

Nepali transcript:

सावित्री पाठक: अब प्याज fry गर्ने।

अंतरवार्ताकर्ता: अनी यो कती समय fry गर्नुपर्छ?

सावित्री पाठक: अब धेरै पर्देन, अलिअलि रातो अलिअलि। अलिअलि रातो बनाउने।
त्यसपछि अलिअलि टमाटर हाल्ने। त्यसपछि¹ लसुन हाल्ने, पिसेको।
त्यसपछि अदुवा। त्यसपछि अब साग हाल्ने। र अलिकति नुन हाल्ने।

अंतरवार्ताकर्ता: अनी त्यसरी मिसाउँदै गर्ने?

सावित्री पाठक: सबै मिसाउँदै गर्ने, त्यसपछि अब lastमा, पाक्ने पाक्ने बेलामा त्यो पनीर
हाल्ने।

अंतरवार्ताकर्ता: अनी त्यो पाकेको छ भनेर कसरी थहा हुन्छ?

सावित्री पाठक: अब यो हेर्दाखीर थहा हुन्छ पाकिसक्यो भनेर। अब साग अलिकति उ गर्दा
पाकिहाल्छ। साग धेरै पकाउनु पर्देन। ल अब पनीर हालें। अब यसलाई
चलाउने। अब पिरो खान मन छ भने अलिकति, यसलाई के भन्छ अब?

अंतरवार्ताकर्ता: खुर्सानी।

सावित्री पाठक: खुर्सानी, धुलो खुर्सानी अलिकति हाल्ने। थोरै। अब माथीबाट cream हालिदिने।

अंतरवार्ताकर्ता: यो cream कती हालेको?

सावित्री पाठक: अब cream यो, एक पाउँ भरी... कति अब यसको एक पाउँ हो, अब आधा।

अंतरवार्ताकर्ता: एक पाउँको आधी हाल्ने?

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.

सावित्री पाठकः अँ [yes]. ल अब यो भयो। साग-पनीर भयो अब।

English translation:

Savitri Pathak: Now we are going to fry the onion.

Interviewer: And for how long do you have to fry it?

Savitri Pathak: Not that long². Make the onion a little brown³. Then add a little bit of the tomatoes. Then add garlic that has already been chopped into pieces. Then ginger. Then add the spinach. And add a little salt.

Interviewer: And then you keep stirring like that?

Savitri Pathak: Keep stirring everything. Then at the end, when it is about completely cooked, add that *paneer*.

Interviewer: And how do you know that it is completely cooked?

Savitri Pathak: You'll know that it is completely cooked when you look at it. When you [stir] the spinach a little, it will be cooked. You don't have to cook the spinach that much. Now, I have added the *paneer*. Now mix this. If you want to eat something spicy... [add] a little—what do you call this?

Interviewer: Chili.

Savitri Pathak: Chili. Add a little powdered chili. Just a little. Now add cream on top.

Interviewer: How much cream are you adding?

Savitri Pathak: This cream... one *pau*⁴.... how much? This is one *pau*, basically half.

Interviewer: You add half of one *pau*?

Savitri Pathak: Yes. Now this is done. The *sag paneer* is done.

² The literal translation is actually: not that much.

³ 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.'

⁴ A form of measurement, which is less than 1 liter.

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