

Unit

5

Chinese Food



1

PART

Appreciating and Interpreting

Interesting Food Customs

livestock *n.* 家畜; 牲畜
accustomed *adj.* 习惯了的

frigid *adj.* 寒冷的
humid *adj.* 潮湿的

vicious *adj.* 凶狠的

hospitality *n.* 好客

kin *n.* 亲戚
slaughter *v.* 屠宰

- 1 China is a country with great ethnic diversity. Subject to influences from geographical environments, climates, natural resources, as well as religious faiths and social and historical elements, every ethnic group has formed their own unique customs in food and drinks. For example, those ethnic minorities that rely on **livestock** are **accustomed** to eating beef and lamb, as well as the animals' milk and related dairy products, such as milk tea; whereas for agricultural minorities, those in the south rely on grains as principal food, and the northern groups mostly eat noodles and mixed coarse grains. Those living in **frigid** climates enjoy having garlic, while those living in the **humid** regions prefer hot foods. Most Hui and Uygur peoples believe in Islam. They do not eat pork, meat of **vicious** animals and of dead animals. The Zang ethnic minority, or the Tibetans, usually do not eat fish. If one does not know of these customs and taboos, feasting with other ethnic groups can result in awkward situations. The following are some food customs of some ethnic minorities.
- 2 Members of the Mongolian ethnic minority are well known for their **hospitality**. The lamb is the Mongolian ethnic minority's main food for treating guests. According to local customs, regardless of loosely related **kin**, close neighbors, frequent guests or first timers, all guests will be treated to freshly **slaughtered** and prepared lamb. The sheep is first presented to the guest, and only after the guest's

acknowledgment would the sheep be slaughtered. This is called “asking the guest and then slaughtering the sheep,” and is intended to show respect for guests. Out of all the ways of eating lamb, Hand-served Lamb is the most characteristic of the Mongolian ethnic minority's traditions.

acknowledgment *n.* 确认

- 3 Hand-served Lamb refers to water-boiled lamb without any **seasoning**. After being cooked, large **chunks** of **succulent** lamb, thick with juices and oils, give off steamy **appetizing aroma**. The local Mongolians like to eat it with one hand **clutching** onto a large piece of meat, while cutting it with their Mongolian **daggers** in the other hand. If highly honored guests arrive, a feast with a whole lamb must be prepared. This is also referred to as “*Yang Bei Zi*,” where a whole lamb is boiled in a pot. For the locals, preparation is done within only 30 minutes. When the knife cuts into the meat, blood would still seep out. If the feast is prepared for the Han people, it usually has to be cooked for an extra 10 to 15 minutes. Meat cannot go without **kumiss**, as most Mongolians are good at drinking regardless of gender. At a feast, the host pours three full bowls of kumiss, while holding onto a white piece of *hada* (long piece of white silk symbolizing purity, loyalty and respect), and proposes a toast to the guest while singing the toast song loudly to show sincerity. According to Mongolian customs, the guest should dip the tip of his or her middle finger into the kumiss, and **flick** once toward the heavens and once down at the earth to pay respect. Then it is “bottoms up” time. Trying too hard to decline the drinks would be viewed as a lack of sincerity.

seasoning *n.* 调味品; 佐料

chunk *n.* 厚块; 大块

succulent *adj.* 多汁美味的

appetizing *adj.* 开胃的

aroma *n.* 香气; 香味

clutch *v.* 紧抓

dagger *n.* 匕首

kumiss *n.* 马奶酒

flick *v.* (尤指用手快速地) 弹

- 4 Xizang, or Tibet, with its unique highland scenery and local customs, attracts more and more tourists. The Tibetan people's food and drink habits are also a delightful attraction for the tourists. Those who have been to Tibet would surely have tasted its buttered tea. The Tibetan people use buttered tea to treat guests. The guest must first have three bowls of the tea. If one wishes to have no more, he or she should pour the tea **dregs** on the ground. Otherwise the host would keep persuading the guest to have more. Principal foods of the Tibetans include *zanba*, noodle, buttered tea, beef, mutton and dairy products. A Tibetan family's wealth depends on its amount of grain storage,

dregs *n.* 残渣

perissodactyl *adj.* 奇蹄目的

artiodactyl *n.* 偶蹄（目）
动物

decompose *v.* 腐烂

jerky *n.* 肉干

Chinese prickly ash 花椒

texture *n.* 口感

pickled *adj.* 腌制的

overindulge *v.* 过度沉迷于

marinade *n.* 调味汁

piquant *adj.* 辛辣的

turnip *n.* 芜菁

not meat or milk, which every family has loads of. Tibetans usually would not eat horses, donkeys and other animals belonging to the **perissodactyl** order, meaning the odd-toed. Fish and poultry such as chicken, duck and goose are also not on their menus. Instead, they prefer to eat meat of **artiodactyls**, the order of hooved animals with even numbers of toes, including pork, beef and lamb, especially dried beef. In the Tibetan highlands, food will not mold or **decompose** easily. Dried beef **jerky**, being able to preserve freshness, is very common in the Tibetan region. Every fall, Tibetans cut fresh beef into strips and string them together, adding salt and **Chinese prickly ash**, hot pepper and ginger, and hang them to dry at cool, vented areas. Its **texture** is crispy and the taste is of long-lasting fragrance, with touches of sourness.

- 5 The Dong ethnic minority of Guizhou also loves sour foods. There are **pickled** Chinese cabbage, pickled bamboo shoots, and cured pork and fish in every family. There's a Dong folk song that goes like this, "The man shall not be lazy; the lady shall not be **overindulged** in having fun. Grow and cook good sticky rice and make excellent **marinade** fish. The mountains are full of treasures for diligent people, and every family has a full pot of sour foods." Furthermore, the Dong people's preserved duck and meat paste, fish and pickled ginger are all very well known. Interestingly, for preserved fish, it must be sealed for storage underground for three years, sometimes even up to seven or eight years, before unsealed for use.
- 6 The three provinces of China's northeast region are also inhabited by a few ethnic minorities. The Korean ethnic minority is a representative here; the food of the Korean people pays attention to freshness, fragrance, crispiness and tenderness. Most foods have a **piquant** flavor. The ingredients in dishes are usually the most tender of fresh meat cuts. The dishes are usually raw with marinade, preserved, or boiled in soups. Raw and marinade beef threads, raw tripe, and raw fish slices are all traditional fare of the people. Preserved vegetables of the Korean ethnic group are famed in history. Its ingredients are common vegetables, including Chinese cabbage, **turnip**, hot pepper, ginger and so on; salt is added before curing. The taste is refreshing with a

stinging pungency, but with all five flavors present, is fragrant, sweet, sour, hot and salty at the same time. The pickled foods of the Korean ethnic group make fine complements to Chinese folk foods.

stinging *adj.* 强烈的
pungency *n.* 辛辣

- 7 The Hui people, whose majority believe in Islam, can be found throughout the country. They mix in with the Han ethnic group, but **adamantly** keep to their unique dietary habits no matter where they go. Rice and noodles are their principal foods, with a preference for **dough cakes**, **flapjacks**, stuffed buns, dumplings, soup noodles, and noodles mixed with sauce and toppings. Compared with the Hans, people of the Hui ethnic minority do not eat pork, along with dog, horse, donkey and scaleless fish. They will not eat any meat of animals that are not slaughtered but die due to some other cause. Nor do they drink alcohol. In towns and cities, the Hui people have their own **halal** restaurants. Therefore, halal food stands unique among the numerous ethnic minority style foods, and the Hui people have produced many halal dishes such as **Triple Quick-fry**, **Steamed Lamb**, **Lamb Simmered in Yellow Sauce**, and **Lamb Tendons**, which are all very famous. Names such as Dong Lai Shun, Hong Bin Lou and Kao Rou Ji are all very famous halal restaurants in China and even on the international scene. It is safe to say that the development of halal food has made great contributions to Chinese diet and **culinary** arts as a whole.

adamantly *adv.* 坚定不移地

dough cake 油酥饼
flapjack *n.* 烙馍

halal *adj.* (肉) 按伊斯兰教教规宰牲畜而得的

Triple Quick-fry 老爆三
Lamb Simmered in Yellow Sauce 酱焖羊肉
Lamb Tendons 羊筋菜

culinary *adj.* 烹饪的

Source: Liu Junru (2004). *Chinese Food — Adventures in the World of Cooking and Eating* (William W. Wang Trans.). Beijing: China Intercontinental Press.



Reading Comprehension

1 Decide whether the statements are true (T) or false (F) according to the passage.

- 1 For agricultural minorities, those in the south rely on noodles as principal food, and the northern groups mostly eat rice and mixed coarse grains.
- 2 When treating guests, the people of the Mongolian ethnic minority usually kill the sheep and cook lamb before guests arrive.
- 3 The Tibetan people use buttered tea to treat guests.
- 4 Korean people's preserved duck and meat paste, fish and pickled ginger are all very well known.
- 5 People of the Hui ethnic minority do not eat pork, along with dog, horse, donkey and scaleless fish.

2 Complete the table about ethnic minorities, their typical foods and taboos.

Ethnic minorities	Typical foods	Taboos
The Mongolian ethnic minority	a. Hand-served Lamb b. 1) _____	To 2) _____, which would be viewed as a lack of sincerity
The Tibetan ethnic minority	a. Meat of hooved animals such as 3) _____ b. Dried beef jerky	a. To eat 4) _____ belonging to the perissodactyl order b. Fish and 5) _____ such as chicken, duck and goose
The Dong ethnic minority	a. Pickled Chinese cabbage, pickled bamboo shoots, cured pork and fish b. Preserved duck and meat paste, fish and 6) _____	/
The Korean ethnic minority	a. 7) _____, raw tripe, and raw fish slices b. Preserved vegetables	/
The 8) _____ ethnic minority	a. Dough cakes, flapjacks, stuffed buns, etc. b. Triple Quick-fry, Steamed Lamb, Lamb Simmered in Yellow Sauce, etc.	a. To eat pork, dog, horse, donkey and scaleless fish b. To eat meat of animals that are 9) _____ but die due to some other cause c. To drink 10) _____

Language Focus

3 Complete the table with the correct form of the words given. Then complete the sentences with the correct form of the words in the table.

Noun	Verb	Adjective
diversity		
influence		
	rely	
	prefer	
preparation		
		persuasive
	believe	
	eat	
	/	hospitable
	produce	

- Generally there are four kinds of speech according to purpose, which are demonstrative, informative, _____ and entertaining speech.
- Training makes workers highly _____.
- America is a country with great cultural _____.
- The cold small village became warm in atmosphere as the _____ Johnson family settled here.
- She is such an honest, _____ friend that you can always count on her.
- Some mushrooms are poisonous and not _____.
- I have a strong _____ for Jane Austen's novels.
- The president premised his speech on the _____ that the rich want to help the poor.
- Steve Jobs was one of the most _____ people to change the world.
- At least a year's _____ work will be needed before we can start to build the lab.

4 Match the English expressions in Column A with the Chinese translations in Column B.

Column A

- 1 milk tea
- 2 dairy products
- 3 Hand-served Lamb
- 4 Chinese prickly ash
- 5 halal restaurant
- 6 bottoms up
- 7 buttered tea
- 8 preserved vegetables

Column B

- a 花椒
- b 干杯
- c 酥油茶
- d 奶茶
- e 奶制品
- f 手把羊肉
- g 腌菜
- h 清真餐馆

5 Translate the paragraph into English by using the expressions given in brackets.

中国菜享誉世界，是世界美食的明珠。中国菜菜系（style of cooking）繁多，烹饪方法也不尽相同。其四大要素——色、形、香（aroma）、味，决定了菜品的好坏，也是判断其质量的标准。中国的南北方饮食也各具特色（feature）。北方菜以色艳味重（bright color and strong taste）取胜，最大的特点就是就地取材（local food materials），讲究火候。南方有些地方的菜则口味清淡，注重保留食材的原始味道（original flavor）。

Development

6 Write an essay about people's eating habits in your hometown within 150 words. Your essay should cover the following two points.

- 1 Description of local people's eating habits
- 2 Explanation of how the habits are formed

2 PART

Reading and Understanding

Chinese Food Culture



1 “Have you eaten your meal?” It is traditionally the first sentence coming out of our mind when we Chinese greet each other. This daily greeting can best show that food culture is very important in our daily life. Whatever the occasion, whether it be for business **negotiation** or for family gathering, people like to dine together to make business negotiation successful or to strengthen family ties. Without dining together, all gathering might be regarded as not satisfying and not complete. Eating does not just mean filling the stomach; being able to enjoy a good amount of food, and knowing what and how to eat are all viewed as a good “fortune.” There’s probably no other place in this world that has as great a variety of delicious food as China and has as long and rich a food culture as China.

negotiation *n.* 谈判

2 On the one hand, many famous people, known as **epicures**, contributed a lot to developing Chinese food culture. Su Dongpo, a great poet of the Song Dynasty, was famous not only for being outstanding in writing, but also for being talented as an epicure. His creation Dongpo Pork is a popular and highly praised dish.

epicure *n.* 美食家

3 Another person is Yuan Mei, who also plays a very important role in developing Chinese food culture. In his book *Sui Yuan Shi Dan* (《随园食单》) Yuan Mei talked about cooking techniques and northern and southern dishes systematically. This book covers over 300 dishes popular in 18th-century China, ranging from **exotic** meat dishes to superb

exotic *adj.* 奇特的

biography *n.* 传记

seafood, incorporating delicacies from both the north and the south. This work is a valuable historical documentation in the history of Chinese food culture and therefore is regarded as a classic of Chinese cuisine. Yuan Mei is honored as an epicure or the sage of food and the greatest food theorist. Yuan Mei also wrote a **biography** for his personal chef Wang Xiaoyu, not only making him well-known as the first chef having biography, but also making the cook of low social status respected by people. Yuan Mei also suggests that *xian* (fresh and delicious) should be the basic flavor dishes should have. It is said in the book *Sui Yuan Shi Dan* the Chinese character “鲜 (*xian*)” is used more than 40 times which shows that Yuan Mei put great emphasis on *xian*.

delegate *n.* 代表

- 4 Zhao Rongguang, a food culture researcher, once put forward the idea of The International Chinese Food Day in the international forum of global and healthy diet in 2003. All the **delegates** from different associations relating to food culture approved this idea and set The International Chinese Food Day on March 25th for the reason that this day is Yuan Mei's birthday. This shows the great and irreplaceable role Yuan Mei has played in Chinese food culture.

- 5 On the other hand, the Chinese philosophy of yin and yang influences every aspect of food cooking and taste. People believe that each food has its own characteristics of yin and yang. Yin foods are thin, cool and low in calories. Yang foods are rich, spicy, warming and high in calories. At the same time different cooking methods may affect the food's characteristics of yin and yang. Boiling makes food more yin; frying makes it more yang.

- 6 For our human body, only when yin and yang are in balance can we be healthy. How to maintain the balance of yin and yang? Chinese people believe we can eat some herbs. There is a famous saying that medicine and food share the same roots. The book *Huang Di Nei Jing (Yellow Emperor's Classic of Internal Medicine)*, written during the Warring States Period, is the first book to describe medicinal diet. Compared with medicine, food is more mild and gentle to the body. Every type of food contains certain fine **extract** that can exert certain effect on the body. For example, when one coughs, it means there is much heat in his lung. Chinese doctors believe pears help reduce the heat in lungs. For those who have weak bodies and are afraid of the cold, a little dog meat can help increase heat in the body. In addition, there are different food **therapies** for people of different ages.

extract *n.* 精华

therapy *n.* 疗法



7 Under the influence of the yin-yang balance, Chinese people believe we should have balanced diet both in ingredients and in flavors. That is to say, we can't indulge ourselves in some particular foods and eat no other foods. The traditional Chinese cuisine involves much more plant ingredients than meat ingredients, taking grains as **staple** food and others **supplementary**. People should pay attention to the balance of meat and vegetables, and the balance of different flavors. If not, people's body might be damaged. There is a saying in *Huang Di Nei Jing* which goes "The five grains provide **nourishment**. The five fruits provide support. The five domestic animals provide enrichment. The five vegetables provide filling." According to the saying, all grain crops are the staple food which provides the basic nutrition for the body and is necessary for human health. But that is not enough; people should eat different kinds of fruits, meats and vegetables. Only by eating a balanced diet can we be healthy and energetic.

staple *adj.* 主要的; 基本的
 supplementary *n.* 补充物

nourishment *n.* 营养物质

8 As one aspect of food culture, Chinese cuisine is not only tasty but also a work of art for people to appreciate, thanks to the contributions of epicures like Su Dongpo and Yuan Mei. As another, more fundamental, aspect of it, the philosophical theory of yin and yang deepens Chinese people's understanding of food and enriches their cooking practice. With the improvement of living standards, healthy and balanced diet is to be what people pursue.

1 Decide whether the statements are true (T) or false (F) according to the passage.

- 1 Without dining together, all gathering in China might be regarded as not satisfying and not complete.
- 2 The International Chinese Food Day is proposed to be set on March 25th because Su Dongpo was born on that day.
- 3 According to the yin and yang theory, some foods are yin while others are yang and the yin and yang characteristics of foods cannot be changed.
- 4 *Huang Di Nei Jing* is the first book to put forward the yin and yang theory.
- 5 The saying that “The five grains provide nourishment. The five fruits provide support. The five domestic animals provide enrichment. The five vegetables provide filling.” indicates that people should eat a great variety of foods.

2 Match the English expressions in Column A with the Chinese translations in Column B.

Column A

- 1 Medicine and food share the same roots.
- 2 fine extract
- 3 medicinal diet
- 4 the balance of yin and yang
- 5 The five grains provide nourishment.
- 6 The five fruits provide support.
- 7 The five domestic animals provide enrichment.
- 8 The five vegetables provide filling.

Column B

- a 药食同源。
- b 五谷为养。
- c 精华
- d 五畜为益。
- e 五菜为充。
- f 五果为助。
- g 药膳
- h 阴阳平衡

3 Work in pairs and explore more about the balance of yin and yang in Chinese food culture. Make a speech including the following three main points.

- 1 Does every food have the characteristics of yin and yang?
- 2 How can cooking methods affect the yin and yang characteristics of food?
- 3 What should we do to keep the yin-yang balance?



Five Tastes in Harmony



- 1 Color, aroma and taste are the joint standards that the Chinese use to evaluate the quality of foods. Color refers not only to the beautiful appearance of the food, but also the **layout** and design. Aroma refers to the fragrant and appetizing smell of the dishes. Taste is not only associated with tasting the food itself, but also with the appreciation of seasonings and texture. Only when the dish excels in all three areas can it be considered a well-made dish.
- 2 The idea of having “five tastes in harmony” reflects Chinese people’s pursuit of flavor and their cuisine philosophy. The “five tastes” are sourness, sweetness, bitterness, pungency and saltiness. Based on the five basic tastes, dishes can evolve into more than 500 different flavors.
- 3 Of the “five tastes,” the principal taste, saltiness, is the most simple and most crucial one. Salt is needed to heighten any texture in foods. Without it, any delicacy cannot emerge in its full glory. Without taking salt, people will become weak and lack strength. But from the health perspective, salt should not be taken in excessive quantities.
- 4 Sourness is also an important taste in food, especially in the northern part of China, where people like to eat noodles. It could help digest food and also arouse appetite. Sour taste can also **neutralize** fishy **odor** and **greasiness**. People with high blood fat or **hyperlipemia** are suggested by doctors to sip a little bit of vinegar every day. In recent years, people believe vinegar can even help reduce weight, so many young ladies choose to take a sip of vinegar everyday. The most famous vinegar is from Shanxi and Zhenjiang. Many families there are skilled at making vinegar from crops and fruits. Their everyday meals are more or less dependent on vinegar.
- 5 Pungency is the most stimulating and complex of the “five tastes.” In Sichuan and Hunan provinces, most dishes are pungent by using **chilies**, ginger and so on. Pungency can help to reduce coldness and wetness of the body. Garlic, **scallions**, ginger and other spices can also kill bacteria, so when preparing cold dishes, people like to put these spices in the dishes.

layout *n.* 设计



neutralize *v.* 中和; 抵消

odor *n.* 气味

greasiness *n.* 油腻; 多脂

hyperlipemia *n.* 高血脂

chili *n.* 辣椒

scallion *n.* 嫩洋葱

braise *v.* 炖; 焖

6 Bitterness is rarely used alone in cooking but it is a valuable quality of food. When making simmered or **braised** meat, adding seasonings with light bitter taste can rid the unpleasant taste and smell of meat, and can awaken the tastiness of the food. Traditional Chinese medicine believes that bitterness is helpful for digestion and may reduce the heat in the body. Some people really enjoy bitter taste in food. Bitter melon braised with pork is a very famous dish.

7 Sweetness is a taste popular in Shanghai, Guangzhou and other southern cities. When cooking dishes, cane sugar is often used to add deep color to the dish and make the dish taste better.

8 These five tastes are the basic flavors Chinese food has. One more flavor *xian*, earnestly advocated by Yuan Mei of the Qing Dynasty, is a most distinguished and most tempting flavor in Chinese food culture. Chinese people have been pursuing the special flavor of *xian* for long and we can't find its equivalent word in English. The flavor *xian* is the combined flavor of freshness and deliciousness. The *xian* quality of most food is **dormant**, so making soup is often a good way to awaken the taste. Chicken, pork, beef and fish can all be used to make soup. People in Guangzhou like to drink soup very much, and they are experts in making soup. In addition, corns, vegetables, and even fruits like pears and apples can also be used to make soup and give the flavor *xian*.

dormant *adj.* 潜伏的

9 To achieve different kinds of flavors, seasonings will be added in cooking dishes. Some seasonings are natural and healthy for people while other seasonings are man-made and the less use of them, the better. If you want to make food more pungent, you can add chilies, ginger, etc.; if you want to make food sweet, you can add sugar or honey. **Dried tangerine peel** and **bitter apricot kernel** can achieve the flavor of bitterness and are

dried tangerine peel 陈皮
bitter apricot kernel 苦杏仁



very helpful for the body. There is another seasoning called Chinese prickly ash which achieves the **mouth-numbing** flavor. Sichuan food is famous for pungent and mouth-numbing flavor. Besides the natural seasonings, there are also many kinds of man-made seasonings such as **MSG**. The use of MSG in cooking can make food have the *xian* flavor. However, people usually care much about the amount of MSG they take in for long-term health care.

mouth-numbing *adj.* 麻的

MSG *n.* 味精

10 The variety of flavors cannot do without the proper choice of cooking methods. Westerners cook simply by frying, boiling, baking or roasting on fire. In contrast, Chinese cooking employs abundant cooking methods, such as **stir-fry**, **pan-fry**, **deep-fry**, **stew**, boil, steaming, braising and so on. Every technique has its corresponding famous dishes. The most commonly used technique is still stir-fry. It is difficult for Westerners to comprehend this technique, and the term “stir-fry” means frying while stirring rapidly. **Woks** are specially made for stir-frying. Stirring or tossing food in a wok can assure an even mix of ingredients, making food just at the right tenderness and evenness. Tossing is a very complex skill. Stir-fry even becomes a general term for all forms of cooking performed with a wok whether it is deep-fry, frying, boiling, or steaming. Stir-fry can help to mix the ingredients better so as to retain “color” and create aroma and better taste, and it also helps to retain nutrition of the food. So it is the most popular cooking method.

stir-fry *n.* 炒; 爆炒

pan-fry *n.* 煎

deep-fry *n.* 油炸

stew *n.* 炖

wok *n.* 炒锅

11 Furthermore, *huohou*, or length of cooking and temperature, is crucial to harmonious tastes. *Huohou* is the most important part in Chinese cooking, and it is also difficult to master. Deep-fry or stir-fry requires strong heat. When boiling food with water, moderate fire should be used. If cooked over high heat for an extended time, the food will be dried and not tender. When frying, be careful not to cook too long, or the food will be burnt and its taste will be changed. Cooking fish demands good control of heat. For some foods, the longer you boil, the better their flavor; for others, their flavor may turn terrible if they are overcooked, even for only one minute, for example greens.

12 Only when you carefully choose food ingredients and seasonings, employ proper cooking methods and master *huohou* can you cook delicious dishes which achieve wonderful tastes, inviting colors and appetizing aroma.

1 Decide whether the statements are true (T) or false (F) according to the passage.

- 1 Color, aroma and shape of a dish are the joint standards that the Chinese use to evaluate the quality of the dish.
- 2 The “five tastes” are sourness, sweetness, bitterness, pungency and saltiness.
- 3 People with high blood fat or hyperlipemia are suggested by doctors to take in a lot of vinegar.
- 4 Stir-fry can help to mix the ingredients better so as to retain “color” and create aroma and better taste.
- 5 *Huohou* is difficult to master. For some foods, the longer you boil, the better their flavor.

2 Complete the table with the information from the passage.

Tastes	Functions
Saltiness	a. It 1) _____ any texture in foods. b. Without taking salt, people will become weak and lack 2) _____.
Sourness	a. It could help 3) _____ and also 4) _____. b. Sour taste can also 5) _____ and greasiness.
Pungency	It can help to reduce 6) _____ of the body.
Bitterness	It is helpful for 7) _____ and may 8) _____ in the body.
Sweetness	It can 9) _____ to the dish and make the dish 10) _____.

3 Seasonings can help to achieve certain taste. Match the following tastes in Column A with the seasonings in Column B.

Column A

- 1 pungency
- 2 sweetness
- 3 bitterness
- 4 saltiness
- 5 sourness

Column B

- a sugar, honey
- b dried tangerine peel
- c chili, ginger
- d vinegar
- e soy sauce

3 PART

Watching and Doing



Watch the MOOC “Chinese Food” and complete the tasks. For non-MOOC learners, you can scan the QR code to watch the video clips and complete the tasks.

1 Watch the part of “Introduction” and fill in the blanks.

China is famous for delicious food. This session will not only display to you the 1) _____ of food, but also discuss with you the 2) _____ of those foods. Eating holds great importance in Chinese people’s lives. Eating does not just mean to 3) _____; being able to consume a good amount of food, and knowing what and how to eat are all viewed as a good “4) _____.” There’s probably not another place in this world that has as great a variety of 5) _____ as China.

There are many 6) _____ in Chinese food culture such as Su Dongpo and Yuan Mei. Each food has its own 7) _____ of yin or yang. For our human body, only when yin and yang are 8) _____ can we be healthy. Therefore, we have 9) _____. Under the guidance of the yin and yang theory, food culture is greatly developed. Now there are generally 10) _____. What characteristics do they have and what are their typical dishes?





2 Watch the part of “Balance of Yin and Yang” and choose the appropriate words in brackets to complete the following passage.

The famous medicinal foods include ginger, chicken soup and Chinese yam.

Ginger is believed to be 1) _____ (yin / yang) and has many functions such as erasing fishy 2) _____ (odor / smell) and warming the body. In cold winter, people even drink ginger tea to keep the body warm. If one catches a cold, the doctor may 3) _____ (suggest / advise) him to boil water with ginger and 4) _____ (rock sugar / cane sugar) to remove coldness off the body and he will recover soon.

Chicken soup is very popular in China which is believed to be of great nutrition. It is very good for 5) _____ (men / women) since the soup can 6) _____ (nourish / supply) yin and help 7) _____ (retain / keep) beauty. It is also believed to be very 8) _____ (nourishing / beneficial) to children since the chicken soup can help improve their 9) _____ (digestion / immune) system.

Chinese yam can help digest food. Therefore if you have a stomachache, you can eat dishes cooked with Chinese yam so that your stomach will be protected. There are many 10) _____ (methods / dishes) concerning Chinese yam. One is Chinese yam porridge with red Chinese dates; the other is Chinese yam stewed with pork ribs. Both are delicious and nutritious.



3 Watch the part of “Eight Cuisines” and decide what the following dishes are and which cuisine they belong to.



1 Fish Head Steamed with Chopped Chili



a Sichuan Cuisine

2 Yangzhou Snack Food



b Hunan Cuisine

3 Feiwang Fish in Milky Soup



c Shandong Cuisine

4 Gong Bao Chicken



d Anhui Cuisine

5 Fo Tiao Qiang



e Zhejiang Cuisine

6 Shrimp Dumpling



f Jiangsu Cuisine

7 Dongpo Pork



g Fujian Cuisine

8 Braised Pig's Intestines in Brown Sauce



h Guangdong Cuisine

4 Form groups of four. Watch the part of “Eight Cuisines” and each student tries exploring two cuisines. Then retell their characteristics and typical dishes to your group members.





Difficult Sentences

1 There's probably no other place in this world that has as great a variety of delicious food as China and has as long and rich a food culture as China.

世界上可能再没有地方像中国这样美食种类丰富多样，且拥有丰富多彩的饮食文化。

2 The five grains provide nourishment. The five fruits provide support. The five domestic animals provide enrichment. The five vegetables provide filling.

五谷为养，五果为助，五畜为益，五菜为充。

Useful Expressions

Hand-served Lamb 手把羊肉

Lamb Simmered in Yellow Sauce 酱焖羊肉

Lamb Tendons 羊筋菜

The International Chinese Food Day 国际中餐日

fine extract 精华

medicinal diet 药膳

the yin-yang balance 阴阳平衡

five tastes in harmony 五味调和

hyperlipemia 高血脂

cane sugar 蔗糖

dried tangerine peel 陈皮

Chinese prickly ash 花椒

MSG (monosodium glutamate) 味精

staple food 主食

fishy odor 鱼腥味

cold dish 凉菜

awaken the tastiness 提味

Mini-Pedia

Do you know how to translate Chinese dishes into English? Here are some methods.

- 1** Starting with the major ingredients of the dish
eg. 牛肉豆腐 Beef with Bean Curd

- 2** Starting with the ways of cooking of the dish
 - 1) ways of cooking + major ingredients
eg. 烤乳猪 Roast Suckling Pig
 - 2) ways of cooking + major ingredients + seasonings
eg. 仔姜烧鸡条 Braised Chicken Fillet with Tender Ginger
 - 3) ways of cooking + major ingredients + sauce
eg. 红烧牛肉 Braised Beef with Brown Sauce
 红烧四喜肉 Braised Brisket in Brown Sauce

- 3** Starting with shapes or tastes of the dish
 - 1) shape / taste + major ingredients + seasonings
eg. 陈皮兔丁 Diced Rabbit with Dried Tangerine Peel
 茄汁鱼片 Sliced Fish with Tomato Sauce
 芝麻酥鸡 Crisp Chicken with Sesame
 黄酒脆皮虾仁 Crisp Shrimps with Rice Wine
 - 2) taste + ways of cooking + major ingredients
eg. 水煮嫩鱼 Tender Stewed Fish

- 4** Starting with names of persons or places related to the dish
eg. 麻婆豆腐 Mapo Bean Curd
 东坡煨肘 Dongpo Stewed Pork Joint

