

美食篇

季節進補 *Seasonal Supplements*

Normal: CD2-5 Slow: CD2-15

Part 1 Picture Dictionary

1. 切 カ
qiē | v.
to chop



6. 炒 チヤウ
chǎo | v.
to stir-fry



2. 滷 カ
lǔ | v.
to stew with
soy sauce



7. 炸 チヤウ
zhá | v.
to deep-fry



3. 包 カウ
bāo | v.
to wrap



8. 蒸 チン
zhēng | v.
to steam



4. 煎 チヤン
jiān | v.
to fry



9. 烤 カウ
kǎo | v.
to grill



5. 煮 チウ
zhǔ | v.
to boil



10. 燉 カウ
dùn | v.
to stew



Normal: CD2-6 Slow: CD2-16

Part 2 Dialogue

可是_____了一点兒
kěshì le yìdiǎnr

but it's a little too _____

(At the office, two people are discussing what to eat for dinner.)

男: 今天天氣好冷, 去吃麻油雞好嗎?
Nán Jīntiān tiānqì hǎo lěng, qù chī máyóujī hǎo ma?

Male: It is cold today. How about having some stewed chicken seasoned with sesame oil?

女: 去哪兒吃呢?
Nǚ Qù nǎr chī ne?

Female: Where are we going to eat?

男: 路口開了一家新餐廳, 聽說味道不錯。
Lùkǒu kāile yì jiā xīn cāntīng, tīngshuō wèidào búcuò.

There's a new restaurant on the corner. I've heard their food is tasty!

女: 好。就在那兒吃吧!
Hǎo. Jiù qù nàr chī ba!

OK. Let's go there!

(After dinner, they are standing in front of the restaurant.)

男: 麻油雞怎麼樣?
Máyóujī zěnmeyàng?

How was the stewed chicken seasoned with sesame oil?

女: 很香, 可是油多了一点兒。
Hěn xiāng, kěshì yóu duō le yìdiǎnr.

It was savory, but a little too oily.

男: 你覺得這家餐廳怎麼樣?
Nǐ juéde zhè jiā cāntīng zěnmeyàng?

What do you think of this restaurant?

女: 菜很好吃, 可是貴了一点兒。
Cài hěn hǎochī, kěshì guì le yìdiǎnr.

The food is delicious, but it's a little too expensive.

Vocabulary

1. 天氣 n.
tiānqì weather
2. 冷 sv.
lěng to be cold
3. 麻油雞 n.
máyóujī stewed chicken seasoned with sesame oil
4. 路口 n.
lùkǒu intersection
5. 開 v.
kāi to open for business; to start up
6. 味道 n.
wèidào taste; flavor

Part 3 Tonic Foods

Winter Supplement

Since around 400 BC, Chinese people have seen food as a way to treat ailments and stay healthy. In the ancient medical texts, foods were actually among the different types of medicine mentioned. To treat diseases, Chinese doctors would start by recommending a change in diet. If that didn't work, medicine was then prescribed.

The basic concept behind changing the diet comes from the ideas of yin and yang, where everything in the natural world can be divided into one group or the other. This holds true for food as well. Chinese people look at the unique characteristics of different foods and classify them as being “hot” or “cold.” According to Chinese medical theory, people are a part of the natural world. Their bodies are influenced by the time of day and the seasons. For this reason, what we eat should follow the seasons and maintain a balance. We can actually treat our body on a daily basis if we only eat the right foods. Chinese doctors also hold that, during the cold days of winter, people should eat foods that help to maintain body temperature and vitality.



Let's take a look at some of the popular winter supplements:



▲ 藥燉排骨 (ㄢㄠˋ ㄉㄨㄣˋ ㄆㄞˊ ㄍㄨˇ / yàodùn páigǔ, spare ribs with herbs)

Spare ribs with herbs are popular in the winter. Chinese medicine and rice wine are added to the soup. Spare ribs with herbs help to improve our circulation and appetite.



▲ 麻油雞 (ㄇㄚˊ ㄩˊ ㄓㄧ / má yóu jī, sesame chicken)

In the past, sesame chicken was a soup given to women after they gave birth. It is now a common dish. Sesame chicken is very simple to make. It requires sesame oil, rice wine, ginger, and chicken. Eating it provides a warming effect that helps stave off the chill of winter.



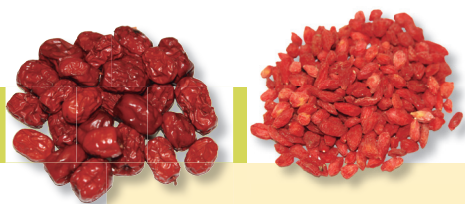
▲ 羊肉爐 (ㄢㄠˋ ㄖㄨˊ ㄌㄨˊ / yáng ròu lú, mutton stew)

According to legend, Chinese mutton stew originates with Kubla Khan. Once, Khan's enemies suddenly came upon him. Afraid he wouldn't have time to finish stewing the lamb, he had it cut into thin slices and added to the soup for quick cooking. Then, he dashed off to battle. The dish was from.



▲ 薑母鴨 (ㄓㄤ ㄇㄨˊ ㄩㄢ / jiāng mǔ yā, ginger duck soup)

It is said that ginger duck soup was the winter supplement of the Shang Dynasty's emperors and that it was invented by a doctor. These days, it is popular with people all over China. The ginger gives this dish a spicy taste, one that is perfect for winter.



Summer Supplements

The concept that the treatment of ailments is tied to our diet is prevalent throughout Asia. But the details vary from country to country, and are influenced by factors such as climate, environment, and culture. In South Korea and Japan, for example, people tend to see the same kinds of foods as healthy. How they prepare these foods, however, is anything but the same.

According to traditional South Korean medicinal practice, the human body is in harmony with the natural world and is, therefore, sensitive to certain changes in nature. When the weather is cold, we should avoid foods that are hot, as the difference in our body's temperature and the temperature outside can cause an imbalance that leads to illness. Similarly, during the summer, rashly lowering the body's temperature with cold food may give momentary pleasure, but can also open the body to all kinds of undesirable consequences.

Koreans often say “use heat to treat heat.” What this means is that during the summer, people sweat a lot and lose nutrients. A dish such as 參雞湯 (shēnjītāng, ginseng chicken soup) can provide the necessary supplements. According to people in South Korea, “the hotter something is, the bigger the gulp we should take.”



Chinese and Japanese people have a similar way of looking at summer supplements. Both believe that our diet should follow seasonal changes, or that we should eat food produced in the winter during the winter and food produced in the summer when it's summer.

Japanese people also have some ideas about “treating heat with heat.” Simply put, they believe that over the hot summer months, people have less appetite and are at their weakest. During this time, we should eat food that is nutritious and easily digested. Of the foods that are easily digested, eel is viewed as the easiest to digest. The Japanese even have an annual “Eel Festival,” which they hold in the summer.

