

GLOBAL TALK

Serving James English
School and our clients
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Hawaii Bound

Jose Chavez—James English School Morioka

今回は盛岡校のJose先生のHawaiiの話です。太陽の光がさんさんと輝くHawaii。これを読めばきっと冬の寒さも吹き飛びますよ！

Usually, when one thinks of Hawaii it evokes thoughts of white sand beaches, tropical weather, and surfing; and they would be correct in thinking so.

Synonymous with paradise, Hawaii is one of the rare places on earth that is perfectly situated in its distance from *the equator*, giving it *temperate* weather year round. This makes it a popular destination for thousands of Japanese visitors trying to escape the cold winter months of home. Travelling to Hawaii from Japan is very convenient. There are a number of flights departing daily from both Narita International and Haneda airport by various airlines. *The round trip travel time* is also comfortable enough with it being between 6-7 hours going and roughly 8 hours returning. Since the trip is *trans-pacific* the majority of airplanes are *spacious* and include a lot of amenities.

Once a tourist arrives in Hawaii there is no shortage of activities to be found. They range from simple walks on the beach to scuba diving and from shopping at the local flea market to *high end shops* such as Gucci, Prada, and Louis Vitton. *The array of* food from *the Pacific Rim* and beyond that can be sampled is as *diverse* as its people. One dish that should not be passed over is Hawaiian Ahi Poke, (pronounced *poe-kee*). It's made of small cubed pieces of raw tuna dressed with white and green onion, rock salt, sesame oil and red pepper. *Eaten by itself* or over hot white rice, it is a high protein, low fat food that is delicious. Other *local cuisine* includes Hawaiian plate lunches, which are either beef, chicken, pork, or fish served with *a scoop of* macaroni salad and two scoops of brown or white rice, kalua pork, lomi lomi salmon, and haupia, a dessert made from coconut milk.

-- cont. to the right

-- cont. from the left

There is no better way to burn off all the calories gained from enjoying such *sapid* food than to go surfing. Surfing, which was introduced to the rest of the world by Hawaiians, is the most popular water activity in the state. For a person trying it for the first time it is recommended to get a lesson. If you *opt out of* a lesson and decide to *brave it solo*, always *keep in mind* that the ocean can be *treacherous* with unseen things like urchins on the sea bed, stinging jelly fish that appear for a week every month, and most dangerous of all, *the rip current*. When conditions are favorable surfing can be an incredible *unsurpassed* experience. A trip to Hawaii would feel incomplete without *giving surfing a try*.



読み解きのヒント

evolve	思い起こさせる	a scoop of	ひとすくいの
temperate	穏やかな	opt out of...	...を選択しないで
trans-pacific	太平洋を横断する	the Pacific Rim	環太平洋地域
array of ...	いろいろな...	high end shops	高級品を扱う店
treacherous (水流などが)	危険な	synonymous with...	...と同義語である
Eaten by itself...	それだけで食べると	the rip current	潮流
local cuisine	その土地独特の料理	unsurpassed	この上ない
brave it solo (勇敢にも)	一人でやってみる	spacious	広々とした
keep in mind that...	...ということを忘れないで	the equator	赤道
giving surfing a try	サーフィンを試してみないと	diverse	多様な
the round trip travel time	往復の飛行時間	sapid	味味な

Cooking English

Lomi Lomi Salmon

February 15, 2012

今回はハワイ料理、“Lomi Lomi Salmon”をご紹介します。“lomi lomi”とはハワイの言葉で「揉む、マッサージする」という意味だそうです。油を使わずヘルシーなので、とても人気のあるメニューだとか。作り方は簡単！ Let's give it a try!



Ingredients: (材料)

SERVES 5

12 oz (330g) Atlantic Salmon, diced
3-5 medium size tomatoes, diced
1 cup green onions, chopped
1/2 large onion, chopped
Sea salt to taste

serves 5 = 5人前
1 oz [áuns] = 28.3 g
dice=さいの目に切る
chop=細かく刻む
medium size
=M(中くらいの)サイズの
cf. large =L サイズの
small= Sサイズの
green onion=シャロット、
小ネギ、ワケギなど、
緑の部分が長いネギ



Direction: (作り方)

1. Wash off salmon. Rub salt all over the fish and wrap in saran wrap. (clear wrapper). Place in fridge for 8 hours or overnight.
サーモンを水で洗い、よく水気を切ります。全体に塩をすり込み、ラップします。8時間、または一晩冷蔵庫で寝かします。
2. Remove from fridge and place in a bowl with ice cold water. Replacing water every 30 minutes for a total of 1 hour.
冷蔵庫から出し、氷水につけます。30分したら水を換えて、全部で1時間つけます。
3. Wash off well and remove skin.
塩をよく洗い流し、皮を取り除きます。
4. Cut into small cube pieces.
小さくさいの目に切ります。
5. Cut tomatoes in halves, remove seeds, and dice. Dice onion as well. Chop green onions.
トマトを半分に切り、種を取り除き、さいの目に切ります。タマネギも同様に。ネギを刻みます。
6. In a new clean bowl, add salmon, tomatoes, onion, and green onions. Mix it well.
清潔なボウルに、サーモン、トマト、タマネギとネギを合わせ、よく混ぜます。
7. Place in fridge, let it chill and serve when ready.
冷蔵庫に入れ、冷やしてからいただきます。



Bon appetit!

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