

中等职业教育烹饪专业教材

烹饪厨房英语

PENGRÉN CHUFANG YINGYU

主 编 张 毅 贾颖丽



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内容提要

本书是一本极具特色的烹饪英语教材。本书以图片的形式,形象、生动地介绍了厨房专业的英语词汇,以对话的形式将厨师间的会话、餐厅点菜等内容包括其中;以短文阅读的形式,介绍了国际酒店标准、菜肴的制作过程、饮食习惯、餐饮文化等内容;以课后练习的形式,帮助学生们灵活运用所学句型和词汇,提高其口语表达能力。本书共16个单元,其中11~14单元为不同专业学生而设置,满足了不同专业学生的学习需要。本书针对性强,内容丰富,难度适中,且图文并茂,情景交融,生动形象,是一本实用性很强的教材。

本教材既可供已完成基础英语学习的烹饪专业学生学习,也可作为烹饪从业人员学习和培训的教材,或供广大烹饪爱好者自学。

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前 言

职业教育从本质上讲就是就业教育。职业学校的专业英语教学，应紧密结合行业实际，强调英语实际应用能力，提高学生的岗位适应能力和职业能力，使学生能够将学到的知识应用到行业中去，成为社会需要的有用人才。

随着我国旅游事业的蓬勃发展和国际交流的进一步加强，饭店业得到了前所未有的发展和壮大，对饭店从业人员的英语交流能力的要求逐步提高。目前，中等职业学校的英语教学包括基础英语和专业英语两个部分，但专业英语的教材很多都是和餐饮服务有关的，真正的厨房英语学习内容较少。为了提高中等职业学校烹饪专业学生的岗位应用能力，我们组织了具有丰富教学经验的教师编写了本教材。教材中不仅涉及原料的名称等相关内容，还增加了烹饪方法、厨房设备和厨房工具、明档等方面的章节，以满足学生们工作的需要。本教材符合职业教育办学规律，紧密结合行业的实际，引导学习者全面进入饭店服务业领域，把语言教学和职业教育融为一体，体现了学以致用原则。

本着“实用性”的编写原则，将烹饪厨房英语按照原料的种类和专业的不同分为16个单元，图文并茂、内容广泛、可读性强，许多材料和图片直接取材于酒店的后厨。

本教材由大连市烹饪中等职业技术专业学校的张毅、贾颖丽担任主编，车霞、朱玉、关华担任副主编，南丽、窦莉、周岩和高冲参与了编写。

在编写过程中，参阅了大量国内已出版的有关资料，限于篇幅，我们没有一一注明出处，主要参考书目附于书末。我们希望以此表达对这些编著者的诚挚谢意。我们还要感谢大连教育学院职业学校教师教育中心的于红老师，她为本教材的编写提出了许多宝贵的建议。

由于编者水平有限，书中难免出现错误及不足，希望广大读者批评指正。

编 者

2015年2月



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Unit 1

I Am a Cook 我是一名厨师



International Hotel Standard

国际酒店标准

Kitchen cooks should have good working knowledge of the English language.

厨师应该具有良好的英语工作知识。



Part A: Self-introduction



Good morning, everyone!

I'm Jack, 18 years old and I come from Dalian.

Now, I'm learning cooking in a cooking vocational school. My major is Chinese Cooking. I love my major very much!

My dream is to be a good cook in a five-star hotel. In order to make my dream come true, I will do my best to study hard.

Thank you!

Words & Expressions

cook [kuk] *n.* 厨师

major ['meidʒə] *n.* 专业

hotel [həu'tel] *n.* 酒店

vocational [vəu'keɪʃənl] *adj.* 职业的

dream [dri:m] *n.* 梦, 梦想

Notes:

1. My major is Chinese Cooking. 译为“我的专业是中餐”。Chinese Cooking 中餐; Western Cooking 西餐; Chinese Pastry 中式面点; Western Pastry 西式面点。
2. cooking vocational school 烹饪职业学校
3. five-star hotel 五星级酒店



Part B: Personal Hygiene

I'm not sick.

My fingernails are short and clean.

I wear hat to keep hair away from food.

My uniform/apron is clean.

I will wash my hands before preparing food.

I will wash my hands after:

using the toilet

sneezing

blowing my nose

handling raw food

taking out the trash

Words & Expressions

sick [sik] *adj.* 恶心的, 生病的

wear [weə] *vt.* 穿着, 戴着

apron ['eiprən] *n.* 围裙

sneeze [sni:z] *vi.* 打喷嚏

raw [rɔ:] *adj.* 生的, 未加工的

handle ['hændl] *vt.* 用手操作, 处理或负责

fingernail ['fingəneil] *n.* 指甲

uniform ['ju:nifɔ:m] *n.* 制服

toilet ['tɔilət] *n.* 厕所, 洗手间

blow [bləu] *vt.* 吹, 吹气

trash [træʃ] *n.* 垃圾, 废物

Notes:

1. I wear hat to keep hair away from food. 我戴帽子防止头发掉入食品。

这里的keep... away from... 为(使)……不接近, 避开

例如: Keep the children away from the machine. 别让孩子们接近机器。

2. blow my nose 擤鼻涕

3. take out the trash 扔垃圾



Part C : Dialogues

Dialogue 1

Tom: Hi, my name is Tom.

Jack: Hi, Tom. Nice to meet you. My name is Jack.

Tom: Nice to meet you too, Jack. So, where are you from?

Jack: I'm from Harbin, Heilongjiang Province. What about you?

Tom: I'm from Dalian. What's your major?

Jack: My major is Chinese Cooking. How about you?

Tom: My major is Western Cooking. I love cooking very much.

Jack: I also love it very much. I believe I will be a famous cook in the future.

Tom: That's for sure.



Words & Expressions

province ['prɒvɪns] *n.* 省份

famous ['feiməs] *adj.* 著名的, 出名的

believe [bi'li:v] *vt.* 相信

Notes:

1. I'm from Harbin, Heilongjiang Province. 我来自黑龙江省, 哈尔滨。

2. That's for sure. 肯定会。

Dialogue 2

Jack: Good morning.

Chef: Good morning.

Jack: What a nice day today!

Chef: Yes, let's start work now.

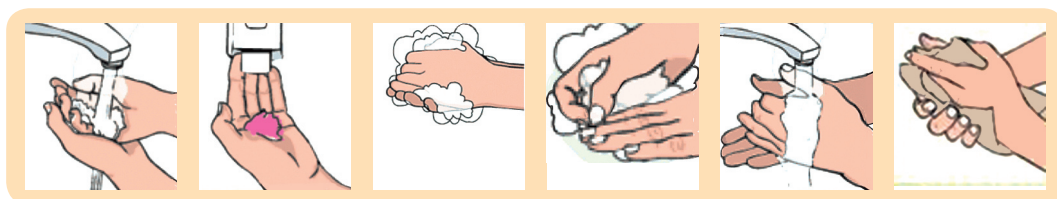
Jack: Just wait a minute. I'll go to wash my hands first.

Chef: OK. Hurry up! But do you know how to wash your hands properly?

Jack: Ahh ...

Chef: Let me tell you. First, wet your hands with clean running water and use soap. Second, soap your hands. Third, lather hands together to make a lather. Then, scrub all surfaces. Next, rinse hands well under running water. Finally, dry your hands using a paper towel or air dryer.

Jack: I see.



1. wet hands

2. soap

3. lather

4. scrub

5. rinse

6. dry

Words & Expressions

wet [wet] *adj.* 湿的, *vt.* 把……弄湿

lather ['lɑ:ðə (r)] *n.* 肥皂泡; *vt.* 用皂沫覆盖

rinse [rins] *vt.* 漂洗, 冲洗

towel ['taʊəl] *n.* 毛巾

air dryer 空气干燥器

chef [ʃef] *n.* 厨师长

soap [səʊp] *n.* 肥皂, *vt.* 抹肥皂

scrub [skrʌb] *vt. & vi.* 用力擦洗, 刷洗

dry [drai] *vt.* 从……去掉水分,

使……变干

running water 流动的水

Notes:

1. What a nice day today! 今天天气真好! 此句为由what引导的感叹句。

2. Just wait a minute. 稍等一下。

3. Hurry up! 快点!

4. First... second... third... then ... next ... finally... (表示顺序) 第一, 第二, 第三, 然后, 接下来, 最后……

International Hotel Standard

国际酒店标准：

Kitchen cooks should know how to wash their hands properly between tasks to avoid food contamination.

厨师应该知道如何在工作中正确地洗手，以免污染食品。

Exercises

I. Match the correct words.

- | | |
|-----------------------|----------|
| 1. five-star hotel | A. 擤鼻涕 |
| 2. apron | B. 扔垃圾 |
| 3. blow your nose | C. 生食 |
| 4. sneeze | D. 洗手 |
| 5. use the toilet | E. 厨师 |
| 6. raw food | F. 围裙 |
| 7. province | G. 五星级酒店 |
| 8. wash hands | H. 打喷嚏 |
| 9. take out the trash | I. 上厕所 |
| 10. cook | J. 省份 |

II. Complete the following dialogue and read it aloud.

start up morning nice wash minute

Jack: Good ____ 1 ____, teacher.

Teacher: Good morning, Jack.

Jack: What a ____ 2 ____ day today!

Teacher: Yes, let's ____ 3 ____ our study now.

Jack: Just wait a ____ 4 ____.

I'll go to ____ 5 ____ my hands first.

Teacher: OK. Hurry ____ 6 ____!

III. Translate the following sentences into English.

1. 你的专业是什么？
2. 我的专业是中餐/西餐/中式面点/西式面点。
3. 我的梦想是将来在一家五星级酒店当一名好厨师。
4. 我的指甲又短又干净。

5. 擤完鼻涕后要洗手。
6. 我喜欢烹饪。
7. 快点！

IV. How to wash your hands:

First, _____ your hands with clean running water and use soap.

Second, _____ your hands.

Third, _____ hands together to make a lather.

Then, _____ all surfaces.

Next, _____ hands well under running water.

Finally, _____ your hands using a paper towel or air dryer.

V. Write a self-introduction.



Part D: Reading

International Hotel Standard of Kitchen Cook

1. Kitchen cooks should have a pleasant and professional manner.
厨师应该有愉悦、职业的态度。
2. Kitchen cooks should always be well groomed.
厨师应该有良好的仪容仪表。
3. Kitchen cooks should be dressed in clean, pressed and complete uniforms.
厨师应该穿着干净、熨烫平整的工作制服。
4. Kitchen cooks should appear organized and work as a team.
厨师应该表现得有组织、有团队合作精神。
5. Kitchen cooks should greet guests and colleagues in a polite and friendly manner.
厨师应该礼貌、友好地问候宾客和同事。
6. Plate covers should be clean and polished.
餐盘盖子应该保持洁净、光亮。
7. Kitchen cooks should prevent cross contamination.
厨师应该预防交叉感染。
8. Kitchen cooks should know the rule of FIFO (first in, first out) .
厨师应该了解存货先进先出的原则。
9. Kitchen cooks should know the temperature danger zone is 50 ~ 60℃.
厨师应该了解50 ~ 60 ℃ 为温度危险区。



10. Kitchen cooks must watch out for warnings.
厨师必须注意警示标志。
11. Kitchen cooks should know what to do in case of a fire.
厨师应该知道发生火情应该怎么做。
12. Kitchen cooks should know the fire department number.
厨师应该知道消防部门的电话号码。
13. Kitchen cooks should understand regulations.
厨师应该了解各项规章制度。
14. Kitchen cooks should know how to use kitchen extinguishers.
厨师应该知道如何使用厨房灭火器。
15. Kitchen cooks should understand cooking terms in English.
厨师应该知道如何用英语来表达厨房术语。
16. Kitchen cooks should know how to handle knives safely.
厨师应该知道如何安全使用刀具。
17. Kitchen cooks should know correct plate presentation and garnishment.
厨师应该知道正确的装盘和装饰方法。
18. Kitchen cooks should present food in an appealing manner.
厨师出品的菜肴样式应该新颖别致。
19. Kitchen cooks should meet even the most difficult requests with grace and courtesy.
即使是最难满足的要求，厨师也应该心平气和、礼貌对待。



Unit 2

Fruit 水果



You will be able to:

1. Remember the English words of the fruit.
2. Remember the useful verbs of processing fruit.
3. Grasp the useful expressions in the dialogues.

 Part A: Fruits


pineapple 菠萝



strawberry 草莓



blueberry 蓝莓



mango 芒果



cherry 樱桃



litchi 荔枝



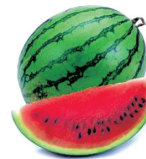
orange 橙子



banana 香蕉



papaya 木瓜



watermelon 西瓜



apple 苹果



kiwi 猕猴桃



grape 葡萄



pear 梨



peach 桃



mangosteen 山竹



apricot 杏



pomegranate 石榴



pomelo 柚子



date 枣

Words & Expressionsstrawberry ['strɔ:bəri] *n.* 草莓mangosteen ['mæŋgəsti:n] *n.* 山竹果pomegranate ['pɒmigrænit] *n.* 石榴papaya [pə'paɪə] *n.* 番木瓜果apricot ['eɪprɪkɒt] *n.* 杏pomelo ['pɒmɪləu] *n.* 柚子

Talk about the shapes and flavors of the fruits following the example.

A: What's the shape of the orange?

B: It's round.

A: What's the flavor of it?

B: It's sweet and sour.



形容味道的词有：酸（sour）、甜（sweet）、苦（bitter）、辣（spicy）、咸（salty）。要记住哦！



Part B: English terms of processing fruit

put apples into the fruit salad	把苹果放入水果沙拉
wash the pears	洗梨
soak the strawberries	浸泡草莓
peel the oranges	给橘子剥皮
squeeze the lemons	榨柠檬汁
remove the seeds from the watermelon	把西瓜籽去掉
refrigerate the melon	把瓜放进冰箱冷藏
slice open the watermelon	切开西瓜
mash up the bananas	把香蕉捣烂

Words & Expressions

process [prə'ses] v. 加工, 处理	wash [wɒʃ] v. 清洗
peel [pi:l] v. 剥皮	soak [səʊk] vt. 浸泡, 浸透
squeeze [skwi:z] v. 榨, 挤	remove [ri'mu:v] v. 去掉, 搬开
refrigerate [ri'frɪdʒəreɪt] vt. 冷藏, 冷冻	mash up 捣烂, 压碎, 压扁



Part C: Dialogues

Dialogue 1

Chef: Hi, Jack!
 Jack: Yes?
 Chef: Let's prepare a fruit salad!
 Jack: Fruit salad? What fruit do we need?
 Chef: We need one pineapple, three oranges, one watermelon and some strawberries.
 Jack: OK, I'm going to prepare all of these right now!
 Chef: Thank you.
 Jack: My pleasure.



Words & Expressions

salad ['sæləd] n. 沙拉	prepare [pri'peə(r)] v. 准备
----------------------	----------------------------

Notes:

1. Let's prepare a fruit salad. 让我们准备做水果沙拉。

fruit salad 水果沙拉

2. What fruit do we need? 我们需要哪种水果?

Dialogue 2

Jack: What should I do?

Chef: Give me a bunch of green grapes.

Jack: All right.

Chef: Wash them clean.

Jack: It's not easy to make them clean.

Chef: Soak them in salted water for a while.

Jack: OK. The grapes are ready. What are you going to do with them?

Chef: I'm going to make fresh grape juice.



Words & Expressions

salted ['sɔ:ltɪd] *adj.* 盐腌的, 盐味的

fresh [freʃ] *adj.* 新鲜的

juice [dʒu:s] *n.* 果汁

bunch [bʌntʃ] *n.* 束, 串, 捆

Notes:

1. Give me a bunch of green grapes. 给我一串绿葡萄。

a bunch of ... 一串, 一束, 一群

例如: a bunch of flowers 一束花

a bunch of people 一群人

2. Soak them in salted water for a while. 在盐水中浸泡一会儿。

Drills

Drill One

A: What do you want me to do?

B: Bring me

a bunch of green grapes.

some pears.

one peach.

two watermelons.

Drill Two

A: What are you going to do?