



杏仁豆腐 Almond Tofu

杏仁豆腐，是中式甜食，為一種類似豆腐的杏仁味果凍，由食用明膠或洋菜加水、糖、南杏或加杏仁粉等製成。家庭製作的杏仁豆腐通常還會加入牛奶。市售杏仁豆腐，往往加入調了甜味的果子露和水果，類似于冷食什錦水果片或者什錦甜涼粉。製作為果子露形式，杏仁豆腐類型像布丁一樣。



杏仁豆腐 Almond Tofu

Almond tofu (杏仁豆腐), almond jelly, or almond pudding is a popular dessert in Hong Kong, Taiwan, and Japan and often found in dim sum restaurants worldwide, commonly garnished with wolfberries.

The name is misleading – it uses apricot kernels (杏仁), not almonds – though the flavor is similar – and in most recipes does not use soy beans (as are used in tofu, 豆腐), though the consistency is similar.





茶葉蛋 Tea Egg

Tea Egg is a typical Chinese savory snack commonly sold by street vendors or in night markets in most Chinese communities throughout the world.

Fragrant and flavorful tea eggs are a traditional Chinese treat. Ingredients used are Chinese five-spice powder (ground cinnamon, star anise, fennel seeds, cloves & Szechuan peppercorns), tea bag, soy source, brown sugar, salt, etc.

The traditional cooking method:

1. Boil unshelled eggs till is cooked
2. Crack each egg to have smaller cracks all around (optional)
3. Add other ingredients and stir with medium heat for 2 hours or longer for stronger flavor and darker appearance
4. Serve hot or cold

http://en.wikipedia.org/wiki/Tea_egg

甜糯米糕做法

Sweet Sticky Rice



材料 Ingredients:

- 兩杯糯米 2 cups glutinous rice (sticky rice)
- 一杯半水 1 1/2 cups water
- 兩杯沙糖 2 cups brown sugar
- 四杯椰奶 4 cups coconut milk
- 一點點鹽 1/2 tsp salt

做法 Cooking Steps:

1. Combine the sticky rice and water in a rice cooker and cook until the rice is ready.
2. While the rice is cooking, combine the coconut milk with brown sugar and salt in a separate pot and cook in low heat until the texture becomes thick. Stir constantly.
3. Once the rice is cooked, add 2 and mix well. Continue cooking until all the liquid evaporates (but do not overcook).
4. Scoop and place it in a serving plate then flatten the surface. Share and Enjoy!



爆米香 Puffed-rice Cakes

爆米香主要是由稻米製造而成，需裝稻米放入壓力爐內，滾動壓力爐進行加熱，在熟化過程，米粒便逐漸膨脹，當壓力爐打開前，會先將爐內壓力洩放，因此產生爆炸聲響當鍋爐內的壓力上升到一定時，就可以爆出來了。『ㄅㄨˋ ㄇㄧˋ ㄒㄩㄥˋ』。爆米香的小販，會在壓力爐打開前，用閩南語口音喊：「要爆啊！」，所以被稱作爆米香（閩南語：pō ng-bí-phang）。米香可搭配其它食品一起製作，例如：花生、芝麻、魚乾、南瓜子、海苔、葡萄乾……等食材混入，完成後，再淋上熱糖漿即可。米香的形狀視模具而定，由於板狀米香易於切成長條狀，通常特殊型狀做為禮餅贈予，小可做甜點、零食用。

Puffed rice cake is a type of food made with puffed rice and to be loaded into high pressure of the furnace. During the heating furnace pressure rolling, in the aging process, a grain of rice will be gradually expanded to open when the pressure furnace before the furnace will be the first pressure relief. Since during the making process, it will result in an explosion sound –PONG. So people call it “pong-bi-phang” in Taiwanese.

Puffed-rice Cakes can be made with some other materials and the common flavorings include peanut, sesame, dried-fish, pumpkin seed, seaweed, raisin and so on. The shape of puffed rice cake is depend on the containers if you use rectangle containers that will be easier to cut as long ones. Typically, it is eaten as a healthy snack or desert. In the commonly available commercial format and rice cake provides as a great gift.



爆米香的膨化材料 Recipe

**Puffed Rice 6oz,
non-skin peanut 1/2 cup,
sugar 8 tabs water 150CC,
Oil 1.5 tabs (0.5 tabs use on pan)**



珍珠奶茶 Bubble tea

珍珠奶茶，又稱粉圓奶茶、波霸奶茶，1980年代發明及廣傳於台灣的茶類飲料，將粉圓、珍珠，加入醇的奶茶中，尚有珍珠紅（綠）茶、珍珠綠茶等變種，由於口感特殊，所以受到廣大歡迎與回響，也成為台灣最具代表性的飲料與小吃之一。主要成份為澱粉，通常由太白粉，即木（樹）薯粉，也有以地瓜粉、馬鈴薯粉等或果凍者所製成的澱粉球，並添上水、糖及香料，其顏色、口感依成分不同而不同。

Bubble Tea is the name for pearl milk tea and other similar tea and juice beverages that originated in tea shops in Taiwan during the 1980s. Drink recipes may vary, but most bubble teas contain a tea base mixed with fruit (or fruit syrup) and/or milk. Ice-blended versions of the drinks, similar to slushies, are also available, usually in fruit flavors.

One of the famous categories of bubble teas is "**pearl milk tea**" (also known as "boba milk tea" in parts of America), which contains small chewy balls made of tapioca starch, called "pearls" in Chinese (also known as "FenYuan 粉圓" or "ZhenZhu 珍珠").

Pearls made of tapioca are also available in many places.





元宵 / 湯圓 Sweet Dumpling/Tang-Yuan

每年農曆的正月十五日，春節剛過，迎來的就是中國的傳統節日——元宵節。民間有過元宵節吃元宵的習俗。元宵由糯米製成，或實心，或帶餡。人們把這種食物叫

“湯糰”或“湯圓”，這些名稱“團圓”字音相近，取團圓之意，象徵全家團圓，和睦幸福，也以此懷念離別的親人。





元_{ㄩㄢˊ}宵_{ㄒㄠˊ} / 湯_{ㄊㄨㄥ}圓_{ㄩㄢˊ} Sweet Dumpling/Tang-Yuan

The Lantern Festival or YuanXiaoJie is a traditional Chinese festival, which is on the 15th of the first month of the [Chinese New Year](#). The festival marks the end of the celebrations of the Chinese New Year.

YuanXiao (glutinous rice ball) or TangYuan is the special food for the Lantern Festival. YuanXiao is a kind of sweet dumpling, which is made with sticky rice flour filled with sweet stuffing. And the festival is named after the famous dumpling.

YuanXiao is sticky, sweet and round in shape, symbolizing family unity, completeness and happiness.



阿_ㄚ里_{ㄌㄧ}山_{ㄕㄨㄢ}高_{ㄍㄠ}山_{ㄕㄨㄢ}茶_{ㄔㄞ} AliShan Tea

阿_ㄚ里_{ㄌㄧ}山_{ㄕㄨㄢ}高_{ㄍㄠ}山_{ㄕㄨㄢ}茶_{ㄔㄞ}區_{ㄍㄨ}可_{ㄎㄨ}說_{ㄕㄨㄛ}是_{ㄕㄨ}台_{ㄊㄞ}灣_{ㄨㄢ}高_{ㄍㄠ}山_{ㄕㄨㄢ}茶_{ㄔㄞ}最_{ㄇㄟ}頂_{ㄎㄨㄥ}級_{ㄐㄧ}的_{ㄉㄜ}茶_{ㄔㄞ}品_{ㄆㄧ}，茶_{ㄔㄞ}園_{ㄩㄢ}海_{ㄏㄞ}拔_{ㄅㄞ}在_{ㄅㄞ}800公_{ㄍㄨ}尺_{ㄕㄨ}到_{ㄉㄜ}1400公_{ㄍㄨ}尺_{ㄕㄨ}之_{ㄕㄨ}間_{ㄐㄨ}，因_{ㄕㄨ}為_{ㄨㄟ}阿_ㄚ里_{ㄌㄧ}山_{ㄕㄨㄢ}高_{ㄍㄠ}山_{ㄕㄨㄢ}氣_{ㄑㄩ}候_{ㄏㄨ}冷_{ㄌㄨㄥ}涼_{ㄌㄨㄟ}，早_{ㄅㄞ}晚_{ㄨㄢ}雲_{ㄩㄢ}霧_ㄨ籠_{ㄌㄨㄥ}罩_{ㄗㄞ}，平_{ㄆㄢ}均_{ㄅㄨ}日_ㄖ照_{ㄗㄞ}短_{ㄉㄜ}，茶_{ㄔㄞ}樹_{ㄕㄨ}芽_ㄩ葉_ㄜ苦_{ㄎㄨ}澀_{ㄕㄨ}成_{ㄕㄨ}分_{ㄈㄢ}降_{ㄐㄨㄥ}低_{ㄉㄜ}，進_{ㄕㄨ}而_{ㄕㄨ}提_{ㄕㄨ}高_{ㄍㄠ}了_{ㄌㄜ}茶_{ㄔㄞ}葉_ㄜ的_{ㄉㄜ}甘_{ㄍㄢ}味_{ㄨㄟ}。同_{ㄕㄨ}時_{ㄕㄨ}因_{ㄕㄨ}日_ㄖ夜_ㄜ溫_{ㄨㄢ}差_{ㄕㄨ}大_{ㄉㄜ}的_{ㄉㄜ}緣_{ㄩㄢ}故_{ㄉㄜ}，茶_{ㄔㄞ}樹_{ㄕㄨ}生_{ㄕㄨ}長_{ㄕㄨ}緩_{ㄕㄨ}慢_{ㄉㄜ}，茶_{ㄔㄞ}葉_ㄜ芽_ㄩ葉_ㄜ柔_{ㄖㄨ}軟_{ㄉㄜ}，葉_ㄜ肉_{ㄖㄨ}厚_{ㄕㄨ}實_{ㄕㄨ}，果_{ㄍㄨ}膠_{ㄍㄨ}質_{ㄗㄞ}含_{ㄕㄨ}量_{ㄌㄨㄟ}高_{ㄍㄠ}等_{ㄕㄨ}等_{ㄕㄨ}，這_{ㄕㄨ}些_{ㄕㄨ}都_{ㄕㄨ}是_{ㄕㄨ}阿_ㄚ里_{ㄌㄧ}山_{ㄕㄨㄢ}高_{ㄍㄠ}山_{ㄕㄨㄢ}茶_{ㄔㄞ}所_{ㄕㄨ}展_{ㄕㄨ}現_{ㄕㄨ}出_{ㄕㄨ}的_{ㄉㄜ}特_{ㄕㄨ}性_{ㄕㄨ}。此_{ㄕㄨ}外_{ㄨㄟ}這_{ㄕㄨ}裡_{ㄌㄧ}所_{ㄕㄨ}產_{ㄕㄨ}的_{ㄉㄜ}茶_{ㄔㄞ}葉_ㄜ多_{ㄕㄨ}以_{ㄕㄨ}山_{ㄕㄨㄢ}泉_{ㄑㄨㄢ}水_{ㄨㄟ}灌_{ㄍㄨ}溉_{ㄍㄨ}，甘_{ㄍㄢ}醇_{ㄕㄨ}美_{ㄕㄨ}味_{ㄨㄟ}，具_{ㄕㄨ}有_{ㄕㄨ}濃_{ㄨㄢ}厚_{ㄕㄨ}的_{ㄉㄜ}高_{ㄍㄠ}山_{ㄕㄨㄢ}冷_{ㄌㄨㄥ}冽_{ㄌㄨㄟ}茶_{ㄔㄞ}味_{ㄨㄟ}，堪_{ㄕㄨ}稱_{ㄕㄨ}是_{ㄕㄨ}「世_{ㄕㄨ}界_{ㄕㄨ}第_{ㄉㄜ}一_{ㄉㄜ}等_{ㄕㄨ}」好_{ㄕㄨ}茶_{ㄔㄞ}。



阿_ㄚ里_ㄌ山_ㄩ高_ㄍ山_ㄩ茶_ㄊ AliShan Tea

Mount Ali is one of the most popular tourist areas in Taiwan. AliShan is famous for its high-mountain [oolong tea](#). The oolong tea growing areas are situated between 800 and 1400 meters in attitude. The high mountain conditions offer plenty of fog and low temperatures which are ideal for oolong tea, and the water used for irrigation is from pure mountain springs. Mount Ali tea is characterized by its sweet fragrance with overtones of flowers and fruit.





蘿蔔糕 Chinese Radish Cake

蘿蔔糕，是由蘿蔔刨絲和在來米粉製成的食物。是一種常見於粵式茶樓的點心，同時也是逢過年時必備的賀年糕點之一。因為菜頭象徵著「好彩頭」，代表新的一年好運就會跟著來。





蘿^{カネシ}蔔^{クニ}糕^コ Chinese Radish Cake

Chinese radish (daikon in Japanese) cake (LoBoGao) is a Chinese dim sum dish made of shredded Chinese radish and plain rice flour. It is commonly served in Cantonese cuisine. It is usually served in cubes and sometimes pan-fried before serving.

LoBoGao is also a common

Chinese New Year dish, since the Chinese

radish (菜^{カネシ}頭^{クニ}, *chhài-thâu*) is a

homophone for "good fortune" (好^{カネシ}彩^{クニ}頭^{クニ},

hó-chhái-thâu) in Hokkien dialog.



肉蛋土司中西式早餐

ウマイ u mai



香腸 Sausage

香腸是一個非常古老的食品生產和肉食保存技術，古時是以動物腸臟製成腸衣，不過現在多數改用人造腸衣以代替動物腸臟製成的。內容物通常為：瘦豬肉，肥豬肉，糖，鹽，葡萄糖，白酒，腸衣，薑粉(汁)、味精、五香粉各適量。

做法：將以上材料混合醃好後灌入腸衣內，分成小段，吊在陰涼處風乾。吃法：通常以烤的居多，但也可以蒸，炒，… 等等。





香腸 Sausage

Sausage-making is an ancient form of food production and meat preservation technology. In the old times, the sausage casing is made of animal intestines. Nowadays, the use of animal intestines is being replaced by artificial sausage casings.

The content of sausages usually consists of lean pork, fat pork, sugar, salt, glucose, cooking wine, ginger (juice), msg, and five spices.

How to make:

marinate above content for a couple days

mix above ingredients stuff sausages into casing

with a sausage stuffer separate and twist into

smaller sections hang under shaded area to dry

Sausages are usually eaten barbecued, but can

also be steamed, fried ...