

**Swahili transcript:**

Leo hapa nyumbani tunapika plau, ambacho ni chakula kinachopikwa Afrika Mashariki. Aah na sehemu ambazo sana sana wanapenda kutumia kupika ni Kenya, Uarabuni na Tanzania. Plau ni kitu ambacho kinapikwa katika masherehe na hasa siku za jumapili ukiwa umepumzika na familia yako uanaweza kupika hichi chakula kuwafurahisha.

Kwa hiyo kama mnavyotuona hapa tunatwanga. Hivi ni vitunguu swaumu ambavyo ni moja wapo katika mchanganyiko wa hiyo plau. Tunatumia kama viungo, ambavyo ndio hivi hapa, hapa ni bado havijasagika na pia hambavyo havijamenywa ni hivi hapa. Yaani hivi hapa unavimenya na ukisha vimenya ndo unavitumia kwa hivi na vikishakua hivi hasa unanza kutwanga. Vitalainika. Na baada ya kutwanga tutaenda kiviunga pamoja na vitunguu maji ambavyo ndio hivi hapa, hapa nimesha vikata kata . Ndio hivi hapa. Unavikaanga, vinakuwa vya brauni, baada ya kuwa vya brauni unaweka vitunguu saumu. Baada ya kuweka vitunguu saumu, unavikaanga kwa muda kama dakika kumi unaweka viungo ambavyo vinafanya sasa plau ionekane. Na baada ya hapo utaweka maji. Baada ya kuweka maji utatulia yatachemka , utachukua wali, mchele utausafisha na utauweka.

**English translation:**

Today at home we are cooking pilau, a food cooked in East Africa. Aah, this food is commonly found in Kenya, Arabic countries, and Tanzania. 'Pilau' is mainly used in celebrations and especially on Sundays when you are relaxing with your family. You cook this to make them happy.

So you can see we are grinding. This is cinnamon, which is one of the spices used in 'pilau'. We use these spices. This is how they look before grinding and these before peeling. So you peel the cinnamon sticks and when they are peeled, you grind them until they are ready and well mashed. After grinding, you fry them with onions, which are already sliced. These are the onions. You have to fry the unions until they turn brown, and when they're brown you put in cinnamon and fry them for sometimes as long as 10 minutes (normally for 5 minutes). Then you put in the other spices that make the pilau' turn brown. Then you put in water. After putting in water you wait for it to boil, then you add the rice. You have to clean the rice and then put it in the boiling mixture of water and spices.

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