

## Cooking *Sag Paneer*: Cheese

### Nepali transcript:

अंतरवार्ताकर्ता: हस् अब सुरु गरौं न त। अब पहिला तपाइले तेल हालिराखेकोछ<sup>1</sup> हैन?

सावित्री पाठक: अँ<sup>2</sup>, पहिला मैले तेल हाल्दैछुँ।

अंतरवार्ताकर्ता: कती हाल्नुभएको<sup>3</sup>?

सावित्री पाठक: अब तेल अलिकती, थोरे।

अंतरवार्ताकर्ता: पनीर चाहिँ नटासोस् भनेर?

सावित्री पाठक: हो।

अंतरवार्ताकर्ता: अनी यो चाहिँ...अब पनीर हाल्न अगाडी, pan चाहिँ तातो छ र तेल तातिसक्यो कसरी थहा हुन्छ?

सावित्री पाठक: अब त्यो अब धेरै धुँवा<sup>4</sup> आयो भने तात्यो भनेर जान्नु। त्यहि हो। त्यस पछि<sup>5</sup> पनीरलाइ हाल्यो अब। अब त्यस पछि चलाउने। त अलि रातो रातो गरेर, पनीरलाइ पछि रातो भएर निकाल्ने।

अंतरवार्ताकर्ता: अनी यो पनीर fry गर्न कती time लाग्छ होला?

सावित्री पाठक: अब time त हेरेको छैन।

अंतरवार्ताकर्ता: पाँच-दस मिनेट लाग्छ होला कि?

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<sup>1</sup> The interviewee does not pronounce the full phrase 'हालिराखेकोछ ha-li-ra-khe-ko-cha' but rather pronounces it as 'ha-li-ra-cha'. This is done often while speaking quickly. It is similar to shortening 'want to' to 'wanna' in English.

<sup>3</sup> The interviewer pronounces 'हाल्नुभएको/ hal-nu-bha-ye-ko' as 'halnu-bha-ko'. See footnote 1.

<sup>4</sup> Since the speaker is from a Tibetan ethnicity she has a colloquial way of pronouncing words. Here she refers to 'धुँवा/dhun (nasal tone)- wa' as 'dhun-ga'. But in written Nepali the former is correct.

<sup>5</sup> The interviewee says 'त्या-हान-रि' 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.

सावित्री पाठक: अब तिन बज्यो अहिले। तिन बजे सुरु गरेकोछ अब।

अंतरवार्ताकर्ता: तपाइको अनदाजी?

सावित्री पाठक: अब यस्तै पाँच मिनेट जति त लाग्छ होला। आगो ठूलो भयो भने पाँच मिनेट।

अंतरवार्ताकर्ता: अनी यो साग-पनिर नेपाली खाना नै हो कि तपाइले बनाएको?

सावित्री पाठक: यो नेपाली नै खाना, नेपाली त हो नी अब।

अंतरवार्ताकर्ता: अनी तपाइले आफैं सम्जेर बनाएको हो कि तपाइले कसैबाट सीकेको हो?

सावित्री पाठक: मैले आफैं...अर्काले भनेर त्यस पछि थहापाएको।

अंतरवार्ताकर्ता: अनी यो साग-पनीर तपाइले पकाएको कती वर्ष भयो त?

सावित्री पाठक: अब कती वर्ष भइसक्यो, निकै भइसक्यो, धेरै भइसक्यो।

अंतरवार्ताकर्ता: धेरै भन्नाले पाँच-दस वर्ष कि कती?

सावित्री पाठक: दस वर्ष जति भन्दा बढी भइसक्यो होला।...[घडी हेर्छ] त्यस्तै पाँच मिनेट जति लाग्यो।

अंतरवार्ताकर्ता: अब पनीर चाहिँ तयार छ? त्यो fry भइसक्यो?

सावित्री पाठक: अँ, यो भइसक्यो अब।

अंतरवार्ताकर्ता: अनी छुट्टै कचौरामा हाल्ने?

सावित्री पाठक: अँ।

**English translation:**

Interviewer: Okay, now let's start. Now first you are adding oil, right?

Savitri Pathak: *An*<sup>6</sup>, first I am adding oil.

Interviewer: How much are you adding?

Savitri Pathak: A small amount, a little.

Interviewer: So that the cottage cheese won't stick?

Savitri Pathak: Yes.

Interviewer: So with this...Before you add the cottage cheese, how do you know that the pan is hot and that the oil has been heated?

Savitri Pathak: If you see a lot of smoke, then we know that it's hot. Now we have added the cottage cheese. Then mix it. Make [it so that] the cottage cheese becomes a little brown<sup>7</sup>, then remove it.

Interviewer: And how long does it take to fry this cottage cheese?

Savitri Pathak: Well, I haven't looked at the time.

Interviewer: Will it take about five to ten minutes?

Savitri Pathak: Well, it is three o'clock right now. We have started at three o'clock.

Interviewer: Your estimate?

Savitri Pathak: Well, it will probably take about five minutes. If the burner is turned up high<sup>8</sup>, then five minutes.

Interviewer: And is this *sag paneer* a Nepali food, or did you create it?

Savitri Pathak: This is Nepali food. Well it is Nepali.

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<sup>6</sup>*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'.

<sup>7</sup> 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 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.'

<sup>8</sup> The literal translation is actually: If the fire is big

Interviewer: So did you just think of this yourself and make it, or did you learn it from someone?

Savitri Pathak: I did myself... Other people told me, and then I knew how to make it.

Interviewer: How many years have you been cooking *sag paneer*?

Savitri Pathak: Well, it's been many years, quite some time. It's been a long time.

Interviewer: When you say many years, is that five to ten years, or how long?

Savitri Pathak: It's probably been over ten years... [Looks at the clock] It took about five minutes [to cook the cottage cheese].

Interviewer: Now is that cottage cheese ready? Has it been fried?

Savitri Pathak: *An*, this is done.

Interviewer: And then you put it in a separate bowl?

Savitri Pathak: *An*.

**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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