

## Recipe for *Pilau*

### Swahili transcript:

Unanyama. Tuseme jinsi ya kupika plau. Unatakiwa uwe na nyama mbichi. Unaikata, unaiweka jikoni. Baada ya kuiweka jikoni inachemka. Ikisha chemka, ifikia kukaribia kukauka maji unaiepua. Unamimina yale maji uanirudisha jikoni, unakaanga sasa. Ukishakaaa baada ya hiyo...heh... Ukisha kangaa baada ya muda kidogo unaongezea mafuta ili ilainike. Itabadilika rangi itakuwa kama ya brown. Baada ya hapo utachukua vitunguu maji utaweka, utakaanga pamoja utaongeza mafuta utavikaanga kwa pamoja. Baadaye utaweka vitunguu saumu, vitungu saumu utaweka tangawizi vilivyotwangwa, utaweka tangawizi. Utachemsha kwa pamoja ikisha changanyika utachukua viungo utaweka. Ukishaweka unachukua nyama unaiweka sasa pale. Unatulia kama dakika mbili hivi unakoroga alafu unachukua maji unaweka. Maji utakaa yatachemka. Tayari umeshaanda mchele wako, umeshaupembua, umeshatoa mauchafu yote utauloweka kwenye maji kidogo. Ni muhimu kuosha mchele wa kitanzania. Kwanza kuupempua kwa ajili ya kutoa mawe, [pili na mambo, kuchagua.] Ukisha pembua sasa unauweka jikoni. Utakaa baada ya dakika chache utaaanza kukauka. Ukishakauka, utauangalia, kama ni jinsi gani ulivyo, itabidi uongeze maji ya moto au la. Ukikuta umeiva basi unafunikia uanachukua mkaa uaneka juu. Ukishaeka juu ya mfuniko unakaa. Hapo itakuwa chakula tayari.

### English translation:

First, you have the meat. Let us talk about how to cook *pilau*. You are suppose to have uncooked meat. Cut the meat into pieces and put it on the stove. After that, let it boil. When it has boiled, wait for it to “dry” and take it off the stove. If there is still some broth, pour it out, put the meat on the stove, and fry the meat. After frying the meat for a while, add some oil so that it becomes tender. The meat will turn brown. After that, take some onions, add them to the meat, pour in some more oil, and fry them together. After that, add some cinnamon, add ginger powder, boil [she meant fry] them together, and when it has mixed well enough add (a mixture of other...) spices. After adding the spices then you add... Wait for, like, two minutes, stir and add water. Let the water boil (with the mixture). Then you prepare the raw rice. In the sieve, get rid of all dirt in the rice and wash it, letting it soak for some time. It is very important to wash any rice bought in Tanzania. So first, pick through it to remove stones. After “*kupembua*” put it on the stove. Wait for a few minutes and the rice will start drying up. When it is “dry” or cooked, check to see how it is doing. Check to see if you have to add some more hot water or not. If it is cooked, then cover the rice and put hot charcoal on the lid. After adding charcoal on the lid, wait. Then the food will be ready.

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