

Levantine Arabic transcript:

الغدا أغلب الناس بتتعدى إلي هو طبيخ غلي هو رز ومرقه مثل المقلوبة مثل مرقه اللبن، الملوخية السبانخ، وعلى هذا الموالم يعني. برضوا كبة على الغدا، فشغلات بتيجي طبيخ على الغدا، مش مثل الفطور وجبه خفيفه.

English translation:

Anas: For lunch most people have *tabeeh*,¹ like rice and stew, like *makloubeh*,² yogurt broth, *maloukhieh*,³ *sabanikh*,⁴ and things like that. *Kubbeh*,⁵ too. For lunch things are cooked -- not like the light breakfast meal.

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 everyday. 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.

¹ *Tabeeh*: Cookery – implies home cooking.

² *Makloubeh*: A casserole dish made with meat, rice, and vegetables, and named for the way it is served, “upside-down.”

³ *Maloukhieh*: Mallow, a green leaf boiled and usually cooked with rice and chicken.

⁴ *Sabanikh*: Spinach, sometimes baked in a triangular pastry and sometimes simmered and cooked with tomato.

⁵ *Kubbeh*: Meat and onion dumplings covered with bulgur wheat and deep-fried.

