

中英双语阅读

每天读点 中国文化

Daily Readings of Chinese Culture

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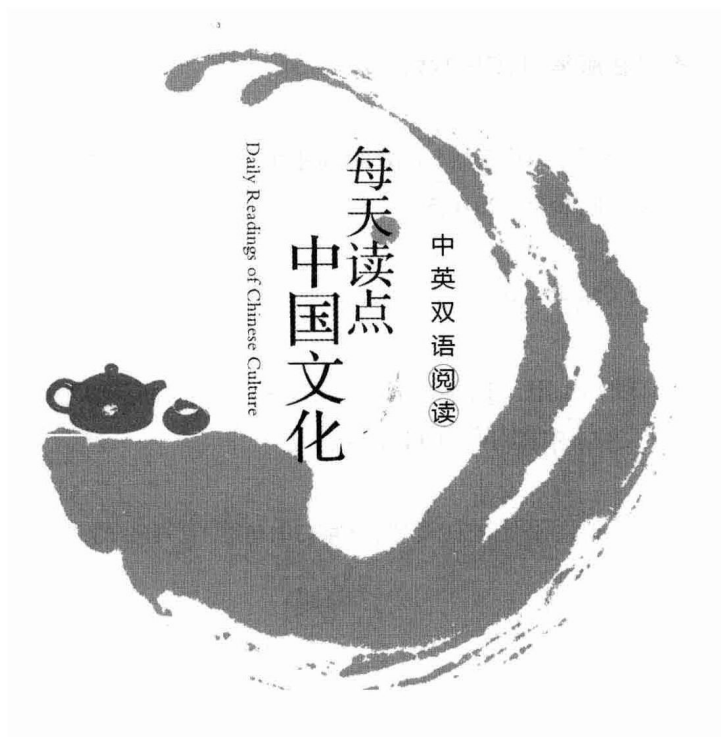
中国饮食知多少 满汉全席
又是粽子飘香时 绚烂的少数民族饮食
茶马古道 中国茶馆
芳香悠久的中国酒
历史悠久的干杯 酒林轶事

饮食天下

Gourmet
Culture



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主编寄语

长城、故宫、兵马俑、功夫、京剧、象棋，这些都是中国文化的标志象征。中国，作为东方文明的发祥地，5000年的历史积淀，无数前人的智慧结晶，给我们留下了数不清的物质和精神财富。在漫漫的历史长河中，有优美隽永的唐诗宋词，无与伦比的四大发明，有老庄孔孟的哲学思考，趣味盎然的琴棋书画，还有令人流连的山水楼台，令人迷醉的茶酒美食……这一切交织融合，洋洋洒洒地给世人呈现了一个博大精深、妩媚与雄浑并重的中国。

无论您是对中国文化颇感兴趣的外国友人，还是有志于了解并推介中国民族文化的国内朋友，也无论您年龄的长幼，职业的分别，每天抽出一些闲暇时间，请随我们一起阅读这套以双语对照为特色的《每天读点中国文化》丛书。

这套丛书设有六个分册：《国学经典》、《自然景观》、《民俗风情》、《饮食天下》、《建筑艺术》和《城镇魅力》。我们采用中国画“散点”构图的方式，通过若干有序的篇章安排，对文化的不同侧面做精炼扼要的勾勒，同时尽可能多地吸纳细节，扩充信息，牵手时尚。每一章节增设的“现代链接”栏目，就是把传统与现代相结合，或纵深，或延展加以记述，配之以精心挑选的图片，以方便读者的阅读为出发点，全方位、多层面地展现中国文化源远流长、丰富多彩的内蕴。

中华文化浩如烟海，任取一端，即便是穷尽毕生精力，也不过是略窥其梗概而已。要将这么悠久而繁复的文化内容，提纲挈领地做一个简明的介绍，真是谈何容易！我们深知要编好这样一套丛书的种种艰辛。但我们依然不揣浅陋，知难而上。一方面是因为多年的英语教学使我们这些一线的英语教师切实感到介绍学生阅读一套全面介绍中国文化的双语读物的必要性。无论是口语课还是翻译课上，每每当我们谈及中华文化的点点滴滴，青年学子们常常报之以羞赧一笑，平日只忙于学习英、美文化，而自己民族的特色呢？看看我们身上的服饰，口中的美食，欣赏的音乐，阅读的书籍，还有我们居住的城市建筑，庆祝的各种节日，哪



一样不是深受西方影响？尤其是当需要用英文介绍民族文化特点时，大家更是因了解不多或语言不精而难以开口。为此，我们希望这套丛书能帮助青年学子、文化导游以及翻译工作者等通过双语阅读，拓宽视野，掌握一套地道的文化词汇，用恰当得体的英语介绍中国的悠久文化。

另一方面，在与世界性文化的交流中，中国文化不断向世界提供着自己的精华，从而越来越受到全世界的瞩目和推崇。若失去了中国文化的诸多元素，世界文化将无法完美。因此，我们希望这套丛书能帮助越来越多的外国友人走近中国，加深对中国文化的全面了解，从而越来越欣赏和热爱这古老的文明。

让我们的心灵穿越历史的隧道，去静静欣赏永不褪色的文化画卷，去怡然体味历久弥新的文化传统。中华文明的自然之美和智慧之光，将引领我们回溯过往，迎接未来。

衷心感谢各分册的主编、编委和同仁们，你们的辛勤工作使得这个庞大的想法成为了现实。当然，最应感谢的还是你们——本书的读者朋友，你们的感受和意见将是激励我们前进的最大动力。

即将付梓，此心惴惴，唯恐有所疏漏，贻笑大方，但错误在所难免，敬请专家、读者批评指正！

孙晓朝 杜鹃

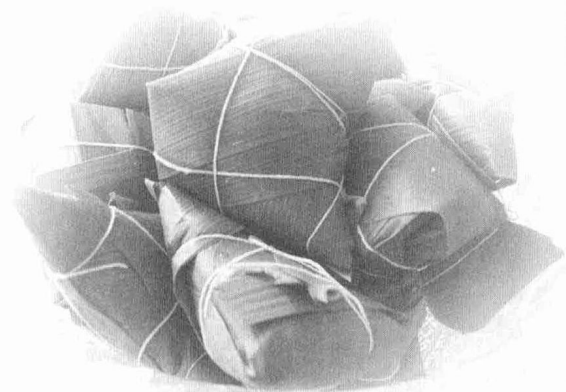
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第一部分

饮食

天以食为天



- ◎ 中国饮食知多少?
- ◎ 中国菜的命名
- ◎ 中国饮食中的五行学说
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- ◎ 中国食疗
- ◎ 筷子, 饮食文明的承载者

How Much Do You Know About Chinese Cuisine?

中国饮食知多少?

Snap Shot

【注释】

sorghum:

n. 高粱

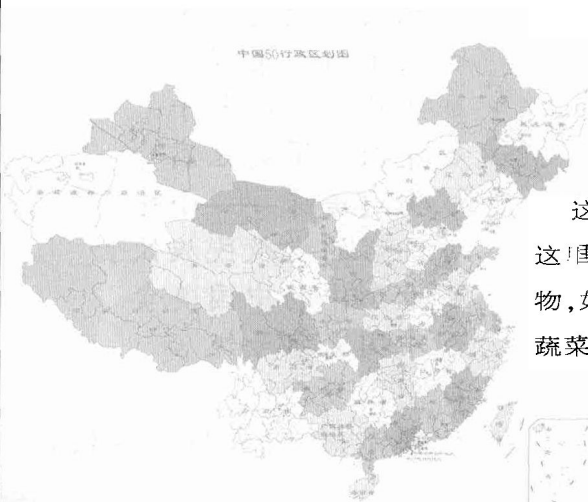
lush:

adj. 葱郁的, 繁菜的

China's enormous northern half, comprised of grasslands, mountains and deserts, is harsh, cold, and dry in winter

and hot and dusty in summer. Mostly hardy crops are grown and eaten — corn, sorghum, wheat, cabbages, and root vegetables.

The bottom half, basically the provinces surrounding and south of the Yangtze River, is green and lush, with rivers, lakes, and a higher rainfall. Abundant produce, seafood, and meats are at local people's disposal.



中国辽阔的北部地区以草原、山脉、沙漠为主，因此



这一地区冬季干冷，夏季酷热多尘。这里种植和食用的都是耐寒耐旱的作物，如玉米、高粱、小麦、白菜和根茎类蔬菜。中国南方省份，基本上位于长江周边以及长江以南。那里植被茂盛葱郁，河湖纵横，雨水丰富。农产品、海鲜、肉类应有尽有。

A Typical Meal: *Fan* and *Cai*

Anyone who has eaten Chinese food knows that steamed plain rice always accompanies the meal. The Mandarin word *fan* means both “rice” and “food”. In China, a good deal of casual talk centers around the expression “*nǐ chī fàn le ma?*”, literally meaning “have you eaten rice (food) yet?” Regardless of region, a typical Chinese meal consists of a grain base — *fan*, such as rice, noodles, or buns, and meat and vegetable dishes, referred to as *cai*, adding flavor and variety to, but not overriding the integrity of *fan*.

The possibilities for *cai* are enormous. China’s abundant variety of meats and vegetables are stir-fried, stewed, steamed, baked, roasted, oil and water-blanching, and deep-fried. Every kind of cooking method is well represented. Seasonings in Chinese cooking are too numerous to count. A few commonly used seasonings are soy sauce, fermented bean paste, black rice vinegar, *huang jiu*, sesame oil, chili oil, ginger, red chili pastes, and garlic.

典型膳食——饭和菜

吃过中餐的人都知道,白米饭是顿顿都少不了的。汉语中,饭兼有“米饭”和“菜”的意思。在中国,很多闲聊都围绕着吃,比如“你吃饭了吗?”不管在什么地方,典型的中国膳食中总有谷物,即饭的身影,主要有大米、面条、馒头,餐桌上各式的肉菜和蔬菜使每一餐都变得丰富多彩,但是不管怎样,菜都无法超越饭在饮食中的地位。

“菜”的做法数不胜数,有炒、炖、蒸、烤、白灼、油炸。不同的烹饪方法做出的美味也不尽相同。中国的调味品品种也很丰富,常用的调料有酱油、大酱、陈醋、黄酒、芝麻油、辣椒油、姜、辣椒酱和蒜。

【注释】

black rice

vinegar:

n. 陈醋

chili:

n. 辣椒



Regional Varieties of Chinese Cuisine

blur:

v. 模糊

a cornucopia of:

大量的

rueful:

adj. 懊恼的

shellfish:

n. 贝类动物

Divisions between Chinese culinary regions have blurred somewhat in modern times, given trading and migration between regions over the years. But each cuisine still boasts of famous dishes as well as lesser-known specialties of the city, town and countryside. The amazing number of available foodstuff and a variety of preparations provide travelers in China with a happy problem: One hardly knows what to try next.

The food of China's west combines a cornucopia of eastern spices with an abundance of local ingredients. This is a sophisticated and highly spiced cuisine, often extremely spicy hot. Red chili appears in many dishes, often to extremes rivaling that of Mexican or Thai preparations.

Southern Chinese cuisine centers on Guangdong Province and its capital, Guangzhou. This subtropical region is rich in resources. Guangdong cuisine incorporates ingredients from all over China and is known for its use of exotic animals. As a culinary proverb about Guangdong cuisine states, "anything that walks, swims, crawls, or flies is edible."

If you ask which region of China has the plainest food, "the north" is always the answer, accompanied by a rueful smile. General opinion deems northern Chinese cook the least tasty of the Chinese food, which is attributed to the lack of variety in ingredients and preparation. But delicacies are still available in the north. The flour-based foods there are famous. Travelers in north China will become familiar with *jiaozi*, with its delicious fillings of meat or vegetables and dipped in a black vinegar sauce when eaten.

Like the north cuisine, eastern cooks favor oily dishes, although more subtle than those in the north. The lakes and river tributaries provide abundant fish and shellfish to this region. Soups and soupy dishes are very popular.

中国饮食的地区差异

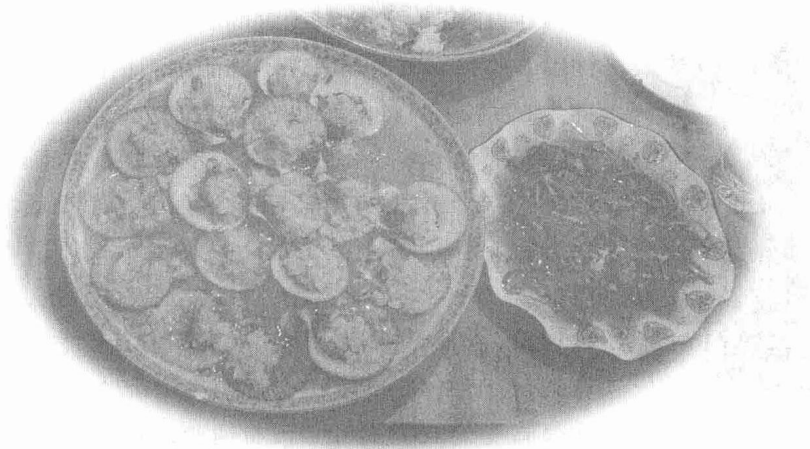
随着现在南北贸易的增多和人口的流动,中国饮食的地区性差异并不像以前那么明显了。不过不同地区的饮食仍不乏自己特有的名菜,以及民间名不见经传的地方小吃。面对数不胜数的食材,加上各式的烹饪,让你无法猜到下一道美味会是什么。

中国西部美食将特有的东方调味品与当地丰富的物产完美地结合在一起。西部菜肴烹饪程序复杂,辣味十足。每道菜里几乎都有红辣椒,丝毫不逊色于墨西哥菜和泰国菜。

南方菜中的核心菜肴主要来自广东省及其省会城市广州。广东处于亚热带地区,资源丰富。粤菜囊括了来自全国各地的食材,更因其使用奇异动物入菜而闻名。中国有句俗语一语道出了粤菜的特点,“陆上走的、水里游的、地上爬的、天上飞的,没有什么是在粤菜中吃不到的。”

倘若您要问哪的中国菜最不好吃,别人可能会苦笑着说“北方菜”。北方菜之所以被认为最难吃可能要归因于其可选用的食材和烹饪方式的匮乏。不过,北方也不乏美食。那里的面食名气就很大。去过北方的人一定对那里的饺子念念不忘,肉馅或素馅的饺子,吃时蘸着陈醋、酱油,味道甬提多好了。

与北方菜类似,东部地区的菜也偏油,但要比北方菜精致得多。东部河流纵横,鱼类、贝类也很丰富。汤和汤类菜肴颇受欢迎。



Modern Link

现代链接...

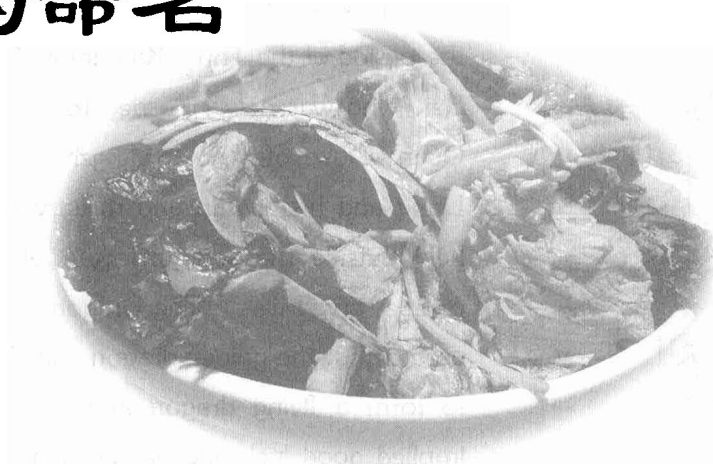
In China, mealtime drinks range from delicate teas to blinding liquors. As with tea, alcoholic drinks have a longstanding tradition in China. Generally Chinese women do not drink, leaving the country's alcohol consumption to the men. In China, *jiu* is made from fermented rice and other grains, with varying degrees of alcoholic strength. Extremely popular (especially in the north) is a strong-smelling sorghum liquor called *baijiu*. Many Chinese men drink *baijiu* in copious quantities. Grape wine is not common, although today there are vineyards in China producing western style Cabernet Sauvignons, Merlots, and the like. *Huangjiu* such as that from Shaoxing in southeastern China, has a nutty, sherry-like flavor. Traditionally, Chinese people are not very much fond of western-style desserts. However, some Chinese versions of western desserts, such as cookies, cakes, and ice cream tend to be less sugary, and are very popular.

在中国,吃饭时喝的饮品,有精致的茶品,也有喝下去令人头晕的烈性酒。与茶一样,酒在中国也有着悠久的历史。中国的女性一般不喝酒,倒是不少男性有喝酒的嗜好。中国的酒由发酵的大米和其他发酵的谷物酿造而成,不同的酒酒精浓度也不一样。北方极为流行度数较高的高粱酒,即白酒。许多中国人都有不俗的酒量。中国人不太常喝葡萄酒,不过,也不乏生产出西方葡萄酒,诸如卡百内和墨尔乐之类的葡萄庄园。中国还有许多种黄酒,其中就有产自东南部的绍兴黄酒,黄酒散发着坚果的香气,类似雪利酒。从传统上讲,中国人并不怎么爱吃西式甜点,但对于曲奇、蛋糕、冰淇淋等中国版的西方甜品却很偏爱,因为这些甜点没有纯西式的甜品那么甜。



How Chinese Dishes are Named

中国菜的命名



Snap Shot

When ordinary dishes are given beautiful names, they will improve the attractiveness of the dishes and make diners happy. For example, a dish of chicken and soft-shelled turtle is called “Farewell My Concubine”. Behind the names of Chinese dishes, there are many stories and allusions, which add to the mystique of the Chinese dietetic culture.

当一道不起眼的菜起了个炫丽的名字，不但能提升菜肴本身的吸引力，同时还能给就餐者带来愉悦。例如，鸡肉炖甲鱼就被称为“霸王别姬”。中国菜的名字背后有着很多故事和寓言，这些无疑增加了中国饮食文化的神秘性。



【注释】

treacherous:

adj. 背叛的,
背信弃义的,
奸诈的, 叛逆的

Carrier of Feelings

The dish “The Dragon and Phoenix Mixture” tells a story from the period of the Three Kingdoms. General Zhao Yun escorted Liu Bei, who was newly-married to Sun Shangxiang, a sister of Sun Quan, Duke of Wu, to Jingzhou. They were greeted by Zhuge Liang and his civilian and military officials. A grand banquet was held outside the southern gate of Jingzhou City, and the first course served was “The Dragon and Phoenix Mixture”. The chef used eel for the golden dragon and chicken for the colorful phoenix to form a flying dragon and dancing phoenix on the plate. It implied good luck and beauty. Now the sweet and sour dish is a delicacy in the Hubei cuisine, often served at wedding dinners.

Hangzhou was the capital city of the Southern Song Dynasty. It is also the burial place of famous general Yue Fei who led the army to resist the invading troops of the Jin Dynasty. To express their hatred for the treacherous court official Qin Hui, people in Hangzhou called a deep-fried twisted dough stick which is a breakfast delicacy, “Deep-Fried Hui”.



情感的寄托

“龙凤呈祥”这道菜讲述的是三国时期的故事。当时赵云将军负责护送刚与吴王孙权的妹妹孙尚香完婚的刘备到荆州，诸葛亮和官员们盛情款待这一行人，在荆州南门外大摆筵席，端上桌的第一道菜便是“龙凤呈祥”。厨师用金色的鳗鱼摆成龙的形状，用鸡代表凤凰，在盘子中塑造出了龙飞凤舞的美妙图案，预示着吉祥、好运。这道味道酸甜的菜品是湖北婚宴中必不可少的一道名菜。

杭州是古代南宋王朝的首都，南宋抗金名将岳飞葬于此。杭州人为了表达对陷害岳飞的奸臣秦桧的憎恨，将早餐中经常吃的油条叫做“炸桧”。

Delicacy Inventors

Some dishes are named to honor their inventors. The “Duke of Pei’s Dog Meat”, a popular dish in northern Jiangsu Province, is said to have been invented by Liu Bang, the founding emperor of the Han Dynasty. He had been awarded the title “Duke in Pei”. “Dongpo Pork” is said to have been invented by Su Dongpo, a famous man of letters in the Song Dynasty, when he was an official in Hangzhou. He once mobilized the local people to dredge the West Lake, and rewarded them with stewed pork in Shaoxing *huangjiu* with special flavor. The pork dish was praised as number one of Dongpo’s dishes.

“Thong Eel” tells a story happening in the 8th year of the reign of Emperor Daoguang of the Qing Dynasty. Zhu Fangzhe, a person born in Jianli County, Hubei Province, was appointed magistrate of Yilan County in Taiwan. Shortly after taking office, he had to decide a case concerning eels destroying the boundaries between paddy fields. The local people did not eat eels, so such cases were extremely common. After investigating the cause of the boundary dispute, he ordered his family chef to cook an eel dish. He then asked both the plaintiffs and the defendants to taste it, and they all thought it delicious. From then on, the people in the

【注释】

mobilize:

v. 动员

magistrate:

n. 地方官员，
文职官员

plaintiff:

n. (律) 起诉人，
原告



county began to catch eels for food thus ending such suits. It is said that the dish was invented by a cook named Gou'er (the Chinese word for dog), which in local dialect was "thong", hence the name "Thong Eel".

美食缔造者

有一些菜肴是以菜肴的发明者来命名的。“沛王狗肉”是江苏北部很有名的一道菜，据说是汉朝开国皇帝刘邦发明的，刘邦曾被封为“沛王”，因此将他发明的这道菜称为“沛王狗肉”。“东坡肉”据说是宋朝著名文人苏东坡在杭州任职期间发明的。当时，他动员当地百姓疏浚杭州西湖，并亲自下厨用绍兴黄酒炖肉来犒劳百姓。从此，“东坡肉”名声大噪，被认为是苏东坡所发明的菜肴中最有名气的一道菜。

“皮条鳝鱼”讲述了清帝道光八年的一个故事。湖北监利人朱方哲时任台湾宜兰县令。刚刚上任不久，他就面临一个棘手的案子，原来当地时常发生鳝鱼打洞从而拱垮田界的事情，因而邻里纠纷不断。当地人不吃鳝鱼，因此鳝鱼有增无减，引起的纷争更是屡见不鲜。了解了事情的来龙去脉之后，朱方哲命令家里的厨师用鳝鱼做一道菜。然后让争端双方都来品尝，双方都觉得用鳝鱼做出的这道菜非常美味。从那以后人们就开始抓田里的鳝鱼来做菜，随着田里鳝鱼的减少，邻里矛盾逐渐消失了，类似的案件也渐渐没有了。据说，这道菜最初是由一位名叫狗儿的厨师做的，当地方言称其为“皮条子”，因此就有了后来的“皮条鳝鱼”这道菜。

Modern Link

现代链接

【注释】

gem:

n. 珍宝, 美玉

Often, dishes are named for natural phenomena and things that exist in nature: the four seasons, wind, flowers, snow, plants, gold, jade, gems, animals, and the moon have all been used in naming dishes to add beauty and appeal, to