

豆腐文化

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今年夏天和下一個學年我都打算出國留學，在台灣和中國南京學習。我對學習不同的文化很感興趣，特別是對東亞洲的烹飪。中學的時候我在一個法式烹飪麵包房和飯館工作。在麵包房工作的時候我開始愛上“吃”。因為我就要去東亞洲了我要想學會中式烹飪。其中我最想學豆腐的不同作法。

豆腐在中國漢朝的時候就有了，然後豆腐從中國傳到整個東亞洲。一千多年來豆腐一直是東亞洲的主要飲食。豆腐的做法是通過凝結豆奶和擠壓做成的。大部分豆腐製造商做他們自己的豆奶。豆腐有很多種，比如豆腐花，豆腐乾，臭豆腐和豆腐乳。豆腐可以跟很多菜一起做，因為豆腐本身沒有甚麼味道。

我第一次吃豆腐和臭豆腐是在臺北市的士林夜市。我沒吃到臭豆腐以前就先聞到味道，真讓人呼吸困難。我在台灣第一天晚上，我台灣的接待媽媽告訴我“你必須得先把你的豆腐吃完，才能吃甜點。”因為我最喜歡甜點所以我每次吃飯，都會把豆腐吃光。在台灣我每天吃豆腐，因為我的接待家庭的後邊就有一個豆腐小販我也喜歡吃豆腐。

大半的美國人覺得豆腐真難吃，其實他們應該多吃豆腐！

Vocabulary List:

打算 da3suan1-to plan

台灣 tai2wan1-Taiwan

南京 nan2jing1-Nanjing

文化 wen2hua4-culture

感興趣 gao3xing4qu4-interesting

亞洲 ya4zhou1-Asia

烹飪 peng1ren4-cuisine

法式 fa3shi4-French Style

麵包房 mian4bao4fang2-Bakery
豆腐 dou4fu-tofu
味道 wei4dao-taste
士林夜市 shi4lin2ye4shi4-Shilin night market
其實 qi2shi2-actually
困難 kun1nan2-difficult
呼吸 hu1xi1-breath
漢朝 han4chao2-Han Dynasty
凝蛋白 ning2dan4bai2-coagulated protein
凝結 ning2jie2-to coagulate
變成 bian4cheng2-turn into
通過 tong1guo4-by means of
主食 zhu3shi2-staple food
飲食 yin3shi2-diet
接待 jie1dai4-host family
大半 da4ban1-most
豆奶 dou4nai3-soy milk
臭豆腐 chou2dou4fu-stinky tofu
豆腐花 dou4fuhua4-silken tofu
豆腐乳 dou4furu3-fermented tofu
小販 xiao3fan3-vendor
甜點 tian2dian3-dessert
必須 bi4xu1— must

英文

This summer and all of next school year I plan to study overseas in Taiwan and Nanjing, China. I am interested in studying different cultures, especially East Asian Cuisine. During high school I worked at a French style bakery and restaurant. While working at the bakery I developed a passion for food. Because I will soon be going to East Asia I want to master cooking Chinese style cuisine. I am most interested in learning about tofu within East Asian cuisine.

During the Han Dynasty tofu was created in China, then from China tofu spread across all of East Asia. For over a millennium tofu has been a staple food in the East Asian diet. By means of coagulating soymilk and pressing the curd into many blocks tofu is made. Most tofu manufacturers make their own soymilk. There are many varieties of tofu made such as soft tofu, firm tofu, stinky tofu, and pickled tofu. Tofu is used in many dishes because it has little flavor. The first time I ate regular and stinky tofu I was at Taiwan's Shilin night market. Before I tasted the stinky tofu I was able to smell it, the smell was horrible and was difficult to breathe. My first night in Taiwan my Taiwanese mother told me "You always finish your tofu if you want dessert." Because I like dessert the most every meal I ate my fill of tofu. Everyday I ate tofu because there was a tofu stand behind my host family's home also because I enjoy eating tofu. Most Americans think tofu is disgusting. They should eat more tofu.

