中国美食探秘 (2012)

第1集 火候

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For the Chinese to eat,	吃饭对中国人来说,	**中国人** (zhōng guó rén) Chinese person.
It is a delicate matter.	是一件讲究的事。	**讲究** (jiǎng jiu) to pay particular attention to; carefully selected for quality; tastefully chosen.
Because of being particular,	因为讲究,	
Only then have I tasted the different local characteristics.	才吃出了千差万别的地方特色。	**千差万别** (qiān chā wàn bié) manifold diversity. **特色** (tè sè) characteristic; distinguishing feature or quality.
Because of being particular,	因为讲究,	
Countless literati anecdotes were produced,	才产生了数不胜数的文人轶事,	**产生** (chǎn shēng) to arise; to come into being; to come about; to give rise to; to bring into being; to bring about; to produce; to engender; to generate; to appear; appearance; emergence; generation; production; yield. **数不胜数** (shǔ bù shèng shǔ) too many to count (idiom); innumerable. **文人** (wén rén) scholar; literati. **轶事** (yì shì) variant of 逸事 (yì shì).
Because of being particular,	因为讲究,	
It has accumulated a splendid etiquette culture.	才积淀了异彩纷呈的礼仪文化。	**积淀** (jī diàn) deposits accumulated over long periods; fig. valuable experience, accumulated wisdom. **异彩** (yì cǎi) extraordinary splendor. **纷呈** (fēn chéng) brilliant and varied; (often in the combination 精彩纷呈). **礼仪** (lǐ yí) etiquette; ceremony.
Because of being particular,	因为讲究,	

Only then has it achieved a grand food world.

才成就了一个洋洋大观的美食世界。

成就 (chéng jiù) accomplishment; success; achievement; to achieve (a result); to create; to bring about. **洋洋** (yáng yáng) vast; impressive; self-satisfied; immensely pleased with oneself. **大观** (dà guān) Daguan district of Anqing city 安庆市 (ān qìng shì), Anhui. **美食** (měi shí) culinary delicacy; fine food; gourmet food.

Food is actually around us,

美食其实就在我们身边，

身边 (shēn biān) at one's side; on hand.

In our daily life.

就在我们每天的生活里。

Abalone is a precious seafood that Chinese people love very much.

鲍鱼是中国人非常喜爱的名贵海鲜。

鲍鱼 (bào yú) abalone. **喜爱** (xǐ ài) to like; to love; to be fond of; favorite. **名贵** (míng guì) famous and valuable; rare; precious. **海鲜** (hǎi xiān) seafood.

According to records,

据记载，

记载 (jì zǎi) to write down; to record; written account.

As early as the Spring and Autumn Period,

早在春秋时期，

早在 (zǎo zài) as early as. **春秋** (chūn qiū) Spring and Autumn Period (770-476 BC); Spring and Autumn Annals, chronicle of Lu State (722-481 BC). **时期** (shí qī) period; phase.

The Chinese marinate the abalone and make it into a delicacy.

中国人就将鲍鱼腌制之后做成美食。

腌制 (yān zhì) marinated; to make by pickling, salting or curing.

Fresh abalones are shelled,

新鲜鲍鱼经过去壳、

过去 (guò qu) (verb suffix). **壳** (qiào) shell; carapace; crust (earth's crust etc); also pr. (ké).

Pickled,

腌渍、

腌渍 (yān zì) to pickle; cured; salted.

After air drying, etc.,

风干等处理后，

风干 (fēng gān) to air-dry; to season (timber etc); air-dried; air-drying. **处理** (chǔ lǐ) to handle; to treat; to deal with; to process; to deal with a criminal case; to mete out punishment; to offer for sale at a reduced price; to punish.

The dried abalone is more expensive.

制成的干鲍则更为名贵，

制成 (zhì chéng) to manufacture; to turn out (a product). **鲍** (bào) abalone. **更为** (gèng wéi) even more.

It is the most common abalone species.

是现在最为常见的鲍鱼品种。

最为 (zuì wéi) the most. **常见** (cháng jiàn) commonly seen; common; to see sth frequently. **品种** (pǐn zhǒng) breed; variety.

However, the dried abalone body is hard to change,

然而干鲍体坚难化，

It's hard to taste.

难以入味。

难以 (nán yǐ) hard to (predict, imagine etc). **入味** (rù wèi) tasty; to be absorbed in sth; interesting.

It needs to be soaked in water before cooking,	烹制之前需要先放在水中泡发,	**烹 (pēng)** cooking method; to boil sb alive (capital punishment in imperial China). **制 (zhì)** to manufacture; to make. **泡 (pào)** bubble; foam; blister (i.e. skin bubble); to soak; to steep; to infuse; to dawdle; to shilly-shally; to hang about; to pick up (a girl); to get off with (a sexual partner); classifier for occurrences of an action; classifier for number of infusions.
Then carry out a thorough cleaning.	然后进行彻底的清洗。	**彻底 (chè dǐ)** thorough; thoroughly; complete. **清洗 (qīng xǐ)** to wash; to clean; to purge.
Must be very patient and meticulous when cleaning,	清洗时必须非常耐心和细致,	**细致 (xì zhì)** delicate; fine; careful; meticulous; painstaking.
Wash the skirts clean,	将裙边洗刷干净,	**洗刷 (xǐ shuā)** wash; brush; scrub.
Clean the mouth,	清理嘴部,	**清理 (qīng lǐ)** to clear up; to tidy up; to dispose of.
Remove internal organs and impurities.	除去内脏和杂质。	**除去 (chú qù)** to eliminate; to remove; except for; apart from. **内脏 (nèi zàng)** internal organs; viscera. **杂质 (zá zhì)** impurity.
The whole process takes more than two days.	整个过程需要两天多的时间。	**整个 (zhěng gè)** whole; entire; total.
But for an abalone delicacy,	但对于一道鲍鱼美食来说,	**一道 (yī dào)** together.
This is just the beginning.	这仅仅只是一个开始。	**仅仅 (jǐn jǐn)** barely; only; merely; only (this and nothing more).
The experienced old chef told us,	有经验的老厨师告诉我们,	**厨师 (chú shī)** cook; chef.
An abalone delicacy is good,	一道鲍鱼美食要做的好,	
The key is all in the fire.	关键全在火候。	**火候 (huǒ hòu)** heat control; maturity; crucial moment.
Huohou is a cooking term for Chinese cuisine.	火候是中国美食的烹调术语,	**烹调术 (pēng tiáo shù)** cookery.
Refers to the strength of the fire and the length of time during the cooking process.	是指烹饪过程中火力的强弱和时间的长短。	**烹饪 (pēng rèn)** cooking; culinary arts. **火力 (huǒ lì)** fire; firepower. **强弱 (qiáng ruò)** strong or weak; intensity; amount of force or pressure. **长短 (cháng duǎn)** length; duration; accident; right and wrong; good and bad; long and short.
Generally divided into Wanghuo,	一般分为望火、	**分为 (fēn wéi)** to divide sth into (parts); to subdivide.
Fire,	大火、	**大火 (dà huǒ)** conflagration; large fire.
Medium fire,	中火、	
small fire,	小火、	

Five kinds of micro fire.	微火五种。	**微火** (wēi huǒ) a low fire (for roasting).
The greater the firepower,	火力越大,	
The shorter the virtual reality,	虚实越短,	**虚实** (xū shí) what is true and what is false; (to get to know) the real situation.
On the contrary, the longer.	反之越长。	**反之** (fǎn zhī) on the other hand...; conversely....
Today we already have a variety of life stoves.	今天我们已经拥有了各种各样的生活灶具。	**拥有** (yōng yǒu) to have; to possess. **各种各样** (gè zhǒng gè yàng) various kinds; all sorts. **灶具** (zào jù) stove; cooker; (dialect) cooking utensils.
Coal stove,	煤炉、	**煤** (méi) coal. **炉** (lú) stove; furnace.
Six-eye stove,	六眼灶、	**灶** (zào) kitchen stove; kitchen.
gas stove,	煤气灶、	**煤气** (méi qì) coal gas; gas (fuel).
Gas stoves,	燃气灶,	**燃气** (rán qì) fuel gas (coal gas, natural gas, methane etc).
The change and use of the heat are more free,	火候的变化和运用更加自如,	**运用** (yùn yòng) to use; to put to use. **更加** (gèng jiā) more (than sth else); even more. **自如** (zì rú) unobstructed; unconstrained; smoothly; with ease; freely.
But the heat is still difficult to control.	但是火候依然难以掌控。	**依然** (yī rán) still; as before. **掌控** (zhǎng kòng) to control; in control of.
This is because fire is not only related to firepower,	这是因为火候不仅与火力有关,	**有关** (yǒu guān) to have sth to do with; to relate to; related to; to concern; concerning.
It also communicates with the ingredients,	还与食材传导方式、	**食材** (shí cái) (food) ingredient. **传导** (chuán dǎo) to conduct (heat, electricity etc). **方式** (fāng shì) way; manner; style; mode; pattern.
Cooking techniques are closely related.	烹调技法息息相关。	**烹调** (pēng tiáo) to cook; cooking. **技法** (jì fǎ) technique; method. **息息相关** (xī xī xiāng guān) closely bound up (idiom); intimately related.
This is a complex and profound knowledge.	这是一门复杂而精深的学问。	**精深** (jīng shēn) refined; profound. **学问** (xué wèn) learning; knowledge.
Chen Yajian, Executive Chef of China Chaojiangchun Group,	陈亚坚中国潮江春集团行政总厨,	**陈** (chén) to lay out; to exhibit; to display; to narrate; to state; to explain; to tell; old; stale. **潮** (cháo) tide; current; damp; moist; humid. **集团** (jí tuán) group; bloc; corporation; conglomerate. **行政总厨** (xíng zhèng zǒng chú) executive chef.
In more than 30 years of chef career,	在30多年的厨师生涯中,	**生涯** (shēng yá) career; life (way in which sb lives); period of one's life.
He has accumulated rich experience in abalone cooking.	他在鲍鱼烹制方面积累了丰富的经验。	

I am very particular about cooking abalone,	我煲鲍鱼很讲究,	**煲 (bāo)** to cook slowly over a low flame; pot; saucepan.
First you choose the abalone,	首先你选好鲍鱼,	
Plus the ingredients for cooking abalone,	再加上煲鲍鱼的材料,	**加上 (jiā shàng)** plus; to put in; to add; to add on; to add into; in addition; on top of that.
Add heat,	再加火候,	
None of these three aspects can lack one.	这三方面缺一方面都不可以。	**一方面 (yī fāng miàn)** on the one hand. **不可以 (bù kě yǐ)** may not.
Today, what Chen Yajian is going to do is to squeeze the abalones,	今天陈亚坚正要做的就是讲究火候的扣鲍鱼,	**正要 (zhèng yào)** to be just about to; to be on the point of. **扣 (kòu)** to fasten; to button; button; buckle; knot; to arrest; to confiscate; to deduct (money); discount; to knock; to smash, spike or dunk (a ball); to cover (with a bowl etc); fig. to tag a label on sb.
The main ingredient of this dish is the best quality Japanese premium abalone among dried abalone.	这道菜用的主料是干鲍中质量最好的日本极品鲍,	**主料 (zhǔ liào)** main ingredients (in a cooking recipe). **极品 (jí pǐn)** best quality; item of the highest quality; (slang) outrageous; annoying in the extreme; gross; person with these qualities.
Because of the size,	因为体大,	
Known as Bao Huang.	被称为鲍皇。	**称为 (chēng wéi)** called; to call sth (by a name); to name. **皇 (huáng)** emperor; old variant of 惶 (huáng).
Corresponding to the extremely high quality of abalone,	与鲍鱼的极高品质相应,	**品质 (pǐn zhì)** character; intrinsic quality (of a person); quality (of a product or service, or as in "quality of life", "air quality" etc). **相应 (xiāng yìng)** to correspond; answering (one another); to agree (among the part); corresponding; relevant; appropriate; (modify) accordingly.
The ingredients are also very particular.	配料也极为讲究。	**配料 (pèi liào)** ingredients (in a cooking recipe); to mix materials according to directions. **极为 (jí wéi)** extremely; exceedingly.
This is our daily life,	这是我们日常生活中,	**日常 (rì cháng)** daily; everyday.
As the main chicken nuggets,	被当做主要的鸡块、	**当做 (dàng zuò)** to treat as; to regard as; to look upon as. **鸡块 (jī kuài)** chicken nugget; chicken piece.
Ribs,	排骨、	**排骨 (pái gǔ)** pork chop; pork cutlet; spare ribs; (coll.) skinny person.
Pork belly,	五花肉,	**五花肉 (wǔ huā ròu)** streaky pork.

Here they can only be a supporting role.

在这里它们只能屈居为配角。

它们 (tā men) they (for inanimate objects). **只能** (zhǐ néng) can only; obliged to do sth; to have no other choice. **屈** (qū) bent; to feel wronged. **配角** (pèi jué) supporting role (in play, film etc); minor role; to play a secondary role (in business etc); to play second fiddle.

The chicken nuggets and ribs have been in the water first,

鸡块和排骨先去过一下水,

Remove foam and impurities,

除去浮沫和杂质,

浮 (fú) to float; superficial; floating; unstable; movable; provisional; temporary; transient; impetuous; hollow; inflated; to exceed; superfluous; excessive; surplus. **沫** (mò) foam; suds.

Stir fry again.

再炒熟。

炒 (chǎo) to sauté; to stir-fry; to speculate; to hype; to fire (sb).

The pork belly is fried for golden brown,

五花肉用油煎制金黄,

煎 (jiān) to pan fry; to sauté. **金黄** (jīn huáng) golden yellow; golden.

This is a clay pot specially prepared for cooking abalone.

这是专门为烹调鲍鱼而准备的瓦煲。

瓦 (wǎ) roof tile; abbr. for 瓦特 (wǎ tè).

Braised Bao Lai with those things,

把鲍来焖那些东西,

焖 (mèn) to cook in a covered vessel; to casserole; to stew.

It will soften easily,

它会就容易软化的,

软化 (ruǎn huà) to soften.

Not those hard ones,

不是那些硬的,

The effect is good without a clay pot.

没有瓦煲捞出来效果好。

捞 (lāo) to fish up; to dredge up.

Combine the abalone and chicken nuggets,

将鲍鱼和鸡块、

Ribs,

排骨、

Put the pork belly in a clay pot filled with water,

五花肉放入盛满清水的瓦煲之中,

盛 (shèng) flourishing; vigorous; magnificent; extensively. **清水** (qīng shuǐ) fresh water; drinking water; clear water. **之中** (zhī zhōng) inside; among; in the midst of (doing sth); during.

Next, put the clay pot on a special stove.

接下来要将瓦煲放在一个特殊的灶具上。

接下来 (jiē xià lái) to accept; to take; next; following. **特殊** (tè shū) special; particular; unusual; extraordinary.

This special stove is a charcoal stove.

这个特殊的灶具就是炭炉。

炭 (tàn) wood charcoal; coal.

The fire in the charcoal stove is oily,

炭炉里的火是有油的,

Not very fierce,	不是很猛,	**猛 (měng)** ferocious; fierce; violent; brave; suddenly; abrupt; (slang) awesome.
That stove is very oily.	那个炉是很油的。	
The heat in the clay pot acts on the ingredients repeatedly.	瓦煲中的热气再反复作用于食材之上。	**热气 (rè qì)** steam; heat. **反复 (fǎn fù)** repeatedly; over and over; to upend; unstable; to come and go; (of an illness) to return. **之上 (zhī shàng)** above.
The abalone is to be cooked slowly,	那个鲍鱼是要慢慢来熬的,	**慢慢来 (màn màn lái)** take your time; take it easy. **熬 (áo)** to cook on a slow fire; to extract by heating; to decoct; to endure.
The juice from the meat will not be harvested so quickly.	来熬它肉的汁不会收得那么快。	
The juice is slowly preserved in the abalone.	汁慢慢也保存在鲍鱼里面。	**慢慢 (màn màn)** slowly. **存在 (cún zài)** to exist; to be; existence.
This is the carving of food by fire,	这是火对食材的雕刻,	**雕刻 (diāo kè)** to carve; to engrave; carving.
The entire cooking process takes two full days.	整个煲煮过程需要整整两天。	**煮 (zhǔ)** to cook; to boil. **整整 (zhěng zhěng)** whole; full.
While boiling,	在煲煮之时,	
No need to turn the ingredients,	不需翻动食材,	**翻动 (fān dòng)** to flip over; to turn (a page); to scroll (an electronic document); to stir (food in a pot etc); to move things about; to rummage.
No need to add any seasoning,	也不用加任何调料,	**调料 (tiáo liào)** condiment; seasoning; flavoring.
You don't even need to look after.	甚至不需要照看。	**照看 (zhào kàn)** to look after; to attend to; to have in care.
So where exactly is this dish's emphasis on heat?	那么这道菜对火候的讲究到底在哪里呢?	**对火 (duì huǒ)** to use the tip of another person's lit cigarette to light one's own.
That is the accumulation of experience,	那个是经验累积下来的,	**累积 (lěi jī)** to accumulate.
It really takes twenty to thirty years,	真的要二三十年,	**三十 (sān shí)** thirty; 30.
The most important thing is that you have the opportunity to accept so many abalones.	最重要是你有机会能接受那么多鲍鱼。	
It's not just how long you did it,	也不是说你做了多长时间,	
You have been catering for 30 years,	你做30年餐饮,	**餐饮 (cān yǐn)** food and beverage; catering; repast.

20 years are useless.	20年没用。	**没用** (méi yòng) useless.
Chen Yajian,	陈亚坚,	
Native of Guangdong,	祖籍广东,	**祖籍** (zǔ jí) ancestral hometown; original domicile (and civil registration). **广东** (guǎng dōng) Guangdong province (Kwangtung) in south China, short name 粤 (yuè), capital Guangzhou 广州.
Born in Hong Kong,	生于香港,	**香港** (xiāng gǎng) Hong Kong.
He entered the kitchen at the age of 14,	14岁就进入厨行的他,	
Now he is the master of Guangdong Chaozhou cuisine.	如今已是广东潮州菜的宗师级人物。	**如今** (rú jīn) nowadays; now. **潮州** (cháo zhōu) Chaozhou prefecture-level city in Guangdong 广东省 (guǎng dōng shěng); Chaochou town in Pingtung County 屏东县 (píng dōng xiàn), Taiwan. **宗师** (zōng shī) great scholar respected for learning and integrity. **人物** (rén wù) person; character (in a play, novel etc); protagonist.
Now he just has to touch it with his hand,	现在他只要用手摸一下,	**摸** (mō) to feel with the hand; to touch; to stroke; to grope; to steal; to abstract.
Can accurately determine the origin of dried abalone,	就能准确判断出干鲍的产地、	**产地** (chǎn dì) source (of a product); place of origin; manufacturing location.
Grade and freshness.	等级和新鲜程度。	**等级** (děng jí) grade; rank; status. **程度** (chéng dù) degree (level or extent); level.
I remember that I have been in Hong Kong for about 18 years,	我记得我在香港有18年左右了,	
At that time, some guests brought some dried abalones.	那个时候有些客人拿了一些干鲍过来,	**过来** (guò lái) to come over; to manage; to handle; to be able to take care of.
At that time, we still rarely accepted that abalone.	那个时候我们还是很少接受那个鲍鱼。	
I really can't cook this abalone.	做这个鲍鱼真的煲不开。	
On the one hand, we are not experienced enough,	一方面是我们经验不够,	**不够** (bù gòu) not enough; insufficient; inadequate.
The second aspect is the poor quality of abalone.	二方面就是鲍鱼的一个质量不好。	
It's hard to cook up and down.	煲来煲去都是硬的。	
So accumulating this experience means that	所以积累有了这个经验就是说,	**有了** (yǒu le) I've got a solution!; to have a bun in the oven (abbr. for 有了胎 (yǒu le tāi)). **就是说** (jiù shì shuō) in other words; that is.

Sometimes you must go through failure to succeed.

有时候你肯定要经过失败才能成功。

有时候 (yǒu shí hou) sometimes.

Chen Yajian told us,

陈亚坚告诉我们,

The key to mastering the temperature of abalone is:

掌握扣鲍鱼火候的关键是,

掌握 (zhǎng wò) to grasp (often fig.); to control; to seize (initiative, opportunity, destiny); to master; to know well; to understand sth well and know how to use it; fluency.

After a day of boiling,

经过一个白天煲煮,

白天 (bái tiān) daytime; during the day; day.

At night,

到了晚上,

Be sure to remove the clay pot from the charcoal stove,

一定要把瓦煲从炭炉上撤下,

一定要 (yī dìng yào) must. **撤下** (chè xià) to withdraw; to remove (from a place); to remove from office.

Continue cooking during the day the next day.

第二天白天再继续煲煮。

第二天 (dì èr tiān) next day; the morrow.

Don't cook it anymore,

不煲它了,

Its juice is cold,

它那个汁凉了,

凉 (liáng) the five Liang of the Sixteen Kingdoms, namely: Former Liang 前凉 (314-376), Later Liang 后凉 (386-403), Northern Liang 北凉 (398-439), Southern Liang 南凉 (397-414), Western Liang 西凉 (400-421).

Its abalone will taste the meat,

它鲍鱼会把肉的味,

The juice is slowly absorbed.

那个汁慢慢吸收。

吸收 (xī shōu) to absorb; to assimilate; to ingest; to recruit.

When you cook again,

你再煲的时候,

The essence inside evaporates.

里面的精华挥发出来。

精华 (jīng huá) best feature; most important part of an object; quintessence; essence; soul. **挥发** (huī fā) volatile; volatility.

This is where the subtlety of the fire weather lies.

这正是火候微妙之处所在。

正是 (zhèng shì) (emphasizes that sth is precisely or exactly as stated); precisely; exactly; even; if; just like; in the same way as. **微妙** (wēi miào) subtle. **所在** (suǒ zài) place; location; (after a noun) place where it is located.

Even without firing,

即使没有开火,

开火 (kāi huǒ) to open fire.

The role of fire still exists.

火的作用仍然存在。

It can be seen that

由此可见,

由此可见 (yóu cǐ kě jiàn) from this, it can be seen that....

The fire is not only the chef's control over the firepower and duration,

火候并不仅仅是厨师对于火力大小和时间长短的掌控,

大小 (dà xiǎo) dimension; magnitude; size; measurement; large and small; at any rate; adults and children; consideration of seniority.

It also includes the characteristics of the ingredients,

还包括对食材的特性、

包括 (bāo kuò) to comprise; to include; to involve; to incorporate; to consist of. **特性** (tè xìng) property; characteristic.

Accurate grasp of quality and other aspects.

品质等各方面的准确把握。

把握 (bǎ wò) to grasp (also fig.); to seize; to hold; assurance; certainty; sure (of the outcome).

The ingredients are different,

食材不同,

Fires vary.

火候各异。

各异 (gè yì) all different; each unto his own.

The moment the abalone matures is also important,

鲍鱼成熟的那一刻也至关重要,

成熟 (chéng shú) mature; ripe; to mature; to ripen; Taiwan pr. (chéng shóu). **至关重要** (zhì guān zhòng yào) extremely important; vital; crucial; essential.

Flame out too early,

熄火过早,

熄火 (xī huǒ) (of fire, lamp etc) to go out; to put out (fire); (fig.) to die down; (of a vehicle) to stall. **过早** (guò zǎo) premature; untimely.

The abalone is not yet fully flavored,

鲍鱼尚未完全入味,

尚未 (shàng wèi) not yet; still not.

Too late is too old to chew.

过迟则偏老难嚼。

偏 (piān) to lean; to slant; oblique; prejudiced; to deviate from average; to stray from the intended line; stubbornly; contrary to expectations; left-hand side of a split Chinese character, often the key or radical. **嚼** (jiáo) to chew; also pr. (jué).

This is almost entirely based on the skill and experience of the chef.

这几乎全凭厨师的功力和经验。

凭 (píng) to lean against; to rely on; on the basis of; no matter (how, what etc); proof. **功力** (gōng lì) merit; efficacy; competence; skill; power.

We will use a toothpick for each abalone,

我们就会每一个鲍鱼会用一个牙签,

牙签 (yá qiān) toothpick.

Insert it gently in the middle,

中间轻轻地插一下,

轻轻 (qīng qīng) lightly; softly. **插** (chā) to insert; stick in; pierce; to take part in; to interfere; to interpose.

If it goes smoothly, it can be inserted to the end.

如果插的时候很顺利的就可以就插到底了,

Ok.

Ok了。

After two days of simmering,

正是经过两天的闷煮,

闷 (mèn) bored; depressed; melancholy; sealed; airtight; tightly closed.

This dish is just right,

这道菜恰到火候,

恰 (qià) exactly; just.

Abalone is delicious and juicy,

鲍鱼鲜美多汁,

鲜美 (xiān měi) delicious; tasty. **多汁** (duō zhī) succulent; juicy.

It also absorbs the umami taste of pork and chicken.

并且还吸收了猪肉和鸡肉的鲜味。

猪肉 (zhū ròu) pork. **鸡肉** (jī ròu) chicken meat. **鲜味** (xiān wèi) umami, one of the five basic tastes (cookery).

In Chinese food culture,	在中国美食文化中，	
Huo also has a more connotative term,	火候还有一个更具内涵的术语，	**内涵** (nèi hán) meaningful content; implication; connotation (semantics); inner qualities (of a person). **术语** (shù yǔ) term; terminology.
Civil and military fire.	文武火。	**文武** (wén wǔ) civil and military.
simply put,	简单来说，	
Below medium fire can be called soft fire,	中火以下皆可称为文火，	**皆可** (jiē kě) both OK; all acceptable. **文火** (wén huǒ) small flame (when cooking, simmering etc).
The fire above is called Wuhuo.	大火以上称为武火。	**武** (wǔ) martial; military.
The Danding school of ancient Chinese Taoism,	中国古老道教的丹鼎派，	**古老** (gǔ lǎo) ancient; old; age-old. **道教** (dào jiào) Taoism; Daoism (Chinese system of beliefs). **鼎** (dǐng) ancient cooking cauldron with two looped handles and three or four legs; pot (dialect); to enter upon a period of (classical); Kangxi radical 206; one of the 64 hexagrams of the Book of Changes. **派** (pài) clique; school; group; faction; to dispatch; to send; to assign; to appoint; pi (Greek letter Ππ); the circular ratio pi = 3.1415926; (loanword) pie.
The use of alchemy stones on fire,	将炼丹石对火候的运用，	**炼丹** (liàn dān) to concoct pills of immortality. **石** (shí) rock; stone; stone inscription; one of the eight categories of ancient musical instruments 八音 (bā yīn).
Subdivided into Wenhuo and Wuhuo.	细分为文火和武火。	
Ge Hong of the Eastern Jin Dynasty in this masterpiece,	东晋的葛洪在这部名著中，	**东晋** (dōng jìn) Eastern Jin dynasty 317-420. **葛洪** (gě hóng) Ge Hong (283-363), Jin dynasty Daoist and alchemist, author of 抱朴子 (bào pǔ zǐ). **名著** (míng zhù) masterpiece.
It gives a detailed description of the use of civil and military fire.	就对文武火的使用做了详细的描述。	
In his opinion,	在他看来，	**看来** (kàn lai) apparently; it seems that.
Civil and military fire is like the concrete manifestation of the way of yin and yang in fire.	文武火如同是阴阳之道在火候中的具象表现，	**如同** (rú tóng) like; as. **阴阳** (yīn yáng) yin and yang. **具象** (jù xiàng) tangible image; concrete; representational (art). **表现** (biǎo xiàn) to show; to show off; to display; to manifest; expression; manifestation; show; display; performance (at work etc); behavior.
Only the subtlety of its use is absorbed,	只有将其运用的微妙入神，	**入神** (rù shén) to be enthralled; to be entranced.

In the realm of nature,	臻于自然之境,	**臻 (zhēn)** to arrive; to reach (esp. perfection); utmost; (used in commercials).
Only then can the essence of the pill be refined.	方能炼出丹药的精华。	**方能 (fāng néng)** can then (and only then).
When alchemy fades away from the veil of mystery,	当炼丹术褪去神秘的面纱,	**炼丹术 (liàn dān shù)** maker of immortality pill; concocting magic pills. **褪去 (tuì qù)** to take off (one's clothes); (fig.) to shed (one's former image etc); (of a fad or the after-effects of a disaster etc) to subside; also pr. (tùn qù). **神秘 (shén mì)** mysterious; mystery. **面纱 (miàn shā)** veil.
When gradually declining,	逐渐走向衰亡时,	**逐渐 (zhú jiàn)** gradually. **走向 (zǒu xiàng)** direction; strike (i.e. angle of inclination in geology); inclination; trend; to move towards; to head for. **衰亡 (shuāi wáng)** to decline; to die out; decline and fall.
Huo Hou was transplanted into the food world,	火候便被移植到美食世界中,	**移植 (yí zhí)** to transplant.
Continue to show its magic.	继续展现它的神奇。	**展现 (zhǎn xiàn)** to come out; to emerge; to reveal; to display. **神奇 (shén qí)** magical; mystical; miraculous.
This is Shijia Hotel in Mudu Town, Suzhou City.	这是位于苏州市木渎镇的石家饭店。	**位于 (wèi yú)** to be located at; to be situated at; to lie. **苏州市 (sū zhōu shì)** Suzhou prefecture level city in Jiangsu. **木 (mù)** tree; wood; coffin; wooden; simple; numb; one of the eight categories of ancient musical instruments /八音 (bā yīn). **渎 (dú)** disrespectful; (literary) ditch. **镇 (zhèn)** to press down; to calm; to subdue; to suppress; to guard; garrison; small town; to cool or chill (food or drinks).
The name seems ordinary,	这个名字看似普通,	**看似 (kàn sì)** to look as if; to seem.
But from Ye Gongchuo's inscription, it can be seen that its history is extraordinary.	但从叶恭绰的题字却能看出它的历史非同寻常。	**恭 (gōng)** respectful. **绰 (chuò)** generous; ample; wide; spacious; well-off; to grip. **题字 (tí zì)** inscription; autograph. **看出 (kàn chū)** to make out; to see. **寻常 (xún cháng)** usual; common; ordinary.
In this long scroll "The Prosperous Picture of Gusu", made in the 24th year of Qianlong in the Qing Dynasty,	在这幅作于清乾隆24年的长卷《姑苏繁华图》中,	**幅 (fú)** width; roll; classifier for textiles or pictures. **乾隆 (qián lóng)** Qianlong Emperor (1711-1799), sixth Qing emperor, princely title 宝亲王 (bǎo qīn wáng), personal name 弘历 (hóng lì), reigned 1735-1799. **卷 (juàn)** scroll; book; volume; chapter; examination paper; classifier for books, paintings: volume, scroll. **姑 (gū)** paternal aunt; husband's sister; husband's mother (old); nun; for the time being (literary). **繁华 (fán huá)** flourishing; bustling.

The Suzhou court painter Xu Yang described the prosperity of Suzhou in that era like heaven.

苏州宫廷画家徐扬描绘了那个年代苏州如天堂般的繁华。

苏州 (sū zhōu) Suzhou prefecture level city in Jiangsu. **宫廷** (gōng tíng) court (of king or emperor). **画家** (huà jiā) painter. **描绘** (miáo huì) to describe; to portray. **年代** (nián dài) a decade of a century (e.g. the Sixties); age; era; period. **天堂** (tiān táng) paradise; heaven.

30 years later,

30年后,

55 years of Qianlong,

乾隆55年,

Just near the number one scholar bridge in Mudu Town described by Xu Yang,

就在徐扬笔下这个木渎镇的状元桥附近,

笔下 (bǐ xià) the wording and purport of what one writes. **状元** (zhuàng yuán) top scorer in the palace examination (highest rank of the Imperial examination system); see 榜眼 (bǎng yǎn) and 探花 (tàn huā); top scorer in college entrance examination 高考 (gāo kǎo); (fig.) the most brilliantly talented person in the field; leading light.

A man named Shi Han opened a restaurant,

一个名叫石汉的人开了一家饭店,

名叫 (míng jiào) called; named. **一家** (yī jiā) the whole family; the same family; the family ... (when preceded by a family name); group.

His name is Shi Xushun.

名叫石叙顺。

叙 (xù) abbr. for Syria 叙利亚 (xù lì yà).

Shi Xushun was originally just a small mom-and-pop shop selling local snacks.

石叙顺最初只是贩卖当地小吃的一家小夫妻店,

最初 (zuì chū) first; primary; initial; original; at first; initially; originally. **贩卖** (fàn mài) to sell; to peddle; to traffic. **当地** (dāng dì) local. **夫妻店** (fū qī diàn) family-run shop.

But after four generations of business,

但经过四代人的经营,

经营 (jīng yíng) to engage in (business etc); to run; to operate.

In the hands of Shi Ren'an, the great grandson of Shi Han,

到石汉的重孙石仁安手中,

重孙 (chóng sūn) great-grandson. **仁** (rén) humane; kernel.

Shi Xushun has become a famous local restaurant that is good at cooking Taihu delicacies.

石叙顺已经成了当地一家善于烹煮太湖美食的名店。

成了 (chéng le) to be done; to be ready; that's enough!; that will do!. **善于** (shàn yú) to be good at; to be adept at. **烹煮** (pēng zhǔ) to cook; to boil. **太湖** (tài hú) Lake Tai near Wuxi City 无锡, bordering on Jiangsu and Zhejiang, one of China's largest freshwater lakes.

The dishes are called stone dishes by people who love the delicious food here.

所做的菜被喜爱这里美味的人们称为石菜。

美味 (měi wèi) delicious; delicious food; delicacy.

Li Genyuan, a veteran of the Republic of China who retired here in 1929, changed its name to Shijia Hotel.

1929年退居在这里的民国元老李根源为其改名为石家饭店。

退 (tuì) to retreat; to decline; to move back; to withdraw. **民国** (mín guó) Republic of China (1912-1949); used in Taiwan as the name of the calendar era (e.g. 民国六十年 is 1971, the 60th year after 1911). **元老** (yuán lǎo) senior figure; elder; doyen. **根源** (gēn yuán) origin; root (cause). **名为** (míng wéi) to be called; to be known as.

Today, Shijia Hotel has opened many branches in Suzhou.	今天石家饭店在苏州已开了多家分店,	**分店** (fēn diàn) branch (of a chain store); annex.
But this old shop on the ancient street still remains.	但古街上这座老店仍然保留了下来。	**古** (gǔ) ancient; old; paleo-. **街上** (jiē shang) on the street; in town. **保留** (bǎo liú) to retain; to continue to have; to preserve; to maintain; to reserve; reservations; to hold back (approval or acceptance).
Because the old-fashioned coal stove here is essential for a good meal.	因为这里的老式煤炉对于一道美食必不可少。	**老式** (lǎo shì) old-fashioned; old type; outdated. **必不可少** (bì bù kě shǎo) absolutely necessary; indispensable; essential.
This is a nationally famous traditional food,	这道名闻全国的传统美食,	**名闻** (míng wén) famous; of good reputation. **全国** (quán guó) whole nation; nationwide; countrywide; national. **传统** (chuán tǒng) tradition; traditional; convention; conventional.
It is the Shijia Jiangfang named after this century-old shop.	就是以这个百年老店命名的石家酱方。	**百年** (bǎi nián) hundred years; century; lifetime. **命名** (mìng míng) to give a name to; to dub; to christen; to designate; named after; naming. **酱** (jiàng) thick paste of fermented soybean; marinated in soy paste; paste; jam. **方** (fāng) square; power or involution (math.); upright; honest; fair and square; direction; side; party (to a contract, dispute etc); place; method; prescription (medicine); just when; only or just; classifier for square things; abbr. for square or cubic meter.
The main ingredient of Shijia Jiangfang is pork belly.	石家酱方的主要材料是五花肉,	
Taken from the shore of Taihu Lake next to Shijia Hotel.	取材自石家饭店旁的太湖之滨。	**取材** (qǔ cái) to collect material. **滨** (bīn) shore; beach; coast; bank; to border on.
The pork belly is marinated for a day and then taken out,	五花肉经一天腌制后取出,	**取出** (qǔ chū) to take out; to extract; to draw out.
Cut into big four square shapes,	切成大四方块形状,	**切成** (qiē chéng) to cut up (into pieces); to slice; to carve; to dice; to shred. **四方** (sì fāng) four-way; four-sided; in all directions; everywhere. **形状** (xíng zhuàng) form; shape.
Throw it into a big round pot full of boiling water,	投入到盛满开水的大圆锅之中,	**投入** (tóu rù) to throw into; to put into; to throw oneself into; to participate in; to invest in; absorbed; engrossed. **开水** (kāi shuǐ) boiled water; boiling water. **大圆** (dà yuán) great circle (in spherical geometry). **锅** (guō) pot; pan; boiler.
Cook over high heat.	以大火旺煮。	**旺** (wàng) prosperous; flourishing; (of flowers) blooming; (of fire) roaring.
This process is very short,	这个过程非常短暂,	**短暂** (duǎn zàn) of short duration; brief; momentary.
After boiling the water,	将水煮沸之后,	**煮沸** (zhǔ fèi) to boil.

Then the meat can be taken out,	即可将肉块捞出,	
In another big round pot,	在另一口大圆锅中,	**另一** (lìng yī) another; the other.
Pour into Shijia's homemade miso soup,	倒入石家自制的酱汤,	**倒** (dǎo) to fall; to collapse; to lie horizontally; to overthrow; to fail; to go bankrupt; to change (trains or buses); to move around; to resell at a profit. **自制** (zì zhì) self-made; improvised; homemade; handmade.
Put in the meat pieces.	放入肉块。	**入肉** (rù ròu) to have intercourse; to fuck.
Spread a special cloth strip on the edge of the pot,	在锅沿铺上特制的布条,	**沿** (yán) along; to follow (a line, tradition etc); to carry on; to trim (a border with braid, tape etc); border; edge. **铺** (pù) plank bed; place to sleep; shop; store; (old) relay station. **特制** (tè zhì) special; unique. **布** (bù) cloth; to declare; to announce; to spread; to make known.
Then put salt and bay leaves,	然后放盐和香叶、	**香叶** (xiāng yè) bay leaf; laurel leaf.
star anise,	八角、	**八角** (bā jiǎo) anise; star anise; aniseed; octagonal; Fructus Anisi stellati.
fennel,	茴香、	**茴香** (huí xiāng) fennel (Foeniculum vulgare).
Aniseed such as cinnamon,	桂皮等大料,	**桂皮** (guì pí) Chinese cinnamon (Cinnamonum cassia); cassia bark. **大料** (dà liào) Chinese anise; star anise.
Put more sugar.	再放糖。	
Then use a steamer,	接着用一个蒸屉,	**蒸** (zhēng) to evaporate; (of cooking) to steam; torch made from hemp stalks or bamboo (old); finely chopped firewood (old). **屉** (tì) drawer; tier; tray.
Along the laid cloth strips,	沿铺好的布条,	
Press the meat tightly into the soup,	将肉块紧紧地压入汤水之中,	**紧紧** (jǐn jǐn) closely; tightly. **压** (yā) to press; to push down; to keep under (control); pressure.
Pour the cooking wine,	倒入料酒、	**料酒** (liào jiǔ) cooking wine.
soy sauce,	酱油,	**酱油** (jiàng yóu) soy sauce.
It takes about three hours to simmer on low heat.	以小火焖煮大约要三个小时。	
The stewed meat should be poured into a bowl and put into the steamer.	焖煮过的肉块还要倒着盛在一个碗里放入蒸箱,	**倒着** (dào zhe) backwards; in reverse; upside down. **箱** (xiāng) box; trunk; chest.
Steam for another 15 minutes.	再蒸15分钟。	

Doing so can prevent the skin from coming out of the pan from contacting air,	这样做既能避免刚出锅的肉皮接触空气,	**避免** (bì miǎn) to avert; to prevent; to avoid; to refrain from. **肉皮** (ròu pí) pork skin. **接触** (jiē chù) to touch; to contact; access; in touch with.
Affect the color,	影响色泽,	**色泽** (sè zé) color and luster.
It can also shape the meat into a better shape.	又能把肉块塑造成更好看的形状。	**造成** (zào chéng) to bring about; to create; to cause. **好看** (hǎo kàn) good-looking; nice-looking; good (of a movie, book, TV show etc); embarrassed; humiliated.
Finally, pour the special old sauce made by Shijia Restaurant,	最后浇上石家饭店特制的老酱汁,	**浇** (jiāo) to pour liquid; to irrigate (using waterwheel); to water; to cast (molten metal); to mold.
Shijia Jiangfang is worthy of the name.	石家酱方就名副其实了。	**名副其实** (míng fù qí shí) not just in name only, but also in reality (idiom).
Due to the long simmering,	由于长时间的焖煮,	
Most of the fat in the pork belly is dissolved,	五花肉中的大部分肥肉被溶解,	**大部分** (dà bù fen) in large part; the greater part; the majority. **肥肉** (féi ròu) fat (e.g. pork fat); fatty meat; (fig.) a gold mine; cash cow. **溶解** (róng jiě) to dissolve.
So fat but not greasy,	因此肥而不腻,	**腻** (nì) greasy; soft; unctuous; intimate; tired of.
Soft and sticky,	绵软粘稠,	**绵** (mián) silk floss; continuous; soft; weak; mild-mannered (dialect). **软** (ruǎn) soft; flexible. **粘** (zhān) to glue; to paste; to adhere; to stick to. **稠** (chóu) dense; crowded; thick; many.
Scent,	香气扑鼻,	**香气** (xiāng qì) fragrance; aroma; incense. **扑鼻** (pū bí) to assail the nostrils (of fragrance and odors).
All this is due to Huohou.	这一切都要归功于火候。	**归功** (guī gōng) to give credit; to give sb his due; attribution.
In this dish,	在这道菜中,	
Civil and military fire plays an equally important role.	文武火起着同样重要的作用。	**同样** (tóng yàng) same; equal; equivalent.
The deliciousness of food requires a degree of change through firepower relaxation,	食物的美味需要通过火力张弛有度的变化,	**食物** (shí wù) food. **张弛** (zhāng chí) tension and relaxation.
Can be tempered appropriately.	才能恰如其分的淬炼出来。	**恰如其分** (qià rú qí fèn) (idiom) appropriate; apt; just right. **淬** (cuì) dip into water; to temper.
Wu Huo is to cook the meat quickly,	武火是为了把肉块迅速煮熟,	**迅速** (xùn sù) rapid; speedy; fast. **煮熟** (zhǔ shóu) to boil thoroughly; to cook thoroughly.
Let the blood and impurities drain out,	让其中的血水和杂质排出来,	**血水** (xuè shuǐ) thin blood; watery blood.

It won't make the meat grow old,	又不至于使肉质变老,	**不至于** (bù zhì yú) unlikely to go so far as to; not as bad as. **质变** (zhì biàn) qualitative change; fundamental change.
At the same time, the meat is shaped.	同时将肉块定型。	**定型** (dìng xíng) to finalize (a design etc); stereotype; permanent wave or perm (hairdressing).
Use the steamer to press the meat into the miso soup,	使用蒸屉能把肉块压入酱汤中,	
The space added by the steamer,	蒸屉增加出来的空间,	**空间** (kōng jiān) space; room; (fig.) scope; leeway; (astronomy) outer space; (physics, math.) space.
It also allows the steam mixed with various flavors to circulate repeatedly,	又能让混合着各种滋味的蒸汽反复流转、	**混合** (hùn hé) to mix; to blend; hybrid; composite. **滋味** (zī wèi) taste; flavor; feeling. **蒸汽** (zhēng qì) steam. **流转** (liú zhuǎn) to be on the move; to roam or wander; to circulate (of goods or capital).
Transpiration.	蒸腾。	**蒸腾** (zhēng téng) (of a vapor etc) to rise; to hang in the air.
Wenhuo is to refine the meaty taste,	而文火则是提炼肉味,	**提炼** (tí liàn) to extract (ore, minerals etc); to refine; to purify; to process.
To make it crisp and deboned,	使其达到酥烂脱骨,	**达到** (dá dào) to reach; to achieve; to attain. **酥** (sū) flaky pastry; crunchy; limp; soft; silky. **烂** (làn) soft; mushy; well-cooked and soft; to rot; to decompose; rotten; worn out; chaotic; messy; utterly; thoroughly; crappy; bad. **骨** (gǔ) bone.
Without losing its shape,	不失其形之境,	**形** (xíng) to appear; to look; form; shape.
Showing tenderness,	呈现出嫩软、	**呈现** (chéng xiàn) to appear; to emerge; to present (a certain appearance); to demonstrate. **嫩** (nèn) tender; soft; delicate; light (color); inexperienced; unskilled.
Fatty taste.	肥香的口感。	**口感** (kǒu gǎn) taste; texture (of food); how food feels in the mouth.
Huo Hou is indeed a mysterious and subtle concept in Chinese cuisine.	火候的确是中国美食中一个神秘而微妙的概念,	**的确** (dí què) really; indeed. **概念** (gài niàn) concept; idea.
therefore,	因此,	
It has attracted the attention of many Chinese literati since ancient times.	自古就引起了众多中国文人的关注。	**自古** (zì gǔ) (since) ancient times; (from) time immemorial. **众多** (zhòng duō) numerous.

Confucius once emphasized,	孔子曾强调,	**孔子** (kǒng zǐ) Confucius (551-479 BC), Chinese thinker and social philosopher, also known as 孔夫子 (kǒng fū zǐ). **曾** (céng) once; already; ever (in the past); former; previously; (past tense marker used before verb or clause). **强调** (qiáng diào) to emphasize (a statement); to stress.
Uncooked food.	失饪不食。	**饪** (rèn) cooked food; to cook (until ready).
In his opinion, improperly cooked food cannot be eaten.	在他看来火候不当的食物就不能食用。	**不当** (bù dàng) unsuitable; improper; inappropriate. **食用** (shí yòng) food product; to use as food; edible.
Su Dongpo's poems are unique,	苏东坡诗词双绝,	**苏东坡** (sū dōng pō) Su Dongpo, another name for Su Shi 苏轼 (1037-1101), northern Song writer and calligrapher. **诗词** (shī cí) verse. **绝** (jué) to cut short; extinct; to disappear; to vanish; absolutely; by no means.
He is also well versed in the ways of cooking.	同样也深谙美食火候之道。	**谙** (ān) to be versed in; to know well.
Even "Suiyuan Food List" which focuses on collecting exquisite recipes,	就连以搜集精致菜谱为主的《随园食单》,	**搜集** (sōu jí) to gather; to collect. **精致** (jīng zhì) delicate; fine; exquisite; refined. **菜谱** (cài pǔ) menu (in restaurant); recipe; cookbook. **为主** (wéi zhǔ) to rely mainly on; to attach most importance to. **随** (suí) to follow; to comply with; varying according to...; to allow; subsequently.
There is a chapter dedicated to discussing fire conditions.	都专门辟出一章谈论火候。	**辟** (pì) to open (a door); to open up (for development); to dispel; to refute; to repudiate. **谈论** (tán lùn) to discuss; to talk about.
Liang Shiqiu is a very special writer in the history of modern Chinese literature.	梁实秋是中国现代文学史上一位非常特殊的作家,	**梁** (liáng) roof beam; beam (structure); bridge. **现代** (xiàn dài) modern times; modern age; modern era. **文学史** (wén xué shǐ) history of literature.
He is not only beautiful in writing,	他不仅文笔优美,	**文笔** (wén bǐ) writings; writing style. **优美** (yōu měi) graceful; fine; elegant.
I have a soft spot for food.	对美食更是情有独钟。	**情有独钟** (qíng yǒu dú zhōng) to have a feeling for sth (affection, sympathy, passion etc).
Many delicacies are recorded in his "Ashe Talking about Eating".	在他的《雅舍谈吃》里记录了许多美味佳肴。	**舍** (shě) to give up; to abandon; to give alms. **记录** (jì lù) to record; record (written account); note-taker; record (in sports etc). **佳肴** (jiā yáo) fine food; delicacies; delicious food.
Among them is a dish since he lived in Taiwan in his later years,	其中有一道菜自他晚年寓居台湾后,	**晚年** (wǎn nián) one's later years. **寓居** (yù jū) to make one's home in; to reside in; to inhabit. **台湾** (tái wān) Taiwan.

I will never taste it again,

就再也无缘品尝，

再也 (zài yě) (not) any more. **无缘** (wú yuán) to have no opportunity; no way (of doing sth); no chance; no connection; not placed (in a competition); (in pop lyrics) no chance of love, no place to be together etc. **品尝** (pǐn cháng) to taste a small amount; to sample.

So that Liang Shiqiu regretted all his life.

以至于梁实秋抱憾终生。

以至于 (yǐ zhì yú) down to; up to; to the extent that.... **憾** (hàn) regret (sense of loss or dissatisfaction). **终生** (zhōng shēng) throughout one's life; lifetime; lifelong.

In fact, if the whole of China wants to eat this dish,

事实上现在整个中国要想吃上这道菜，

事实上 (shì shí shàng) in fact; in reality; actually; as a matter of fact; de facto; ipso facto. **个中** (gè zhōng) therein; in this.

It is not easy.

都并非易事。

并非 (bìng fēi) really isn't.

Because this dish is picky about ingredients and cooking skills,

因为这道菜无论对食材和烹饪技巧的挑剔，

技巧 (jì qiǎo) skill; technique. **挑剔** (tiāo ti) picky; fussy.

All have reached a level that is not suitable for ordinary restaurants today.

均已到了不适合今天普通餐馆的程度。

均 (jūn) equal; even; all; uniform. **餐馆** (cān guǎn) restaurant.

The name of this dish is oil fried double crisp.

这道菜名叫油爆双脆。

爆 (bào) to explode or burst; to quick fry or quick boil. **脆** (cuì) brittle; fragile; crisp; crunchy; clear and loud voice; neat.

Zhang Shaogang,

张绍刚，

Chief Chef of Beijing Tiandi Yijia Hotel.

北京天地一佳酒店总厨师长。

天地 (tiān dì) heaven and earth; world; scope; field of activity. **佳** (jiā) beautiful; fine; good. **酒店** (jiǔ diàn) wine shop; pub (public house); hotel; restaurant; (Tw) hostess club. **厨师长** (chú shī zhǎng) executive chef; head chef.

In his eyes, heat is a dish.

在他眼中火候是一道菜。

眼中 (yǎn zhōng) in one's eyes.

As the soul of food,

作为美食的灵魂，

作为 (zuò wéi) one's conduct; deed; activity; accomplishment; achievement; to act as; as (in the capacity of); qua; to view as; to look upon (sth as); to take sth to be. **灵魂** (líng hún) soul; spirit.

In a hotel in Tiandi,

在天地一家酒店，

We also couldn't find the oily double crisp from the menu.

我们同样无法从菜单上找到油爆双脆。

Zhang Shaogang said,

张绍刚说，

This is because this dish is not only extremely difficult to master when making it,

这是因为这道菜不仅制作时火候掌握的难度极高，

制作 (zhì zuò) to make; to manufacture. **难度** (nán dù) trouble; problem.

And it's very scrap.	而且非常废料。	**废料** (fèi liào) waste products; refuse; garbage; good-for-nothing (derog.).
Customers who don't understand will inevitably feel that the price of vegetables is inflated.	不了解的顾客难免会觉得菜价虚高,	**难免** (nán miǎn) hard to avoid; difficult to escape from; will inevitably. **虚** (xū) emptiness; void; abstract theory or guiding principles; empty or unoccupied; diffident or timid; false; humble or modest; (of health) weak; virtual; in vain.
Unnecessary misunderstanding occurred.	发生不必要的误会。	**不必要** (bù bì yào) needless; unnecessary.
This dish is not on the recipe,	菜谱上是没有这道菜的,	
But we should sell goods to gourmets.	但是我们应该是货卖于食家。	
I basically sell this dish to customers from time to time.	我这个菜基本上也会时不常的卖给客人,	**基本上** (jī běn shang) basically; on the whole.
This must be a lot of people here,	这一定是好多是慕名而来的,	**好多** (hǎo duō) many; quite a lot; much better. **慕名而来** (mù míng ér lái) to come to a place on account of its reputation (idiom); attracted to visit a famous location.
Or a friend who knows better,	或者是比较懂的朋友,	
He will know that maybe this dish is much more difficult than making abalone.	他会知道可能这道菜比做鲍鱼要难的多。	**比做** (bǐ zuò) to liken to; to compare to.
Today Zhang Shaogang received an appointment from an old customer.	今天张绍刚就是接到一位老顾客的预约,	**接到** (jiē dào) to receive (letter etc).
Ready to cook personally,	准备亲自下厨,	**亲自** (qīn zì) personally; in person; oneself. **下厨** (xià chú) to go to the kitchen (to prepare a meal); to cook.
Make this oil burst double crisp.	制作这道油爆双脆。	
The double crisp in the oily double crisp is chicken gizzard and pork belly.	油爆双脆中的双脆是鸡胗和猪肚。	**胗** (zhēn) gizzard.
These two seemingly simple ingredients have special care.	这看似简单的两样食材却有着特殊的讲究。	**两样** (liǎng yàng) two kinds; difference. **有着** (yǒu zhe) to have; to possess.
The pork belly has the belly part,	猪肚有肚头的部分,	
Use only the tip of the belly.	只用肚尖的部分。	**尖** (jiān) point (of needle); sharp; shrewd; pointed.
Because the tip of the belly is relatively speaking,	因为肚尖相对来说,	**相对** (xiāng duì) relatively; opposite; to resist; to oppose; relative; vis-a-vis; counterpart.

It's better,

它好一点，

In addition, it is relatively tender,

另外它比较嫩，

You have to use five or six tripes,

得用五六个肚，

I might be able to produce such a dish.

大概才能够出这么一盘菜。

Skip this pork belly kernel and remove the skin,

把这个猪肚仁撇下来以后把皮去掉，

撇 (piě) to throw; to cast; left-slanting downward brush stroke (calligraphy). **去掉 (qù diào)** to get rid of; to exclude; to eliminate; to remove; to delete; to strip out; to extract.

Also choose,

还要选，

Remove all corners and corners.

把边边角角都要去掉。

The old skin of chicken gizzards should also be removed.

鸡胗也要去掉老皮。

This thin skin on the outside has to be removed.

外边这层薄皮还要去掉。

外边 (wài bian) outside; outer surface; abroad; place other than one's home. **薄 (báo)** thin; cold in manner; indifferent; weak; light; infertile.

Actually not much removed,

实际上取下不了多少，

实际上 (shí jì shàng) in fact; in reality; as a matter of fact; in practice. **不了 (bù liǎo)** unable to; without end.

Slightly larger than the first joint of Thumbing.

比大拇哥第一个关节稍微的大一点点。

大拇哥 (dà mǔ gē) thumb; big toe; USB flash drive. **关节 (guān jié)** joint (physiology); key point; critical phase. **一点点 (yī diǎn diǎn)** a little bit.

It takes more than a dozen chicken gizzards to make a double crisp

一道油爆双脆需要用掉十几个鸡胗，

几个 (jǐ ge) a few; several; how many.

After the chicken gizzards and pork belly are cleaned,

鸡胗和猪肚清洗干净之后，

To cut it into a chrysanthemum shape,

要将其切成菊花状，

菊花 (jú huā) chrysanthemum; (slang) anus. **状 (zhuàng)** accusation; suit; state; condition; strong; great; -shaped.

This is beautiful,

这样既美观，

美观 (měi guān) pleasing to the eye; beautiful; artistic.

It can also mature better by heating.

也能更好的受热成熟。

受热 (shòu rè) heated; sunstroke.

There is a little trick,

有一点小窍门，

有一点 (yǒu yī diǎn) a little; somewhat. **窍门 (qiào mén)** a trick; an ingenious method; know-how; the knack (of doing sth).

When fighting,	在打的时候,	**打的** (dǎ dī) (coll.) to take a taxi; to go by taxi.
Pay attention to pork belly especially,	尤其是猪肚要注意,	**尤其是** (yóu qí shì) especially; most of all; above all; in particular.
You can't just go straight down,	你不能说直刀下去,	**下去** (xià qù) to go down; to descend; to go on; to continue; (of a servant) to withdraw.
Because its cross section is too narrow.	因为它的横断面就太窄了。	**横断面** (héng duàn miàn) horizontal section.
When you are cutting, the knife should be pushed forward and cut,	你在切的时候刀要往前推着切,	**往前** (wǎng qián) to move forwards.
Then cut again,	然后再切着,	
Horizontally,	横着、	**横** (héng) horizontal; across; (horizontal character stroke).
Upright,	竖着,	**竖** (shù) to erect; vertical; vertical stroke (in Chinese characters).
Then after cutting the flower knife,	然后再切上花刀以后,	
To produce a chrysanthemum shape.	才能产生菊花状。	
After the double crisp is cut, let the water pass.	双脆切好后先过一下水。	
Because the maturity of your chicken gizzard and pork belly is different,	因为你鸡胗跟猪肚的成熟度是不一样的,	**不一样** (bù yī yàng) different; distinctive; unlike.
I put the chicken gizzards first,	我是先放鸡胗,	
Put the pork belly afterwards.	后放猪肚。	
After the chicken gizzards come down,	鸡胗下来以后,	
It's basically just a few in my head,	基本上就是脑子里大概数个一,	**脑子** (nǎo zi) brains; mind.
Then the pork belly followed.	然后紧接着猪肚就跟着下去。	**跟着** (gēn zhe) to follow after; immediately afterwards.
The main purpose of copying is to get rid of its blood.	抄一下主要是为了去它的血。	**抄** (chāo) to make a copy; to plagiarize; to search and seize; to raid; to grab; to go off with; to take a shortcut; to make a turning move; to fold one's arms.
Then pass the hot oil again,	然后再过一遍热油,	**一遍** (yī biàn) one time (all the way through); once through.

The preparation of the ingredients for this dish takes a long time.	这道菜食材的准备就耗时极久，	**耗时** (hào shí) time-consuming; to take a period of (x amount of time).
And all this paved the way for Huohou's performance.	而这一切也为火候的表演做足了铺垫。	**铺垫** (pū diàn) to spread out bedding; bedcover.
Because the time of the fire show is very short,	因为火候展示的时间特别短暂，	**展示** (zhǎn shì) to reveal; to display; to show; to exhibit sth.
Only just over 10 seconds.	只有短短10多秒钟。	**秒钟** (miǎo zhōng) (time) second.
Decades ago,	几十年前，	**年前** (nián qián) before the end of the year; before the new year.
Liang Shiqiu described the cooking process of this dish in detail in his "A She Talking about Eating".	梁实秋在他的《雅舍谈吃》中就详细描绘了这道菜的烹制过程。	
These two things are fried in the ditch sauce in the pot,	这两样东西下锅爆炒沟汁，	**两样东西** (liǎng yàng dōng xi) two distinct things. **爆炒** (bào chǎo) to stir-fry rapidly using a high flame; to conduct a media blitz; to manipulate a stock market through large-scale buying and selling. **沟** (gōu) ditch; gutter; groove; gully; ravine.
Too late to flip with a shovel,	来不及用铲子翻动，	**铲子** (chǎn zi) shovel; spade; trowel; spatula (kitchen utensil).
Must pick up the pot,	必须端起锅来，	**端** (duān) end; extremity; item; port; to hold sth level with both hands; to carry; regular.
Throw the contents of the pot into the air,	把锅里的东西抛向半空中，	**抛** (pāo) to throw; to toss; to fling; to cast; to abandon. **半空中** (bàn kōng zhōng) in midair; in the air.
Go for a roll,	打个滚，	**滚** (gǔn) to boil; to roll; to take a hike; Get lost!.
Fall down again.	再落下来。	**落** (luò) to fall or drop; (of the sun) to set; (of a tide) to go out; to lower; to decline or sink; to lag or fall behind; to fall onto; to rest with; to get or receive; to write down; whereabouts; settlement.
liquid,	液体、	**液体** (yè tǐ) liquid.
The solids turn up together,	固体一起颠起，	**固体** (gù tǐ) solid. **颠** (diān) top (of the head); apex; to fall forwards; inverted; to jolt.
Repeatedly.	连颠三五下子。	**三五** (sān wǔ) several; three or five.
This is not a stunt show,	这不是特技表演，	**特技** (tè jì) special effect; stunt.
This is a must for fire.	这是火候必须的功夫。	
Before raging,	在万火熊熊之前，	**熊熊** (xióng xióng) raging; flaming.

When hot oil splashes,

热油泼溅之即，

泼溅 (pō jiàn) to spatter.

Put the iron pot that weighs several kilograms,

把那本身好几斤重的铁锅，

本身 (běn shēn) itself; in itself; per se. **好几** (hǎo jǐ) several; quite a few. **铁锅** (tiě guō) iron cooking pot.

He shook his hand twice,

只手甩了两下子，

甩 (shuǎi) to throw; to fling; to swing; to leave behind; to throw off; to dump (sb). **两下子** (liǎng xià zi) a couple of times; to repeat the same; the same old trick; tricks of the trade.

Don't you have any craftsmanship?

没有一点手艺行吗？

手艺 (shǒu yì) craftmanship; workmanship; handicraft; trade.

Today Zhang Shaogang's speculation process is almost exactly the same as Liang Shiqiu's description.

今天张绍刚的炒制过程与梁实秋的描述几乎完全一样。

几乎完全 (jī hū wán quán) almost entirely; almost completely.

In more than 10 seconds of this electric flint,

在这电光火石的10多秒钟里，

电光 (diàn guāng) electric light; lightning; electro-optical. **火石** (huǒ shí) flint (stone).

The chef must be crisp and neat,

厨师必须干脆利落，

干脆利落 (gān cuì lì luo) (of speech or actions) direct and efficient; without fooling around.

All in one go.

一气呵成。

一气呵成 (yī qì hē chéng) to do something at one go; to flow smoothly.

This dish is not good enough to be fried.

这个菜炒嫩了不行，

不行 (bù xíng) won't do; be out of the question; be no good; not work; not be capable.

It's not alright to fry old.

炒老了也不行。

It's not cooked when it's fried,

炒嫩了它不熟，

It's kind of raw.

它有点生。

If you get old,

如果炒老了，

Slightly older,

稍微老一点，

It can't chew.

它嚼不动。

不动 (bù dòng) motionless.

It must be fried quickly,

一定要用旺火速炒，

火速 (huǒ sù) at top speed; at a tremendous lick.

very fast,

非常快，

Just put all the juice on the raw materials.

就是把这个汁全部抱在原材料上就可以。

原材料 (yuán cái liào) raw materials; unprocessed materials.

However, this dish has not yet been completed.

然而这道菜至此还没有完成。

至此 (zhì cǐ) up until now; so far.

The last important process is to pass vegetables.

最后一道重要的工序是传菜。

工序 (gōng xù) working procedure; process.

Because the pork belly and chicken gizzard exceed the water,

因为猪肚跟鸡胗超过水，

It may be four mature.

它可能也就四成熟。

Then you flush with hot oil,

然后你再用热油一冲，

冲 (chōng) (of water) to dash against; to mix with water; to infuse; to rinse; to flush; to develop (a film); to rise in the air; to clash; to collide with.

Basically it has reached seven maturity.

基本上它已经达到七成熟了。

Cook the juice again,

再烹汁，

After coming out,

出来以后，

Basically this dish is nine mature.

基本上这个菜就是九成熟。

When it arrived at the guest table,

端到客桌上的时候，

It still needs to be reheated.

它还要再加热。

加热 (jiā rè) to heat.

At this time, it happened to be at the guest table,

这个时候到客桌上正好，

It is ten mature.

是十成熟。

This is the ultimate delicacy.

这是一道堪称极致的美食。

堪称 (kān chēng) can be rated as; can be said to be. **极致 (jí zhì)** peak; pinnacle; ultimate.

In pursuit of a delicious and crisp taste,

为了追求鲜美爽脆的口感，

追求 (zhuī qiú) to pursue (a goal etc) stubbornly; to seek after; to woo. **爽脆 (shuǎng cuì)** sharp and clear; frank; straightfoward; quick; brisk; crisp and tasty.

The chefs even calculate the time required to put the dishes on the table within the scope of the fire control.

厨师们甚至把菜品上桌所需要的时间也计算在火候控制的范围之内。

计算 (jì suàn) to count; to calculate; to compute. **控制 (kòng zhì)** control; to exercise control over; to contain. **范围 (fàn wéi)** range; scope; limit; extent. **之内 (zhī nèi)** inside; within.

In fact, it is precisely because of the extreme pursuit of heat and taste,

事实上正是由于对火候及口感的极致追求，

The Chinese have invented many unique methods since ancient times.

中国人自古以来就发明了许许多多独特的方法。

自古以来 (zì gǔ yǐ lái) since ancient times. **发明 (fā míng)** to invent; an invention. **独特 (dú tè)** unique; distinct; having special characteristics.

One of the most common is the Dian Shao that once made Liang Shiqiu amazed.	其中最常见的就是曾令梁实秋叹为观止的颠勺。	**令 (lìng)** to order; to command; an order; warrant; writ; to cause; to make sth happen; virtuous; honorific title; season; government position (old). **叹为观止 (tàn wéi guān zhǐ)** (idiom) to gasp in amazement; to acclaim as the peak of perfection. **勺 (sháo)** spoon; ladle; abbr. for 公勺 (gōng sháo), centiliter (unit of volume).
Dianchao refers to when the chef prepares various dishes of different styles,	颠勺是指厨师在制作各种不同样式的菜肴时,	**样式 (yàng shì)** type; style. **菜肴 (cài yáo)** vegetable and meat dishes; dish.
According to different ingredients and cooking requirements,	依据不同食材及烹饪要求,	**依据 (yī jù)** according to; basis; foundation.
Use a frying spoon or double ear pot,	使用炒勺或双耳锅,	**炒勺 (chǎo sháo)** wok with a long handle; wok spatula; ladle.
Use arm strength and wrist strength to turn the spoon,	借助臂力与腕力进行翻勺、	**借助 (jiè zhù)** to draw support from; with the help of. **臂 (bì)** arm. **腕 (wàn)** wrist; (squid, starfish etc) arm.
Pull spoon,	拉勺、	
How to install the plate.	装盘的方式方法。	**装 (zhuāng)** adornment; to adorn; dress; clothing; costume (of an actor in a play); to play a role; to pretend; to install; to fix; to wrap (sth in a bag); to load; to pack.
Due to different ways,	由于不同方式、	
Different amplitudes	不同幅度的颠勺,	**幅度 (fú dù)** width; extent; range; scope.
Will have different effects on the heating of the ingredients.	会对食材的受热产生不同的影响。	
therefore,	因此,	
Dumpling spoon is an extremely important basic skill in Chinese cooking techniques.	颠勺是中式烹调技法中一项极其重要的基本功。	**中式 (zhōng shì)** Chinese style. **项 (xiàng)** back of neck; item; thing; term (in a mathematical formula); sum (of money); classifier for principles, items, clauses, tasks, research projects etc. **极其 (jí qí)** extremely. **基本功 (jī běn gōng)** basic skills; fundamentals.
Diansha is indeed a craft,	颠勺的确可以说是一种手艺,	
Because we have to master this technique,	因为要熟练掌握这种技术,	**熟练 (shú liàn)** practiced; proficient; skilled; skillful.
Every chef has to go through a long period of training,	每个厨师都要经过长时间的磨练,	**磨练 (mó liàn)** to temper oneself; to steel oneself; self-discipline; endurance.
No one can be an exception.	没有人能够例外。	**例外 (lì wài)** exception; to be an exception.
From standing on the fire to fry this dish,	从站在火上炒这道菜,	

It has been fired for 18 years.	炒了有18年了。	
Fried 18 years ago,	18年前炒,	
Certainly the effect of speculation does not appear,	肯定炒不出现在的效果来,	
No one has such a deep understanding of this taste.	对这个味道领悟的也没有像现在这么深。	**领悟** (lǐng wù) to understand; to comprehend.
My master was in the process of conditioning me,	我曾经师傅在给我调理的过程当中,	**曾经** (céng jīng) once; already; former; previously; ever; (past tense marker used before verb or clause). **调理** (tiáo lǐ) to nurse one's health; to recuperate; to take care of; to look after; to discipline; to educate; to train; to prepare food; (dialect) to make fun of; (medicine) to opsonize.
One dish is fried many times.	一道菜炒很多遍。	
No,	不行,	
You fry it again,	你炒一遍,	
This is not good.	这点不行。	
Then fry it a second time,	然后炒第二遍,	
That's not good,	那点不行,	
right?	是吧?	
Then fry it nine times.	然后炒九遍。	
I am very impressed.	我印象非常深刻。	**深刻** (shēn kè) profound; deep; deep-going.
Fire is a subtle and mysterious concept in Chinese cuisine.	火候在中国美食里是一个微妙的接近神秘的概念,	**接近** (jiē jìn) to approach; to get close to.
But the grasp of the heat does not require a solid effort anywhere.	但对火候的把握却无处不需要扎扎实实的功夫。	**无处** (wú chù) nowhere. **扎扎实实** (zhā zha shí shí) firm; solid; reliable; real; practical.
These efforts include intention,	这些功夫包括用心、	**用心** (yòng xīn) motive; intention; to be diligent or attentive; careful.
Focus,	专注,	**专注** (zhuān zhù) concentrated; single-mindedly devoted to.
There is also a long time of training and experience.	还有长时间的训练和经验。	**训练** (xùn liàn) to train; to drill; training.
Maybe for this reason,	或许正是这个原因,	**或许** (huò xǔ) perhaps; maybe.

Huo Hou was further used in the Chinese philosophy of life.

火候又进一步被借用到中国人的处世哲学中。

进一步 (jìn yī bù) one step further; to move forward a step; further onwards. **借用** (jiè yòng) to borrow sth for another use; to borrow an idea for one's own use. **处世** (chǔ shì) to conduct oneself in society. **哲学** (zhé xué) philosophy.

Being a man is about heat,

做人讲的是火候,

做人 (zuò rén) to conduct oneself; to behave with integrity.

What you do is also about heat.

做事讲的也是火候。

做事 (zuò shì) to work; to handle matters; to have a job.

What are some of the wonderful knife skills unknown in the Chinese food world?

在中国的美食世界中有哪些不为人知的绝妙刀工?

不为人知 (bù wéi rén zhī) not known to anyone; secret; unknown. **绝妙** (jué miào) exquisite. **刀工** (dāo gōng) knife work (food preparation).

How they are passed down from generation to generation,

它们是如何被一代代传承下来,

如何 (rú hé) how; what way; what. **一代** (yī dài) generation. **传承** (chuán chéng) to pass on (to future generations); passed on (from former times); a continued tradition; an inheritance.

How to make our food culture so colorful?

又如何让我们的美食文化如此丰富多彩?

如此 (rú cǐ) in this way; so. **丰富多彩** (fēng fù duō cǎi) richly colorful.

Stay tuned for the second episode of "Chinese Food Quest".

敬请关注《中国美食探秘》第二集。

敬请 (jìng qǐng) please (do sth) (deferential form). **探秘** (tàn mì) to explore a mystery; to probe the unknown.