

yóu pō miàn
油泼面

Oil-Splashed Noodles

PAGE 1

wǒ jiā zài xī ān kāi yì jiā
我家在西安开一家
hěn xiǎo de miàn guǎn
很小的面馆

My family lives in Xi'an and runs a tiny noodle shop.

PAGE 4

wǒ wèn wèi shén me shì jīn nián
我问为什么是今年

I asked why this year.

PAGE 2

yí gòng bā zhāng zhuō zi zuò fàn
一共八张桌子做饭
de shì nǎi nai
的是奶奶

Eight tables in all, and the cook is my grandmother.

PAGE 5

tā shuō wǒ de shǒu méi yǒu yǐ
她说我的手没有以
qián wěn le
前稳了

She said: my hands aren't as steady as they were.

PAGE 3

jīn nián xià tiān nǎi nai shuō yào
今年夏天奶奶说要
jiāo wǒ shí gè cài
教我十个菜

This summer she said she'd teach me ten dishes.

PAGE 6

dì yī gè cài shì yóu pō miàn
第一个菜是油泼面
tā shuō zuì jiǎn dān
她说最简单

The first was oil-splashed noodles. She said it's the simplest.

PAGE 7

miàn yào lā de yòu kuān yòu cháng
面 要 拉 得 又 宽 又 长
xiàng yāo dài
像 腰 带

The noodle has to be pulled wide and long,
like a belt.

PAGE 10

zuì hòu yí bù shì bǎ rè yóu
最 后 一 步 是 把 热 油
pō shàng qù
泼 上 去

The last step is to splash the hot oil over it.

PAGE 8

zhǔ hǎo yǐ hòu fàng zài wǎn lǐ
煮 好 以 后 放 在 碗 里
shàng miàn fàng là jiāo fěn
上 面 放 辣 椒 粉

Once cooked they go in a bowl with chilli
powder on top.

PAGE 11

yóu yào rè dào mào yān kě shì
油 要 热 到 冒 烟 可 是
bù néng tài jiǔ
不 能 太 久

The oil has to smoke, but not for too long.

PAGE 9

hái yào fàng cōng huā suàn mò yì
还 要 放 葱 花 蒜 末 一
diǎn yán
点 盐

Then spring onion, minced garlic, and a little
salt.

PAGE 12

pō xià qù de shí hòu huì yǒu
泼 下 去 的 时 候 会 有
yì shēng xiǎng
一 声 响

When it goes in, there's a sound.

PAGE 13

nà ge shēng yīn duì le zhè wǎn
那个声音对了这碗
miàn jiù duì le
面就对了

If that sound is right, the bowl is right.

PAGE 16

nà ge hóng diǎn dào xiàn zài hái
那个红点到现在还
zài
在

That red mark is still there.

PAGE 14

wǒ dì yī cì pō yóu tài liáng
我第一次泼油太凉
méi yǒu xiǎng
没有响

The first time I did it, the oil was too cool and made no sound.

PAGE 17

nǎi nai méi yǒu shuō xiǎo xīn tā
奶奶没有说小心她
shuō zhè ge rén rén dōu yǒu
说这个人人都

Grandma didn't say be careful. She said everyone has one of those.

PAGE 15

dì èr cì tài rè yóu jiàn dào
第二次太热油溅到
le wǒ de shǒu shàng
了我的手上

The second time it was too hot and it splashed onto my hand.

PAGE 18

tā bǎ shǒu shēn guò lái shàng miàn
她把手伸过来上面
yǒu hěn duō
有很多

She held out her hand. There were a lot on hers.

油泼面 · Writing Practice

Oil-Splashed Noodles

Name: _____

Date: _____

奶奶

nǚ nai
grandma (paternal grand...

奶	奶				
---	---	--	--	--	--

没有

méi yǒu
haven't

没	有				
---	---	--	--	--	--

今年

jīn nián
this year

今	年				
---	---	--	--	--	--

上面

shàng miàn
on top of

上	面				
---	---	--	--	--	--

那个

nà ge
that one

那	个				
---	---	--	--	--	--

对了

duì le
Correct!

对	了				
---	---	--	--	--	--

一家

yī jiā
the whole family

一	家				
---	---	--	--	--	--

小的

xiǎo de
I (when talking to a su...

小	的				
---	---	--	--	--	--

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

sào zi miàn
臊子面

Saozi Noodles

PAGE 1

dì èr gè cài shì sào zi miàn
第二个菜是臊子面
cóng qí shān lái de
从岐山来的

The second dish is saozhi noodles, from
Qishan.

PAGE 4

bái de shì dòu fu hēi de shì
白的是豆腐黑的是
mù ěr
木耳

White is tofu, black is wood-ear mushroom.

PAGE 2

nǎi nai shuō zhè ge cài yào wǔ
奶奶说这个菜要五
gè yán sè
个颜色

Grandma said this one needs five colours.

PAGE 5

lǜ de shì suàn miáo zuì hòu fàng
绿的是蒜苗最后放

Green is garlic sprout, added last.

PAGE 3

hóng de shì hú luó bo huáng de
红的是胡萝卜黄的
shì jī dàn
是鸡蛋

Red is carrot, yellow is egg.

PAGE 6

wǔ yàng dōu yào qiē chéng yí yàng
五样都要切成一样
dà de xiǎo kuài
大的小块

All five have to be cut the same size.

PAGE 7

wǒ qiē le sì shí fēn zhōng shǒu
我切了四十分钟手
dōu suān le
都酸了

I cut for forty minutes and my hand ached.

PAGE 10

zhè wǎn miàn de tāng yào suān yào
这碗面的汤要酸要
là yào xiāng
辣要香

The broth has to be sour, hot, and fragrant.

PAGE 8

sào zi shì ròu dīng yào yòng cù
臊子是肉丁要用醋
chǎo
炒

The saozis are diced pork, fried with vinegar.

PAGE 11

miàn tiáo yào xì yào báo yào jīn
面条要细要薄要筋
dao
道

The noodles have to be thin, fine, and springy.

PAGE 9

cù yí xià guō zhěng tiáo jiē dōu
醋一下锅整条街都
néng wén dào
能闻到

The moment the vinegar hits the pan, the whole street can smell it.

PAGE 12

qí shān rén shuō miàn yào shǎo tāng
岐山人说面要少汤
yào duō
要多

In Qishan they say: few noodles, plenty of soup.

PAGE 13

suǒ yǐ wǎn hěn xiǎo yì kǒu jiù
所以碗很小一口就
chī wán
吃完

So the bowl is tiny — one mouthful and it's gone.

PAGE 16

nǎi nai cháng le yì kǒu shén me
奶奶尝了一口什么
yě méi shuō
也没说

Grandma tasted it and said nothing.

PAGE 14

yí gè rén chī shí wǎn hěn zhèng
一个人吃十碗很正
cháng
常

Ten bowls for one person is normal.

PAGE 17

tā jiā le bàn wǎn shuǐ yòu cháng
她加了半碗水又尝
le yì kǒu
了一口

She added half a bowl of water and tasted again.

PAGE 15

wǒ dì yī cì zuò de tāng tài
我第一次做的汤太
xián le
咸了

The first soup I made was too salty.

PAGE 18

tā shuō yán néng jiā bù néng ná
她说盐能加不能拿
chū lái
出来

She said: you can always add salt. You can't take it out.

臊子面 · Writing Practice

Saozi Noodles

Name: _____

Date: _____

一口

yī kǒu
readily

一	口				
---	---	--	--	--	--

臊子

sào zi
minced or diced meat (a...

臊	子				
---	---	--	--	--	--

奶奶

nǎi nai
grandma (paternal grand...

奶	奶				
---	---	--	--	--	--

第二

dì èr
second

第	二				
---	---	--	--	--	--

豆腐

dòu fu
tofu

豆	腐				
---	---	--	--	--	--

木耳

mù ěr
wood ear

木	耳				
---	---	--	--	--	--

这个

zhè ge
this

这	个				
---	---	--	--	--	--

颜色

yán sè
color

颜	色				
---	---	--	--	--	--

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

ròu jiā mó
肉夹馍

Meat in Bread

PAGE 1

dì sān gè shì ròu jiā mó quán
第三个是肉夹馍全
guó dōu yǒu míng
国都有名

The third is roujiamo, famous all over the country.

PAGE 4

hǎo de bái jí mó wài miàn cuì
好的白吉馍外面脆
lǐ miàn ruǎn
里面软

A good baiji is crisp outside and soft inside.

PAGE 2

hěnn duō rén zhǐ kàn ròu qí shí
很多人只看肉其实
mó gèng zhòng yào
馍更重要

People only look at the meat, but the bread matters more.

PAGE 5

nǎi nai shuō hái yào yǒu yí gè
奶奶说还要有一个
tiě quān
铁圈

Grandma said it should also have an iron ring.

PAGE 3

wǒ men yòng de shì bái jí mó
我们用的是白吉馍

We use baiji bread.

PAGE 6

tiě quān jiù shì mó shàng nà yí
铁圈就是馍上那一
quān bái xiàn
圈白线

The iron ring is that pale circle round the side of the loaf.

PAGE 7

yǒu tiě quān de mó cái shì lào
有铁圈的馍才是烙
de duì de
得对的

Only a loaf with the ring was griddled
properly.

PAGE 10

wǒ men jiā de tāng guō èr shí
我们家的汤锅二十
nián méi yǒu tíng guò
年没有停过

Our stock pot hasn't stopped in twenty
years.

PAGE 8

mó xiān zài ào zi shàng lào zài
馍先在熬子上烙再
jìn lú zi
进炉子

The bread is griddled on the ao first, then
goes into the oven.

PAGE 11

měi tiān jiā xīn ròu yě jiā yì
每天加新肉也加一
diǎn lǎo tāng
点老汤

Every day new meat goes in, and some of the
old broth.

PAGE 9

ròu shì là zhī ròu yào dùn yí
肉是腊汁肉要炖一
yè
夜

The meat is lazhi pork, stewed overnight.

PAGE 12

nǎi nai shuō nà guō tāng bǐ wǒ
奶奶说那锅汤比我
hái dà
还大

Grandma said that pot of broth is older than I
am.

PAGE 13

duò ròu de shí hòu dāo yào kuài
 剁肉的时候刀要快
 shǒu yào wěn
 手要稳

When you chop the meat, the knife must be
 fast and the hand steady.

PAGE 16

kè rén chī le yì kǒu shuō tài
 客人吃了一口说太
 gān
 干

A customer took one bite and said it was too
 dry.

PAGE 14

féi de shòu de yào yì qǐ duò
 肥的瘦的要一起剁
 bù néng fēn kāi
 不能分开

Fat and lean have to be chopped together,
 not separately.

PAGE 17

nà tiān wǒ míng bai le féi de
 那天我明白了肥的
 bú shì huài dōng xī
 不是坏东西

That day I understood that the fat isn't the
 bad part.

PAGE 15

wǒ dì yī cì duò zhǐ duò le
 我第一次剁只剁了
 shòu de
 瘦的

The first time, I only chopped the lean.

PAGE 18

nǎi nai shuō yí yàng duō cái jiào
 奶奶说一样多才叫
 jiā mó
 夹馍

Grandma said: equal amounts — that's what
 makes it jiamo.

肉夹馍 · Writing Practice

Meat in Bread

Name: _____

Date: _____

奶奶

nǚ nai

grandma (paternal grand...

奶

奶

我们

wǒ men

we

我

们

肉夹馍

ròu jiā mó

lit. meat wedged in ste...

肉

夹

馍

全国

quán guó

whole nation

全

国

有名

yǒu míng

famous

有

名

外面

wài miàn

outside (also pr. for t...

外

面

里面

lǐ miàn

inside

里

面

其实

qí shí

actually

其

实

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

liáng pí
凉皮

Cold Skin

PAGE 1

xià tiān zuì máng de shì liáng pí
夏天最忙的是凉皮

In summer the busiest dish is liangpi.

PAGE 2

yì tiān néng mài liǎng bǎi wǎn
一天能卖两百碗

We can sell two hundred bowls a day.

PAGE 3

zuò liáng pí zuì huā shí jiān de
做凉皮最花时间的
shì xǐ miàn
是洗面

The most time-consuming part is washing
the dough.

PAGE 4

xiān róu yí gè miàn tuán fàng bàn
先揉一个面团放半
gè xiǎo shí
个小时

First knead a dough and let it rest half an
hour.

PAGE 5

rán hòu fàng jìn shuǐ lǐ yòng shǒu
然后放进水里用手
yì zhí niē
一直捏

Then put it in water and keep squeezing.

PAGE 6

shuǐ huì yuè lái yuè bái miàn tuán
水会越来越白面团
yuè lái yuè xiǎo
越来越小

The water gets whiter and the dough gets
smaller.

PAGE 7

yì zhí xǐ dào shuǐ bù bái
一 直 洗 到 水 不 白

Keep washing until the water stops going
white.

PAGE 10

dì èr tiān bǎ shàng miàn de qīng
第 二 天 把 上 面 的 清
shuǐ dào diào
水 倒 掉

The next day you pour off the clear water on
top.

PAGE 8

shèng xià de nà kuài jiù shì miàn
剩 下 的 那 块 就 是 面
jīn
筋

The lump left over is the mianjin.

PAGE 11

xià miàn nà céng cái shì zuò liáng
下 面 那 层 才 是 做 凉
pí yòng de
皮 用 的

The layer underneath is what you make
liangpi from.

PAGE 9

bái shuǐ yào fàng yí yè ràng tā
白 水 要 放 一 夜 让 它
chén xià qù
沉 下 去

The white water rests overnight so it can
settle.

PAGE 12

dào jìn pán zi lǐ zhēng sān fēn
倒 进 盘 子 里 蒸 三 分
zhōng jiù hǎo
钟 就 好

Pour it into a tray and three minutes of steam
is enough.

qiē chéng tiáo fàng huáng guā hé miàn
切 成 条 放 黄 瓜 和 面
jīn
筋

Cut into strips, add cucumber and mianjin.

wǒ men jiā de shì nǎi nai de
我 们 家 的 是 奶 奶 的
nǎi nai chuán xià lái de
奶 奶 传 下 来 的

Ours came down from my grandmother's
grandmother.

zuì yào jǐn de shì nà sháo là
最 要 紧 的 是 那 勺 辣
jiāo yóu
椒 油

The most important thing is that spoonful of
chilli oil.

tā zhǐ jiāo le wǒ méi yǒu xiě
她 只 教 了 我 没 有 写
xià lái
下 来

She only taught it to me. She didn't write it
down.

měi jiā de là jiāo yóu dōu bù
每 家 的 辣 椒 油 都 不
yí yàng
一 样

Every shop's chilli oil is different.

tā shuō xiě xià lái de dōng xī
她 说 写 下 来 的 东 西
bié rén yě néng ná zǒu
别 人 也 能 拿 走

She said: what's written down, anyone can
take away.

凉皮 · Writing Practice

Cold Skin

Name: _____

Date: _____

凉皮

liáng pí

liangpi (noodle-like di...

凉	皮				
---	---	--	--	--	--

面团

miàn tuán

dough

面	团				
---	---	--	--	--	--

一直

yī zhí

straight (in a straight...

一	直				
---	---	--	--	--	--

越来越

yuè lái yuè

more and more

越	来	越			
---	---	---	--	--	--

家的

jiā de

wife

家	的				
---	---	--	--	--	--

辣椒

là jiāo

hot pepper

辣	椒				
---	---	--	--	--	--

写下

xiě xià

to write down

写	下				
---	---	--	--	--	--

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.

yáng ròu pào mó
羊肉泡馍

You Do Half the Cooking

PAGE 1

zhǐ yǒu pào mó kè rén yě yào
只有泡馍客人也要

zuò
做

Paomo is the only dish the customer has to
help make too.

PAGE 4

mó yào bāi chéng huáng dòu nà me
馍要掰成黄豆那么

xiǎo
小

The bread has to be torn to the size of
soybeans.

PAGE 2

wǒ men gěi liǎng gè mó yí gè
我们给两个馍一个

kōng wǎn
空碗

We give them two loaves and an empty bowl.

PAGE 5

bāi de dà tāng jìn bú qù mó
掰得大汤进不去馍

shì yìng de
是硬的

Torn too big and the soup can't get in — the
bread stays hard.

PAGE 3

shèng xià de shì kè rén zì jǐ
剩下的事客人自己

lái
来

The rest is up to them.

PAGE 6

bāi de xiǎo tāng néng jìn qù mó
掰得小汤能进去馍

cái hǎo chī
才好吃

Torn small, the soup gets in, and the bread is
good.

yǒu de kè rén bāi shí fēn zhōng
有的客人掰十分钟

yǒu de bāi yí gè xiǎo shí
有的掰一个小时

Some customers tear for ten minutes. Some
for an hour.

wǒ men bǎ mó hé yáng ròu tāng
我们把馍和羊肉汤

yì qǐ zhǔ
一起煮

We cook the bread together with the mutton
soup.

nǎi nai shuō kàn yí gè rén bāi
奶奶说看一个人掰

mó jiù néng kàn chū tā zhè ge
馍就能看出他这个

rén
人

Grandma said you can tell what someone is
like by how they tear their bread.

zhǔ de shí hòu yào yì zhí kàn
煮的时候要一直看

zhe bù néng zǒu kāi
着不能走开

You have to watch it the whole time and can't
walk off.

bāi wán yǐ hòu wǎn duān dào chú
掰完以后碗端到厨

fáng
房

When they've finished, the bowl goes to the
kitchen.

yì fēn zhōng jiù hǎo jiǔ le mó
一分钟就好久了馍

jiù làn le
就烂了

One minute is enough; longer and the bread
falls apart.

yǒu yí cì wǒ qù ná dōng xī
有 一 次 我 去 拿 东 西
zǒu le liǎng fēn zhōng
走 了 两 分 钟

Once I went to fetch something and was
away two minutes.

wǒ qù gēn tā shuō wǒ zuò huài
我 去 跟 他 说 我 做 坏
le
了

I went and told him I'd ruined it.

huí lái de shí hòu nà wǎn yǐ
回 来 的 时 候 那 碗 已
jīng bù néng chī le
经 不 能 吃 了

By the time I got back, that bowl was ruined.

tā méi yǒu shēng qì tā shuō nà
他 没 有 生 气 他 说 那
wǒ zài bāi yì wǎn
我 再 掰 一 碗

He wasn't angry. He said: then I'll tear
another one.

nà ge kè rén bāi le sì shí
那 个 客 人 掰 了 四 十
fēn zhōng
分 钟

That customer had torn his bread for forty
minutes.

tā yòu zuò xià yòu bāi le sì
他 又 坐 下 又 掰 了 四
shí fēn zhōng
十 分 钟

He sat back down and tore for another forty
minutes.

羊肉泡馍 · Writing Practice

You Do Half the Cooking

Name: _____

Date: _____

客人

kè rén
visitor

客	人				
---	---	--	--	--	--

分钟

fēn zhōng
minute

分	钟				
---	---	--	--	--	--

我们

wǒ men
we

我	们				
---	---	--	--	--	--

有的

yǒu de
some (who are...)

有	的				
---	---	--	--	--	--

时候

shí hou
time

时	候				
---	---	--	--	--	--

不能

bù néng
cannot

不	能				
---	---	--	--	--	--

我去

wǒ qù
what the ...!

我	去				
---	---	--	--	--	--

四十

sì shí
forty

四	十				
---	---	--	--	--	--

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

guō kuī
锅盔

The Pot-Lid Bread

PAGE 1

guō kuī shì shǎn xī zuì dà de
锅盔是陕西最大的
mó
馍

Guokui is the biggest bread in Shaanxi.

PAGE 4

cóng qián de rén chū yuǎn mén dài
从前的人出远门带
yí gè néng chī shí tiān
一个能吃十天

People travelling far used to take one and eat
it for ten days.

PAGE 2

yí gè yǒu guō gài nà me dà
一个有锅盖那么大
nà me hòu
那么厚

One is as big and as thick as a pot lid.

PAGE 5

yīn wèi tā yìng suǒ yǐ bú huì
因为它硬所以不会
huài
坏

Because it's hard, it doesn't spoil.

PAGE 3

lǎo huà shuō guō kuī xiàng guō gài
老话说锅盔像锅盖

The old saying goes: guokui is like a pot lid.

PAGE 6

miàn yào róu de hěn yìng shuǐ fàng
面要揉得很硬水放
de hěn shǎo
得很少

The dough has to be kneaded very stiff, with
very little water.

PAGE 7

yìng dào yòng shǒu róu bú dòng
硬到用手揉不动

So stiff your hands can't work it.

PAGE 10

nà ge bàn fǎ yǒu yí gè míng
那个办法有一个名
zì jiào gàng zǐ yā
字叫杠子压

That method has a name: pole-pressing.

PAGE 8

cóng qián shì yòng yì gēn mù tóu
从前是用一根木头
yā de
压的

It used to be pressed with a wooden pole.

PAGE 11

wǒ men jiā xiàn zài yòng jī qì
我们家现在用机器
kě shì nǎi nai bú yòng
可是奶奶不用

We use a machine now, but Grandma
doesn't.

PAGE 9

rén zuò zài mù tóu de yì biān
人坐在木头的一边
yí xià yí xià yā
一下一下压

You sit on one end of the pole and press,
again and again.

PAGE 12

tā shuō jī qì yā de hé shǒu
她说机器压的和手
yā de bù yí yàng
压的不一样

She says machine-pressed and hand-
pressed aren't the same.

PAGE 13

wǒ chī le liǎng gè zhēn de chī
我吃了两个真的吃
bù chū lái
不出来

I ate one of each and honestly couldn't tell.

PAGE 16

tā shuō děng nǐ yā guò yì bǎi
她说等你压过一百
gè jiù chī de chū lái
个就吃得出来

She said: press a hundred of them and you will.

PAGE 14

wǒ gēn tā shuō le tā xiào le
我跟她说了她笑了
hěn jiǔ
很久

I told her so, and she laughed for a long time.

PAGE 17

nà ge xià tiān wǒ yā le shí
那个夏天我压了十
yī gè
一个

That summer I pressed eleven.

PAGE 15

tā shuō nǐ xiàn zài chī bù chū
她说你现在吃不出
lái shì duì de
来是对的

She said: it's right that you can't taste it yet.

PAGE 18

dì shí yī gè de shí hòu wǒ
第十一个的时候我
de shǒu bú nà me téng le
的手不那么疼了

By the eleventh, my hands didn't hurt as much.

锅盔 · Writing Practice

The Pot-Lid Bread

Name: _____

Date: _____

那么

nà me
like that

那	么				
---	---	--	--	--	--

锅盔

guō kuī
large round baked wheat...

锅	盔				
---	---	--	--	--	--

从前

cóng qián
previously

从	前				
---	---	--	--	--	--

锅盖

guō gài
saucepan lid

锅	盖				
---	---	--	--	--	--

得很

de hěn
very

得	很				
---	---	--	--	--	--

那个

nà ge
that one

那	个				
---	---	--	--	--	--

木头

mù tou
slow-witted

木	头				
---	---	--	--	--	--

现在

xiàn zài
now

现	在				
---	---	--	--	--	--

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

má shi
麻食

Thumb Pasta

PAGE 1

má shí shì zuì xiǎo de yì zhǒng
麻 食 是 最 小 的 一 种
miàn
面

Mashi is the smallest kind of noodle there is.

PAGE 4

bǎ xiǎo miàn kuài fàng zài àn bǎn
把 小 面 块 放 在 案 板
shàng wǎng qián yì cuō
上 往 前 一 搓

You put a small piece of dough on the board
and push it forward.

PAGE 2

yí gè zhǐ yǒu xiǎo zhǐ jia nà
一 个 只 有 小 指 甲 那
me dà
么 大

Each one is only the size of a little fingernail.

PAGE 5

miàn kuài jiù juǎn chéng yí gè xiǎo
面 块 就 卷 成 一 个 小
juǎn
卷

It curls into a little roll.

PAGE 3

zuò fǎ hěn qí guài yào yòng dà
做 法 很 奇 怪 要 用 大
mu zhǐ cuō
拇 指 搓

The method is odd: you roll them with your
thumb.

PAGE 6

lǐ miàn yǒu yí gè xiǎo dòng tāng
里 面 有 一 个 小 洞 汤
néng jìn qù
能 进 去

There's a small hollow inside, so the soup
can get in.

PAGE 7

nǎi nai yì fēn zhōng néng cuō liù
奶 奶 一 分 钟 能 搓 六
shí gè
十 个

Grandma can roll sixty a minute.

PAGE 10

wǒ suàn le yí xià wǒ yào cuō
我 算 了 一 下 我 要 搓
bàn gè xiǎo shí
半 个 小 时

I worked it out: half an hour for one bowl.

PAGE 8

wǒ yì fēn zhōng cuō jiǔ gè
我 一 分 钟 搓 九 个

I roll nine.

PAGE 11

nǎi nai zhǐ yào wǔ fēn zhōng
奶 奶 只 要 五 分 钟

Grandma needs five minutes.

PAGE 9

yì wǎn má shi yào sān bǎi gè
一 碗 麻 食 要 三 百 个

One bowl takes three hundred.

PAGE 12

wǒ wèn tā zěn me zhè me kuài
我 问 她 怎 么 这 么 快

I asked how she was so fast.

PAGE 13

tā shuō wǒ méi yǒu xiǎng kuài wǒ
她说我没有想快我
zhǐ shì méi yǒu tíng
只是没有停

She said: I'm not trying to be fast. I just don't stop.

PAGE 16

nà tiān wǒ cuō wán le yì wǎn
那天我搓完了一碗

That day I finished one bowl.

PAGE 14

wǒ kàn le tā de shǒu yì zhí
我看了她的手一直
zài dòng kě shì hěn màn
在动可是很慢

I watched her hands. Always moving, but slowly.

PAGE 17

yòng le sān shí wǔ fēn zhōng yí
用了三十五分钟一
gè yě méi yǒu diū
个也没有丢

It took thirty-five minutes, and I didn't lose one.

PAGE 15

wǒ de shǒu hěn kuài kě shì yì
我的手很快可是一
zhí tíng
直停

My hands were fast, but always stopping.

PAGE 18

nà wǎn má shí shì wǒ zì jǐ
那碗麻食是我自己
chī de
吃的

That bowl of mashi I ate myself.

麻食 · Writing Practice

Thumb Pasta

Name: _____

Date: _____

分钟

fēn zhōng
minute

分	钟				
---	---	--	--	--	--

没有

méi yǒu
haven't

没	有				
---	---	--	--	--	--

奶奶

nǎi nai
grandma (paternal grand...

奶	奶				
---	---	--	--	--	--

一直

yī zhí
straight (in a straight...

一	直				
---	---	--	--	--	--

可是

kě shì
but

可	是				
---	---	--	--	--	--

小的

xiǎo de
I (when talking to a su...

小	的				
---	---	--	--	--	--

一种

yī zhǒng
one kind of

一	种				
---	---	--	--	--	--

案板

àn bǎn
kneading or chopping bo...

案	板				
---	---	--	--	--	--

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

hú là tāng
胡辣汤

Four in the Morning

PAGE 1

hú là tāng shì zǎo fàn suǒ yǐ
胡辣汤是早饭所以
zuò de zuì zǎo
做得最早

Hulatang is breakfast, so it's made earliest.

PAGE 4

qī cì lǐ yǒu sì cì wǒ shì
七次里有四次我是
zhàn zhe shuì de
站着睡的

Four of those seven I slept standing up.

PAGE 2

nǎi nai sì diǎn qǐ lái tiān hái
奶奶四点起来天还
méi liàng
没亮

Grandma gets up at four, before it's light.

PAGE 5

tāng lǐ yǒu niú ròu wán tǔ dòu
汤里有牛肉丸土豆
bái cài fěn tiáo
白菜粉条

The soup has beef balls, potato, cabbage,
and glass noodles.

PAGE 3

nà ge xià tiān wǒ gēn tā qǐ
那个夏天我跟她起
le qī cì
了七次

That summer I got up with her seven times.

PAGE 6

zuì yào jǐn de shì nà ge hú
最要紧的是那个胡
jiāo
椒

The key thing is the pepper.

PAGE 7

hú là tāng de là bú shì là
胡辣汤的辣不是辣
jiāo de là
椒的辣

The heat in hulatang isn't chilli heat.

PAGE 10

yì guō tāng yào jiǎo sì shí fēn
一锅汤要搅四十分
zhōng
钟

A pot takes forty minutes of stirring.

PAGE 8

shì hú jiāo de là cóng hóu lóng
是胡椒的辣从喉咙
xià qù cái rè
下去才热

It's pepper heat — it only warms once it's down your throat.

PAGE 11

dì yī gè kè rén liù diǎn lái
第一个客人六点来

The first customer comes at six.

PAGE 9

tāng yào yì zhí jiǎo bù jiǎo jiù
汤要一直搅不搅就
chén dǐ
沉底

You have to stir it constantly or it settles.

PAGE 12

tā shì yí gè kāi chē de èr
他是一个开车的二
shí nián dōu lái
十年都来

He's a driver, and he's come for twenty years.

PAGE 13

tā bú yòng diǎn nǎi nai kàn jiàn
他不用点奶奶看见
tā jiù kāi shǐ chéng
他就开始盛

He doesn't order. Grandma starts ladling the
moment she sees him.

PAGE 16

dì èr tiān tā lái le shuō tā
第二天他来了说他
mā ma zhù yuàn le
妈妈住院了

The next day he came and said his mother
was in hospital.

PAGE 14

yǒu yì tiān tā méi yǒu lái
有一天他没有来

One day he didn't come.

PAGE 17

nǎi nai gěi le tā liǎng wǎn zhǐ
奶奶给了他两碗只
shōu le yì wǎn de qián
收了一碗的钱

Grandma gave him two bowls and charged
him for one.

PAGE 15

nǎi nai nà wǎn tāng fàng zài nà
奶奶那碗汤放在那
lǐ yì zhí méi yǒu dòng
里一直没有动

That bowl of hers sat there and nobody
touched it.

PAGE 18

tā shuō yì wǎn gěi tā yì wǎn
她说一碗给他一碗
gěi tā mā ma
给他妈妈

She said: one for him, one for his mother.

胡辣汤 · Writing Practice

Four in the Morning

Name: _____

Date: _____

奶奶

nǚ nai
grandma (paternal grand...

奶

奶

那个

nà ge
that one

那

个

胡椒

hú jiāo
pepper

胡

椒

一直

yī zhí
straight (in a straight...

一

直

妈妈

mā ma
mama

妈

妈

没有

méi yǒu
haven't

没

有

早饭

zǎo fàn
breakfast

早

饭

所以

suǒ yǐ
therefore

所

以

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

zèng gāo
甞糕

The Sweet One

PAGE 1

shí gè cài lǐ zhǐ yǒu yí gè
十个菜里只有一个
shì tián de
是甜的

Of the ten dishes, only one is sweet.

PAGE 4

zuò fǎ hěn jiǎn dān kě shì yào
做法很简单可是要
hěn jiǔ
很久

The method is simple, but it takes a long time.

PAGE 2

nà ge jiào zèng gāo yòng nuò mǐ
那个叫甑糕用糯米
hé hóng zǎo zuò
和红枣做

It's called zenggao, made from glutinous rice and red dates.

PAGE 5

nuò mǐ yào xiān pào yí yè
糯米要先泡一夜

The rice has to soak overnight.

PAGE 3

xī ān rén niàn de yīn gēn bié
西安人念的音跟别
de dì fang bù yí yàng
的地方不一样

The way Xi'an people say the name is different from elsewhere.

PAGE 6

hóng zǎo yào xǐ gān jìng qù hé
红枣要洗干净去核

The dates are washed clean and stoned.

PAGE 7

rán hòu yì céng mǐ yì céng zǎo
然后一层米一层枣
yì céng mǐ
一层米

Then a layer of rice, a layer of dates, a layer
of rice.

PAGE 10

liù gè xiǎo shí lǐ bù néng kāi
六个小时里不能开
gài kàn
盖看

For those six hours you can't lift the lid to
look.

PAGE 8

yí gòng yào fàng qī céng
一共要放七层

Seven layers in all.

PAGE 11

wǒ dì yī cì zuò sì gè xiǎo
我第一次做四个小
shí jiù kāi le yí cì
时 就 开 了 一 次

The first time, I opened it after four hours.

PAGE 9

fàng hǎo yǐ hòu zhēng liù gè xiǎo
放好以后蒸六个小时
shí
时

Once it's layered, it steams for six hours.

PAGE 12

nà yì guō zhōng jiān shì shēng de
那一锅中 间 是 生 的

The middle of that batch was raw.

nǎi nai shuō zhēng dōng xī zuì pà
奶 奶 说 蒸 东 西 最 怕
de shì xiǎng kàn
的 是 想 看

Grandma said: what ruins steaming is
wanting to look.

bú yòng fàng táng zǎo de tián jiù
不 用 放 糖 枣 的 甜 就
gòu le
够 了

You don't add sugar. The dates are sweet
enough.

hǎo de zèng gāo mǐ shì hóng de
好 的 甑 糕 米 是 红 的
zǎo huà zài lǐ miàn
枣 化 在 里 面

In a good zenggao the rice is red and the
dates have melted into it.

xiǎo hái zǐ zuì ài chī zhè ge
小 孩 子 最 爱 吃 这 个
yí cì néng chī liǎng wǎn
一 次 能 吃 两 碗

Children love it most — they can eat two
bowls at once.

yì sháo xià qù néng kàn jiàn qī
一 勺 下 去 能 看 见 七
céng
层

One spoon down and you can see all seven
layers.

wǒ yě shì xiǎo hái zǐ suǒ yǐ
我 也 是 小 孩 子 所 以
wǒ yí cì chī sān wǎn
我 一 次 吃 三 碗

I'm a child too, so I eat three.

甍糕 · Writing Practice

The Sweet One

Name: _____

Date: _____

一层

yī céng
layer

一	层				
---	---	--	--	--	--

小时

xiǎo shí
hour

小	时				
---	---	--	--	--	--

一次

yī cì
first

一	次				
---	---	--	--	--	--

糯米

nuò mǐ
glutinous rice (Oryza s...

糯	米				
---	---	--	--	--	--

红枣

hóng zǎo
jujube

红	枣				
---	---	--	--	--	--

小孩子

xiǎo hái zi
child

小	孩	子			
---	---	---	--	--	--

只有

zhǐ yǒu
only have ...

只	有				
---	---	--	--	--	--

做法

zuò fǎ
way of handling sth

做	法				
---	---	--	--	--	--

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

hú lu jī
葫芦鸡

The One She Wouldn't Teach Me

PAGE 1

dì shí gè cài nǎi nai yì kāi
第十个菜奶奶一开
shǐ bù kěn jiāo
始不肯教

The tenth dish, Grandma wouldn't teach me
at first.

PAGE 4

zuò fǎ yǒu sān bù xiān zhǔ zài
做法有三步先煮再
zhēng zuì hòu zhá
蒸最后炸

Three steps: boil, then steam, then deep-fry.

PAGE 2

nà ge cài jiào hú lu jī shì
那个菜叫葫芦鸡是
táng cháo chuán xià lái de
唐朝传下来的

It's called huluji, and it came down from the
Tang dynasty.

PAGE 5

sān bù dōu zuò wán jī hái yào
三步都做完了鸡还要
shì zhěng gè de
是整个的

After all three, the chicken still has to be
whole.

PAGE 3

yì qiān duō nián qián cháng ān rén
一千多年前长安人
jiù zài chī
就在吃

People in Chang'an were eating it over a
thousand years ago.

PAGE 6

zhè jiù shì zuì nán de dì fang
这就是最难的地方

That's the hard part.

PAGE 7

zhǔ guò zhēng guò de jī yí pèng
煮 过 蒸 过 的 鸡 一 碰
jiù sàn
就 散

A chicken that's been boiled and steamed
falls apart at a touch.

PAGE 10

wǒ wèn le nǎi nai sì cì tā
我 问 了 奶 奶 四 次 她
dōu shuō hái bù xíng
都 说 还 不 行

I asked her four times, and each time she
said not yet.

PAGE 8

suǒ yǐ yào yòng má shéng bǎ tā
所 以 要 用 麻 绳 把 它
kǔn qǐ lái
捆 起 来

So you tie it up with hemp string.

PAGE 11

bā yuè de zuì hòu yì tiān tā
八 月 的 最 后 一 天 她
bǎ jī fàng zài wǒ miàn qián
把 鸡 放 在 我 面 前

On the last day of August she put a chicken
in front of me.

PAGE 9

kǔn de yàng zi xiàng yí gè hú
捆 的 样 子 像 一 个 葫
lu míng zi jiù shì zhè yàng lái
芦 名 字 就 是 这 样 来
de
的

Tied up it looks like a gourd, and that's where
the name comes from.

PAGE 12

wǒ wèn tā wèi shén me shì jīn
我 问 她 为 什 么 是 今
tiān
天

I asked why today.

PAGE 13

tā shuō yīn wèi nǐ xiàn zài huì
她说因为你现在会
děng le
等了

She said: because you know how to wait
now.

PAGE 16

nà tiān de jī pí méi yǒu pò
那天的鸡皮没有破

That day the chicken's skin didn't break.

PAGE 14

wǒ xiǎng qǐ zèng gāo nà liù gè
我想起甑糕那六个
xiǎo shí
小时

I thought of those six hours of zenggao.

PAGE 17

nǎi nai cháng le yì kǒu hái shì
奶奶尝了一口还是
shén me yě méi shuō
什么也没说

Grandma tasted it and still said nothing.

PAGE 15

yě xiǎng qǐ pào mó nà yì fēn
也想起泡馍那一分
zhōng
钟

And that one minute of paomo.

PAGE 18

kě shì dì èr tiān cài dān shàng
可是第二天菜单上
duō le wǒ de míng zì
多了我的名字

But the next day my name was on the menu.

葫芦鸡 · Writing Practice

The One She Wouldn't Teach Me

Name: _____

Date: _____

奶奶

nǎi nai

grandma (paternal grand...

奶

奶

葫芦

hú lu

calabash or bottle gour...

葫

芦

名字

míng zi

name (of a person or th...

名

字

想起

xiǎng qǐ

to recall

想

起

开始

kāi shǐ

to begin

开

始

做法

zuò fǎ

way of handling sth

做

法

最后

zuì hòu

final

最

后

那个

nà ge

that one

那

个

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