion and tomatoes. Then mix the ginger & garlic. After mixing, then add the spinach. After adding the spinach, add the *paneer*, and then add the cream on top. Then add the salt.

Interviewer: Now, first tell us, what are we going to do here? The first thing...

Savitri Pathak: Now at the start, what was I saying? Fry the *paneer* in oil.

Interviewer: And are you heating this pan right now?

Savitri Pathak: *An*¹⁰, I am heating it.

Interviewer: How high do you have to turn the heat up?¹¹

Savitri Pathak: You have to light the fire fairly high.

Interviewer: Yes, and for how long do you have to light it?

Savitri Pathak: Not for long... Just about twenty – you have to light it for twenty to twenty-five minutes.

Interviewer: No, but before you add the *paneer*, for how long?

Savitri Pathak: Before you add the *paneer*, you don't have to light it for that long. You have to heat it for about ten minutes. After heating it, it will take about five to ten minutes to cook. It doesn't take long to cook the spinach. You just have to make the *paneer* a little brown¹², that's it.

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¹⁰ ‘*An/अँ*’ is a colloquial word that is pronounced with a nasal tone. It is just used to agree to something, almost like saying ‘yes’.

¹¹ The literal way to say this in Nepali is: How high do you have to light the fire?

¹² The literal translation of this is actually red. However, it is used as a synonym of brown. The words for colors in Nepal are different to English, in that, some colors are more common words than others. For instance in this case red is a more common term than brown. This is sometimes due to there not being a proper word for a certain color. Otherwise a short phrase is used to describe the color. For example, purple in Nepali is ‘onion color’ and orange is ‘orange [the fruit] color.’