

Pengren Shiyong Yingyu

烹饪 实用英语

汪与晴 编



中国纺织出版社

PRACTICAL ENGLISH FOR COOKING



 中国纺织出版社

图书在版编目(CIP)数据

烹饪实用英语 / 汪与晴主编. — 北京: 中国纺织出版社, 2015. 11

ISBN 978 - 7 - 5180 - 1704 - 1

I. ①烹… II. ①汪… III. ①烹饪—英语—中等专业学校—教材 IV. ①H31

· 中国版本图书馆 CIP 数据核字(2015)第 109535 号

责任编辑:卢志林 责任印制:王艳丽

责任设计:品欣排版

中国纺织出版社出版发行

地址:北京市朝阳区百子湾东里 A407 号楼 邮政编码:100124

销售电话:010—67004422 传真:010—87155801

<http://www.c-textilep.com>

E-mail: faxing@c-textilep.com

中国纺织出版社天猫旗舰店

官方微博: <http://weibo.com/2119887771>

北京教图印刷有限公司印刷 各地新华书店经销

2015 年 11 月第 1 版第 1 次印刷

开本:880 × 1230 1/32 印张:2.1875

字数:100 千字 定价:19.80 元

凡购本书,如有缺页、倒页、脱页,由本社图书营销中心调换

目 录

第一章 中餐 Chinese Food	(1)
一、冷菜 Cold dishes	(1)
二、热菜 Hot dishes	(2)
三、汤类 Soups	(5)
四、主食和小吃 Staple food & Local snacks	(6)
第二章 烹饪术语 Cooking Terminology	(9)
一、常用烹饪技法 Popular cooking methods & techniques	(9)
二、常用餐料形状 Popular ingredient shapes	(10)
三、常用餐料 Popular ingredients	(10)
四、常用调味汁 Popular flavouring agents	(15)
第三章 命名方法 Name Methods	(16)
一、以主料开头的翻译方法 Name after ingredients	(16)
二、以烹制方法开头的翻译方法 Name after the cooking method	(16)

三、以形状或口感开头的翻译方法 Name after appearance or personal taste	(17)
四、以人名或地名开头的翻译方法 Name after personal name or geographic name	(18)
第四章 补充词汇 Supplementary Expressions	(20)
一、西餐与日本料理 Western food & Japanese cuisine	(20)
二、冷饮 Cold drink	(22)
三、水果 Fruits	(24)
四、糖与蜜饯 Sugar and presered fruits	(26)
第五章 英语口语对话 Dialogue in English	(28)
中式厨具 Chinese style Kitchen Utensils	(28)
西式厨具 Western style Kitchen Utensils	(29)
蔬菜 Vegetables	(29)
海味 Sea Food	(31)
肉类 Meat	(31)
调料 Condiments	(33)
水果 Fruits	(34)
饮料 Drinks	(35)
西餐 Western Food	(37)
中餐 Chinese Food	(40)
进餐用语 Useful Expressions	(43)

第六章 饮食文化 Dietary Culture	(46)
一、中国饮食 Chinese Food	(46)
二、外国饮食 Food of foreign countries	(54)
1. 韩国 Korea	(54)
2. 日本 Japan	(55)
3. 英国 England	(57)

第一章 中餐 Chinese Food

一、冷菜 Cold dishes

咸鸭蛋	salted duck egg
松花蛋	preserved duck egg
油炸花生	fried peanuts
泡菜	pickles; pickled vegetables; sauerkraut
炆黄瓜	spicy cucumbers
酱黄瓜	pickled cucumber with soy sauce
凉拌干丝	shredded dried bean curd salad
川北凉粉	Bean Noodles in chili sauce
夫妻肺片	sliced beef and ox tongue in chili sauce
桂花糖藕	sliced lotus root with sweet sauce
凉拌金针菇	mixed golden mushroom and vegetable
泡椒凤爪	chicken feet with pickled peppers
皮蛋豆腐	bean curd with preserved egg
素鸡	vegetarian chicken

凉拌牛百叶	ox tripe in sauce
小葱拌豆腐	bean curd mixed with chopped green onion
凉拌海蜇	shredded jelly-fish with soy sauce
凉拌海带	shredded kelp with soy sauce
五香牛肉	spiced beef
麻辣牛肉	beef with pepper and chili
红油鸭掌	boiled duck webs with chilli/chili oil
盐水鸭	boiled duck with salt; salted duck
卤鸭翅	boiled duck wings with spices; spiced duck wings
咸鱼	salted fish
熏鱼	smoked fish
盐水虾	boiled shrimps with salt; salted shrimps

二、热菜 Hot dishes

百合炒南瓜	sautéed pumpkin with lily bulbs
白灼时蔬	scalded seasonal vegetable
炒生菜	sautéed lettuce
炒时蔬	sautéed seasonal vegetable
翠豆玉米粒	sautéed green peas and sweet corn
干煸苦瓜	sautéed bitter melon
蚝油生菜	sautéed lettuce in oyster sauce
黄金玉米	sautéed sweet corn with salted egg yolk

- 浓汤娃娃菜 stewed baby cabbage in broth
- 芹香木耳 sautéed black fungus with celery
- 清炒/蒜蓉各式时蔬 sautéed seasonal vegetable without/
with mashed garlic
- 清炒/蒜蓉西蓝花 sautéed broccoli without/with Mashed
garlic
- 松仁玉米 sautéed sweet corn with pine nuts
- 田园素小炒 vegetarian's delight
- 番茄炒蛋 scrambled egg with tomato
- 西芹百合 sautéed lily bulbs and celery
- 鱼香茄子 yu-shiang eggplant (sautéed with spicy garlic
sauce)
- 鱼香茄子煲 yu-shiang eggplant in casserole (sautéed with
spicy garlic sauce)
- 四季豆 sautéed french beans (green beans, kidney beans,
or snap beans)
- 清炒菠菜 sautéed spinach
- 烫青菜 scalded green vegetable
- 白灼西蓝花 scalded broccoli
- 枸杞百合西芹 stir-fried celery and lily bulbs with Chinese
wolfberry
- 干煸四季豆 dry-fried French beans with minced pork and

preserved vegetables

素咕噜肉	sweet and sour vegetables
剁椒炒鸡蛋	scrambled egg with chopped chili pepper
剁椒土豆丝	sautéed shredded potato with chopped chili pepper
清炒丝瓜	sautéed sponge gourd
地三鲜	sautéed potato, green pepper and eggplant
东坡方肉	braised Dongpo cubed pork
咕噜肉	stewed sweet and sour pork
红烧狮子头	stewed meatball with brown sauce
回锅肉片	sautéed sliced pork with pepper and chili
火爆腰花	stir-fried pork kidney
椒盐炸排条	deep-fried spare ribs with spicy salt
京酱肉丝	sautéed shredded pork with sweet-bean sauce
梅干菜扣肉	steamed sliced pork with preserved vegetables
砂锅海带炖排骨	stewed spare ribs with kelp in casserole
无锡排骨	fried spare ribs, Wuxi style
鱼香肉丝	sautéed shredded pork in spicy & chili sauce
黑椒牛柳	sautéed beef fillet with black pepper
水煮牛肉	poached sliced beef in chili oil
葱爆羊肉	sautéed mutton slice with scallion
脆皮乳鸽	deep-fried crispy pigeon

大煮干丝 braised shredded chicken with ham and dried
bean curd

干锅鸡 griddle cooked chicken with pepper

宫保鸡丁 sautéed diced chicken with peanuts and chili

辣子鸡 spicy chicken

北京烤鸭 Beijing roast duck

干锅茶树菇 griddle cooked tea tree mushroom

多宝鱼（清蒸，豉汁蒸，过桥）

Flounder (steamed, steamed with black bean sauce or
boiled)

松鼠鳊鱼 deep-fried mandarin fish in sweet and sour sauce

清蒸鲈鱼 steamed perch

红烧甲鱼 braised turtle with brown sauce

三、汤 Soups

肉汤 broth

骨头汤 bone broth

肉片汤 soup with meat slices

牛肉汤 beef soup

羊肉汤 mutton soup

鸡汤 chicken soup; soup with chicken

鸭汤 duck soup

三鲜汤	soup with fish, shrimps and pork balls
鲫鱼汤	soup with gold carp; gold carp soup
酸辣汤	sour and hot soup
豆腐汤	bean-curd soup
蔬菜汤	vegetables soup
榨菜汤	hot pickled tuber mustard soup
榨菜肉丝汤	hot pickled tuber mustard soup with shredded pork
蛋花汤	egg drop soup; egg soup
番茄鸡蛋汤	egg soup with tomatoes
锅巴口蘑汤	mushroom soup with fried rice crust

四、主食和小吃 Staple food & local snacks

八宝饭	eight treasure rice
白粥	plain rice porridge
菜盒子	stir-fried crispy cake stuffed with vegetable
菜肉大馄饨	pork and vegetable wonton
菜肉饺子	dumplings stuffed with minced pork and vegetable
叉烧包	barbecued pork bun
炒河粉	sautéed rice noodles
炒面	sautéed noodles with vegetables

葱油拌面	mixed noodles with spring scallion, oil and soy sauce
葱油饼	fried chive cake
脆皮春卷	crispy spring roll
担担面	Sichuan flavor noodle
豆浆	soybean milk
豆沙包	steamed bun stuffed with red bean paste
翡翠烧卖	steamed vegetable dumplings
蛋煎鱼	fried fish and egg
桂花酒酿圆子	glutinous rice dumpling in sweet rice wine
锅贴	fried meat dumplings
火腿炒饭	stir-fried rice with ham
鸡蛋炒饭	stir-fried rice with egg
拉面	hand-pulled noodles
萝卜丝酥饼	pan fried turnip cake
麻团	fried glutinous rice balls with sesame
米饭	steamed rice
奶黄包	steamed bread with milk and egg
南瓜粥	pumpkin porridge
牛肉炒河粉	stir-fried rice noodles with beef
牛肉锅贴	fried dumpling stuffed with beef
牛肉拉面	hand-pulled noodles with beef

皮蛋瘦肉粥	preserved egg with minced pork congee
三丝春卷	deep-fried spring rolls
烧卖	steamed pork dumplings
生滚海鲜粥	congee with seafood
小笼汤包	steamed bun stuffed with pork
小米粥	millet porridge

第二章 烹饪术语

Cooking Terminology

一、常用烹饪技法 Popular cooking methods & techniques

炒	saute
蒸	steamed
油炸	fried
油爆	quick-fried
烤	roast
烩	stewed
煨	braised
红烧	braised in soy sauce; braised in brown sauce
焙	baked
烟熏	smoked

二、常用餐料形状 Popular ingredient shapes

片	sliced; slice
丁	diced; dice
丝	shredded; shred
剁碎	minced; ground
块	chunk
丸、球	ball

三、常用餐料 Popular ingredients

肉类	meat
猪肉类	pork
牛肉类	beef
鱼类	fish
禽类	poultry
冷盘	cold dish
黄鱼	yellow croaker
鳊鱼	mandarin fish
鲳鱼	silver pomfret
青鱼	black carp
鲫鱼	crucian carp
黄鳝	eel

虾、虾仁	shrimp
对虾	prawn
鸡 (小母鸡)	chicken
鸭	duck
鹅	goose
羊肉	mutton
蛋	egg
番茄	tomato
卷心菜	cabbage
青菜	green cabbage
花椰菜	cauliflower
蘑菇	mushroom
笋	bamboo shoot
青椒	green chili; green pepper
黄瓜	cucumber
菠菜	spinach
海参	sea cucumber
蹄筋	hamstring
火腿	ham
青豆	green pea
豆苗	pea sprout
豆芽	bean sprout