

Yemeni Arabic transcript:

س: شو هي الأكلة الثانية المفضلة عندك؟ في أكلة معينة مفضلة؟

ل: أكلة مفضلة عندي.. زربيان. الزربيان.. رز.. ضروري الرز.. رز ولحم بس ينطبخ.. تنجيهو بدست ضغط.. يعني زيه زي متلا تطبخي الصانونة. تكشني البصل وبعدين تكشني البطاط وبعدين تطرحي البهارات والتومة البسباس الأخضر وبعدين الطماط القصع والبسباس الأحمر المطحون.. وبعدين تفوري اللحم، وتطرحي اللحم وبعدين تطرحي الرز طبقات.. لأنك بتخلطي الرز مع الصانونة.. ولا أحيانا.. مش عارفة.. مش عارفة كيف بالضبط يطبخوه.. بس بتطرحي اللحم والرز والصانونة كله مع بعض.. و بينضغط مع بعض والرز كله بيتلون.. بيرجع مثلا لونه بني.. لونه زي لون الصانونة ولون اللحم نفسها. وبعدين اللحم بتدوب بالرز نفسه.. يعني لما تاكلي الرز يكون طعمه زي اللحم. والزربيان وجبة مشهورة مرة حتى في السعودية يعملوها بس غالبية وتأخذ وقت. عشان كدة مايعملوهاش الا في الأعياد ولا في الأعراس ولا في المناسبات الخاصة.

English translation:

S: What is your second most favorite dish? Is there a certain favorite dish?

L: Hmm... my favorite dish... *Zorbian*, the *Zorbian*. It has rice, rice is very important for this dish, and meat. They are cooked in a pressure cooker. I mean it's like cooking *Sanoona*¹. You fry the onions then you put in the potatoes. After that you put in the seasonings² and some garlic and green pepper. Then you put in the tomato sauce and the ground red pepper. After doing this you boil the meat, then you put it on the mixture and then you add the rice in layers because you will mix it with the *Sanoona*. Or sometimes... I don't know, I don't know exactly how they make it. But you put the meat, rice and *Sanoona* all together in the pressure cooker. The rice's color will change; it will turn something like brown. Its color will become like the *Sanoona* and meat's color. Then the meat will dissolve in the rice. I mean when you eat the rice it will taste like meat. The *Zorbian* is a very famous dish even in Saudi Arabia. However, making it takes a long time and its ingredients are expensive. For this reason, they only make it for *Eids* or weddings or special occasions.

¹ Sanoona: a Yemeni dish that's usually eaten with rice. It's made of vegetables and meat and usually looks like thick, red soup. In this article, it refers to the mixture of fried vegetables.

² Seasonings: they consist of ground cumin, black pepper, fennel seeds and some cinnamon.

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