

国家技能型、复合型、实用型人才培养培训工程烹饪专业系列教材



新烹饪系列教材

烹饪专业 英语

李柏红 主编
张小玲



中国商业出版社

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中 国 商 业 出 版 社

图书在版编目 (CIP) 数据

烹饪专业英语 / 李柏红, 张小玲主编. —北京: 中国商业出版社, 2006. 6

ISBN 7-5044-5679-9

I. 烹… II. ①李…②张… III. 烹饪-英语
IV. H31

中国版本图书馆 CIP 数据核字 (2006) 第 063978 号

责任编辑: 唐伟荣

封面设计: 于凤丽

中国商业出版社出版发行

(北京广安门内报国寺 1 号 邮编: 100053)

新华书店总店北京发行所经销

中国石油报社印刷厂印刷

787×1092 毫米 16 开 9 印张 200 千字

2006 年 8 月第 1 版 2006 年 8 月第 1 次印刷

定价: 21.80 元

(如有质量问题, 可调换)

编写说明

“民以食为天”，中华美食文化源远流长。近年来我国各地餐饮服务市场尤为繁荣，据《中国职业技术教育》杂志报导：目前我国有 400 多万家餐饮企业，2200 万从业人员，收入连续多年以两位数增长，烹饪行业教育市场很大。针对目前烹饪餐饮人才需求特点，全国职业培训教学工作指导委员会商贸专业委员会邀请了全国烹饪餐饮专业较突出的职业院校，在江西省井冈山召开了教学研讨会，及时地编写了这套烹饪系列教材。

在本系列教材的编写过程中，喜逢国务院在北京召开全国职业教育工作会议，会议指出：大力发展中国特色的职业教育，以服务社会主义现代化建设为宗旨，培养数以亿计的高素质劳动者和数以千万计的高技能专业人才，努力实现我国职业教育发展新跨越。为此，我们又对该系列教材进行了完善和充实，本着“够教、够学、够用”的原则，以专业基础课和专业实训课为主编写而成。

本系列教材主要具有以下几个特点：(1) 严格按照“双纲”制的新模式编写，“双纲”即教育部职业教育教学大纲和劳动和社会保障部专业职业资格技能考试大纲；(2) 学科设制采用专业理论和实训并举，突出烹饪专业人才培养的特点，部分学科理论与实操课程比达到 1 : 2；(3) 整套教材是由多年从事一线教学教师精心编写，并采取“互动式”教学方法的新模式，突出教材活泼性和实用性的特点；(4) 引进与创新并重，积极引进新内容和新方法，同时具有一定的创新和改进，突出教材前瞻性特点。

《烹饪专业英语》是烹饪系列教材之一，本书是烹饪专业基础课，根据专业需要共设置了十六章内容，收集本专业最新最实用的词汇和专业术语，选材新颖，语言准确，形式活动，图文并茂，既充分体现英语教学的规律性，又充分体现专业特色，本书又是具有多年烹饪外语教学经验的老师充分总结多年教学经验，并对现代化酒店烹饪英语交流方式进行认真调查后，精心编写而成的。

本书可作为中、高等职业院校烹饪、旅游、餐饮管理等专业教材，也可作为烹饪技师培训和餐饮行业职工培训教材。

本书由吉林省烹饪高级技工学校李柏红老师、湖南涉外经济学院张小玲老师担任主编，广西桂林烹饪旅游学校李勇梅老师、广州市第一商学校许秀兰老师、北京信息职业技术学院牛长清老师担任副主编，参编人员有吉林省烹饪高级技工学校朱旭老师、吉林省烹饪高级技工学校于长鑫老师、山东烹饪高级技工学校王彩华老师。

本书在编写过程中，得到以上编写老师、专家所在院校的领导及同事的热情帮助和大力支持，以及劳动和社会保障部全国职业培训教学工作指导委员会商贸专业委员会主任、教育部商业行业教育教学指导委员会副主任康书民同志的指导和帮助，在此一并致谢。

由于编写时间仓促，本书疏漏之处在所难免，我们企盼在今后的教学实践中能有所改进和提高，恳请读者不吝赐教，以便进一步修订，使之日臻完善。

烹饪系列教材编委会

2006 年 1 月

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Lesson One

Kitchen Introduction



Dialogue I:

A: As a *cooking* student, firstly, I should know something about *kitchen*.

B: Of course, a *kitchen* is a very *important* part of a hotel. The *quality* of *kitchen* will *affect* its *benefit* and *reputation directly*.

A: I know you have two *kitchens* in your hotel.

B: Yes, we have two *medium* big *kitchens*, one is *Chinese kitchen*, the other is *western kitchen*.

A: Where are they?

B: They're on the first floor. But they're *spacious*, *bright* and clean.

A: There must be *various* kinds of *cooking utensils* and *equipments* in them.

B: You're right. And we have eight *cooks* in *Chinese kitchen*, five in *western kitchen*. All of them make *delicious* food.



Dialogue II:

Hot Dishes

B—Brian W—Mr. Wang

B: Excuse me, are you Mr. Wang, the *chef* of the hotel?

W: Yes, I'm.

B: Oh, good. Today I have a *delicious* dish "beggar's chicken" in your hotel. It's *tender*, *crisp*

and *fragrant*. I like it so much. Could you please tell me how to *cook* it?

W: Well, it's one of the *famous* hot dishes in our hotel. First, we *pickle* the whole chicken in *condiment* for almost an hour. Then feed some *assorted* meat into its chest, and wrap the chicken with two pieces of *lotus* leaves and a piece of glassine. And then put it in the *coal-scuttle* until it's well-done. Last pour some *sesame* oil on it.

B: Are there any other hot dishes you can *recommend* to me in your hotel?

W: Of course. We have “cabbage and shrimps”, “crucian carp with egg white”, “Dongpo pork with pine nuts”, “pork chops with onion”, “eggplant with garlic sauce” and so on. You can try them all.

B: Thank you very much.

W: You're *welcome*.



New Words and Expressions

kitchen['kitʃin] *n.* 厨房

Chinese kitchen 中餐厨房

western kitchen 西餐厨房

introduction[,intrə'dʌkʃən] *n.* 介绍

important[im'pɔ:tənt] *adj.* 重要的

quality['kwɒləti] *n.* 品质, 性质

affect[ə'fekt] *vt.* 影响

benefit['benɪfɪt] *n.* 利益

reputation[,repju(:)'teɪʃən] *n.* 名声, 名誉

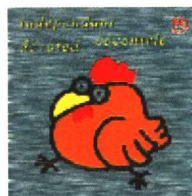
directly [di'rektli, dai'rektli] *adv.* 直接地

medium ['mi:djəm] *adj.* 中等的

spacious ['speɪʃəs] *adj.* 宽敞的
bright [braɪt] *adj.* 明亮的
various ['vɛəriəs] *adj.* 不同种类的, 各种各样的
utensil [ju(:)'tensl] *n.* 器皿, 用具 (尤指家庭日用的)
equipment [i'kwɪpmənt] *n.* 设备, 装备
cook [kʊk] *n.* 厨师
chef [ʃef] *n.* 厨师, 厨师长
delicious [dɪ'liʃəs] *adj.* 美味的, 可口的
tender ['tendə] *adj.* 嫩的, 柔软的
crisp [krɪsp] *adj.* 脆的
fragrant ['freɪgrənt] *adj.* 芳香的, 有香味的
famous ['feɪməs] *adj.* 出名的, 著名的
hot dish 热菜
pickle ['pɪkl] *v.* 腌渍
condiment ['kɒndɪmənt] *n.* 调味品, 佐料
assorted [ə'sɔ:tɪd] meat 什锦肉
lotus ['ləʊtəs] leaves 荷叶
glassine [glæ'si:n] *n.* 玻璃纸
coal-scuttle [kəʊl-'skʌtl] *n.* 烤箱
sesame ['sesəmi] oil *n.* 香油
recommend [rekə'mend] *v.* 推许某人, 推荐某事物
welcome ['welkəm] *v.* 欢迎

Menu

beggar's chicken 叫花子鸡
cabbage and shrimp 虾仁包菜
crucian carp with egg white 芙蓉鲫鱼
Dongpo pork with pine nuts 松子东坡肉
pork chops with onion 洋葱排骨
eggplant with garlic sauce 鱼香茄子



Additional Cooking Terms

fry [fraɪ] v. 煎, 炒

cook [kʊk] v. 烹制

boil [bɔɪl] v. 煮

stew [stjuː] v. 炖, 煨

steam [stiːm] v. 蒸

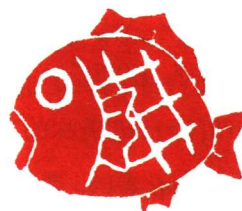
smoke [sməʊk] v. 熏

simmer [ˈsɪmə] v. (用文火) 慢慢地煮

toast [təʊst] v. 烤, 烘

roast [rəʊst] v. 烤, 烧

scald [skɔːld] v. 烫, 焯



1. The quality of kitchen will affect its benefit and reputation directly. 厨房的质量将直接影响酒店的效益和声誉。
2. There must be various kinds of cooking utensils and equipments in them. 厨房里肯定有许多各种各样的器皿和设备。
3. It's tender, crisp and fragrant. 它鲜嫩酥香。
4. the famous hot dishes 有名的热菜。
5. recommend to me
recommend something to somebody 向某人推荐某物。

Exercises

I. Phonetics practice.

[i]	[i:]	[e]	[æ]	[ə]	[ə:]
[it]	[i:t]	[et]	[æt]	['betə]	[bə:d]
[bit]	[bi:t]	[bet]	[bæt]	['fa:ə]	[sə:v]
[did]	[di:d]	[ded]	[dæd]	[ə'tend]	[fə:m]
[lid]	[li:d]	[led]	[læd]	[ə'gein]	[fə:st]
[sit]	[si:t]	[set]	[sæt]	[ə'baut]	[kə:v]

[ɔ]	[ɔ:]	[u]	[u:]	[a:]	[ʌ]
[ʃɔt]	[ʃɔ:t]	[lʊk]	[nu:n]	[fa:st]	[ʃʌt]
[sɔk]	[bɔ:d]	[bʊk]	[mu:n]	[ka:t]	[sʌn]
[kɔd]	[fɔ:k]	[tʊk]	[ru:m]	[sa:t]	[kʌt]
[bɔks]	[θɔ:t]	[hʊk]	[ru:d]	[pɑ:k]	[bʌt]
[kɔp]	[sɔ:t]	[kʊk]	[fu:d]	[ʃɑ:p]	[kʌp]

II. Find out the word whose underlined part has a different pronunciation from that of the other words in the group.

- A. fet B. people C. been D. enough
- A. that B. family C. have D. many
- A. come B. mother C. doctor D. money
- A. last B. bad C. fast D. father
- A. small B. mop C. hall D. talk
- A. complete B. connect C. improve D. protect
- A. church B. several C. comfortable D. future
- A. repair B. several C. design D. result
- A. office B. often C. stop D. on
- A. again B. angry C. away D. afraid

III. Use the right forms of words in the brackets to complete the sentences.

1. Here is a book for you _____(read).
2. You must be hungry, I'll get you something _____(eat).
3. The homework for Monday was _____(learn) the text by heart.
4. There will be a high wall _____(protect) the city in the sea.
5. Do you think a large city is good place _____(live in).

IV. Arrange the words in the following groups in proper order to form sentences.

1. three, get, it, hours, takes, me, to, there
2. you, to, do, say, anything, have
3. to, difficult, is, English, learn
4. is, class, to, not, eat, right, it, in
5. the, that, be, only, will, do, to, thing, now

V. Translate the following into English.

- | | |
|------------------------|---------|
| 1. 厨房 | 2. 芳香 |
| 3. 声誉 | 4. 推荐 |
| 5. 厨具、设备 | 6. 芙蓉鲫鱼 |
| 7. 鱼香茄子 | |
| 8. 我们的厨房很大，就在酒店的一楼。 | |
| 9. 今天有什么菜可以向我们推荐的吗？ | |
| 10. 叫花子鸡真好吃，香味宜人，酥嫩可口。 | |

VI. Reading.

Hotels Reputation

Tourists would like to go to hotels with fine reputation. The reputation of a hotel depends upon the degrees of comfort and service it offers to the guests. Service is of first important. All hotel staff must realize the important of polite service—service with a smile.

Knowledge, training, experience and courtesy are necessary for a good job. Hotel staff should

get trained and experience before they are given responsible positions. Some people take courses in room, bar and restaurant work in special school, but all must get experience in the actual work.

Answer the following questions according to the passage.



1. What kind of hotels would tourists like to go to?



2. What does the reputation of a hotel depend on?



3. What is the most important in the hotel world?



4. What must all hotel staff realize?



5. What should hotel staff get first before they are given responsible positions?



Lesson Two

Kitchen Utensils (1)



Dialogue I:

A: Here is our Chinese kitchen. Would you like to have a look round?

B: Oh, sure. Well, so many things! Will you please tell me what they are?

A: Ok, look, this is a *chopping* block. We cut meat and other things on it. And this is a *cleaver*
Over

there, there is a *wok*, a *pan*, a *bamboo* steamer and a *casserole*

B: What are those near the door?

A: The left one is a *refrigerator*, we put food in it to keep it fresh, and the right one is an
automatic
dishwasher.

B: You make all Chinese food here?

A: Yes, all our Chinese cooks are working here.

Dialogue II:

Cold Dishes

B—Brian W—Mr. Wang

B: Mr. Wang, yesterday you told me something about your hot dishes.
Will you say something about your cold dishes today?



W: What cold dishes have you had in our hotel?

B: I have “cold fish jelly” at lunch. It’s different from our *salads*.

W: Well, *salads* are mostly made of fruits and *vegetables*, but our cold dishes are made of different kinds of cooking materials, such as *poultry*, meat, *sea-food*, eggs, fruits and *vegetables* as well. Do you like “cold fish jelly”?

B: Yes, it’s *tasty*. Is it difficult to make such a cold dish?

W: No. First, we cook the fish, then put the dish into the refrigerator.

Three

hours later, it’s well done.

B: Can you make others?

W: Certainly. Such as “green pepper in sauce”, “pot-stewed dried bean curd”, “fried peanuts”, “duck wing tips”, “sweet and sour cucumber” ...

B: That sounds great. I will try one of them each day.



New Words and Expressions

chopping[ˈtʃɒpɪŋ] block[blɒk] 砧墩

cleaver[ˈkli:və(r)] *n.* 大砍刀

wok[wɒk] *n.* 锅 (尤指中国式的)

pan[pæn] *n.* 锅

bamboo[bæmˈbu:] steamer [ˈsti:mə] 蒸笼

casserole[ˈkæsə,rəʊl] *n.* 沙锅

refrigerator[riˈfrɪdʒəreɪtə] *n.* 冰箱

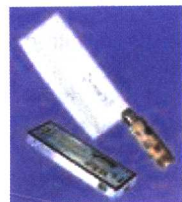
automatic[ɔ:təˈmætɪk] dishwasher [ˈdɪʃwɔʃə(r)] 洗碗机

salad[ˈsæləd] *n.* 色拉

mostly[ˈməʊstli] *adv.* 大部分地

vegetable[ˈvedʒɪtəbl] *n.* 蔬菜

cooking [ˈkʊkɪŋ] materials[məˈtɪəriəls] 烹饪原材料



poultry['pəʊltri] *n.* 禽类

sea-food *n.* 海鲜

tasty['teisti] *adj.* 美味的, 引起食欲的

sound[səʊnd] *v.* 听起来, 似乎

Menu

cold fish jelly 鱼冻

green pepper in sauce 拌青椒

pot-stewed dried bean curd 卤汁豆腐干

fried peanuts 油氽花生米

duck wing tips 鸭翅膀

sweet and sour cucumber 糖醋黄瓜

Additional Cooking Terms

apron['eiprən] *n.* 围裙, 围腰布

bread[bred] board[bɔ:d] 面板

briquette[bri'ket] *n.* 煤球 (砖)

charcoal['tʃɑ:kəʊl] *n.* 木炭

cupboard['kʌbəd] *n.* 碗橱

dish cloth 擦盘布

duster['dʌstə] *n.* 抹布

pot[pɒt] *n.* 坛, 罐

kerosene['kerəsi:n] stove [stəʊv] 煤油炉

knife-sharpener[naif -'ʃɑ:pənə] 磨刀石

Notes

1. have a look round 看一看

2. over there 那边

3. All our Chinese cooks are working here. 所有的中餐厨师都在这里工作。

4. Salads are mostly made of fruits and vegetables, but our cold dishes are made of different kinds of cooking materials. 色拉一般都是用水果和蔬菜做成, 而我们的冷盘则是用各种各样的烹饪原材料做的。
5. That sounds great. I will try one of them each day. 听起来真是太妙了! 我打算每天尝一道菜。

Exercises

I. Phonetics practice.

[ei]	[ai]	[ɔ:]	[au]	[əu]	[iə]	[ɛə]	[uə]
[meik]	[naɪs]	[bɔ:]	[kau]	[kəuld]	[tiə]	[tɛə]	[suə]
[leit]	[nain]	[tɔ:]	[ə'baʊt]	[sməʊk]	[hiə]	[hɛə]	[puə]
[teɪbl]	[ləɪk]	[spɔ:l]	[laʊd]	[səʊ]	[niə]	[ʃɛə]	[tuə]
[feɪs]	[naɪt]	[sɔ:l]	[naʊ]	[gəʊ]	[miə]	[kɛə]	[pjuə]
[dei]	[flaɪ]	[dis'trɔ:]	[saʊnd]	[bəʊt]	[riəl]	[bɛə]	

II. Find out the word whose underlined part has a different pronunciation from that of the other words in the group.

- | | | | |
|-----------------------|--------------------|---------------------|----------------------|
| 1. A. <u>l</u> oud | B. <u>y</u> oung | C. <u>cl</u> oudy | D. <u>h</u> ouse |
| 2. A. <u>to</u> uch | B. <u>p</u> ound | C. <u>r</u> ound | D. <u>s</u> outh |
| 3. A. <u>c</u> ure | B. <u>p</u> ure | C. <u>E</u> urope | D. <u>s</u> ure |
| 4. A. <u>nerv</u> ous | B. <u>tour</u> ist | C. <u>fam</u> ous | D. <u>dan</u> gerous |
| 5. A. <u>ex</u> cept | B. <u>ex</u> am | C. <u>ex</u> ample | D. <u>ex</u> actly |
| 6. A. <u>mean</u> | B. <u>sea</u> | C. <u>plea</u> se | D. <u>plea</u> sure |
| 7. A. <u>provi</u> de | B. <u>fin</u> ally | C. <u>dis</u> cover | D. <u>fin</u> d |
| 8. A. <u>pai</u> n | B. <u>dai</u> ry | C. <u>gai</u> n | D. <u>pai</u> nt |
| 9. A. <u>h</u> uge | B. <u>hur</u> ry | C. <u>du</u> ty | D. <u>hu</u> man |
| 10. A. <u>aut</u> umn | B. <u>aun</u> t | C. <u>pa</u> use | D. <u>aud</u> ience |