



## 第八十五期

### *Fusion Food in Hong Kong*

#### 無國界料理在香港

Last year I went on a short trip to Hong Kong. I met up with my friend who lives there. She told me about a restaurant that had opened up recently in the SoHo district. The restaurant, which was called Little Bao, was famous for **fusion** food.

去年，我去香港旅行幾天。我和住在那裡的朋友碰面，她告訴我最近在蘇豪區開了一家叫小包包的餐廳，以無國界料理聞名。



The food at Little Bao was a mix between Asian and American food.

They served American foods like Mac & Cheese and fries, and they also served Asian foods such as dumplings and tempura. The restaurant was most famous for its *bao*, or Chinese buns, many of which were filled with both American and Chinese ingredients. Even though they used Chinese buns, the **dishes** looked like American hamburgers.

小包包的食物是亞洲與美洲食物的融合。他們供應美式食物如起司通心麵及薯條，也供應亞洲食物像餃子及天婦羅。該餐廳以包子(也可稱為中國饅頭)聞名，有很多種包子同時夾有美式與中式食材。雖然他們使用的是饅頭，但餐點看起來像美式漢堡。



I decided to try the dish called Chicken Bao, as it was very popular. My friend suggested that we get the food to go because waiting for a seat could take a really long time. When my Chicken Bao came, it looked smaller than expected. Inside the bun was a piece of fried chicken that was covered with coleslaw. Coleslaw is a kind of salad that **originated** in Europe, but became popular in America in the 1700s. The coleslaw in my “hamburger” had an Asian-style sauce on it.

我決定嘗試一個叫做「雞肉包」的餐點，因為它很受歡迎。我的朋友建議我們外帶，因為等座位可能要等很久。當我的雞肉包來了時，看起來比預期中的還要小。饅頭裡面夾的是一塊被高麗菜沙拉覆蓋的炸雞。高麗菜沙拉是一種起源於歐洲的沙拉，但18世紀在美國很盛行。在我的「漢堡」裡的高麗菜沙拉附佐亞洲風味的淋醬。

The moment I bit into the bao, I was in awe of it. It was not only delicious, but also really unique. I had never tried anything like it before.

一口咬下雞肉包的那一刻，我心生敬畏。它不僅美味，而且特別。我以前從來沒有吃過任何類似的食物。

### Vocabulary 好字精選

1. fusion (adj.) combining widely differing ethnic ingredients 融合，聚變

That restaurant serves amazing fusion cuisine.

那間餐廳提供美味的融合(無國界)菜色。

2. ingredient (n) any of the foods or substances that are combined to make a particular dish 原料，食材

How many ingredients do you need in order to make this dish?

為了做這些菜，你需要多少食材？

3. dish (n) the food served or contained in a dish 菜餚，餐點

We serve many dishes here. Take a look at our menu.

我們這裡提供多種菜色，請參考我們的菜單。

4. originate (v) to begin 起源於

Karate originated in Okinawa, Japan.

空手道起源於日本的沖繩。

### Phrases and Sentence Patterns 句型解析

1. meet up (phrasal verb) to come together with someone 與(人)碰面

Jake's going to meet up with his good friend Al tonight.

Jake 今晚要和他的好朋友 Al 碰面。

2. open up (phrasal verb) to begin operation 開業，發展，出現

This restaurant opened up last year.

這家餐廳去年開始營業。

3. clause, + many of which/non-defining relative clause (sentence pattern) (關係代名詞用法) 其中有許多...

Gerald enjoys reading his Japanese books, many of which he bought in Japan.

Gerald 喜歡閱讀他的日文書，其中許多是他在日本買的。

4. to go (phrase) you want to take the food away, not eat it there 外帶

Do you mind if we get this food to go?

你介意我們把食物外帶嗎？

5. bite into (phrasal verb) to press one's teeth into something 咬下，咬入

Samantha bit into the apple.

Samantha 咬了蘋果一口。

6. be in awe of (something) (phrase) to feel awe for 敬畏

I was in awe of his accomplishments.

我對他的成就感到敬畏。

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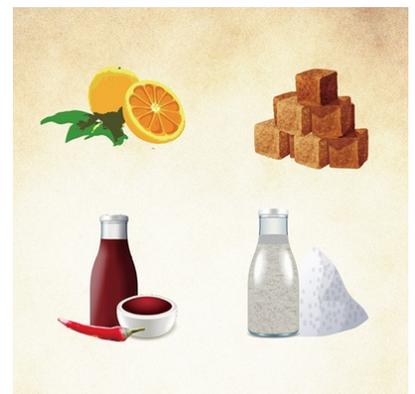
## 第八十五期

### *Umami: The Fifth Taste*

#### 鮮味：第五種味道

If you like candy, you've probably heard of sweetness. You've probably heard of saltiness, sourness, and bitterness too. But have you heard of umami? Umami is a **savory** taste that can be found in many meats, cheeses, and vegetables.

如果你喜歡糖果，你可能聽過甜味。你也可能聽說過鹹、酸、苦三味。但你曾聽過鮮味嗎？鮮味是一種可口的滋味，在許多肉類、起司及蔬菜中都找到。



Umami was **discovered** by a professor in Japan in the early 1900s.

His name was Kikunae Ikeda, He noticed a taste that didn't seem to be sweet, salty, sour, or **bitter**, and he called this new taste umami.

鮮味在二十世紀初由日本的教授發現。他的名字叫池田菊苗，他注意到一種似乎不甜、不鹹、不酸也不苦的味道，他稱這個新的味道為鮮味。

The **qualities** of umami have been described by chefs in detail. Most chefs believe that unlike sweetness and saltiness, umami is a taste that spreads out across the **tongue**. It also seems to stick around in a person's mouth for quite a while, whereas sweet or salty tastes go away quickly. Furthermore, it makes a person's mouth more watery. Some people think that these qualities make umami more special.



鮮味的特質已被廚師詳細描述。大多數廚師認為，不同於甜味和鹹味，鮮味是一種會散佈至整個舌頭的味道。它也似乎會在一個人的嘴裡停留一段時間，而甜或鹹的味道很快就消失了。此外，它會使一個人的嘴分泌更多唾液。有些人認為這些特質讓鮮味更加特別。

A variety of foods have umami. Tomatoes and onions contain umami. Meats such as pork, fish, and beef have umami in them as well.

Umami can also be found in some dried mushrooms.

很多種食物都有鮮味。番茄和洋蔥就含有鮮味。豬肉、魚肉和牛肉等肉類也有鮮味在其中。某一些乾燥香菇中也可以發現鮮味。

## Vocabulary 好字精選

1. savory (adj.) belonging to the category that is salty or spicy rather than sweet 鹹的/非甜味

Do you prefer savory food or sweet food?

你喜歡鹹的還是甜的食物？

2. discover (v) to find in the course of a search 發現

Kelly discovered a dead body in the forest.

Kelly 在森林裡發現了一個具屍體。

3. bitter (adj.) having a sharp, pungent taste 苦味

Coffee beans have a bitter taste.

咖啡豆有苦味。

4. quality (n) a distinctive characteristic possessed by someone or something 特質

He has lots of good qualities; he's patient, kind, and generous.

他有很多很好的特質：有耐心、善良和慷慨。

5. tongue (n) the fleshy organ in the mouth of a mammal 舌頭

The little boy stuck out his tongue at the girl.

那小男孩向那小女孩吐舌頭。

## Phrases and Sentence Patterns 句型解析

1. in detail (phrase) with more detail 詳細

The police officer asked Shelly to describe the killer in detail.

警察要求 Shelly 詳細描述殺手。

2. spread out (phrasal verb) to extend over an area 延伸/散開

He spread out the box's contents on the table.

他把盒子裡的東西散放在桌子上。

3. stick around (idiom) to remain or linger in some place 留下

Would you like to stick around and have dinner?

你想要留下來吃晚餐嗎？



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