

Fitçi

- Nina jan, gyzym, sen bu gün hem myhmanhana gitme. Meniň ýanymda bolay.
- Ýagşy...
- Ynha, biz ikimiz fitçi taýýarlarys, türkmen fitçisini. Men häzir hamyr taýarlaýyn, a sen – salat taýarla. Pomidorly, soganly salat.
- Ýagşy. Onda men sogany we pomidory tegelek kesjärin. Oňa duz we gyzyl burç sepjärin hem garyşdyrjaryn. Ynha, size salat taýar. Onuň üstüne sogan we pomidordan gül hem gojaryn...
- Gyzym, beýle salaty taýarlamak üçin näme gerek we näçe gerek?
- Bu salaty taýarlamak üçin 600 gram pomidor, 200 gram sogan, gyzyl burç we duz gerek...
- Boljyar, gyzym, Nina jan. A men, ynha, hamyr taýarladym. İndi men goýun ýagyny we etini owunjak dograjaryn. 1-2 sany sogan bilen pomidory hem owunjak dograjaryn. Oňa duz we gara burç sepjärin hem garyşdyrjaryn. Ynha, farş taýar. Görjärsiňmi, gaty hamyr. Soň hamyryň üstüne farşy gojaryn, onuň üstüne bolsa, kiçi hamyry gojaryn we olary birikdirjärin. Ynha, indi ony duhowkada ýerleşdirjärin...
- Bibi daýza, türkmen fitçini taýarlamagyň tehnologiýasy düşnükli, onyň normasyny hem aýtsaňyzlaň.
- Boljyar, gyzym. Hana, seret, çay gaýnapdyr. Sen çay demle... Fitçini taýarlamak üçin 1 kilogram un, 500 gram et, 100 gram sogan, 200 gram pomidor, duz we gara burç gerek...
- Düşnükli! Sag boluň, Bibi daýza. Men Aşgabada öýe baramda çagalaryma türkmen fitçisini bişirip bererin...

Making Fitchi

- Nina dear, my daughter, do not go back to your hotel. Why don't you stay over?
- Okay...
- We'll make fitchi together, Turkmen fitchi. I'll make the dough, and you make the salad. Salad with tomatoes and onions.
- Okay. I'll cut onions in circles, as well as tomatoes. I put salt and red pepper, and mix it up. Here we are, our salad is ready. I add more onions on the top, and cut a flower out of the tomato for the top.
- Daughter, to make this salad what are the ingredients and how much of each we need?
- For this salad you need 600 grams of tomatoes, 200 grams of onions, red pepper and salt...
- Okay, daughter, Nina dear. I just finished with the dough. Now I cut the lamb into the little cubs. Also, I cut 1-2 onions with tomatoes into cubes. I add black pepper and salt and mix everything up. Now the stuffing is ready. You see the dough is hard. Then you put stuffing into the dough and cover it with another piece of dough, and pinch the edges together. Now it is ready to be put into the oven.
- Aunt Bibi, I understand how to make the Turkmen fitchi, could you tell me the norm of the ingredients.
- Okay, dear. Here, look, the tea is boiling. Why don't you make the tea... To prepare the fitchi you need 1 kilo of flour, 500 grams of meat, and 100 grams of onions, 200 grams of tomatoes, black pepper and salt.

- I understand, thank you, Aunt Bibi. When I go back to Ashgabat, I'll prepare Turkmen fitchi to my kids.