

「海山多元文化週」多元文化校園廣播稿

泰式打拋豬肉 stir fried pork with holy basil 沙沙醬&味增醬

Hello everybody, welcome to the Multi-Cultural Lunch! From 18 April to 29 April, we will have some exotic cuisines among our school lunch, to celebrate the diversity of culture around us. Each dish originates from a foreign country, and we will give a little chat about some dishes. Please enjoy today's talk and BON APPETIT!

A : Hi,I am from 幾年幾班

B : Hi,I am from 幾年幾班

A : Today we are going to introduce Khao phat kaphrao.It is one of the most common dishes in Thailand.

B : 那就是泰式打拋豬肉 stir fried pork with holy basil, 也有人稱為 pork and holy basil stir-fry.它也是在台灣家喻戶曉的一種異國料理喔!

A : It's usually served as a one-dish meal, a quick meal eaten over rice, and is usually topped with a fried egg.

B : Do you know what are the ingredients in this dish?

A : I think the main ingredient is the minced pork, but you can use tofu instead of pork as the vegetarian version.

B : And there are many kinds of seasonings used in this dish, such as red chili, garlic, soy sauce, and most importantly it uses a plant similar to basil, which is also similar to 九層塔 in Taiwan.

A : the holy basil not only gives a special aroma to this dish, but also goes well with chili.

B : No wonder this dish is a bit spicy, but I like it very much.

A : In addition to 泰式打拋豬, today we will also talk about Salsa and Miso. Have you heard of them?

B : Well, I always have miso soup in the set menu in a Japanese restaurant. But how does it make?

A : **Miso** is a traditional Japanese seasoning. It is produced by fermenting soybeans 發酵的黃豆 with salt 鹽巴 and *kōji* 麴 and sometimes rice 稻米, barley 大麥, seaweed 海帶, or other ingredients.

B : I see. Miso is high in protein and rich in vitamins and minerals, miso is salty, but it can be described as sweet depend on the ingredients and fermentation process.

A : Speaking of sweet flavor, Salsa is a kind of sour and sweet sauces usually for tacos 玉米片 and other Mexican and Mexican-American foods. In Spanish

B : The word *salsa* means any kind of sauce in Spanish, in English, it refers specifically to these Mexican table sauces, especially to the chunky tomato-and-chili.

A : There are many other salsas, some are made with mint, pineapple, or mango. It is the best summer sauces goes well with vegetables and white meat.

B : And that is today's episode of the Multi-Cultural Lunch. Thank you for the listening.

「海山多元文化週」多元文化校園廣播稿

薯條與麥克雞塊 french fries and chicken nuggets

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A : Hi,I am from 幾年幾班

B : Hi,I am from 幾年幾班

A : Today we are going to introduce the very popular dishes, which you can taste them almost in every countries in the world!

B : In the United States, it is called French fries, in the UK they call it chips! In Taiwan, it is 薯條!

A : Do you know the average American eats 30 pounds of French fries a year! Which is equal to 13.6 kilograms.

B : Sounds amazing! French fries also come in multiple variations, they can be made from sweet potatoes 地瓜 instead of potatoes.

A : French fries are served hot and crispy, and are generally eaten as part of lunch or dinner or by themselves as a snack. They are often salted and may be served with ketchup, vinegar, mayonnaise_or other local specialities.

B : That's right! 甘梅薯條 sweet potatoes chips with plum powder for example. Yummm, that is one of my favorite snacks.

A : By the way, chicken nugget is another Western food that is as popular as French fries.

B : A **chicken nugget** is made of a small piece of deboned chicken meat that is breaded or battered, then deep-fried or baked.

A : Invented in the 1950s, chicken nuggets have become a very popular fast food in restaurants, as well as widely sold frozen for home use.

B : I had 麥克雞塊分享盒 last weekend, which contained a large size of fries and 20 pieces of chicken nuggets. And I was completely full!

A : And that is today's episode of the Multi-Cultural Lunch. Thank you for the listening.

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義大利麵 Pasta

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A : Hi,I am from 幾年幾班

B : Hi,I am from 幾年幾班

A : Today we are going to introduce Pasta!

B : **A food made from flour, water, and sometimes egg, that is cooked and usually served with a sauce.**

A : **Pasta is made in various shapes that have different names.** Believe it or not, there are over 500 pasta shapes in Italy.

B : For example, Spaghetti 長條形的麵條, lasagne 片狀的千層麵, ravioli 有包餡料的餃子, Macaroni 半月形管狀的通心粉 , Fusilli 扭曲狀的螺旋麵 are all types of pasta.

A : 雖然名稱不一樣, 但是這些都是義大利麵的種類喔.

B : According to Wikipedia the history of pasta can trace back to as early as the 1st century AD, but the first pasta products in Italy appeared in the 13th or 14th century.

A : There are many shapes of pastas, do they have different tastes?

B : In fact, straight pasta is very bland - you need sauces to make it interesting. An Italian chef would match the sauces to the shape of pastas. Generally, the larger shapes work better with thick sauces, while skinny shapes are good with light and creamy sauces.

A : Tomato sauce is my favorite for pasta dish.

B : I like pesto sauce, it is made with basil 羅勒, pine nuts 松子, and grated parmesan cheese, this sauce has an very different flavor compare to tomato sauce.

A : I feel hungry after all the talk about pasta.

B : Hahaha, as it says Eat pasta, live longer. That is enough for today's episode of the Multi-Cultural Lunch. Thank you for the listening.

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咖哩 Curry

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A : Hi, I am from 幾年幾班

B : Hi, I am from 幾年幾班

A : Today we are going to talk about CURRY! Curry is a dish **originally from South Asia, consisting of meat or vegetables cooked in a spicy sauce, and commonly eaten over rice.**

B : India is the home of curry, but their curry dishes have different flavor depend on regions. It tastes milder and more aromatic in the north but in the south the curry flavor is much spicier due to the hot weather.

A : Outside the India continent, a curry dish may have different ingredients, such as adding in coconut milk, in the Southeast Asia or even putting in apple to sweeten the sauce.

B : Although curry comes from India, but it has wildly spread in other regions of Asia.

A : That is right. Curry has become a common and easy dish in Taiwanese diet. You can buy curry powder in a jar or readymade curry blocks in 全聯, and make a delicious curry dish.

B : Curry has developed many different flavors depends on countries, for example, India curry is much spicier, while Japanese curry has adapted into more sweet taste.

A : In Japan, Japanese curry even has its name, its called *karē raisu* — curry, rice, and often pickled vegetables, served on the same plate and eaten with a spoon, a common lunchtime dish.

B : I think I prefer Japanese curry than typical Indian curry, because spicy food always make my mouth on fire!

A : That is today's episode of the Multi-Cultural Lunch. Thank you for listening.

「海山多元文化週」多元文化校園廣播稿

客家福菜豬 Hakka braised pork with salted vegetables

花生滷豬腳 Braised Pork Knuckles with Peanuts

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A : Hi,I am from 幾年幾班

B : Hi,I am from 幾年幾班

A : Today we are going to talk about two dishes with different local specialities in Taiwan. One is a classic Hakka cuisine 客家料理, the other is a Hokkien/Minnan cuisine 閩南菜色.

B :

Speaking of Hakka culture, what comes into my mind at the first place, is preserved vegetables 醃菜, such as pickled radish 醃蘿蔔乾 or preserved leaf mustard 芥菜.

Traditionally Hakka farmers plant leaf mustard when the farm is vacant, because leaf mustard is easy to grow and can be harvest in abundance.

The farmers then preserve leaf mustard 芥菜 and apply it into their cuisines. The classic one is braised pork with salted vegetables.(再用客家話發音)

Normally this is a soup dish, in which there are pork belly 五花肉 chopped into pieces, dried clove fishes 小魚乾,and the preserve leaf mustard. They cook the pork without hardening it, and to naturally bring out the proteinous flavour 鮮味 of meat.

A :

The Braised Pork Knuckles with Peanuts 花生滷豬腳, it is a typical Hokkien/Minnan cuisine 閩南菜色. The butcher in Taiwan cuts a pig's leg into various parts, from toes to knees, every part of a pig's leg can be cooked in different ways.

The traditional flavor of the braised Pork Knuckles uses dark soy sauce, sugar and local spices, such as gingers, garlics, etc.. The aroma of this dish is amazingly good, and the meat from pork knuckles is tender and pleasantly chewy.

Additionally, there are two cultural backgrounds of this dish in Taiwan. Firstly, we believe that Braised Pork Knuckles with Peanuts is very nutritious, which is so good for increasing breast milk 幫助分泌乳汁 for women. Secondly, having a bite on the Braised Pork Knuckles with noodle 豬腳麵線 could change your fortune, and bringing you good luck or long life.

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炸春捲 Vietnamese Fried Spring Roll

肉骨茶 Bak-Kut-The

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A : Hi,I am from 幾年幾班

B : Hi,I am from 幾年幾班

A : Today we are going to talk about two dishes originate from the Southeastern Asia.

B : One is Chả giò, also known as Vietnamese Fried Spring Roll, it is a popular dish in Vietnamese cuisine and usually served as an appetizer in Europe and North America. It is also popular by Taiwanese people as a side dish.

A : The traditional Vietnamese Fried Spring Roll uses rice paper as the wrapper, and stuffing in minced pork or shrimp with chopped carrot, onion and coriander, then deep-frying the rolls. However, in Taiwan the wrapping paper could be made of flour instead of rice and the filling may use more local ingredients, such as mushrooms and bamboo shoots.

B : What I like the most about Fried Spring Roll is the dipping sauce, which is sweet and spicy, so yum!

A : The other Southeastern Asia cuisine for today's talk is 肉骨茶 Bak-Kut-The. It is a pork rib dish cooked in broth 高湯, popularly served in Malaysia and Singapore. The name literally translates from the Hokkien dialect 福建方言 as "meat bone tea", and at its simplest, consists of meaty pork ribs 豬排骨 simmered in a complex broth of herbs and spices (including star anise 八角, cinnamon 肉桂, cloves 丁香, *dong quai* 當歸, fennel seeds 茴香 and garlic 大蒜) for hours.

B : In a bowl of Bak-Kut-The soup, you can also taste mushrooms and tofu puffs 炸豆皮 for better feeling of satiety 飽足感. In Malaysia, people eats Bak-Kut-The soup with rice as breakfast.

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韓式醬燒 Jorim (조림)

韓式炒年糕 Tteokbokki (떡볶이)

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A : Hi, I am from 幾年幾班

B : Hi, I am from 幾年幾班

A : Hey , are you a fan of Hallyu 韓流, or Korean wave?

B : The **Korean wave** or **K-wave**, meaning the increase in global popularity of South Korean culture since the 1990s. The **K-wave aroused** the global awareness of different aspects of South Korean culture including film and television, K-pop, the Korean language, and Korean cuisine.

A : Today we are going to introduce two famous cuisines from the K-wave, one is 韓式醬燒 **Jorim** and the other is 韓式炒年糕 Tteokbokki.

B : **Jorim** (조림) is a simmered Korean dish, made by boiling vegetables, meat, fish, seafood, or tofu in seasoned broth until the liquid is absorbed into the ingredients and reduced down. *Jorim* dishes are usually soy sauce-based, but chili paste or chili powder can also be added.

A : Tteokbokki(떡볶이) is “stir-fried rice cake, made with a type of rice cake, which is a cylinder-shaped 圓筒狀 white rice cake made with short grain rice 短粒米.

B : tteokbokki is a beloved Korean rice cake dish with many variations and a rich history. It was developed in 1953, the year the Korean War ended, by a woman in the Sindang-dong neighborhood in Seoul. The chewy rice cake in a spicy sauce instantly became popular as an affordable comfort snack. This spicy rice cake dish nowadays is enormously popular as a street food and also often enjoyed at home.

A : If you have not try any Korean cuisines, 韓式炒年糕 Tteokbokki could be a good choice!

B : That is today's episode of the Multi-Cultural Lunch. Thank you for listening.

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歐姆蛋 Omelette

巧達濃湯 Chowder

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B : Hi, I am from 幾年幾班

A : Today we are going to introduce Omelette 歐姆蛋 and Chowder 巧達濃湯, which are popular and welcome widely by children and adults.

B : Let's talk about Omelette first. An Omelette is a dish made by mixing eggs together and frying them with butter, and often filling with small pieces of other food such as cheese or vegetables.

A : An Omelette or sandwiches with a cup of milk would make a very nice breakfast.

B : **Chowder** is a type of soup with cream or milk mixed with ingredients such as potatoes, sweet corn, smoked fishes, clams and prawns, etc. You can spice it up with black pepper or other herbs, and eat with various kinds of breads.

A : The creamy and rich taste make chowder a comfort food, especially during the cold weather.

B : That is today's episode of the Multi-Cultural Lunch. Thank you for listening.

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