

Metadata: This recipe was dictated by Luiza Nešumašvili to Alice Harris on 13 June 1998, at Luiza's home in Zinobiani. This is in the Vartašen dialect. This follows conventions established in the document with Recipes 1-4.

š:um bast'un

bread bake.MAS

(1) y-e zu baq'o b-al-zu. (2) bur-zu-x-sa hamer.
day-DAT I dough make-FUTII-1SG begin₁-1SG-begin₂-PRS thus

(3) süftä¹ la-z-x-esa xe gam-q'a-n-ec-i. (4) ošša gena
first lay₁-1SG-lay₂-PRS water heat-SUBJ-3SG-GO-AORI then however

ta-z-sa xari-n-ax yik'-p-i² e-z-č-esa. (5) ič boš
thither-1SG-PRS flour-OBL-DAT sift-LV-AORI bring₁-1SG-bring₂-PRS self in

gär-zu-p-sa³ sa malak'a drož, e-z-č-esa xe-n-ax ič
mix-1SG-LV-PRS one spoon yeast bring₁-1SG-bring₂-PRS water-OBL-DAT self

boš ba-z-exa el. (6) ošša gena bur-zu-x-sa
in pour.in-1SG-LV-PRS salt then however begin₁-1SG-begin₂-PRS

č'u^č č'u^č-p-sun-a, šel č'u^č č'u^č-z-exa. (7) ošša ič laxo šel
knead-LV-MAS-DAT well knead-1SG-LV-PRS then self on well

¹ This is parallel to the more common word for 'first', *samji*. According to Pančvize 1974: 113, some other numbers also have parallel alternatives.

² This is not the form used in the recording, and the tense does not seem to make sense here. I cannot confirm this word.

³ Usually 'mix' has the light verb *-d-*.

but'-zu-k'-sa. (8) č'e-ne-bak-sa sa p'a^ς saad. (9) häme väd-in-e
 cover₁-1SG-cover₂-PRS pass-3SG-LV-PRS one two hour this time-OBL-DAT

bok'es-z(?)u-b-sa tarna⁴. (10) tarna šel č'o^ς č'a^ς-bak-a-ne gărăg.
 light.fire-1SG-LV-PRS oven oven good red.hot-BECOME-SUBJ-3SG therefore

(11) tarna te ar-ec-i günd-in-a⁵ b-esa-zu. (12) o^ςša bur-zu-x-sa
 oven when die-GO-AORI clump-OBL-DAT make-PRS-1SG then begin₁-1SG-begin₂-PRS

ba-st'-un-a. (13) günd-in-a ta-z-š-esa tarn-un bel.
 in-LV.CAUS-MAS-DAT clump-OBL-DAT take₁-1SG-take₂-PRS oven-GEN to

(14) günd-in-a t'a^ςp'a^ςk'-zu-b-sa. (15) t'a^ςp'a^ςk' b-i-t'-xo o^ςša
 clump-OBL-DAT flat-1SG-DO-PRS flat make-AORI-SUBST-ABL then

la-z-x-esa dapn-a laxo. (16) šot'yo⁶ o^ςša dü-z-γ-esa
 put₁-1sg-put₂-prs pillow-DAT⁷ on those.DAT then slap₁-1SG-slap₂-PRS

tarn-in boš. (17) š:um č'o^ςč'a^ς-ne-bak-sa. (18) či-z-č-esa
 oven-GEN in bread red-3SG-BECOME-PRS take.out₁-1SG-take.out₂-PRS

š:um-ax. (19) häkät'är boxo-ne-bak-sa mand-i-o=al.
 bread-DAT thus long-3SG-BECOME-PRS remain-?-SUBST=also

⁴ This is a special vertical outdoor oven.

⁵ A gündä is specifically a clump of dough.

⁶ It is not clear why this is plural.

⁷ A pillow used for positioning dough, slapping the dough onto the side of the oven. I have not been able to confirm this word.

(1) Today I will make dough. (2) I begin thus. (3) First I put water [on so that] it should heat. (4) Then (however) I go sift the flour [and] I bring it. (5) Into this I mix one spoon of yeast, I bring water, in it I pour salt. (6) Then (however) I begin to knead, I knead it well. (7) Then I cover it over well. (8) One or two hours pass. (9) At this time I light the oven. (10) The oven must get good and hot. (11) When the oven dies down, I make clumps of dough. (12) Then I begin the baking. (13) I take a clump [of dough] to the oven. (14) I flatten the clump. (15) After making it flat, I put it on the pillow. (16) Then I slap them in the oven. (17) The bread becomes red [i.e. brown]. (18) I take out the bread. (19) In that way the remaining ones continue also.

To help the reader visualize this, I add the description of the process from my journal:

When Luiza makes bread, she begins with dough in a basin more than two feet in diameter. She covers it with a special cloth, then another cloth, then three cushions and leaves it for about an hour to rise. While the dough is rising, her son Malkhaz, visiting when I was there, made a fire in the *tone*. A *tone* oven is always outdoors and looks a bit like a well. It has vertical sides made of stone or cement, and a fire is built in the center. This family's *tone* is in a shed with one open side. This one is about waist-high with walls about a foot thick; it is about 4-5 feet in diameter, made of bricks and mortar. It has a clay lining, which is broken; Luiza says this is because the *tone* was unused and neglected for so long. She wants to tear it down and have a new one built. Malkhaz built the fire of ordinary logs, then threw on dried grape vines. By the time this was done, Luiza had finished shaping the dough into lumps. This was done in a wide, shallow wooden bowl. Each lump was placed in a row on a cloth on a table. She used a small wooden paddle to cut the dough, then shaped it with her hands.

When the fire was ready outside, Luiza took salt water and sprinkled it on the sides of the *tone* with her hands. She said the water made the bread stick. Then she took a little whisk broom kept for this purpose and swept the dust and ashes from the top of the sides of the *tone*. Next she spread a cloth on the table in the shed. In the crude wooden bowl she brought out about six lumps of dough. She took a pillow, about ten inches square, kept just for this purpose. She covered it with flour. A large stump, about two feet in diameter, stood in the corner, and this, too, she covered with flour. She took one lump of flour and, in her hands, flattened it to about the size of a dinner plate. Next she deftly slipped the dough onto the pillow and, working quickly, with the pillow in her left hand, she tossed the dough back and forth between pillow and hand. In only a couple of tosses it had doubled or trebled its diameter and was now only about as thick as a piece of corrugated cardboard. Next she dotted one end of the dough with water so that it would stick and, using the pillow as a sort of hot pad, she threw the loaf against one side, where it stuck. She worked quickly, and the loaves cooked quickly, forming bubbles immediately. Some formed a huge bubble at the bottom, but later this went down. These loaves are not like the ones I see in Tbilisi – either the ones about 18 inches in diameter and thicker on one side than on the other, or the ones that are long and narrow.

Luiza's loaves are about 26 inches long, 14 inches wide, and thin. By the time one or two more were stuck on the side, the first was ready to come off. They were laid on the table to cool. If they would not unstick easily, a long-handled iron tool with a flat end, like a spatula, removed them. If one fell in the fire, there was a hook on a long handle to retrieve it. There was a third tool, too, which I never saw her use, except to place it across the top of the *tone* to support a fallen loaf while it finished cooking. Luiza said that in the winter these keep well, so she makes a lot at one time. But at this time of year (June), they mold, so she makes a small batch (only seventy or so)! Her bread is unforgettable.