

Xhosa Transcript:

N: Siza kupheka umphokoqo. Umphokoqo kukutya, ukutya kwesiXhosa. Xa siwuphekayo sibilisa amanzi, sigalele ityiwa, sigalele umilimili wethu amanzi xa ebilileyo. Sigalela umili mili. Sigalela umili mili. Funeka uba umlinganisele uba abantu bangakanani na abazokutya. Sizamise.

M: Uzamisa ngantoni?

N: Ndizamisa ngefolokwe.

M: Kunyanzelekile uzamise ngefolokwe?

N: Ewe ukwazi umphokoqo wam ungadibani.

M: Kwenzeka ntoni kengoku xa edibene?

N: Uya uba krwada, ungavuthwa kakuhle, ubencangathi.

M: Ewe.

N: So funeka siwuzamise ngefolokwe, sizamise *until* umgubo udibane namanzi. Nesitovu, isitovu singanyuki kakhulu ngoba uzawurhawuka utshe, ubenevumbha ungakwazi ukutyeka. Sizamise, sizamise, sizamise, sizamise *and then* silantike siwugqume umphokoqo wethu ngesiciko for uba ufuthe. Simane siwujonga *after five minutes* sizozamisa. *After five minutes* siyazamisa. Ndithobe isitovu. Ngoku umphokoqo wethu *uready*, sizawuphaka. Uvuthiwe ngoku. Xa uvuthieweyo ubona ngongathseli efolokweni. Uyabona?

M: Ewe.

N: Awutsheli efolokweni uyasuka efolokweni. Ithetha ukuthi lonto uvuthiwe, sizawuphaka. Apha ke siwugalela kwesi sitya kuba sifuna uphole. *Because* awutyiwa ushushu, awutyeki xa ushushu *especially* xa uzawutya ngamasi *but* xa uwutya nje, uyakwazi uwutya ushushu.

M: Xa uwutya wodwa?

N: Xa uwutya wodwa uyakwazi uwutya wodwa, usenogalela ne oyile, okanye uwenzele *isoup*, ugalele *isoup*, uwutye *ngesoup*.

M: Kwenzeka ntoni xa uwutye ushushu ngamasi?

N: Awubimnandi, awufani na xa ulantika, uwufani na xa uwutye ngamasi abandayo. Awubimnandi *because* ingathi kutwa uyasenza nesifuba xa uwutye ngemasi ushushu. So umnandi xa uwutya unjena, uwuqala uwupholise. Xa siwupholisa siyawuzamisa, siyawuzamisa siwufake siwugalele ezityeni. Kuxhomekeka enanini labantu obaphekelayo.

M: Ewe.

N: Abazawutya, uyakwazi uphakela abantu ababini, abayi *ten but* kuxhomekeka kwabo bantu bazowutya uba bangakanani na.

M: Uba baninzi uwupheka ngembhiza enkulu?

N: Uba baninzi, uwupheka ngembiza enkhulu, e-e¹.

M: Uba uyaziphekela upheke ngembhiza encinci?

N: Uba uyaziphekela uyapheka ngembhiza encinci *and* nomgubo xa uziphekela awugaleli kakhulu. Ugalela ikomityi noba iyiwani. Kuxhomekeka kuwe uba ufuna uwutya nini nanini.

M: Uyakwazi uphinda uwutye kengoku okanye funeka atyiwe ngoko aphele kwangoko?

N: Uyakwazi uphinda uwutye ngomso uba uyafuna usenowufudumeza *for* uba uthambe *because* uyoma xana ubuleleyo. Uwutya ngenye imini uyoma, uyakwazi uwufudumeza, uwupholise xa sowufudumezile *because* uzawuba shushu. Siphake kengoku.

M: Kengoku amasi la yintoni yona?

N: Amasi lubisi oluvuthiweyo. Olubisi luvuthiweyo lusuka enkomeni, lusuka enkomeni, lusengwa kwi ngomo. *Then* lubekwe elangeni olwabisi ukuze lukwazi uba uvuthwa. *Then* xa seluvuthiwe olwabisi kulapho silubiza khona ubana ngamasi. Xa luvuthiweyo ola bisi silubiza uba ngamasi.

M: Anjani kengoku amasi? Aswiti?

N: Amasi anendawo engathi umuncwana, abumuncwana.

M: Kodwa ayiko ayiko bumuncu...?

N: Ayatyeka ha-a² ayimuncwanga bubu. Yinto nje emnandi, emuncwana. Nawo uyakwazi uwasela.

¹ *E-e* is a shorter way of saying *ewe*, which means “yes.”

² *Ha-a* is a slang way of saying “no” in Xhosa.

English Translation:

N: We are going to cook *umphokoqo*. *Umphokoqo* is a type of Xhosa food. When we cook it, we boil water, pour salt, and add maize meal when the water has boiled. We add maize meal. We add maize meal. You have to make sure that you measure it according to the number of people who will be eating. We then stir it.

M: What are you stirring with?

N: I am stirring with a fork.

M: Do you have to stir with a fork?

N: Yes, so that my *umphokoqo* does not lump.

M: What happens when it becomes lumpy?

N: It becomes raw, does not cook properly, and becomes sticky.

M: Yes.

N: So we must stir it with a fork, and stir until the powder has mixed with the water. And the stove, the stove must not be too hot, because it will burn and have a disagreeable smell that makes it inedible. We stir, stir, stir, stir, and then we cover the pot with the lid so that it can cook properly. We keep watching it, and after every five minutes we stir again. After five minutes we stir. We then turn down the heat of the stove. Now our *umphokoqo* is ready; we are going to dish it. It is cooked now. You can tell it is cooked when it does not stick to the fork. You see?

M: Yes.

N: It does not stick to the fork; it falls off. This means that it is cooked and we are going to dish. We pour it into this dish because we want it to cool down. Because it is not supposed to be eaten warm; it is not edible when it is warm, especially if you eat it with *amasi*³, but when you're just eating it, you can eat it warm.

M: When you are eating it on its own?

N: You can eat it on its own, or add oil, or make soup for it and eat it with soup.

M: What happens when you eat it warm with *amasi*?

N: It does not taste good; it does not taste the same as when you eat it with *amasi* cold. It just does not taste good, and it is also said to cause coughing when you eat it warm with

³ *Amasi* or *maas* is fermented milk.

amasi. So it tastes great when you eat it cold with *amasi*. When we cool it, we stir it, we stir it and pour it in the dishes. It [the amount of maize meal] depends on the number of people you cooked for.

M: Yes.

N: You can cook for two people or ten people; it just depends on how many people there are.

M: If there are many people, do you have to cook in a big pot?

N: Yes, if there are many people, you cook in a big pot.

M: If you're cooking for yourself, do you cook in a small pot?

N: If you are cooking for yourself, you cook with a small pot, and the quantity of maize meal you use is also small. You pour approximately one cup of maize meal. It depends on how often you want to eat it.

M: Can you eat it again, or must it be eaten all at once?

N: You can eat it again, and you can even warm it up if you want it to be soft, because it dries up when left for a while. You warm it up, cool it down again, and then you can dish it up all over again.

M: What is *amasi*?

N: *Amasi* is ripe milk. This milk comes from a cow; the cow has to be milked. Then the milk is placed in the sun so it can ripen. When the milk is ripe, it is then called *amasi*.

M: How does *amasi* taste? Is it sweet?

N: *Amasi* has a bit of a sour taste to it.

M: But it's not...?

N: It is edible. No, it is not a bad sourness. It tastes great, but it is sour. You can also drink it.

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