

Yemeni Arabic transcript:

سابقا الهنود برضه أجوا مع الإنجليز، بما أنه كانت إنجلترا تحكم الهند، أجا الإحتلال الإنجليزي لعدن، فجابوا معاهم هادي التقاليد الهندية. أجوا يعني الإتجليزيين مثلا جدتي، أم أمي، أبوها هندي، أجا مع دي الفترة. فتلاقي معظم الأكلات في اليمن، خصوصا برمضان في سمبوسة، باجية دي كله واجيه من الثقافة الهندية. حتى الأكلات اليومية مثلا، عندنا في الصانونة، المطفاية، يعني الحاجات اللي فييه حرارة، يعني حارة سبايسي. هذي واجية من الهند خصوصا. أكلنا يحتوي على بهارات كثير، كاري وكمون وفلفل وبسباس أحمر وبسباس أخضر، ده كله واجي من هناك. أما الأكل اليمني الصح الصح يعني تلاقيه بالشمال، لأنه مافيش كان إحتلال إنجليزي و ده، فتلاقي السلته والعصيد والحاجات هادي، تمام.

English translation:

Before Indian people came with British people, since Britain was ruling India. The British occupation brought these Indian traditions with it when it came to Aden. The British came... For example my maternal grandmother's father is Indian; he came at that time [of occupation]. Most dishes in Yemen, especially [the ones made] in Ramadan like the *samboosa*¹ and *bagia*², are adopted from the Indian culture. Even the daily dishes, like *sanoona*³ and *motafaya*⁴, I mean the dishes with spices are originally from India. Our food has so many seasonings, like curry, cumin, red pepper, green pepper [they are] all are adopted from there. The authentic Yemeni food can be found in the north, because there wasn't any British occupation [there]. You can find *salta*⁵ and *Aseed*⁶ and things like this.

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¹ Samboosa: a kind of pastry that has a triangular shape and has some filling of vegetables or meat inside it.

² Bagia: fried circular beans, made of ground black eyed peas and some peppers and garlic.

³ Sanoona: a Yemeni dish that's usually eaten with rice. It's made of vegetables and meat and usually looks red and has a liquid-like shape

⁴ Motafaya: a traditional Adeni dish made of fish and tomato paste and spices. It's usually eaten with white rice.

⁵ Salta: a Sana'ani traditional dish made of meat and other vegetables in a traditional clay bowl.

⁶ Aseed: a traditional Yemeni dish made of semi-cooked dough and delicious fenugreek soup.