

Swahili transcript:

Happy: Leo tunapika chakula cha kitanzania ambacho tutapika leo-ugali na nyama. Na hii ndio nyama yetu. Tunaanza kwanza kuikatakata halafu tutaichemsha na kuiunga vizuri, halafu tutapika na ugali. Mara nyingi ugali katika nchi ya Tanzania unaliwa kwa wakati wa mchana. Kwa hiyo kwa sababu sasa hivi ni mchana, na sisi tutaandaa chakula cha mchana, ambacho ni ugali na nyama. Kwa kuanza, tunaanza kwanza kwa kukatakata nyama yetu vizuri kabisa, ili iwe tayari kwa ajili ya kuchemsha. Halafu, tutaichemsha na baadae tutaiunga halafu tutapika ugali katika hatua ya mwisho. Tunaweka nyama yetu ili tuweze kuiosha, nyama ya huku ni safi, lakini ya kule kwetu ni lazima uioshe. Naiosha nyama kidogo tu, halafu naweka chumvi, tunaweka chumvi wakati tunaichemsha, naweka na ndimu. Ndimu tunaweka ili kusudi iweze ku...nyama inapokuwa inachemka, iweze kuingia hadi ndani kwenye ile nyama yetu ili kuongeza ladha. Halafu, tunaweka na kitunguu saumu. Hapa tuna kitunguu saumu ambacho ni garlic, na pia tunaweka na ginger, ambayo ni...tunaita tangawizi. Kwa hiyo, hivi vyote ni katika kuweka flavor kwenye nyama. Tunaweka kila kitu kidogokidogo, ili nyama yetu itakapokuwa inachemka, iweze kuwa na ladha zaidi. Nyama yetu sasa ipo tayari kwa ajili ya kuchemshwa, tunaweka moto kidogo. Tunaacha itachemka kwa mfano kama kwa dakika kama kwa muda wa dakika ishirini tu, halafu nyama yetu itakuwa tayari.

English translation:

Happy: Today, we will cook a Tanzanian dish, which is *ugali* with meat. *Ugali* is a hard stiff porridge. Most people use corn flour or cassava, though some people use millet flour to cook *ugali*. This is beef. We start by cutting it into small pieces. Then we will boil it and add spices, and then we will cook *ugali*. In Tanzania, we usually eat *ugali* in the afternoons. And because it is now afternoon, we will prepare an afternoon meal, which is *ugali* with meat.

We usually wash meat before we cook it because of the environment, but here in America, we don't need to wash it because it is well stored. Then I will put some salt on it when we are ready to boil it. I also put lemon juice on it to add flavor. Also I add garlic and ginger to add some flavor and taste to the meat. Put a small amount of all these ingredients to add some flavor -- don't put in too much. We will let it to boil for about twenty minutes. We expect after that time that the meat will be ready. In Tanzania, we boil the meat for about an hour or an hour and a half, because of how cows have been raised. The meat tends to be hard, but in America, the meat is soft so we don't have to use much time to cook it.

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