Making *Chapati*: Shaping the Dough

Swahili transcript:

Upendo: Kwa hiyo hatua inayofuata sasa, ni, naweza nikafanya hivi nikatengeneza..labda tunaweza tukatengeneza chapati tatu kutoka katika…katika unga wetu. Hakikisha kwamba unakuwa na vipimo sawa. Kwa hiyo, isiwe moja ikazidi sana nyingine au nyingine ikawa ndogo zaidi. Kwa hiyo hakikisha vile vimiviringo vinakuwa viko sawa ili chapati zako ziwe na shape nzuri. Kwa hiyo hapa nina vimiviringo vitatu, na tutaangalia hatua itakayofuata. Sasa hatua itakayofuata nitachukua msukumio wetu, hii ni msukumio wa chapati unaweza ukatumia msukumio katika kutengeneza maandazi, na sasa tunatumia tena katika kutengenezea chapati. Kwa hiyo, nitachukua unga kiasi, nitaweka, halafu nitachukua mviringo wa kwanza nitaweka na nitasukuma.Hivi ndivyo tunavyosukuma tunavyotengeneza chapati. Nitasukuma hivi kiasi kwanza, halafu ili kwamba chapati ziweze kuwa laini, unaweka tena mafuta kidogo juu ya ule ambao umesukuma, juu ya ule unga. Halafu, unafanya hivi, unaviringisha, ukishaviringisha, mara nyingi, wengi wanazigongagonga chini ili kwamba ule unga uendelee kulainika vizuri pamoja na yale mafuta ambayo umeweka juu, ili kwamba chapati yako iwe laini na nzuri. Kwa hiyo wengi wakishafanya hivi, pia wanazigongagonga. Kitendo hiki kinasaidia yale mafuta yaweze kuchanganyika vizuri na unga. Kwa hiyo, baada ya hapo nitakuja tena naviringisha hivi, halafu naweka pembeni. Naweka pia unga mwingine, nitaviringisha, nitafanya process ileile kama nilivyofanya katika huu mviringo wa kwanza. Kwa hiyo, mviringo huu wa pili na wa tatu na chapati zote ambazo unatengeneza unafanya hivi kwanza. Kwa hiyo nitarudia kama ambavyo nilifanya katika mviringo ule wa kwanza.

English translation:

Upendo: Next I will make three rolls in order to have three pieces of chapati from this dough. Make sure the pieces are in equal sizes so that your *chapati* will be in good shapes. Do not let one piece be smaller than others and vice versa. Right here, I have three pieces of dough, and we will see what is next...For the next stage, I will use this

wooden spoon for flattening the dough. We can also use this when you prepare *maandazi* (doughnuts). Now I am using it for flattening some *chapati*. I will take some flour and put it here. Then I will take one piece of dough and put it on top of the flour and flatten it. This is how we make *chapati*. I will do this and then, in order for *chapati* to be soft and delicious, I will add some oil on top of the flattened dough. After rolling like this, some people hit the rolled dough on the table believing that this will allow the oil you put on top of the dough to mix well with the dough and make your *chapati* soft and delicious. After that, I roll it again and put it aside. I will repeat the same process on the next pieces of dough. Every time you make *chapati*, you should follow these procedures.

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