

CultureTalk Western Sahara Video Transcripts: <http://langmedia.fivecolleges.edu>
A Saharawi Drink

Hassaniya Arabic transcript:

س: كيفاش يعدل النشى؟
إمرأة: النشى؟ أعدله من الزرع. نقبظو لك الزرع و نطحنه و منين نطحنه أنخوظوه، أنبطه في الما و نخلو الصطلة
أنفيط و منين أنخلو الصطلة أنفيط أنديروه فيها و منين أنديروه أنحركوه و نحركوه ألين يطيب، هو قاع
دايما الوجبة الرئيسية عند الصحرأويين، يشربوها في بكري و يتغذاو به دايما.

English translation:

S: How is *insha* made?

Woman: *Insha*?

S: Yes.

Woman: We make it from wheat... We take the wheat and grind it. And after we have ground it, we mix it with water and at the same time we let water boil in a pot. When we let the pot boil, we add the mixture to the pot and we mix everything. We keep mixing it until it is cooked. It is always the main drink for Saharawis; they drink it in the morning and they drink it... They always have it.

About CultureTalk: CultureTalk is produced by the Five College Center for the Study of World Languages and housed on the LangMedia Website. The project provides students of language and culture with samples of people talking about their lives in the languages they use every day. The participants in CultureTalk interviews and discussions are of many different ages and walks of life. They are free to express themselves as they wish. The ideas and opinions presented here are those of the participants. Inclusion in CultureTalk does not represent endorsement of these ideas or opinions by the Five College Center for the Study of World Languages, Five Colleges, Incorporated, or any of its member institutions: Amherst College, Hampshire College, Mount Holyoke College, Smith College and the University of Massachusetts at Amherst.

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