

Yemeni Arabic transcript:

س: وفي رمضان قلتي أنه في شربة و في نوع ثاني خاص يعني في وجبة الفطور؟
ل: في الشفوت.. يعني جنب الشربة، شفوت، يصلحوا الشفوت، تصلحني أول شي لحوح، واللوح نوع من أنواع الخبز. بس مش خبز يعني .. ما بتقدريش تقولي عليه خبز، لأنه الدقيق نفسه بس العجينة مرة سائلة. مش زي.. مش قوية زي حق الخبز. يعني زيه زي المي.

س: هذه هيه اللي كنتي تحكي عليها من قبل؟
ل: لحوحة... هههه.. وبعدين تطرحيها على الطاوة ويعني شوفي حتى لما القوام .. قوام اللوح زي المي حتى لو بتأخديه تأخديه بملعقة، ما تأخوديهوش بيديك، لأنه يطعفر.

س: وكيف اللي يطبخ هاده؟
ل: تأخديه بملعقة، مش سهل، عملي الدقيق وتطرحي الدقيق والحببة السوداء والملح، والشتوة.. ضروري الشتوة لأنه... تخليه كمان فترة عشان يشتي.. بعدين تطرحي المي تسكيبي المي لدرجة أنه قوامه يكون سايل. وبعدين تغطي مدة ساعتين عشان يشتي، يمطط. وبعدين تأخدي الملعقة وتخلي الطاوة تحمي، وتأخدي الملعقة و تسكيبي على الطاوة. وبعدين من نفسه بيقوى. بيرجع قوي، و يمتسك... تقدري تمسكيه و تاكليهبوس في نفس الوقت رطب.. رطب مرة. وبعدين اللوح – هذا نسميه اللوح- ناخذ اللوح نقطعه وصل صغار.. و ناخذ مطيبة و نشل مطيبة و نطرحه داخل المطيبة و نشترى زبادي ونخلط الزبا... الحقيقين، غالبا حقيقين بس ما هواش حقيقين... شوفي زبادي وكرات وبصل أخضر وأيش كمان.. وثومة أحيانا، وكلهم تخلطهم مع بعض بالخلاط وبعدين تسكيبه على اللوح. واستوى لك شفوت.. وكمان القهوة ضروري.. في رمضان.

English translation:

S: And in Ramadan you said you eat *Shurbah*¹, is there any other type of food that you eat for *Iftaar*²?

L: There is *shafoot*, I mean besides *shurbah*. To make *shafoot*, you first have to make the *lahooh*, which is a type of bread. I mean it's not really bread because its dough is too liquidy, it's not as hard as the dough of normal bread; it seems somewhat like water.

S: Is this what you were talking about before?

L: *Lahooha*.. hehehe (yes). You put it (the dough) in the hot pan. Be careful when you take it [out], don't take it [out] with your hands, it's too liquid-like; you'd better use a spoon, or else it will spill.

S: And how do you cook this?

L: You take it [out] with a spoon, it's not easy. You mix the flour, black seed, salt and yeast, the yeast is important and you have to leave it for a while for it to take effect. Then you keep pouring the water till it [the mixture] becomes liquid-like. After this you cover it for about two hours to rise. Then you put the pan in and wait for it to get hot. Then you pour some of the liquid dough in the pan using a spoon. Then it will become harder with heat, and you will be able to hold it with your hands and eat it. At the same time it will feel very soft. So we cut this cooked *lahooh* into small pieces, and we put it in a bowl. Then we buy yoghurt or *haqeen*³ and we blend it with green onion, garlic, and *kurrat*. Then you pour the mix on the pieces of *lahooh* in the bowl. Now you have *shafoot*. Coffee is also important during Ramadan.

¹ Shurbah: a hot soup made of partially ground oat that has been boiled in meat soup.

² Iftaar: the time when Muslims break their fast during Ramadan, around sunset.

³ Haqeen: watery yoghurt.

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