

Xhosa Transcript:

N: Siyaphaka kengoku. Siphaka lomphokoqo lo sizakwenza ngawo umvubo. Namasi, nangake amasi. Umntu uzigalelela kangangoko efuna *but* akufunekanga umphokoqo wakho ude ube manzi ude ungakwazi uwutya okanye uqine. Funeka amasi uwagalele kakuhle nje aberayithi. Sizakutya kengoku umvubo lo besiwenza ngomili mili. Xa siwenza kelo umvubo, sigalela amasi anga. Sigalela amasi. Uyakwazi ke lamasi njengoba enqumbhululu enje uwagalele ubisi ubana uyafuna, uwaxube nobisi, uyazamisa kengoku. Senza lomvubo, sithi ngomvubo kengoku amasi xa siwadibanise emphokoqweni, ngumvubo. Sizamise, sizamise. Akufunekanga kubekho umphokoqo, funeka udibane wonke. Nanko ke umvubo wethu. Uyawubona? Unjena siwugqibile!

English Translation:

N: We are now dishing. We are dishing the *umphokoqo*¹ that we are going to make *umvubo*² with. And here is the *amasi*³. A person can pour as much *amasi* as they want, but your *umphokoqo* should not be so watery that it becomes inedible, but it should not harden either. You should pour just the right amount of *amasi*. When we make this *umvubo*, we pour *amasi*. *Amasi* is thick, so if you like, you can pour milk to make it watery. The mixture of *amasi* and *umphokoqo* is called *umvubo*. We stir and stir. There should not be any *umphokoqo* left, but rather, everything should now be one paste. Here then is our *umvubo*. Can you see? We are done!

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¹ *Umphokoqo* is a type of Xhosa food. It is made with maize meal cooked in water.

² *Umvubo* is a sort of paste made from *umphokoqo* and *amasi*.

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