

21世纪高等院校旅游专业规划教材

烹饪英语

主编 邢怡



上海交通大学出版社
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内 容 提 要

《烹饪英语》属于旅游英语系列教材,该书从读、听、说和视四个方面来强化学生对烹饪职业宏观知识的了解和认识。全书共有 17 课,每课含三部分练习,更加强了口语部分的练习。本书旨在培养学生在烹饪英语专业方面所必要的视听说能力,从而使能够顺利地进行在厨房烹饪职场中的日常交流活动。

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前言

众所周知,旅游业早已雄踞世界经济的支柱产业之林。我们欣欣向荣的祖国将毫无疑问地在 21 世纪的头 20 年,从一个旅游大国迈入世界旅游强国的行列。中国的旅游业如朝阳喷薄,云蒸霞蔚,风光独好。这一迅猛发展的形势召唤着千千万万有志祖国旅游事业的热血赤子投身其间。目前,优秀的服务人员固属抢手,但行业亟需的则是各类岗位群上的既精通业务,又谙熟外语的各级管理人才。一般来说,旅游中等职业教育已渐趋成熟,而旅游高等职业技术教育则刚刚起步,有着广阔的发展前景。

随着职业教育精神的不断深入人心,在旅游高职高专的教学体系中,各类旅游英语的教学越来越具有了举足轻重的地位。在“二十一世纪通用教材编委会”及上海交通大学出版社的精心组织下,全国多所大专院校、高职学院的学者、教师们通力合作,编写了这套旅游英语系列教材。

这套旅游英语系列教材的目标读者是:高专高职旅游专业各方向的学生、旅游管理或饭店管理大专自学考试学员、旅游中专、中职的英语教师以及各类旅游企业的各级管理人员。

这套旅游英语系列教材遵循专门化用途英语(ESP)的教学规律,紧密结合旅游服务、旅游管理的实际,实现旅游高职教育的特点,抓住国际旅游业的发展趋势及旅游教育的最新理念,力争在覆盖旅游业务分支行业的基础上,用英语讲授旅游管理的沿革、基本理论、最新理念、各种管理功能与职能,并把管理知识的输入与英语技能的培养结合起来,把旅游服务英语与旅游管理英语磨合起来。全套教材拟出:《旅游管理综合英语》、《饭店管理英语》、《旅行社管理英语》、《休闲娱乐业管理英语》、《会展业管理英语》、《旅游英语应用文写作教程》、《旅游英语视听说教程》、《烹饪英语》、《英汉、汉英旅游分类词汇手册》等。这套教材的总体特点是它的高层次性、系统性、应用性。所谓“高层次性”,是指高职旅游英语教学属于高等教育,因而有别于中专中职的英语教学。它在后者的基础上,加深、拓宽专业英语的教学,从单纯进行操作型服务英语的教学进入复合型英语的教学。“高层次性”的另一个涵义就是这套系列教材起点较高,采用当代国际旅游业的最新观念、创新理念,有相当的前瞻性;所谓“系统性”,是指这套系列教材是个有机整体,以《旅游管理综合英语》为前导,全方位、多角度地涵盖旅游业的各主要分支行业,我们称之为“一册先行、多册跟上”,形成群体效应而不搞传统的“单打一”。本套各种教材互相配合、相辅相成,既有共同目标,又有自身特色。此外,在编写原则、编写体例、编写方法上也博采众长,将各种行之有效的英语教学流派、教学方式整合于一体,力争内容

新而全、形式多而活;所谓“应用性”或“职业性”,是指这套旅游英语系列教材绝非是纯粹的理论性知识的介绍,而是增加了相当的实践性练习以及与行业结合紧密的职业技能训练。

旅游高职教育旨在培养合格的高级服务人员与中、高级管理人员,这就决定了对高职学员英语技能的培养不仅要突出听说领先,而且要提高听说的难度,加强应变能力和谈判能力的提高,适当加大读、写、译的教学比重,使学生的英语口语交际能力和笔头交际能力也相应得到加强。

《烹饪英语》保持了其姊妹篇《旅游英语听说教程》的风格,从读、听、说和视四个方面来强化学生对烹饪职业宏观知识的了解和认识,以及对具体的工作环境、工作材料、工作用具和作业方法的实际操作演练能力。本书既保留了《旅游英语听说教程》的单元数量与编写体例,同时又根据烹饪学科专业的特点,增加了生词的例句解释和图片解释。最明显的改动是口语部分的练习更加丰富、更加实用,而且每个单元都配备了与单元主题相关的视频。《烹饪英语》旨在培养学生在烹饪专业方面所必要的听说能力,从而使学生能够顺利地进行在厨房烹饪职场中的日常交流活动。

《烹饪英语》共有 17 课,每课含 A、B、C 三部分内容。PART A 为阅读,包含三种练习形式:练习一为专业术语及解释;练习二为段落大意领会;练习三为段落阅读理解。该部分旨在从视觉方面对信息进行强化记忆。PART B 为听力训练,包含四种练习形式:练习一为多项选择;练习二为填空;练习三为判断正误;练习四为听力理解领悟。PART C 为口语,包含四种练习形式。最后一部分是 WATCH,即视频欣赏。练习一、二、三要求学生用口头形式对前面两部分所读和所听到的专业信息进行理解和表达;练习四为案例分析练习。课文所选用的资料绝大部分为近几年国外出版的专业书籍,以及网络文献,起点较高,内容较新。练习的编排突出口头交际能力的训练,鼓励学生进行课堂讨论,建议用书学校能够在烹饪实验室配备一体化教室的设施,以便学生实际操作。本套《烹饪英语》教材配有教学光盘,教师可根据教学重点的需要和学校教学设备的配备情况选择使用。

《烹饪英语》主编为邢怡(上海旅游高等专科学校),副主编为瞿杰、汪莹(上海旅游高等专科学校)、方春香(上海行健职业学院)。参加编写人员还有鲁瑾、陶莹、张浩然、刘堂、庄婷、吴文婷(上海旅游高等专科学校)、郑锐(嘉兴职业技术学院)、张静雯(河南职业技术学院)、师炜(陕西省交通职业技术学院)等。本书在编写过程中,得到同业同行朋友们的热诚支持,在此一并致谢。

编写高职高专烹饪英语教材,这在我国还是新的尝试,管窥蠡测、错讹在所难免,抛砖引玉,切望读者指正。

配套的教学参考书与模拟试卷,与出版社编辑部联系,联系方式:nih@sjtu.edu.cn,021-61675199。

编者

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UNIT 1

Kitchen Positions (I)

recipe [ˈresəpi]	<i>n.</i> 食谱, 秘诀, 窍门	I'd like to have your recipe for cookies. 你能否告诉我制作小甜饼的方法。 What's your recipe for success? 你取得成功有什么窍门?
synonym [ˈsinənim]	<i>n.</i> 同义词	Although porcelain is frequently used as a synonym for china, the two are not identical. 虽然瓷器常常被当做陶瓷的同义词, 但两者并不完全相同。
brigade [briˈgeɪd]	<i>n.</i> 旅, 队	The fire brigade had to be called out. 我们不得不把消防队喊来。
expediter [ˈɛkspɪdə]	<i>n.</i> 后勤保障人, 传菜员	He's tired of being an expediter. 传菜员的活他干腻了。
relay [ˈriːleɪ]	<i>n.</i> 备用, 接转, 转送	Beijing announced torch relay route. 北京奥运火炬传递路线已发布。
ingredient [ɪnˈɡriːdjənt]	<i>n.</i> 成分, 因素	The main ingredient of this dish is the outer leaves of a cabbage. 洋白菜是这道菜最主要的原料。
utensil [ju(:)ˈtensl]	<i>n.</i> 器皿, 用具	These cooking utensils are made of aluminum. 这些炊具是铝制的。
grinder [ˈɡraɪndə]	<i>n.</i> 磨工, 研磨机	With a home coffee grinder, you can create fresh pots of coffee exactly to your taste. 你可以使用家用咖啡研磨机烹制出完

hygiene ['haɪdʒiːn]	<i>n.</i> 卫生	全符合自己口味的新鲜咖啡。 Hygiene has evolved into preventive medicine. 卫生学已逐步发展成为预防医学。
inferior [ɪn'fɪəriə]	<i>a.</i> 次等的, 较低的	These people occupy an inferior position in local society. 这些人在当地社会居于下等地位。
apron ['eɪprən]	<i>n.</i> 围裙	She embroidered a little white rabbit on the apron. 她在围裙上绣了一只小白兔。
circulation [sə'kjʊ'leɪʃən]	<i>n.</i> 流通, 循环	Police say a number of forged banknotes are in circulation. 警方称市面上有一定数量的伪钞。
skullcap ['skʌlkæp]	<i>n.</i> 无边便帽	A skullcap is a kind of cap especially worn by Roman Catholic priests. 无边便帽是一种尤指罗马教堂牧师所戴的帽子。
decorative ['dekəreɪtɪv]	<i>a.</i> 可作装饰的	A large decorative candlestick has several arms or branches. 枝形大烛台是一种带有几个臂或枝状物的大型装饰性烛台。
repel [rɪ'pel]	<i>vt.</i> 逐退, 抵制	Such odors repel rather than invite. 这类气味使人讨厌而不是使人喜欢。
scald [skɔːld]	<i>n.</i> 烫伤, 烫洗	Ada scalded her hand with boiling water. 艾姐的手被开水烫伤了。
spillage ['spɪlɪdʒ]	<i>n.</i> 溢出, 溢出的液	The spillage area should be washed with water, by means of another sponge. 溢出的地方, 须用水冲洗并用另外的海绵擦拭。
clog [klog]	<i>n.</i> 阻塞; <i>vt.</i> 阻塞	The sink is clogged. 水槽堵塞不通。

discipline[ˈdisiplin]	n. 纪律	Most Americans prefer to discipline themselves rather than be disciplined by others. 大多数美国人宁愿自律,而不愿受制于人。
plunge [plʌndʒ]	n. 钻进,跳进, 跳水	Plunge the lobsters, head first, into a large pot of rapidly boiling salted water. 把龙虾头朝下扔进一大锅滚烫的盐水中。
terminate[ˈtəːmineɪt]	v. 结束, 终止, 满期	The next train terminates here. 这是下一班火车的终点站。

PART A SEEING

DRILL 1

Direction: In this part you will see some technical terms followed by explanation on the screen. They will also be read out for you with the terms highlighted. Watch carefully, read after the reader and then write down the definition in the space provided.

Line cook

Head cook

Kitchen Manager

Prep cook

Chef

Chef de cuisine

Sous chef

Expediter

Commis

DRILL 2

Direction: In this part, you will see a passage on the screen. Read it carefully and write down the main idea of each paragraph in the space provided.

What Does a Prep Cook Do?

- 1.
- 2.
- 3.
- 4.
- 5.

DRILL 3**Direction:**

In this part, you will see a passage on the screen. Read it carefully and write down your answers to the questions given.

**Uniform**

1. What does the standard uniform of chef consist of?

2. Why do chefs need to wear tall hat?

3. Do chefs only wear tall hats?

4. What is the original function of necktie?

5. Is jewelry allowed for a chef on shift?

PART B LISTENING**DRILL 1****Direction:**

In this part, you will hear a passage. It will be read twice. Listen carefully and fill in the blanks with the information you hear.

Kitchen Assistant

Kitchen assistant is often _____ Kitchen porters or Kitchen-hands. They are usually kitchen workers who assist with _____, but have had no formal training in cooking. Tasks could include _____ potatoes or washing salad for example. _____ more commonly have kitchen assistants who would be assigned a wide variety of tasks, including washing up in order to _____.

A communal meal would be _____ preparing the meal for the staff during a shift. This meal is often referred to as staff or _____.

The escuier or dishwasher, a word derived from 15th century French, is the _____ of dishes, having charge of dishes and keeping _____. A common humorous title for this role in some modern kitchens is _____ Plunge.

DRILL 2

Direction:

In this part, you will hear a passage. It will be read twice. Listen carefully and complete the sentences with the information you hear.

European Training

- 1.
- 2.
- 3.
- 4.
- 5.

1. The training period for a chef generally lasts for _____.
2. The rate of a chef's pay varies with _____.
3. Commis chefs work under the guidance of a _____.
4. The usual formal training period for a _____.
5. A chef will become _____

DRILL 3

Direction: In this part, you will hear a passage. It will be read twice. Listen carefully and decide whether the following statements are true or false. Write T for true and F for false in the brackets.

Kitchen Manager

1. The Kitchen Manager is not responsible for hiring new staff. ()
2. The Kitchen Manager is responsible for training staff. ()
3. The Kitchen Manager may not care about the policies of the organization. ()
4. The Kitchen Manager should be good at cost control. ()
- 5 The Kitchen Manager should be able to develop new items. ()

PART C ORAL PRACTICES**DRILL 1**

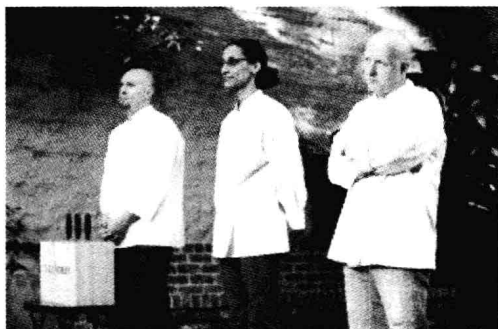
Direction: Work in pairs to discuss the positions in kitchen given in the first drill of Part A.



DRILL 2

Direction:

Look at the picture and describe a chef's uniform.



DRILL 3

Direction:

Read the tips and share your understanding with your partner.

A Kitchen Manager

A kitchen manager is a trained chef with several years' experience, whose task is to organize and supervise the work done by a team of chefs and other kitchen staff.

The following are main tasks of such manager:

1. He has to make sure that food is prepared to a high quality, at the right price and on time.
2. His duty is planning menus, taking into account special dietary requirements.
3. He orders ingredients and negotiates with suppliers.
4. He keeps controlling of the budget and increasing profit margins.
5. He decides what needs to be done and delegates to members of the team.

In spite of the fact that the normal working week is 40 hours, kitchen managers often work early, late or night shifts. Moreover, split shifts, overtime, weekend work and working during public holidays are also common. Kitchens are often hot and steamy, and may be rather cramped, however, they

can also be high-pressured and exciting places to work.

Kitchen managers should;

1. be well-organized;
2. have good communication skills;
3. be energetic;
4. lead and motivate people;
5. be interested in food and cookery.

Kitchen managers work in a wide range of organizations, including pubs, hotels, restaurants and the catering departments of offices, factories, schools, colleges, hospitals, ships and rail companies. Some are self-employed.

Most kitchen managers start off as kitchen assistants or trainee chefs. Although some employers prefer previous kitchen experience or an NVQ/SVQ Level 1 or 2 in a catering subject, entrants to these positions do not need any particular qualifications. By the way, young apprenticeships in hospitality, and further or higher education qualifications are also available.

Besides, kitchen managers may go on to manage larger kitchens or become general managers with front-of-house as well as kitchen responsibilities. And some set up their own business, perhaps running their own restaurant or taking on a franchise.

UNIT 2

Kitchen Positions (II)

sautés [ˈsəuteɪ]	<i>n.</i> 用少量油煎的菜肴 <i>v.</i> 快炒, 嫩煎	Sautés are his favorite food. 他最喜欢吃嫩煎的食品。
starch [stɑ:tʃ]	<i>n.</i> 淀粉; <i>vt.</i> 给...上浆	Sugar and starch are broken down in the stomach. 糖和淀粉在胃里被分解。
pantry [ˈpæntri]	<i>n.</i> 餐具室, 食品室	The hungry children made a raid on the pantry. 饥饿的孩子把食品柜洗劫一空。
culinary [ˈkju:lənəri]	<i>a.</i> 厨房的, 烹调的	Culinary art exhibitions are a world-wide window. 烹饪艺术大展是个展示世界美食的窗口。
cafeteria [ˈkæfiˈtiəriə]	<i>n.</i> 自助餐厅	There is a mass of people in the cafeteria today. 今天自助餐厅里有很多人。
alternate [ɔ:lˈtə:nɪt]	<i>a.</i> 交替的, 轮流的, 间隔的	Meetings are held on alternate Thursdays. 每隔一个星期的星期四举行一次会议。
prestigious [preˈstidʒəs]	<i>a.</i> 有威信的, 受尊敬的	He holds a prestigious position in the culinary world. 他在烹饪界很有威信。
presentation [prezənˈteɪʃən]	<i>n.</i> 出示, 提出, 递交, 展出, 陈列, 阐述	It is a wonderful presentation of his cooking skills. 这是他烹饪技能的一次极好展示。