

T H E
R E A L
H I S T O R Y
B E H I N D
M O V I E S
C U I S I N E

电影中的
美食地图

English Garden | 谭慧 编著



世界的餐桌，铺张出这一片声光盛宴。



外文出版社
FOREIGN LANGUAGES PRESS

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前 言

电影是光和影的奇迹。它对全世界的影响是其发明者卢米·埃尔根本无法预见的。电影的意义早就超越了其本身，而开枝散叶地向各个领域渗透开去。电影是我们的留声机，也是我们的百科全书。

这套知识性和趣味性兼具的双语读物，将以电影为媒介，通过电影的声光影像再现历史传说与真实生活的精彩纷呈。

《电影中的美食地图》一书旨在介绍欧洲、美洲和亚洲各地的有代表性的饮食文化。事实上，表现美食的电影才是名副其实的“活色生香”。《芭比特的盛宴》中，在那简陋的厨房里，芭比特就像一个神奇的魔术师，有条不紊地变出一道道美食。她的成竹在胸的娴熟技巧，对法国大餐的色香味的极富想象力的设计与搭配，使她浑身散发出一种独特的艺术家的迷人气息。丰富的食物对禁欲生活产生了一种极具杀伤力的诱惑力，味觉开始真正觉醒；《美味关系》里，各种花色的蔬菜水果，在锋利的刀下变成漂亮的形状，面粉和好后的在灵巧的手里揉捏成团，肥壮的鸡在平锅里变成金黄还冒着热气……当美食遭遇电影，它的丰富性首先体现在类型上，有喜剧片，也有悲剧片；有浪漫温情片，也有食色惊悚片；有娱乐片，也有恐怖片。以其色香味俱全的诱惑色相，美食作为表达载体，在诸多影片中完成了各种各样的寓言。

本书以地理位置为体例编排，选取了最能代表各地区的电影来介绍当地的饮食文化。选材浅显易懂、幽默风趣，适合爱好电影，也爱好历史的高中生、大学生，以及各类艺术专业的学生阅读。

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Big Night

《大餐》

国别：USA 美国（1996）

导演：Campbell Scott 坎比·斯科特

主演：Minnie Driver 明妮·德瑞弗

Ian Holm 伊恩·霍姆

Isabella Rossellini

伊莎贝拉·罗塞里尼

Liev Schreiber 里夫·施雷伯



剧情梗概

20 世纪 50 年代，美国新泽西州的海边小城。一对意大利移民兄弟 Primo 和 Secondo 开了一家提供真正意大利美食的小餐馆——天堂（the Paradise）。两人最大的愿望就是借着餐厅的开张、顾客的光临来赚更多的钱，实现他们的“美国梦”。虽然两兄弟对共同经营的事业抱有很大的雄心，却得不到顾客的青睐，眼看顾客都进了别人的餐厅，自己的餐厅却面临倒闭的下场，于是两兄弟想到一个好方法来挽救餐厅。他们费尽心思邀请名人，准备举行一场华丽晚宴。可惜，唯一美中不足的事还是发生了……

片中晚宴的那场戏可以说是整部电影的高潮：一道道精美的菜式，色香俱全；觥筹交错的场景，人们脸上的表情，甚至人们酒足饭饱之后有些空虚的落寞神情，都表达得淋漓尽致。意大利的美食如同它的文化高贵、典雅、味道独特。精美可口的面食、奶酪、火腿和葡萄酒使意大利成为世界各国美食家向往的天堂。

精彩看点



丰富多样的意大利餐：

意大利的饮食文化

比萨饼

意式面条

意式腊肠（萨拉米）

意式烩饭

意式咖啡

意大利葡萄酒

各地风味美食

Italian Food Culture

意大利的饮食文化

Italian cuisine is extremely varied: the country of Italy was only officially unified in 1861, and its cuisines reflect the cultural variety of its regions and its diverse history (with culinary influences from Greek, Roman, Gallic, Germanic, Goth, Norman, Lombard, Frank, Turkish, Hebrew, Slavic, Arab and Chinese civilizations). Italian cuisine is imitated all over the world.

In spite of regional differences, Italian food in general is often characterized as being flexible and innovative, building itself on a model of theme and variation. So, no two gnocchi with Bolognese sauce will be quite the same from any two kitchens. Compare this to a classic French béarnaise sauce which, so the clichés hold, should be as constant as the morning star, no matter who prepares it. Thus, the best in Italian cooking is not only found in the finest Italian restaurants but in the pots of home cooks as well.

For all of its variation and its celebrated incarnation in the home, Italian cuisine has had a profound influence on cooking and eating

throughout Europe, and particularly in France. In 1533, Catherine de Médicis married the future Henry II of France and brought to her new home cooks and pastry-makers who lay the groundwork for French haute cuisine. Moreover, it seems that the Italians were the first in Europe to use a fork (Venetians) and the first to consider both the order of courses — which presented an array of dishes — and the relationship of the dishes served (Florentines). And finally, these busy Italians brought sweets, preserves, and fruit pastes to the western world.

意大利菜式品种丰富。由于意大利整个国家直至1861年才正式统一，所以花样繁多的菜式恰恰就是其地域文化和历史极具多样性的反映（其烹调技法受到若干个文明的影响，包括：希腊、罗马、高卢、日耳曼、哥特、诺曼、伦巴族、法兰克人、土耳其、希伯来、斯拉夫，以及阿拉伯和中华文明）。意式美食为世界各地所效仿。

尽管意大利各地区的菜式有所不同，但总体来说还是以灵活多变的技法和富于创新的菜色变化形成了自己独特的风格。因此，两个厨师绝对不可能做出味道一模一样的意式肉酱汁面团。而与它形成鲜明对比的是传统法式蛋黄酱，其做法总是一成不变，如晨星般永恒，无论谁做都是一般滋味。正因如此，并不是只有在高档的意式餐厅才能找到最好的意式料理，就是家常小馆子也同样能享用美味。

由于意式菜肴的多变性和极富盛名的典型菜品，因此对欧洲诸国的烹饪以及饮食习惯产生了深远的影响，法国尤甚。1533年，出自意大利名门望族的凯瑟琳·美第奇嫁给未来的法国国王亨利二世的时候，将一大批厨师和糕点师带进法国，后来这一批人成为了法式大餐的奠基人。此外，欧洲最先使用叉子作餐具的是意大利人（威尼斯人），最先研究上菜顺序和各道菜之间关系的也是意大利人（佛罗伦萨人）。同时，甜点、蜜饯和果酱也正是由这些勤劳忙碌的意大利人带进西方世界的。

Pizza

比萨饼

There are not too many nations that can say their national dish has become an international phenomenon. Italy has two such dishes, pasta and of course pizza. Pizza or pizza pie is the name of an oven-baked, flat, usually round bread covered with tomato sauce and cheese with other toppings left optional. While originating as a part of Italian cuisine, the dish has become popular in different parts of the world.

Various toppings may be added, most typically:

- sauce, traditionally tomato-based but pesto and BBQ sauces are also common.
- cheese, traditionally mozzarella but often Provolone or a blend of other cheeses
- herbs and seasonings such as basil, oregano, and garlic
- vegetables such as bell peppers, asparagus, eggplant, sweetcorn, broccoli, spinach, olives, onions, and artichoke hearts
- meat or seafood such as sausage (especially pepperoni or salami), ham, bacon, ground beef, anchovies, chicken, tuna, and shrimp
- Other common toppings include mushroom, tomatoes, and pineapple

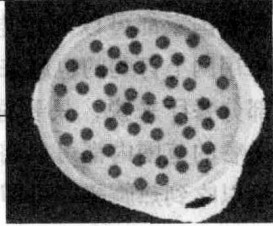
The crust is traditionally plain, but may also be seasoned with butter, garlic, or herbs, or stuffed with cheese. In some pizza recipes the tomato sauce is omitted (termed “white pizza”), or replaced with another sauce (usually garlic butter but sauces can also be made with spinach or onions). Pizza is normally eaten hot (typically at lunch or dinner), but leftovers are often eaten the next day for breakfast or as a snack.

The Italian word for a person with talent for making pizza is pizzaiolo. A restaurant that serves pizza is called a pizzeria (from Italian); the phrase “pizza parlor” is also used in the United States and

Canada. Pizza can also be purchased in grocery stores or supermarkets (usually, but not always, frozen); in many countries, pizza can also be ordered by telephone (or, increasingly, via the Web) to be delivered, hot and ready to eat, to almost any address within range of the restaurant.

A pizza with tomatoes, field mushrooms, and onions as toppings.

一份馅料为番茄、草菇、洋葱的比萨



敢把自己本土的某种菜肴称为国际美食的国家并不是很多，而意大利却占了两种：意大利通心粉和毫无争议的比萨饼。比萨或者叫比萨饼指的是一种扁平的圆形面饼，用烤箱烘制而成。饼面上铺有番茄酱、芝士以及其他一些可选择的馅料。它原本是一种意大利食品，现已成为一种风靡全球的美食。

比萨中可以添加的馅料品种很丰富，最常见的是以下几种：

- 酱料：通常采用番茄酱，不过香蒜酱和烧烤酱也很常见。
- 芝士：通常使用的是意大利马苏里拉白干酪，有时也用佛罗伏洛熏干酪或者其他奶酪混和使用。
- 香料和调味品常用罗勒、牛至叶和大蒜。
- 蔬菜常用钟形辣椒、芦笋、茄子、甜玉米、西兰花、菠菜、橄榄、洋葱和朝鲜蓟菜心。
- 肉和海鲜多选用香肠（特别是意式辣香肠或腊肠）、火腿、熏肉、牛肉粒、凤尾鱼、鸡肉、金枪鱼和虾。
- 其他常用材料：蘑菇、番茄和菠萝。

饼坯一般采用原味面饼，不过也可以放黄油、蒜粉、香料或者填进芝士。在有些比萨的料单里番茄酱可以省略不用（术语叫“白比萨”），或者用其他酱料代替（比如香蒜黄油酱，用菠菜或洋葱调酱也可）。比萨通常是趁热食用（主要做午餐或晚餐），剩下没吃完的也可以做第二天的早餐或是零食。

意大利语中把善于制作比萨的人称为“pizzaiolo”；把供应比

萨饼的餐厅叫做“pizzeria”；而美国和加拿大则常用短语“pizza parlor”表示比萨餐厅。在杂货店或是超市中也可以买到比萨（通常情况下这里买的都是冷冻的，但也偶有例外）；比萨在很多国家都可以通过电话订购（现在采用网上订购的也越来越多），对于大部分餐厅来说，只要你的住址在他们送餐的范围内都可以将比萨直接递送上门。通过这种方式顾客便可以吃到热腾腾、可即时食用的比萨了。



Pasta

意式面条

Nothing says Italy like its food, and nothing says Italian food like pasta. Wherever Italians have immigrated they have brought their pasta and so today it is basically an international staple. Though many pundits claim that Marco Polo brought the idea of noodles back with him to Italy from China, the truth is that this food form existed in both places independently long before Polo's expeditions.

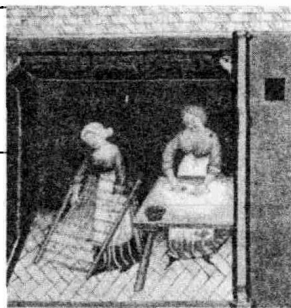
It is estimated that Italians eat over sixty pounds of pasta per person per year. In Italian, the word pasta means “paste”, and refers to the dried dough, traditionally made with hard wheat (semolina) but soft wheat may be added, sometimes with egg and milk. The term “pasta” is used broadly and generically to describe a wide variety of noodles made from this type of dough. Macaroni and spaghetti are probably the most popular, though each of those categories has many size and shape varieties. Additionally, there are dozens of fancy shapes such as conchiglie (shells), farfalle (bows) and rotelle (little corkscrews). Other pastas, such as ravioli and tortellini, have fillings.

Some pastas are colored, often with spinach (green), beet juice or tomato paste (red) and squid ink (charcoal gray).

Today pasta is everywhere and can be found in dried (pasta secca) and fresh (pasta fresca) varieties depending on what the recipes call for. As a general rule, imported dried pasta is superior to American factory-made products, mainly because the imported pasta is only made with semolina, which doesn't absorb too much water and is pleasantly firm when cooked al dente. A good selection of dried pastas can be found in most supermarkets, and an even broader variety is available in Italian markets. It should be stored airtight in a cool, dry place and can be kept almost indefinitely. Fresh pasta is often made with eggs instead of water; it can increasingly be found in many supermarkets and is always available in Italian markets. Because it's highly perishable, it must be refrigerated airtight and can be stored in this manner for about 4 days. It can also be frozen for up to a month. Fresh pastas cook in a fraction of the time necessary for dried pastas. When it comes to saucing pasta, a general rule is to use light sauces for delicate pastas like capelli d'angelo and chunky, heavy sauces for sturdy pastas such as fusilli.

Making pasta; illustration from an edition of *Tacuinum Sanitatis*, Europe, 15th century.

制作意面——选自15世纪欧洲《饮食健康》的插图。



没有什么比美食更能代表意大利，也没有什么比意大利面更能代表意式美食了。无论意大利人迁移到哪里，他们都会带着意大利面，因此现如今意面已经成为世界各国的日常必备主食。尽管很多权威人士认为是马可·波罗把这种做面条的方法从中国传入意大利的，但实际上，这种食品形式在两个国家分别出现的时间都远远早于马可·波罗游历的年代。

据估计，意大利人每人每年平均要消耗掉 60 磅以上的意大利面。在意大利语中，pasta 这个词指的是“面团”，也就是指干的生面，其传统原料是硬质小麦粉（粗粒小麦），不过也可以添加一些软质麦粉，有时还会加入鸡蛋和牛奶。“意面”作为烹饪术语时广义上概括指以这种生面粉为原材料制成的各类面条。尽管每类中包含的面食其形状和大小都丰富多样，但通心粉和意式细面条算是最常见的两种。此外，意面还有着许多别致的花式造型，比如：贝壳粉、蝴蝶面以及螺旋粉等等。其它的意面，比如意式方饺和圆饺都是有馅的。还有些意面是有颜色的，配有菠菜的呈绿色、有甜菜汁或番茄泥的呈红色、有墨鱼汁的呈碳灰色。

如今意面随处可见，根据菜品所需常做成机制干燥面和新鲜手工面两大类。而做意面也有一条常识，那就是进口的意面生粉要比美国机制的成品好，这主要是因为进口的意面生粉是由纯硬质小麦制成的，其水分充足，久煮不糊，口感非常筋道。精选的意面生粉在各国的大部分超市里都可以买到，而在意大利本土的超市里，种类则更加丰富。意面在密闭、干燥、低温的条件下可以长期储存。新鲜的意面的配料里一般用鸡蛋制成而不是水，现在越来越多的超市都供应这种意面，意大利超市更是常年都能买到。但是这种新鲜意面很容易变质，必须要密封后冷藏，保质期约为四天。冷冻保存的话，保质期可以达到一个月。新鲜的手工意面烹煮所需要的时间比机制干燥面要短一些。另外，意面所搭配的酱汁也有通行的规律可循，比如：像“天使之发”那样的细面要配较为清淡的白酱，而耐煮的螺旋粉则需要用口味较为浓厚的红酱来搭配。

Pesto Cavatappi
香蒜螺旋粉



Salami

意式腊肠(萨拉米)

Salami (salame in Italia) is an example of an Italian sausage tradition that has been abused by mass production and over processing. Historically, salami has been popular amongst Italian peasants due to being a meat product able to be stored at room temperature for periods of up to a year, supplementing a possibly meagre or inconstant supply of fresh meat.

Salami is not one specific sausage; it is a generic term describing any type of encased meat product. The origin of the word comes from the Latin word "Salumen" which describes a mix of salted meats. Like many other Italian pork products, Salami has a long history even pre-dating ancient Rome. Over these centuries regional variations as well as preparation techniques have created various types of these sausages.

Each type of Salami is made different from any other, that is why it is hard to describe a general production method. However they are all part of the same family of pork sausages and go through the same stages. Salami is differentiated by the fineness of the ground meat and each variety has a different type of meat consistency as well as a different spice mix. However all salami is made with pork, which has been blended with a particular ratio of high quality pork fat. Favorite spices and flavorings include salt, pepper, garlic, wine, mace, fennel and sometimes cinnamon. Some preservatives are used, but only in amounts allowed by food purity laws and some salami is also colored. Once these meat and spice combinations are blended and packed in natural or synthetic (for cooked salami) casings, the sausage is aged in dark cool cellars.

Salami can be prepared in either fresh, cooked or dry-cured varieties. Dry-cured salami (often seen hanging in markets, butcher shops or Italian grocerias) is ready to eat once it is sliced, while the