

Tunisian Arabic transcript:

نظام الغذائي بالنسبة لشخص عادي آآ تونسي، الصباح ما فماش حاجة معينة يعني... زيت الزيتون ديما موجودة على الطاولة بما انه تونس معروفة تصدر كمية كبيرة من زيت الزيتون... آآ زيت الزيتون، ثم شكون طيب لعصيدة، لعصيدة بيضا بالفريضة و الزبدة و زيت الزيتون كيف كيف و حليب عادي يعني. هذه فطور الصباح. فطور نص النهار آآ كسكسي بمنخية يعني تكون وجبة ثقيلة مقارنة بفطور الصباح بالطبيعة. في العشا العادة زدا يكون وجبة ثقيلة، المفروض انه ما يكون وجبة ثقيلة، اما العشا بما انه العائلة الكل تنلم فيه نحط طاولة، يعني طاولة بداية من الصلطة للطبق الرئيسي لديسر، للقلة و عادة قهوة تركية في الليل.

English Transcript:

The meal system for a typical Tunisian person is... In the morning, there isn't anything special; there is always olive oil on the table because Tunisia is known for exporting large amounts of olive oil. In addition to olive oil, there are people who make white *asida* made with flour and butter or olive oil. This is for breakfast and for lunch, couscous or *mnoukhia* [corchorus]; it is usually a heavy meal in comparison to breakfast. Dinner is normally a heavy meal too. It is not supposed to be heavy but because it is when the whole family gathers, a full meal is made starting with salad to the main dish to dessert, and we finish it off with Turkish coffee.

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