



职业教育“十二五”规划教材
中餐烹饪专业与西餐烹饪专业系列教材

中英双语烹饪实训教程

(中餐分册)



王景晨 曹 荣 主编
刁晓蓓 武 青 张 红 主审

- ◎ 中英双语对照
- ◎ 情景导入学习
- ◎ 真实典型案例



科学出版社

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周信科 米 佳 韩 抒 副主编
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科 学 出 版 社

北 京

内 容 简 介

随着中国加入 WTO,我国面临着更加严峻的人才竞争,目前急需培养大批高层次、高素质的复合型人才。为适应经济全球化和时代的需要,在烹饪专业开展双语教学已势在必行。本书涵盖中餐、中点、西餐、西点四个部分。由对话导入、菜点介绍、制作过程、关键词句、学生工作页、课后练习、目标自检表等部分组成,内容翔实、图文并茂。营造了直观的认知环境,便于激发学生对专业英语学习的兴趣,以及在烹饪实训过程中学习专业英语。

本书可以作为职业院校烹饪专业教材,还可以作为餐饮企业从业人员和国内外烹饪爱好者的自学用书。

图书在版编目(CIP)数据

中英双语烹饪实训教程 / 王景晨, 曹荣主编. —北京: 科学出版社, 2013

(职业教育“十二五”规划教材·中餐烹饪专业与西餐烹饪专业系列教材)
ISBN 978-7-03-039193-3

I. ①中… II. ①王… ②曹… III. ①烹饪—教材—汉、英
IV. ① TS972.1

中国版本图书馆 CIP 数据核字 (2013) 第 278801 号

责任编辑: 毕光跃 王 琳 / 责任校对: 刘玉靖
责任印制: 吕春珉 / 装帧设计: 金舵手世纪

科 学 出 版 社 出 版

北京东黄城根北街16号
邮政编码: 100717
<http://www.sciencecp.com>

骏杰印刷厂印刷

科学出版社发行 各地新华书店经销

*

2014年4月第 一 版 开本: 787×1092 1/16
2014年4月第一次印刷 印张: 5 1/2
字数: 118 000

定价: 52.00元(共两册)

(如有印装质量问题, 我社负责调换《骏杰》)

销售部电话 010-62134988 编辑部电话 010-62135120-8009 (VZ02)

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举报电话: 010-64030229; 010-64034315; 13501151303

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前言

随着社会经济的发展,近年来餐饮企业对烹饪人才的需求进一步提升,就业市场的竞争也越加激烈。适时改革职业教育中存在的教学内容与生产实际相脱离、理论与实践相脱离的状况显得尤为重要。就烹饪专业而言,考虑到学生英语基础较薄弱,但思维活跃、动手能力强这一特点,本书编者开创新型的教学模式——“双语教学”,将英语学习融入到烹饪专业实训课的教学之中。通过仿真的涉外工作情境的导入,进一步激发学生学习烹饪英语的兴趣,而且可以让学生在菜肴制作技术要领的同时,轻松愉快地掌握烹饪工作中关键性英语指令和常用专业词汇。

“以职业综合素质为本位,以职业岗位实践为主线,以项目课程为主体,构建模块化课程体系”是职业学校课程改革形成的新理念。因此,加大教育改革力度,积极尝试烹饪实训课程双语教学,培养一批满足现代社会需求的高素质烹饪专业人才,已迫在眉睫。

本书编者通过近十年的摸索,构思并编写了覆盖中餐、西餐、中点、西点的中英双语实训教材。本书遵循学生的认知规律,由对话导入、菜点介绍、制作过程、关键词句、学生工作页、课后练习、目标自检表等部分组成,内容翔实、图文并茂。

本书由王景晨、曹荣撰写大纲,组织安排编写任务,中餐、中点部分由周信科、王景晨共同撰写,西餐部分由米佳撰写,西点部分由韩抒撰写。参与编写的人员有陈媛媛、周敏怡、王光、马言军、贺芝芝、张冲。编写成员都是多年从事烹饪教学一线的教师,对烹饪专业的理论和实践有较深的研究,具有丰富的课堂教学组织和课程教改经验。在教材编写过程中多次深入上海、广州等著名餐饮企业调研,并且得到了秦淮外事旅游文化培训中心武青主任的大力支持。在编写本书的过程中编者得到了德国 Rational 企业首席研发专家 Wanye 先生的指导,美国 Northeastern University 中文部杨一婧女士的大力协助,从而使本书更贴近国际市场,在此表示由衷的感谢!2013年12月,《中职烹饪专业双语教学实践研究》获江苏省教学成果奖(职业教育奖)二等奖,主参编人员倍感欣慰!

本书定价 25 元,西餐分册定价 27 元。

由于编者水平有限,书中难免会有遗漏、不足之处,恳请读者批评指正,也恳请烹饪专业授课教师在教学过程中多提宝贵意见。

编 者

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Part One

Chinese Hot Dishes

Task 1 Meat Ball Soup

Dialogue

Commis: Good morning, Chef. I'm a newbie.

Chef: Good morning. Welcome here.

Commis: What are you doing?

Chef: Chopping some pork shoulder.

Commis: Pork shoulder?

Chef: Yes, it's the major ingredient of meat balls.

Commis: Oh, I see. Can I help you?

Chef: OK. Thank you.



How to Make "Meat Ball Soup"

1. Ingredients

Major Ingredients: minced pork shoulder, greens.

Seasonings: rice wine, salt, MSG.



2. Processing

S1 Put the minced pork, rice wine and salt into a bowl, then mix them well and bind together.

S2 Squeeze the minced pork stuffing into ball shapes, and put them into cold water.

S3 Heat the water without boiling until the meat balls are well done, then lift them out.

S4 Boil some fresh water in the wok, blanch the meat balls and greens in boiling water for a while, add some salt and gourmet powder.

S5 Pour the soup into a big bowl and dish up.



肉 圆 汤

1. 原料

猪前腿肉、青菜、料酒、盐、味精。

2. 制作过程

- (1) 将猪肉剁成肉泥，加料酒、盐，搅拌上劲。
- (2) 锅中放入冷水，将肉泥挤成球形下锅。
- (3) 上小火加热至肉圆成熟后，捞出。
- (4) 锅中重新放入清水，加热至沸腾，放入青菜和肉圆略氽，调入盐、味精。
- (5) 将汤盛至碗中，即成。

► Key Sentences

1. Mix the pork and seasonings well and bind them together.
2. Squeeze the minced pork stuffing into ball shapes.
3. Blanch the meat balls and greens in boiling water for a while.

► Students Page

Task 1: Ingredients and Tools

Would you like Meat Ball Soup? Let's see which shall we need?

| Chinese | English | Chinese | English |
|-----------|---------|---------|---------|
| 绞肉 (猪前腿肉) | | | greens |
| | salt | 味精 | |

续表

| Chinese | English | Chinese | English |
|---------|---------|---------|---------|
| 料酒 | | 碗 | |
| | wok | | |

Task 2: Marinating

Put the _____ pork into a bowl, then add some _____ and salt. _____ them well and _____ together.

Task 3: Prepare Cooking

_____ the minced pork stuffing into ball shapes, and put them into cold water. Heat the water without _____ until the meat balls are well done, then lift them out.

Task 4: Cooking and Seasoning

_____ some fresh water in the wok, _____ the meat balls and _____ in boiling water for a while, add some salt and _____.

Task 5: Dish up

_____ the soup into a big bowl and dish up.

**学习目标达成自检表**

课题: Meat Ball Soup

姓名:

班级:

综合评级:

| | 目标层级 | 目标内容 | |
|------|------|---------------------------------|--|
| 学习目标 | A | A1 模仿教师操作过程, 独立完成菜肴制作, 菜肴质量好 | |
| | | A2 能完全用英语复述全部操作过程 | |
| | B | B1 模仿教师操作过程, 基本独立完成菜肴制作, 菜肴质量尚可 | |
| | | B2 用英语复述主要操作过程 | |
| | C | C1 模仿教师操作过程, 并在指导下完成菜肴制作 | |
| | | C2 复述关键步骤的单词或短语 | |

注: 学生根据技能与口语两个方面学习目标的达成情况选择。

Task 2 Fish Ball Soup**Dialogue**

Chef: Hi, Commis. Have a taste of this soup.

Commis: So delicious! How do you make it?

Chef: It's cooked with fish balls.

Commis: Oh, I see.

Chef: Would you like to learn it? I'm going to cook it again. Let's do it together.

Commis: OK!



How to Make "Fish Ball Soup"

1. Ingredients

Major Ingredients: fish(black carp), spring onion, ginger.

Seasonings: MSG, salt, rice wine.

2. Processing

S1 Soak the spring onion and ginger in rice wine for a while.

S2 Mince the fish by using a meat mincer, and put the fish into a bowl. Add some water, salt and rice wine in the bowl. Then, mix them well and bind together.



S3 Squeeze the fish into ball shapes, and put them into cold water. Heat the water by low heat, until the fish is well done, then lift them out.

S4 Boil some fresh water in the wok, and blanch the fish balls in boiling water for a while. Season the soup with some salt and gourmet powder, and sprinkle some oil in the soup, then dish up.



鱼圆汤

1. 原料

青鱼肉、葱、姜、味精、盐、料酒。

2. 制作过程

(1) 葱、姜放入料酒中浸泡。

(2) 用绞肉机将鱼肉绞成茸，加水、料酒、盐，搅拌上劲。

(3) 锅中放入冷水，将鱼茸挤成球形下入锅中，并用小火加热至鱼圆成熟，捞出。

(4) 将锅中重新放入清水，加热至沸腾，放入鱼圆略氽，调入盐、味精，洒入少许油，即可盛盘待用。

Key Sentences

1. Soak the spring onion and ginger in rice wine for a while.
2. Mince the fish using a meat mincer.
3. Squeeze the fish into ball shapes.
4. Season the soup with some salt and gourmet powder, and sprinkle some oil in soup.

Students Page

Task 1: Ingredients and Tools

Today, let's cook Fish Ball Soup. At first we need some ingredients and tools, such as:

| Chinese | English | Chinese | English |
|---------|-----------|---------|---------|
| 鱼肉 | | 盐 | |
| | rice wine | | MSG |
| 炒锅 | | | |

Task 2: Marinating

_____ the spring onion and _____ in rice wine for a while. _____ the fish by a meat mincer, put the fish into a bowl. Add some water, salt and rice wine in the bowl. Then, _____ them well and _____ together.

Task 3: Prepare Cooking

Heat the water by _____ heat, until the fish is _____, then lift them out.

Task 4: Cooking and Seasoning

Boil some fresh water in the wok, and _____ the fish balls in _____ water for a while. _____ the soup with some salt and gourmet powder, and _____ some oil in the soup, then dish up.



学习目标达成自检表

课题: Fish Ball Soup

姓名:

班级:

综合评级:

| | 目标层级 | 目标内容 | |
|------|------|---------------------------------|--|
| 学习目标 | A | A1 模仿教师操作过程, 独立完成菜肴制作, 菜肴质量好 | |
| | | A2 能完全用英语复述全部操作过程 | |
| | B | B1 模仿教师操作过程, 基本独立完成菜肴制作, 菜肴质量尚可 | |
| | | B2 用英语复述主要操作过程 | |
| | C | C1 模仿教师操作过程, 并在指导下完成菜肴制作 | |
| | | C2 复述关键步骤的单词或短语 | |

注: 学生根据技能与口语两个方面学习目标的达成情况选择。

Task 3 Stewed Big Meatball Stuffed with Crabmeat

Dialogue

Commis: Hi, Chef. Why are you dicing the pork?

Chef: I'm preparing Big Meatballs.



Commis: Big Meatballs?

Chef: Yes. In Chinese, we call it "Shizitou". It means the lion's head.

Commis: The lion's head, I like it! Can you teach me how to cook it?

Chef: Of course, help me prepare some ingredients.

Commis: That's great!

How to Make "Stewed Big Meatball Stuffed with Crabmeat"

1. Ingredients

Major Ingredients: streaky pork, crabmeat, greens.

Seasonings: rice wine, salt, chicken stock.

2. Processing

S1 Cut the pork into a fine dice, then put the pork in a bowl. Add some crabmeat, salt and rice wine, then mix them well and bind them together.



S2 Roll the stuffing into big balls, and then put them into cold water. Heat them over low heat without boiling. Till meat balls are well done, lift them out.



S3 Put some greens in a marmite, and put the meat balls on greens. Add some chicken stock and salt. Stew them in low heat for 2 to 3 hours, then dish up.



蟹粉狮子头

1. 原料

五花肉、蟹肉、青菜、料酒、盐、鸡汤。

2. 制作过程

(1) 猪肉切成粒放入碗中，加蟹肉、盐、料酒，搅拌上劲。

(2) 将肉末搓成大圆球，锅中放入冷水，放入肉圆，小火加热至成熟捞出。

(3) 在砂锅中垫入青菜，放上肉圆，倒入鸡汤并加盐，上小火炖 2~3 小时，即成。

► Key Sentences

1. Cut the pork into a fine dice.
2. Roll the stuffing into big balls.
3. Put some greens in a marmite, and put the meat balls on greens.
4. Add some chicken stock and salt. Stew in low heat for 2 to 3 hours.

► Students Page

Task 1: Ingredients and Tools

Stewed Big Meatball Stuffed with Crabmeat is a famous dish of Chinese cuisine, for this dish we need:

| Chinese | English | Chinese | English |
|---------|---------------|---------|----------|
| 五花肉 | | | crabmeat |
| | chicken stock | 砂锅 | |

Task 2: Cutting and Marinating

_____ the pork _____ a fine _____, then put the pork in a bowl. Add some _____, salt and rice wine, then mix them well and bind them together.

Task 3: Prepare cooking

_____ the stuffing into big balls, and then put them into cold water. Heat them over _____ heat without _____. Till meat balls are well done, _____ them out.

Task 4: Cooking and Seasoning

Put some _____ in a _____, and put the meat balls on greens. Add some chicken _____ and salt. Stew them in low heat for 2 to 3 hours, then dish up.



学习目标达成自检表

课题: Stewed Big Meatball Stuffed with Crabmeat

姓名:

班级:

综合评级:

| 学习目标 | 目标层级 | 目标内容 | |
|------|------|------------------------------------|--|
| | A | A1 独立完成菜肴制作, 并有创造性发挥, 制作不同类型的“狮子头” | |
| | | A2 能用英语解说自己的菜肴制作步骤, 并能写出类似菜肴的英文菜谱 | |
| | B | B1 模仿教师操作过程, 独立完成菜肴制作, 菜肴质量好 | |
| | | B2 能完全用英语复述全部操作过程 | |
| | C | C1 模仿教师操作过程, 基本独立完成菜肴制作, 菜肴质量尚可 | |
| | | C2 用英语复述主要操作过程 | |
| | D | D1 模仿教师操作过程, 并在指导下完成菜肴制作 | |
| | | D2 复述关键步骤的单词或短语 | |

注: 学生根据技能与口语两个方面学习目标的达成情况选择。

Task 4 Fried Shredded Pork with Green Pepper

Dialogue

Chef: Hi, Commis. What are you doing?



Commis: A guest ordered Fried Shredded Pork with Green Pepper. I'm preparing it.

Chef: Oh, be careful.

Commis: Take it easy. I can handle it.

Chef: Fine. Do you need help?

Commis: Yes. Give me some salt and egg. I'll marinate.

Chef: OK, here you are.

How to Make "Fried Shredded Pork with Green Pepper"

1. Ingredients

Major Ingredients: pork, green pepper, egg.

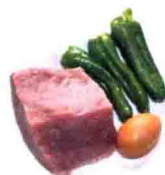
Seasonings: salt, MSG, corn flour, salad oil, rice wine.

2. Processing

S1 Rinse the pork and green pepper, and cut them into shreds. Then, marinate the shredded pork with rice wine and salt. Mix them well and bind them together. Coat the shreds with egg white and cornflour, then set aside.

S2 In a wok, heat a modicum oil and stir-fry the pork till just cooked, scoop up and drain well.

S3 Heat some oil in a wok. Add water, salt and gourmet powder. Mix them well and boil the sauce. Thicken the sauce with some corn flour paste. Add the shredded pork and pepper into the



wok, then stir-fry well before dishing up.



青椒肉丝

1. 原料

猪肉、青椒、鸡蛋、盐、味精、淀粉、色拉油、料酒。

2. 制作过程

(1) 猪肉、青椒洗净，均切成丝。肉丝加料酒、盐搅拌上劲，将蛋清和淀粉调好放入碗中备用。

(2) 锅中油烧至三四成热，倒入肉丝滑油至断生，捞出沥干。

(3) 锅中放少许油加热，加入水、盐、味精调味，加入调好的蛋清淀粉勾芡，倒入肉丝和青椒，炒拌均匀即可出锅。

Key Sentences

1. Rinse the pork and green pepper.
2. Cut the pork into shreds.
3. Marinate the shredded pork with rice wine and salt.
4. Stir-fry the pork till just cooked, scoop up and drain well.
5. Thicken the sauce with some corn flour paste.

Students Page

Task 1: Ingredients and Tools

Would you like Fried Shredded Pork with Green Pepper? Let's see what shall we need?

| Chinese | English | Chinese | English |
|---------|----------------|---------|---------|
| | pork | 青椒 | |
| 淀粉 | | | shred |
| | comflour paste | | |

Task 2: Cutting and Marinating

_____ the pork and green _____, and _____ them into _____.
_____ the shredded pork with rice wine, salt.

Task 3: Prepare Cooking

In a wok, heat a modicum oil and stir-fry the pork till just cooked, _____ up and _____ well.

Task 4: Cooking and Seasoning

Heat some oil in a wok. Add water, salt and gourmet powder. _____ them well and _____ the sauce. _____ the sauce with some _____. Add the shredded pork and pepper into the wok, then _____ well before dishing up.

**学习目标达成自检表**

课题: Fried Shredded Pork with Green Pepper

姓名: _____

班级: _____

综合评级: _____

| 学习目标 | 目标层级 | 目标内容 | |
|------|------|-----------------------------------|--|
| | A | A1 独立完成菜肴制作, 并以原菜肴为基础, 加以拓展和创新 | |
| | | A2 能用英语解说自己的菜肴制作步骤, 并能写出类似菜肴的英文菜谱 | |
| | B | B1 模仿教师操作过程, 独立完成菜肴制作, 菜肴质量好 | |
| | | B2 能完全用英语复述全部操作过程 | |
| | C | C1 模仿教师操作过程, 基本独立完成菜肴制作, 菜肴质量尚可 | |
| | | C2 用英语复述主要操作过程 | |
| | D | D1 模仿教师操作过程, 并在指导下完成菜肴制作 | |
| | | D2 复述关键步骤的单词或短语 | |

注: 学生根据技能与口语两个方面学习目标的达成情况选择。

Task 5 Fried Shredded Pork with Garlic Sauce**Dialogue**

Chef: Hi, Commis. Do you know Sichuan style cuisine?

Commis: Yes. It's a very famous style of Chinese cuisine.



Chef: Would you like a Sichuan style dish?

Commis: I'd like Fried Shredded Pork with Garlic Sauce best.

Chef: Really? I am going to cook it. Do you want to try it?

Commis: That's great. Hurry up!