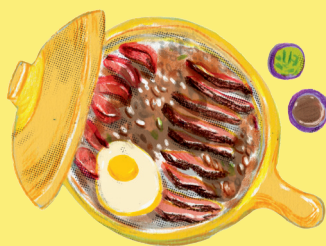


Celebrate Cantonese Food and Culture with Zia

There is no better way to learn about and immerse yourself in a different culture than through food. In *Everyone Loves Lunchtime but Zia*, Zia's parents pack her a different Cantonese dish each day and explain what the food represents: a roast pork bun to bring treasure, soy sauce chicken to bring success, and more. Introduce your students and patrons to Cantonese culture by learning about (and tasting!) some of Zia's favorite dishes.



Bo zai fan (煲仔飯)

BO jai FON

Clay-pot rice

Rice cooked with marinated meat and vegetables in a clay pot, then drizzled with a savory sauce.



Cha siu bao (叉燒包)

CHA siu BOW

Roast pork bun

Baked or steamed barbecue pork buns filled with sweet and savory Cantonese roast pork. "Bao" is thought to mean treasure.



Cheung fun (腸粉)

CHEUNG fun

Steamed rice noodle rolls

Rice noodles steamed in a thin layer, rolled up with a filling of meat and/or spring onions, and served with a sweet soy sauce during dim sum, a meal meant to warm the heart.

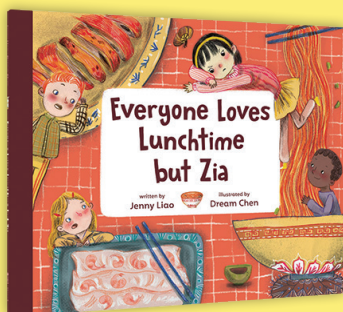
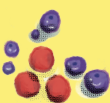


Mantou (饅頭)

MAAN-tau

Steamed bun

Steamed bread popular in northern China that is commonly made of white wheat flour and served as a side during meals.



Scan here for
the recipe for
Zia's Lucky Yi Mein

