

How To Cook Chinese Egg Fried Rice

Mandarin Corner
mandarincorner.org



Scan to follow us on WeChat

Note: If you copy and paste from this PDF, you might get problems with the fonts. To solve this, go to mandarincorner.org > Listen to Audio with Transcript > Copy and paste from there

1

Dàjiā hǎo, huānyíng láidào Mandarin Corner de èr hé yī shìpín xiliè!

大家好，欢迎来到 Mandarin Corner 的二合一视频系列！

Hi everyone! Welcome to Mandarin Corner's 2 for 1 video series!

2

Wǒ shì Eileen.

我是 Eileen。

I am Eileen.

3

Zài zhège xiliè zhōng ne, wǒmen yào jiāo nǐ xuéxí rúhé zuò Zhōngguó cài,

在这个系列中呢，我们要教你学习如何做中国菜，

In this series, we will teach you how to cook Chinese food

How To Cook Chinese Egg Fried Rice

4

tóngshí ne yě huì jiāo nǐmen yīxiē guānyú shíwù de Hànyǔ.

同时呢也会教你们一些关于食物的汉语。

and at the same time, teach you food-related Mandarin (vocabulary).

5

Jīntiān ne wǒmen yào lái zuò yī dào

今天呢我们要来做一道

Today, we are going to make a

6

jì jiǎndān yòu yíngyǎng de měishí - dàn chǎofàn

既简单又营养的美食-蛋炒饭

simple, but nutritious dish - Egg Fried Rice!

7

Nà xiàmiàn wǒmen jiù kāishǐ ba!

那下面我们就开始吧！

Let's get started!

8

Shǒuxiān ne wǒ xiān gěi dàjiā jièshào yīxià

首先呢我先给大家介绍一下

First of all, let me introduce

9

yào zuò zhè yī dào dàn chǎofàn de zhǔyào shícái.

要做这一道蛋炒饭的主要食材。

the main ingredients for making this egg fried rice.

How To Cook Chinese Egg Fried Rice

10

Zuì zhǔyào de dāngrán shì bái mǐfàn.

最主要的当然是白米饭。

The main one of course, is white rice.

11

Dànshì ne zhège mǐfàn yīdìngyào yòng lěng de huòzhě shì géyè de,

但是呢这个米饭一定要用冷的或者是隔夜的，

But the rice must be cold or kept overnight,

12

fàngjìn bīngxiāng lǐ fàng le yī wǎnshang de, yějiùshìshuō shèngfàn.

放进冰箱里放了一晚上的，也就是说剩饭。

which means, it was left in the fridge overnight - leftovers.

13

Ránhòu liǎng gè jīdàn.

然后两个鸡蛋。

And, two eggs.

14

Zuìhòu, wèile ràng zhège dàn chǎofàn de yánsè

最后，为了让这个蛋炒饭的颜色

Finally, in order to make the color of the egg fried rice

15

gèngjiǎ piàoliang, wǒmen yào jiā yīxiē yǒu yánsè de shíwù.

更加漂亮，我们要加一些有颜色的食物。

more beautiful, we're going to add some colorful food.

How To Cook Chinese Egg Fried Rice

16

Húluóbo, bàn gēn jiù gòu le

胡萝卜，半根就够了

Carrots, half will be enough.

17

Yùmǐ, dàgài sānfēnzhīyī gēn yě jiù gòu le.

玉米，大概三分之一根也就够了。

Corn. Roughly one-third of a corn cob will be enough.

18

Ránhòu zhège shì máodòu,

然后这个是毛豆，

This is edamame

19

zhège máodòu ne dàgài shì liǎng dào sān sháo.

这个毛豆呢大概是两到三勺。

and approximately 2 to 3 spoons (is enough).

20

Nà nǐmen yě kěyǐ yòng wāndòu lái dàitì.

那你们也可以用豌豆来代替。

You can also use peas instead.

21

Qíshí wǒ běnlái shì xiǎngyào yòng wāndòu de,

其实我本来是想用豌豆的，

Actually, I wanted to use peas,

How To Cook Chinese Egg Fried Rice

22

dànshì wǒmen qù shìchǎng shàng zhuàn le yī quān dōu méiyǒu mǎi dào.

但是我们去市场上转了一圈都没有买到。

but we didn't find it after looking around the (wet) market.

23

Dàjiā dōu gàosu wǒ xiànzài né bùshì wāndòu de jìjié,

大家都告诉我现在呢不是豌豆的季节，

Everyone told me that now is not the season for peas,

24

suǒyǐ né wǒ jiù mǎi le zhège máodòu.

所以呢我就买了这个毛豆。

so I bought edamame.

25

Zuìhòu zhè yī yàng suīrán kànqǐlai né bùqǐyǎn,

最后这一样虽然看起来呢不起眼，

The last one might not seem important,

26

dànshì tā quèshì zhè dào dàn chǎofàn de línghún o!

但是它却是这道蛋炒饭的灵魂哦！

but, it is actually the soul of egg fried rice!

27

Yīnwèi yǒu le zhège, tā de nàge wèidao cái huì gèng xiāng.

因为有了这个，它的那个味道才会更香。

Because only with it, can the smell be more fragrant.

How To Cook Chinese Egg Fried Rice

28

Zhège shì xiǎocōng, dàgài yǒu sān dào sì gēn yě jiù gòu le.

这个是小葱，大概有三到四根也就够了。

These are green onions, about 3 to 4 will be enough.

29

Hǎo, nà jièshào wán wǒmen suǒ yòng de shícái zhīhòu ne,

好，那介绍完我们所用的食材之后呢，

Okay, after introducing the ingredients we will use,

30

wǒmen yào lái jièshào yīxià wǒmen suǒ xūyào de tiáoliào.

我们要来介绍一下我们所需要的调料。

let's introduce the seasoning that's needed.

31

Qíshí tiáoliào yě shì fēicháng jiǎndān de, jiù zhǐyào sān yàng jiù gòu le.

其实调料也是非常简单的，就只要三样就够了。

It's actually very simple, three kinds of (seasoning) will be enough.

32

Shǒuxiān, dāngrán bìbùkěshǎo de jiùshì zhíwùyóu.

首先，当然必不可少的就是植物油。

First, the most necessary is of course, vegetable oil.

33

Nǐ kěyǐ yòng huāshēng a yóu huòzhě shì qítā de shénme yóu.

你可以用花生油啊或者是其他的什么油。

You can use peanut oil or something else.

How To Cook Chinese Egg Fried Rice

34

Nà wǒ yòng de shì gǎnlǎnyóu.

那我用的是橄榄油。

I am using olive oil.

35

Jiàngyóu, zhège jiào shēngchōu.

酱油，这个叫生抽。

Soy sauce. This is “shengchou” (light soy sauce).

36

Shēngchōu tā de yánsè huì bǐjiào dàn yīdiǎn,

生抽它的颜色会比较淡一点，

The color of “shengchou” is lighter,

37

suǒyǐ ne wǒ shì bǐjiào xǐhuan yòng zhège de.

所以呢我是比较喜欢用这个的。

so I prefer this one.

38

Ránhòu zuìhòu yī gè tiáoliào jiùshì yán.

然后最后一个调料就是盐。

The last one is salt.

39

Xiàmiàn ne wǒmen jiù yào lái qiē cài le.

下面呢我们就要来切菜了。

Now, we're going to cut the vegetables.

How To Cook Chinese Egg Fried Rice

40

Nà qiē cài dehuà shǒuxiān wǒmen yīdìng yào yǒu cài dāo,

那切菜的话首先我们一定要有菜刀，

In order to cut vegetables, we must have a kitchen knife

41

háiyǒu zhēnbǎn, zhège shì zhēnbǎn.

还有砧板，这个是砧板。

and a cutting board. This is a cutting board.

42

Wǒmen xiān qiē zhège húluóbo, wǒmen yào bǎ húluóbo qiēchéng dīng.

我们先切这个胡萝卜，我们要把胡萝卜切成丁。

Let's cut the carrot first. We will dice the carrots.

43

Qiē de shíhou yīdìngyào xiǎoxīn, bùyào qiē dào shǒuzhǐ le!

切的时候一定要小心，不要切到手指了！

Be careful when you're cutting! Do not cut your fingers!

44

Xiān zhèyàngzi dàgài jiāng tā qiēchéng liǎng límǐ hòu de yàngzi,

先这样子大概将它切成两厘米厚的样子，

Like this, first, cut it into 2 centimeter thick (pieces).

45

bùyào qiē de tài báo le.

不要切得太薄了。

Don't make it too thin.

How To Cook Chinese Egg Fried Rice

46

Ránhòu ne zài jiāng zhè měi yī piàn húluóbo qiēchéng yī tiáo (yī tiáo de),

然后呢再将这每一片胡萝卜切成一条(一条的),

Then, cut each slices into strips,

47

lèisì zhèyàngzi.

类似这样子。

like this.

48

Húluóbo qíshí yíngyǎng hěn fēngfù de, dànshì wǒ mǎi de bǐjiào shǎo,

胡萝卜其实营养很丰富的，但是我买得比较少，

Carrots are actually very nutritious, but I don't buy them often

49

yīnwèi wǒ juéde tā bù hǎo chǎo, chǎo bàntiān yě bù shú.

因为我觉得它不好炒，吵半天也不熟。

because I think it's difficult to fry and it takes a long time to get them cooked.

50

Dāngrán shíjìshàng wǒ yīnggāi duō chī yīdiǎn,

当然实际上我应该多吃一点，

Of course, I should eat more of them

51

yīnwèi tā bùshì fùhán wéishēngsù A, duì yǎnjīng hǎo ma?

因为它不是富含维生素 A，对眼睛好吗？

because they are rich in vitamin A and are good for the eyes, right?

How To Cook Chinese Egg Fried Rice

52

Ránhòu wǒ yǎnjīng yǒudiǎn wèntí, wǒ yīnggāi duō chī tā de.

然后我眼睛有点问题，我应该多吃它的。

I have eye problems and so, I should eat more of them.

53

Zhège jiùshì xiǎo dīng, jiù zhème xiǎoxiǎo de, tā jiào dīng

这个就是小丁，就这么小小的，它叫丁

This is a little cube. If it's small like this, it's called cubes.

54

Hǎo de, wǒ xiànzài jiù yào kuàisù de bǎ tā qiē wán.

好的，我现在就要快速地把它切完。

Alright, I am going to speed up and finish the cutting.

55

Wǒ jìde hěn xiǎo de shíhou wǒ zài zuòcài,

我记得很小的时候我在做菜，

I remember (once) when I was a kid, I was cooking

56

ránhòu wǒ jiālǐ yǒu yī wèi bóbo tā kàndào wǒ qiē cài.

然后我家里有一位伯伯他看到我切菜。

and my uncle saw me cutting vegetables.

57

Wǒ dāngshí shì zhèyàng qiē de,

我当时是这样切的，

This is how I did it at that time.

How To Cook Chinese Egg Fried Rice

58

ránhòu wǒ yòu bù gǎn xiàshǒu, wǒ jiù pà qiē dào shǒuzhǐ.

然后我又不敢下手，我就怕切到手指。

I didn't dare do it because I was afraid of cutting my fingers.

59

Tā jiù gàosu wǒ qíshí ne qiē cài shì yǒu juéqiào de,

他就告诉我其实呢切菜是有诀窍的，

So he told me that there was actually a trick for cutting food,

60

yīdìngyào jiāng shǒuzhǐ wǎng lǐmiàn xiàng zhèyàngzi fàng,

一定要将手指往里面像这样子放，

that is, be sure to curl your fingers inside like this

61

tā cái bùhuì qiē dào shǒuzhǐ.

它才不会切到手指。

so you won't cut your fingers.

62

Hǎo le, húluóbo qiē hǎo le.

好了，胡萝卜切好了。

Alright, the carrots are cut.

63

Wǒ xiān bǎ cōng fàng zài zhège dà wǎn lǐ,

我先把葱放在这个大碗里，

I will put the green onions in this large bowl first,

How To Cook Chinese Egg Fried Rice

64

ránhòu bǎ zhège húluóbo dīng fàng zài pénzi lǐ.

然后把这个胡萝卜丁放在盆子里。

and then put the diced carrots in this plate.

65

Kàn, duō piàoliang! Hóngsè de, lǜsè de, ránhòu jiāshàng huángsè de.

看，多漂亮！红色的、绿色的，然后加上黄色的。

Look, how beautiful! Red, green and yellow.

66

Xiàmiàn wǒmen lái qiē yùmǐ, zhíjiē zhèyàng qiē jiù kěyǐ le.

下面我们来切玉米，直接这样切就可以了。

Now let's cut the corn, just cut it like this.

67

Rúguǒ yòng shǒuzhǐ xiàng zhèyàngzi nòng dehuà,

如果用手指像这样子弄的话，

If you do it like this with your fingers

68

zhíjiē bāi xiàlai, yào bāi dào míngtiān.

直接掰下来，要掰到明天。

- picking them off (one by one), you won't finish until tomorrow.

69

Suǒyǐ ne zhèyàng qiē huì bǐjiào kuài yīdiǎn.

所以呢这样切会比较快一点。

So it will be faster by cutting it this way.

How To Cook Chinese Egg Fried Rice

70

Xūyào yòng yīdiǎndiǎn lì.

需要用一点点力。

You need to use a little force.

71

Hǎo le, qiē wán le zhīhòu ne zhège jiù bù xūyào le,

好了，切完了之后呢这个就不需要了，

Okay, after cutting it, this won't be needed.

72

wǒ xiān bǎ tā fàng zài zhèlǐ.

我先把它放在这里。

I will put it here for now.

73

Zhège xiǎo lánzi kěyǐ dāng wǒ de línshí lājītǒng.

这个小篮子可以当我的临时垃圾桶。

This little basket will be my temporary trash can.

74

Xiànzài bǎ zhège qiē hǎo de yùmǐ lì fàng zài zhège pánzi lǐ.

现在把这个切好的玉米粒放在这个盘子里。

Now put the cut corn kernels on this plate.

75

Wa! Nǐ kàn zhè yánsè shìbùshì hěn piàoliang?

哇！你看这颜色是不是很漂亮？

Wow! Don't you think these colors are beautiful?

How To Cook Chinese Egg Fried Rice

76

Zuìhòu ne bǎ zhège cōng qiēchéng cōnghuā.

最后呢把这个葱切成葱花。

Finally, cut the green onion into “onion flowers”.

Note: Chinese call chopped green onion “onion flowers”.

77

Kěyǐ xiān cóng zhōngjiān qiēduàn,

可以先从中间切断，

First, cut through the middle

78

ránhòu zài fàng zàiyìqǐ lái qiē, zhèyàng jiù kuài yīdiǎn.

然后再放在一起切，这样就快一点。

and then, put them together and cut them again. It will be faster this way.

79

Hǎo le, qiē hǎo la! Kěyǐ la

好了，切好啦！可以啦

Okay, it's done! It's okay now!

80

Jiēxiàláái ne wǒ yào zhǔnbèi yīxià.

接下来呢我要准备一下。

Next, I need to do some preparation.

81

Shǒuxiān yào bǎ liǎng gè jīdàn dǎ zài yī gè wǎn lǐmiàn.

首先要把两个鸡蛋打在一个碗里面。

How To Cook Chinese Egg Fried Rice

First, I need to beat the two eggs in a bowl.

82

Bǎ tā qiāokāi, ránhòu dànqīng gēn dànhuáng jiù chūlái le.

把它敲开，然后蛋清跟蛋黄就出来了。

Crack it open and the egg white and yolk will come out.

83

Zhège shì dànké, dànké jiù rēngdiào.

这个是蛋壳，蛋壳就扔掉。

This is the eggshell and I will throw it away.

84

Zài qiāo yī gè

再敲一个

Let me crack another one.

85

Hǎo la, zhège lājī lǒu jiù fàng zài pángbiān.

好啦，这个垃圾篓就放在旁边。

Done. Let's put the "trash can" aside.

86

Ránhòu ne wǒmen yào bǎ zhège dànhuáng gēn dànqīng dǎ chéng dàn yè,

然后呢我们要把这个蛋黄跟蛋清打成蛋液，

Now, we need to mix the yolks and egg whites into "egg liquid".

Note: Chinese call beaten eggs "egg liquid".

87

yòng sháozi huòzhě shì chāzi huòzhě shì kuàizi dōu kěyǐ.

How To Cook Chinese Egg Fried Rice

用勺子或者是叉子或者是筷子都可以。

You can use a spoon, a fork or chopsticks.

88

Hǎo le, chàbuduō zhèyàngzi ne, wǒmen zài fàng yīdiǎn yán.

好了，差不多这样子呢，我们再放一点盐。

Done. When it's like this, add a little salt.

89

Dàgài fàng zhème duō jiù gòu le, kěnéng bàn sháo dōu bùdào.

大概放这么多就够了，可能半勺都不到。

About this much will be enough. Probably less than half a spoon.

90

Ránhòu jìxù jiǎobàn.

然后继续搅拌。

Then, continue mixing.

91

Hǎo le, jūnyún zhīhòu ne wǒmen jiù fàng zài yībiān bèiyòng.

好了，均匀之后呢我们就放在一边备用。

Okay, after it's evenly combined, we will put it aside for later use.

92

Zhège mǐfàn ne tā qíshí shì yǒu jiéchéng yīkuài yīkuài de, nǐ kàn

这个米饭呢它其实是有结成一块儿一块儿的，你看

The rice has actually become lumps, look.

93

Suǒyǐ ne wǒmen yào tíqián bǎ tā fēnkāi yīxià, jiù fàng zài zhège dà wǎn lǐmiàn.

How To Cook Chinese Egg Fried Rice

所以呢我们要提前把它分开一下，就放在这个大碗里面。

So, we need to separate it in advance. I will put it in this big bowl.

94

Yòng zhège sháozi bǎ tā gěi jiǎo kāi,

用这个勺子把它给搅开，

Use this spoon to stir and separate (the rice).

95

dāihuì chǎo de shíhou jiù bùhuì bèi wǒ nòngsuì le,

待会儿炒的时候就不会被我弄碎了，

This way, it won't break it into small pieces when it's fried later

96

nàyàng jiù huì hǎokàn yīdiǎn ma

那样就会好看一点嘛

so it will look better.

97

dàgài zhèyàngzi jiù kěyǐ le.

大概这样子就可以了。

Roughly like this will be good.

98

Liào ne dōu qiē hǎo, bèi hǎo le,

料呢都切好、备好了，

Now that the ingredients are all cut up and prepared,

99

xiàmiàn wǒmen jiù kěyǐ zhèngshì chǎocài le.

How To Cook Chinese Egg Fried Rice

下面我们就可以正式炒菜了。

we can officially start the cooking.

100

Chǎocài zhīqián ne wǒ xiān gēn nǐmen shuō yīxià,

炒菜之前呢我先跟你们说一下，

Before cooking, let me tell you

101

wǒ yòng de shì shénme gōngjù chǎo de.

我用的是什么工具炒的。

what tools I will use.

102

Zhège shì guōchǎn.

这个是锅铲。

This is a spatula.

103

Zhège shì guō, chǎoguō

这个是锅，炒锅

This is a pan - a frying pan.

104

Zhège guō ne shì wǒ zài wǎngshàng mǎi de,

这个锅呢是我在网上买的，

I bought this pan online

105

tā zhège shàngmiàn yǒu yī céng tú... tú le yī céng shénme dōngxi,

How To Cook Chinese Egg Fried Rice

它这个上面有一层涂... 涂了一层什么东西,
and it has a layer on it... a layer of something (Teflon) that was added

106

ràng zhège guō biàncéng le bùzhānguō.

让这个锅变成了不粘锅。

to make it non-sticky.

107

Shì shénme yìsi ne?

是什么意思呢?

What does it mean?

108

Jiùshì wǒmen zài chǎojiǎn de shíhou huòzhě shì chǎo ròu de shíhou,

就是我们在炒鸡蛋的时候或者是炒肉的时候,

It means that when we fry eggs or meat,

109

tā jiù bùhuì zhān zài zhège guō shang,

它就不会粘在这个锅上,

they won't stick to the pan.

110

suǒyǐ ne wǒ fēicháng xǐ'ài zhè yī kuǎn bùzhānguō.

所以呢我非常喜爱这一款不粘锅。

So I love this kind of non-sticky pan.

111

Jīntiān ne wǒ méiyǒu yòng méiqì chǎo, érshì yòng de diàncí lú.

How To Cook Chinese Egg Fried Rice

今天呢我没有用煤气炒，而是用的电磁炉。

Today, I am not using gas to fry, instead I'll use a portable electrical stove.

112

Zhège shì diàncí lú.

这个是电磁炉。

This is a portable electrical stove.

113

Diàncí lú tā huì bǐjiào ānquán yīdiǎn.

电磁炉它会比较安全一点。

This is a little safer.

114

Qíshí wǒ yě yǒu kǎolǜ guo mǎi yī gè nàzhǒng biànxíe de méiqì zào,

其实我也有考虑过买一个那种便携的煤气灶，

Actually, I did consider buying a portable gas stove,

115

dànshì wǒ yǒudiǎn pà tā huì bàozhà.

但是我有点怕它会爆炸。

but I was a little scared that it (the butane can) might explode.

116

Suǒyǐ ne wèile wǒ de rénshēn'ānquán kǎolǜ,

所以呢为了我的人身安全考虑，

So for my personal safety,

117

wǒ háishi juéding yòng zhège diàncí lú.

How To Cook Chinese Egg Fried Rice

我还是决定用这个电磁炉。

I decided to use this portable electrical stove.

118

Hǎo, shǒuxiān dìyībù jiùshì xiān bǎ zhège dàn gěi chǎo le.

好，首先第一步就是先把这个蛋给炒了。

Okay, the very first step is to fry the eggs.

119

Chǎojīdàn de shíhou yào yòng zhōng huǒ huòzhě shì xiǎo yīdiǎn de huǒ.

炒鸡蛋的时候要用中火或者是小一点的火。

Use medium or low heat when frying the eggs.

120

Xiān fàng yīdiǎndiǎn yóu, bù yào fàng tài duō,

先放一点点油，不要放太多，

Put a little bit of oil first, not too much,

121

dàgài yī xiǎo sháo jiù gòu le.

大概一小勺就够了。

one teaspoon will be enough.

122

Děng zhège yóu rè le zhīhòu,

等这个油热了之后，

When the oil gets hot,

123

wǒmen jiù kěyǐ bǎ zhège dàn yè gěi dào jìnqu le.

How To Cook Chinese Egg Fried Rice

我们就可以把这个蛋液给倒进去了。

we can pour the eggs into it.

124

Gǎnjué yào rè le.

感觉要热了。

It feels like it's getting hot.

125

Nǐmen jìde zài dào yóu jìnqu zhīqián,

你们记得在倒油进去之前，

You need to remember that before pouring in the oil,

126

yīdìngyào quèbǎo guō lǐmiàn méiyǒu shuǐ,

一定要确保锅里面没有水，

make sure there's no water in the pan.

127

fǒuzé dehuà zhège yóu jiù huì tiào qilai, shāng dào nǐ de

否则的话这个油就会跳起来，伤到你的

Otherwise, the oil will splatter and hurt you.

128

Wǒ jiù bèi tā shāng dào guo jǐ huí.

我就被它伤到过几回。

I've been hurt a few times.

129

Hǎo le, kěyǐ dào jìnqu lo!

How To Cook Chinese Egg Fried Rice

好了，可以倒进去咯！

Okay, we can pour it in now!

130

Dào jìnqu zhīhòu yào gǎnjǐn de yòng guōchǎn chǎn,

倒进去之后要赶紧地用锅铲铲，

After pouring it in, quickly use a spatula to stir

131

shāowēi bǎ tā nòngsuì yīdiǎn.

稍微把它弄碎一点。

and break it up a bit.

132

Jiù kěyǐ le, bù yòng chǎo hěn jiǔ.

就可以了，不用炒很久。

That's it, don't fry too long.

133

Yào ràng tā bǎochí zhèzhǒng huáng huáng de yánsè.

要让它保持这种黄黄的颜色。

We need to maintain this yellowish color.

134

Hǎo le, xiànzài jiù bǎ tā chéng dào wǎn lǐmiàn.

好了，现在就把它盛到碗里面。

Okay, now let's put it in a bowl.

135

Jiēxiàlái ne wǒmen xiān chǎo húluóbo, yīnwèi húluóbo bǐjiào yìng.

How To Cook Chinese Egg Fried Rice

接下来呢我们先炒胡萝卜，因为胡萝卜比较硬。

Next, let's fry the carrots first because they're are hard.

136

Qíshí ne, rúguǒshuō xián máfan dehuà,

其实呢，如果说嫌麻烦的话，

In fact, if you don't want the hassle,

137

kěyǐ zài chǎo zhīqián xiān bǎ zhège húluóbo

可以在炒之前先把这个胡萝卜

you can put the carrots

138

háiyǒu yùmǐ zhèxiē dōngxi fàngjìn wēibōlú lǐ.

还有玉米这些东西放进微波炉里。

and corn in a microwave before frying.

139

Dànshì lǐmiàn jìde fàng yīdiǎn shuǐ, ránhòu jiārè sì dào wǔ fēnzhōng,

但是里面记得放一点水，然后加热四到五分钟，

But remember to put a little water in it. Then heat it for four to five minutes.

140

nǐ jiù suíbiàn chǎo yīxià jiù kěyǐ le.

你就随便炒一下就可以了。

(This way) you only need to fry (the carrots and corn) a little bit.

141

Ya! Zhège jīdàn dōu diào xiàlai le!

How To Cook Chinese Egg Fried Rice

呀！这个鸡蛋都掉下来了！

Ah! A bit of egg fell off!

142

Hǎo de, tóngyàng de wǒmen xiān...

好的，同样的我们先...

Okay, in the same way, we will first...

143

Āiyō! Zhège gàizi diào le!

哎哟！这个盖子掉了！

Ouch! The cover fell off!

144

Xiān fàng yīdiǎndiǎn yóu, dàgài yě shì nàme yī xiǎo sháo.

先放一点点油，大概也是那么一小勺。

Put a little oil first, maybe one teaspoon.

145

Tóngyàng de, kāi zhōng huǒ jiù gòu le.

同样地，开中火就够了。

Again, medium heat is enough.

146

Zhège shēngyīn yǒu yīdiǎndiǎn chǎo a

这个声音有一点点吵啊

The sound (of this stove) is a little loud!

147

Duì le, zhège dòuzi ne

How To Cook Chinese Egg Fried Rice

对了，这个豆子呢

By the way, the beans

148

yīnwèi dòuzi tā quèshí jiùshì bǐjiào yìng, kěnéng chǎo bù làn,

因为豆子它确实就是比较硬，可能炒不烂，

are actually really hard and might not be able to get soft by frying,

149

suǒyǐ ne wǒ yǐjīng tíqián zài wēibōlú lǐ jiārè le sì fēnzhōng.

所以呢我已经提前在微波炉里加热了四分钟。

so I've already put them in the microwave for four minutes, ahead of time.

150

Nǐmen yě kěyǐ tíqián jiārè yīxià.

你们也可以提前加热一下。

You can also cook them in advance.

151

zhège yóu dàgài rè le zhīhòu ne,

这个油大概热了之后呢，

When the oil gets hot,

152

wǒmen jiù bǎ húluóbo dīng fàngjìn guō lǐbian

我们就把胡萝卜丁放进锅里边

we will then put the diced carrots in the pan.

153

Wǒ de cōng dōu dào jìnqu le.

How To Cook Chinese Egg Fried Rice

我的葱都倒进去了。

My green onions got in as well.

154

Kěyǐ zài jiāng huǒ dǎ xiǎo yīdiǎn,

可以再将火打小一点，

We can turn the heat down a bit

155

yīnwèi zhège húluóbo xūyào yīdiǎn shíjiān cái néng chǎo làn.

因为这个胡萝卜需要一点时间才能炒烂。

because the carrots will take a little time to get soft.

156

Zhège zài zhèlǐ yǒudiǎn àishì ya!

这个在这里有点碍事呀！

This is a bit of a nuisance here!

157

Chǎo zhège húluóbo ya yào fēicháng de yǒu nàixīn,

炒这个胡萝卜呀要非常地有耐心，

You need to be very patient when frying carrots.

158

bùrán dehuà tā jiù huì yìng yìng de, bù hǎochī.

不然的话它就会硬硬的，不好吃。

Otherwise, they will stay hard and won't be tasty.

159

Wǒ gǎnjué wǒ yǐjīng wéndào zhège húluóbo de xiāngwèi ér le,

How To Cook Chinese Egg Fried Rice

我感觉我已经闻到这个胡萝卜的香味儿了，

I feel that I can already smell the aroma of these carrots.

160

Zhè shì wéishēngsù A de xiāngwèi ya!

这是维生素 A 的香味呀！

It's the smell of vitamin A!

161

Wǒ gǎnjué chàbuduō le?

我感觉差不多了？

I think it's about time. (Maybe?)

162

Qíshí yě bù yòng fān, ràng tā zìjǐ zài nàlǐ zhǔ yě shì kěyǐ de

其实也不用翻，让它自己在那里煮也是可以的

Actually, you don't need to stir it, you can just let it cook on its own.

163

tā zìjǐ jiù huì shú le.

它自己就会熟了。

It will get cooked on its own.

164

Yǒudiǎn xiàng shāokǎo, duì ma?

有点像烧烤，对吗？

It's kinda like barbecue, right?

165

Hǎo le, chàbuduō nǐ gǎnjué nàge húluóbo yǐjīng ruǎn le zhīhòu ne,

How To Cook Chinese Egg Fried Rice

好了，差不多你感觉那个胡萝卜已经软了之后呢，

Alright, when you feel that the carrots are soft,

166

wǒmen jiù bǎ zhège qīngdòu fàng jìnqù,

我们就把这个青豆放进去，

you can put the beans

167

háiyǒu yùmǐ yě kěyǐ yīqǐ fàng jìnqù,

还有玉米也可以一起放进去，

and corn in together.

168

zài chǎo gè liǎng fēnzhōng zuǒyòu.

再炒个两分钟左右。

Fry them for another two minutes or so.

169

Wa! Nǐ kàn xiànzài de zhège yánsè shìbùshì hěn hǎokàn?

哇！你看现在的这个颜色是不是很好看？

Wow! Look, the colors look great, right?

170

Wǔyánliùsè de, xiàng cǎihóng yīyàng.

五颜六色的，像彩虹一样。

It's so colorful, like a rainbow.

171

Wǒ zhège guōchǎn shìbùshì hěn cháng?

How To Cook Chinese Egg Fried Rice

我这个锅铲是不是很长？

Do you think my spatula is too long?

172

Hěn shìhé wǒ, tài duǎn dehuà wǒ hái dēi còu jìn lai.

很适合我，太短的话我还得凑进来。

It suits me very well because if it's too short, I'll have to lean in.

173

Wǒ jìde wǒ xiǎoshíhou tèbié xǐhuan chī dàn chǎofàn,

我记得我小时候特别喜欢吃蛋炒饭，

I remember when I was a kid, I really liked to eat egg fried rice.

174

dànshì wǒ mā zuò de dàn chǎofàn shíjìshàng shì hěn jiǎndān hěn jiǎndān de,

但是我妈做的蛋炒饭实际上是很简单很简单的，

But my mother's egg fried rice was actually super simple.

175

zhēn de jiùshì dàn gēn fàn hái yǒu yóu, méi le

真的就是蛋跟饭还有油，没了

It literally was only eggs, rice and oil. Nothing else.

176

Méiyǒu zhèxiē húluóbo a huòzhě shì yùmǐ a shénmede.

没有这些胡萝卜啊或者是玉米啊什么的。

There were no carrots, corn or anything else.

177

Dànshì ne wǒ juéde nàge wèidao zhēn de hěn hǎo!

How To Cook Chinese Egg Fried Rice

但是呢我觉得那个味道真的很好！

But I thought it tasted really good!

178

Shǒuxiān wǒmen jiā de yóu shì nàzhǒng zìjǐ zhà de yóu,

首先我们家的油是那种自己榨的油，

First of all, the oil was the kind we made ourselves

179

suǒyǐ tā de xiāngwèi jiù bǐ zài chāoshì lǐmiàn mǎi de yóu yào xiāng yīdiǎn.

所以它的香味就比在超市里面买的油要香一点。

so the smell was better than what we bought in the supermarket.

180

Ránhòu kěnéng shì xiǎoshíhou yě méiyǒu shénme hǎo de dōngxi chī,

然后可能是小时候也没有什么好的东西吃，

Also, it was perhaps because when I was a kid, there wasn't many nice things to eat.

181

suǒyǐ ne dàn chǎofàn duìwǒláishuō jiùshì rénjiān měiwèi le.

所以呢蛋炒饭对我来说就是人间美味了。

So to me, egg fried rice was the most delicious food in the world!

182

Wǒ gǎnjué chàbuduō le.

我感觉差不多了。

I think it's almost done.

183

Xiànzài jiù bǎ zhège jīdàn dào xiàqu,

How To Cook Chinese Egg Fried Rice

现在就把这个鸡蛋倒下去，

Now, let's put in the eggs

184

Ránhòu ne zài bǎ zhège fàn yě kěyǐ dào jìnqu la.

然后呢再把这个饭也可以倒进去啦。

and then, the rice.

185

Gǎnjǐn de chǎo!

赶紧地炒！

Stir it quickly!

186

Ránhòu jiù bǎ tā fānchǎo jūnyún.

然后就把它翻炒均匀。

Then stir it evenly.

187

Nǐ kàn zhège fàn, yīnwèi wǒmen tíqián bǎ tā gěi bāikāi le,

你看这个饭，因为我们提前把它给掰开了，

Look at the rice, since we broke it apart in advance,

188

suǒyǐ tā méiyǒu jiéchéng yīkuài yīkuài de.

所以它没有结成一块一块的。

it didn't stick together.

189

Zhèyàngzi jiù hǎokàn duō le, shìbùshì?

How To Cook Chinese Egg Fried Rice

这样子就好看多了，是不是？

It looks much better this way, doesn't it?

190

Nà rúguǒshuō nǐmen xiǎngyào ràng zhè yīdào dàn chǎofàn

那如果说你们想要让这一道蛋炒饭

So if you want to make the egg fried rice

191

biànde gèngjiā de yíngyǎng,

变得更加地营养，

more nutritious,

192

nǐ yě kěyǐ fàng yīdiǎndiǎn jī xiōngròu,

你也可以放一点点鸡胸肉，

you can also put in some chicken breast,

193

huòzhě shì nǐmen xǐhuan chī niúròu dehuà yě shì kěyǐ de.

或者是你们喜欢吃牛肉的话也是可以的。

or if you like, beef will be okay too.

194

Bǎ tāmen qiēchéng xiǎoxiǎo de, xiàng zhège húluóbo yīyàng qiēchéng dīng,

把它们切成小小的，像这个胡萝卜一样切成丁，

Cut them into small dices just like the carrot,

195

ránhòu fàng jìnqu chǎo, zhèyàng jiù gèngjiā yíngyǎng le.

How To Cook Chinese Egg Fried Rice

然后放进去炒，这样就更加营养了。

then put them in to fry. It will be more nutritious.

196

Wǒ gǎnjué chàbuduō lo, xiànzài ne jiù kěyǐ zài fàng yīdiǎndiǎn yán.

我感觉差不多咯，现在呢就可以再放一点点盐。

I think it's almost done. Now, we can add a little more salt,

197

Dàgài bàn sháo jiù gòu le, bùyào fàng duō le,

大概半勺就够了，不要放多了，

about half a spoon is enough. Don't put too much

198

yīnwèi děnghuìr hái yào fàng jiàngyóu.

因为等会儿还要放酱油。

because we will add soy sauce later.

199

Zuìhòu ne wǒmen jiù fàng zhème yī xiǎo sháo jiàngyóu,

最后呢我们就放这么一小勺酱油，

Finally, we will put a small spoon of soy sauce

200

ràng tā shàng yīdiǎn sè,

让它上一点色，

to give it a little color,

201

nǐ de dàn chǎofàn kànqǐlai jiù huì gèngjiā yòurén,

How To Cook Chinese Egg Fried Rice

你的蛋炒饭看起来就会更加诱人，

and to make your egg fried rice look even more appealing

202

érqiě hěn xiāng o! Duìbùduì?

而且很香哦！对不对？

with more fragrance. Right?

203

Ránhòu jìxù chǎo.

然后继续炒。

Then, continue frying it.

204

Wǒ yǐjīng wén zhe dōu yǒudiǎn è le!

我已经闻着都有点饿了！

I am already getting hungry from just smelling it!

205

Bùguò wǒ juéde wǒ yīnggāi chī bù wán zhème yī dà wǎn fàn,

不过我觉得我应该吃不完这么一大碗饭，

But I don't think I can finish such a big bowl of rice.

206

zhège jiùshì wǒ míngtiān de zǎocān le.

这个就是我明天的早餐了。

This will be my breakfast tomorrow.

207

Nǐmen zài chǎo zhège de shíhou qiānwǎn bùyào tōulǎn o!

How To Cook Chinese Egg Fried Rice

你们在炒这个的时候千万不要偷懒哦！

Don't be lazy when you're frying!

208

Yīdìngyào bùtíng de qù fān!

一定要不停地去翻！

You must keep stirring it!

209

Bùrán dehuà zhèxià miàn jiù huì zhān guō

不然的话这下面就会粘锅

Otherwise, the food will stick to the pan

210

huòzhě shì shāo le, jiù bù hǎochī le.

或者是烧了，就不好吃了。

or get burned which will not taste good.

211

zhǐyào bǎ zhège mǐfàn chǎorè le jiù chàbùduō le.

只要把这个米饭炒热了就差不多了。

Just fry the rice until it's hot and it will be done.

212

Nàme zhège shíhou ne zánmen jiù kěyǐ fàng

那么这个时候呢咱们就可以放

At this time, we can put

213

wǒmen zuìhòu yī yàng shícái, jiùshì zhège cōnghuā

How To Cook Chinese Egg Fried Rice

我们最后一样食材，就是这个葱花

our last ingredient, which is the chopped green onions.

214

shì wǒmen zhè dào dàn chǎofàn de línghún.

是我们这道蛋炒饭的灵魂。

They're the soul of our egg fried rice!

215

Zài fānchǎo jǐ miǎozhōng,

再翻炒几秒钟，

Stir it for a few more seconds

216

ràng zhège cōng de xiāngwèi chūlái jiù kěyǐ le.

让这个葱的香味出来就可以了。

to let the fragrance of the onions come out.

217

Hǎo le, wǒ xiànzài jiù yào guān huǒ le.

好了，我现在就要关火了。

Alright, I'm going to turn off the stove now.

218

Xànzài wǒ jiù yào bǎ tā chéng dào zhège dà wǎn lǐbian.

现在我就要把它盛到这个大碗里边。

Now I'm going to pour it into this big bowl.

219

Zhège xiāngwèi yǐjīng shì pūmiàn'érlái le!

How To Cook Chinese Egg Fried Rice

这个香味已经是扑面而来了！

The scent is engulfing my senses!

220

Yī dào měiwèi de dàn chǎofàn jiù zuò hǎo la!

一道美味的蛋炒饭就做好啦！

A delicious egg fried rice is done!

221

Wa! Hǎo xiāng a, nǐmen kàn!

哇！好香啊，你们看！

Wow! It smells so good! Look!

222

Wǒ yǐjīng pòbùjídài de yào cháng yīkǒu le!

我已经迫不及待地要尝一口了！

I can't wait to try it!

223

Nǐmen wéndào zhège xiāngwèi le ma?

你们闻到这个香味了吗？

Can you guys smell it?

224

Zhēn xiāng! Xiànzài wǒ jiù yào chī yīkǒu la

真香！现在我就要吃一口啦

So fragrant! I am gonna take a bite now!

225

Wǒ bāng nǐmen cháng, ránhòu wǒ gào su nǐmen tā shì shénme wèidào.

How To Cook Chinese Egg Fried Rice

我帮你们尝，然后我告诉你们它是什么味道。

I'll try it for you, and then let you know how it tastes.

226

Wǒ xǐhuan zài yī sháo lǐmiàn, jìyǒu zhège jīdàn,

我喜欢在一勺里面，既有这个鸡蛋，

I like to fill my spoon with pieces of egg,

227

yòu yǒu yùmǐ, yòu yǒu húluóbo, yòu yǒu fàn, hái yǒu dòuzi.

又有玉米，又有胡萝卜，又有饭，还有豆子。

corn, carrots, rice, and beans.

228

Zhèyàng wǒ de yīkǒu lǐmiàn jiù bāohán le suǒyǒu de yíngyǎng!

这样我的一口里面就包含了所有的营养！

This way, I'll have all the nutrients in one bite!

229

Kàn kàn kàn!

看看看！

Check it out!

230

Děng wǒ chīwán

等我吃完

Let me finish chewing it first.

231

Zhēn de hěn hǎochī!

How To Cook Chinese Egg Fried Rice

真的很好吃！

It's really delicious!

232

Wǒ yǐjīng hěn jiǔ méiyǒu chī dào guo wǒ zìjǐ zuò de dàn chǎofàn le.

我已经很久没有吃到过我自己做的蛋炒饭了。

It's been a long time since I had my own egg fried rice.

233

Yīnwèi wǒ píngcháng dōu huì yòu zuòfàn,

因为我平常都会又做饭，

I usually cook rice

234

yòu zuò jīròu gēn shūcài, qíshí hěn máfan.

又做鸡肉跟蔬菜，其实很麻烦。

and chicken, alone with some vegetables (separately), which is actually a hassle.

235

Dànshì wǒ jīntiān cái fāxiàn zhège dàn chǎofàn ne

但是我今天才发现这个蛋炒饭呢

But today, I found out that this egg fried rice

236

shì jì hǎochī yòu fāngbiàn ya!

是既好吃又方便呀！

is so delicious and convenient!

237

Nǐ yīgèrén de shíhou, nǐ jiù kěyǐ zuò zhège yī wǎn.

How To Cook Chinese Egg Fried Rice

你一个人的时候，你就可以做这个一碗。

You can make this one bowl if it's just for you.

238

Nà rúguǒshuō nǐ shì liǎng gè rén chī huòzhě shì sì wǔ gè rén chī,

那如果说你是两个人吃或者是四五个人吃，

If you have two, four or five people,

239

nàme nǐ zhè jīdàn jiù yào duō fàng yīdiǎn.

那么你这鸡蛋就要多放一点。

you will need to use more eggs.

240

Fǎnzhèng ne yī gè rén shì liǎng gè jīdàn,

反正呢一个人是两个鸡蛋，

In any case, one person needs two eggs,

241

nàme sì gè rén jiù yīnggāi shì bā gè jīdàn, duì ba?

那么四个人就应该是八个鸡蛋，对吧？

four people should have 8 eggs, right?

242

Hǎo le, wǒ zài chī yī kǒu

好了，我再吃一口

Okay, let me take another bite!

243

Zhēn de bùcuò!

How To Cook Chinese Egg Fried Rice

真的不错！

It's really good!

244

Hǎo, nà rúguǒ nǐ xiǎngyào zài xuéxí xià yī dào Zhōngguócài dehuà,

好，那如果你想要再学习下一道中国菜的话，

Alright, if you want to learn how to make another Chinese dish,

245

nà jiù gěi wǒ diǎnzàn, zhuǎnfā bìng dìngyuè wǒmen de píndào!

那就给我点赞、转发并订阅我们的频道！

be sure to give me a "like", share it and subscribe to our channel!

246

Wǒmen jiù xiàcì zàijiàn lo! Báibái!

我们就下次再见咯！拜拜！

See you next time ! Bye!

247

Yúwěiwén dōu xiào chūlai le!

鱼尾纹都笑出来了！

I laughed so hard that eye's crow's feet appeared!