



LESSON B.7

CHINESE CUISINE

中国美食

ZHŌNGGUÓ MĚISHÍ

REVISION B.6



● Fill in the blank to make a complete expression sourced from the previous lesson:

今晚我____你去
夜市。
jīn wǎn wǒ _____ nǐ qù
yèshì

但我不喜欢在街边吃
_____, 不_____。
dàn wǒ bù xǐhuān zài jiē
biān chī _____, bù

味____怪怪的!
wèi _____ guài guài de

越想____饿!
yuè xiǎng _____ è

看____都饿。
kàn _____ dōu è

口水都要滴____来了。
kǒushuǐ dū yào dī
_____ láile

不要扫____!
bùyào sǎo _____

CLASSROOM ICE-BREAKER: HOTPOT INGREDIENTS



- 你最喜欢的火锅料是什么? *nǐ zuì xǐhuān de huǒguō liào shì shénme*
- 你最不喜欢的火锅料是什么? *nǐ zuì bù xǐhuān de huǒguō liào shì shénme*

生牛肉卷, 猪肉卷, 羊肉卷
shēng niúròu juàn, zhūròu juàn, yáng ròu juàn



crown daisy 茼蒿
tóng hāo

硬豆腐
yìng dòufu



大虾
dà xiā

花菇
huā gū



貢丸
gòng wán



乌贼
wū zéi

鸳鸯火锅 / 阴阳火锅
yuānyāng huǒguō / yīnyáng huǒguō

要辣
还不辣?
yào là hái bù là

先煮哪
一样?
xiān zhǔ nǎ yīyàng

鱼片
yú piàn



白萝卜
bái luóbo



乌冬面
wū dōng miàn



粉丝 / 粉条
fěnsī / fěntiáo



ESSENTIAL INGREDIENTS FOR CHINESE COOKING



酱油: 生抽/老抽
jiàngyóu: shēng chōu/lǎo chōu



镇江香醋
zhènjiāng xiāng cù



干辣椒/辣椒油
gān làjiāo / làjiāo yóu



蚝油
háoyóu



花生油
huāshēngyóu



四川花椒
sìchuān huājiāo



豆豉酱/豉汁
dòuchǐ jiàng / chǐzhī



绍兴酒, 花雕酒
shào xīng jiǔ, huā diāo jiǔ



五香粉
wǔ xiāng fěn



姜葱蒜
jiāng cōng suàn



蒜蓉
suàn róng



葱花
cōng huā



煮中餐必要的用料
zhǔ zhōngcān bìyào de yòng liào

那么多! 我只用盐和胡椒粉。
nàme duō! wǒ zhǐ yòng yán hé hújiāo fěn



POPULAR CHINESE TAKEAWAY DISHES IN UK



• 你最喜欢哪一道外卖菜? *nǐ zuì xǐhuān nǎ yīdào wàimài cài*

1

有菠萝
yǒu bōluó



甜酸猪肉 / 咕嚕肉
tián suān zhūròu / gūlǔ ròu

2

有花生
yǒu huāshēng



宮保雞丁
gōngbǎo jī dīng

3

北京烤鸭
běijīng kǎoyā



卷饼皮
juǎn bǐng pí

点海鮮醬
diǎn hǎixiān jiàng

4



豉汁牛肉
chǐzhī niúròu

5



酸辣汤
suān là tāng

6



椒盐鲜鱿
jiāoyán xiān yóu

7



叉燒
chāshāo

8



炸春卷
zhà chūnjuǎn

Sweet and Sour Sauce 甜酸醬 (*tián suān jiàng*)

- Used in England since the Middle Ages and remains popular in Europe and the Americas.
- Many places in China use sweet and sour as a **dipping sauce**, rather than in cooking as is commonly found in westernized Chinese cuisine.
- There are various ways of preparing it but the English version is commonly made of **vinegar, ketchup, and Worcestershire sauce**.

Hoisin Sauce 海鮮醬 (*hǎixiān jiàng*)

- A rich sweet sauce made with **yellow bean sauce, soy sauce** and a little **red chilli**.
- The name hoisin comes from the Chinese word for **seafood** and earlier formulations might have had a seafood ingredient to provide the umami flavour.

“CHINESE FOODS” YOU WON'T FIND IN CHINA



• 你知道吗? *nǐ zhīdào ma*



炒杂碎
chǎo zásuì



芝麻蝦多士
zhīma xiā duōshì



左宗棠鸡
zuǒzōngtáng jī



西柠鸡
xī níng jī

西兰花呢?
xī lánhuā ne



炸鸡球
zhà jī qiú



虾片
xiā piàn



幸运饼
xìngyùn bǐng

When was chop suey invented?

杂碎什么时候发明? (*chǎo zásuì shénme shíhòu fā míng*)

- Chop suey means “odds and ends”, leftover with a bit of everything.
- Historians don't know the exact date of invention, nor even where and who invented it. Various theories say it emerged in America in the **1800s**.
- One story says it came from one of the first Chinese restaurants in **America** during the Gold Rush, when an exhausted owner just threw together everything he had to serve up hungry miners.

AUTHENTIC CHINESE DISHES



蒙古牛肉是蒙古来的吗?
ménggǔ niúròu shì ménggǔ lái de ma



正宗的中菜
zhèngzōng de zhōng cài

你想试哪一道菜?
nǐ xiǎng shì nǎ yīdào cài



红烧五花肉
hóngshāo wǔhuāròu



红烧茄子
hóngshāo qiézi



糖醋鸡柳
tángcù jīliǔ



蒙古牛肉
ménggǔ niúròu



水煮牛肉
shuǐzhǔ niúròu



回鍋肉
huíguōròu



烧乳猪
shāo rǔzhū

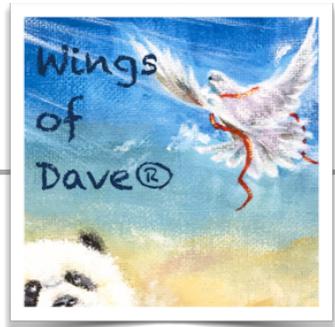


麻婆豆腐
mápó dòufu



东坡肉
dōngpō ròu

RICE AND NOODLES



扬州炒饭
yángzhōu chǎofàn

鸳鸯炒饭
yuānyāng chǎofàn

福建炒饭
fújiàn chǎofàn

海南鸡饭
hǎinán jī fàn

太多选择。
tài duō xuǎnzé

拉面
lāmiàn



刀削面
dāoxiāomiàn



捞面
lāomiàn



炒面
chǎomiàn



云吞面/馄饨汤面
*yúntūn miàn /
húntún tāngmiàn*



担担面
dàndàn miàn



星洲炒米(粉)
xīng zhōu chǎomǐ (fěn)



干炒牛河
gānchǎo niúhé



CLASSROOM EXERCISE: CONTINUE THE DIALOGUE



Continue the following dialogue between 猪小屁 (zhū xiǎo pì) and his 女朋友 (nǚ péngyǒu) 猪小美 (zhū xiǎo měi).

1

今晚，让我们去海底捞吃火锅吧。

jīn wǎn, ràng wǒmen qù hǎidǐ lāo chī huǒguō ba



2

我听说，如果你一个人，他们会给你泰迪熊作为同伴。
wǒ tīng shuō, rúguǒ nǐ yīgè rén, tāmen huì gěi nǐ tài dí xióng zuòwéi tóngbàn



3

但是
你有我，我是你的
泰迪熊。
dànshì nǐ yǒu wǒ, wǒ shì nǐ de tài dí xióng

4

但是你不停地说话，很啰唆的。
dànshì nǐ bù tíng de shuōhuà, hěn luōsuō de

5

我.....
wǒ.....



CLASSROOM DISCUSSION: LIVE DRUNKEN SHRIMP



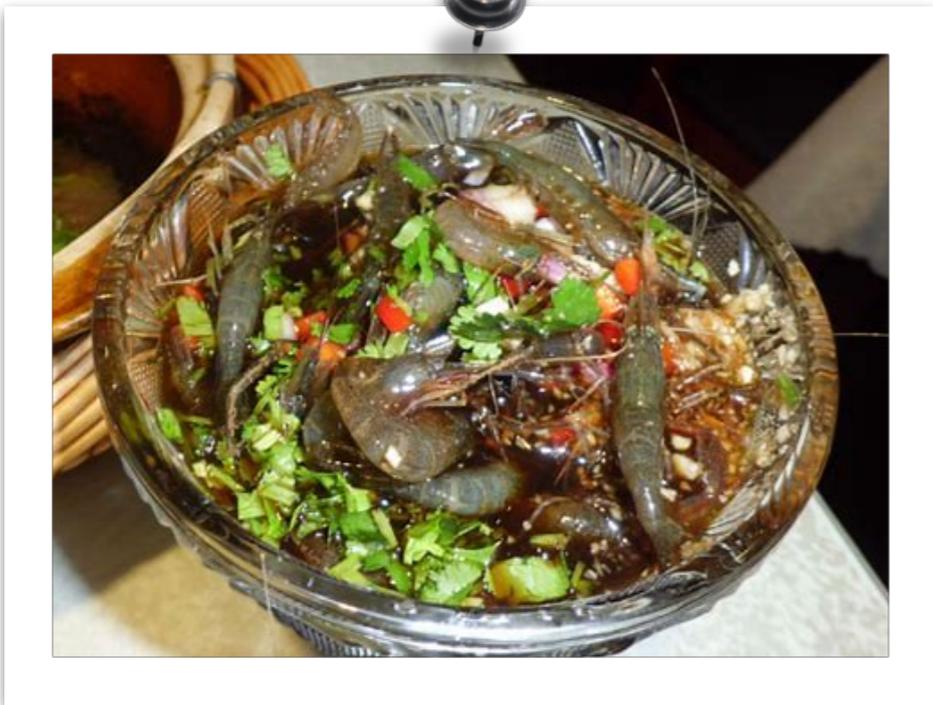
• What's your view 看法 (kànfǎ) about the following story (news report) 新闻报道 (xīnwén bàodào)?

- 我觉得 wǒ juéde.....
- 我认为 wǒ rènwéi.....
- 对我来说 duì wǒ lái shuō.....
- 我想 wǒ xiǎng.....
- 我相信 wǒ xiāngxìn.....
- 在我看来 zài wǒ kàn lái.....

吃活醉虾残忍吗? chī huó zuì xiā cánrěn ma

<https://archive.nytimes.com/dinersjournal.blogs.nytimes.com/2006/07/05/the-omnivores-discomfort/>

<https://youtube.com/shorts/mhKmYsju8wA?si=apyK383jqL-tNg7n>



被中国视为“禁菜”!
bèi zhōngguó shì wéi “jìn cài”

这道菜在泰国很受欢迎。
zhè dào cài zài tài guó hěn shòu huānyíng

有道德吗?
yǒu dào dé ma

动物福利
dòng wù fú lì

太多细菌
tài duō xì jūn

有争议的
yǒu zhēng yì de

你敢吃吗?
nǐ gǎn chī ma

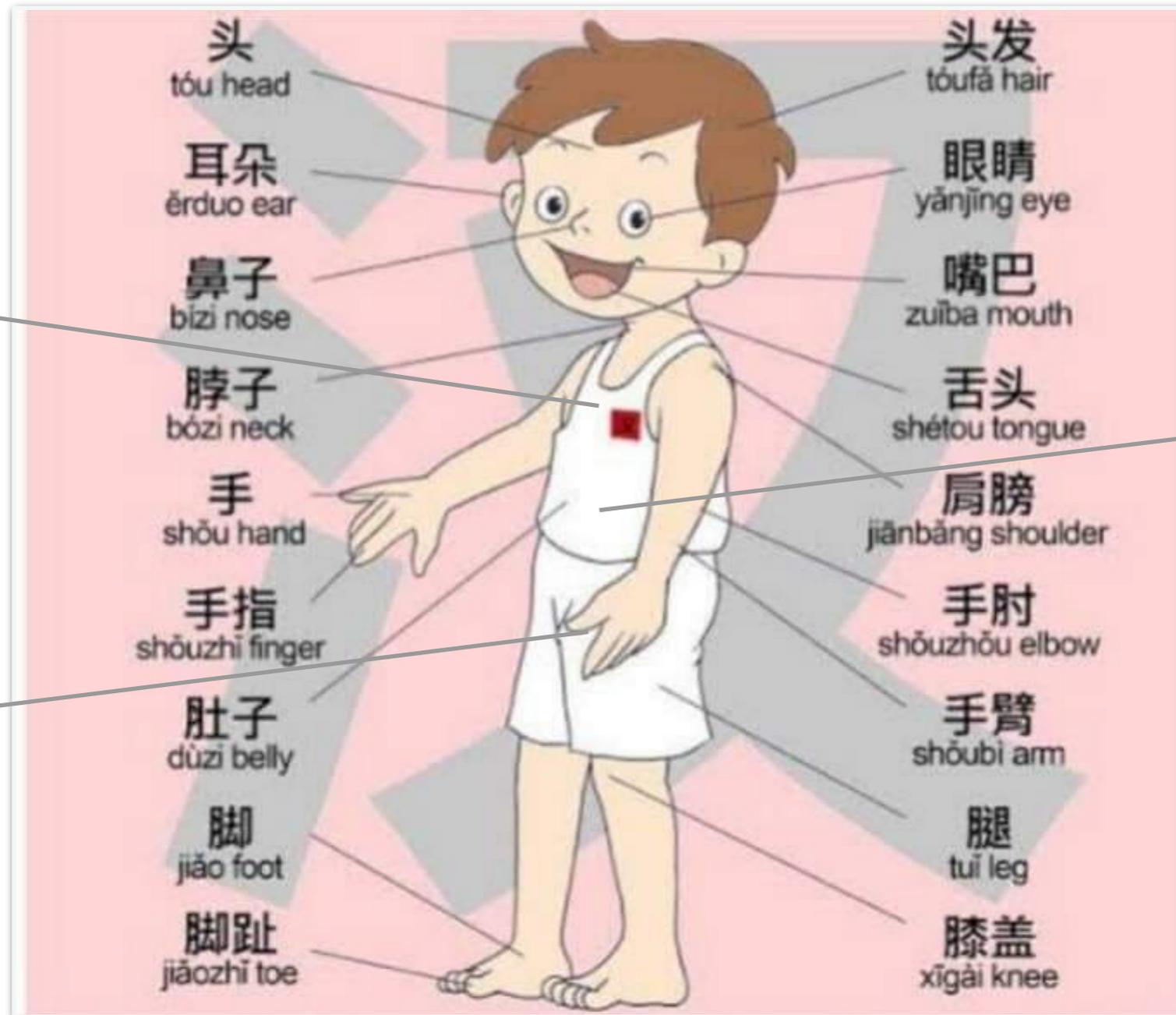
它们还是要死!
tā men hái shì yào sǐ

CLASSROOM LISTENING EXERCISE: MICRO-WORKOUT



微运动 wēi yùndòng

- Your tutor is going to give a set of simple instructions for seated workout 坐式运动 (zuò shì yùndòng).
- Try to follow as a group.



胸
xiōng chest

手掌
shǒuzhǎng palm

腹部
fùbù abdomen



鱼翅汤

yúchì tāng

- The shark fins have been a part of TCM for centuries. They are regarded as **beneficial for health** 对健康好 (*duì jiànkāng hǎo*).
- Shark finning is **banned** 禁止 (*jìnzhǐ*) in many countries, but the trade is thriving in Southeast Asia where the fins are part of shark fin soup.
- The shark fins provide **texture** 质地 (*zhídì*), while the **taste** 味道 (*wèidào*) comes from the other soup ingredients.
- It is commonly served at special occasions such as **weddings and banquets** 婚礼和宴会 (*hūnlǐ hé yànhuì*), or as a **luxury item** 奢侈品 (*shēchǐ pǐn*).
- It has been condemned by the Humane Society International, which states that approximately **72 million sharks** 鲨鱼 (*shāyú*) are killed each year for their fins.
- Shark fin soup **substitutes** 替代品 (*tìdài pǐn*) have lately appeared on the market.

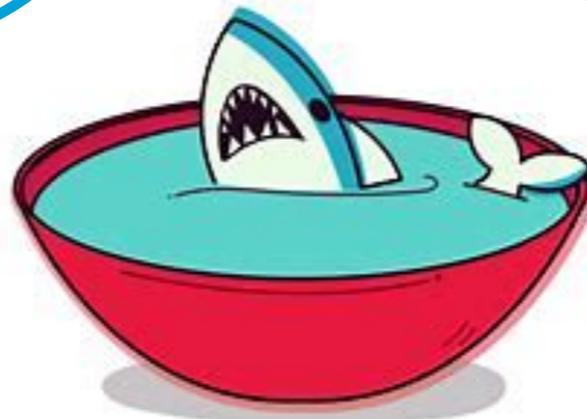
不要，太残忍了！
bùyào, tài cánrěnle



味道还不错！
wèidào hái bùcuò



来多一碗！
lái duō yī wǎn



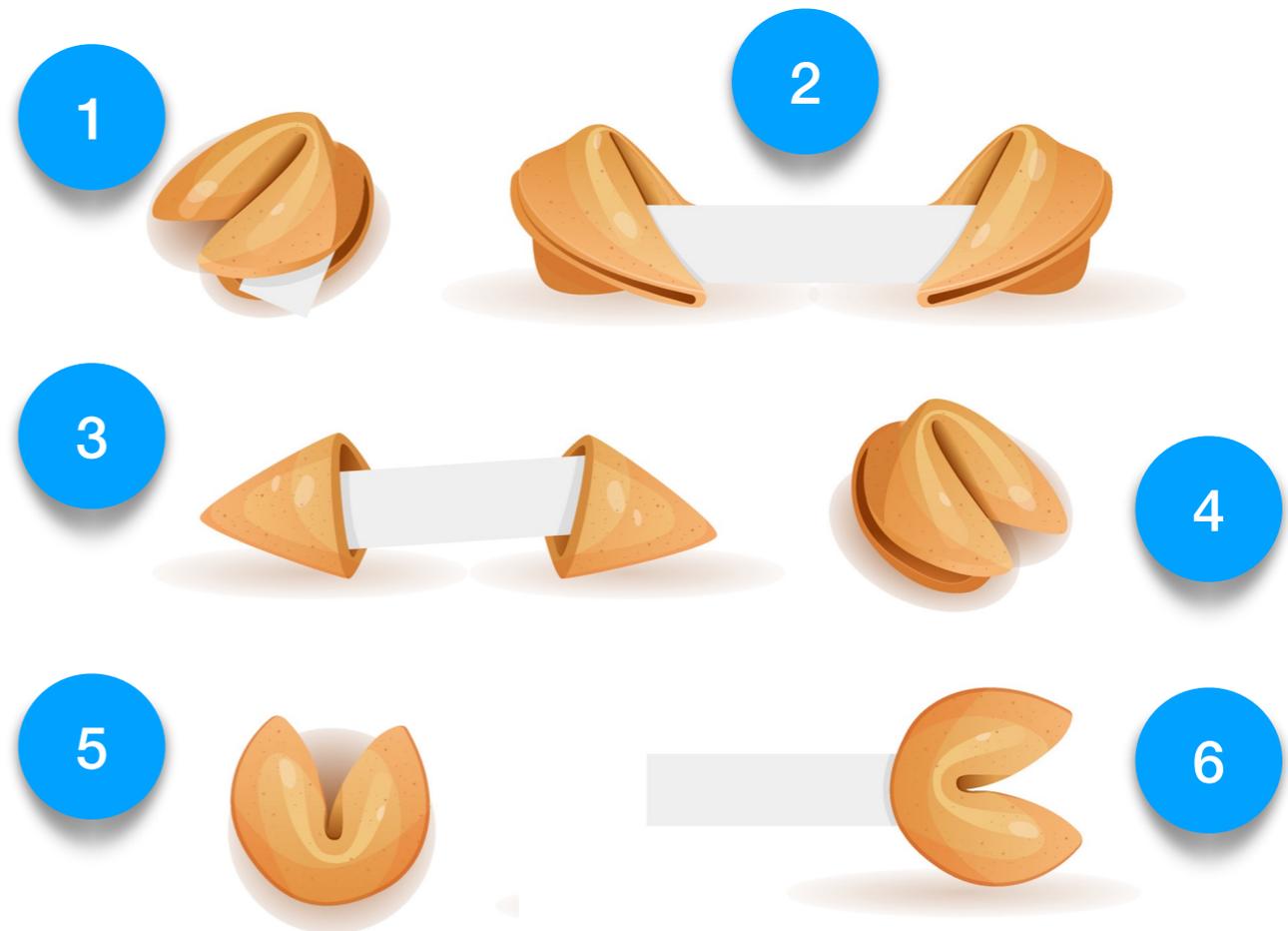


幸运饼干 *xìngyùn bǐnggān*

- Fortune cookies, while largely an American favourite, are often served in Chinese restaurants all over the world apart from China.
- The exact origin of fortune cookies is **unclear** 不清楚 (*bù qīngchǔ*). We know for sure they are not Chinese in origin.
- Everyone loves cracking open a fortune cookie at the end of a meal, inside which contains a paper written with Chinese **wisdom saying** 智慧语 (*zhìhuì yǔ*).

- 选择你的幸运数字 (*xuǎnzé nǐ de xìngyùn shùzì*).
- You tutor will reveal the wisdom inside on the next slide.

快把它打开!
kuài bǎ tā dǎkāi



APPENDIX: FORTUNE COOKIE WISDOM



1



向悲观者借钱，他们不要求还钱。
*xiàng bēiguān zhě jiè qián, tāmen
bù yāoqiú huán qián*

2



把这一天当作最后一天来度过。
*bǎ zhè yītiān dàng zuò zuìhòu
yītiān lái dùguò*

3



你爱的人比你想象的更近。
*nǐ ài de rén bǐ nǐ xiǎngxiàng de
gèng jìn*

4



一个好机会就在你面前。
*yīgè hǎo jīhuì jiù zài nǐ
miànqián*

5



对你的工作、你的诺言和你的朋友忠实。
*duì nǐ de gōngzuò, nǐ de nuòyán hé nǐ de
péngyǒu zhōngshí*

6



爱不是你找到的东西，爱是找到你的东西。
*ài bùshì nǐ zhǎodào de dōngxī, ài shì zhǎodào nǐ
de dōngxī*