

Enjoy Culinary Delights:  
The English Translation of Chinese Menus

# 美食译苑

中文菜单英文译法

○ 北京市人民政府外事办公室  
○ 北京市民讲外语活动组委会办公室



世界知识出版社

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## 前 言

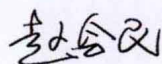
饮食文化是中国优秀传统文化的重要组成部分，历史源远流长。全球化进程的深入推进，使中华美食走遍世界，享誉全球。多样的选材、独到的技法、精美的造型和丰富的口感，在不经意间向世人传递中华饮食文化的博大精深。

改革开放30多年来，中国与国际社会的交流不断深入，外国友人对中华饮食文化表现出越来越浓厚的兴趣。在中国国际影响力显著提升的今天，规范中华美食的英文译名，有利于广泛传播中华饮食文化，促进更多领域的中国文化走向世界。

作为中国的首都和文化中心，北京在成功举办一届“有特色、高水平”奥运会后，提出了建设世界城市的宏伟目标。此时，北京市人民政府外事办公室牵头成立编委会，编辑出版《美食译苑——中文菜单英文译法》一书，有助于进一步增强城市对外服务水平，提升首都国际竞争力和影响力。

“饮德食和，万邦同乐”，希望这本书能够成为外国友人了解、品鉴中国美食的帮手，为中国饮食文化走向世界提供支持，为首都建设世界城市提供助力。

北京市人民政府外事办公室主任



二〇一一年五月

## Foreword

Food culture is an important part of China's traditional culture. It has a long history. With the progression of globalization, Chinese food is now found all over the world. Its variety of selection, unique culinary art, as well as its fine shapes and rich tastes have spread the depth and diversity of Chinese food culture to the world.

In the past 30 years, with the reform and opening up, as well as the ever-broadening international exchanges, our foreign friends show increasing interest in Chinese food culture. It is now necessary to standardize the English translation of Chinese menu so as to better disseminate the Chinese food culture to the world.

With her great success in holding the "unique and high-level" 29th Olympic Games, Beijing, as China's capital city and cultural center, has now initiated the grand project of making herself a World City. As part of the work, the Foreign Affairs Office of the People's Government of Beijing Municipality has organized the compilation and publication of the book *Enjoy Culinary Delights: The English Translation of Chinese Menus*, hoping it will help to improve the hospitality service and enhance the competitive strength and influence of our capital city.

Attain harmony in dietary desires; share happiness among nations. We hope this book will help our foreign friends to better appreciate Chinese food and understand China's food culture. We hope, also, that the book can do its bit in helping to make Beijing a World City.

Zhao Huimin

Director General

Foreign Affairs Office of the People's Government of Beijing Municipality

May 2011



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## 翻译的原则 Principles of Translation

中餐菜单的翻译涉及到菜品的原料、烹饪方法，中餐的菜名还涉及到人名、地名和一些特有品名的独有叫法。经多方讨论，对中文菜单的英译制定如下的翻译原则：

### 一、以主料为主，配料或配汁为辅的翻译原则

#### 1. 菜肴的主料和配料

主料（名称/形状）+ with + 配料

如：松仁香菇 Chinese Mushrooms with Pine Nuts

#### 2. 菜肴的主料和配汁

主料 + with / in + 汤汁（Sauce）

如：冰梅凉瓜 Bitter Melon in Plum Sauce



### 二、以烹制方法为主，原料为辅的翻译原则

#### 1. 菜肴的做法和主料

做法（动词过去分词）+ 主料（名称/形状）

如：拌双耳 Tossed Black and White Fungus

#### 2. 菜肴的做法、主料和配料

做法(动词过去分词) + 主料（名称/形状）+ 配料

如：豌豆辣牛肉 Sautéed Spicy Beef and Green Peas

#### 3. 菜肴的做法、主料和汤汁

做法(动词过去分词) + 主料（名称/形状）+ with / in + 汤汁

如：川北凉粉 Tossed Clear Noodles with Chili Sauce



### 三、以形状、口感为主，原料为辅的翻译原则

#### 1. 菜肴形状或口感以及主配料

形状/口感 + 主料

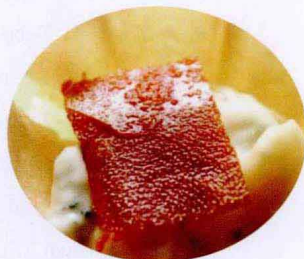
如：玉兔馒头 Rabbit-Shaped Mantou

脆皮鸡 Crispy Chicken

#### 2. 菜肴的做法、形状或口感、做法以及主配料

做法（动词过去分词）+ 形状/口感 + 主料 + 配料

如：小炒黑山羊 Sautéed Sliced Lamb with Pepper and Parsley



### 四、以人名、地名为主，原料为辅的翻译原则

#### 1. 菜肴的创始人（发源地）和主料

人名（地名）+ 主料

如：麻婆豆腐 Mapo Tofu (Sautéed Tofu in Hot and Spicy Sauce)

广东点心 Cantonese Dim Sum

2. 介绍菜肴的创始人（发源地）、主配料及做法

做法（动词过去式）+ 主辅料 + 人名/地名 + Style

如：四川辣子鸡 Spicy Chicken, Sichuan Style

北京炸酱面 Noodles with Soy Bean Paste, Beijing Style

## 五、体现中国餐饮文化，使用汉语拼音命名或音译的翻译原则

1. 具有中国特色且被外国人接受的传统食品，本着推广汉语及中国餐饮文化的原则，使用汉语拼音。

如：饺子 Jiaozi

包子 Baozi

馒头 Mantou

花卷 Huajuan

烧麦 Shaomai



2. 具有中国特色且已被国外主要英文字典收录的，使用汉语方言拼写或音译拼写的菜名，仍保留其原拼写方式。

如：豆腐 Tofu

宫保鸡丁 Kung Pao Chicken

馄饨 Wonton



3. 中文菜肴名称无法体现其做法及主配料的，使用汉语拼音，并在后标注英文注释。

如：佛跳墙 Fotiaoqiang ( Steamed Abalone with Shark's Fin and Fish Maw in Broth )

锅贴 Guotie ( Pan-Fried Dumplings )

窝头 Wotou ( Steamed Corn/Black Rice Bun )

蒸饺 Steamed Jiaozi ( Steamed Dumplings )

油条 Youtiao ( Deep-Fried Dough Sticks )

汤圆 Tangyuan ( Glutinous Rice Balls )

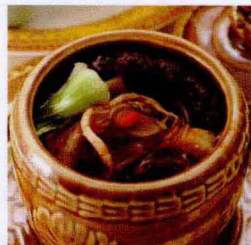
粽子 Zongzi ( Glutinous Rice Wrapped in Bamboo Leaves )

元宵 Yuanxiao ( Glutinous Rice Balls for Lantern Festival )

驴打滚儿 Lúdagunr ( Glutinous Rice Rolls Stuffed with Red Bean Paste )

艾窝窝 Aiwowo ( Steamed Rice Cakes with Sweet Stuffing )

豆汁儿 Douzhir ( Fermented Bean Drink )



## 六、可数名词单复数使用原则

菜单中的可数名词基本使用复数，但在整道菜中只有一件或太细碎无法数清的用单数。



如：蔬菜面 Noodles with Vegetables

葱爆羊肉 Sautéed Lamb Slices with Scallion

#### 七、介词in和with在汤汁、配料中的用法

1. 如主料是浸在汤汁或配料中时，使用in连接。

如：豉汁牛仔骨 Steamed Beef Ribs in Black Bean Sauce

2. 如汤汁或蘸料和主料是分开的，或是后浇在主菜上的，则用with连接。

如：泡椒鸭丝 Shredded Duck with Pickled Peppers

#### 八、酒类的译法原则

进口酒类的英文名称仍使用其原文，国产酒类以其注册的英文为准，如果酒类本身没有英文名称的，则使用其中文名称的汉语拼音。



# 第一章 中餐

## Chinese Cuisine

### 一、中国菜的分类

#### Classifications of Chinese Cuisine

#### 1. 八大菜系 Eight Famous Cuisines



中国各地不同的地理气候、资源物产,以及由此形成的饮食习惯,造就了各具特色的地方菜系,有“四大风味”、“八大菜系”之说。

“四大风味”,是指以鲁(山东)、川(四川)、粤(广东)、淮扬(扬州)为代表的地方风味;“八大菜系”是指由上述四种有代表性的风味发展而来的地方菜系,包括鲁菜(山东菜)、川菜(四川菜)、湘菜(湖南菜)、粤菜(广东菜)、闽菜(福建菜)、苏菜(江苏菜)、浙菜(浙江菜)、徽菜(安徽菜)。

从小吃到大餐,中国各地名吃举不胜数,千滋百味的名饌佳肴折射出中国深厚的饮食文化传统和个性鲜明的地域文化。

In China, different geography, climate, resources, produce and food habits combine to form characteristic local cuisines, namely, the "four flavors" and "eight regional cuisines".

The "four flavors" refer to those of Shandong, Sichuan, Guangdong and Huai Yang (Yangzhou). The "eight regional cuisines" refer to the local modifications of the "four flavors", including Shandong Cuisine, Sichuan Cuisine, Hunan Cuisine, Guangdong Cuisine, Fujian Cuisine, Jiangsu Cuisine, Zhejiang Cuisine and Anhui Cuisine.

From the dishes served at family meals to lavish banquets, local famous foods are too numerous to list, and the delicious foods of all kinds of taste reflect the highly developed tradition of food culture and the characteristic regional cultures of China.





### 1.1. 鲁菜 Lu Cuisine (Shandong Cuisine)

鲁菜是中国影响最大、流传最广的菜系之一。鲁是山东省的简称，山东是中国古文化发祥地之一，地处黄河下游，气候温和，境内山川纵横，河湖交错，沃野千里，物产丰富。其粮食产量目前居中国第三位，蔬菜种类多，品质优良，是中国重要的蔬菜产地。



山东是孔子的故乡所在地，鲁菜处处体现着孔子“食不厌精，脍不厌细”的饮食理念，讲究调味纯正，口味偏于咸鲜，具有鲜、嫩、香、脆的特色。常用的烹调技法有30种以上，尤擅“爆、炒、烧、塌、扒”。

明、清两代，鲁菜已是宫廷御膳主体。以清代国宴规格设置的“满汉全席”，使用全套银餐具，196道菜，全是山珍海味，可谓奢华至极。

作为北方第一菜系，喜庆寿诞的高档宴席和家常菜的许多基本菜式都是由鲁菜发展而来的，不仅如此，鲁菜对京、津、东北等地特色风味菜肴的形成还有着重要的影响。山东人豪爽好客，特别讲究待客之道，惟恐客人吃不饱、吃不好，因此菜量很大，在山东人家做客要有一吃到底的心理准备。

Lu Cuisine is one of the most influential and popular cuisines in China. “Lu” is short for Shandong Province, which is one of the cradles of Chinese ancient culture. With mountains towering and rivers meandering throughout the province, it boasts vast fertile fields and abundant produce. Its grain output ranks third in China, and it also has many kinds of high-quality vegetables.

Shandong is the home province of Confucius, and Shandong Cuisine embodies the dining concept of "Eat no food but what's of the best quality; eat no meat but what's finely minced". It emphasizes purity of the seasonings and is a little salty. It features freshness, tenderness, aroma and crispness. There are over 30 kinds of common cooking techniques, of which, "bao (quick stir-frying), chao (frying), shao (stewing), ta (boiling) and pa (braising)" are outstanding.

In the Ming and Qing dynasties (1368-1911), Shandong Cuisine was the main style of imperial meals. The "Feast of Complete Manchu-Han Courses", established in accordance with the state banquet of the Qing Dynasty court, adopted a banquet of 196 courses served on silver platters, including delicacies of every kind as luxurious as possible.

As the first cuisine of north China, many basic courses of high-class feasts prepared for festivals and birthdays were developed based on Shandong cuisine. It also had an important influence on the formation of the local cuisines of Beijing, Tianjin and northeast China. The people of Shandong Province are good-hearted, keep open doors, and pay special attention to treating guests well to ensure they leave full and well satisfied. Hence, the dishes served are more than sufficient, and family guests never go hungry.

Yellow River Fish are cooked in a





糖醋黄河鲤鱼：此菜选用黄河鲤鱼烹制而成，成菜后外焦里嫩，香酥、酸甜、稍咸。

德州扒鸡：鸡皮光亮，色泽红润，肉质肥嫩。热吃时，手提鸡骨一抖，骨肉随即分离，香气扑鼻，味道鲜美，是德州传统风味。

## 1.2. 川菜 Chuan Cuisine (Sichuan Cuisine)

川菜是一种发展较早的风味菜系，其发源地孕育了中国古代的巴蜀文化。据中国古籍记载，早在两千多年前，当地就已有卤水、岩盐、川椒、姜等调味品，在当地发掘的出土文物中，可见各种青铜和陶质食具，足见其烹饪技术形成之早。

16世纪初，川菜运用引进种植的辣椒调味，继承巴蜀之地早就形成的“尚滋味”、“好辛香”的调味传统，并进一步发展。19世纪末20世纪初，逐步形成一个地方风味极其浓郁的体系。如今，川菜不仅在中国各地有着广泛的影

particular way, so that they are crisp outside and tender inside. The dish is savory and crisp, sour and sweet and a little salty.

Dezhou Stewed Chicken: The chicken skin is bright and ruddy, and the meat is fat and tender. When eating it hot, diners simply grip the feet and shake it, and the meat separates from the bones. Sweet-smelling and tasty, it is the traditional flavor of Dezhou.

Sichuan Cuisine is a local cuisine that developed in early times, forming part of the culture of ancient Sichuan in Southwestern China. According to ancient texts, more than two thousand years ago, there were already such seasonings as brine, rock salt, pepper, ginger and so on. Various items of bronze and pottery tableware have been found among excavated cultural relics, showing the great age of the cooking techniques.

In the beginning of the 16<sup>th</sup> century, Sichuan Cuisine used local pepper as seasoning and inherited the seasoning tradition of "paying attention to the taste" and "attaching importance to pungency" and developed it further. At the turn of the 19<sup>th</sup> and 20<sup>th</sup> centuries, it gradually became a system with strong local characteristics. Now, Sichuan Cuisine is widely enjoyed all over

China and has spread to many countries.

Mention Sichuan Cuisine and tongue-numbing and spicy tastes come to mind. Seasonings are very important in Sichuan Cuisine and many different flavors abound, which can be seen from seasonings such as scallion, ginger, garlic, chili, pepper, Chinese pepper, vinegar, Pixian County bean paste, fermented glutinous rice wine, sugar, salt and so on.





响，食者众多，而且已遍及世界许多国家和地区。

一提起川菜，人们的印象中似乎只有麻、辣两味。其实川菜特别注重调味，味型也相当丰富，单看调料就可见一斑——葱、姜、蒜、辣椒、胡椒、花椒、醋、郫县豆瓣酱、醪糟、糖、盐，不一而足。只要巧施厨艺，就能精心调和成酸、甜、苦、辣、麻、香、咸等7种滋味。

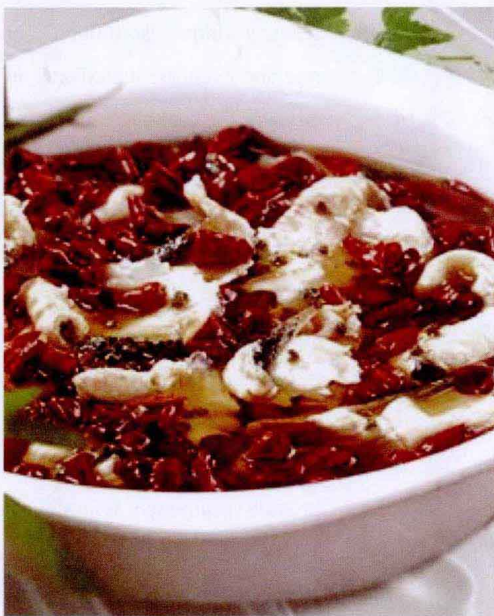
四川素有“天府之国”之称，56万平方公里境内，物产富庶。烹饪原料多而广。川菜拥有4000多个菜肴点心品种，是由筵席菜、便餐菜、家常菜、三蒸九扣菜、风味小吃5个大类组成的，常用烹调技法近40种，长于小煎、小炒、干煸、干烧、家常烧等技法。菜品多为经济可口的大众家常菜，风格朴实清新。

麻婆豆腐：为四川省的传统风味菜肴。相传在清朝同治末年，成都有位陈姓妇女脸上生有麻子，但烧得一手好菜，经营餐馆以豆腐的味道最为特别，麻辣味鲜、色泽红亮，深受群众喜爱，因而得名。

鱼香肉丝：色红肉嫩，鱼香味突出。因模仿民间烹鱼的调料和方法制作，故名鱼香。

回锅肉：红绿相衬，咸中带甜，微辣醇鲜、味浓而香，是四川的传统菜肴。

If the cook is skillful enough, seven flavors—sour, sweet, bitter, spicy, tongue-numbing, aromatic and salty should be detected.



Sichuan enjoys a reputation as a "land of abundance". Covering an area of 560,000 square kilometres, it yields rich cooking ingredients. Sichuan Cuisine boasts more than 4,000 courses, divided into five types, such as feast dishes, refreshment dishes, home-style dishes, steamed dishes and characteristic snacks. There are nearly 40 kinds of common cooking techniques, especially sautéing, frying, stir-frying without stewing, dry-frying, home-style frying and so

on. Most are economic and flavorful home style dishes, simple and fresh.

Mapo (meaning "pockmarked lady" in Chinese) Tofu (Sautéed Tofu in Hot and Spicy Sauce): It is a traditional flavorful dish. It is said that towards the end of the reign of Tongzhi (1862-1875) of the Qing Dynasty, there was a lady surnamed Chen, who was pockmarked but was a very good cook. The tofu in her restaurant was especially tasty with spicy, tongue-numbing flavor and bright red color, which was deeply loved by her customers.

Fish-Flavored Shredded Pork (Sautéed Shredded Pork with Spicy Garlic Sauce): Its meat is red and tender. It imitates the seasoning and method of cooking fish, hence its name.

Twice Cooked Pork Slices (Sautéed Sliced Pork with Pepper and Chili): Its color is red and green; its taste is salty with a little sweet and spicy flavor and it is fragrant.



### 1.3. 粤菜 Yue Cuisine (Guangdong Cuisine)

粤菜即广东地方风味菜，主要由广州、潮州、东江三种风味组成，以广州风味为代表，具有独特的南国风味，以选料珍奇、配料精巧、依食客喜好灵活烹制而著称。粤菜发源于中国南部沿海地区，那里地处亚热带，濒临南海，四季常青，物产丰富，山珍海味无所不有，蔬果时鲜四季不同。同时，这里又是与海外通商的重要口岸，经济较发达也促进了饮食文化的发展。

粤菜讲究少而精，制作精细追求享受，用量精而细，配料多而巧，装饰美而艳，菜品达5000多种。粤菜原料广采博收，追求生猛；善用烧、煲、浸、烤、炙、软炸、软炒、清蒸等烹调法，口味清淡鲜和；在配料、刀工、火候、烹饪时间、起锅、包尾、器皿、上菜方式等诸多环节都有着严格要求，如做鱼讲究即杀即烹，以保持鱼的鲜味；质味兼顾，有崇尚冬春“滋补身体”的习俗，口味随季节时令的变化而变化，夏秋偏重清淡，冬春偏重浓郁；菜品口感重清、鲜、爽、滑、嫩、脆，调味适用酸、甜、苦、辣、咸、鲜，追求菜肴整体的色、香、味和形。

白切鸡：选用未下蛋的小母鸡或1500克左右的阉鸡，以清远三黄鸡最佳，鸡肉厚而嫩、



Yue Cuisine refers to that of Guangdong Province, mainly composed of the flavors of Guangzhou, Chaozhou and Dongjiang and best represented by that of Guangzhou. It has a unique "southland" flavor and is famous for the rare and exquisite ingredients and varied recipes to suit the tastes of the eaters. Guangdong Cuisine originated from the subtropical zone, along the coastal area of southern China adjacent to the South China Sea, which is green all the year round. It abounds in agricultural produce and delicacies of all kinds, as well as vegetables varying through the four seasons. It is also an important trading port to the world; so, the developed economy also promotes the development of the food culture with new ideas from home and abroad.

Guangdong Cuisine stresses exquisite preparation and provides enjoyment with delicate, well-chosen ingredients and beautiful presentation. There are more than 5,000 dishes all together. The materials are of a broad range that include fresh seafood, with cooking techniques including frying, braising, soaking, toasting, soft-frying and stewing without seasoning. It has strict requirements in regard to ingredients, cutting skill, cooking duration, tableware, serving style and so on. For example, the fish should be cooked immediately after being killed to keep its freshness. Both quality and taste are very important, advocating the custom of "nourishing the body" in Winter and Spring and changing the flavor in accordance with the season. In Summer and Autumn, light dishes are favored and in Spring and Winter, strong ones preferred. Light, fresh, slippery, tender and crisp dishes are preferred and the seasonings include sour, sweet, bitter, spicy, salty or fresh. It pursues the whole effect of the dishes — color, fragrance, taste and shape.

Sliced Boiled Chicken: It requires a pullet or capon with a weight of only 1,500 grams; the yellow chicken of Qingyuan is best, with fleshy, tasty tender meat. When cooking, the flame is turned down immediately after putting