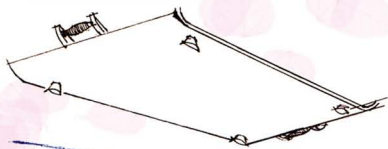


休闲英语沙龙
The Series of Popular English

Gourmet and Cooking

美食与烹饪

双语版 主编◎苏联波



新疆青少年出版社

✕ The Series of Popular English

休闲英语沙龙系列丛书

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总 序

在激烈竞争的二十一世纪,具备广博的多学科综合知识并熟练掌握一门外语,尤其是英语,既是时代的要求,也是新世纪人才成功的基础。为此,我们隆重推出《休闲英语沙龙系列丛书》以满足渴望成功之士对知识的渴求和学习、运用英语的实际需要。

本丛书以学英语、长知识、贴近生活、寓学于乐为宗旨,经周密设计、精心编撰而成。内容涵盖了现代生活的方方面面,涉及了与此密切相关的诸多学科和行业,深入浅出而又不失风趣幽默地介绍了各方面的专业知识和逸闻趣事,集知识性、实用性、趣味性和可读性于一体,让读者在愉悦的环境中增长学识才干,在丰富的文化氛围中尽享其中乐趣,满怀豪情面对未来,笑迎新世纪的挑战。

愿本丛书伴您走向辉煌的明天。

编 者

序

人类已从茹毛饮血、风餐露宿的艰苦岁月步入到高度发达的现代文明社会。在这一历史进程中,人类的饮食亦随之发生了巨大的变化,孕育出了灿烂夺目的饮食文化,也使美食与烹饪成为千百年来人们津津乐道的热门话题。

本书着重从饮食文化的角度介绍了饮食与人的关系、古今中外的饮食习俗、款待礼仪和餐饮珍闻趣事、现代饮食的趋势与潮流以及人们对饮食的哲学思考。此外,还从美食的角度介绍了各种美味佳肴的风味特色、各大菜系的风格特点、中餐与西餐的烹饪技术以及名菜的烹饪实践等。全书内容广泛,资料翔实,视角新颖,充满风趣与幽默,并且中英文对照,在同类图书中可谓独树一帜。希望能在提高您烹饪英语水平的同时丰富您的饮食文化知识,使您科学饮食、身体健康,尽情享受快乐的人生。

本书在编撰过程中参考了国内外有关书籍和资料,特在此向这些作者表示衷心的感谢,因篇幅所限恕不一一列出。

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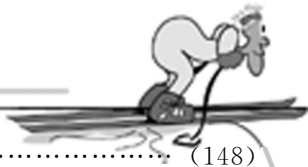


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Chapter One

Bread Is the Staff of Life

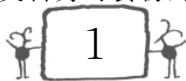
第一章 民以食为天

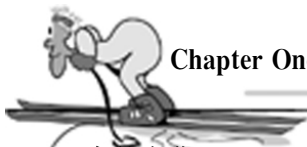
俗话说：“人是铁，饭是钢”。食物是人类赖以生存和发展的基础，它除了满足人类口腹之欲的生理需要外，还给人人类以口福之乐的精神享受。合理安排饮食，科学进行营养，必将赋予你强健的体魄和充满活力的人生。

1. Food and Man

食物与人

自从盘古开天地，人类便与食物结下了不解之缘。在那洪荒肆虐的年代，人类为了生存，曾经茹毛饮血。而如今，在经历了漫长的岁月之后，人类已进入了一个科技飞速发展的文明社会。人类的食物以及人类自身对食物的认识和理解也都发生了





巨大的变化。

(1) Changes in Man's Diet 人类饮食的变迁

From remote antiquity¹ up to modern times, man's diet has changed greatly. Prehistoric man², who came out in summer and slept in winter, had little choice in what he ate. He ate what he could find around him. He lived on roots, fruit, eggs and the meat of small animals, just like the life of a savage. Although early man³ had an advantage over⁴ prehistoric man, he had no way to control his food supply. In order to find enough food to eat, he had to move from place to place. When the weather was too hot or cold, or when it was short of rain, plants would not grow, and he would have little or no food and hunger would visit him.

Little by little, man learned to make tools and weapons, and to use them to get his food. He also learned to grow plants and to tame animals and, what is more important, to use fire to prepare his food. Man now had more food and could enjoy a better diet. He was able to live in one place and produce the food he needed. "Civilization", as we know it, had begun. Great civilization slowly developed in regions where food was plentiful—along the Nile River in Egypt and by the Yellow River in China.

Food is produced in different geographical or climatic re-

