

### About *Gheime* Stew

#### Persian transcript:

**مینا:** خورش قیمه درست کردن آسان است یا سخت است؟

**آشپز:** خورش قیمه آسان است منتها وقت می‌گیرد. مثل... مثل همه غذاهای ایرانی که فوق العاده خوش مزه هستند ولی باید وقت بگذارید چون تمام مرحلش هم باید پشت سر هم رعایت بشود. اکثرا... ترجیح میدهند که سریعتر بخورند به خاطر اینکه غذاهای ایرانی واقعاً بیچیده است و طولانی درست نمیشود. مثلاً الان همینه نگاه میکنید شما باید منتظر باشید که آن خورش... آن پیاز سرخ بشود بعد گوشت خورد بکنید، بعد مواد اضافه کنید، بعد بگذارید خیلی آرام آرام... حسن غذاهای ایرانی و خوش مزه کی اش... خوش مزه کی غذا هاش این است که خیلی آرام آرام بجوشد. مزه غذا کاملاً مشخص نمیشود وقتیکه خیلی آرام بجوشد.

**مینا:** خوب.

**آشپز:** بعد خیلی راحت شما میتوانید بروید و با برنج... با برنج وقتیکه درست شد نوش جان بکنید.

#### English translation:

**Mina:** Is making *gheime*<sup>1</sup> stew easy or hard?

**Cook:** Making *gheime* stew is easy but it takes time ... similar... similar to all Iranian foods that are extraordinarily delicious but you must spend time on it because all the sequential steps have to be followed. The majority prefer to eat faster food because Iranian food is really complicated and takes a long time to make. For example, at this moment that you are looking, you have to wait for that stew... onions to fry and cut the meat into little pieces and add the materials then put it to slowly... the goodness of Iranian food and its deliciousness, the deliciousness of the food is due to being boiled very slowly. The taste of the food is completely brought out when it boils very slowly...

**Mina:** Okay.

**Cook:** Then you can very easily with rice... with rice, when it is made, you can enjoy it<sup>2</sup>.

**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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<sup>1</sup> A meat and split pea stew

<sup>2</sup> The word used here for “enjoy” only refers to enjoying food and it literally means that the food will become “enjoyment for your soul or body.”