



<p>A</p>		<table border="0"> <tr><td>cistin</td><td>kitchen</td></tr> <tr><td>sorn</td><td>stove</td></tr> <tr><td>cócaireán</td><td>stove</td></tr> <tr><td>tóstaer</td><td>toaster</td></tr> <tr><td>oigheann</td><td>oven</td></tr> <tr><td>oigheann micreathoinne</td><td>microwave oven</td></tr> <tr><td>cuisneoir</td><td>refrigerator</td></tr> <tr><td>reoitheoir</td><td>freezer</td></tr> <tr><td>cófra</td><td>cupboard</td></tr> <tr><td>scian</td><td>knife</td></tr> <tr><td>spúnóg</td><td>spoon</td></tr> <tr><td>forc</td><td>fork</td></tr> <tr><td>pota</td><td>pot</td></tr> <tr><td>sásan</td><td>saucepan</td></tr> <tr><td>friochtán</td><td>frying pan</td></tr> <tr><td>doirteal</td><td>sink</td></tr> <tr><td>citeal</td><td>kettle</td></tr> <tr><td>taephota</td><td>teapot</td></tr> <tr><td>leachtaitheoir</td><td>blender</td></tr> <tr><td>stánosclóir</td><td>can opener</td></tr> <tr><td>spadal</td><td>spatula</td></tr> <tr><td>criathar</td><td>sieve</td></tr> <tr><td>grátálaí</td><td>grater</td></tr> </table>	cistin	kitchen	sorn	stove	cócaireán	stove	tóstaer	toaster	oigheann	oven	oigheann micreathoinne	microwave oven	cuisneoir	refrigerator	reoitheoir	freezer	cófra	cupboard	scian	knife	spúnóg	spoon	forc	fork	pota	pot	sásan	saucepan	friochtán	frying pan	doirteal	sink	citeal	kettle	taephota	teapot	leachtaitheoir	blender	stánosclóir	can opener	spadal	spatula	criathar	sieve	grátálaí	grater	<p>Cá bhfaigheann tú oighear? Where do you get ice? Cad a dhéanann tú san oigheann? What do you make in the oven? Ainmnigh rud amháin atá i do chuisneoir. Name one thing that is in your refrigerator. Cad a dhéanann tú sa fhriochtán? What do you make in the frying pan? An bhfuil oigheann micreathoinne agat? Do you have a microwave oven? An gcaitheann tú mórán ama sa chistin? Do you spend a lot of time in the kitchen? An maith leat a bheith ag cócaráil? Do you like cooking?</p>		
cistin	kitchen																																																		
sorn	stove																																																		
cócaireán	stove																																																		
tóstaer	toaster																																																		
oigheann	oven																																																		
oigheann micreathoinne	microwave oven																																																		
cuisneoir	refrigerator																																																		
reoitheoir	freezer																																																		
cófra	cupboard																																																		
scian	knife																																																		
spúnóg	spoon																																																		
forc	fork																																																		
pota	pot																																																		
sásan	saucepan																																																		
friochtán	frying pan																																																		
doirteal	sink																																																		
citeal	kettle																																																		
taephota	teapot																																																		
leachtaitheoir	blender																																																		
stánosclóir	can opener																																																		
spadal	spatula																																																		
criathar	sieve																																																		
grátálaí	grater																																																		
<p>B</p>		<table border="0"> <tr><td>gearr</td><td>cut</td></tr> <tr><td>cócaráil</td><td>cook</td></tr> <tr><td>fiuch</td><td>boil</td></tr> <tr><td>bruith</td><td>boil</td></tr> <tr><td>frioch</td><td>fry</td></tr> <tr><td>bácáil</td><td>bake</td></tr> <tr><td>measc</td><td>mix</td></tr> <tr><td>nigh</td><td>wash</td></tr> <tr><td>mionghearr</td><td>mince</td></tr> <tr><td>brúigh</td><td>mash</td></tr> <tr><td>comhábhair</td><td>ingredients</td></tr> <tr><td>modh</td><td>method</td></tr> <tr><td>taespúnóg</td><td>teaspoon</td></tr> <tr><td>spúnóg bhoird</td><td>tablespoon</td></tr> <tr><td>oideas</td><td>recipe</td></tr> <tr><td>cuir le</td><td>add</td></tr> <tr><td>riar</td><td>serve</td></tr> <tr><td>leáigh</td><td>melt</td></tr> <tr><td>suanbhruith</td><td>simmer</td></tr> <tr><td>croith</td><td>shake</td></tr> <tr><td>téigh</td><td>heat</td></tr> <tr><td>lón</td><td>fill</td></tr> <tr><td>blais</td><td>taste</td></tr> <tr><td>criathraigh</td><td>sift</td></tr> </table>	gearr	cut	cócaráil	cook	fiuch	boil	bruith	boil	frioch	fry	bácáil	bake	measc	mix	nigh	wash	mionghearr	mince	brúigh	mash	comhábhair	ingredients	modh	method	taespúnóg	teaspoon	spúnóg bhoird	tablespoon	oideas	recipe	cuir le	add	riar	serve	leáigh	melt	suanbhruith	simmer	croith	shake	téigh	heat	lón	fill	blais	taste	criathraigh	sift	<p>Cad a úsáideann tú chun glasraí a ghearradh? What do you use to cut vegetables? An maith leat bia friochta? Do you like fried food? Ainmnigh comhábhar a thaitníonn leat. Name an ingredient that you like. Ainmnigh comhábhar nach dtaitníonn leat. Name an ingredient you don't like. Conas a réitíonn tú ubh? How do you prepare an egg? An níonn tusa na soithí sa bhaile? Do YOU wash the dishes at home? An ndéanann tú bia a théamh san oigheann micreathoinne? Do you heat food in the microwave?</p>
gearr	cut																																																		
cócaráil	cook																																																		
fiuch	boil																																																		
bruith	boil																																																		
frioch	fry																																																		
bácáil	bake																																																		
measc	mix																																																		
nigh	wash																																																		
mionghearr	mince																																																		
brúigh	mash																																																		
comhábhair	ingredients																																																		
modh	method																																																		
taespúnóg	teaspoon																																																		
spúnóg bhoird	tablespoon																																																		
oideas	recipe																																																		
cuir le	add																																																		
riar	serve																																																		
leáigh	melt																																																		
suanbhruith	simmer																																																		
croith	shake																																																		
téigh	heat																																																		
lón	fill																																																		
blais	taste																																																		
criathraigh	sift																																																		

1. Cén saghas bia a dhéanann tú sa bhaile? What kind of food do you make at home?
2. Cén comhábhair a úsáideann tú agus tú ag cócaráil? What ingredients do you use when you cook?
3. An itheann tú uibheacha? Conas a réitíonn tú iad? Do you eat eggs? How do you prepare them?

Ó Cuisine – Enda Ó Conghaile

1. Haló, bail ó Dhia ort agus céad fáilte isteach go *Ó Cuisine* na seachtaine seo anseo ar TG4 (tee-gee-ceathair).
2. Gan dabht, 'sé seo an clár ar a bheimid ag blaiseadh ó na cócairí éagsúla a cuireann saghas réimse a bhíonn siad ag cur ar fáil ina gcuid bialainne ar fud na tíre.
3. Anois arís tráthnóna inniu beidh trí chúrsa le n-ullmhú ag ár n-aoi speisialta, an cócaire Enda Ó Conghaile as Inis Oírr in Árainn. Céad fáilte romhat ar an gclár.
4. Go raibh maith agat.
5. Anois, mar sin. Ó thaobh, is dócha, nuair a luaitear Inis Oírr, beimid ag súil le cúrsaí mara, ach tá béim ar leith agatsa ar an gclár seo ar chúrsaí feamainne.
6. Táimid ag leagan béime ar cúrsaí feamainne sa gclár seo: beimid ag déanamh arán bán le duileasc, beimid ag déanamh anraith le *alaria* nó *Atlantic wakame*, agus déanfaimid milseog le carraigín (ó, ana-dheas ar fad) agus sméara dubha.
7. Go hálainn ar fad mar bharr feabhais air.
8. *Now*, is dócha, mórán cócairí a bheadh saghas réimse ana-leathan acu ó thaobh an biachlár a bheidís a chur ar fáil, ach i *South Aran* bíonn sibh is dócha ag díriú agus go speisialta ar an mbia nádúrtha atá mórthimpeall agus ag fás agus gan dabht bíonn earraí ag iascaireacht ar an bhfarraige.

Ó Cuisine – Enda Conneely

Hello, God bless you and welcome to this week's *Ó Cuisine* here on TG4.

No doubt, this is the program where we will be tasting from the various cooks that put out a sort of spread of what they put out in their restaurants across the country.

Now again this evening our special guest will be preparing three courses, chef Enda Conneely from Inisheer in the Aran Islands. Welcome on the program.

Thank you.

Now, then. From the side of, I suppose, when one mentions Inisheer, we will be expecting seafood, but you have a special emphasis on this program on seaweed.

We are emphasizing seaweed in this program: we will be making white bread with dulse, we will be making soup with Atlantic wakame, and we will make a dessert with carageen (oh, very nice) and blackberries.

Altogether lovely as a finishing touch.

Now, probably, many cooks who would have a wide range with respect to the menu they would be making available, but in *South Aran* they are probably focusing especially on the natural food that is around and growing and doubtless there is food coming from the sea.

Ó Cuisine – Enda Ó Conghaile

9. Á, bíonn. A bhformhór. Ach bíonn muid, mar gheall ar an gcineál daoine a thagann isteach, faigheann muid daoine as 'chuile ceard den domhain agus caitheann tú bheith in ann pé rud, feoil nó luibh, aon rud mar seo. Ach an formhór den bhia bíonn baint aige leis an bhfarraige.
10. So, anois, tosóimid, déanfaimid an arán, arán bán, seo den sean-arán baile a bhí deisithe ar fud, déanta 'chuile áit ar fud an chósta thiar, go deimhin.
11. Agus d'fheicfeá anseo é leagtha amuigh ar na fuinneoga tréimhse.
12. Tá punt plúir ansin. Tá gráinne beag salainn.
13. Na hoidis is na rudaí seo ar fad a bheith a lán "gráinne beag" ar 'chuile rud a bheadh ann. *A pinch. Yes.*
14. Beidh mé ... sóid, níl mórán sóid air, is leath spúnóg, agus mar a chéile leis an tsiúcra.
15. Cuirfidh tú an méid aer agus is féidir leat isteach anseo, é sin a scagadh go maith agus cuireann tú suas ansin le do chuid lámha é, freisin. Tá sé seo breá mín. Cuir cuid mhaith aer isteach.
16. Agus seans nach mbíodh na stráiníní chomh fada ó shin ...
17. ... le do lámha, le do lámha a bheith in ann é a chrochadh suas mar sin, é a mheascadh suas.
18. Tá dhá bhealach ann leis an duileasc a chur isteach anseo.
19. Tá ceann anseo, tá sé curtha ar bogadh in uisce. Tugtar é sin amach agus a ghearradh suas.
20. Ach d'fhéadtá sin á chur isteach san oigheann freisin agus é a bhrioscú suas ar feadh deich nóiméad.

Ó Cuisine – Enda Conneely

Ah, yes. Mostly. But we are, because of the kind of people who come in, we get people from every corner of the earth and you have to be able [to make] anything, meat or plant, anything like that. But most of the food is associated with the sea.

So, now, we will begin, we will make the bread, white bread, this is like the old home bread that was made all over, made everywhere all along the west coast, indeed.

And you would see it here, laid out on the window for a while.

There is a pound of flower there. There is a small pinch of salt.

The recipes and all these things there is a lot of "a pinch" of everything that is in it. A pinch. Yes.

I will be [putting in baking] soda, there isn't a lot of baking soda in it, and half a teaspoon, and the same with the sugar.

You will put as much air as you can in here, sift it well and, and you pick it up with your hands, too. This is nice and fine. Put a lot of air in it.

And the strainers were likely not long ago ...

... with your hands, with your hands you are able to lift it up like that, to mix it up.

There are two ways to put the dulse in here.

There is one here, it's steeping in water. You take that out and cut it up.

But that could also be put in the oven and crisped up for ten minutes.

Ginger i gCois Fharráige
Le Caitlín Uí Thallamhain

Ginger in Cois Fharráige
By Caitlín Uí Thallamhain

- | | |
|---|--|
| <p>1. Ní raibh crann ná tor le feiceáil fad mo radhairc uaim.</p> <p>2. Ní raibh a fhios agam go raibh a leithéid d'áit ar dhroim an domhain.</p> <p>3. Bhí sóirt eagla orm air dtús gur ag brionglóideach a bhí mé agus go dtiocfainn chugam féin agus gan i mo thimpeall ach an gnáthshaol a raibh mé cleachtach air.</p> <p>4. Ach níor bhrionglóid ar bith é.</p> <p>5. Bhí carraigeacha eibhir i ngach treo baille – sna ballaí, ag gobadh aníos as an gcré, ina seasamh go dána sna páirceanna nó ar thaobh an bhóthair – uláin mhóra míchumtha a bhí ann ó thús aimsire.</p> <p>6. “Screabán” a thug an múinteoir ar an gcineál seo talún.</p> <p>7. Ghabhamar thar aibhneacha, thar phortaigh agus thar riasca.</p> <p>8. Chonaiceamar taobhanna cnoc gan oiread agus brobh féir ag fás orthu mar nach raibh iontu ach an charraig lom.</p> <p>9. Ar thaobh na láimhe clé chonaiceamar an fharráige mhór agus cúl bán uirthi cois cladaigh ach i ag glioscarnach faoi sholas na gréine.</p> <p>10. I bhfad uainn bhí Oileáin Árann ag éirí aníos as an aigéan mar a bheadh ollphéisteanna mara a shantaigh teas na gréine.</p> <p>11. Thit mé i ngrá leis an áit.</p> <p>12. Ghéill mé do dhraíocht Chonamara.</p> <p>Q1. An raibh mórán crann le feiceáil?</p> <p>Q2. Cad a bhí i ngach áit?</p> <p>Q3. Cad é “screabán”?</p> <p>Q4. Cad thairis a ndeachaigh siad?</p> <p>Q5. Cén oileáin a chonaic siad?</p> <p>Q6. Ar thaitin Conamara le Ginger?</p> | <p>There wasn't a tree or bush as far as I could see.</p> <p>I didn't know that there was such a place on the face of the earth.</p> <p>I was sort of afraid at first that I was dreaming and that I would come to myself and nothing around me but the everyday life I was accustomed to.</p> <p>But it wasn't a dream at all.</p> <p>There were granite rocks in every direction – in the walls, sticking out of the clay, standing boldly in the fields, or on the side of the road – big, misshapen boulders that were there from the beginning of time.</p> <p>“Screabán” is what the teacher called this kind of land.</p> <p>We went over rivers, over bogs and over marshes.</p> <p>We saw hillsides without even a blade of grass growing on them because they were just bare rock.</p> <p>On the left side we saw the big sea and white foam on it by the shore, shining in the sunlight.</p> <p>Far from us were the Aran Islands rising out of the ocean like sea serpents seeking the heat of the sun.</p> <p>I fell in love with the place.</p> <p>I succumbed to the magic of Connemara.</p> <p>Were there a lot of trees to be seen?</p> <p>What was everywhere?</p> <p>What is “screabán”?</p> <p>What did they go over?</p> <p>Which islands did they see?</p> <p>Did Ginger like Connemara?</p> |
|---|--|