

Hassaniya Arabic transcript:

س: ندورك تشرحي لي كيفاش تعدلو العيش و البلغمان؟
إمرأة: العيش، البلغمان؟ العيش، نقبظ و نطحن أطخيني ألين نطحنه و منين نطحنه نغربله. و ننصب صطلتي، سمعتي؟ و نعيشها، نتم ندلك ندلك عيشي ألين يندلك و نطرحه و نقبظ قسعتي و نعرف فيها ذاك العيش و ندير فيه نقعة من الدهن و اللبن و نيدمو و نوكلو أنا و عايلتي، سمعتي؟ أنا و عايلتي. و البلغمان، البلغمان أملي نمقلو الزرع و نقبظو و نلقموه، نطلعو مقرج و نصبو في ذاك الماعون و نتم ندلك عيشي ألين يندلك و ندير نقعتي أملي من الدهن، سمعتي؟ معدلته بيدي أملي ما هو أنه شي مشري. أياك فهمتي ذا؟ من الحية، أياك فهمتي ذا؟ و و توف.
س: و الدشيشة؟
إمرأة: و الله ما زينك ياشي. ألا منين نطحن أطخيني ذاك، نعدل منه الدشيشة و الدقيق الرقيق، الدشيشة نمزريها علي زر و نوبة ألا أنا و ألي بغيت نعد منها الوجبات، نوبة نوكل الدشيشة و نوبة نوكل العيش و نوبة نعدل كسكس، سمعتي؟ و نوبة نعدل البلغمان و ألا ذي هي طبعيتنا في الصحراء.

English translation:

S: I would like you to explain how to make *el'aish* and *belgman*.

Woman: *El'aish, el-belgman?* For *el'aish*, I would take, I would take wheat and grind it well and after I grind it, I clean it well. And then, I put the pot full of water on the fire to boil, do you understand? And I start to mix things... Aaa... I would mix and mix the mixture of water and wheat flour until it is mixed and cooked well. Then, I take it off the fire and... aaa... I take the *gas'a*¹ and I... aaa... pour *el'aish* into the *gas'a* and then I make a hole in the middle and put in butter and milk. And then my family and I eat it, do you understand? My family and I. For *belgman*, we also roast the wheat seeds and grind them and then mix it with water. We boil water in a pot and... aaa... I pour the boiled water into a bowl and I mix them very well. And the same, I make a hole in the mixture and add butter, do you understand? I would have made the butter from milk – not like the butter you buy, do you understand this? And... aaa... that is it.

S: How about *dshisha*?

Woman: Of course, it is very tasty. We make it in a similar way. So, after I grind the wheat, I would get flour and the *dshisha*². I put the *dshisha* aside and it depends – I can make whatever dish I want from it. Sometimes I would eat *dshisha*, other times I would eat *el'aish* and sometimes I make couscous, do you understand? And sometimes I make *belgman*. This is our culture in [Western] Sahara.

¹ *Gas'a* is a traditional Saharawi plate or bowl made of wood.

² *Dshisha*: The larger particles of wheat left after the flour has been sifted out.

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