

SEPTEMBER
2024

e-Lingua

3/2024



✓ <u>Chief Editor's Desk</u>	<u>2</u>
✓ <u>News & Reports</u>	<u>7</u>
✓ <u>Language Club News & Reports</u>	<u>16</u>
✓ <u>Image & Lifestyle</u>	<u>44</u>
✓ <u>Pet Lovers' Central</u>	<u>70</u>
✓ <u>Lecturer's Contribution</u>	<u>93</u>
✓ <u>Creative Corner</u>	<u>119</u>
✓ <u>The Team</u>	<u>131</u>



A hand is shown holding a single smooth, white, oval-shaped stone. Below it, a stack of seven similar stones is balanced on a beach of small, multi-colored pebbles. The background is a soft-focus view of the ocean and sky.

Lecturer's contribution

Inspiring Language Learning [94](#)

One night at the Caribbean Campsite [96](#)

Tourist Attractions in Shanghai [99](#)

Food in Shanghai [102](#)

Cheongsam in Shanghai [105](#)

Let's Kecek! [107](#)

Steady, Auntie! [111](#)

Budaya Minum Teh di Turki [115](#)



Food in Shanghai, China

By Ong Sheau Fen

There are many tasty dishes to try in Shanghai. Among them are soup dumplings, scallion pancakes, steam fried buns, and scallion noodles. Each dish is unique and represents a part of Shanghai's food culture. This article focuses on four types that are just the tip of the iceberg. However, they are popular among locals and visitors.

1. Soup Dumplings (Xiao Long Bao)

Soup dumplings, called xiaolongbao, are very popular in Shanghai. These dumplings have thin skins made from dough and are filled with meat and soup. The secret to the soup is that it starts as solid jelly made from meat gelatine. When the dumplings are steamed, the jelly melts into soup. To eat a soup dumpling, you need to lift it up gently with chopsticks and a soup spoon so the skin doesn't fall apart. Then, bite a small hole to sip the soup before eating the rest of the dumpling. The combination of the thin skin, meat, and soup makes soup dumpling a must-try dish.





2. Scallion pancakes (Cong You Bing)
Scallion pancakes, known as cong you bing, are another favorite dish in Shanghai. These pancakes are made from dough mixed with lots of chopped scallions. The dough is rolled out flat, brushed with oil, sprinkled with scallions, rolled up again, and then flattened before being fried. This cooking method makes the pancakes crispy on the outside and soft on the inside. Scallion pancakes are often eaten for breakfast or as a snack.



3. Steam Fried Buns (Sheng Jian Bao)

Steam fried bun, or sheng jian bao, is a special kind of bun in Shanghai. These buns have thicker dough than dumplings and are fried in a pan until the bottom is crispy and golden. The top of the bun stays soft and fluffy. Inside, the bun is filled with meat and hot soup. Sheng jian bao is usually topped with sesame seeds and chopped scallions, adding extra flavor.



4. Scallion Noodles (Cong You Ban Mian)

Scallion noodles, called cong you ban mian, are a simple but tasty dish. They are made with noodles mixed with a sauce of soy sauce, oil, and lots of chopped scallions. The scallions are fried in the oil until their aroma blends into it. This fragrant scallion oil is then mixed with soy sauce to form the sauce. Finally, the noodles are tossed in this sauce, making them very flavorful. Scallion noodles show that simple ingredients can make a delicious meal when cooked well.

