

Swahili transcript:

Baada ya hapo tumeandaa kachumbari. Hapa ni kebichi kama unavyoiona. Katika hii kebichi tumeweka karoti na pili pili hoho. Tumezichanganya zote kwa pamoja. Tunazibandika jikoni tutaweka mafuta kidogo ili kuifanya iwe nzuri na yenye kuvutiaa. Baada ya hapo tutaweka chumvi, tutaweka chumvi kidogo ili kuifanya iwe na ladha. Kisha baada ya hapo tutaigeuza. Baada ya hapo tutaifunika kama dakika mbili au tatu ili kusubiri ilainike. Baada ya zile dakika kuisha tunafunua kisha tuanikoroga. Nathani hapa itakuwa tayari. Nzuri na laini. Tutaitegua. Tayari hapa. Tutaitegua

Baada ya kukaanga kabichi yetu tayari tumeiepua, Tunaona jinsi ya kutengeneze vitunguu maji ili visiwe na makali. Tunaweka chumvi, kisha unasugua ili kukata yale makali. Kwa kufanya hivi inakusababishia kusiwe na harufu kali sana ya vitunguu na pia isiwe na muwasho. Na ukisha maliza utachukua maji, ili kuiocha ile chumvi, kisha utamimina. Hizi hapa ni nyanya. Baada ya kuosha vituungu, utavichanganya. Kisha baada ya kuvichanganya utakorogoga. Ukisha koroga utaweka chumvi. Baada ya hapo utaichanganya.

Watu wengi wamezoea kutumia pilau bila kachumbari. Watu wengi huwa wanapendelea kutumia pilau bila kachumbari. Na wengine pia wanatumia kachumbari na ilau. Kwa kweli katika mvutu wa kachumbari kwenye pilau ni mzuri sana kwa sababu kwanza: Kwa asilimia nyingi kama Tanzania huwa tunapendelea kutumia kachumbari kwa sababu ni moja wapo kati ya mboga ambazo tunazitumia. Kwa sababu sisi sana sana tumezoea kupika kama ni wali tunaupika kwa mboga. Kwa hiyo hii kachumbari inamaanisha vitu mbalimbali. Kwanza inatia hamu katika kula. Na pia ianaweka mandhari nzuri ya chakula na kuongeza ladha katika chakula. Na ndo maana tunaanda kachumbari kila tunapopika pilau

Na huu ndio mwisho wa mapishi yetu kwa siku ya leo. Na katika hii sahani nimeshika. Katika hii sahani hapa mnavyoona tayari ni pilau na kachumbari ya aina mchanganyiko ambayo ni kama tulivyoeleza mwanzo kabichi imechanganyishwa na karoti, na pili pili hoho na nyanya tukachanganya na vitunguu maji. Kwa hiyo tunashukuru sana kwa hiki kipindi na wote ambao mtatazama hiki kipindi, tunasema asante. Pilau yetu ni tayari kwa kula.

English translation:

After that, we make kachumbari, (a kind of vegetable salad mostly eaten with pilau). Here we have cabbage, as you can see. We add green peppers to the cabbage, mix them together, put them on the stove and add some oil so that it looks nice and appealing. Then, add salt; add some salt to make it tasty. Then stir. After that, cover it for two or three minutes to make it tender. Stir. This is ready. Stir.

After mixing the cabbage, take it off the stove. This is how to fix onions so that it gets rid of their strong taste. Put in salt, and then knead the onions to get rid of the strong taste. Doing this helps reduce the strong taste and smell of onions. Then add water to get rid of the salt. And pour. These are tomatoes. After washing the onions, you mix them with the tomatoes. After mixing them together, stir them. After mixing them, add salt. After that, mix again.

Many people are used to eating pilau without kachumbari. Others prefer eating pilau without kachumbari. And others eat pilau with kachumbari. To be honest, the most appealing thing about eating kachumbari with pilau is that it tastes good. A large percentage of Tanzanians like using kachumbari because it's one of the mboga (any type of food such as vegetables, chicken stew, beef stew, etc., that is eaten as an accompaniment to other food, especially cereals and grains such as rice, ugali, cassava.) We very much like to cook rice with 'mboga.'. Therefore, kachumbari means a number of things. First, it makes you want the food. Then, it makes the food look good the way a garnish does, and it adds flavor. That is why we prepare kachumbari whenever we cook pilau.

And this is the end of our cooking for today. I have it on this plate. On this plate as you can see pilau is ready and kachumbari is ready, the mixture we described before. It is a mixture of cabbage, carrots, green peppers and tomatoes mixed with onions. So, we thank you so much for this program and to all those who will watch it, we say "thank you." Pilau is ready to be eaten.

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