

## Adama Mampa on Cooking (Part 2) - slc0013

Mi Adama, ko ja nchethe ikonjolnmu.  
Mummy Adama, we have not finished the cooking business.

Mɔyi hun tongi ɲɔ pɔ cheth pɔmthi gbamɗe,  
You should now come and show us how to cook potato leaves.

ko lo pɔ tipe haɲ ko lo pɔ ko mɛknɛ.  
Where they start unto the end.

Ko lo pɔ joɛ,pɔi hun kon,kende ɲɔ nko kolo thekeshi ko ken-kenɗe.So ntongi la.  
Where they eat,doing everything, just as how you had explained for the krain-krain. Sso show us that.

Pɔmthi gbamɗe le ye ma ko gbo cheth yenkenɲ ni ntheki koni peth-pethe  
Potato leaves if you want to cook it nicely and feel it sweetness,

ngetie malɔ gbo mɔ be nton.nsothoni gbo ngetie mɔi be ogie  
if you have ground nut you put small. If you don't have ground nut you put the ogiri.

mai yelmani nkuaie, nkoiye yenchেকে mbelo.  
It will boil together with the palm oil, You then take the oil and put there.

Yenchেকে cheni gbo nbi bo vise mbe lo.  
If you don't have fish, if you have meat you put there.

mbi soki mɔ wɔ lo be,mɔi cheth yenkeleɲ.  
If you have chicken you put it in it,you then cook nicely.

ye mɔ kon ken boke ve, ke ye mɔ ko chi boke ve, mɔ ko le thoko.  
After cutting the leaves, but after you have gone for leaves you wash it first.

ncheko bgo ken ni nthoko konio,mɔ ko thok yenkeleɲ ba,  
You don't just cut it without washing it, you first washing it clean.

Mɔi chal ni ngonko ken yenkeleɲ,mɔ kɔi be pande kune.  
You now sit and cut it nicely,then you put it in a pan.

Ye mɔ ko ni be,mɔi koi,nyiye ituwe,nkuai ye ma shi gbo che,mɔi be iyelle mɔi be boke.  
When you now put it,you take, you open the pot, ifthe palm oil is just exct,you put the salt and the source.

Ye mɔ be pɔmthi gbamɗe, mɔ kɔi kuba kɔi kon vela yenkeleɲ lon atok.  
As you are putting the potato leaves,then you take the cover when it is going nicely on it top.

Yenchেকে ɲa lo nio, mɔi be yenchেকে, nko be yenchেকে nko be magie,  
The fish is there now, you put the fish, you have put the fish, you have put the fish.

nko be yabase gbi ni ngefē ni ma lo yenkelē.  
You have put the onion together with the and it boil together.

Yē mo ni hu minē puli vē, lē nke bo yabase ko bo ni moi bēre,  
When you are coming to mix it again, if you see that the onion is not enough you add.

ni gbos yabase ho bethni pomthi gbande gbos lan,  
To cut off the smell of the onion from the potato leaves,  
bikos gbosē kolō bo ncheni theni yenkelē.  
because if the smell is there you would not feel good.

Yē mo ni puli-puli vē gbos yabase, ho lo ni che atok.  
As you are now mixing it the smell of the onion would now be on it.

Yē mo gbo yiē poi wo nōki shi cheth o.  
When you would then open the pot people would say this person knows how to cook,  
Mōni nēmille mōmbē,  
when you taste yourself,

yē mōni chethē po mo wōm vē mo hōh ŋa lan,  
when you cook then they tell you that you happy,

bikos po moi bia hun jo ni theni yenkelē.  
Because your husband has to come and eat and would feel nice.

Yē mōni koŋ cheth vē moi thōk boithe.  
After cooking you now you wash the dishes.

Yē mo thōk boithe,  
As you wash the dishes,  
moi thōk sēyē ni pletē lo po mōē bia huŋ beth joē.  
you wash the spoon and plate where you have you have to come and cut the rice.

Kē nyanmu joē.  
But you have not cooked the rice.

aaa yē mo ni koŋ ha vē ni moi thingi boke moi semi.  
After doing all that you take the source off the fire and put it down.

yē mo ni hun semi moi chi itu beia.  
After putting it down you then bring the rice pot.

yē mōni koŋ thōk itu beiaē vē, moi ko thu pēlē, moi huŋ bē lalako.  
After you have wash the rice pot, you measure the rice and then put it on the fire.

Yē mo bē lalakōē jemde lolō bo shi che ko ma ki he.  
After putting on the fire, the fire would just be small under it.

haa yē mo ko yiē mēndē ma shi gbo che, moi rethi jemde ton-ton.

You then open the pot to see is just as it should be, you reduce the fire for small one to remain on it.

Kɔ ɔ boni le ton-ton te kɔi kɔŋ ho. Mɔi koi iyɛl ton mɔi bɛ ko joɛ ŋɔ ma che gbe.  
It would just remain small until it finally coked. You take small salt and put on the rice not many.

Mɔ kɔi mine kɔŋ puli-puli gbi,joɛ,mɔi gbingith.  
You then mix it all over, then you cover it.

Yɛ mɔni gbingith vɛ,inkeni bo iyie ŋa hun chɔŋ.  
As you covering it the next time you open it is for dishinng out.

Yɛ mɔni hu chɔŋ vɛ boi po mɔɛ nɛ ŋɔ mɔ piŋgɛ chɔŋ.  
As you are comming to dish out,your husband's basin should be the first one to dishh out.

Yɛ mɔ kɔŋ chɔŋ boi po mɔɛ, mɔi bɛ boi apima mɔɛ, mɔ hɔ semi, mɔmbɛ mɔi lɛ.  
After dishing your husband's basin, then you put your childdren basin and put it down, then it left you.

tonde kɔ lɛ itue kune, mɔ kɔi kɔ thɔŋgul ŋa paŋde.  
The small one that would remain in the pot, you reserve it for the evening.

Yɛ mɔ ŋɔ hu thɔŋgul vɛ, lɛ apimaɛ ŋa siŋɛ-siŋɛ gbo haŋ lɛ ŋa wɔ bo ŋa yema jo,  
As you keep it reserve,after the children played around, if they say they want to eat,

nwɔ ŋa ko lɛli ituai kune joɛ kolɔ.  
You say go and look in the pot there is some rice.

Po mɔɛ bɛ wɔ gbo yema jo,mɔi mine ko wok ŋa wɔn joɛ,  
If your husband also said he want to eat, you go and take the rice out again,

ni mbethɛwɔ pletɛ kune mɔ wɔi ka.  
And cut for him in the plate and give it to him.

Ye kɔŋ vɛ m'mine dikil panthe gbele nkɔŋtha thɔk, m'mine tha thɔŋgul,yɛ pɔ ŋaɛ.  
When he is finish eating you then gather all the pans wwash them, you keep them again, that is how they do.

awa sɛkɛ-sɛkɛ we. Yaŋ pɛ ani bia che yaa ni.  
Thank you. Myself I will be cooking for myself.

Lami wɔ abi habi wɔn pɛ wɔ che wɔl libul-libul.  
The wife I will have would rest some time.

Sɛkɛwei, Hɔbatokɛ chema mɔ ni.  
Thank you, may God be with you.