

bái qiē jī
白切鸡

You Didn't Cook It

PAGE 1

jīn nián xià tiān wǒ yí gè rén
今年夏天我一个人
zuò huǒ chē qù le guǎng zhōu
坐火车去了广州

This summer I took the train to Guangzhou
on my own.

PAGE 4

jī duān shàng lái de shí hòu wǒ
鸡端上来的时候我
kàn le bàn tiān méi yǒu shuō huà
看了半天没有说话

When the chicken came out I stared at it and
said nothing.

PAGE 2

yé ye hé nǎi nai zài nà lǐ
爷爷和奶奶在那里
kāi chá lóu yǐ jīng kāi le sān
开茶楼已经开了三
shí nián
十年

Grandpa and Grandma run a tea house there.
They've run it thirty years.

PAGE 5

jī shì bái de pí shì huáng de
鸡是白的皮是黄的
shàng miàn shén me yě méi yǒu
上面什么也没有

The chicken was white, the skin yellow, and
there was nothing on it.

PAGE 3

wǒ dào de dì yī tiān yé ye
我到的第一天爷爷
jiù zuò le yì zhī jī gěi wǒ
就做了一只鸡给我

On my first day Grandpa cooked a whole
chicken for me.

PAGE 6

wǒ xiǎo shēng shuō yé ye nǐ shì
我小声说爷爷你是
bú shì wàng le fàng dōng xī
不是忘了放东西

I said quietly: Grandpa, did you forget to put
something on it?

tā xiào le shuō zhè ge cài jiù
他笑了说这个菜就
jiào bái qiē jī
叫白切鸡

He laughed and said this dish is called
baiqieji.

yé ye ràng wǒ xiān chī yì kǒu
爷爷让我先吃一口
jī tuǐ zài shuō dàn bú dàn
鸡腿再说淡不淡

Grandpa told me to try a bite of leg first, then
say whether it was bland.

bái jiù shì bái qiē jiù shì qiē
白就是白切就是切
míng zì lǐ méi yǒu bié de
名字里没有别的

White means white, cut means cut. There's
nothing else in the name.

nà kǒu jī hěn huá ròu lǐ yǒu
那口鸡很滑肉里有
shuǐ wèi zài ròu de lǐ miàn
水味在肉的里面

That bite was silky, the meat held water, and
the flavour was inside the meat.

wǒ yì zhí xiǎng guǎng dōng cài dà
我一直想广东菜大
gài jiù shì hěn dàn de cài
概就是很淡的菜

I'd always thought Cantonese food was just
bland food.

wǒ cóng lái méi yǒu chī guò zhè
我从来没有吃过这
me nèn de jī ròu
么嫩的鸡肉

I'd never eaten chicken that tender.

yé ye shuō jī yào zài shuǐ lǐ
爷 爷 说 鸡 要 在 水 里
pào bù néng yì zhí zhǔ
泡 不 能 一 直 煮

Grandpa said the chicken steeps in the water; it mustn't keep boiling.

zhuō shàng yǒu yí gè xiǎo dié zi
桌 上 有 一 个 小 碟 子
lǐ miàn shì jiāng hé cōng
里 面 是 姜 和 葱

On the table was a small dish of ginger and spring onion.

shuǐ yì kāi jiù guān huǒ ràng tā
水 一 开 就 关 火 让 它
zài lǐ miàn pào èr shí fēn zhōng
在 里 面 泡 二 十 分 钟

The moment the water boils you kill the heat and let it steep twenty minutes.

yé ye shuō jiāng cōng shì bāng jī
爷 爷 说 姜 葱 是 帮 鸡
shuō huà de bú shì gài zhù jī
说 话 的 不 是 盖 住 鸡
de
的

Grandpa said the ginger and onion speak up for the chicken — they don't cover it.

pào hǎo yǐ hòu hái yào fàng jìn
泡 好 以 后 还 要 放 进
bīng shuǐ lǐ pí cái huì cuì
冰 水 里 皮 才 会 脆

After it steeps it goes into ice water, and only then does the skin turn crisp.

wǒ nà tiān cái míng bái kàn bù
我 那 天 才 明 白 看 不
chū lái zuò guò bù děng yú méi
出 来 做 过 不 等 于 没
yǒu zuò
有 做

That day I understood: you can't see that anything was done — but that isn't the same as nothing being done.

白切鸡 · Writing Practice

You Didn't Cook It

Name: _____

Date: _____

爷爷

yé ye
father's father

爷	爷				
---	---	--	--	--	--

没有

méi yǒu
haven't

没	有				
---	---	--	--	--	--

就是

jiù shì
exactly

就	是				
---	---	--	--	--	--

里面

lǐ miàn
inside

里	面				
---	---	--	--	--	--

说话

shuō huà
to speak

说	话				
---	---	--	--	--	--

一直

yī zhí
straight (in a straight...)

一	直				
---	---	--	--	--	--

今年

jīn nián
this year

今	年				
---	---	--	--	--	--

夏天

xià tiān
summer

夏	天				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

qīng zhēng yú
清蒸鱼

Eight Minutes

dì èr tiān yí dà zǎo yé ye
第二天一大早爷爷

dài wǒ qù shì chǎng mǎi yú
带我去市场买鱼

Early the next morning Grandpa took me to
the market to buy fish.

zhēng yú de yú yí gè xiǎo shí
蒸鱼的鱼一个小时

yǐ qián bì xū hái shì huó de
以前必须还是活的

A fish for steaming has to have been alive an
hour before.

tā zhàn zài shuǐ chí qián miàn kàn
他站在水池前面看

le hěn jiǔ yì tiáo yě méi yǒu
了很久一条也没有

ná
拿

He stood in front of the tank a long time and
didn't pick one.

yīn wèi qīng zhēng méi yǒu bié de
因为清蒸没有别的

wèi yú bù xiān jiù méi yǒu dōng
味鱼不鲜就没有东

xī gài
西盖

Because steaming adds no other flavour — if
the fish isn't fresh, nothing hides it.

wǒ wèn tā zài kàn shén me tā
我问他在看什么他

shuō zài kàn yú yǒu méi yǒu lì
说在看鱼有没有力

qì
气

I asked what he was looking at. He said
whether the fish still had strength.

huí dào diàn lǐ yé ye bǎ yú
回到店里爷爷把鱼

fàng jìn pán zi xià miàn diàn le
放进盘子下面垫了

jiāng piàn
姜片

Back at the shop Grandpa laid the fish on a
plate with ginger slices underneath.

PAGE 7

wǒ wèn tā yào fàng shén me tiáo
我问他要放什么调
liào tā shuō děng yí xià zài shuō
料他说等一下再说

I asked what seasoning went on. He said
we'd get to that later.

PAGE 10

tā zhàn zài guō qián miàn méi yǒu
他站在锅前面没有
dòng yě méi yǒu kāi gài kàn
动也没有开盖看

He stood in front of the pot without moving
and never lifted the lid to look.

PAGE 8

shuǐ kāi le yú jìn guō tā kàn
水开了鱼进锅他看
le yí yǎn biǎo
了一眼表

The water boiled, the fish went in, and he
glanced at the clock.

PAGE 11

shí jiān dào le tā duān chū lái
时间到了他端出来
bǎ pán zi lǐ de shuǐ quán dào
把盘子里的水全倒
diào
掉

Time up, he brought it out and poured off all
the water in the plate.

PAGE 9

yì jīn de yú zhēng bā fēn zhōng
一斤的鱼蒸八分钟
duō yí fēn zhōng ròu jiù lǎo le
多一分钟肉就老了

A half-kilo fish steams eight minutes. One
minute more and the flesh goes tough.

PAGE 12

wǒ wèn wèi shén me tā shuō nà
我问为什么他说那
shuǐ shì xīng de bù néng liú
水是腥的不能留

I asked why. He said that water is fishy and
can't stay.

rán hòu tā fàng shàng cōng sī jiāo
然后他放上葱丝浇
le yì sháo gǔn yóu
了一勺滚油

Then he laid on shredded spring onion and
poured over a spoon of smoking oil.

guǎng dōng rén guǎn jiàng yóu jiào chǐ
广东人管酱油叫豉
yóu wǒ xué le bàn tiān cái shuō
油我学了半天才说
duì
对

Cantonese people call soy sauce chiyou. It
took me ages to say it right.

yóu yí xià qù cōng jiù xiǎng le
油一下去葱就响了
yì shēng xiāng wèi quán chū lái le
一声香味全出来了

The oil hit, the onion hissed once, and the
whole smell came up.

yé ye shuō yú méi yǒu zhēng hǎo
爷爷说鱼没有蒸好
jiàng yóu fàng de zài hǎo yě méi
酱油放得再好也没
yǒu yòng
有用

Grandpa said: if the fish isn't steamed right,
no amount of good soy sauce helps.

zuì hòu cái shì jiàng yóu cóng pán
最后才是酱油从盘
zi biān shàng dào jìn qù
子边上倒进去

Last came the soy sauce, poured in from the
edge of the plate.

nà tiáo yú wǒ yí gè rén chī
那条鱼我一个人吃
le dà bàn yú pí yě méi yǒu
了大半鱼皮也没有
shèng
剩

I ate most of that fish myself, and didn't leave
the skin either.

清蒸鱼 · Writing Practice

Eight Minutes

Name: _____

Date: _____

没有

méi yǒu
haven't

没	有				
---	---	--	--	--	--

爷爷

yé ye
father's father

爷	爷				
---	---	--	--	--	--

盘子

pán zi
tray

盘	子				
---	---	--	--	--	--

酱油

jiàng yóu
soy sauce

酱	油				
---	---	--	--	--	--

前面

qián miàn
ahead

前	面				
---	---	--	--	--	--

什么

shén me
what?

什	么				
---	---	--	--	--	--

分钟

fēn zhōng
minute

分	钟				
---	---	--	--	--	--

第二天

dì èr tiān
next day

第	二	天			
---	---	---	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

bái zhuó cài xīn
白灼菜心

Ten Seconds

dì sān tiān yé ye shuō jīn tiān
 第三天爷爷说今天
 jiāo wǒ yí gè zuì jiǎn dān de
 教我一个最简单的
 cài
 菜

On the third day Grandpa said he'd teach me
 the simplest dish.

wǒ xīn lǐ xiǎng zhè ge wǒ zài
 我心里想这个我在
 jiā yě zuò guò yǒu shén me nán
 家也做过有什么难
 de
 的

I thought: I've made this at home. How hard
 can it be?

wǒ hěn gāo xìng yīn wèi qián liǎng
 我很高兴因为前两
 tiān wǒ guāng zài páng biān kàn zhe
 天我光在旁边看着

I was pleased, because for two days I'd only
 stood watching.

yé ye xiān shāo le yí dà guō
 爷爷先烧了一大锅
 shuǐ shuǐ lǐ jiā le yóu hé yán
 水水里加了油和盐

Grandpa boiled a big pot of water and added
 oil and salt to it.

nà ge cài jiào bái zhuó cài xīn
 那个菜叫白灼菜心
 cái liào jiù shì cài shuǐ yóu yán
 材料就是菜水油盐

The dish is called baizhuo caixin. The
 ingredients are greens, water, oil and salt.

tā shuō shuǐ yí dìng yào duō cài
 他说水一定要多菜
 xià qù yǐ hòu bù néng biàn liáng
 下去以后不能变凉

He said the water must be plentiful, so it
 doesn't cool when the greens go in.

shuǐ gǔn le tā bǎ cài xīn fàng
水滚了他把菜心放
xià qù yǎn jīng kàn zhe guō
下去眼睛看着锅

The water rolled, he put the greens in, and
kept his eyes on the pot.

rán hòu lún dào wǒ wǒ bǎ cài
然后轮到我把菜
fàng xià qù xīn lǐ kāi shǐ jǐn
放下去心里开始紧
zhāng
张

Then it was my turn. I put the greens in and
started to get nervous.

shí jǐ miǎo yǐ hòu tā jiù lāo
十几秒以后他就捞
chū lái le wǒ běn lái xiǎng tā
出来了我本来想他
nòng cuò le
弄错了

A dozen seconds later he lifted them out. At
first I thought he'd made a mistake.

wǒ pà cài bù shú jiù duō děng
我怕菜不熟就多等
le bàn fēn zhōng
了半分钟

I was afraid they'd be raw, so I waited an
extra half minute.

cài hái shì lǜ de lǜ de bǐ
菜还是绿的绿得比
shēng de shí hòu hái liàng
生的时候还亮

They were still green — greener and brighter
than when they were raw.

lāo chū lái de shí hòu cài yǐ
捞出来的时候菜已
jīng ruǎn le yán sè yě huáng le
经软了颜色也黄了

When I lifted them out they'd gone soft and
the colour had turned yellow.

liǎng pán cài fàng zài yì qǐ shéi
两 盘 菜 放 在 一 起 谁
zuò de yì yǎn jiù kàn de chū
做 的 一 眼 就 看 得 出
lái
来

Side by side, you could tell in a glance which
was whose.

yīn wèi lǐ miàn shén me yě méi
因 为 里 面 什 么 也 没
yǒu cuò le jiù quán kàn de jiàn
有 错 了 就 全 看 得 见

Because there's nothing in it — a mistake
shows completely.

wǒ hěn bù hǎo yì si shuō zhè
我 很 不 好 意 思 说 这
ge cài kàn qǐ lái zuì jiǎn dān
个 菜 看 起 来 最 简 单

I was embarrassed and said this dish looks
like the easiest one.

zuì hòu tā bǎ liǎng pán dōu duān
最 后 他 把 两 盘 都 端
shàng le zhuō yì pán yě méi yǒu
上 了 桌 一 盘 也 没 有
dào diào
倒 掉

In the end he carried both plates to the table
and threw neither away.

yé ye shuō kàn qǐ lái jiǎn dān
爷 爷 说 看 起 来 简 单
de cái shì zuì nán de
的 才 是 最 难 的

Grandpa said: the ones that look simple are
the hardest.

tā shuō zuò huài le yě yào chī
他 说 做 坏 了 也 要 吃
zhè yàng nǐ cái jì de zhù
这 样 你 才 记 得 住

He said: you eat your mistakes too. That's
how you remember them.

白灼菜心 · Writing Practice

Ten Seconds

Name: _____

Date: _____

爷爷

yé ye
father's father

爷	爷				
---	---	--	--	--	--

简单

jiǎn dān
simple

简	单				
---	---	--	--	--	--

心里

xīn lǐ
chest

心	里				
---	---	--	--	--	--

这个

zhè ge
this

这	个				
---	---	--	--	--	--

什么

shén me
what?

什	么				
---	---	--	--	--	--

因为

yīn wèi
because

因	为				
---	---	--	--	--	--

菜心

cài xīn
choy sum

菜	心				
---	---	--	--	--	--

以后

yǐ hòu
after

以	后				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

chǐ zhī zhēng pái gǔ
豉汁蒸排骨

The First Seasoning

guǎng zhōu rén zǎo chá yào chī diǎn
 广 州 人 早 茶 要 吃 点
 xīn chá lóu liù diǎn jiù kāi mén
 心 茶 楼 六 点 就 开 门
 le
 了

In Guangzhou people eat dim sum at morning tea; the tea house opens at six.

wǒ shuō guǎng dōng rén yuán lái yě
 我 说 广 东 人 原 来 也
 fàng dōng xī a
 放 东 西 啊

I said: so Cantonese people do add things after all.

mài de zuì kuài de yí yàng shì
 卖 得 最 快 的 一 样 是
 chǐ zhī zhēng pái gǔ
 豉 汁 蒸 排 骨

The fastest seller is steamed spare ribs in black bean sauce.

yé ye shuō fàng dàn shì fàng de
 爷 爷 说 放 但 是 放 得
 hěn shǎo ér qiě yào xiān xiǎng qīng
 很 少 而 且 要 先 想 清
 chu
 楚

Grandpa said: we do — but very little, and we think first.

zhè shì wǒ zài guǎng zhōu dì yī
 这 是 我 在 广 州 第 一
 cì kàn jiàn fàng tiáo liào de cài
 次 看 见 放 调 料 的 菜

It was the first dish in Guangzhou I'd seen with seasoning put on it.

dòu chǐ shì hēi sè de xiǎo dòu
 豆 豉 是 黑 色 的 小 豆
 wén qǐ lái hěn xián hěn xiāng
 闻 起 来 很 咸 很 香

Black beans are small dark beans; they smell salty and fragrant.

yé ye yòng dāo bǎ dòu chǐ pāi
爷 爷 用 刀 把 豆 豉 拍
suì shuō zhěng gè de tài xián
碎 说 整 个 的 太 咸

Grandpa crushed them with the flat of the
knife — whole ones are too salty.

rán hòu jiā yóu táng yán hé yì
然 后 加 油 糖 盐 和 一
diǎn diàn fěn yòng shǒu zhuā sān fēn
点 淀 粉 用 手 抓 三 分
zhōng
钟

Then oil, sugar, salt and a little starch go in,
and you work it by hand for three minutes.

pái gǔ yào duò chéng yì jié yì
排 骨 要 剁 成 一 节 一
jié měi jié hé dà mǔ zhǐ yí
节 每 节 和 大 拇 指 一
yàng dà
样 大

The ribs get chopped into pieces, each one
the size of a thumb.

yé ye ràng wǒ zhuā shuō yào zhuā
爷 爷 让 我 抓 说 要 抓
dào ròu zì jǐ nián zhù shǒu
到 肉 自 己 黏 住 手

He had me do it, and said to keep going until
the meat clings to your hand.

duò hǎo yǐ hòu yào pào shuǐ yì
剁 好 以 后 要 泡 水 一
zhí pào dào shuǐ bù hóng
直 泡 到 水 不 红

After chopping they soak in water until the
water stops running red.

wǒ zhuā le wǔ fēn zhōng shǒu dōu
我 抓 了 五 分 钟 手 都
suān le ròu cái kāi shǐ nián
酸 了 肉 才 开 始 黏

I worked it five minutes, my hand ached, and
only then did it start to cling.

pái gǔ fàng jìn xiǎo lóng shàng miàn
排骨放进小笼上面
sā dòu chǐ dà huǒ zhēng bā fēn
撒豆豉大火蒸八分
zhōng
钟

The ribs go in a small basket, black beans
over the top, eight minutes on high.

dì yī lóng kāi de shí hòu kè
第一笼开的时候客
rén yǐ jīng zài mén kǒu děng le
人已经在门口等了

When the first basket came open the
customers were already waiting at the door.

hé zhēng yú yí yàng yě shì bā
和蒸鱼一样也是八
fēn zhōng kě shì zhè ge bù néng
分钟可是这个不能
dào shuǐ
倒水

Same as the fish — eight minutes — except
here you don't pour the liquid off.

yǒu yí gè kè rén shuō jīn tiān
有一个客人说今天
de pái gǔ bǐ zuó tiān de nián
的排骨比昨天的黏

One customer said today's ribs were stickier
than yesterday's.

yīn wèi xià miàn nà diǎn zhī jiù
因为下面那点汁就
shì zhè ge cài de wèi
是这个菜的味

Because that bit of juice underneath is the
flavour of the dish.

yé ye méi yǒu shuō huà jiù kàn
爷爷没有说话就看
le wǒ yì yǎn
了我一眼

Grandpa didn't say anything. He just looked
at me once.

豉汁蒸排骨 · Writing Practice

The First Seasoning

Name: _____

Date: _____

排骨

pái gǔ
pork chop

排	骨				
---	---	--	--	--	--

爷爷

yé ye
father's father

爷	爷				
---	---	--	--	--	--

一样

yī yàng
same

一	样				
---	---	--	--	--	--

豆豉

dòu chǐ
black bean

豆	豉				
---	---	--	--	--	--

分钟

fēn zhōng
minute

分	钟				
---	---	--	--	--	--

客人

kè rén
visitor

客	人				
---	---	--	--	--	--

这个

zhè ge
this

这	个				
---	---	--	--	--	--

早茶

zǎo chá
morning tea

早	茶				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

chā shāo
叉烧

The Sweet One

wǒ yì zhí xiǎng guǎng dōng cài shì
我 一 直 想 广 东 菜 是
bú shì quán shì qīng qīng dàn dàn
不 是 全 是 清 清 淡 淡
de
的

I'd kept thinking Cantonese food was all light
and plain.

nà ge jiù shì chā shāo guǎng dōng
那 个 就 是 叉 烧 广 东
zuì yǒu míng de shāo là
最 有 名 的 烧 腊

That's char siu, the most famous of
Cantonese roast meats.

dì wǔ tiān yé ye dài wǒ qù
第 五 天 爷 爷 带 我 去
kàn hòu miàn nà ge dà lú zi
看 后 面 那 个 大 炉 子

On the fifth day Grandpa took me to see the
big oven at the back.

wǒ wèn wèi shén me jiào chā shāo
我 问 为 什 么 叫 叉 烧
yé ye shuō cóng qián shì yòng chā
爷 爷 说 从 前 是 用 叉
zi shāo de
子 烧 的

I asked why it's called chashao. Grandpa said
it used to be roasted on a fork.

lú zi lǐ guà zhe shí jǐ tiáo
炉 子 里 挂 着 十 几 条
ròu hóng de fā liàng hái zài dī
肉 红 得 发 亮 还 在 滴
yóu
油

A dozen strips of meat hung inside, shining
red and still dripping fat.

ròu yào yòng bàn féi shòu de quán
肉 要 用 半 肥 瘦 的 全
shòu de zuò chū lái shì chái de
瘦 的 做 出 来 是 柴 的

The pork has to be half fat; all-lean comes
out dry as wood.

wǒ shuō wǒ bú ài chī féi de
我说我不爱吃肥的
yé ye shuō nǐ xiān chī le zài
爷爷说你先吃了再
shuō
说

I said I don't like fat. Grandpa said eat some
first and talk after.

shāo dào yí bàn yào ná chū lái
烧到一半要拿出来
zài shàng miàn shuā yì céng mì
在上面刷一层蜜

Halfway through it comes out and gets a
coat of honey brushed on.

ròu yào zài jiàng lǐ pào yí yè
肉要在酱里泡一夜
dì èr tiān cái néng jìn lú zi
第二天才能进炉子

The pork marinates overnight and only goes
in the oven the next day.

shuā le mì zài shāo táng huì shāo
刷了蜜再烧糖会烧
hēi yì diǎn nà ge hēi shì hǎo
黑一点那个黑是好
de
的

Brushed and roasted again, the sugar chars a
little — and that black is the good part.

jiàng lǐ yǒu táng jiàng yóu suàn hé
酱里有糖酱油蒜和
yí yàng hóng sè de dōng xī
一样红色的东西

The marinade has sugar, soy sauce, garlic
and something red.

yé ye shuō hěn duō rén mǎi chā
爷爷说很多人买叉
shāo jiù shì xiǎng chī nà ge hēi
烧就是想吃了那个黑
biān
边

Grandpa said a lot of people buy char siu just
for those dark edges.

qiē kāi yǐ hòu wài miàn shì hóng
切 开 以 后 外 面 是 红
de lǐ miàn shì fěn de
的 里 面 是 粉 的

Cut open, it's red outside and pink inside.

wǒ yí jù huà yě méi yǒu shuō
我 一 句 话 也 没 有 说
yòu ná le yí kuài
又 拿 了 一 块

I didn't say a word, and took another piece.

wǒ chī le yí kuài tián de xián
我 吃 了 一 块 甜 的 咸
de xiāng de yì qǐ lái
的 香 的 一 起 来

I ate a piece — sweet, salty and fragrant all at once.

yé ye zài páng biān xiào shuō guǎng
爷 爷 在 旁 边 笑 说 广
dōng cài yě kě yǐ hěn zhòng
东 菜 也 可 以 很 重

Grandpa laughed beside me and said
Cantonese food can be heavy too.

nà kuài ròu lǐ de féi ròu yì
那 块 肉 里 的 肥 肉 一
diǎn yě bú nì
点 也 不 腻

The fat in that piece wasn't the least bit heavy.

tā shuō dàn bú shì guī ju xiān
他 说 淡 不 是 规 矩 鲜
cái shì
才 是

He said: light isn't the rule. Fresh is.

叉烧 · Writing Practice

The Sweet One

Name: _____

Date: _____

爷爷

yé ye
father's father

爷	爷				
---	---	--	--	--	--

那个

nà ge
that one

那	个				
---	---	--	--	--	--

叉烧

chā shāo
char siu

叉	烧				
---	---	--	--	--	--

炉子

lú zi
stove

炉	子				
---	---	--	--	--	--

就是

jiù shì
exactly

就	是				
---	---	--	--	--	--

一点

yī diǎn
a bit

一	点				
---	---	--	--	--	--

一块

yī kuài
one block

一	块				
---	---	--	--	--	--

一直

yī zhí
straight (in a straight...)

一	直				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

gān chǎo niú hé
干炒牛河

Wok Hei

PAGE 1

dì liù tiān zhōng wǔ diàn lǐ lái
 第六天中午店里来
 le yí gè hěn chǎo de kè rén
 了一个很吵的客人

At noon on the sixth day a loud customer
 came in.

PAGE 4

yīn wèi zhè ge cài yì chǎo chū
 因为这个菜一炒出
 lái hǎo huài dōu zài lǐ miàn
 来好坏都在里面

Because the moment it leaves the wok, the
 good and the bad are both in it.

PAGE 2

tā shuō tā yào shì shì zhè lǐ
 他说他要试试这里
 de gān chǎo niú hé zuò de zěn
 的干炒牛河做得怎
 me yàng
 么样

He said he wanted to see how the beef chow
 fun here measured up.

PAGE 5

gān chǎo de gān shì shuō yì diǎn
 干炒的干是说一点
 shuǐ yě bù néng yǒu
 水也不能有

The gan in ganchao means there mustn't be
 a drop of water.

PAGE 3

yé ye shuō guǎng dōng chú shī jiàn
 爷爷说广东厨师见
 miàn jiù wèn zhè yí gè cài
 面就问这一个菜

Grandpa said: when Cantonese cooks meet,
 this is the dish they ask about.

PAGE 6

hé fěn hěn ruǎn yí dòng jiù duàn
 河粉很软一动就断
 kě shì yòu bù néng bú dòng
 可是又不能不动

The rice noodles are soft — move them and
 they break, but you can't not move them.

yé ye bǎ huǒ kāi dào zuì dà
爷 爷 把 火 开 到 最 大
guō yí xià jiù hóng le
锅 一 下 就 红 了

Grandpa turned the fire all the way up and
the wok went red at once.

rán hòu hé fěn xià guō yé ye
然 后 河 粉 下 锅 爷 爷
hěn shǎo yòng chǎn zi zhǔ yào shì
很 少 用 铲 子 主 要 是
shuāi guō
甩 锅

Then the noodles go in. Grandpa hardly
touches the spatula — mostly he throws the
wok.

nà ge huǒ bǐ wǒ zài jiā jiàn
那 个 火 比 我 在 家 见
guò de dà shí bèi
过 的 大 十 倍

That flame was ten times bigger than any I'd
seen at home.

guō lǐ de dōng xī fēi qǐ lái
锅 里 的 东 西 飞 起 来
huǒ cóng xià miàn zhuī shàng qù
火 从 下 面 追 上 去

Everything in the wok flew up, and the fire
chased it from below.

niú ròu xiān xià shí jǐ miǎo jiù
牛 肉 先 下 十 几 秒 就
chū lái hái shì fěn hóng de
出 来 还 是 粉 红 的

The beef goes in first and comes out in a
dozen seconds, still pink.

guǎng dōng rén guǎn zhè ge jiào huò
广 东 人 管 这 个 叫 镬
qì jiù shì guō hé huǒ yì qǐ
气 就 是 锅 和 火 一 起
gěi de wèi
给 的 味

Cantonese people call it wok hei — the
flavour the wok and the fire give together.

cóng tóu dào wěi bú dào liǎng fēn
从 头 到 尾 不 到 两 分
zhōng yì dī shuǐ yě méi yǒu jiā
钟 一 滴 水 也 没 有 加

Start to finish, under two minutes, and not
one drop of water added.

nà ge kè rén chī wán bǎ pán
那 个 客 人 吃 完 把 盘
zi tuī guò lái kàn le kàn dǐ
子 推 过 来 看 了 看 底

The customer finished, pushed the plate over
and looked at the bottom.

nà pán niú hé duān chū qù de
那 盘 牛 河 端 出 去 的
shí hòu yì gēn fěn yě méi yǒu
时 候 一 根 粉 也 没 有
duàn
断

When that plate went out, not a single noodle
was broken.

tā méi yǒu shuō hǎo yě méi yǒu
他 没 有 说 好 也 没 有
shuō bù hǎo jiù diǎn le diǎn tóu
说 不 好 就 点 了 点 头

He didn't say good and he didn't say bad. He
just nodded.

pán zi xià miàn yě shì gān de
盘 子 下 面 也 是 干 的
méi yǒu yì diǎn yóu shuǐ
没 有 一 点 油 水

The bottom of the plate was dry too — not a
trace of oil or liquid.

yé ye shuō huì zuò zhè ge cài
爷 爷 说 会 做 这 个 菜
de rén guǎng zhōu yě bù duō le
的 人 广 州 也 不 多 了

Grandpa said: even in Guangzhou there
aren't many left who can cook this.

干炒牛河 · Writing Practice

Wok Hei

Name: _____

Date: _____

没有

méi yǒu
haven't

没	有				
---	---	--	--	--	--

爷爷

yé ye
father's father

爷	爷				
---	---	--	--	--	--

这个

zhè ge
this

这	个				
---	---	--	--	--	--

客人

kè rén
visitor

客	人				
---	---	--	--	--	--

一点

yī diǎn
a bit

一	点				
---	---	--	--	--	--

河粉

hé fěn
rice noodles in wide st...

河	粉				
---	---	--	--	--	--

那个

nà ge
that one

那	个				
---	---	--	--	--	--

下面

xià miàn
to boil noodles

下	面				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

xiā jiǎo
虾饺

Thirteen Folds

PAGE 1

zǎo chá zuì guì de yí yàng diǎn
早茶最贵的一样点

xīn shì xiā jiǎo
心是虾饺

The priciest dim sum at morning tea is har
gow.

PAGE 2

yì lóng sì gè pí shì tòu míng
一笼四个皮是透明

de néng kàn jiàn lǐ miàn de xiā
的能看见里面的虾

Four to a basket. The skin is see-through and
you can see the shrimp inside.

PAGE 3

zuò xiā jiǎo de shī fu xìng chén
做虾饺的师傅姓陈

zài diàn lǐ zuò le èr shí èr
在店里做了二十二

nián
年

The har gow master is called Chen, and he's
been at the shop twenty-two years.

PAGE 4

tā yì tiān zuò bā bǎi gè měi
他一天做八百个每

gè dōu yào niē shí sān gè zhě
个都要捏十三个褶

He makes eight hundred a day, each one
pleated thirteen times.

PAGE 5

wǒ wèn wèi shén me yí dìng yào
我问为什么一定要

shí sān gè bù néng shí èr gè
十三个不能十二个

ma
吗

I asked why it has to be thirteen. Couldn't it
be twelve?

PAGE 6

chén shī fu shuō zhě shǎo le pí
陈师傅说褶少了皮

huì pò zhě duō le pí huì hòu
会破褶多了皮会厚

Master Chen said: fewer and the skin splits;
more and the skin gets thick.

pí bú shì yòng miàn fěn zuò de
皮不是用面粉做的
shì yòng yí yàng hěn bái de fěn
是用一样很白的粉

The wrapper isn't made from wheat flour —
it's a very white starch.

dì èr gè wǒ niē le jiǔ gè
第二个我捏了九个
pí méi yǒu pò kě shì wāi de
皮没有破可是歪的

On the second I got nine, the skin held, but it
came out crooked.

nà ge fěn yào yòng gǔn shuǐ tàng
那个粉要用滚水烫
bú tàng jiù bú tòu míng
不烫就不透明

That starch has to be scalded with boiling
water, or it won't turn clear.

chén shī fu shuō nǐ zài kàn shǒu
陈师傅说你在看手
yīng gāi kàn pí
应该看皮

Master Chen said: you're watching your
hands. You should be watching the wrapper.

chén shī fu ràng wǒ shì wǒ niē
陈师傅让我试我捏
le liù gè zhě pí jiù pò le
了六个褶皮就破了

Master Chen let me try. At six pleats the
wrapper tore.

tā zì jǐ niē de shí hòu yǎn
他自己捏的时候眼
jīng gēn běn méi yǒu dī xià qù
睛根本没有低下去

When he pleats them himself, his eyes never
go down at all.

yí gè xiā jiǎo lǐ fàng liǎng gè
一个虾饺里放两个
xiā yí gè zhěng de yí gè duò
虾一个整的一个剁
suì de
碎的

One har gow holds two shrimp — one whole,
one chopped.

nà tiān wǒ zuò de sì gè liǎng
那天我做的四个两
gè pò le liǎng gè wāi zhe
个破了两个歪着

Of the four I made that day, two split and two
sat crooked.

zhěng de shì gěi nǐ yǎo de suì
整的是给你咬的碎
de shì gěi zhī yòng de
的是给汁用的

The whole one is for your bite; the chopped
one is for the juice.

chén shī fu bǎ nà sì gè fàng
陈师傅把那四个放
jìn le tā zì jǐ de wǎn lǐ
进了他自己的碗里

Master Chen put those four in his own bowl.

zhēng de shí jiān shì liù fēn zhōng
蒸的时间是六分钟
duō bàn fēn zhōng pí jiù huà le
多半分钟皮就化了

Six minutes in the steamer. Half a minute
more and the skin dissolves.

tā shuō èr shí èr nián qián yě
他说二十二年也
yǒu rén zhè yàng chī guò wǒ de
有人这样吃过我的

He said: twenty-two years ago, someone ate
mine the same way.

虾饺 · Writing Practice

Thirteen Folds

Name: _____

Date: _____

师傅

shī fu
master

师	傅				
---	---	--	--	--	--

虾饺

xiā jiǎo
prawn dumplings

虾	饺				
---	---	--	--	--	--

一样

yī yàng
same

一	样				
---	---	--	--	--	--

十三

shí sān
thirteen

十	三				
---	---	--	--	--	--

二十

èr shí
twenty

二	十				
---	---	--	--	--	--

没有

méi yǒu
haven't

没	有				
---	---	--	--	--	--

自己

zì jǐ
oneself

自	己				
---	---	--	--	--	--

分钟

fēn zhōng
minute

分	钟				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

bāo zǎi fàn
煲仔饭

The Bottom of the Pot

nà tiān xià le dà yǔ tiān liáng
 那天下了大雨天凉
 le yì diǎn yé ye shuō zuò bāo
 了一点爷爷说做煲
 zǎi fàn
 仔饭

It rained hard that day, the air cooled a little,
 and Grandpa said we'd make claypot rice.

shuǐ fàng duō shǎo yé ye yòng shǒu
 水放多少爷爷用手
 zhǐ bǐ cóng lái bú yòng bēi zi
 指比从来不用杯子

For the water, Grandpa measures with his
 finger and never uses a cup.

bāo zǎi fàn yào yòng xiǎo shā guō
 煲仔饭要用小砂锅
 yí gè guō yí gè rén chī
 一个锅一个人吃

Claypot rice uses a small clay pot — one pot
 per person.

guō kāi le yǐ hòu gǎi xiǎo huǒ
 锅开了以后改小火
 zài yán zhe guō biān lín yì quān
 再沿着锅边淋一圈
 yóu
 油

Once it boils you drop to low heat, then
 drizzle a ring of oil down the side.

mǐ yào xiān pào bàn gè xiǎo shí
 米要先泡半个小时
 pào guò de mǐ cái huì kāi huā
 泡过的米才会开花

The rice soaks half an hour first — soaked
 rice opens up properly.

nà yì quān yóu jiù shì wèi le
 那一圈油就是为了
 zuò chū guō dǐ nà céng fàn jiāo
 做出锅底那层饭焦

That ring of oil is there to make the crust at
 the bottom of the pot.

mǐ kuài hǎo de shí hòu bǎ là
米快好的时候把腊
cháng hé jī fàng shàng qù
肠和鸡放上去

When the rice is nearly done, the sausage
and chicken go on top.

nǎi nai zuì hòu dǎ yí gè jī
奶奶最后打一个鸡
dàn jìn qù gài shàng gài zi děng
蛋进去盖上盖子等
liǎng fēn zhōng
两分钟

Grandma cracked an egg in at the end, put
the lid on and waited two minutes.

là cháng de yóu huì yì zhí wǎng
腊肠的油会一直往
xià dī dī dào mǐ lǐ miàn
下滴滴到米里面

The sausage fat keeps dripping down, right
into the rice.

nà liǎng fēn zhōng zuì nán yīn wèi
那两分钟最难因为
nǐ shén me yě bù néng zuò
你什么也不能做

Those two minutes are the hardest, because
there's nothing you can do.

yé ye shuō zhè ge cài shì zì
爷爷说这个菜是自
jǐ gěi zì jǐ tiáo wèi de
己给自己调味的

Grandpa said: this dish seasons itself.

wǒ yì zhí xiǎng kāi gài kàn yé
我一直想开盖看爷
ye bǎ wǒ de shǒu àn zhù le
爷把我的手按住了

I kept wanting to lift the lid, and Grandpa
held my hand down.

tā shuō nǐ yì kāi qì jiù pǎo
他说你一开气就跑
le fàn jiāo jiù bú cuì le
了饭焦就不脆了

He said: open it and the steam escapes, and
the crust won't be crisp.

wǒ yòng sháo zi bǎ fàn jiāo yí
我用勺子把饭焦一
kuài yí kuài chǎn qǐ lái
块一块铲起来

I scraped the crust up with a spoon, piece by
piece.

duān shàng zhuō yǐ hòu xiān jiāo jiàng
端上桌以后先浇酱
yóu zài bǎ dàn hé fàn bàn kāi
油再把蛋和饭拌开

On the table you pour the soy sauce first,
then mix the egg through the rice.

nà kuài fàn jiāo yòu cuì yòu xiāng
那块饭焦又脆又香
bǐ shàng miàn de fàn hái hǎo chī
比上面的饭还好吃

That crust was crisp and fragrant — better
than the rice on top.

bàn de shí hòu guō dǐ huì xiǎng
拌的时候锅底会响
nà ge shēng yīn jiù shì fàn jiāo
那个声音就是饭焦

As you mix, the bottom of the pot scrapes —
that sound is the crust.

yé ye shuō guō dǐ de dōng xī
爷爷说锅底的東西
zuì hǎo chī kě shì zuì hòu cái
最好吃可是最后才
yǒu
有

Grandpa said: the best part is at the bottom,
and it comes last.

煲仔饭 · Writing Practice

The Bottom of the Pot

Name: _____

Date: _____

爷爷

yé ye
father's father

爷	爷				
---	---	--	--	--	--

锅底

guō dǐ
the bottom of a pot or ...

锅	底				
---	---	--	--	--	--

以后

yǐ hòu
after

以	后				
---	---	--	--	--	--

就是

jiù shì
exactly

就	是				
---	---	--	--	--	--

时候

shí hou
time

时	候				
---	---	--	--	--	--

腊肠

là cháng
sausage

腊	肠				
---	---	--	--	--	--

最后

zuì hòu
final

最	后				
---	---	--	--	--	--

分钟

fēn zhōng
minute

分	钟				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

jiāng zhuàng nǎi
姜撞奶

The Collision

xià wǔ diàn lǐ méi yǒu kè rén
下午店里没有客人
yé ye shuō wǒ gěi nǐ biàn yí
爷爷说我给你变一
gè dōng xī
个东西

One afternoon with no customers in,
Grandpa said he'd show me a trick.

rán hòu tā shāo niú nǎi shāo dào
然后他烧牛奶烧到
kuài kāi kě shì bù néng kāi
快开可是不能开

Then he heated milk, right up to boiling, but
it mustn't boil.

tā ná le yí kuài jiāng cā chéng
他拿了一块姜擦成
ní jǐ chū yí diǎn jiāng zhī
泥挤出一块姜汁

He took a piece of ginger, grated it to a paste
and squeezed out some juice.

tā shuō tài rè bú duì tài liáng
他说太热不对太凉
yě bú duì jiù nà yí diǎn diǎn
也不对就那一点点

He said: too hot is wrong, too cool is wrong.
It's that narrow.

jiāng zhī bù duō yí gè wǎn dǐ
姜汁不多一个碗底
báo báo yí céng
薄薄一层

There wasn't much — just a thin layer at the
bottom of a bowl.

rán hòu tā zhàn qǐ lái bǎ niú
然后他站起来把牛
nǎi cóng hěn gāo de dì fang dào
奶从很高的地方倒
xià qù
下去

Then he stood up and poured the milk down
from high above.

niú nǎi yí xià zì chōng jìn wǎn
牛奶一下子冲进碗
lǐ shēng yīn hěn dà
里声音很大

The milk crashed into the bowl and made a
lot of noise.

wǒ zhàn zài páng biān kàn zhe nà
我站在旁边看着那
wǎn nǎi shén me yě méi yǒu fā
碗奶什么也没有发
shēng
生

I stood beside it watching that bowl of milk.
Nothing happened.

tā shuō zhè ge dòng zuò jiào zhuàng
他说这个动作叫撞
zhè ge cài jiù jiào jiāng zhuàng nǎi
这个菜就叫姜撞奶

He said: that move is called zhuang — to
collide — and the dish is jiang zhuang nai.

guò le shí jǐ miǎo nǎi bú dòng
过了十几秒奶不动
le biǎo miàn biàn de xiàng jìng zi
了表面变得像镜子

A dozen seconds later the milk stopped
moving and the surface turned to a mirror.

dào wán yǐ hòu tā yí xià yě
倒完以后他一下也
méi yǒu jiǎo jiù bǎ wǎn fàng xià
没有搅就把碗放下
le
了

After pouring he didn't stir once — he just set
the bowl down.

yé ye fàng le yì gēn kuài zi
爷爷放了一根筷子
shàng qù kuài zi zhàn zhù le
上去筷子站住了

Grandpa laid a chopstick on it, and the
chopstick stood up.

gāng cái hái shì shuǐ xiàn zài yǐ
刚才还是水现在已
jīng shì kuài le
经是块了

A moment before it was liquid; now it was solid.

wǒ zì jǐ shì le yí cì niú
我自己试了一次牛
nǎi shāo de tài kāi nǎi méi yǒu
奶烧得太开奶没有
biàn
变

I tried it myself. The milk got too hot and it didn't set.

wǒ wèn tā fàng le shén me tā
我问他放了什么他
shuō shén me yě méi yǒu fàng
说什么也没有放

I asked what he'd put in. He said: nothing at all.

dì èr cì wǒ shǎo shāo le bàn
第二次我少烧了半
fēn zhōng nǎi jiù zhàn zhù le
分钟奶就站住了

The second time I heated it half a minute less, and it set.

jiāng lǐ miàn běn lái jiù yǒu yí
姜里面本来就有一
yàng dōng xī néng ràng nǎi biàn chéng
样东西能让奶变成
kuài
块

Ginger already has something in it that turns milk solid.

yé ye shuō guǎng dōng cài jiù shì
爷爷说广东菜就是
zhè yàng nǐ bú zuò tā zì jǐ
这样你不做它自己
zuò
做

Grandpa said: that's Cantonese cooking. You don't do it — it does itself.

姜撞奶 · Writing Practice

The Collision

Name: _____

Date: _____

没有

méi yǒu
haven't

没	有				
---	---	--	--	--	--

牛奶

niú nǎi
cow's milk

牛	奶				
---	---	--	--	--	--

爷爷

yé ye
father's father

爷	爷				
---	---	--	--	--	--

什么

shén me
what?

什	么				
---	---	--	--	--	--

东西

dōng xī
thing

东	西				
---	---	--	--	--	--

然后

rán hòu
then

然	后				
---	---	--	--	--	--

姜汁

jiāng zhī
ginger ale

姜	汁				
---	---	--	--	--	--

不对

bù duì
incorrect

不	对				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

lǎo huǒ tāng

老火汤

Three Hours

wǒ zài guǎng zhōu de zuì hòu yì
我在广州的最后一
tiān zǎo chá máng wán nǎi nai jiù
天早茶忙完奶奶就
qù bāo tāng
去煲汤

On my last day in Guangzhou, once the morning rush was over, Grandma went to make soup.

guō lǐ fàng le yì zhī jī jǐ
锅里放了一只鸡几
kuài gǔ hái yǒu jǐ yàng gān de
块骨还有几样干的
dōng xī
东西

Into the pot went a whole chicken, some bones, and a few dried things.

tā shuō yì guō tāng yào bāo sān
她说一锅汤要煲三
gè xiǎo shí bù néng kuài
个小时不能快

She said a pot of soup takes three hours and can't be rushed.

shuǐ yì kāi jiù gǎi xiǎo huǒ rán
水一开就改小火然
hòu sān gè xiǎo shí bù néng dòng
后三个小时不能动
tā
它

Once it boils you go to low heat, and then you can't touch it for three hours.

guǎng dōng rén guǎn zhè ge jiào lǎo
广东人管这个叫老
huǒ tāng tiān tiān dōu yào hē
火汤天天都要喝

Cantonese people call it lao huo tang — old-fire soup — and drink it every day.

wǒ shuō sān gè xiǎo shí nà jī
我说三个小时那鸡
ròu bú shì quán méi yǒu wèi le
肉不是全没有味了
ma
吗

I said: three hours — won't the chicken have no flavour left at all?

nǎi nai shuō duì wèi quán pǎo dào
奶 奶 说 对 味 全 跑 到
tāng lǐ qù le
汤 里 去 了

Grandma said: right. All the flavour has run
into the soup.

nǎi nai shuō nà bú shì shuǐ nà
奶 奶 说 那 不 是 水 那
shì yì zhī jī biàn chéng de
是 一 只 鸡 变 成 的

Grandma said: that isn't water. That's what a
chicken turned into.

tā shuō shèng xià de ròu guǎng dōng
她 说 剩 下 的 肉 广 东
rén jiào tāng zhā hěn duō rén bù
人 叫 汤 渣 很 多 人 不
chī
吃

She said the meat left over is called tangzha
— soup dregs — and many people don't eat
it.

sān gè xiǎo shí lǐ wǒ men zuò
三 个 小 时 里 我 们 坐
zài diàn mén kǒu shén me yě méi
在 店 门 口 什 么 也 没
yǒu zuò
有 做

For those three hours we sat in the doorway
and did nothing.

wǒ shuō nà tài làng fèi le yì
我 说 那 太 浪 费 了 一
zhī jī jiù wèi le yì guō shuǐ
只 鸡 就 为 了 一 锅 水

I said that's such a waste — a whole chicken
for one pot of water.

wǒ bǎ zhè ge xià tiān xué de
我 把 这 个 夏 天 学 的
shí gè cài yí gè yí gè xiǎng
十 个 菜 一 个 一 个 想
le yí biàn
了 一 遍

I went through the ten dishes I'd learned that
summer, one by one.

bái qiē jī shén me yě bú fàng
白切鸡什么也不放
qīng zhēng yú hái yào dào diào shuǐ
清蒸鱼还要倒掉水

Baiqieji has nothing added; steamed fish
even has its liquid poured off.

xiàn zài wǒ míng bái le tā shì
现在我明白了它是
bù jiā wèi de cài
不加味的菜

Now I understand: it's food that doesn't add
flavour.

chā shāo hěn tián niú hé hěn měng
叉烧很甜牛河很猛
kě shì chī de hái shì ròu běn
可是吃的还是肉本
lái de wèi
来的味

Char siu is sweet and chow fun is fierce —
but what you taste is still the meat's own
flavour.

sān gè xiǎo shí dào le nǎi nai
三个小时到了奶奶
chéng le yì wǎn gěi wǒ tāng shì
盛了一碗给我汤是
qīng de
清的

Three hours up, Grandma ladled me a bowl.
The soup was clear.

wǒ běn lái xiǎng guǎng dōng cài shì
我本来想广东菜是
méi yǒu wèi de cài
没有味的菜

I used to think Cantonese food was food
without flavour.

nà wǎn tāng kàn qǐ lái xiàng shuǐ
那碗汤看起来像水
hē xià qù yǐ hòu wǒ hěn jiǔ
喝下去以后我很久
méi yǒu shuō huà
没有说话

That bowl of soup looked like water. After I
drank it I didn't speak for a long time.

老火汤 · Writing Practice

Three Hours

Name: _____

Date: _____

小时

xiǎo shí
hour

小	时				
---	---	--	--	--	--

奶奶

nǎi nai
grandma (paternal grand...

奶	奶				
---	---	--	--	--	--

没有

méi yǒu
haven't

没	有				
---	---	--	--	--	--

不能

bù néng
cannot

不	能				
---	---	--	--	--	--

这个

zhè ge
this

这	个				
---	---	--	--	--	--

不是

bù shì
no

不	是				
---	---	--	--	--	--

什么

shén me
what?

什	么				
---	---	--	--	--	--

本来

běn lái
original

本	来				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.