

LESSON NOTES

Culture Class: Essential Cantonese Vocabulary S1 #4 Popular home cooked meals

CONTENTS

- 2 Traditional Chinese
- 2 Jyutping
- 2 English
- 3 Vocabulary
- 3 Sample Sentences
- 4 Cultural Insight

4

TRADITIONAL CHINESE

1. What are the five most popular home cooked meals in Hong Kong?
2. 1. 蕃茄炒蛋
3. 2. 蒸水蛋
4. 3. 梅菜蒸肉餅
5. 4. 薑蔥蒸魚
6. 5. 蒜蓉芥蘭

JYUTPING

1. What are the five most popular home cooked meals in Hong Kong?
2. 1. faan1 ke2 caau2 daan2
3. 2. zing1 seoi2 daan2
4. 3. mui4 coi3 zing1 juk6 beng2
5. 4. goeng1 cung1 zing1 jyu2
6. 5. syun3 jung4 gaai3 laan2

ENGLISH

CONT'D OVER

1. What are the five most popular home cooked meals in Hong Kong?
2. 1. Scrambled egg with tomato
3. 2. Chinese steamed eggs
4. 3. Steamed patty with preserved vegetables
5. 4. Steamed fish with ginger and scallion
6. 5. Stir-fried Chinese broccoli with minced garlic

VOCABULARY

Traditional	Romanization	English	Class
蕃茄炒蛋	faan1 ke2 caau2 daan2	scrambled egg with tomato	noun
蒸水蛋	zing1 seoi2 daan2	Chinese steamed eggs	noun
梅菜蒸肉餅	mui4 coi3 zing1 yuk6 beng2	steamed patty with preserved vegetables	noun
薑蔥蒸魚	goeng1 cung1 zing1 jyu2	steamed fish with ginger and scallion	noun
蒜蓉芥蘭	syun3 jung4 gaai3 laan2	stir-fried Chinese broccoli with minced garlic	noun

SAMPLE SENTENCES

<p>我唔識煮飯，淨係識整蕃茄炒蛋。 ngo5 m4 sik1 zyu2 faan6, zing3 hai3 sik1 zing2 faan1 ke2 caau2 daan2.</p> <p>I don't know how to cook, the only thing I can make is scrambled egg with tomato.</p>	<p>蒸水蛋嘅材料好簡單，而且好易整。 zing1 seoi2 daan2 ge3 coi4 liu2 hou2 gaan2 daan1, ji4 ce2 hou2 ji3 zing2.</p> <p>The ingredients for Chinese steamed eggs are very simple, and it's very easy to make.</p>
<p>我公公最鍾意食梅菜蒸肉餅。 ngo5 gong1 gong1 zeoi3 zung1 ji3 sik6 mui4 coi3 zing1 juk6 beng2.</p> <p>My grandfather loves eating steamed patty with preserved vegetables.</p>	<p>我唔食薑，但係就食薑蔥蒸魚。 ngo5 m4 sik6 goeng1, daan6 hai6 zau6 sik6 goeng1 cung1 zing1 jyu2.</p> <p>I don't eat ginger, but I do eat steamed fish with ginger and scallion.</p>

今日啲芥蘭幾新鮮，不如加個蒜蓉芥蘭？

gam1 jat1 di1 gaai3 laan2 gei2 san1 sin1, bat1 jyu4 gaa1 go3 syun3 jun4 gaai3 laan2?

The Chinese broccoli is quite fresh today, how about adding an order of stir-fried Chinese broccoli with minced garlic?

CULTURAL INSIGHT

1. Scrambled egg with tomato

Scrambled eggs with tomato are very easy and fast to prepare, so the dish is popular among students.

2. Chinese steamed eggs

In this common Chinese home-style dish, eggs are beaten to a consistency similar to that used for an omelette, and then steamed with water or broth.

3. Steamed patty with preserved vegetables

A common dish in China, this is a mixture of ground pork and preserved vegetables that is

steamed before serving.

4. Steamed fish with ginger and scallion

A perfectly steamed fish has flesh that is just cooked at the bone. Typically, a whole fish is not served with the liquid in which it was steamed, which is too fishy-tasting, but soy sauce is added at the end.

5. Stir-fried Chinese broccoli with minced garlic

Common preparations of Chinese broccoli include stir frying it with ginger and garlic or boiling or steaming it and then serving it with oyster sauce.