The different eating habit from China and western countries

In china,there are all kinds of foods from different series.As we all know,the northern are feed on noodle,like dumplings□steamed bun and the southerner are feed on rice,like zongzi and other dessert,they are very delicious.In western country,they like eating beef and bread or other meat.Chinese people only have three meals during a day.But western people will have more, they have afternoon tea. Usually they would have fruits, homemade cake, tea (black tea) or biscuit with cheese. If you are a housewife and have a lot of time, you may have morning tea as well.

By JingYu Zhang,131002129,class 2

In china,there are all kinds of foods from different series.As we all know,the northern are feed on noodle,like dumplings□steamed bun and the southerner are feed on rice,like zongzi and other dessert,they are very delicious.In western country,they like eating beef and bread or other meat.Chinese people only have three meals during a day.But western people will have more, they have afternoon tea. Usually they would have fruits, homemade cake, tea (black tea) or biscuit with cheese. If you are a housewife and have a lot of time, you may have morning tea as well.

Also,there is also a huge difference between Chinese and Western people. Chinese people use chopsticks and western people use fork and knife. Usually people who use fork and knife will use fork to hold the meat and cut it by knife and use fork to help to get that piece of meat into mouse. Chinese just use chopstick to pick things and pass it into

your mouse.In addition,Chinese people choice food very carefully. They only use fresh material to make food. For example they only eat fresh fish. Chinese have a lot of ideas and techniques for cooking. We can cook a chicken in over ten ways. That’s why Chinese food is so popular in the world. Western country like English or American, they don’t have fresh food because they buy their food from supermarket which only sells stored materials. Western people would also prefer fast food like burgers and chips. They are unhealthy to human body. Western people do not have many skills for cooking, mostly they only boil, steam and bake the food. By the way, western people are very good at making desert and chocolate. They can make very good cake and chocolate. They are very sweet but it’s sort of food which make you become fat quickly.

In china if you invite people for meal, the person who invited other people would pay for the meal but it’s not the way in Western country. In western country people will think you only invited me but it’s not your responsibility to pay for me. I can afford it. They won’t be happy if you pay for them. People in China would always put dishes into customer’s plate to show their



hospitality, but they will think it’s not healthy because your ~~chopsticks~~ have been used by you. In western coountry like America not England, people will always give tips to waiter after they finished meal in a restaurant. If you don’t they will not be happy because tips are one of their major income. In china this only happen in some top restaurants and hotels in large international cities like Beijing, Shanghai and Guangzhou. Western people will also think you are rude if you make sound during the meal. Western people do not hold their bowl up even when they have a bowl of soup.

Several Simple Chinese Food

Practices

I think a lot of people want to make delicious Chinese food by themselves. In this article I mainly introduces three courses：Spicy boiled fish ；Steamed pork with rice flour；Braised pork

By ： Yawen Zhang　　10608111　　Class 2

Spicy boiled fish



Ingredients: fish, bean curd, soybean sprout, dry ginger, garlic, coriander, spring onion, pepper, Chinese prickly ash bean sauce, pepper

Method:

1. Wash fish head and cut into small pieces, add cooking wine, salt, chicken essence, pepper for 10 minutes

2. Cut tofu into small pieces; get ready some boiled water; put the boiled yellow bean sprouts at the edge of dish

3. Heat the pan, add ginger, onion for sauté; then add pepper, dried chili till the fragrance comes out, broad bean paste into the stir-fried to red oil

4. Add the marinated fish into boiling water and cook for 5 minutes with some stirs; then add tofu for 15 minutes; add

salt for flavoring and also spring onions on the top.

5. Add oil in the pan, heat up, put Chinese prickly ash hot pepper, fry till the fish smells fragrant, and dish up.

Steamed pork with rice flour



Ingredients: 750 g pork, 2 two clear soup.

Seasonings: 20 g shredded green onion, 15 g shredded ginger, 50 g spice, 3 spoon refined salt, 100 g soy sauce, 1000 g peanut oil.

Method:

1. Wash the pork, and cut into three inch long, 5 points thick slice; place the meat into a bowl, and add refined salt.

2. Add one single spoon of peanut oil, fry for about 5 minutes till it is medium-well cooked and turns out golden.

3. The skin at the hem on the coarse bowls, sprinkle with green onion shredded ginger.

4. The bowl in a clear soup, sweet bad smooth hind, with clean white gauze filter, add soy sauce, salt water and pour on the meat.

5. Braise for two and a half hours. Remove the basin.

Braised pork



Ingredients:

150 g lean pork, 2 g soy sauce, 6 g refined salt, 8 g vinegar, 10 g sugar, 60 g chopped green onion, 5 g ginger, 3 g rice, 4 g garlic, 20 g red pepper, 65 g cooking wine plus adequate flour and salad oil

Method:

1, Cut pork into 0.2 cm fascia, and roll into tubular, then cut the pork into thick shredded meat about the size of a matchstick; add 1 g salt, cooking wine and water in the bowl to be malaxated evenly, add the flour.

2, Put white sugar, soy sauce, salt, vinegar into the bowl, add a small amount of water and flour for flavoring.

3, Place salad oil in the pan, stir-fry the pork up and down quickly in medium hot salad oil till the pork turn white; add into red pepper, rice, ginger, garlic till the smell of garlic comes out. Dish up in to the plate, pour the ready flavoring,

chopped green onion and some vinegar.

When Ellen show strikes china

In 2013, SOHO bought the only copyright of ELLEN SHOW (which is one of the hottest talk show overseas) in china. It's also the first American talk chow broadcast in china, after a quarter ,the playback amount of Ellen show is up to 48 million. Do you want to know how the cooperation is going on?

By: yuzhu hao 130306238 class2



At the beginning of 2014 ,Ellen sended her respects to Chinese for Ellen Show formally came to china and she was rared to express her shyness because of her poor Chinese skills ,not including one simple word, 'nihao'.

For getting more close to Chinese audience, she promised to try her best to read Chinese fans' name in Ellen show as long as you send a 100 RMB with your name and blessings to 'The Ellen DeGeneres Show', Yes, it's true, we all know that Chinese name is very difficult to pronounce for foreigners., but actually, the fact is she kept her promise and really did a good job in the following issues, of course, she also received a considerable sum.. It's no wonder there is an increasing number of audiences to admire her due to her funny and sincere personality!

Besides, Chinese audiences also expressed their passion to Ellen show; there are some comments about the show I picked up from weibo

‘’Being moved naturally，it encourages me”

“ An excellent talk show ，let me rediscovering American，that’s may be the reason why they are so powerful ,both of the host and the audiences are kind ,sincere, personality and independent”

“People have rights to purse their value，even if you don’t like it ,please respect them”

“SOHO is so sweet! Can you guys add to some issues last year?!I love Ellen，”

“Adam Levine!!!Oh, my godwit wants to die in his arms… ”

‘’That’s good no Chinese subtitle, it can help some of Chinese people to improve English learning’’

Hey, all the feedback is great to see! Firstly ，I need to admit that Ellen show is different，it‘s suitable for all ages ， through interview ,joke ,game ..it brings us positive energy and joy，Chinese audiences are easy to accept those kind of expression .Besides, with American movies and TV series booming ,Chinese become more curious about foreigners’ lifestyle and the attitude about some sensitive issues ，like homosexuality ，cultural conflict，racial discrimination etc…Ellen show all make good explanations for them .in Chinese talk show ,they put more emphasis on arousing one’s enthusiasm or fervor, showing how did those guests achieve their dream and get today’s position. By comparison, Chinese find the difference between domestic and foreign in TV show ，Ellen Show is more casual ，various，interactive than domestic programs ，so we own another choice to enjoy our free time with a fresh program style. It’s a nice try to enhance both states’ communication.

WhenEllen Show strikes China□what‘s happened? Without doubts! Spark comes out!

We all expect more cooperation between different states. Love ELLEN SHOW!

links:<Ellen Show>

Get your ‘inner peace’ on with a Yejo Circle temple trip!



Ever wanted to get away from it all and live up a mountain like a monk? Well Yejo Circle offer you just that opportunity for a weekend break.

By: Roy Hanney 122007654 Class 1

There is a dim recollection of sound, sticks against each other, a woodpecker? I close my eyes. There it is again, tap tap… Tap tap tap! Quiet descends and I turn over, burying my head under the covers. The “tap tap tap..” continues to worry away at the edge of my dreams until “dongggggg”! A loud gong crashes the sleep from my eyes and I remember. I am in a temple, it’s 5am and I will be staying here for two nights to sample an experience of temple living.

Stepping out into the dawn lights burn in the main temple building the gong beating it’s refrain to a chorus of a thousand birds. A lone monk runs up the temple stairs robes flapping in the dawn. We assemble, all of us fellow travellers, bleary eyed and expectant, for an introduction to some gentle qigong. The 12 silk as it’s called is a Daoist system of turning, stretching and breathing exercise designed to open the meridians, massage the organs and mobilise the joints. It’s as ancient as China and we have all come here to learn this technique along with a little Taijiquan courtesy of Yejo Circle travel. Billed as an introduction to Daoism and an opportunity for a peaceful retreat from the hustle and bustle of Shanghai we have come to renew ourselves.

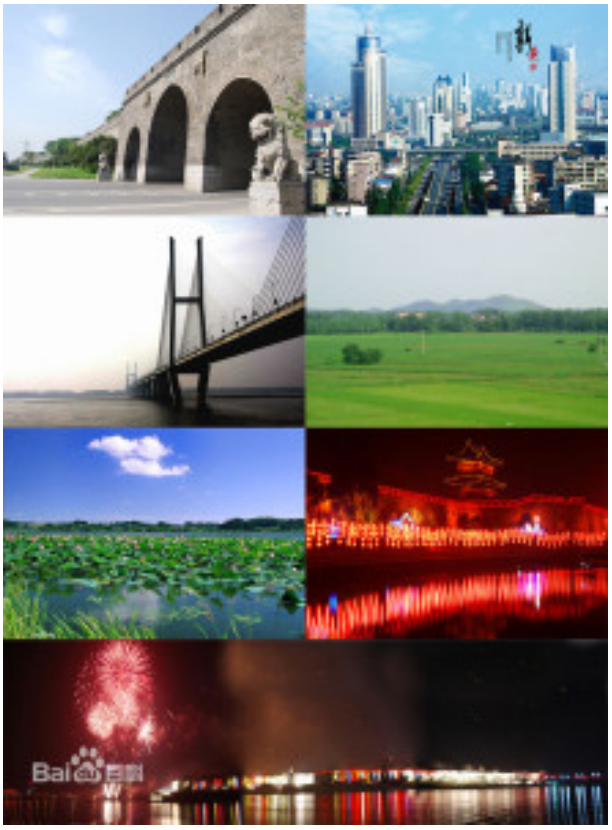
This is a peaceful place of contemplation we are told as we begin our first session of seated meditation. It seems though that nobody has explained this to the old ladies who as devotees attend to the upkeep of the temple. As the holler across the temple at each other I consider the possibility that they are there to test the patience of the monks. To see if they can endure, perhaps this is Buddha’s way. They are though a delight and the serve up a series of tasty vegetarian meals for us throughout the weekend and engage us all in banter seemingly unaware that few if us speak Mandarin. It doesn’t matter though as even the Chinese speakers can’t understand their thick local dialect.

During the weekend we all make new friends and exchange notes of our experiences as explorers of Dao and it’s associated arts. We learn the 12 silk qigong, sit in quiet contemplation and learn a little of a Taijiquan long form. Even though we don’t learn the whole form (there 108 movements) it doesn’t matter and as the teacher explains it is the process that is where the enjoyment lies not the end result. It’s the journey, a step On the path. I feel so energised by all this that by Sunday afternoon I can no longer bear the meditation, I can’t sit still, it’s an act of supreme will just to keep my eyes closed. I want to do more Taijiquan I have the bug yet I know I won’t practice.

Then it’s time to climb aboard the bus and return to the manic pace of Shanghai with the hope we each carry a little of the peace we found at the temple with us. We exchange Weixin contacts and talk about how will do it again soon. Then we separate, following our own paths knowing that we all shared some peace together as brothers and sisters in silence.

Discover the world in a Refreshing, Inspiring and Empowering way with Yejo Circle .

Jingzhou City



Jingzhou,also called Jiangling in old times,is located in middle-southern part of Hubei province,near the Yangtze River bank.

By:Shiting Wang 130112218 Class 1

As a place famous for its sceneryor historical relics,it has been awarded One of Most Historical Cultural 24Citiesin China,Chinese Remarkable Scenic,National Garden City and so on.There is a long history as well as splendid culture in Jingzhou.The capital of the old country Chu was built here in 689B.C. and lasted for 411 years,whichcreated Chu's civilization which may be as excellent as Greek and Athens'.

Jingzhou is famous of its wall.The wall of Jingzhou City is in an old age even as old as Great Wall——it was bulit near the Spring and Autumn Period.Now which wall we can see was rebuilt in Ming and Qing Dynasty.Owe to the protection of the town government,these walls around the old city has been enjoyed by more and more people.The government planted cheery trees along the wall and cleaned the city moat.Therefore,the avenue

along the wall and the moat has been the most popular place in the locality.Nevertheless,when it comes to key point of interest in Jingzhou,we can’t miss the Jingzhou Museum and Zhanghua Temple.Jingzhou Museum——which is also national four-star scenic possesses various kinds of silk cloths and porcelains of many dynasties and corpse of the Western Han Dynasy as well.Besides,there are some massifs and lakes which make tourists relax.Then the Zhanghua Temple,which seems to be ordinary,is called Hubei “jungle” and is protected by Hubei goverment.Also,there are many people(especially Guangdong and Hongkong businessmen coming here from all over our country.The most interesting thing is that the ancestral temple of Guan Yu, a famous general in the period of the Three Kingdoms,is famous out of Hubei but not so popular by local residents.

Jingzhou is also famous of its rich natural resources,espescially rice and fish.Meanwhile,there are many special local products such as fish cake,special sausage, and so on.My favorite are pickled paws and neck of duck and “mitofu”a special kind of tofu which is made by rice.The “mi tofu” is alike normal tofu such as white and square but softer. The most important point is that the taste is completely different from normal one.And as the area in the middle of China and alongside Yangtze River,Jingzhou “collects” orthodox cate from north to south such as big pastry and nooldles as well as fish soup and cakes——all of them are original taste.How wonderful,isn’t it?

Above all,one who fails to reach the Jingzhou City is not a hero.

Where it will go, the last ship



Venice, which is located on the north of Italy,, one of the most famous water city in the world. It is born in water , beauty of water ,develop of water. Venice looks like a dolphin. Unban area of it less than 7.8square kilometers , there are 118 islands and 117canals spreading over all the city. It is the only city has no cars in the world and the ship is the only vehicle

By: Lily XU 130306119 CLASS 1

Gondola is the most unique ship in Venice with a very long history .Learning from the first governor in the17th century .In the traditional , the designs of the appearance of gondola had all sorts .In the century of 16 , gondola was extremely beautiful, the nobles often took these which were decorated with station and silk to show off their fortune .This phenomenon had a very bad effect on the society .In order to

change this extravagant lifestyle ,a ban had been made by the senate of Venice :Nobody is allowed to display of wealth by the gorgeous decorations on the gondola ,these has been decorated must be removed and should be painted in black. This traditional has been remained from this time .Thus we usually see gondolas are black in union ,only on special occasions ,they will be decorated resplendently.

Nowdays ,this ship usually has 5 meters long and 9 meters wide .The bottom of the boat is asymmetrical , so we can keep balance through the single slurry one side .In the past ,there would have a movable awning the prevent the visitors from the sun and rain while now this aspect is disappear . Taking the gondola is an extremely expensive way ,so most people choose a much cheaper vehicle ,small water bus.

The boatman only wears a tight knit shirt with the stripes and a straw hat. He is good at driving technology and travels faster .Though there are many ships coming and going ,he operates freely .Regardless of how coward it is ,he is always turning left or turning right to push through it .When somewhere extremely narrow ,he is able to through it smoothly ,faster with sharp turning. In the night, the moon is reflecting in the river ,differing from the daytime , the river is returning to calm, flowing quietly likely silk .The feet of the old walls both coasts , which are crawling the moss , throwing off a special damp smell .The two sides of the river have many famous constructions .It is easy to see the footprints of writers ,painters and musicians here and there .There are Phoenix Opera House ,which was destroyed by fire and rebirth , and charming Byzantine architecture and the world’s most beautiful Plaza-pizza San Marco, which has the reputation of “the finest drawing room in Europe “ by Napoleon ,and color island , which is known as fairy island.

There are almost about 350 bridges . where there is a ship ,there is a bridge ,the most famous is the bridge of sigh, which has been copied by Cambridge University and a famous poem named “Saying Goodbye to Cambridge” by a famous poet XuZhimo here .In the old story ,if lovers kiss under the

bridge ,their love will be everlasting.
In the first Sunday of the September ,Venice will hold the historical Regatta Storica . That day the most characteristic celebration ships and gondolas will travel to the Grand Canal . This is the most popular festival after the Carnival .
Everything looks well but everything has changed .With the development of industry ,more and more co2 and other carbon gases are emissing
beyond control bring very serious greenhouse effects , making the globoal warming and melting gloaciers . causing the sea level rising .Thanks to Venice is build on the water ,the environment here is becoming more and more and more worse . In 1900 , the most square of Venice center —Piazza San Marco only was flooded 10 times a year , however ,it will be flooded at least 100 times a year . In contrast to 100 years ago ,the water level of Venice has risen 23 cm .Venice soaks in water 200 days now ,but the number is only 7 cm in 17th century .The foundation building is destried .The old building has fell about 67 cm since 1727.Now more and more people are learning from Venice ,the population is declined sharply .This phenomon makes the society have no choice but to take actions to prevent this city .
The scientists have said that Venice will be flooded completely in 2100. No people will be here that time while nobody will know the last only ship will whether run to the sea along the water or will becoming a shipwreck in the bottom. In fact ,the ship is an epitome of the city . It is time for all the society to take actions to protect the earth.
Dsicove: I write this article with the help of http://baike.sogou.com, http://dujia.qunar.com] http://www.baidu .com

UK’s Fresh Characteristics



A famous British wine company “mentioned in the UK you will think of what” in the title, conducted a survey in the local. The investigation team for thousands of ordinary citizens’ opinions to elect the ten characteristics of Britan. Surprisingly, Her Majesty Queen Elizabeth II was lower than traditional British food – Fish and chips, toast bread with roast beef and York pudding, only ranked third in the list.

By: Zhuoxun Gong ID: 130306226 class 1

The survey activities of the organizers of the famous company called Tanqueray, this company invited many celebrities such us editor of magazine GQ.The times’s columnist Matthew Paris and five celebrities in cultural circles to put up 100 world famous “symbol” of the UK, this survey items including public figures, scenic, social customs, famous singers, the television star, celebrity culture, architecture, famous brand and characteristic diet. The survey firm investigated single out through magazines, newspapers and other channels. About a month later, they received thousands of receipt, after processing , they get the results of these statistics quickly.

Findings are as follows
1 Fish and chips
1 (tie) Toast bread with roast beef and York pudding
3 Her Majesty Queen Elizabeth II

4 Buckingham Palace
5 English breakfast
6 The Beatles
6 (tie) The British Parliament
8 Mark and Spencer chain
9 Oil painting master John Constable
10 Afternoon tea

British food haven’t the high reputation in the world, but the British people still think that their country’s food is very characteristic, especially fish and chips, toast bread and roast beef and York pudding.

The British people like to eat fish and chips is famous in the world .In the British street, the fish and chips shops can be seen everywhere. Toast bread with roast beef and York pudding are British gentlemen and ladies breakfast every morning as the first choice, consequently, they tied for the first place with 73% of the vote.
The queen of England with 64% of the vote in third place, followed by her home in Buckingham Palace, this luxurious palace received 58% of the vote.

In the fifth row is renowned for its rich content of English breakfast. In addition to toast bread with roast beef and York pudding, English breakfast including porridge, vegetable, fruit, cheese and seafood.

In addition, British Airways, Broadcasting British Corporation, Tower Bridge of London, horse racing, the rolling stones, red telephone booth, London Big Ben to high vote to enter the top 50.

England is a beautiful country, On land, the UK is not too large. There is a proverb: from John O English in ‘Groats to Land’ s End. Meaning “from the British side to the South Pole”, it seems very far. In fact, any place in England is not more than 120 kilometers away from the sea.

In England, there are many famous scenic spots. Such as the “city of flowers” London, “Athens of the north” Edinburgh University City, Oxford, Cambridge, York City, and the hometown of Savon Stratford are world-renowned tourist city. The British also Piyou lake and other dozens of national parks and scenic reserve. At present, listed by UNESCO as a world cultural and natural heritage places of historic interest and scenic beauty and natural landscape of Tower of London 14. They are all unique, all good at the long, is very popular with tourists sightseeing spots. Britain is a country which full of glamour and worth to be visited!

Wanna go there? Hit the road now!

LINK:http://news.sina.com.cn/w/2004-04-30/09192440729s.shtml

Hayao Miyazaki and His Animated Film

Miyazaki is a famous Japanese animation director, January 5, 1941 Born in Tokyo. Miyazaki is Japan’s animation industry can be a legend, can be said that without him the cause of Japanese animation will be much the worse. He is the first animation to rise to the human high thinkers.

By :Dandi Ma 120905308 Class 1



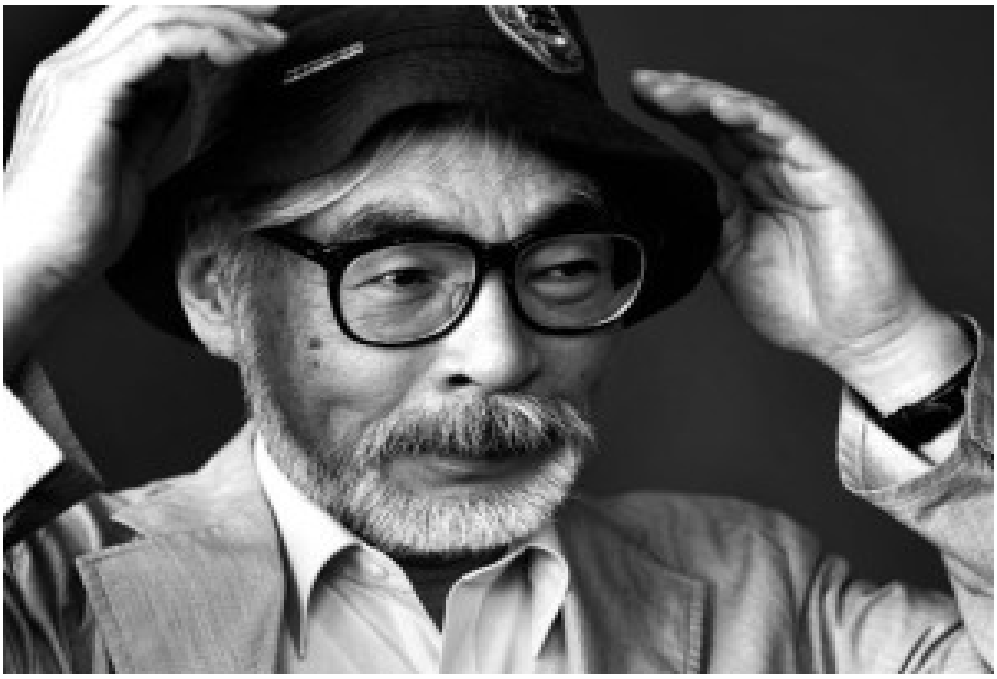
Animation film,as a kind of literary and artistic works,let people get to experience a kind of beauty.Hayao Miyazaki animated films have always insisted on the hand-painted style,which makes it unique among all the animation films.So,today we would like to analyze the famous Japanese animation film director and his works.

Miyazaki,the famous Japanese animation director,was born on January 5,1942,in Tokyo.He had four brothers,and ranked second among them. Miyazaki's mother was smart and kind of strict.Hayao Miyazaki's brother recalled later that when he saw the pirates mom in film"Sky" ,he could not help but think his mother as their personality were similar in some ways.In 1963, Hayao Miyazaki graduated from college and entered the Toei animation.He put forward many proposals but were ofen rejected by others.Fortunately,he still stick to his original dreams and never give up to the difficulties.Finally in 1964,he became the Secretary General of Toei Animation Workers Association.

With love and perseverance,Miyazaki has an irreplaceable position in the global animation industry,called "Kurosawa of Animation"even won lots of awards.

Each work of Miyazaki has different themes,but all the themes reflect a common meaning.The various dream,the environmental protection and life survival of the role in his animation

represent the thinking of the society.In many of the animated films directed by Hayao Miyazaki such as “Nausica? of the Valley of the Wind”, “Laputa: Castle in the Sky”, “Spirited Away”, “Howl’s Moving Castle”, “Ponyo on the Cliff”, “My Neighbor Totoro”, and “Kiki’s Delivery Service” etc., the leading role is always a child or an animal.With the child’s view of life,he help us find a brandnew real world full of joyness and exploration.Different themes,about grown up,emotion,war and human being and rich modelling also make his work a feast both to our heart and vision.
“I always believe that in this world,there must be another self,doing things i do not dare to do and live the life i have been dreaming about”.From Miyazaki’s life story and his animation film,we can learn that you will eventually achieve your goal someday if you don’t lose your dream..



It is love that makes us tough

By: Qimin Wu ,120211408 Class1



In the past, I had been conquered by the movies which showed the darkness of human. I has thought that was the truth of life, and thosebeauty, warmth and dedication were just for teenager to read and enjoy. Adults need more abstract thing.

Because I think in this way, I think I grew up. So I threw all the fairytale books and to learn the rules in the adults' world eagerly. I often laugh at those people who have poker faces, and consider that they are either out of date or make a pretence . Therefore , those fairytales with the ending of "Price and princess will live happily together forever "can be no longer developed dry more. They afraid that if they develop the story, it will destroy its essence.
I get used to the story without beginning and ending, or a specific point, which I enjoy myself by devoting nothing in.
I has already weaker enough to believe that the existence of the love, hardly believing that the promise of eternal love.
However, in the depth of inner mind, who indeed do wish these

fairytale are not ture? Who will not eager to the existence of true love? That is the reason why the old man Hayao Miyazaki has popular for years.

The movies made by Hayao are different from, which are pure and clean. The movies made by Hayao are different from others, which are pure and clean. He movies hold a stable valve, a confidence in under strongable humanity, and the warth and expectation which can not be shock. In his movies, there always existence of it is to help to achieve his love and grow up.

It is no wonder that we will feel surprise when we saw the hostness ponyo of the movies “The goldfish kui cliff”.sailed to find his lover by leaving his familiar hometown for a strange place. That kind of persistant love we don’t have any more. We now have all kinds of practical consideration and suspectation, with short-tern and long-tern plans. Only see the return can we continue to devote ourselves. And we also give ourselves a plan B to find another partner. It is more a business than a love.

When Ponyo decided to look for her lover, She did not know what kinds of text writing for her , but she totally trust her love. So suke who did not let her down. Though these two did not let know what is love.

Love needs to pay, to face up, to strive for. It needs you to give up something for each other, changing your selves.

Belief and love are just like to go bungee jumping from a diff. If you do not try to jump, ou never know whether the rope tied. on your feet can bear your weight. But Panyo did the jump, so that she got rid of being a fish to become a lovely girl who fall in love with a boy and lived together.

Whether hesitate on the cliff or stay in the sea forever? What is belief is a forever agreement between God and me. It is a life that give up that give up the past to embrace the nevo thing. Belief is that from now on, I will never le you go.

A bite of Thai curry!



The endless combinations and fresh taste make curry a popular dish. But what exactly is Thai curry? There are dozens of different types of curries in Thailand varying by the use of various types of curry pastes, the addition of coconut or water and different combinations of meats, herbs, vegetables and fruits.

By Tingting Chen 130306149 Class 1

In Thailand, curry is usually a soupy dish consisting of coconut milk or water, curry paste and meat. Curry will be classified by color like red, green, yellow, and so on. The most well-known curries are Panang and Massaman.

Panang curry paste usually has more dried spices in it then

Red curry paste; but it is always up the cook; the real difference between these curries is in the preparation; panang is a dry curry prepared with coconut cream compared to red curry which is a more soup curry. Massaman curry paste can be used to make massaman curry – a popular Muslim-style curry from southern Thailand. A heavy granite mortar and pestle is particularly useful for bringing out the full flavor of the spices when making this curry paste.

The curry dishes of Thailand have no direct equivalent in Western food, making it hard to translate exactly how to serve and eat curry. Curries are eaten spooned over plain steamed jasmine rice or round rice noodles. This helps to cut the heat and the intensity of the flavors. To eat curry as we eat normally eat soup in the West is inappropriate because curries are packed full of intense spices, herbs and hot chilies. Diners normally share a bowl of curry which is accompanied by dishes with mild, salty, bitter and sweet tastes.

Thai curry some like it hot, while eating curry is, for many, highly desirable. It is a sort of addiction once you eat curries on a daily basis for about a month. Gradually your tolerance for spicy food increases to an incredible level you never dreamed possible!

If you like milder curry, simply omit the fresh whole chills or add less curry paste. Another excellent hint is to first cook the rice and allow it to cool to room temperature, making it easier to eat spicy foods. The plain rice also offsets the spiciness of the curry. Reputedly there are many health benefits from eating chili peppers, including high Vitamin C content and increased metabolism rate.

Thai curry is not the same as Indian curry. Thais cook their curry dishes for a much shorter time and use more fresh herbs and garlic and fewer dry spices then in Indian curry. Thai curries in general also tend to be more soupy then Indian curries. The only two curry dishes in Thailand that are based

mainly on dried herbs and spices, rather than fresh ones, are Massaman and Panang curry.