



A Cup of Comfort
Cookbook

张莉 译

双语译林

一杯安慰：

温馨美食

Colleen Sell Jay Weinstein

[美国] 考琳·塞尔 杰伊·韦恩斯坦 编

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Chapter 1

Coming in from the Cold:

Soups and Chowders

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First, You Eat

By Carol M. Hodgson,
Gibsons, British Columbia, Canada

My Grandma Josephine ran a classic Polish kitchen: all tomato and dill and cabbage and caraway, with fragrant pots steaming from early morning until early evening. Just before supper was served, the pots and pans were finally emptied and cleaned for the next day. Supper was served late, at around 8:00 p.m., and usually consisted of cold cuts, sausage, homemade bread, dill pickles, beet relish, and perhaps reheated *holubtsi* (cabbage rolls).

The farmhouse sat near the railroad tracks, making it a natural stop for men down on their luck. No one but Grandma would hear the tentative, barely audible knock at the wooden screen door. She'd open the door to a gaunt and raggedy man, eyes too big for his pale grim face, his baggy clothes dusty from traveling in the boxcar or alongside the road. His hands might tremble as the aroma from the simmering pots wafted out to the porch where he stood. Politely, he'd ask whether there was some work he could do, anything at all, in exchange for a meal. Grandma's answer was always the same.

"First, you eat," she would say, and open the door wider

你先吃点东西

卡罗尔·M.霍德森

加拿大不列颠哥伦比亚省吉布森市

我奶奶约瑟芬操持着一个典型的波兰式厨房：里面除了西红柿、莼萝、卷心菜就是葛缕子，香气四溢的深锅从清晨到向晚都热气腾腾。总要等到晚餐上桌前，各式炊具才会最终腾空并清洗干净，以备次日再用。晚餐通常开始得比较晚，要八点左右，一般有冷盘、香肠、自制面包、莼萝泡菜、开胃甜菜，有时还会有重新加热的卷心菜卷。

奶奶的农舍就坐落在铁道附近，于是对那些没走成的人们，这里就成了一个合乎常情的落脚点。除了奶奶，谁也听不到木制网格门上小心翼翼的、轻得令人几乎无法察觉的叩门声。奶奶打开门来，便见着某个瘦削憔悴、衣衫褴褛的人，一双眼睛在他苍白而僵硬的脸上显得大得出奇，身上松松垮垮的衣服因一路上搭乘货车或沿着路边步行的缘故沾满尘土。光是站在门廊上，外乡客就能闻到奶奶家慢火轻煨的深锅不时往外冒出的诱人香气，他的双手会颤抖起来。他会彬彬有礼地开口询问此处是否有他可做的活计，随便什么都成，只要能让他换一顿饭吃，而奶奶的回答总是相同的。

“你先吃点东西。”她会边说边把门开大些，好让那人进来。

so the man could enter.

Once inside, the man was handed a towel and shown the washroom. Cleaned up, he was invited to sit at the table.

My grandparents didn't have much: a handful of milk cows, a few chickens, hills of potatoes, rows of beets. My mother tells of living one entire winter on potatoes and beets with an occasional chicken thrown in. Whatever they had, they shared, and for the man at the door, there might be borscht, potato and dumpling soup, and pyrohy with potato filling—more food than he'd seen in a long time.



*Josephine Zatylny
standing by her barn*

When he had eaten, the stranger would set about doing whatever tasks my grandmother needed done. As he worked, she'd pack him some bread and cold pyrohy to take with him on his journey. Hours later, Grandma would find the bundle gone—and, sure enough, the firewood split, the garden weeded, and the henhouse cleaned, just as she'd asked. Often, leaves would be raked and the front sidewalk swept, too, as though a meal and the unconditional compassion that went with it were worth far more than the original asking price.

Unlike my grandparents, I did not live through the famines of the Ukraine. I never spent a whole winter eating nothing but potatoes. I never had a hungry, down-on-his-luck man knock on my door, offering to mend a fence for a bit of food. But I can hear my grandma's voice, just as clearly as if I were sitting in her steamy, dill-scented kitchen, responding to the tap, tap, tapping at her door:

那人进屋以后,她还会递给他一条毛巾,告诉他盥洗室在哪里。等他洗干净了,她又会请他在餐桌旁边落座。

祖父母也不宽裕:几头奶牛,几只鸡,成堆的土豆,外加几畦甜菜。母亲常说他们曾靠吃土豆和甜菜熬过了整个冬季,只是偶尔还能吃上一只鸡。然而,只要他们还有东西吃,他们就会跟别人分享。招待站在门口的外乡人时,倒还可能会多出罗宋汤,土豆圆子汤,以及土豆包等——外乡客恐怕很久都没看到如此丰盛的食物了。

等外乡人吃完了,他就会动手为奶奶干需要干的活计。他干活的同时,奶奶会给他打包些面包和冷的土豆包,好让他带着在路上吃。再过几个小时,奶奶会发现那只包裹不见了——当然,要劈的柴也劈了,花园里的杂草也清除了,鸡窝也打扫干净了,一切都跟她要求的一模一样。这些外乡人仿佛觉得,奶奶施舍的那顿饭以及其中包含的无条件的同情早已超出了原先的“要价”,因此,他们还常常会耙拢院子里的落叶,扫净门前的人行道。

和祖父母不同,我从未经历过乌克兰的饥荒。我从未整整一个冬季都只吃土豆。我也从未碰见过某个饥饿难耐、时运不济的人来敲我的门,主动要求帮我修篱笆,以换取些许食物。不过,我能听见奶奶答应“嗒嗒嗒”敲门声的嗓音,清晰得仿佛我就坐在她那茱萸飘香、热气腾腾的厨房里。我仿佛听见她说:



约瑟芬·扎泰尔尼
站在自家的谷仓前

"First, you eat."

I am about the age now that my grandmother was then. As though driven by Zatylny genetics, without recipe books to guide me, I make traditional foods and think about her kitchen in that little white farmhouse. A longing flutters in my stomach and rises to my throat . . .

I want to make soup and give it away, no questions asked.

“你先吃点东西。”

如今，我已经跟奶奶当时的年纪相仿。似乎是受到扎泰尔尼家族基因的影响，无需求助烹饪书籍，我一边制作传统的美食，一边怀念起那座白色小农舍里奶奶的厨房。我的心里涌起一阵阵难以抑制的渴望……

我真想做些好汤给别人喝，而且无欲无求。

扎泰尔尼奶奶的罗宋汤

在我家的厨房里，整个秋冬季都会炖着这样一锅散发着泥土清香的汤。

我通常会做足分量，乐在其中地跟所有想喝汤的人共同分享。

食物量：8 人份

3 杯水	1 杯切好的新鲜西红柿块或 1 罐 (14.5 盎司)西红柿丁
4 颗中等大小的甜菜，去皮后切成丁	2 汤匙切碎的新鲜莼萝，或 1 汤匙干 莼萝
1 只中等大小的土豆，去皮后切成块	1 汤匙新鲜欧芹
2 只中等大小的胡萝卜，去皮后切成块	1 片大蒜瓣，捣碎
1 只大个洋葱，切碎	2 茶匙盐
1 杯切成丝状的卷心菜——白色红色 皆可，混用也行	调味用的辣椒
4 杯蔬菜原汤或水	1 片干月桂叶
$\frac{1}{4}$ 杯醋或柠檬汁	

1. 取一只大平底锅，放入 3 杯水、甜菜、土豆、胡萝卜、洋葱以及卷心菜，煮开后盖上锅盖。小火煨炖约 20 分钟，或者候至锅中的蔬菜熟透。
2. 加入 4 杯原汤、醋、西红柿、莼萝、欧芹、大蒜、盐、辣椒以及干月桂叶。盖上锅盖，再次煨炖至少 30 分钟。
3. 按照波兰传统，最后在汤上浇少许酸奶油，搭配腌鲱鱼、黑麦面包、莼萝泡菜，和切片奶酪一起食用。

味噌汤

在日式餐馆里,你可以喝到一种点缀着豆腐块和海带的美味浓汤。
这种汤是用发酵后的黄豆以及一种被称为“味噌”的谷物面糊制作的。

——杰伊·韦恩斯坦

食物量:4人份

5杯蔬菜或蘑菇原汤

1根昆布(干海带),约5英寸见方

1茶匙酱油

3汤匙淡(黄色)味噌,比如白麦味噌

2根大葱,切碎

2盎司老豆腐,切成小块

4茶匙裙带菜(即食型)

1. 取一只汤锅,放入原汤和昆布,加热煮沸。盖上锅盖;离火搁置5分钟。沥干;倒入酱油搅拌。
2. 取一只搅拌碗,倒入约 $\frac{1}{4}$ 杯的热原汤和味噌面糊,用金属搅拌器加以搅拌,直到味噌溶化。将碗内混合物倒回剩余的原汤中。
3. 将大葱、豆腐丁以及裙带菜分别倒入4只碗中,随后,轻轻将汤舀入碗中。



如何烹制原汤

原汤是一种调味汤,它是将多种口味的配料(比如烤骨头、芳草和蔬菜)加在一起煨炖而成,汤汁入味十足。原汤可用作大多数汤、沙司以及肉卤的底料,不过有时用水效果更佳。在以蔬菜为基本食材的汤(比如意大利浓菜汤和滨豆汤)中,使用纯水能够把蔬菜的味道衬托得愈发浓郁,而不会有浓郁的肉味喧宾夺主。制作海鲜杂烩浓汤时,也是用水即可。我的习惯做法是,在冬季使用原汤做汤的底料,但在温暖的季节则用水。

Jewish Penicillin

By Hanna Geshelin, Worcester, Massachusetts

The wonders of Jewish chicken soup have been discovered by many non-Jews, including a man I worked with many years ago in Idaho. Jack, who had grown up in a small community in Pennsylvania, was a great raconteur who regaled us with tales during coffee breaks. One day, he told us about his childhood friend Abie Silverman. As a boy, Jack would hang around the Silverman home, hoping for an invitation to supper. What he remembered best was Mrs. Silverman's chicken soup: matzo balls floating in a clear golden broth with fat globules glistening on the top and shredded chicken on the bottom.

"Heaven!" Jack said, still lost in his culinary reverie. Suddenly he looked at me. "Did your grandmother make Jewish chicken soup?"

"Sure," I said. "So does my mother, and so do I."

"You do?" He sounded as though I'd just told him I had wings on my back.

"Do you want the recipe?" I asked.

"I'd love it," he said, as though I'd just offered him the Holy Grail.

On my lunch break, I jotted down the recipe and brought it to him. Raising his eyebrows, he asked, "Do you have a cookbook at your desk?"

"No," I said.

"You called your mother?"

"No, I know how to make it." It's one of those things a Jewish woman just learns, like tying shoes.

Jack studied the recipe. "This is all there is to it? It can't be this easy."

"Try it," I said with a smile.

Monday morning Jack came into my office as if he was floating six inches off the ground, a beatific smile on his face.

"Hanna," he said, "I made your chicken soup over the weekend." He sighed and shook his head. "It was just like Mrs. Silverman's."

犹太盘尼西林

汉娜·戈什林,马萨诸塞州伍斯特市

已经有很多非犹太人发现了犹太鸡汤的神奇,其中包括一位多年前在爱达荷州和我一起共事的男人。他叫杰克,从小在宾夕法尼亚州的一个小社区长大,他是个了不起的故事大王,经常在喝咖啡的休息时间拿各种各样的奇闻逸事来逗我们开心。有一天,他对我们说起自己儿时的玩伴阿比·西弗曼。孩提时代杰克就经常在西弗曼家故意磨蹭时间,就是希望能被他们留下来共进晚餐。他记得最牢的就是西弗曼太太烹制的鸡汤了:无酵饼粉做的汤团漂浮在清澈的金色原汁清汤中,汤上面油脂滴滴闪闪发光,而汤底则沉着切成条状的鸡肉。

“美极啦!”杰克感叹道,还沉浸在自己对佳肴的遐想中。忽然,他看着我。“你奶奶做过犹太鸡汤吗?”

“当然。”我回答说,“我母亲会做,我也会做。”

“你也会?”他的口气听上去就像是我刚告诉他我的背上长出了一双翅膀一样。

“你想要菜谱吗?”我问他。

“当然想要。”他回答道,仿佛我刚刚答应了他给他圣杯一样。

在午休时间,我草草写了份菜谱,递给了他。他扬起眉毛问我:“你的办公桌上摆了一本烹饪书吗?”

“没有。”我告诉他。

“那么,你给你妈妈打了电话?”

“没有,我知道该怎么做。”这是每位犹太女性都会学的事情,就像学系鞋带一样。

杰克研究着这份菜谱。“这就全啦?不可能这么简单吧。”

“试试看。”我微笑着说。

星期一上午,杰克来到了我的办公室,他看上去像足不点地,脸上还挂着一丝幸福的微笑。

“汉娜,”他说,“上个周末我做了你的鸡汤。”他一边叹息一边摇头。“跟西弗曼太太的一模一样啊。”

基础鸡汤

鸡汤应该做得清澈、醇香，并有约 60% 的原汁清汤。

一开始，先熬好原汤或肉汁清汤，然后再加入新鲜的鸡块使香味变得浓郁。

——杰伊·韦恩斯坦

食物量：8 人份

1 整只煮熟的鸡(大约

2½磅)，切成 4 块

4 杯原汁鸡汤或清汤，另加

2 杯水

2 只大个洋葱，粗切即可(大约

4 杯)

2 只胡萝卜，切成块状(大约 2 杯)

2 根西芹，切成块状(大约 2 杯)

3 根欧洲防风，去皮后切成 1 英寸

长短短的条状

1 片月桂叶

3 根宽叶(意大利)欧芹

2 汤匙切碎的新鲜莼萝，或 2 茶匙干

莼萝

调味用的盐和辣椒

1. 将鸡洗净，放入盛有原汤的大锅内，再加入足量的水，使鸡完全浸没。以中火煨炖。放入各色蔬菜、月桂叶和欧芹。

2. 以小火缓缓煨炖约 1 小时，直至鸡熟透，间或撇去泛上来的泡沫。从锅中取出鸡，去皮，将整鸡的 1/3 切成块状或细条。剩余的鸡块可留作他用，比如做鸡肉色拉。

3. 将鸡肉放回汤中，倒入莼萝并搅拌，去掉月桂叶，撒上调味品即可。

原汤对厨师的重要性，就像是噪音对歌手一样。

——佚名