

## Egg My Way 我爱吃的蛋料理 – 3 月 31 日

Hello. Here we meet again. This is your friend Mark, along with Wen-Jie.

听友你好，马可和文洁我又和你相会了。

We hope you have been enjoying your day.

希望你今天的日子过得好。

Wen-Jie, on our previous program, we talked about having a good breakfast.

上回节目里，我们谈到吃早餐的重要。

A good breakfast gives me energy.

一顿好的早餐让马可活力充沛。 I know Mark, you have mentioned that you like eggs.

That's right. Eggs and Toast. That's my kind of breakfast.

马可爱吃的早餐，通常有蛋，有土司面包。 I love eating eggs, too.

How do you like your eggs?

哦，I like soft-boiled eggs. 我喜欢煮得半熟的蛋。

How about you?

Oh, I love scrambled eggs.

他则是喜欢吃炒蛋。

Some people like fried eggs. Have you heard of "Sunny Side Up"?

有些人喜欢吃煎蛋。有一种作法叫 Sunny Side Up.

Sunny Side Up is when the egg is only fried on one side, and you can see the egg yolk looking like a sun facing up.

就是只有煎一面的煎蛋。你能看到正面圆形的蛋黄就像是太阳一样

Interesting.

Well, when it comes to eggs, there are so many things to talk about.

要谈蛋，有多得谈不完的话。

That's why in our lesson today, we bring you this topic: Egg My Way.

我今天这一课，主题就是：蛋的料理样式多。

Hope to bring you a sunny side up moment.

希望带给你阳光灿烂的一刻钟。

### What about Eggs? 蛋的知识知多少？

The egg is a simple meal in itself.

蛋，是简单又完整的食物。

Rich in proteins, vitamins and minerals.

含有丰富的蛋白质，维他命和矿物质。

Ideal for any time of day.

什么时候吃都合宜。

They are great in sandwiches, an ideal picnic food.

蛋，可以做好吃的三明治，是理想的野餐食物。

And they are essential in the preparation of many different desserts, cakes, and sauces.

也是准备各样甜点，糕饼，酱料的主要材料。

Mark, do you know what I like about eggs?

Tell me.

Their shape is oval. 我爱蛋椭圆形的外型。

Yeah. It's quite unusual. And they have shells, ranging from white to light brown.  
还有，蛋的外壳，从白色到浅棕色都有。

Well, we usually think of eggs as the hen's eggs.

说到蛋，通常我们想到的就是母鸡蛋。

Throughout the world, these are the most common and widely eaten eggs.

这是全球最普遍最常吃的蛋。Chinese people also eat Duck Eggs, and Quail eggs. 华人也吃鸭蛋，鹌鹑蛋。

What about Ostrich eggs?

Ha! Ostrich Eggs 鸵鸟蛋。

It's the biggest egg in the world.

鸵鸟蛋是世上最大的蛋。I don't think I have eaten Ostrich egg. But I have eaten colored eggs. (oh..) I love to eat soy sauce eggs and eggs dyed red. 我爱吃卤蛋和红蛋。

Red? I know. It must be the lucky color for Chinese people.

对了，红色象征喜气吉祥。If your family has a newborn child, you will bring red-dyed eggs to treat people as a celebration. 家中有新生儿，就请人吃红蛋。

Got it. In the west, we eat colored eggs at a certain special season.

西方人在特别节期，会吃彩色蛋。I know. It's Easter.

You are right.

### **Culturally Speaking 话说文化**

During Easter in Spring,

当春天复活节来临时，

People in the west will celebrate by eating Easter eggs.

西方人会吃复活节蛋来庆祝。

They are chicken eggs dyed or painted.

就是染了色或涂了颜色图案的鸡蛋。

Nowadays there are chocolate eggs or plastic eggs filled with candies.

现今还有巧克力蛋，或是里面装了糖果的塑胶蛋。

Children love to have an Easter Egg hunt, an activity on Easter morning to find hidden eggs.

孩子们喜欢的一个活动，就是复活节早上去找藏起来的复活节蛋。

Coming up next, we bring you today's "Everyday Dialogue".

接下来，带给你今天的“每日会话”。

A young couple is up to fix some breakfast.

一对年轻夫妇早上醒了在准备早餐。

They are having an interesting conversation.

他们的谈话很有意思。

Let's listen in.

我们一起来听。

\*Dialogue (A: Wife; B: Husband)

A: Should I make you some eggs for breakfast?  
 B: Sure. Any style is fine.  
 A: You know what? These eggs are from very healthy and happy hens.  
 B: No kidding! How do you know that?  
 A: Because they are laid by hens that eat organic food.  
 B: I guess that's good to know.  
 A: And, they are happy because they get to go outdoors for some chicken runs.  
 B: Wow! I can't wait to eat them now.

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现在，我们来帮助你了解这段会话。

Should I make you some eggs for breakfast?  
 我早餐为你作个蛋料理，怎样？  
 Sure. Any style is fine.  
 当然好，怎样的作法都行。  
 You know what? These eggs are from very healthy and happy hens.  
 你可知道吗？这些蛋是从很健康，很快乐的母鸡生出来的。  
 No kidding! How do you know that?  
 当真的吗？你怎麼知道的？  
 Because they are laid by hens that eat organic food.  
 因为他们是那些吃天然有机食物的母鸡所产下的蛋。  
 I guess that's good to know.  
 这，我倒是很高兴知道。  
 And, they are happy because they get to go outdoors for some chicken runs.  
 这些母鸡很快乐，因为它们不是关在室内，而可以到户外去动一动。  
 Wow! I can't wait to eat them now.  
 哇！我现在迫不及待要吃这些蛋了。

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Mark, how do you call these kinds of eggs? 这种蛋叫什麼来著？  
 We call them Organic Eggs or Free-Range Eggs.  
 就是所谓的，有机鸡蛋，放养鸡蛋。  
 Usually those hens are kept in small flocks.  
 通常那些母鸡是以小群养育的。  
 Their eggs are more expensive.  
 这些母鸡生的蛋卖价比较贵。  
 But it's worthwhile.  
 但是却值得花钱买。  
 All right. Let's review the dialogue one more time.  
 现在我们来听一回每日会话。

A: Should I make you some eggs for breakfast?  
 B: Sure. Any style is fine.  
 A: You know what? These eggs are from very healthy and happy hens.  
 B: No kidding! How do you know that?  
 A: Because they are laid by hens that eat natural organic food.

B: I guess that's good to know.

A: And, they are happy because they get to go outdoors for some chicken runs.

B: Wow! I can't wait to eat them now.

Wen-Jie, the egg is a treasure chest.

蛋，就是个宝藏盒。

It has all that is essential for a balanced diet.

里面有包含均衡营养的主要元素。

The egg is also a symbol of resurrection.

蛋，也是复活的象徵。

With new life sealed within it.

内里藏著有新的生命。

The shell is seen as the grave,

蛋壳，象徵了坟墓死亡。

And by breaking out of it, life renewed.

而破开了蛋壳之後，生命有了重生。

### **Verse of the Week 每周金句**

*Praise be to the God and Father of our Lord Jesus Christ!*

愿颂赞归与我们主耶稣基督的父神。

*In his great mercy he has given us new birth*

他曾照自己的大怜悯，重生了我们。

*into a living hope through the resurrection of Jesus Christ from the dead*

藉著耶稣基督从死里复活，叫我们有活泼的盼望。

*1 Peter 1:3 彼得前书*

Jesus Christ shed his blood and died for our sins.

耶稣基督为我们的罪流出宝血而死。

Three days later, He was resurrected.

三天之後，他从死里复活。

That's why we celebrate Easter.

这就是为什麼我们要庆祝复活节。

And we eat Eater Eggs for celebration.

也吃复活节蛋来庆祝。

Because Jesus is alive now.

因为耶稣现今活著。

He gives new life to those who believe in Him.

祂赐给凡信靠祂的人有重生的新生命。

What a wonderful hope we have in Christ!

在基督里，我们有这麼美好的盼望！

Thanks and Praise be to God.

感谢赞美神。

Well, time really flies. We hope you enjoyed our lesson today.

时光过得好快，希望你喜欢今天的节目。

Our title for today's lesson is: Egg My Way.

这课的主题叫做：Egg My Way 我爱吃的蛋料理。

Write us and tell us how you like your eggs cooked.

写信来，告诉我们你喜欢吃怎样料理的蛋。

Introduce yourself to us and let's be friends.

介绍你自己，让我们作个朋友。

We also want to help you in your new life in Christ.

我们也希望帮助你在基督里的新生命有成长。

Until next time, this is your friend Mark,

And Wen-jie.

May God Bless You.

Good Bye.

Now Wen-Jie, are you ready for this game now?

Tell me what I should do.

We both hold an egg in hand, and you are going to hit yours to mine.

I see. Something like: Egg Tapping

Or Egg Pocking. Let's see whose egg breaks first.

I'm going to win.

No chance.