GWAN TONG

AMY CHI
Hong Kong, China

Essential vocabulary:

Commonly (dried) ingredients in 'louh fo tong':

- Yūm-yuhk (longan aril (fruit))
- Géi-jí (wolfberry (fruit))
- Nāahm-haahng (Chinese apricot kernels (nut-like))
- Bāk-haahng (Chinese Northern kernels (nut-like))
- Mōh-fa-gwó (figs (fruit))
- Māt-jōu (dates)
- Bin-dāu (hyacinth bean)
- Chek-sū-dāu (rice bean)
- Wāah-sān (dioscorea (Chinese yam))
- Gēung (ginger)
- Gwó-pēih (mandarin peel)
- Nihn-jí (lotus seeds)

The tone marks here follow the Yale system denoting Cantonese, a dialect spoken mostly in the southern province of Guangdong and Hong Kong, PR China.

Yale (tones)

High falling  â  Low falling  âh
High rising    á  Low rising   âh
Middle level  a  Low level    âh, aht
High level    ā, āt