

美食篇

Normal: CD2-5 Slow: CD2-15

吉利食物 *Food That Brings Good Fortune*

Part 1 Picture Dictionary

1. 豬腳麵線

(zhūjiǎo miànxiàn, pork knuckle rice noodles)

Chinese people believe that having pork knuckle rice noodles can chase away bad luck, and also bring good luck.



3. 湯圓

(tāngyuán, stuffed dumplings)

A circle or something round symbolizes satisfaction and contentment. Since stuffed dumplings are round, they will help you to obtain satisfaction in your life.



5. 魚

(yú, fish)

魚 has the same pronunciation as 餘 (yú, remaining). Thus, 魚 can also suggest "abundance." During Chinese New Year, people often say 年年有餘 (niánnián yǒu yú).



2. 橘子

(júzi, Mandarin orange)

The pronunciation of 橘 (jú) is similar to 吉 (jí, lucky). That's why 橘子 is seen as a symbol of luck. To give your blessings to someone, you might say 大吉大利 (dàjí dàlì).



4. 年糕

(niángāo, Chinese New Year cake)

糕 (gāo) has the same pronunciation as 高 (gāo, to be tall; to be high). During Chinese New Year, people eat Chinese New Year cakes to bring good luck. To wish a colleague good luck in getting a promotion, you might say 步步高升 (bùbù gāo shēng).



Normal: CD2-6 Slow: CD2-16

Part 2 Dialogue

多 / 少 V
duō / shǎo
V more / less

(A male and a female customer come into the restaurant.)

女客人: 我最近運氣¹很差², 今天
Nǚ kè rén : Wǒ zuìjìn yùnqì hěn chà, jīntiān
一定要吃個豬腳麵線改運³。
yídìng yào chī ge zhūjiǎo miànxiàn gǎiyùn.

Female Customer: I have had really bad luck recently. Today I definitely need to have a bowl of pork knuckle rice noodles to change my luck.

(The waiter takes their order.)

服務生: 請問兩位要點什麼?
Fúwùshēng : Qǐngwèn liǎng wèi yào diǎn shénme?

Waiter: What would you like to order?

女客人: 我們要兩個豬腳麵線和
Wǒmen yào liǎng ge zhūjiǎo miànxiàn hàn
一個炒白菜。請少放一點兒味精⁵。
yí ge chǎobáicài. Qǐng shǎo fàng yídiǎnr wèijīng.

We would like two bowls of pork knuckle rice noodles and an order of fried Chinese cabbage. Please don't add too much MSG.

服務生: 請等一下。
Qǐng děng yíxià.
Just a moment, please.

(The male customer beckons to the waiter.)

服務生: 請問有什麼事嗎?
Qǐngwèn yǒu shénme shì ma?
May I help you?

男客人: 你們的豬腳麵線真好⁴吃,
Nán kè rén : Nǐmen de zhūjiǎo miànxiàn zhēn hǎochī,
我要再點一碗。
wǒ yào zài duō diǎn yí wǎn.

Male Customer: Your pork knuckle rice noodles are really delicious. I'd like to order another bowl.

服務生: 好的, 請等一下。
Hǎo de, qǐng děng yíxià.
OK. Please wait a moment.

Vocabulary

1. 運氣¹ | n.
yùnqì | luck
2. 差² | sv.
chà | to be bad
3. 改運³ | v.
gǎiyùn | to change someone's luck
4. 放⁴ | v.
fàng | to put
5. 味精⁵ | n.
wèijīng | MSG (monosodium glutamate)



Part 3 Food That Brings Good Fortune

Pork Knuckle Rice Noodles

Most of the time, it is pretty hard to control the kind of luck we have. You might think this is especially true when something bad happens. Many Chinese people, however, believe there are things you can do to change your luck.

Sometimes changing your luck involves something as simple as rearranging the furniture, wearing something red, or getting a new necklace. Chinese people also think that certain foods bring good luck. Let's take a look at some of the dishes that are believed to ward off bad luck.

If you find you're in southern China or Taiwan and feeling a bit overwhelmed by bad luck, you might want to eat a bowl of 豬腳麵線 (ㄓㄨˊ ㄐㄧㄠˇ ㄇㄧㄢˋ ㄒㄩㄢˋ)/zhūjiǎo miànxiàn, pork knuckle rice noodles). You must remember to eat the bottom of the feet as well as the legs because this is what will aid your bad luck in "running away" and better luck in "walking in."

According to legend, rice noodles were a gift from the fairies to mothers on their birthdays to



increase life expectancy. In the past, Chinese people didn't eat birthday cake like they do now. Instead, they ate rice noodles. If you decide to have a bowl of 豬腳麵線, remember that you are supposed to eat the noodles without breaking them. This will help you to gain the maximum in longevity.

Here are some other foods that are used to express good wishes and long life.



▲紅蛋 (ㄏㄨㄥˋ ㄉㄢˋ / hóngdàn, red eggs)

The color red is considered lucky by many Chinese people. Chinese people often give out red eggs on birthdays or when a child is born.



▲紅龜粿 (ㄏㄨㄥˋ ㄍㄨㄟ ㄍㄨㄛˇ / hóngguīguǒ, red turtle cake)

The turtle is an animal that lives for a long time. Therefore, cakes shaped in their likeness also represent longevity.



▲韭菜 (ㄐㄩㄟ ㄘㄞˋ / jiǔcài, leeks)

One character in 韭菜, has the same pronunciation as the character 久 (ㄐㄩˇ / jiǔ; long time). They are often thought to increase longevity.



▲壽桃 (ㄕㄟ ㄊㄠˊ / shòutáo, peach buns)

According to the legend, General Sun Bin sent a peach to his mother for her birthday. After eating the peach, she became young again. People often imitate the actions of the general by giving peaches or peach buns to older people on their birthday.

Fortune Cookies

If you have ever eaten in a Chinese restaurant, you may have had the experience of finishing your meal and



receiving 幸運餅乾 (xìngyùn bǐnggān; fortune cookies) along with the bill. Many people believe that the fortune cookies you get at a Chinese restaurant are an authentic Chinese dessert, but if you go to China, Hong Kong or Taiwan, you will have a lot of trouble finding them.

As for who invented fortune cookies, there are many opinions. Some say it was the Japanese, and some say it was people from Hong Kong. One thing is for sure, fortune cookies first began appearing in Chinese restaurants in North America. They went on to become popular in Chinese restaurants around the world. Still, you probably won't run into this dessert in the



Chinese world as it completely originated in the Western world.

Fortune cookies are shaped like a small ingot and have a small piece of paper inside. The paper may have almost anything written on it but usually contains a prediction about the future, wishes of good fortune or a small joke. There may also be a few simple Chinese words, such as 謝謝 (xièxiè), 您好 (nín hǎo), 再見 (zàijiàn), and so on. Some people may even use it as a chance to advertise.

Actually, putting notes in food to communicate with each other is a Chinese tradition. Moon cakes, however, are more famous for this function than cookies.

Messages can be put in other foods:



▲ 月餅 (yuèbǐng, moon cakes)

At the end of the Yuan Dynasty, the Ming revolutionaries were trying to overthrow the people in charge, but had no way of passing on information to each other. So they solved this problem by writing notes and news on little pieces of paper and put them inside moon cakes to communicate.



▲ 水餃 (shuǐjiǎo, dumplings)

Sometimes for Chinese New Year, people will put a coin in a dumpling. The person who bites into the dumpling is supposed to have good financial fortune.