

Swahili transcript:

Tunarudi katika swala la mchele. Huu mchele wetu unauona ni kama hivi. Utaupepeta. Unavyoona hivi, unapepeta ili kuondoa uchafu na vumbi. Na kisha baada ya hapo utaokota vitu baadhi vilivyopo katika huo mchele, ikilingana na ule mchele ambao haukukoboleka na zaidi na vitu kadhalika ambavyo vilivyoko katika huo mchele. Baada ya kupembua, baada ya kuu...kupepeta mchele wetu tunauweka kwenye maji. Na baada ya kuuweka kwenye maji unauosha vizuri namna hii na baada ya kuuosha unafanya hivi, ili kuakikisha kwamba mawe yanalala chini. Na baada ya hapo tumebeba sufuria nyingine ambayo tunaanza sasa kupembua ili yale mawe yabaki huku kwenye sufuria. Kwa mchele wetu wa Tanzania ni muhimu kupembua kwa sababu mwingi wao tunaupanda katika mchanga. Kwa hiyo tunavyopembua hivi inaturahisishia. Kwanza utakuwa na raha ya kuutumia, kama hivi, mawe yatakuwa yamejilaza chini. Mawe yanayobaki chini. Kisha utarudia tena kupembua ili uhakikishe kwa uhakika zaidi. Utaongeze maji kisha utaanza kupembua ili kwa uhakika zaidi. Ni kazi rahisi sana kwa mtanzania na hata bara la Afrika yote.

English translation:

So let us talk about uncooked rice. This is our uncooked rice, as you can see. *Unapepeta* (sift but using the wind). As you can see, “to sift” means to get rid of the husks and any dust. After that, pick out anything that might be in the rice, depending on how well the rice is polished. And anything else that might be in the rice. After *kupembua* (a certain way of washing rice so as to have all the stones in the rice settle at the bottom, like sedimentation), after...sifting our rice we put it in water. After putting the rice in water, you wash it well, like this and after the washing, you do like this to make sure that all the sand will settle at the bottom. Then take another cooking pot, and start *kupembua* so the sand can settle at the bottom of the pot. For many kinds of Tanzanian rice, it is very important that you *pembua* because most rice is grown in sand. So *kupembua* makes it easy (to take the sand out of the rice). Then it will be a pleasure to use, like this, the sand and small stones will settle at the bottom. The sand has remained at the bottom of the rice. Then you will *pembua* the rice once more just to be very sure that all the sand is gone. You add water and you *pembua* the rice to be extra sure. It is an easy job, especially for any Tanzanian or anyone from the continent of Africa.

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