

HSIN YE TAIWANESE MANDARIN



Cathy

我跟你說，我昨天晚上在點ubereats 的時候發現一件很有趣的事。

Let me tell you, I discovered something interesting last night while ordering from UberEats.

Cindy

什麼事？

What is it?

Cathy

我覺得我開始慢慢喜歡上台灣的傳統小吃

I think I'm slowly starting to like traditional Taiwanese snacks.

Cindy

哈哈哈哈哈什麼意思啦！什麼叫重新喜歡上台灣的傳統小吃啦！難道你以前不喜歡嗎？

Hahaha, what do you mean? What do you mean by starting to like traditional Taiwanese snacks again? Didn't you like them before?

Cathy

對欸，我以前真的不喜歡。如果別人約我吃滷肉飯的話我會很不高興的那種喔。

Yeah, I really didn't like them before. If someone invited me to eat braised pork rice, I'd get really upset.

Cindy

蛤，真的假的。為什麼啊？

Huh, really? Why?

Cathy

就覺得不好吃啊！而且很油膩，當時可能還在青少年階段，所以對體重跟外表很敏感，就會想要避免吃很油膩的食物吧！

I just thought they didn't taste good! Plus, they were greasy. I was probably in my teenage years, so I was very sensitive about weight and appearance, and tried to avoid greasy foods.

Cindy

那妳之前都吃什麼？

So what did you eat back then?

Cathy

我都吃青菜或水煮肉。

I ate vegetables or boiled meat.

Cindy

哈哈哈哈哈太健康了吧！哪有青少年吃這麼健康的。

Hahaha, that's way too healthy! What teenager eats that healthy?

Cathy

真的啦！我有一陣子吃東西都要過水才會吃欸！我會準備兩個碗，一個碗裝肉跟菜，另一個碗裝熱開水，然後把肉夾到裝熱水的碗裡洗一洗之後才吃。就是把肉跟菜的油都洗掉之後才敢吃。

Seriously! There was a time when I wouldn't eat anything without rinsing it first! I'd prepare two bowls, one with meat and vegetables, and the other with hot water.

Then, I'd dip the meat into the hot water to rinse off the oil before eating.

Cindy

哇！真的很極端欸，不過妳怎麼會現在開始喜歡上傳統小吃啊？

Wow! That's really extreme. But how did you start liking traditional snacks now?

Cathy

可能是一種心態上的轉變嗎？我也不是很清楚，可能人到了一個年紀就會慢慢開始喜歡上以前沒這麼喜歡的東西吧！

Maybe it's a change in mindset? I'm not really sure. Maybe when you reach a certain age, you start liking things you didn't before!

Cindy

那妳所謂的台灣傳統小吃是什麼啊？是像滷肉飯、大腸麵線那些的嗎？

So what do you mean by traditional Taiwanese snacks? Like braised pork rice and intestine vermicelli?

Cathy

對啊！還有陽春麵、滷味、麵龜之類的。總之我的飲食習慣變得跟之前很不一樣。

Yeah! Also plain noodles, braised dishes, rice cake, and stuff like that. Overall, my eating habits have changed a lot.

Cindy

哈哈哈哈哈真的欸，這些東西都是妳以前不會吃的，但身為一個土生土長的台灣人，如果說自己以前討厭吃滷肉飯不會很奇怪嗎？

Hahaha, true. These are all things you wouldn't have eaten before, but as someone born and raised in Taiwan, wouldn't it be weird to say you used to hate braised pork rice?

Cathy

有一點吧! 因為滷肉飯感覺已經跟台灣畫上等號了, 而且很多外國人對於台灣傳統小吃的印象也是滷肉飯, 說自己不喜歡的話好像很奇怪。

A little, yeah! Braised pork rice feels like it's synonymous with Taiwan, and many foreigners think of it as a quintessential Taiwanese dish. Saying you don't like it sounds strange.

Cindy

就像韓國人不喜歡吃泡菜、日本人不喜歡吃拉麵一樣嗎?

Like a Korean not liking kimchi or a Japanese person not liking ramen?

Cathy

哈哈對阿! 一樣的道理。那Cindy妳有以前很不喜歡某項東西, 但現在突然開始喜歡上這項東西的經驗嗎?

Hahaha, exactly! Cindy, have you ever had something you really didn't like before, but suddenly started liking?

Cindy

嗯. . , 我想想喔! 好像蠻多的欸。像我以前就很不喜歡仙草, 因為我覺得仙草看起來黑黑的好噁心, 聞起來也有一股中藥味, 就一直不是很喜歡。

Hmm... let me think! There are quite a few things. For example, I used to really dislike grass jelly because I thought it looked gross—black and slimy—and it smelled like Chinese medicine, so I never liked it.

Cathy

我小時候也有一陣子很排斥吃仙草, 偏偏這又是幼稚園最喜歡做的甜點。

I also had a phase as a kid when I really hated grass jelly, and it happened to be the kindergarten's favorite dessert.

Cindy

哈哈哈哈哈真的! 小時候看到那個綠色的碗*裡面裝一大坨黑色的東西真的會崩潰。

Hahaha, true! Seeing that green bowl* filled with a big lump of black stuff really made me freak out as a kid.

Cathy

而且幼稚園老師都很愛逼小孩整碗喝掉, 真的超痛苦的。每次只要點心有仙草我都會哭。

And the kindergarten teachers loved forcing us to finish the whole bowl. It was so painful. Whenever the snack was grass jelly, I would cry.

Cindy

真的是痛苦的回憶欸, 可是後來長大就慢慢能接受仙草的味道了, 甚至還會覺得淡淡的苦味很讚。

That's such a painful memory, but as I grew up, I slowly got used to the taste of grass jelly and even started appreciating its slight bitterness.

Cathy

還是說，只是因為人生開始變的比仙草苦了才會發現仙草的好吃呢？

Or is it just that life has become more bitter than grass jelly, so now it tastes good?

Cindy

哈哈哈哈哈，人生變得比仙草還苦哈哈哈哈哈。

或許吧！長大後的人生比仙草還苦聽起來好悲哀。

Hahahahahaha, life has become more bitter than grass jelly, hahaha.

Maybe! It sounds so sad that life after growing up is more bitter than grass jelly.

Cathy

對阿，所以那時候意識到這個問題就覺得，嗯，好像仙草也沒這麼苦了。所以就敢吃了。

Yeah, so when I realized that, I thought, "Hmm, maybe grass jelly isn't that bitter anymore," and I started eating it.

Cindy

雖然還是有些東西一直以來都沒辦法接受，不過大部分情況下口味確實會隨著年紀改變，人真的是一種很神奇的生物。

Although there are still some things I can't accept, for the most part, your taste really changes with age. Humans are truly fascinating creatures.

Cathy

對啊！不是有句話說："唯一的不變就是變"嗎？好像就是這麼回事。

Yeah! Isn't there a saying, "The only constant is change"? That's exactly what it feels like.

Cindy

是啊！如果一直以來都不變好像也不是什麼好事，因為這樣感覺就沒進步。

有時候適當的變動也是好的。

Yeah! If you never change, it doesn't seem like a good thing, because it feels like there's no progress. Sometimes, change is good.

Cathy

對啊，不過我是希望我們的podcast內容可以一直不變的成為大家學習中文的好朋友就是了。

True, but I hope our podcast can continue to be everyone's constant friend in learning Chinese.

Cindy

哈哈，說的也是，今天的podcast內容就到這邊，我們就下次再見囉
Hahaha, that's right. That's it for today's podcast. See you next time!

Cathy

我是你的主持人Cathy

I'm your host, Cathy.

Cindy

我是Cindy

I'm Cindy.

Together

我們下次見，掰掰！

See you next time, bye!

***Note 1: In Taiwan, kindergartens provide students with breakfast, lunch, and snacks. Breakfast is served in red bowls, lunch in yellow bowls, and snacks in green bowls, as shown in the image below.**

