

用英语介绍

中国美食

中国的美食正吸引着越来越多的外国友人纷至沓来，
也为我们打开了一扇与世界沟通的窗户。

北京烤鸭、十八街麻花、羊肉泡馍、东坡肉、兰州牛肉拉面……
这些中国美食的经典，每一道美食都经过了时间的静候和精心打磨，
需要我们细细体味，更需要我们将其传播出去，让中国美味延伸到更
广阔的世界！

主编 林静 成应翠



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内容提要

中国美食吸引着越来越多的外国友人纷至沓来，也为我们打开了一扇与世界沟通的窗户。本书是一本介绍美食的双语读物，更是一本讲述中国饮食文化和历史的人文读本。书中精选了中国各主要地区的经典美食，将每一种美食背后的传说、故事、情感、做法等文化要素分享给广大读者，修正并总结了大量菜式的英文名称，高频次使用烹饪方面的关键词语，运用多种结构的句型精雕细琢例句的词汇，采用中英结合的表达模式，让读者能够更方便地阅读和学习！

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前言

“竹外桃花三两枝，春江水暖鸭先知。蒌蒿满地芦芽短，正是河豚欲上时。”古往今来，人们对美食的推崇一直未曾改变，简单的食材，配上酸、甜、咸、香的佐料，再加上些许人情味，在岁月的沉淀中升温、发酵，变成了餐桌上的一菜一饭，也成就了人们舌尖上的幸福享受。

正是因为这样一种对美食的情结，才有了本书“穿越时光”的味觉之旅；正是因为这样一种对美食的执念，才有了本书对饮食的文化追寻。中国的美食正吸引着越来越多的外国友人纷至沓来，也为我们打开了一扇与世界沟通的窗户。

如果你也想将中国美食介绍给外国朋友，不妨翻开本书，书中的中英双语将带你赶赴一场舌尖上的语言和文化盛宴。

首先，本书以惟妙惟肖的语言和立体的描绘勾勒为创新点，介绍了中国各主要省份的经典美食。食材在刀工、火候、调料的配合下，变化出千万种美食，生发出千万种味道，酸、甜、麻、辣、酥、香、脆……舌尖品味的刹那，味蕾也尽情绽放，美味在心头缠绕，收获的是一份美好记忆，一种纯真感动。

其次，选材精良，编排独特，书中通过浪漫的格调和小资情怀的行文方式，将每一种美食背后的传说、故事、情感、做法等文化要素分享给广大读者，激发读者对饮食文化的浓厚兴趣。由此，读者不仅能领略从古至今的传说味道，更能体会个中的悲欢离合、跌宕起伏的故事情节，

有了文化的力量，美味经典才能延续，饮食魅力方可彰显。

另外，采用双语对照模式，中文和英文相得益彰。书中修正并总结了大量菜式的英文名称，高频次使用烹饪方面的关键词语以加深读者的印象，运用多种结构的句型为内容增色添彩，精雕细琢例句的词汇以提供更多有价值的信息……中英文对照的形式，使本书具备了更前沿的视野和更强大的学习功能。

这不仅是一本介绍美食的双语读物，更是一本讲述中国饮食文化和历史的人文读本，煎炒烹炸中透露出的是中国式的百味人生，锅碗瓢盆中盛满的是中国式的生活哲学。每一道美食都经过了时间的静候和精心的打磨，需要我们细细体味，更需要我们将其传播出去，让中国美味延伸到更广阔的世界！

来，开始一场味蕾的旅行，从舌尖到心间，去感受，去体会……

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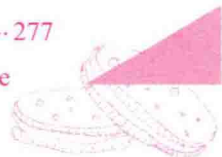
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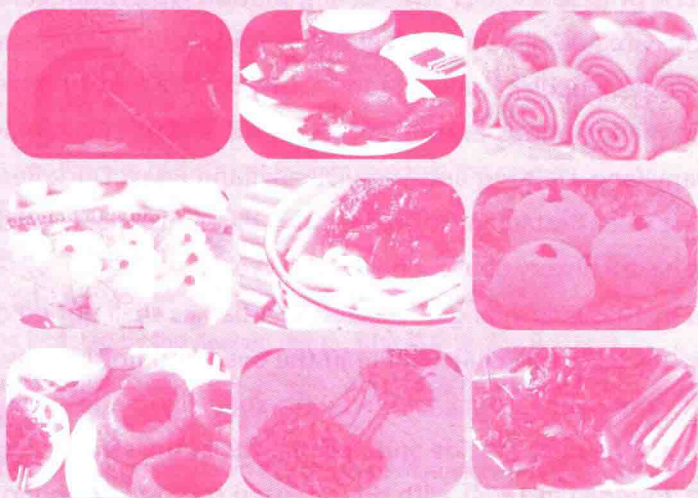
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Chapter

1

吃在北京：胡同深处的京味



宫廷佳肴，香溢都城——北京烤鸭

Beijing Roast Duck, Imperial Food Appetizing the Whole City

烤鸭是京城著名菜式，在全球享有盛誉，被赞为“天下美味”。从其色泽红润、肉质香嫩、肥而不腻的特质中，我们可以体会到中国烹调的精湛技艺和中国艺术的工巧绝妙。在品尝者的心目中，北京烤鸭已远远不仅是一道谋口福的菜肴，而是领略东方文明的一扇窗口。

Whenever guests come to Beijing for a visit, the host will arrange a "Roast Duck Feast" to treat them. There is a saying goes in Europe: " Things are discussed and fixed during meals, which **dominate** people's affairs." Delicious food is not favored by common people but more important to officials and merchants. It's not known when the **catch phrase** such as "The feeling that the visit is not complete if you don't go to the Great Wall, you will feel regret if you don't eat roast duck when coming to Beijing" is popular.



There are many famous brands of Beijing Roast Duck Restaurants, such as Quanjude, Bianyifang, DaDong and Dayali. Bianyifang Roast Duck Restaurant and Quanjude Roast Duck Restaurant **represent** two different schools of roasting duck, both of which have a history of over one hundred years.

Founded in 1855, Bianyifang advocated that flames shall not go directly onto the duck which is baked by charcoal fire in the oven and hot furnace wall. Before being put into the oven, a duck is filled with specially-made soup to **make it possible** to roast the duck outside and boil it inside at the same time. Quanjude is better known (founded in 1864), with duck roasted over the fire, hung in the oven and roasted by the flame of the fruit-tree wood. At the same time, the duck needs constant flipping so that the whole is evenly heated. The cooking time lasts for forty minutes.

When roasted and dried, the duck will look **brilliantly** purplish red, with crisp skin, charred outside and juicy within. It's hard for people to resist the **temptation** of enjoying it. Beijing Roast Duck is not only popular with tourists at home and abroad,