



qīng zhēng

清蒸

v. · to steam (food without heavy sauce)

Example Sentences

zhè tiáo yú hěn xīn xiān shì hé qīng zhēng
这条鱼很新鲜，适合清蒸。

This fish is very fresh and suitable for steaming.

wèi le chī de qīng dàn yì xiē tā xuǎn zé le qīng zhēng
为了吃得清淡一些，她选择了清蒸。

She chose steaming to keep the dish light.

zhè dào cài yòng qīng zhēng de fāng fǎ zuò bù xū yào fàng hěn duō yóu
这道菜用清蒸的方法做，不需要放很多油。

This dish is steamed and does not need much oil.

Trace each character, then write the word on your own.

清	清	清	清	清	清	清	清	清	清	清
清	清	清								
蒸	蒸	蒸	蒸	蒸	蒸	蒸	蒸	蒸	蒸	蒸
蒸	蒸	蒸	蒸	蒸						