

Swahili transcript:

Happy: Na sasa nyama yetu ipo tayari, tunaitoa ili tuweze kuiunga. Kwa sababu tumeshaichemsha imeiva, sasa tunaitoa tunaiweka pembeni ili tuweze kuiunga, tunaingia sehemu ya pili ya kuiunga hii nyama, kuweza kutengeneza mchuzi. Nawasha jiko letu, naongeza mafuta kidogo. Nasubiri sufuria ipate moto. Mafuta yetu yameshachemka sasa tunaweka vitunguu saumu kidogo. Tunaanza kukaanga, kutengeneza mchuzi; halafu tunaweka vitunguu maji, nakaanga kama dakika tano. Vitunguu vyetu vimeshaiva, vinatakiwa vibadilike rangi, viwe vina rangi ya brown, rangi ya brown. Naweka karoti pamoja na pilipili hoho, halafu nakaanga kama dakika mbili. Kwa sababu hizi pilipili hoho na karoti huwa havitakiwi viive sana. Baada kama ya dakika moja au mbili hivi, naweka nyanya, naweka nyanya ambayo nitaacha iive kwa mfano kama dakika kumi labda, kwa sababu nyanya zinahitaji ziive sana. Mchuzi mzuri unahitaji nyanya ziive. Kwa hiyo, nitaacha nyanya zangu ziive, halafu tutaendelea na hatua nyingine. Haya, sasa nyanya zetu ziko tayari. Hatua inayofuata tunaweka nyama katika nyanya, tunaweka na pilipili ili kuongeza harufu, naongeza na maji kidogo ili kutengeneza mchuzi. Kwa hiyo, tunaongeza maji kidogo ili kutengeneza mchuzi, nitaacha ichemke kwa dakika tano, halafu mchuzi wetu utakuwa tayari. Nitaonja kidogo kama chumvi imekolea. Nitaongeza kidogo, chumvi kidogo sana. Baada ya dakika tatu, mchuzi wetu utakuwa tayari. Haya, sasa nyama yetu iko tayari, mchuzi uko tayari kwa ajili ya kuliwa.

English translation:

Happy: Now, the meat is ready. I will remove it from the stove so that I can add spices. This is the procedure for spicing meat and making a sauce. First, I put a sauce pan on the stove. I add some oil and leave it for some time to allow the oil to heat. When the oil is well heated, I add garlic and fry it. Thereafter, I add some onions and I fry them for about five minutes. Wait until they turn a brown color. Then, I add some carrots and green pepper, and I only fry them for about two minutes because carrots and green pepper are

not supposed to be cooked too long. After that, I add some tomatoes and leave it for about ten minutes because tomatoes are supposed to be cooked well in order to have a good sauce. Now the tomatoes are well-cooked. For the next procedure, I put the meat into the tomato sauce, and I also add pepper so the meat will taste good. Next I add some water to make a soup. I will it to boil for about five minutes, and after that time, it will be ready. I taste to see if the salt is okay. I add some salt and wait for three minutes. Now the meat is ready to be eaten.

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