

CultureTalk Iran Video Transcripts: <http://langmedia.fivecolleges.edu>
Making Lima Bean Rice

Persian transcript:

مادر بزرگ: وقتی باقالی تازه آمد، شوید تازه هم میباید دنبالش. هر دو تا را می رویم می گیریم، میاوریم، پوستش را می گیریم. شوید هم پاک می کنیم، خرد می کنیم. بعد برنج را آبکش می کنیم. بعد باقالی را هم می گذاریم میبزد. بعد لاش می پاشیم. شوید میریزیم... برنج حال جوش می گیرد، زرچوبه میریزیم که حال... از آن سفیدی دربیاد بیرون. بعد که آبکش کردیم، شوید و گل و سرخ و هل و... دارچین اینها را لایش می پاشیم. خوش مزه میشود. بعد روغن هم

می دهیم رویش. بعد می آوریم سر میز. یا تویش مرغ می گذاریم یا گوشت. خلاصه این یک کدام... یک کدام از اینها را باید استفاده کنیم. البته بعضی ها، بعضی جا ها خیلی با سلیقه می خواهند استفاده، کوکوی سبزی هم در کنارش می گذارند. کو کو سبزی درست

می کنند... خیلی خوش مزه... بعد آن را هم می گذارند کنار... توی دیس می چینند و این ور و آن ور گوجه می گذارند... خوشگلش می کنند... می گذارند کنار برنج.

English translation:

Grandmother: When fresh lima beans come, fresh dill also comes [on] its trail. We go and get both of them, we bring, we shell¹ it [the lima bean]. We also clean the dill. We chop [it]. Then we drain the rice². Then we also allow the lima bean to cook³. Then we sprinkle⁴ it between. We sprinkle the dill... the rice starts to boil⁵, we sprinkle turmeric so that the state... it [the rice] is no longer white⁶. After we drained it, dill and flower and scarlet and cardamom... cinnamon; these we sprinkle in between [the rice]. It is delicious⁷. Then we also pour oil over it⁸. Then we bring it to the table [to serve]. We either put chicken in it or [red] meat. In summary, this one which... we must use one [of] them. Of course, some [people], in some places, who want to use it very elegantly, they also put an herb pancake beside it [as a side dish]. They make herb pancakes... very tasty... then they put that aside... arrange it in a serving dish and they put tomatoes around it.⁹ They make it beautiful. They put it beside the [lima bean] rice.

¹ Lit., "take its skin."

² She literally says "we drain the rice" because most Iranians prefer rice that is not sticky. Therefore, they put rice in boiling salt water until it is slightly soft, then they get rid of the water by draining it with a colander. Next, they put a small amount of water and oil at the bottom of a pot and pour the drained rice back in and cover it. The rice is thus steamed and usually not sticky at all. So when the grandmother says "we drain the rice," she means they use that process of steaming it.

³ Lit., "we allow it, it cooks."

⁴ Lit., "pour." The lima bean is poured in the rice as it is being steamed. She also says the word slightly differently: instead of a "sh" sound; she uses a "ch" sound.

⁵ Lit., "the rice takes the state of boiling."

⁶ Lit., "it comes out of that whiteness."

⁷ Lit., "it becomes good tasting."

⁸ Lit., "give it oil."

⁹ Lit., "they put tomatoes on this side and that side." This looks nice because the green herb pancakes are framed by the red tomatoes.

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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