

### Levantine Arabic transcript:

المرأة: في عنا مثلا المفتول. بنحكي عن المفتول. طبعا الستات كمان، خليني أقول الكبار بالسن أو في القرى بقتلوه على أيديهم. اللي هو مكون من الطحين ويعملوه بالغربال أو بالمصفاة، ومكون من الطحين و مي وكل ما كانت الحبة صغيرة عندهم بتكون الست يعني إنها أمهر عندها مهارة أكثر بعمل المفتول كمان إلي بتكون من البصل وهذا يختلف من منطقة لمنطقة في ناس بتحط خضار وفي ناس بتحط بس بصل والحمص مع مرقة الجاج ويعني هذا من الأكلات إلي كمان كثير معروفة بفلسطين مش بكل المناطق بس يعني في مناطق مش كثير يعتمدوا على المفتول زي المسخن. وبالتالي، كمان دائما كل ما كان الأكلات الشعبية كيف ما بتتوعي بالأكل يعني أنتي بتقوليني بعمل العزيمة اليوم مفتول، بدي أعمل مسخن، فبالتالي إنتي بتعملي صنف واحد لمجموعة كبيرة من الناس، بجنبوا ممكن تاكلي لبن، بجنبوا سلطة، حسب رغبة ال... في عنا مثلا القدرة، القدرة كمان من الأكلات الشعبية بفلسطين إلي هي مكونه من الرز واللحمة بتعرفي أحنا شعينا بحب.. الرز واللحمة هي أساس العزائم دائما. شوي بلاد الشام بجوز بتختلف عنا، تحديدا سوريا أو لبنان يعتمدوا على تشكيلة بالأكل أكثر من عنا. يعني يعتمدوا على الكبة، يعتمدوا على التبولة، المقبلات بأنواعها. فبالتالي، هاي الفتوش والتبولة والبابا غنوش يعتمدوا عليها أكثر من عنا، والكبة النية واللينجه إلي هو ورق العنب بالزيت. يعتمدوا على اكلات الأوزي أكثر. يعني المقلوبة مش كثير، يعتمدوا عليها للعزائم. يعني عشت بالشام المقلوبة عندهم. يعملوش مقلوبة الزهرة مثلا، يعملوا مقلوبة الباذنجان. ما بحطوا اللحمة شقف. بعني بتقلي الرز مع الباذنجان، وبعدين بتحط على وشو اللوز والصنوبر واللحمة ناعمة. مش زي عنا نهائيا. مقلوبة. مقلوبة. بقلو الباذنجان، بحطوا فوقها رز، بقلبوها، يكونوا مقلبين اللحمة والصنوبر واللوز، بزينوها. هادي هي المقلوبة بالشام. يعتمدوا على أكل الأوزي والكبب هاي أكثر من عنا.

### English translation:

Woman: We have, for example, *al-maftool* -- we speak of *maftool* ... ah ... Of course, old ladies and [those] in the villages, they shape it in their hands ... it is composed of wheat, and they make it with a sieve or a colander, and it is composed of wheat and water. For them, the smaller the piece, the greater the lady's skill; she has more skill in making the *maftool* ... that which is [it is] also composed of onion, and this differs from one area to another area -- some people put in vegetables, some people put in just onion and chickpeas with broth ... and this is one of the well-known meals in Palestine, though not all areas. I mean ... there are areas that do not rely on *maftool* as much as *msakhan*<sup>2</sup>; thus, the more these popular meals ... in these popular meals you do not diversify the food [make more than one dish]. You say, "today I want to make the invitation [party] *maftool*"; "I want to make *msakhan*." Thus, you make one kind [of food] for a large group of people; with it you might eat yogurt; with it you might eat salad, as it is desired. We have, for example *alqidreh*<sup>3</sup> ... *alqidreh* is also a popular meal in Palestine .... It is composed of rice and meat ... you know our people like ... I mean, rice and meat are always the basis of invitations [food for parties] ... ah .... *Belaad al-Sham*<sup>4</sup> might differ slightly from us, specifically Syria or Lebanon -- they rely on combination[s] of food more than we do. I mean ... they rely on *kubeh*<sup>5</sup>, they rely on *tabouleh*<sup>6</sup>, the different kinds of appetizers -- thus, *fatush*<sup>7</sup>,

<sup>1</sup> A food similar to couscous made from cracked wheat

<sup>2</sup> *Msakhan* -- Another well known Palestinian meal, a roasted chicken dish, about which more can be found in other videos.

<sup>3</sup> A well known Palestinian chicken and rice dish

<sup>4</sup> *Belaad al-Sham* -- Greater Syria.

<sup>5</sup> A dish made of ground meat and bulgur

<sup>6</sup> A salad made primarily of parsley, bulgur, mint, tomato and onion

*tabouleh*, and *baba ghanouj*<sup>8</sup> ... and like this...they rely more than us ... and raw *kubeh*, and *yalangeh*, which is grape leaves with oil .... They rely on the *ouzi*<sup>9</sup> meal more ... I mean *maqloobeh* is not so much...they rely on it for invitations [parties]. I mean, I lived in *Sham* -- the *maqloobeh* for them ... they do not make it with white flour; they make it with eggplant, and they do not put in pieces of meat. You flip the rice with the egg plant, and then you put on the top of it almond, pine nuts, and ground beef .... *maqloobeh* ... *maqloobeh*. They fry the eggplant; they put rice on top of it; they flip it over ... they have the meat, pine nuts, and fried almonds, and they ornament it. This is *maqloobeh* in Sham. They rely on eating *uozi* and *kubbeh* more than us.

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<sup>7</sup> A traditional salad topped with pieces of fried pita bread

<sup>8</sup> A roasted eggplant dip

<sup>9</sup> *Ouzi* are pastries stuffed with meat, rice, pine nuts, etc.