GWAN TONG

AMY CHI
Hong Kong, China

Essential vocabulary:
Commonly (dried) ingredients in ‘louh fo tong’:

- Yûn-yuhk: longan aril (fruit)
- Gêi-ji: wolfberry (fruit)
- Nàahm-haahng: Chinese apricot kernels (nut-like)
- Bâk-haahng: Chinese Northern kernels (nut-like)
- Möh-fì-gwô: figs (fruit)
- Mâtjâu: dates
- Bin-dàu: hyacinth bean
- Chek-sî-dàu: rice bean
- Wâah-sîn: dioscorea (Chinese yam)
- Gêung: ginger
- Gwô-pèih: mandarin peel
- Nîhm:jî: 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: à
- Low falling: â
- High rising: á
- Low rising: â̄
- Middle level: a
- Low level: âh, aht
- High level: ä, ât