

Rex Interviews Sankhil (B)

Krbii: Rex & Grace

1 REX] Neen Lamkaang alraang ki kptxhun nih krvang thung thang ngu talu hep pih
we Lamkāng from long ago beginning coming when how
alraang vah , mii ngi chaa nee da tal ki m'oong ngi thah tun kphaa thung thang vah
long ago people eating habits how in that way and then now until
tchaak tneek a talu hep pih arvang krthleng ngo nang ki ta ado bin thung va ngi , //
our dietary customs how changing your your opinion in

REX] We Lamkang from earlier days until now, what were the dietary practices that we followed, and what are the changes that you have seen/noticed, in your opinion?

2 GRACE] Ong ngu alraang ki tdee rukka am daat meh daat rang mda pdainu
yes long ago we know it too it is not the case I should (say) but

GRACE] Yes, the earlier ones we don't really know, but

3 tun va ngu an tpanjang ruk arvang krthlei daat meh ,
now food this much also [there has been no change]

Now there is not that much change, even to this day.

4 khuu thang nthee thung thang vah anto' ,
village in we say it when like that

If we say our village,

5 an kcham lu tchaak-chaak in daat rang mda ne ,
food simple like we eat I should (say) right?

We eat mostly boiled vegetables, isn't it?

6 pdainu alraang ki
but long ago

But long ago

7 an lu paa ava' lu a tphan mda ,
vegetables kinds that like we do not get them

Now we are not used to getting all those old vegetables.

8 pdainu tun va ngi neen nih khuu thang ngi normal lih tchaak lu chaat a ,
but now we villages in usually what we are used to eating
an kcham thuung min ,
boiled vegetables we cook them

But nowadays in our villages what we usually eat, we cook boiled vegetables.

9 mrlak nii ngaa saa thlaak chmin , ne ,
at times fish meat we add them right?

Sometimes we add fish and meat, right?

10 au thung ki mrlak nii vah kuu mii khat a ngaa rii singsuu rukka anto' tloo min
that after sometimes someone fermented fish chutney too like that we make it
,

Sometimes we make Ngaa-rii Sing-suu (fermented fish chutney) too.

11 ant-- phalbi thung thang vah tun-tun vah an duung ngi dii sii daa ,
<false start> winter in now mustard the most tasty is it?

And right now in winter, mustard leaves are the most tasty vegetables

12 an duung kcham mih thuung min ,
mustard we cook it

We cook boiled mustard leaves

13 yoongchaak singsuu tloo min ,
tree beans chutney we make it

We make chutney of the tree beans

14 ung mrlak nii vah anto' saa tu' ngi chaa min .
and sometimes like that meat with we eat them

And sometimes we eat them with meat

15 pdainu , khuu thang le' hava' thang vah anto' krthlei da ,
but village in and here like that it has changed

But in the village(s) and here there are changes (in the food that we eat)

16 khuu thang vah anto' daat rang mdau eh ,
villages in like that <HES>

It will be the same in the village(s)

17 an mmiing ang ki an miing lu paa rukka anto' tdee
vegetables their names this kind food's names like plenty too like that we know them
bih ava' mtam vah ava' tchaak , ne ,
if that season that we eat them right?

If we know all those vegetables' names, all those vegetables that we eat in (different) seasons

18 ava' mtam vah ava' mchaak tdit k'am pok rah pdainu ,
those seasons that they eat them that there will be plenty but

Those many vegetables that are eaten in different seasons, but

19 an miing rukka neen a ktxhaa ngi tyu dee rukka am daat meh ,
food's names too we properly we know them in detail too it is not the case

I don't know all their names in great detail

20 tun vaari khat vah ,

now story one

Now (there is) a story

21 ching paam ki an rukka an miing jaat-jaat k'am pi no ,

hills thereof food too food's name different kinds there are

There are many different names of vegetables in the hills

22 a' tun mmiing a doo khat leh tdee mdau ,

that now their names anything we do not know it

Now we don't know even one

23 tki neen a boong phui tdit daa , ne ,

we kind of vegetable we call it that is it? right?

What we call boong-phui

24 an khao tdit a tun nih inn thang tchaak a .

kind of wild vegetable we call it that now home at we eat it

An-khao is one we eat at home

25 ung ngu silvon nuh tdit a .

and silvon we call it that

And we have Sil-von

26 a' lu chaat daat a .

that like kind

27 ung ngu tun phalbi thung thang mdau vaari khat vah kbee chii lu rukka tchaak a

and now winter in [] story one kind of red lentil like too we eat it
daa ,

right?

And now it's in winter that we also eat Kbee-chii, right?

28 kbee chii lu chaa min , thung ki baal , ne ,

kind of red lentil like we eat it after (that) arum right?

We eat Kbee-chii and then arum, right?

29 baal rukka phalbi thung thah tchaak a .

arum too winter in we eat it

In winter we eat arum.