WEA LEE'S GLOBAL NOTES
CORONAVIRUS DIARY
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Thanksgiving's tear

President–elected Joe Biden told the reporter that he remembered his dad a car sales man returned home one day lay down to the bed his mom told him "your dad lost the job and will be with our insurance cover "his family was in such despair and helpless situation.

To day President–elected Biden said his first priority will come to sponsor a economic stimulus bill to help millions of families and definitely keep the Obama Heath care running for all the people.

Coronavirus pandemic almost ten month now in America we already have more than twelve millions people confirmed cases this horrible numbers touch so many family's heart as the head of state of course his job will be how to come to rescue our people

When Biden talked about his dad we could tell his sadness .

Today is also the day we lost my dad forty two years ago I remember when I left my dad went to boarding school when I was eleven years old, I cried and won't let him go away. Just very sad I couldn't spend more time with him when he passed away many years ago,

every time I remembering him My tear was in my eyes.

Fortunately the vaccines is on the way in this thanksgiving holiday season let hope all the people suffering can be rescue our nation can be more peaceful.

Southern News Group Chairman / CEO
Chairman of International Trade & Culture Center
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Publisher Southern Daily Wea H. Lee

Stay Home! **BUSINESS** *Wear Mask!*

Pfizer Applies For FDA Emergency Use Authorization For Coronavirus Vaccine

Compiled And Edited By John T. Robbins, Southern Daily Editor

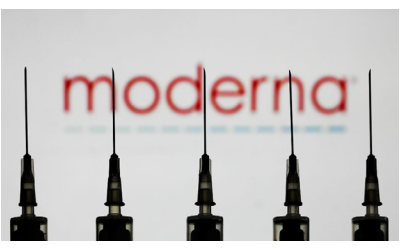
Pfizer and Germany's BioNTech said that they applied on Friday for an FDA emergency use authorization for their coronavirus vaccine. This could set the stage for initial vaccine distribution in the U.S. by mid-to-late December. It also comes less than two weeks after Pfizer released efficacy data for its vaccine, and just days after releasing safety data — which suggests that fellow vaccine developer Moderna may apply for its emergency use authorization around Thanksgiving.

An emergency authorization would let select groups of Americans get the vaccine before the FDA finishes its monthslong approval process.

"This is a historic day, a historic day for science and for all of us," Pfizer CEO Albert Bourla said in a video. "It took just 248 days to get from the day we announced our plans to collaborate with BioNTech to our FDA submission day. We have operated at extraordinary speed in our clinical development program, from concept to regulatory filing, while always maintaining our focus on safety."

Moderna Says Its Coronavirus Vaccine Is Nearly 95% Effective

Moderna said last Monday that its coronavirus vaccine candidate is 94.5% effective in fighting the virus, per an initial analysis released by the company.



The Moderna vaccine — alongside Pfizer's similarly effective candidate — provides another dash of hope that the pandemic currently raging across the world could be tamed by next year.

Moderna's study, done in collaboration with the National Institute of Health, looked at 30,000 participants — with half receiving a placebo.

- In 95 cases of COVID-19 that developed among participants, 90 were taking the placebo.
- Of the 11 people who contracted "severe" COVID-19 infections, all were taking a placebo.
- Moderna reports there are no significant safety concerns so far.
- The company also said that the vaccine could be stored at refrigerator temperatures for up to a month — compared to Pfizer's vaccine candidate, which requires ultra-cold conditions.

"It's extremely good news. If you look at the data, the numbers speak for themselves," said Dr. Anthony Fauci, per the Washington Post.

"I describe myself as a realist, but I'm fundamentally a cautious optimist. I felt we'd likely get something less than this. … I said certainly a 90-plus-percent effective vaccine is possible, but I wasn't counting on it."

The Moderna vaccine was part of the federal government's Operation Warp Speed acceleration project, and the company received about $2.5 billion to back its research and development.

President Trump announces the Operation Warp Speed vaccine initiative.

Pfizer, on the other hand, funded its own vaccine research but did commit to an Operation Warp Speed deal to speed potential distribution. Like Pfizer's announcement last week, Moderna's details on its vaccine candidate came in the form of a press release.

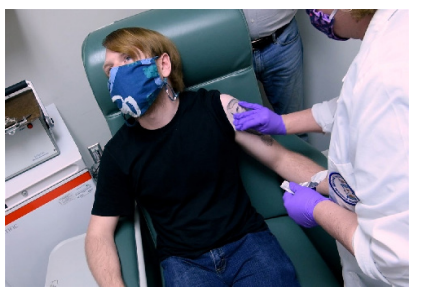
The data has not been peer-reviewed and its effectiveness could change as the study progresses, but Moderna says they plan to submit to a peer-reviewed publication when the study is complete.

Covid-19 Vaccines Could Be Available By The End Of December. Here's What Needs To Happen First.

Following the release of more data from its Covid-19 vaccine Phase 3 clinical trial, the drugmaker Pfizer said Wednesday that it expects to submit an application for what's called emergency use authorization to the Food and Drug Administration "within days."

Another drugmaker, Moderna, has also said it aims to submit an application in the coming weeks. Both companies have announced preliminary results from their vaccine trials showing extremely high levels of efficacy.

Submitting emergency use authorization, or EUA, applications moves a potential coronavirus vaccine one step closer to patients, and experts say it's possible for Americans to start receiving shots by the end of December. Generally, the path of a vaccine from its beginnings in a laboratory to a person's arm takes years to navigate. The speed with which manufacturers and regulators have moved this year is unprecedented.



Vaccine trial participant David Rach is prepared to test the Covid-19 vaccine candidate BNT162b2, developed by Pfizer and BioNTech, in Baltimore on May 24.Pfizer via Reuters

"We are covering new territory. This has never been done before," Norman Baylor, president and chief executive of Biologics Consulting and former director of the Food and Drug Administration's Office of Vaccine Research and Review, said during a call Wednesday with reporters. But shots won't be available right when the EUA application is submitted to the FDA, nor immediately after it is granted. Rather, following submission, drugmakers and federal health regulators must complete a series of actions before a vaccine is finally released to the public.

First, the EUA application will be reviewed by a group of advisors to the FDA called the Vaccines and Related Biological Products Advisory Committee, or VRBPAC. This group is scheduled to meet on Dec. 8, 9 and 10, sources told CNBC, and will likely review Pfizer's application.

"We are covering new territory. This has never been done before," one expert said of the speed of vaccine development.

VRBPAC members are not employed by the FDA. They are independent experts, including scientists, physicians, infectious diseases experts and a consumer representative. It is possible the group will require any number of follow-up questions: What should happen with study participants who received the placebo? Should they now be offered the actual vaccine? Are children and pregnant women also protected? Might there be significant safety or manufacturing issues, given both the Moderna and Pfizer vaccines were developed using new technology called messenger-RNA, or mRNA?

If that group ultimately votes in favor of a vaccine, the FDA will consider whether to accept the advisory committee's recommendations and issue an EUA.

Next, an advisory committee to the Centers for Disease Control and Prevention must make recommendations on which groups should be first in line to receive the vaccine. That group, called the Advisory Committee on Immunization Practices, or ACIP, has scheduled a preliminary meeting on potential Covid-19 vaccines this Monday, Nov. 23, though it does not plan on holding any votes then. Similar to the FDA considering the VRBPAC's decision, the CDC will consider ACIP's recommendations. It's this step that's needed before people can get the vaccine.

Health officials expect that the first to receive any vaccine will be doctors and nurses on the front lines of treating patients, followed by the elderly and people with health problems that put them at greater risk for Covid-19 complications. It is thought that the general public will not be able to receive a vaccine until the spring or summer of 2021. (Courtesy nbcnews.com)

Southern DAILY Make Today Different

Editor's Choice

Corn stands by as President Donald Trump speaks in the Rose Garden. REUTERS/Hannah McKay

Trump pardons Corn and Cob the Thanksgiving turkeys

NATIONAL SECURITY ADVISER: JAKE SULLIVAN. Biden's national security adviser when he served as vice president to President Barack Obama, Sullivan also served as deputy chief of staff to Secretary of State Hillary Clinton. REUTERS/Joshua Roberts

Democratic President-elect Joe Biden began naming members of his Cabinet, appointing experienced foreign policy and national security experts to key posts in line with his pledge to restore the United States' global ties and standing as a world leader. The new appointees also reflect Biden's promise to build an administration that reflects the nation's diversity.

HOMELAND SECURITY: ALEJANDRO MAYORKAS. A Cuba-born lawyer will be the first Latino and first immigrant to head the department if confirmed as secretary of homeland security. As head of Citizenship and Immigration Services under Obama, Mayorkas led implementation of the Deferred Action for Childhood Arrivals program for so-called Dreamers, who were brought to the United States illegally as children. DACA drew Republican criticism and could lead to Republican opposition against Mayorkas in the Senate. REUTERS/Joshua Roberts

SECRETARY OF STATE: ANTONY BLINKEN. A longtime Biden confidant who served as No. 2 at the State Department and as deputy national security adviser in President Barack Obama's administration, Blinken was named Biden's choice for secretary of state. REUTERS/Joshua Roberts

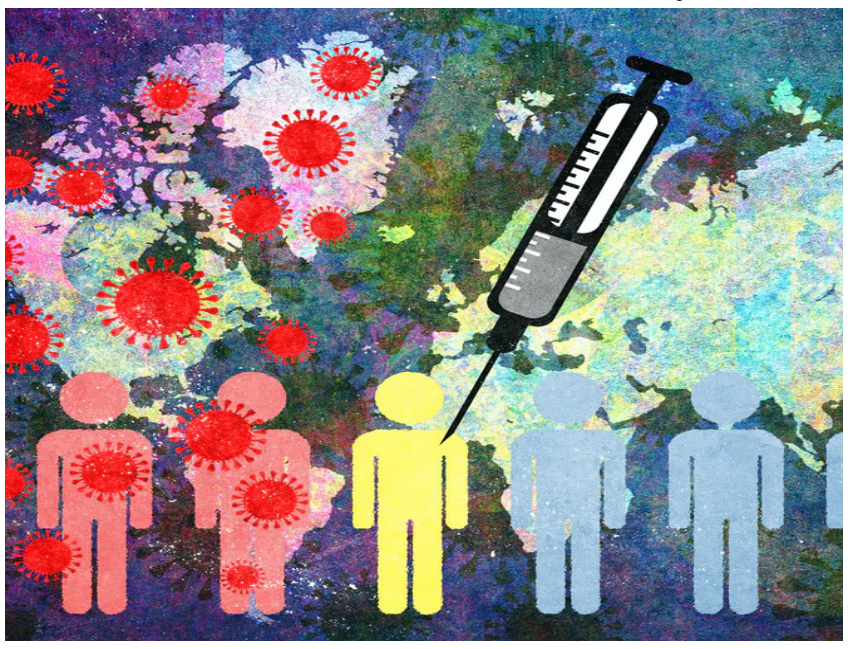
Nursery plants are seen placed in seats during a rehearsal before Barcelona's Gran Teatre del Liceu opera held a concert for plants to raise awareness about the importance of an audience after the coronavirus lockdown, in Barcelona, Spain June 22

DIRECTOR OF NATIONAL INTELLIGENCE: AVRIL HAINES. Deputy national security adviser under Obama, and previously the first woman to serve as CIA deputy director, Haines is Biden's nominee for director of national intelligence. Haines held several posts at Columbia University after leaving the Obama administration in 2017. REUTERS/Joshua Roberts

Southern DAILY Make Today Different

COMMUNITY

COVID-19 Vaccines Were Developed In Record Time – But Are They Safe?



The pandemic rages as the world waits for COVID-19 vaccines. (Photo/P.Zelei Images/Getty Images)

By Guest Writer William A. Petri, Jr., M.D., Pj.D.

Division of Infectious Diseases an International Health, University of Virginia

Compiled And Edited By John T. Robbins, Southern Daily Editor

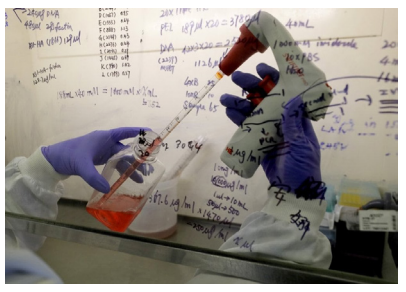
There are now two COVID-19 vaccines that, at least according to preliminary reports, appear to be 94.5% and 95% effective. Both were developed in a record-breaking 11 months or so.

I am an infectious diseases specialist and professor at the University of Virginia. I care for patients with COVID-19 and am conducting the local site for a phase 3 clinical trial of Regeneron's antibody cocktail as a tool to prevent household transmission of COVID-19. I'm also conducting research on how dysregulation of the immune system during SARS-CoV-2 infection causes lung damage.

Despite the vaccines' relatively rapid development, the normal safety testing protocols are still in place.

How long does most vaccine development take?

Vaccines typically take at least a decade to develop, test and manufacture. Both the chickenpox vaccine and FluMist, which protects against several strains of the influenza virus, took 28 years to develop. It took 15 years to develop a vaccine for human papilloma virus, which can cause six kinds of cancer. It also took 15 years to develop a vaccine for rotavirus, which commonly causes severe, watery diarrhea. It took Jonas Salk six years to develop and test the first polio vaccine, starting with the isolation of the virus.



The Pfizer-BioNTech and the Moderna COVID-19 messenger RNA vaccines, by contrast, have been developed in less than a year. That's a game-changer.

How was this vaccine developed so quickly?

The mRNA vaccines produced by Pfizer and Moderna are faster to develop as they do not require companies to produce protein or weakened pathogen for the vaccine.

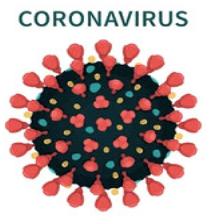
Traditional vaccines typically use a weakened version of the pathogen or a protein piece of it, but because these are grown in eggs or cells, developing and manufacturing vaccines takes a long time. By contrast, by using just the genetic material that makes the Spike glycoprotein – the protein on the surface of the coronavirus that is essential for infecting human cells – the design and manufacture of the vaccine is simplified. The genetic material mRNA is easy to make in a laboratory. Manufacturing an mRNA vaccine rather than a protein vaccine can save months, if not years.

Another factor that accelerated vaccine development was the swift and efficient recruitment of patients for clinical trials.

How is safety assured when vaccine development is so fast?

Safety is the first and foremost goal for a vaccine.

In my opinion, safety is not compromised by the speed of vaccine development and emergency use authorization. The reason that vaccines may be approved so quickly is that the large clinical trials to assess vaccine efficacy and safety are happening at the same time as the large-scale manufacturing preparation, funded by the federal government's Operation Warp Speed program.



The spike proteins (red) on the surface of SARS-CoV-2, the virus that causes COVID-19, are essential for infecting human cells. (Photo/Viktoriia Ilina/iStock/Getty Images Plus)

Typically, large-scale manufacturing begins only once the vaccine has been tested in clinical trials. In the case of COVID-19, the U.S. government wanted to be ready to begin distributing the vaccine the moment the results of the phase 3 trials were known and the safety data had been analyzed. To this end, the pharmaceutical companies launched at-risk manufacturing – which means that the manufactured vaccine doses would be thrown away if the vaccine was ineffective or unsafe – during the FDA-mandated two-month safety waiting period.

The upside is that if the vaccine is safe and effective, it can be distributed immediately, and vaccination can begin.

Are these vaccines riskier than others?

No mRNA vaccines have been approved before because it is relatively new technology. But these mRNA vaccines appear safe and no riskier than other tried and tested ones, like the childhood measles vaccine. To date, no significant side effects have been reported in the interim phase 3 studies of the Moderna and Pfizer vaccines.

Side effects that have been reported are minor things that one would expect with any vaccine, including soreness at the site of injection and transient fatigue, muscle or joint aches.

How will EUA work?

EUA stands for emergency use authorization. Under EUA, the FDA is requiring that a COVID-19 vaccine be at least 50% effective at preventing symptomatic illness.

It is also requiring a median of two months of follow-up after completion of the vaccination for half of the vaccine recipients (for most of the vaccines this is two doses). This two-month period is to allow detection of an adverse event from the vaccine. (Courtesy theconversation.com)

Related

About 1 in 6 Fully Recovered COVID-19 Patients Still Test Positive For The Virus

ROME — While the coronavirus pandemic has exacted a heavy toll on the world, tens of millions of people have thankfully recovered from COVID-19. Unfortunately, a new study finds many of these individuals could still be sick and not know it. Researchers in Italy say nearly 17 percent of patients who have fully recovered from a COVID-19 infection still test positive for the virus in follow-up doctor's visits.

Researchers from Agostino Gemelli University Policlinic looked at a group of recovering COVID patients to see how their bodies react after treatment and quarantine. The study included 131 patients who all met the World Health Organization's guidelines for ending quarantine following their infections. Those guidelines require a patient to be fever-free without using medications for three days. They must also have an improvement in their symptoms and test negative for COVID twice at least 24 hours apart.

"Our findings indicate that a noteworthy rate of recovered patients with COVID-19 could still be asymptomatic carriers of the virus," lead investigator Francesco Landi says in a media release. "The main question for the containment of SARS-CoV-2 pandemic infection that still needs to be answered is whether persistent presence of virus fragments means the patients is still contagious. The RT-PCR test looks for small fragments of viral RNA. A positive swab test can reveal if patients are still shedding viral fragments, but it is not able to discern whether they are or aren't infectious."

What Are The signs That You May Still Have COVID-19?

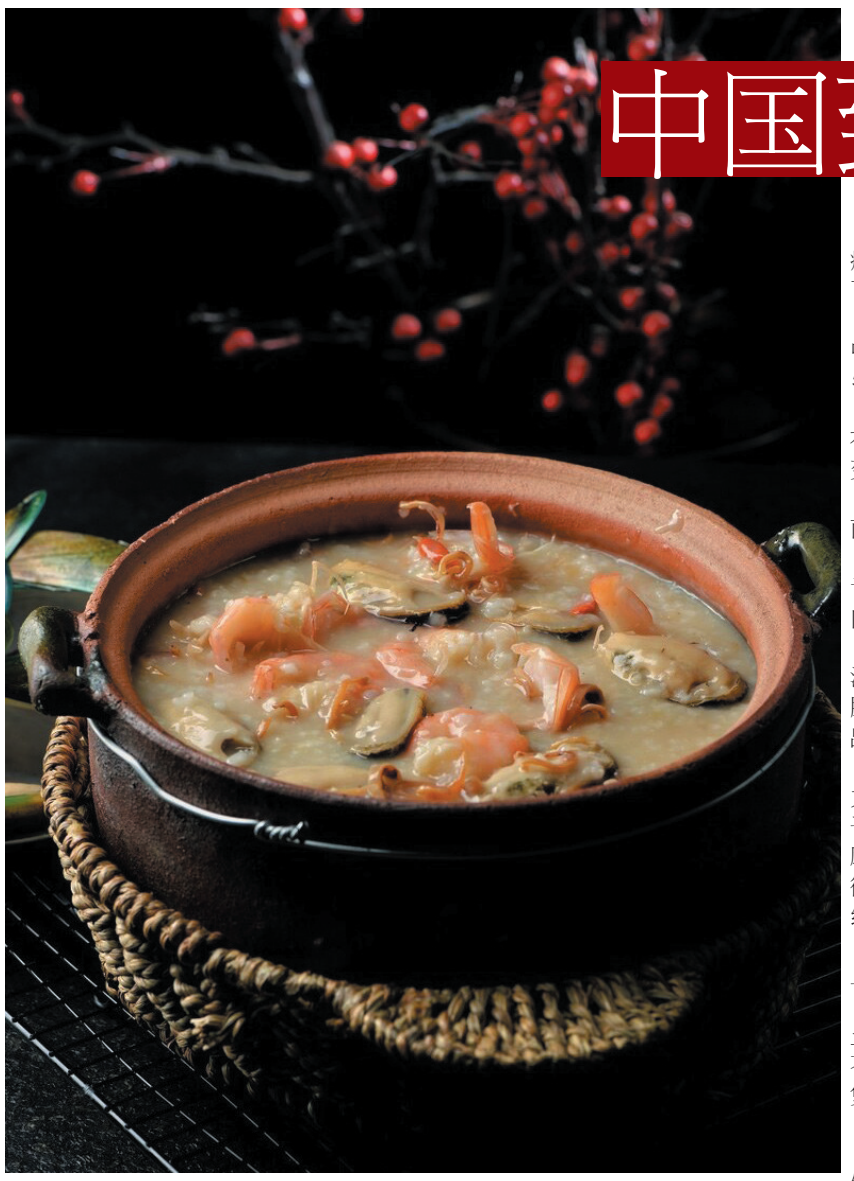
The results also show no significant difference between the age or gender of the patients testing positive or negative. None of the recovering patients had a fever and all reported improvement in their condition before the new positive test.

Symptoms a large portion of the group did continue to report included fatigue (51%), difficulty breathing (44%), and coughing (17%). These however didn't play a major factor in which participants tested positive or continued to stay virus-free. Only sore throats (18% versus 4%) and rhinitis (27% versus 2%) were seen in a significantly larger portion of positive COVID patients than negative patients.

Clinicians and researchers have focused on the acute phase of COVID-19, but continued monitoring after discharge for long-lasting effects is needed," Landi adds. (Courtesy https://www.studyfinds.org/)

SC 食在中國 Daily News

中国到底哪里的砂锅最好吃？



冬天来了，吃砂锅啊～

立冬已过，北方部分地区已经供暖。走在街上，寒风掠过落叶，努着劲儿往衣领里钻，每每此时，脑海里最先浮现的，便是一份咕咚咕咚冒着热气的砂锅。

在吃砂锅这件事上，中国各地可谓“百花齐放，百家争鸣”：北方各地，膘肥肉美的家畜、家禽，在砂锅里翻腾出一个“快意肉食的江湖”；南方沿海地区，海鲜在加了大米的砂锅里游曳出别样滋味；南北的主食米和面，也争先恐后在砂锅里一展身手……

而砂锅，这种人类较早使用的炊具，也以受热、散热均匀的特点，成全了不同的食材，一时间滋味千百、热火朝天，在这寒冷的初冬时节，化为一双温厚大手，抚去我们一身寒意。

寒冬时节何以抗寒？一定是炖着肉的砂锅。

砂锅的厨房里，灶火烧得砂锅里泛起泡泡吱吱作响，各种肉与骨，在厨师的菜刀下翻滚着，蒸汽萦绕里，江湖气横生。吃砂锅肉，首选之地还是粗犷的北方。

西北，牛羊肉砂锅正暖

宁夏、陕北地区、河西走廊一带的牛羊，吃了大半年盐碱地的草料，早已膘肥肉美。鲜肉割回来，配以土豆、白萝卜、豆腐等，加以骨汤，放进一只砂锅中，烈火炖煮，还未上桌，吸饱了醇香骨汤肉汁的香就飘了过来。这，就是羊肉砂锅和牛尾骨砂锅的魅力。

天寒地冻，再当头浇上一勺羊油泼就的油泼辣子，香气和辣味交织着直冲鼻端，令人食欲大增，这是开吃之前最有仪式感的点睛之笔。若能再配上一碗黄澄澄的糁米饭或是酌上一口老酒，那就能足足美上一天。

东北，猪肉砂锅正香

说到满足，量大份足的东北砂锅，在冰雪下永远升腾着火一样的热情。

哈尔滨特色砂锅坛肉，选用大块肥瘦相间的五花肉，加碎冰糖炒过后，挂了诱人的栗色，加入老抽、料酒、八角、花椒和香叶等一众佐料，在小号砂锅中慢慢炖煮，吃到嘴里一抿即化，肉质与味道的丰富层次慢慢在味蕾上绽放。

最地道的吃法，是将浓稠的汤汁浇在白米饭上，每一粒米都吸饱了肉汁，变得饱满结实，也可以配上油饼一同吃，那滋味真真是对得起一句香而不腻。

南方砂锅里，湖海同鲜

在南京，鸭子有一千种吃法，但要论“抵挡寒风的能力”，福建泉州、厦门一带的姜母鸭，一定高居榜首。

吃海藻、啄小虾、撬贝壳，使得浙江沿海地区的红面番鸭肉质鲜嫩而不肥腻，砂锅慢炖最好——鸭油能在其中渗出，为鸭肉增上一味绝妙的润香。

除了鸭，姜也是这道砂锅美味的主力军。三年以上的老姜，洗净切片，晒干之后才能称为“姜母”。鸭肉块加入麻油与姜母在小火上慢慢炖，直到姜的微辣与咸味与鸭肉融合，慢慢变成可被细究慢品的美味。

福建往北，浙江人在吃砂锅这件事上，颇有“千军万马”的“骇人之势”，骨头煲、龙凤煲、鸽子煲、田螺煲、土鸡煲等等等等，叫人眼花缭乱，简直不知道吃什么才好，直到看到那份老鸭煲。正待举箸，隔壁江苏说，什么稀奇，跟我们同款，来江苏吃吧。

到了江苏，才发现江苏最好吃的砂锅，不是老鸭煲，而是天目湖砂锅鱼头，又叫沙河煨鱼头。“绿色仙境”天目湖以其独特的自然环境，养成了壮实的野生大灰鲢，肥满的鱼头油煎至两面焦黄后，加绍酒大火烧炖，放入猪油煨白，砂锅里乳白色的汤就更鲜了。吃进口中，口感莹润丝滑，浓郁诱人，“鲢鱼头味美，三载留余香”。

若吃鱼之兴不减，还可以去云南大理，尝一尝洱海弓鱼与嫩鸡片、鸡枞、玉兰片、火腿、海参、冬菇、竹笋等十余种鲜腊珍品一道翻滚的大理砂锅鱼。

而在“无汤不成席”的湖北，则有湖藕制作成的砂锅排骨藕汤，厚实的猪胸骨和洁白的莲藕分两次放入锅内，经过两次大火烧开和小火慢煨，一锅暖意融融的汤才算是大功告成。清白色的汤上飘着淡黄的油花，肉块煮至软烂，连骨头和骨髓都能一抿即化，清甜的藕更是将糯与脆两种口感完美交融。

砂锅很小，只承载一餐；砂锅也很大，煨着湖海的鲜味。

吃米还是吃面？砂锅不做选择

米与面，长期雄霸南北方主食的宝座。到底是吃米还是吃面，南北方人一直有不同的见解，但一遇到砂锅这种炊具，争执就被化于无形了。

在广东，谁不曾被煲仔饭与砂锅粥温暖？

“寒风起，吃腊味”，砂锅在广东，有了“煲仔”这个名字，街边老师傅们守着一排灶头，在窜起的火苗间稳而不乱，自在地指点美食江山，煲内腊味、烧鹅、烧鸭、滑鸡、豆豉排骨.....品类多样，任君选取。

盖在米饭上的食材，将自身的油脂慢慢融进晶莹白米，吸满了肉汁的米变得丰盈滑口，粒粒飘香。煲仔饭好不好吃，有两个诀窍，一个是秘制的酱汁要好，一个是火候要到。酱汁好，每一粒米都有香气，火候到了，才能烧出焦脆酥香的锅巴。

四川土家族的砂锅饭，与广东煲仔饭有异曲同工之妙，只是佐饭的小菜变为了折耳根和牛肉干这样更能彰显本地风味的食物。

广东潮汕地区的砂锅海鲜粥，则用“粥”的方式指点美食江山。

大米放在砂锅中，大火煮沸后转至文火慢熬，出锅前的几分钟加入虾、蟹、干贝、海参等食材，开了花的米围绕拥抱着各类海鲜，最大程度的锁住味与鲜。一点点润着熬煮出来的海的味道，再佐以细碎的香芹、葱末提味，没有人能拒绝掀开锅盖那一瞬间扑鼻而来的香味。

云贵地区，砂锅里总少不了粉

当广东的米在砂锅里咕咚冒气时，云贵高原上的米已经被做成粉，奔赴砂锅。

酸，是贵州的灵魂之味。贵州人的早晨，便从一碗酸香冲鼻的砂锅酸汤粉开始。用砂锅酸汤粉的热气和酸味发发汗、暖暖身，最是舒服不过了。酸汤粉的底汤是红酸汤，浓郁鲜红的汤中，盘绕着糯白的粉，酸辣爽口，光是看着就能令人口齿生津。

在贵州安顺，还有软软糯糯Q弹的砂锅米凉粉，用豆瓣和豆豉炒出红油，再放入米凉粉，夹着肉末、小米椒和小葱翻炒，上桌时放在竹编垫圈上，再盛到小碗里，让它一口一口温柔的拂过肠胃。若再配一碟西红柿青椒酱蘸料，那才是习得了贵州人的“吃粉真髓”。

至于那占据全国大街小巷、大名鼎鼎的云南砂锅米线，早已成了多少学生留在学校门口的青春记忆，成了多少打工人在夜晚归途中得到的温暖慰藉。

砂锅面，北方人的心头好

砂锅里煮上一份劲道耐嚼的手工面，是北方冬天常见的砂锅美食。

挑起一筷头面，中间夹着小油菜、豆皮、海带丝和香菇等常见配菜，汤汁顺着面条滑动，根根晶莹闪耀，吸溜着送进嘴里，小麦平和扎实的香味和菜、肉混合搭配，实在过瘾。砂锅面的美味使它俘虏了各地人的胃口：

甘肃用牛肉配面、河南放上咸香酥肉、北京爱浇上芝麻酱……或麻辣鲜香，或清香醇厚，吸口面，嘬口汤，在享受砂锅面的这一刻，北方人对面的挑剔得道了满足，只有异口同声的一句“好吃”。

砂锅面可以是早餐、午餐、晚餐、宵夜，日日得见。也许，正是因为砂锅面平实却最暖人心胃，所以连浙江台州这样的沿海地区，也看得见砂锅面的影子。

一锅煨，小砂锅也有“大世界”

在广袤的中原地区，“老家河南”的砂锅烩菜，将白菜、海带、豆腐、豆泡、牛肚、土豆粉、小酥肉等食材烩尽包容。这就是“中原之味”，既留存本味特色，也让食材在砂锅中相互汲取、搭配相谐。小小的砂锅，大大的肚量，就像脚下的中原之地，在连通四方，能广纳包容。

烩菜中的豆腐，更是一味能单独出道的美食，像河南禹州砂锅豆腐，鲜嫩可口。最柔软的食物，往往也最有抚慰人心的力量。

各地砂锅，如晋地的烩菜、河北的熬菜、东北的乱炖等等，从食材的选取到制作的方式都和河南的砂锅烩菜很相似。无论是远方的游子还是归途的旅人，吃上一口与老家的相似味道，儿时的记忆，时间的痕迹都会涌上心头。

上海的全家福什锦砂锅也够资格榜上有名。高汤里的荤素食材，肉圆、白菜、对虾、粉丝、蛋饺.....各自全力使出十八般武艺，将各自的特色味道发挥到极致。暖洋洋的围在咕嘟着的砂锅周围，一齐动筷子、碰酒盅，这是食物们的团团圆圆，也是人们的美满长久。

抛却了条条框框，选料不拘一格，兴之所至便取来在寒冬里犒劳肠胃，这是各地砂锅最贴心的特点。寒风起时，来上这么一锅，看玻璃窗渐渐蒙上一层香气喷喷的白雾，那该是一份多么温暖的人间烟火。