

**Swahili transcript:**

Happy: Sasa ndio tunatengeneza ugali. Ugali ni chakula ambacho kinatengenezwa na unga, na unga wa mahindi. Na tunaanza kwa kukoroga unga wetu, nachanganya maji na unga, wakati maji yetu yanachemka, tunakuwa tunatengeneza huu uji. Tunaukoroga vizuri; tunatengeneza hivi ili kusudi tukakapoweka huko uweze kuchemka kama uji. Kwa hiyo hapa wakati nafanya hivi, nitakuwa nasubiri ili maji yangu yachemke ambayo yameshaanza kuchemka kwa mbali naona. Ugali kama nilivyosema ni chakula ambacho mara nyingi Tanzania kinaliwa wakati wa mchana. Kwa hiyo, nyumba nyingi sana ukienda za kitanzania wakati wa mchana, chakula utakachokuta kikubwa kimepikwa ni ugali, ambao unaweza ukaliwa na nyama, unaweza ukaliwa na maharage, au mboga yoyote ile. Maji yetu huku yameshachemka, naweka unga wangu. Ukiweka unga, hutakiwi uuache usiukoroge, kwa sababu usipoukoroga, unatengeneza, unatengeneza... wanaita mabokoboko. Kwa hiyo, inabidi niukoroge unga wangu ili usitengeneze yale maungaunga mengine ambayo wengine wanaita mabokoboko. Wengine wanasema mabuja; kwa hiyo naendelea kukoroga kwa dakika kama mbili, tatu ambapo utachemka kidogo. Hutakiwi kuacha kutokukoroga, unaendelea tu kukoroga mpaka utakapoanza kuwa mzitomzito kidogo. Naendelea kukoroga ugali. Sawa, sasa hatua inayofuata baada ya unga wetu kuchemka, tunaongeza unga mwingine ili kutengeneza sasa ugali. Ugali unatakiwa uongeze unga mwingi ili ule uji uweze kubadilika kuwa ugali. Kwa hiyo, naendelea kuusonga, hapa naongeza unga kidogo, nitaongeza unga kidogo ili kutengeneza huu ugali. Ugali unatumia nguvu kidogo kuusonga, unatakiwa uwe umeshiba! (kicheko) wakati wa kupika ugali.

**English translation:**

Happy: Now we are cooking *ugali*. As I pointed out earlier, *ugali* is made from corn flour, though some people prefer to use cassava or millet flour. I put a sauce pan with water on the stove. Then I pour some flour into a bowl and I add some cold water and stir

it. When the water is boiling, I add the mixture of flour and cold water into the saucepan on the stove. As I mentioned earlier, many people in Tanzania eat *ugali* in the afternoon hours. When you get a chance to visit Tanzania, you will pay a visit in the afternoon to people in their homes. You will find the meal they have prepared is *ugali*. You can eat *ugali* with meat, or beans, or other foods like vegetables. Now the water is boiling, I will pour the mixture of flour and cold water into the saucepan while I stir. If you don't stir, the mixture will form into lumps. I will continue to stir for about three minutes till the porridge looks stiff and well cooked. When the porridge is well cooked, I will add some flour and continue to make *ugali*. You use a lot of energy (laughter) when making *ugali* as you can see from what I am doing.

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