

## Adama Mampa on cooking - slc0012

Part 1 is here, Part 2 is below

Yaŋ ya Abdulai Bendu, nande ako vel mi Adama, Adama bolomno,  
I am Abdulai Bendu, today I have called Mummy Adama, Adama Bolom,

wɔŋyi huŋ tonŋi ŋɔ pɔ cheth keŋ-keŋde.  
She is coming to show us how to cook krain-krain.

yɛ bilae Prɔf wɔnpɛ yema kɔ tongi lawɔɛ yɛ wɔ bia muninie.  
The reason is because Prof. Himself would want to go and show his wife after he has returned.

Wɔŋyi hu tongi ko lɔ pɔ tipɛ haŋ ko lɔ pɔ mɛknie,  
She is coming to show us where to start unto where to stop.

yɛ pɔ huŋ joɛ,so ntongi hin la.  
Where to eat,so show that to us.

Keŋ-keŋde,labo keŋ-keŋde kɔ mɔ cheth,mɔi kɔ makitai,laboɛ yuwɛ mɔ wɔi pin.  
Krain-krain, if it si the krain-krain you ars cooking,you go to the market,if it the fish you buy it.

Yɛ mɔ pin yuwɛ,nchie nkuaie,ngefɛɛ,yabase,ni magi mɔɛ mɔi bɛ lalako,  
After buying the fish, you bring the palm oil, the pepper, the onion and the maggi then you put in the pot.

yɛ mɔ ni ko bɛ jemlɛ nko bɛ itue.  
After you have put the pot in the fire.

Yɛ hɔ ni yelle lane mɔni ken keŋ-keŋde,mɔkɔni ken ton-ton-tonde.  
As it boils you would be cutting the krain-krain, you would be cutting slowly.

nkoŋ gbo labo nbi ogri mɔ hɔ lɔi bɛ, ŋɔi yel yenkeleŋ.  
When you have finish if you have the ogiri you put it, then it boil properly.

Mende mani gbo le ton mɔi keŋ-keŋde,mɔi gbingith.  
The water will just remain small then you put the krain-krain, then you cover it.

Yɛ mɔ gbingithe,la cheŋ vei mɔi yi, mɔ kɔi puli.  
After covering it , it would not stay long then you open it, then you mix it.

Yɛ mɔ kɔ ni pulie,mɔ koi yabase nbɛlɔ atok.  
As you are mixing it, you take the onion and put on it.

Yɛ mɔ ni bɛ yabase atok mɔi gbingith,  
After putting the onionson it then you cover it.

gbi ni ngefeyɛ,mɔi bintahma-bintahma mpulie pulie mɔi nemil labo iyelle ŋɔ shilɔ che.

Together with the pepper,you mix-mix and then you taste it if the salt is o.k.

Ncheni ha be iyel gbe.Magiye be mo gbo be na shi che.  
You should not put plenty of salt.Even the maggie you just put exact.

Yen-o-yen nche ho be hon chan thom wae, mo bo be shi che.  
You don't put anything to supercede the other, it should be exact.

Moi nemil hon shi gbo che hon nyemae, moi thingi ho kon gbo lo, moi thingi.  
You taste it if it is exact as you want it, then you put it down if it has finish cooking.

Moi ya jowe,ye mo ya joe ken pele kop litin,nkon ko thok yenkelen,  
Then you cook the rice, when cooking the rice like two cups, you have wash it properly,

moi be itae kune.ko kon gbo lo,mo loi bethi jemle,  
you put it in the pot. After it has cooked, you have to reduce the fire,

joe ko ni ho, moi thok boithe.  
After the rice is properly dry, you wash the dishes.

Ye mo kon thok boithe gbi ni seiye,moi be tebulle atok.  
After washing the dishes with the spoon, then you put it on the table

ko kon gbo ho,moi chon,nyok na po moi.  
When the rice is dry,then you dish,you take your husband's rice in.

ni na moi ni apuma moi.  
You dish out your's and your children.

nka apuma moi nana boi ye, po moi, na wo boiye, momba na mo boiye.  
You give your children's basin, your husband's basin, yourself your own basin.

Moi chal ni,ni nai jo.  
You sit then you eat.

Ye na ni joe,na koni gbo jo,moi ko thok panthe gbi m'mine tha kon semi.  
As you are now eating, after eating,you wash all the dishes and return them.