

**Swahili transcript:**

Neema: Baada ya kumaliza kuuosha mchele wetu tunakuja na kuanza kupika. Hivi vilivyopo hapa jikoni ni vitunguu maji. Hapa tunavyoona ni vitunguu maji na mafuta tu. Sasa unavigeuza ili visiungue. Vitunguu kama unavyoviona hivi vimeshakuwa na rangi ya brauni. Unaweka nyama yako. Baada ya kuweka unageuza. Kisha baada ya kuigeuza utaweka chumvi. Unaweka chumvi ili iweze kulainika vizuri. Baada ya hapo utaweka tangawizi ambayo mara nyingi uwa wanapenda, utaweka tangawizi ya unga ambayo uwa, wengine wao wanapendalea kuweka ya kutwangwa ambayo ni mbichi lakini sisi tumepata hii ya unga, kwa hivyo tutaitumia tu badala ya hiyo mbichi. Baada ya hapo utageuza ili ichanganyike vizuri. Baada ya hapo tutafunika, ili iendelee kukaukia. Baada ya hapo unaigeuza, unachukua vitunguu swaumu ambayo ni hivi, unachukua vitunguu swaumu ambayo ni hivi hapa na viliovyokushakuwa kutwangwa ni hivi hapa. Utaviweka Baada ya hapo utakoroga. Baada ya hapo utachukua viungo, viungo vyenyewe ni hivi hapa yaani vinamchanganyiko wa kila kitu. Utaweka. Eeh hapa kuna pilipili gilani, kuna mdalasini na iliki nakadhalika. Unageuza. Baada ya hapo tunafunika. Baada ya hapo kwanza utaangalia kama chumvi yako ni sahii. Baada ya hapo utaangalia chumvi kama imeshika, ukikuta imeshika unachukua maji unaweka. Baada ya kuweka utakoroga. Baada ya hapo tutafinikia ili yale maji ya pate kuchemka na tuweka mchele wetu.

**English translation:**

Grace: After we finish washing the rice, we start cooking it. What we have here on the stove are onions. Here we see onions and oil only. Stir them this way so they do not burn. As you can see, the onions have turned brown. Then put in your meat. After adding the meat, stir. After stirring, add salt. You add salt so that it becomes tender. After that, add ginger, which people like. Add ginger powder, which... some people add ground ginger, which is fresh, but we have this, in powder form, so we will use this instead of the fresh. After that, stir it to mix it really well. After that, cover it, so the liquid can cook off. After that, turn it; take cinnamon, right here, which is already well ground. Add it. Then stir. After that, take the spices, these are the spices, which are a mixture of everything. Add that. Eeh, here we have black pepper, cinnamon root, cardamom, etc. Stir. Then, cover it. First check to see if it has enough salt, then if it is enough, take some water and pour it in. After adding water, stir. Cover it so the water will boil, and then we will add our rice.

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