

Food Guide shí wù zhǐ nán, 食, 物, 指, 南

Chinese Dishes

zhōng guó cài, 中, 国, 菜

APPETIZERS	KĀI WÈI PǐN	开胃品
Cold bean curd	Xiǎo cōng bàn dòu fu	小葱拌豆腐
Cold platter	Lěng pán	冷盘
Cold rice noodles	Lěng fěn	冷粉
Fried peanuts	Yóu zhá huā shēng mǐ	油炸花生米
Jellied Egg	Sōng huā dàn	松花蛋
Mixed cold platter	Pīn pán	拼盘
Pickled cucumber	Yān huáng guā	腌黄瓜
Sausage	Xiāng cháng	香肠
Sesame chicken	Zhī ma jī	芝麻鸡

VEGETABLE DISHES	SÙ CÀI LÈI	素菜类
Asparagus	Lú sǔn	芦笋
Bean curd	Dòu fu	豆腐
Bean curd and chili	Má là dòu fu	麻辣豆腐
Bean curd and scallions	Dà cōng chǎo dòu fu	大葱炒豆腐
Bean curd casserole	Shā guō dòu fu	砂锅豆腐
Bean curd, chili w/ minced meat	Má pó dòu fu	麻婆豆腐
Broccoli and oyster sauce	Háo yóu xī lán huā	蚝油西兰花
Deep fried chili pepper	Hǔ pí jiān jiāo	虎皮尖椒
Dry fried baby corn	Gān shāo yù mǐ sǔn	干烧玉米笋
Eggplant with garlic	Yú xiāng qié zi	鱼香茄子
Eggplant, potato, green pepper	Dì sān xiān	地三鲜
Fried eggplant	Shāo qié zi	烧茄子
Fried sliced bean curd	Guō tā dòu fu	锅塌豆腐
Garlic sautéed wood ear	Suàn róng mù ěr cài	蒜茸木耳菜
Green vegetable and mushrooms	Xiāng gū yóu cài	香菇油菜
Home-style bean curd	Jiā cháng dòu fu	家常豆腐
Lettuce and oyster sauce	Háo yóu shēng cài	蚝油生菜
Mixed vegetable	Shí jīn shū cài	什锦蔬菜
Mushrooms and bamboo shoots	Chǎo èr dōng	炒二冬
Slices bean curd	Dòu fu sī	豆腐丝

Food Guide shí wù zhǐ nán, 食, 物, 指, 南

Snow peas and white fungus	Bīng xuě yín ěr	冰雪银耳
Stir fried mushrooms and green beans	Xiān mó biǎn dòu	鲜蘑扁豆
Stir-fried bean curd	Chǎo dòu fu	炒豆腐
Stir-fried sour bean sprouts	Chǎo dòu yá	炒豆芽
Stir-fried spinach	Sù chǎo bō cài	素炒菠菜
Stir-fried tomato and egg	Xī hóng shì chǎo jī dàn	西红柿炒鸡蛋
Sweet and sour eggplant	Táng cù qié zi	糖醋茄子
Vegetables on sizzling rice	Shū cài guō bā	蔬菜锅巴
Vermicelli w/ spicy minced meat	Mǎ yǐ shàng shù	蚂蚁上树

SEAFOOD	Hǎi xiān lèi	海鲜类
Crispy-skin fish	Cuì pí yú	脆皮鱼
Deep friend fish	Gān shāo yú	干烧鱼
Deep-fried shrimp balls	Zhà xiā qiú	炸虾球
Eel	Màn yú	鳗鱼
Fish braised in brown sauce	Hóng shāo yú	红烧鱼
Jelly fish	Hǎi zhé	海蜇
Korean pan-friend fish	Míng tài yú	明太鱼
Carp	Lǐ yú	鲤鱼
Mandarin Fish	Guì yú	鳊鱼
Mussel	Yí bèi	贻贝
Oysters	Háo	蚝
Pan-fried shrimp	Liū xiā rén	溜虾仁
Prawn balls with vegetables	Shí cài xiā qiú	时菜虾球
Prawns	Duì xiā	对虾
Salmon	Sān wén yú	三文鱼
Sea cucumber	Hǎi shēng	海参
Shark Fin	Yú chì	鱼翅
Shrimp	Xiā zi	虾子
Steamed fish in soy sauce	Qīng zhēng yú	清蒸鱼
Stir-fried fish	Huá liū yú piàn	滑溜鱼片
Sweet and sour fish	Táng cù quán yú	糖醋全鱼

POULTRY	Jī ròu lèi	鸡肉类
Beijing roast duck	Běi jīng kǎo yā	北京烤鸭
Chicken and orange peel	Chén pí jī	陈皮鸡
Chicken in wine	Zuì jī	醉鸡
Chicken nuggets	Ruǎn zhá jī dīng	软炸鸡丁

Food Guide ^{shí} ,食 ^{wù} ,物 ^{zhǐ} ,指 ^{nán} ,南

Chicken w/ five spice seasoning	Wǔ xiāng zhá jī	五香炸鸡
Chicken w/ soy sauce	Jiàng bào jī dīng	酱爆鸡丁
Diced chicken and cashew nuts	Yāo guǒ jī dīng	腰果鸡丁
Diced chicken and peanuts	Gōng bào jī dīng	宫爆鸡丁
Diced chicken cut like a lotus	Hé huā jī dīng	荷花鸡丁
Dried fried chicken w/ onion	Cōng kǎo jī ròu sī	葱烤鸡肉丝
Fried chicken	Zhā jī pái	炸鸡排
Fried chicken in slices	Liū jī piàn	溜鸡片
Fried sliced chicken w/ scallions	Cōng yóu jī	葱油鸡
Lemon chicken	Níng méng jī	柠檬鸡
Sheers in garlic and sauce	Guài wèi jī	怪味鸡
Stewed chicken and chestnuts	Lì zǐ shāo zǐ jī	栗子烧子鸡
Water chestnut, eggs, soybeans	Fú róng jī piàn	芙蓉鸡片
White marinade chicken	Bái zhǎn jī	白斩鸡

PORK	ZHŪ RÒU LÈI	猪肉类
Sweet and sour pork	Gǔ lǎo ròu	古老肉
In brown sauce on spring onions	Jīng jiàng ròu sī	京酱肉丝
Braised pork	Kòu ròu	扣肉
Braised in soy sauce	Hóng shāo ròu	红烧肉
Braised with chestnuts	Bǎn lì shāo ròu	板栗烧肉
Large meatball stewed + cabbage	Shī zi tóu	狮子头
Pork chop in casserole	Huǒ guō zhū pái	火锅猪排
Double-cooked pork	Huí guō ròu	回锅肉
Spicy shredded pork	Yú xiāng ròu sī	鱼香肉丝
Stir-fried +egg +black fungus	Mù xū ròu	木须肉
Stir-fried, pickled mustard greens	Zhà cài chǎo ròu sī	榨菜炒肉丝
Sizzling pork	Tiě bǎn zhū ròu	铁板猪肉

BEEF	NIÚ RÒU LÈI	牛肉类
Beef braised in five spices	Wǔ xiāng niú ròu	五香牛肉
Beef in brown sauce	Shā chá niú ròu	沙茶牛肉
Beef in oyster sauce	Háo yóu niú ròu	蚝油牛肉
Beef meatball	Niú ròu wán	牛肉丸
Beef ribs with black beans	Dòu chǐ pái gǔ	豆豉排骨

Food Guide shí wù zhǐ nán, 食, 物, 指, 南

Beef with onion	Cōng tóu chǎo niú ròu	葱头炒牛肉
Braised fatty pork	Kòu ròu	扣肉
Braised pork in soy sauce	Hóng shāo ròu	红烧肉
Braised pork w/ chestnuts	Bǎn lì shāo ròu	板栗烧肉
Curried beef	Gā li niú ròu	咖喱牛肉
Deep fried beef and onion	Cōng bào niú ròu	葱爆牛肉
Double-cooked pork	Huí guō ròu	回锅肉
Fried beef in sesame sauce	Má jiàng niú ròu	麻酱牛肉
Hot pot pork chop	Huǒ guō zhū pái	火锅猪排
Pork w/ brown sauce in bean curd wraps and spring onions	Jīng jiàng ròu sī	京酱肉丝
Sautéed shredded beef	Gān biān niú ròu sī	干煸牛肉丝
Sizzling beef	Tiě bǎn niú ròu	铁板牛肉
Sizzling pork	Tiě bǎn zhū ròu	铁板猪肉
Sliced beef w/ green vegetables	Jiè lán niú ròu	芥兰牛肉
Spicy shredded pork	Yú xiāng ròu sī	鱼香肉丝
Stewed large meatball w/ vegetables	Shī zi tóu	狮子头
Stir-fried beef and snow peas	Hé lán dòu niú ròu	荷兰豆牛肉
Stir-fried pork w/ egg and black fungus	Mù xū ròu	木须肉
Stir-fried pork w. pickled vegetables	Zhà cài chǎo ròu sī	榨菜炒肉丝
Sweet and sour pork	Gǔ lǎo ròu	古老肉

SOUP	TĀNG LÈI	汤类
Chicken soup	Jī tāng	鸡汤
Hot and sour soup	Suān là tāng	酸辣汤
Pickled vegetable soup	Zhà cài tāng	榨菜汤
Prawns/meat/vegetable soup	Sān xiān tāng	三鲜汤
Soup with spinach and vermicelli	Bō cài tāng	菠菜汤
Vegetable and egg soup	Jī dàn tāng	鸡蛋汤

CARB DISHES	ZHǔ SHÍ LÈI	主食类
Bread	Miàn bāo	面包
Chinese pancake	Jiān bǐng	煎饼
Deep fried bread stick	Yóu tiáo	油条
Dumplings	Jiǎo zi	饺子
Fried noodles	Chǎo miàn	炒面

Food Guide shí wù zhǐ nán ,食 ,物 ,指 ,南

Fried rice in an omelets	Dàn bāo fàn	蛋包饭
Fried rice with egg	Dàn chǎo fàn	蛋炒饭
Hamburger	Hàn bǎo bāo	汉堡包
Noodles	Lā miàn	拉面
Onion pancake	Cōng yóu bǐng	葱油饼
Rice noodles / Vermicelli	Fěn sī	粉丝
Sesame pancake	Shāo bǐng	烧饼
Steamed roll	Mán tóu	馒头
Steamed stuffed pork buns	Bāo zi	包子

BBQ Shishkebab	RÒU CHUÀN'R	肉串
Beef	Niú ròu	牛肉
Chicken	Jī ròu	鸡肉
Chicken Heart	Jī xīn	鸡心
Chicken Wing	Jī chì	鸡翅
Lamb	Yáng ròu	羊肉
Potato	Tǔ dòu piàn	土豆片
Squid	Yóu yú	鱿鱼
Steamed Bread	Mán tou	馒头

DESSERTS	TIÁN SHÍ LÈI	甜食类
Bean paste fritters	Shuǐ jīng qiú	水晶球
Cake	Dàn gāo	蛋糕
Cake with pine nuts	Sōng bǐng	松饼
Chocolate	Qiǎo kè lì	巧克力
Dried fruit	Gān guǒ	干果
Eight treasure rice	Bā bǎo fàn	八宝饭
Frosted cake	Nǎi yóu dàn gāo	奶油蛋糕
Hawthorne Popsicle	Dà hóng guǒ	大红果
Honey	Fēng mì	蜂蜜
Hot candied apples	Bá sī píng guǒ	拔丝苹果
Ice Cream	Bīng jī líng / Bīng qí lín	冰激凌 / 冰淇淋
Jelly, jam	Guǒ jiàng	果酱
Magnum ice cream	Mèng lóng bīng jī líng	梦龙冰激凌
Moon cake	Yuè bǐng	月饼
Sweetened bean paste	Xī lì dòu shā	西粒豆沙
Vanilla ice cream	Xiāng cǎo	香草

Food Guide ^{shí} ,食 ^{wù} ,物 ^{zhǐ} ,指 ^{nán} ,南

VEGETABLES	SHŪ CÀI LÈI	蔬菜类
Broccoli	Xī lán huā	西兰花
Cabbage	Yuán bái cài	圆白菜
Carrot	Hú luó bo	胡萝卜
Cauliflower	Cài huā	菜花
Celery	Qín cài	芹菜
Cucumber	Huáng guā	黄瓜
Golden needle mushrooms	Jīn zhēn gū	金针菇
Green pepper	Qīng jiāo	青椒
Kelp	Hǎi bái cài	海白菜
Lotus	Ōu	藕
Mushroom	Mó gū	蘑菇
Onion	Yáng cōng	洋葱
Potato	Tǔ dòu	土豆
Pumpkin	Nán guā	南瓜
Rape	Yóu cài	油菜
Scallion	Cōng	葱
Snow pea	Hé lán dòu	荷兰豆
Spinach	Bō cài	菠菜
Spring onion	Xiǎo cōng	小葱
Sweet potato	Bái shǔ	白薯
Tomato	Xī hóng shì	西红柿
Turnip	Luó bo	萝卜
Zucchini	Sī guā	丝瓜

FRUITS	SHUǐ GUǒ LÈI	水果类
Apple	Píng guǒ	苹果
Apricots	Xìng	杏
Banana	Xiāng jiāo	香蕉
Date	Zǎo	枣
Fig	Wú huā guǒ	无花果
Grape	Pú táo	葡萄
Lemon	Níng méng	柠檬
Lychee	Lì zhī	荔枝
Orange	Gān zi	柑子
Peach	Táo zi	桃子
Pear	Lí	梨

Food Guide ^{shí} ,食 ^{wù} ,物 ^{zhǐ} ,指 ^{nán} ,南

Persimmon	Shì zi	柿子
Pineapple	Bō luó	菠萝
Plum	Lǐ zi	李子
Strawberries	Cǎo méi	草莓
Tangerine	Jú zi	橘子
Watermelon	Xī guā	西瓜

NUTS	JIĀN GUǒ LÈI	坚果类
Almonds	Xìng rén	杏仁
Chestnuts	Lì zi	栗子
Hazelnuts	Zhēn zi	榛子
Peanuts	Huā shēng	花生
Walnuts	Táo rén	桃仁

DRINKS	YǐN LIÀO LÈI	饮料类
Apple juice	Píng guǒ zhī	苹果汁
Beer	Pí jiǔ	啤酒
Champagne	Xiāng bīn	香槟
Coca cola	Kě kǒu kě lè	可口可乐
Coffee	Kā fēi	咖啡
Fruit juice	Guǒ zhī	果汁
Lemonade	Qì shuǐ	汽水
Mao tai spirit	Máo tái jiǔ	茅台酒
Milk	Niú nǎi	牛奶
Milkshake	Nǎi xī	奶昔
Mineral water	Kuàng quán shuǐ	矿泉水
Orange Juice	Jú zi zhī	桔子汁
Pepsi	Bǎi shì kě lè	百事可乐
Red wine	Hóng pú táo jiǔ	红葡萄酒
Sprite	Xuě bì	雪碧
Tea (black)	Hóng chá	红茶
Tea (green)	Lǜ chá	绿茶
Tea (jasmine)	Mò lì huā chá	茉莉花茶
White wine	Bái pú táo jiǔ	白葡萄酒

Food Guide ^{shí} ,食 ^{wù} ,物 ^{zhǐ} ,指 ^{nán} ,南

CONDIMENTS/SPICES	TIÁO LIÀO	调料
Aniseed	Dà huí xiāng	大茴香
Chili	Là jiāo	辣椒
Clove	Dīng xiāng	丁香
Cooking wine	Liào jiǔ	料酒
Curry	Gā li	咖喱
Fennel	Huí xiāng	茴香
Garlic	Dà suàn	大蒜
Ginger	Jiāng	姜
Mayonnaise	Dàn huáng jiàng	蛋黄酱
MSG	Wèi jīng	味精
Mustard	Jiè mò	芥末
Nutmeg	Ròu dòu kòu	肉豆蔻
Cinnamon	Ròu guì	肉桂
Oyster sauce	Háo yóu	蚝油
Peanut oil	Huā shēng yóu	花生油
Pepper	Hú jiāo	胡椒
Rice vinegar	Qū xiāng mǐ cù	曲香米醋
Roast duck paste	Tián miàn jiàng	甜面酱
Salt	Yán	盐
Sesame oil	Xiāng yóu	香油
Soy bean paste	Huáng jiàng	黄酱
Soy sauce	Jiàng yóu	酱油
Sugar	Táng	糖
Vinegar	Cù	醋

DAIRY PRODUCTS	Rǔ Zhì Pǐn	乳制品
Butter	Huáng yóu	黄油
Cheese	Nǎi lào	奶酪
Cream	Nǎi yóu	奶油
Milk	Niú nǎi	牛奶
Yogurt	Suān nǎi	酸奶

Food Guide shí wù zhǐ nán ,食 ,物 ,指 ,南

CEREALS	GŪ LÈI	谷类
Congee	Zhōu	粥
Maize	Yù mǐ	玉米
Millet	Xiǎo mǐ	小米
Oatmeal	Yàn mài zhōu	燕麦粥
Rice	Dà mǐ	大米

FLAVORS	WÈI DÀO	味道
Bitter	Kǔ	苦
Hot	Là	辣
Salty	Xián	咸
Sour	Suān	酸
Sweet	Tián	甜

COOKING METHODS	PĚNG RÈN FĀNG Fǎ	烹饪方法
Boil	Zhǔ	煮
Cold vinegar and garlic sauce	Liáng bàn	凉拌
Fried in shallow oil	Jiān	煎
Fry	Zhá	炸
Garlic sautéed	Suàn róng	蒜茸
Grill	Kǎo	烤
Hot and sour	Suān là	酸辣
Light fried, stir-fried	Qīng chǎo	清炒
Oyster sauce	Háo yóu	蚝油
Quick-deep fry	Liū	溜
Quick-fry	Bào	爆
Roast	Shāo	烧
Sizzling iron plate	Tiě bǎn	铁板
Steam	Zhēng	蒸
Stewed	Lǔ	卤
Stir-fried	Chǎo	炒
Sweet and sour	Táng cù	糖醋
Vinegar marinade	Cù liū	醋溜