

中国菜的英文名

中文的菜名最难翻译，比如“红烧狮子头” (Stewed Pork Ball in Brown Sauce) 、
“回锅肉” (Sautéed Sliced Pork with Pepper and Chili) 、
“糖醋排骨” (Sweet and Sour Spare Ribs) 等等。

中国菜分类 Classifications of Chinese Cuisine

八大菜系 Eight Famous Cuisines

鲁菜 Lu Cuisine (Shandong Cuisine)

川菜 Chuan Cuisine (Sichuan Cuisine)

粤菜 Yue Cuisine (Guangdong Cuisine)

闽菜 Min Cuisine (Fujian Cuisine)

苏菜 Su Cuisine (Jiangsu Cuisine)

浙菜 Zhe Cuisine (Zhejiang Cuisine)

湘菜 Xiang Cuisine (Hunan Cuisine)

徽菜 Hui Cuisine (Anhui Cuisine)

菜品分类 Types of Courses

凉菜类 Cold Dishes

热菜类 Hot Dishes

汤羹粥煲类 Soups, Congees and Casseroles

主食和小吃 Main Food and Snacks

西餐 Western Cuisine

开胃菜(头盘及沙拉类)Appetizers and Salads

主菜 Main Courses

汤类 Soups

配菜 Side Dishes

副菜 Entrées

甜点 Desserts

翻译原则

一.以主料为主，配料或配汁为辅的翻译原则

1.菜肴的主料和配料

主料(名称/形状)+with+配料

如：松仁香菇 Chinese Mushrooms with Pine Nuts

2.菜肴的主料和配汁

主料 with /in+汤汁(Sauce)

如：冰梅凉瓜 Bitter Melon in Plum Sauce

二.以烹制方法为主，原料为辅的翻译原则

1.菜肴的做法和主料

做法(动词过去分词)+主料(名称/形状)

如：拌双耳 Tossed Black and White Fungus

2.菜肴的做法、主料和配料

做法(动词过去分词)+主料(名称/形状)+配料

如：豌豆辣牛肉 Sautéed Spicy Beef and Green Peas

3.菜肴的做法、主料和汤汁

做法(动词过去分词) + 主料(名称/形状)+with /in+汤汁

如：川北凉粉 Tossed Clear Noodles with Chili Sauce

三.以形状、口感为主，原料为辅的翻译原则

1.菜肴形状或口感以及主配料

形状/口感 + 主料

如：玉兔馒头 Rabbit-Shaped Mantou

脆皮鸡 Crispy Chicken

2.菜肴的做法、形状或口感、做法以及主配料

做法(动词过去分词)+ 形状/口感 + 主料 + 配料

如：小炒黑山羊 Sautéed Sliced Lamb with Pepper and Parsley

四.以人名、地名为主，原料为辅的翻译原则

1.菜肴的创始人(发源地)和主料

人名(地名)+ 主料

如：麻婆豆腐 Mapo Tofu (Sautéed Tofu in Hot and Spicy Sauce)

广东点心 Cantonese Dim Sum

2.介绍菜肴的创始人(发源地)、主配料及做法

做法(动词过去式)+ 主辅料 + 人名/地名 + Style

如：四川辣子鸡 Spicy Chicken, Sichuan Style

北京炸酱面 Noodles with Soy Bean Paste, Beijing Style

五.体现中国餐饮文化，使用汉语拼音命名或音译的翻译原则

1.具有中国特色且被外国人接受的传统食品，本着推广汉语及中国餐饮文化的原则，使用汉语拼音。

如：饺子 Jiaozi

包子 Baozi

馒头 Mantou

花卷 Huajuan

烧麦 Shaomai

2.具有中国特色且已被国外主要英文字典收录

如：豆腐 Tofu

宫保鸡丁 Kung Pao Chicken

馄饨 Wonton

3. 中文菜肴名称无法体现其做法及主配料的，使用汉语拼音，并在后标注英文注释。

如：佛跳墙 Fotiaoqiang (Steamed Abalone with Shark's Fin and Fish Maw in Broth)

锅贴 Guotie (Pan-Fried Dumplings)

窝头 Wotou (Steamed Corn/Black Rice Bun)

蒸饺 Steamed Jiaozi (Steamed Dumplings)

油条 Youtiao (Deep-Fried Dough Sticks)
汤圆 Tangyuan (Glutinous Rice Balls)
粽子 Zongzi (Glutinous Rice Wrapped in Bamboo Leaves)
元宵 Yuanxiao (Glutinous Rice Balls for Lantern Festival)
驴打滚儿 Lúdagunr (Glutinous Rice Rolls Stuffed with Red Bean Paste)
豆汁儿 Douzhir (Fermented Bean Drink)
艾窝窝 Aiwowo (Steamed Rice Cakes with Sweet Stuffing)

六.可数名词单复数使用原则

菜单中的可数名词基本使用复数，但在整道菜中只有一件或太细碎无法数清的用单数。

如：蔬菜面 Noodles with Vegetables

葱爆羊肉 Sautéed Lamb Slices with Scallion

- 1.北京烤鸭 Peking Roast Duck
- 2.辣子鸡丁 saute diced chicken with hot peppers
- 3.宫爆鸡丁 saute diced chicken with peanuts
- 4.红烧鲤鱼 braised common carp
- 5.茄汁虾仁 saute fish slices with bamboo shoots
- 6.涮羊肉 instant boiled sliced mutton
- 7.糖醋里脊 pork fillets with sweet&sour sauce
- 8.炒木须肉 saute shredded pork with eggs&black fungus
- 9.榨菜肉丝汤 pork with Sichuan cabbage soup
- 10.生炒肚片 saute fish maw slices
- 11.回锅肉 saute pork in hot sauce
- 12.糖醋排骨 saute chops with sweet&sour sauce
- 13.家常豆腐 fride beancurd with sliced pork&pepper
- 14.醋溜白菜 saute cabbage&pepper in sweet&sour sauce

15. 鱼香茄子 saute eggplant with fish flavor
16. 麻婆豆腐 stwed beancurd with minced pork in pepper sauce
17. 韭菜炒蛋 saute leek sprouts&eggs

面食与糕点 Chinese Pastry&Cooked Wheaten Food

1. 肉/鸡丝汤面 noodles in soup with pork/chicken
2. 担担面 noodles with sesame paste&pea sprouts
3. 龙须面 saute fine noodles with shredded chicken
4. 炒米线 saute rice noodles with green bean sprouts
5. 杂酱面 soy beans in minced meat&noodles
6. 酸辣汤面 noodles in sour pungent soup
7. 排骨面 soup noodles with pork rib
8. 阳春面 noodles in superior soup
9. 凉拌面 cool braised noodles
10. 肉包 steamed meat dumpling
11. 豆沙包 bean paste dumpling
12. 水晶包 stuffde bread with lard&sugar
13. 叉烧包 stuffed bread with roast pork
14. 水煎包 lightly fried Chinese bread
15. 花卷 twist
16. 小笼包 steamed small meat dumpling in basket
17. 馄饨 ravioli;hun-tun
18. 大饼 bannock
19. 油条 twistde cruller
20. 豆腐脑 beancurd jelly
21. 茶叶蛋 egg boiled with salt&tea
22. 八宝饭 steamed glutinous rice with eight treasures
23. 葱油饼 green>24. 黄桥烧饼 crisp short cakes

25. 月饼 moon cake

26. 酒酿 sweet ferment rice

27. 麻花 fried dough twist

28. 元宵 rice glue ball

中式早点

烧饼 Clay oven rolls

油条 Fried bread stick

韭菜盒 Fried leek dumplings

水饺 Boiled dumplings

蒸饺 Steamed dumplings

馒头 Steamed buns

割包 Steamed sandwich

饭团 Rice and vegetable roll

蛋饼 Egg cakes

皮蛋 preserved egg

咸鸭蛋 Salted duck egg

豆浆 Soybean milk

稀饭 Rice porridge

白饭 Steam rice

油饭 Glutinous oil rice

糯米饭 Glutinous rice

卤肉饭 Braised pork rice

蛋炒饭 Fried rice with egg

地瓜粥 Sweet potato congee

馄饨面 Wonton & noodles

刀削面 Sliced noodles

麻辣面 Spicy hot noodles

麻酱面 Sesame paste noodles
鸭肉面 Duck with noodles
鳝鱼面 Eel noodles
乌龙面 Seafood noodles
榨菜肉丝面 Pork , pickled mustard green noodles
牡蛎细面 Oyster thin noodles
板条 Flat noodles
米粉 Rice noodles
炒米粉 Fried rice noodles
冬粉 Green bean noodle
鱼丸汤 Fish ball soup
贡丸汤 Meat ball soup
蛋花汤 Egg & vegetable soup
蛤蜊汤 Clams soup
牡蛎汤 Oyster soup
紫菜汤 Seaweed soup
酸辣汤 Sweet & sour soup
馄饨汤 Wonton soup
猪肠汤 Pork intestine soup
肉羹汤 Pork thick soup
鱿鱼汤 Squid soup
花枝羹 Squid thick soup
爱玉 Vegetarian gelatin
糖葫芦 Tomatoes>长寿桃 Longevity Peaches
芝麻球 Glutinous rice sesame balls
麻花 Hemp flowers
双胞胎 Horse hooves

点心

牡蛎煎 Oyster omelet

臭豆腐 Stinky tofu (Smelly tofu)

油豆腐 Oily bean curd

麻辣豆腐 Spicy hot bean curd

虾片 Prawn cracker

虾球 Shrimp balls

春卷 Spring rolls

蛋卷 Chicken rolls

碗糕 Salty rice pudding

筒仔米糕 Rice tube pudding

红豆糕 Red bean cake

绿豆糕 Bean paste cake

糯米糕 Glutinous rice cakes

萝卜糕 Fried white radish patty

芋头糕 Taro cake

肉圆 Taiwanese Meatballs

水晶饺 Pyramid dumplings

肉丸 Rice-meat dumplings

豆干 Dried tofu

冰类

绵绵冰 Mein mein ice

麦角冰 Oatmeal ice

地瓜冰 Sweet potato ice

红豆牛奶冰 Red bean with milk ice

八宝冰 Eight treasures ice

豆花 Tofu pudding

果汁

甘蔗汁 Sugar cane juice

酸梅汁 Plum juice

杨桃汁 Star fruit juice

青草茶 Herb juice

其他

当归鸭 Angelica duck

槟榔 Betel nut

火锅 Hot pot

头盘餐前小品 Appetizers

- 1.各式刺身拼 Sashimi Platter
- 2.锅贴 Pot Sticker
- 3.辣汁脆炸鸡腿 Fried Chicken Legs (Spicy Hot)
- 4.鸡沙律 Chicken Salad
- 5.酥炸大虾 Fried Prawns
- 6.酥炸生豪 Fried Oysters
- 7.酥炸鲜鱿 Fried Squid
- 8.海哲分蹄 Smoked Jelly Fish
- 9.五香牛展 Special Beef
- 10.白云凤爪 Chicken Leg
- 11.琥珀合桃 House Special Honey Walnuts
- 12.脆皮春卷 Spring Rolls
- 13.蜜汁叉烧 B.B.Q. Pork

汤羹类 Soup

- 1.花胶鲍鱼火鸭丝羹 Congee Pike Maw With Roast Duck
- 2.红烧鸡丝翅 Chicken Shark's Fin Soup
- 3.竹笙烩生翅 Bamboo Shark Fin Soup
- 4.粟米瑶柱羹 Corn with Dry Scallops Soup
- 5.竹笙海皇羹 Bamboo Seafood Soup
- 6.鸡蓉粟米羹 Corn & Chicken Soup
- 7.酸辣汤 Hot & Sour Soup
- 8.法国海鲜汤 French Style Seafood Soup
- 9.法国杂菜汤 French Style Vegetable Soup
- 10.杂锦云吞汤 Combination Won Ton Soup
- 11.芥菜肉片咸蛋汤 Mustard Green Salted Egg Soup
- 12.火鸭咸蛋芥菜汤 Roast Duck Salt Egg / Mustard Green
- 13.西葫牛肉羹 West Lake Beef Soup
- 14.三丝烩鱼肚 Fish Soup
- 15.蝴蝶海参羹 Sea Cucumber Soup
- 16.四宝豆腐羹 Steam Tofu Soup

龙虾蟹类 Seafood (Lobster, Shrimp, Crab)

- 1.法式咖喱焗龙虾 French Curry Lobster
- 2.法式芝士牛油焗龙虾 Cheese Lobster
- 3.上汤焗龙虾 Special Style Lobster
- 4.蒜茸蒸龙虾 Garlic Style Lobster
- 5.豉椒炒肉蟹 Crab
- 6.上汤姜葱焗蟹 Green Onion Crab
- 7.椒盐蟹 Spicy Salt Crab

8. 粉丝咖喱蟹煲 Rice Noodle Curry Crab

虾鲜鱿贝类 Seafood

1. 菜远虾球 Shrimp with Tender Green
2. 白灼中虾 Boil Shrimp
3. 点桃虾球 Walnut Shrimp
4. 油泡虾球 Crystal Prawn
5. 柠檬虾球 Lemon Prawn
6. 咕嚕虾 Sweet & Sour Prawn
7. 蒜茸蒸虾 Steam Prawn w/ Garlic Sauce
8. 四川虾球 Szechuan Shrimp
9. 豆瓣酱鲜鱿 Fresh Squid
10. 虾龙糊 Shrimp w/ Lobster Sauce
11. 韭王象拔蚌 Gold Chive Geoduck
12. 韭王花枝片 Gold Chive Squid
13. 椒盐鲜鱿 Pepper Salt Fresh Squid
14. 豉汁炒三鲜 Mixed Seafood w/ Black Bean Sauce
15. 马拉盞炒鲜鱿 Special Fresh Squid
16. 碧绿炒带子 Tender Green Scallop
17. 双菇鲜带子 Mushroom Fresh Scallop
18. 豉汁炒大蚬 Clam w/ Black Bean Sauce
19. 姜葱生豪 Oyster w/ Ginger, Green Onion
20. 豉汁炒青口 Mussel w/ Black Bean Sauce
21. 豉汁豆腐蒸带子 Tofu Scallop w/ Black Bean Sauce

海鲜鱼类 Seafood (Fish)

1. 清蒸游水石斑 Steam Live Rock Cod

- 2.清蒸蒜茸带子 Steamd Scallop w/ Garlic Sauce
- 3.豉汁煎焗塘虱 Catfish w/ Black Bean Sauce
- 4.清蒸龙利 Flounder
- 5.清蒸海鲈 Fomfret
- 6.蒸金钱片塘虱 Steam Catfish
- 7.辣汁串烧鱼 B & Q Fish Stick w/ Hot Sauce
- 8.西兰炒雪鱼球 Pan Fried Snow Fish w/ Green
- 9.菜远石斑球 Tender Green Rock Cod
- 10.豉汁石斑球 Steam Rock Cod w/ Black Bean Sauce
- 11.油泡石斑球 Crystal Rock Cod
- 12.川味石斑球 Szechuan Rock Cod
- 13.骨香石斑球 Fried Rock Cod Bone
- 14.咕嚕石斑球 Sweet & Sour Rock Cod
- 15.鱼腐扒菜胆 Yu Fu w/ Vegetable

鸡鸭鸽 Poultry

- 1.脆皮炸子鸡(半)Fried Chicken (Half)
- 2.红烧石岐项鸽 Roast Pigeon
- 3.豉油皇乳鸽 Pigeon w/ Soy Sauce
- 4.姜葱油淋鸡(半)Green Onion Chicken (Half)
- 5.北京片皮鸭 Peking Duck
- 6.酸甜明炉烧鸭(半)Roast Duck (Half)
- 7.柠檬鸡球 Lemon Chicken
- 8.西芹腰果鸡球 Vegetable Cashew Chicken
- 9.咖喱鸡 Curry Chicken
- 10.豉汁炒鸡球 Chicken w/ Black Bean Sauce
- 11.四川炒鸡球 Szechuan Chicken
- 12.菜远鸡球 Chicken w/ Tender Green

13. 宫保鸡球 Kung Pao Chicken
14. 豉汁黄毛鸡(半)Chicken w/ Soy Sauce
15. 咕嚕鸡 Sweet & Sour Chicken
16. 八珍发菜扒鸭(半)Combination Duck (Half)
17. 子罗炒鸡片 Ginger & Pineapple Chicken
18. 游龙戏凤 Chicken, Shrimp, Squid w/ Mixed Vegetable
19. 龙凤琵琶豆腐 Egg, Chicken, Shrimp, Steam Tofu

猪牛肉类 Meat

1. 酸甜咕嚕肉 Sweet & Sour Pork
2. 菜远炒排骨 Spareribs w/ Tender Green
3. 豉椒排骨 Spareribs w/ Black Bean Sauce
4. 凉瓜炆排骨 Bitty Melon Spareribs
5. 京都骨 Peking Spareribs
6. 椒盐排骨 Pepper Salt Spareribs
7. 豉椒焖排骨 Spareribs w/ Black Bean, Pepper
8. 菜远炒牛肉 Broccoli Beef
9. 凉瓜炒牛肉 Bitty Melon Beef
10. 黑椒牛仔骨 Black Pepper Short Rib
11. 椒盐牛仔骨 Pepper Salt Short Rib
12. 中式牛柳 Chinese Style Beef
13. 四川牛肉 Szechuan Beef
14. 干扁牛柳丝 String Beef
15. 柠檬牛肉 Lemon beef
16. 麻婆豆腐 Mar-Boh Tofu

煲仔类 Clay Pot Style

- 1.北菇海参煲 Mushroom Sea Cucumber Duck Feet
- 2.诸滑鸡煲 Chicken Clay Pot
- 3.鸡粒咸鱼茄子煲 Salt Fish Chicken Egg Plant Clay Pot
- 4.粉丝虾米杂菜煲 Rice Noodle Vegetables Clay Pot
- 5.罗白牛腩煲 Beef Stew w/ Turnip Clay Pot
- 6.支竹羊腩煲 Dry Tofu Lamb Clay Pot
- 7.火腩生豪煲 Roast Pig Oyster Clay Pot

素菜类 Vegetarian

- 1.豪油冬菇 Oyster Sauce Mushroom
- 2.什笙上素 Bamboo Vegetable
- 3.红烧豆腐 Fried Tofu
- 4.炒素丁 Vegetable Roll
- 5.罗汉腐皮卷 Vegetable Egg Roll
- 6.素咕噜肉 Vegetarian Sweet and Sour
- 7.蒸山水豆腐 Steam Tofu
- 8.鲜菇扒菜胆 Mushroom Tender Green
- 9.炒杂菜 Mixed Green Tender
- 10.清炒芥兰 Chinese Green Tender
- 11.盐水菜心 Salt Green Tender
- 12.干扁四季豆 String Bean Western Style
- 13.上汤芥菜胆 Mustard Green Tender

炒粉、面、饭 Rice Plate

- 1.龙虾干烧伊面 Lobster Teriyaki Noodle
- 2.上汤龙虾捞面 Lobster Noodle
- 3.扬州炒饭 Yang Chow Fried Rice

4. 虾仁炒饭 Shrimp Fried Rice
5. 咸鱼鸡粒炒饭 Salted Egg Chicken Fried Rice
6. 蕃茄牛肉炒饭 Tomato w/ Beef Fried Rice
7. 厨师炒饭 House Fried Rice
8. 生菜丝炒牛肉饭 Beef Fried Rice w/ Lettuce
9. 招牌炒面 House Chow Mein
10. 鸡球炒/煎面 Chicken Chow Mein
11. 蕃茄牛肉炒面 Tomato Beef Chow Mein
12. 海鲜炒/煎面 Seafood Chow Mein
13. 虾子姜葱捞面 Ginger Green Onion Noodle
14. 干烧伊面 Teriyaki Noodle
15. 鸡丝上汤窝面 Chicken Noodle Soup
16. 菜远炒牛河 Vegetable Beef Chow Fun
17. 豉椒排骨炒河 Sparerib w/ Black Bean Chow Fun
18. 星洲炒米粉 Singapore Noodle (Hot Spice)
19. 鸳鸯馒头 Shanghai Buns (12)
20. 上汤水饺 Dumpling Soup
21. 上汤云吞 Won Ton soup
22. 丝苗白饭 Steam Rice

甜品 Dessert

1. 雪哈红莲 Bird Nest Red Bean Soup
2. 椰汁炖雪哈 Coconut Bird Nest
3. 玫瑰红豆沙 Red Bean Soup
4. 椰汁西米露 Coconut Tapioca
5. 百年好合 Red Bean Fresh Lily Bulb

厨师精选

1. 酸甜咕嚕肉 Sweet & Sour Pork
2. 京都骨 Peking Spareribs
3. 豉椒排骨 Spareribs w/ Black Bean Sauce
4. 涼瓜排骨 Bitter Melon Spareribs
5. 菜远炒排骨 Spareribs w/ Tender Green
6. 菜远炒牛肉 Beef w/ Tender Green
7. 豉椒炒牛肉 Green Pepper Beef w/ Black Bean Sauce
8. 柠檬牛肉 Lemon Beef
9. 四川牛肉 Szechuan Beef
10. 辣汁炸鸡腿 Fried Chicken Leg w/ Hot Sauce
11. 柠檬鸡球 Lemon Chicken
12. 杂菜鸡球 Chicken w/ Mixed Vegetable
13. 豉椒炒鸡球 Chicken w/ Black Sauce
14. 四川炒鸡球 Szechuan Chicken
15. 咖喱鸡球 Curry Chicken
16. 菜远炒鸡球 Chicken w/ Tender Green
17. 宫保鸡球 Kung Pao Chicken
18. 腰果鸡球 Cashew Chicken
19. 酸甜咕嚕鱼 Sweet & Sour Fish
20. 酸甜咕嚕虾 Sweet & Sour Shrimp
21. 柠檬炒虾球 Lemon Shrimp
22. 菜远炒虾球 Shrimp w/ Vegetable
23. 四川炒虾球 Szechuan Shrimp
24. 四川炒鲜鱿 Szechuan Squid
25. 豉椒炒鱿 Squid w/ Black Bean Sauce
26. 红烧豆腐 Fried Tofu w/ Tender Green
27. 炒杂菜 Mixed Vegetable

特价小菜

- 1.豆腐虾 Tofu & Shrimps
- 2.白灼虾 Boiled Prawns
- 3.椒盐虾 Spicy Slat Prawns
- 4.豉椒虾 Black Bean Sauce Prawns
- 5.滑蛋虾 Prawns with Eggs
- 6.油泡虾 Crystal Prawns
- 7.时菜虾 Vegetable Prawns
- 8.四川虾 Szechuan Prawns
- 9.茄汁虾 Prawns with Ketchup
- 10.豉汁炒蚬 Clams Black Bean Sauce
- 11.时菜斑球 Vegetable Rock Cod
- 12.豉汁斑球 Black Bean Sauce Rock Cod
- 13.椒盐龙利球 Pepper Salt Fried Flounder
- 14.香煎鲫鱼 Pan Fried Fish
- 15.时菜鲜鱿 Vegetable & Squid
- 16.椒盐鲜鱿 Salt and Pepper Squid
- 17.豉椒鲜鱿 Black Bean Sauce Squid
- 18.酥炸鲜鱿 Deep Fried Squid
- 19.四川鸡 Szechuan Chicken
- 20.宫保鸡 Kung Pao Chicken
- 21.当红炸子鸡 Crispy Fried Chicken
- 22.柠檬鸡 Lemon Chicken
- 23.腰果鸡 Cashew Nuts Chicken
- 24.甜酸鸡 Sweet & Sour Chicken
- 25.时菜鸡 Vegetable & Chicken
- 26.咖喱鸡 Curry Chicken
- 27.豉椒鸡 Black Bean Sauce Chicken

28. 京都上肉排 Peking Spareribs
29. 椒盐肉排 Pepper Salt Fried Spareribs
30. 梅菜扣肉 Preserved Vegetable & Pork
31. 豉汁排骨 Black Bean Sauce Spareribs
32. 时菜排骨 Vegetable & Spareribs
33. 蜜汁叉烧 B.B.Q. Pork
34. 炸菜牛肉 Pickled with Beef
35. 蒙古牛肉 Mongolian Beef
36. 姜葱牛肉 Ginger & Green Onion Beef
37. 豪油牛肉 Oyster Sauce Beef
38. 时菜牛肉 Vegetable & Beef
39. 豆腐牛肉 Tofu and Beef
40. 四川牛肉 Szechuan Beef
41. 柠檬牛肉 Lemon Beef
42. 椒盐牛仔骨 Pepper Salted Fried Beef Ribs
43. 火腩塘虱煲 Roasted Pork & Catfish Clay Pot
44. 东江豆腐煲 Tofu in Clay Pot
45. 海鲜煲 Seafood in Clay Pot
46. 八珍煲 Assorted Meat in Clay Pot
47. 柱侯牛腩煲 Stew Beef Basket
48. 鱼香茄子煲 Eggplant in Clay Pot
49. 虾米粉丝煲 Dried Shrimp & Noodle in Clay Pot
50. 咸鱼鸡豆腐煲 Salted Fish & Chicken Tofu in Clay Pot
51. 蒸山水豆腐 Steamed Tofu
52. 红烧豆腐 Braised Tofu
53. 麻婆豆腐 Bean Sauce Tofu
54. 干烧四季豆 Braised Green Bean
55. 鱼香茄子 Braised Egg plant
56. 蒜茸豆苗 Garlic Pea Greens

57.豉汁凉瓜 black Bean Sauce & Bitter Melon

58.上汤芥菜胆 Mustard Green

59.北菇扒菜胆 Mushroom & Vegetable

60.清炒时菜 Sautéed Vegetable

61.蒜茸芥兰 Garlic & Broccoli

62.豪油芥兰 Oyster Sauce Broccoli

63.豪油北菇 Oyster Sauce Mushrooms

64.炒什菜 Sautéed Assorted Vegetable

主食类(staple food):

西式:

三明治 sandwich

汉堡 hamburger

比萨饼 pizza

火腿 ham

香肠 sausage

奶酪 cheese

面包 bread

高筋面粉 Strong flour

黄油(白塔油)butter

燕麦 oat

饼干 cookies

牛排 steak

咸菜(泡菜)pickle

淀粉 starch

饼(蛋糕)cake

蛋挞 egg tart

中式:

米饭 rice

大麦 barley

肉馅饼 minced pie

粥 congee(porridge)

青稞 highland barley

糙米 Brown rice

汤 soup

高粱 sorghum

玉米 corn

饺子 dumpling

春卷 Spring rolls

馅儿 stuffing

面条 noodle

芋头 Taro 山药 yam

开胃菜 appetizer

茶叶蛋 Tea eggs

黄花 daylily

面粉 flour

油菜 rape

松花蛋 皮蛋 preserved

白薯&甘薯 sweet potato

馄饨皮 wonton skin

eggs

凉粉 bean jelly

小麦 wheat

春卷 spring roll

糯米 江米 sticky rice

水果类(fruits):

树莓 raspberry	葡萄 grape	猕猴桃 kiwi fruit or Chinese gooseberry
蓝莓 blueberry	甘蔗 sugar cane	金橘 cumquat
菠萝 pineapple	李子 plum	蟠桃 flat peach
西瓜 watermelon	杨梅 waxberry red bayberry	荔枝 litchi
香蕉 banana	桂圆 longan	沙果 crab apple
柚子 shaddock(pomelo)	莲雾 wax-apple	芒果 mango
橙子 orange	番石榴 guava	杨桃 starfruit
苹果 apple	木瓜 pawpaw 或者 papaya	枇杷 loquat
柠檬 lemon	杏子 apricot	柑橘 tangerine
樱桃 cherry	油桃 nectarine	青梅 greengage
桃子 peach	柿子 persimmon	山楂果 haw
梨 pear	石榴 pomegranate	水蜜桃 honey peach
枣 Chinese date(去核枣 pitted date)	榴莲 jackfruit	香瓜、甜瓜 musk melon
椰子 coconut	槟榔果 areca nut	火龙果 Pitaya
草莓 strawberry	西班牙产苦橙 bitter orange	木瓜 Papaya
黑莓 blackberry		百香果 Passion fruit

海鲜类(sea food):

小虾 shrimp	海参 sea cucumber	扇贝 scallop
龙虾 lobster	蟹足 crab claws	鲍鱼 sea-ear abalone
小龙虾 crayfish	鱼鳞 scale	小贝肉 cockles
蟹 crab	海蜇 jellyfish	牡蛎 oyster
鲅鱼 culter	鳖、海龟 turtle	鲢鱼、银鲤鱼 chub silver carp
鲳鱼 butterfish	蚬、蛤 clam	黄花鱼 yellow croaker
对虾、大虾 prawn	虾仁 Peeled Prawns	
(烤)鱿鱼(toast)squid	虾籽 shrimp egg	

调料类(seasonings):

醋 vinegar	辣根 horseradish	番茄酱(汁)ketchup redevye
香草精 vanilla extract(甜点必备)	葱 shallot(Spring onions)	蒜 garlic
面粉 flour	姜 ginger	料酒 cooking wine
洋葱 onion	酱 soy sauce	蚝油 oyster sauce
调料 fixing sauce seasoning	沙拉 salad	枸杞(枇杷,欧查果)medlar
砂糖 granulated sugar	辣椒 hot(red)pepper	八角 aniseed
红糖 brown sugar	胡椒(black)pepper	酵母粉 yeast barm
酱油 soy	花椒 wild pepper Chinese prickly ash powder	黄椒 Yellow pepper
盐 salt	色拉油 salad oil	黄油 butter
加碘盐 iodized salt	肉桂 cinnamon (在美国十分受欢迎, 很多事物都有肉桂料)	冰糖 Rock Sugar
糖 sugar	咖喱粉 curry	芝麻 Sesame
白糖 refined sugar		芝麻酱 Sesame paste
		芝麻油 Sesame oil

肉、蔬菜类:

茴香 fennel(茴香油 fennel oil 药用)	羊肉 mutton	橄榄 olive
鲤鱼 carp	紫菜 laver	菠菜 spinach
咸猪肉 bacon	油菜 cole rape	冬瓜(Chinese)wax gourd
金针蘑 needle mushroom	茄子 eggplant	莲藕 lotus root
羔羊肉 lamb	绿豆 mung bean	青椒 green pepper
鸡肉 chicken	马铃薯(土豆)potato	毛豆 green soy bean
生菜、莴苣 lettuce	黄瓜 cucumber	瘦肉 lean meat
白菜 Chinese cabbage(celery cabbage)	苦瓜 balsam pear	肥肉 speck
甘蓝、卷心菜 cabbage	秋葵 okra	香菜 caraway
南瓜(倭瓜)pumpkin cushaw	洋葱 onion	枇杷 loquat
甜玉米 Sweet corn	芹菜 celery	胡萝卜 carrot
牛肉 beef	芹菜杆 celery sticks	韭菜 leek
猪肉 pork	地瓜 sweet potato	木耳 agarics
	蘑菇 mushroom	豌豆 pea

银耳 silvery fungi

腱子肉 tendon

肘子 pork joint

萝卜 radish

扁豆 lentil

槟榔 areca

丝瓜 towel gourd

牛蒡 great burdock

水萝卜 summer radish

竹笋 bamboo shoot

艾蒿 Chinese mugwort

黄花菜 day lily(day lily bud)

豆芽菜 bean sprout