

Mealie-Meal and Other Grains

Shona transcript:

A: Ungatitaurirewo here nezvechikafu chaunofarira kubva kuZimbabwe.

B: Ndingati ndinofarira kudy a sadza, nekuti sadza ndiko kudy a kwedu maZimbabweans. Sadza rinobikwa nehupfu, hupfu hunogadzirwa kana kuti hunogaiwa kubva muchibage. Chibage ndicho chinogadzira hupfu tobika sadza. Ndinofarira kudy a sadza nenyama. Tinodya nyama yakawanda kuZimbabwe. Kunyanya kana ndichidya sadza neshamwari dzangu, nehama neshamwari kana sadza rabikwa namai vangu. Uyezve zvakare kunouku (kuAmerica) ndinofarira kusangana nemamwe maZimbabweans tichidya sadza redu tichicherechedza mutauro wedu uye zvakanaka zvatinofarira nezvekuZimbabwe.

Tinodya sadza mazuva ose ehupenyu hwedu. Tinodya sadza masikati, tinodya sadza manheru. Dzimwe nguva ukaenda muguta chaimo unowana nzvimbo dzekudyira dzinobika sadza; naizvozvo sadza riri kwese kwese harina kuti nhasi izuva rakakosha nekuti kune sadza. Zuva rose rakakosha kuZimbabwe naizvozvo tinodya sadza mazuva ose.

A: Saka munoshandisa hupfu uhwu hwawataura zvimwe zvinhu here kana kuti munogoshandisa kungobika sadza chete.

B: Tinoshandisa hupfu kubika sadza kazhinji asiwo tinoshandisa hupfu kubika bota/porridge. Ende bota tinonyanyoridya mangwanani tisati tanwa tsvutugadzike. Bota rinoshandisa hupfu hushoma nekuti bota tinoridya nechipunu kana kumwa nendiro. Mubota tinogona kuisa dovi, kana kuti tinogona kuisa majarini kana kuti tinogona kuisa maremoni, kana kuti tinogona kuisa tsvigiri. Saka tinogona kuisa zvakasiyana siyana kana mukaka, tinogona kuisa mubota. Bota rinodyiwa nevana vadiki kazhinji vari kukura, uyewo vanhu vakuru vanodya bota.

A: Ndingada kuziva kuti sadza iri , munogogadzira nehupfu chete here hwandahwa hwechibage. Uye ndingadawo kuziva kana uchikwanisa kutirondedzera kuti rinobikwa sei uye rakambomira sei chaizvo sadza iri?

B: Ndingati sadza rinokwanisa kubikwa nehumwe hupfu hunobva kuzviyo, kana mhunga. Sadza tinoribika nemvura inopisa. Tinotora hupfu, toisa mupoto, tokurungira, toisa mvura inopisa kusvikira bota riya rakora, torisiya rokwata kwemaminitsi anokwanisa kuita gumi kana gumi nemashanu, zvichienderana kuti uri kubika pai. Kana rakwata, tinorivhura, toripambira, towedzera hupfu, towedzera hupfu kusvikira sadza riya rasimba, torimona. Kana tapedza kurimona, ranyatsoomarara kunga mamashed potatoes, toridya nemaoko edu tichidya nenyama yedu kana nemuriwo parutivi.

A: Ndingada kuziva, sadza iri rinodyiwa kunzvimbo dzese here dzeZimbabwe?

B: Aah, rinodyiwa kwese handingafungi muZimbabwe munhu asingadye sadza, chingasiyane kuti vanodya nei asi rinodyiwa kwese.

English translation:

A: Can you tell me about your favorite food from Zimbabwe?

B: I like eating *sadza*¹ because *sadza* is our staple food in Zimbabwe. *Sadza* is made with mealie-meal, and mealie-meal is ground from maize. So we get mealie-meal from maize, and we make *sadza*. I like eating *sadza* and meat. We eat a lot of meat in Zimbabwe. I like *sadza*, especially when my mom makes it and I eat it with my friends and family. Also, here in America, I enjoy getting together with other Zimbabweans and eating our favorite food, speaking our mother tongue and chatting about the great things we miss about Zimbabwe. We eat *sadza* every single day of our lives. We eat *sadza* for lunch and dinner. Sometimes if you go to the city, you can also find restaurants that serve *sadza*. Therefore, *sadza* is everywhere, and it does not matter what day it is. Every day is special, and we have our *sadza* every day.

A: So, can you use the mealie-meal for other things, other than making *sadza*?

B: Mostly, mealie-meal is used for *sadza*, but we also use it to make porridge. We eat porridge in the morning before we have morning tea or breakfast. Porridge uses less mealie-meal because porridge is not as thick, and we use spoons to eat it. You can add peanut butter or margarine or lemons, as well as sugar, to make it tasty. You can add a lot of different stuff; milk is another option, too. Porridge is mostly served to babies or children, but adults can eat it, too.

A: So, is *sadza* only made from mealie-meal? Also, can you describe how you make *sadza*?

B: *Sadza* can also be made from other grains, such as *zviyo*² or *mhunga*.³ We use hot water to make *sadza*. We take the corn meal and mix it with a little bit of cold water in a pot and then add hot water till the mix thickens into porridge. We then let the thick mix boil for about 10-15 minutes, depending on where you are cooking [stove or fire]. When the thick porridge boils, we add more corn meal, bit by bit, until the texture of the *sadza* hardens, like mashed potatoes. When it's done, we serve it with green vegetables or meat relish, and we eat with our hands.

A: Is *sadza* common in every part of Zimbabwe?

B: Aah, *sadza* is common in every part of the country. I think in every part of the country you will find *sadza*; the major difference could be how people serve it.

¹ *Sadza* is the staple food in Zimbabwe. It is a starchy mix made from mealie-meal (corn meal) and served for lunch and/or dinner with meat stew or vegetables.

² finger millet

³ bulrush millet

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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