

Swahili transcript:

Sasa tutarudi katika upande wa kachumbari. Katika kachumbari tutachukua kwanza nyanya tutakatakata. Eeh tungependa mjue kwamba tunavyotumai pilau na kachumbari . Eeh ni asilimia watu wengi sana wanapenda kutumia kachumbari na pilau. Kwanza kachumbari inatia ladha katika pilau na si hata katika pilau tu, hata katika umeanda mchele wako si pilau unaweza ukatumia kachumbari.

Hiyo kachumbari yetu inatengenezwa unaweza ukachukua vitunguu maji ukakata baadaye unaweza ukachukua nyanya ukakatakata. Na baadaye unaweza kutumia, wengine wanapena kutumia matango pili pili hoho. Lakini sisi hatuta tumia hiyo tutatumia ... Katika kachumbari yetu tunaweza tukatumia vitunguu maji kama unavyoona hapa tumesha vikata na kinachofuata ni nyanya. Utazichukua utaziosha vizuri, kisha utavikata kata namna ya kukatakata kachumbari na dhani wote mna una hapa tukifanya. Mtaona tutafanya. Na baada ya hapo utaweka chumvi , au ndimu au limao ili kufanya iwe na chachu zaidi kidogo. Na pili pili, ambayo utatumia pili pili hoho, pili pili mbuzi ambayo ni nzuri kwa hiyo kachumbari. Kwa hiyo baada ya hapo unaweza ukaweka kidogo, kama muda unaruhusu, unaweza ukaiweka kwenye firiji, ikapata baridi kidogo

English translation:

Now let us talk about *kachumbari*. When preparing *kachumbari*, first take some tomatoes and cut them. It is important to know we eat pilau with *kachumbari*. Eeh, many people like eating pilau with *kachumbari*. First of all, *kachumbari* adds flavor to *pilau*, but not only pilau. You could use it in rice other than *pilau*. Hence, so the way our *kachumbari* is made, you could use onions, cut them up, then take tomatoes and cut them up. Later on, you could add cucumbers, green peppers. However, we will not use those, we will use ... In our *kachumbari*, we use onions. As you see here, they are already cut. And what follows are tomatoes. Take the tomatoes, wash them very well, and cut them in small pieces. This is how they normally cut vegetables for *kachumbari*, as you can see we are doing. After that, add salt, or lime or lemon to make it a little sour. Secondly, add pepper. Then you use is green peppers, chilled peppers are good for *kachumbari*. After that, if you have time, put it in the refrigerator so that it cools off a little.

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