



中国民俗故事



# Chinese Folk Tales

(II)



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改编: 赵 杰

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Adapter: Zhao Jie

改编: 赵杰

Illustrator: Wang Ping / Zhang Ming

绘画: 王平、张明

Translator: Guo Bingke

翻译: 郭冰珂



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# Instant-Boiled Mutton

## 涮羊肉

Once the Mongolian Prince Kublai failed in campaigns, he and his soldiers had been starving for many days.

传说,元太祖忽必烈有一次带兵出征,接连失利,粮草也没有了,忽必烈和士兵们好几天没有吃东西。



So Kublai ordered General Hamili to look for food.

于是,忽必烈派出大将哈密里去寻找食物。



Taking some soldiers along, General Hamili hunted in mountain valleys for several days, but caught nothing.

哈密里带着一队人马开进了大山，他们找啊找，找了好几天，却什么也没有找到。

"What should I do? I couldn't find any food, not even one single wild animal. I am doomed! " General Hamili felt very worried.

“这可怎么办呢？食物没找着，连一只野兽也没逮着，回去怎么交差呢？”哈密里暗自心急。





Then General Hamili thought: Even if there's no wild animal, at least there should be some sheep on the grassland. Let me take some mutton to them. Right!

哈密里眼珠转了转，又想：就算没有野兽，可草原上绵羊总是有的。要不，就弄点儿羊肉给大伙儿填填肚皮吧。对，就这么办！



When he made up his mind, General Hamili called a soldier, "You go back to the grassland and bring me some sheep." The soldier asked, "General, how can we substitute sheep for the food and wild animals?"

打定主意，哈密里立刻叫来士兵，吩咐道：“你快点到草原上，弄几只绵羊回来。”士兵不解地问：“将军，忽必烈大人让我们寻找食物，就算没有食物，也得打些野兽回去，绵羊怎么能交差呢？”



"That is not your business. Go and get some sheep." General Hamili said. The soldier set off immediately.

“这你不用管，去找几只羊回来，就算你立了大功。”哈密里说。士兵接了命令，立即赶往草原。

Soon, the soldier brought some sheep back, and General Hamili went back to the encampment.

不久，士兵带了绵羊回来，哈密里带着羊回到了忽必烈的大营。







All the soldiers cheered, they thought that General Hamili would bring them nice food. But when they saw the sheep, they were so disappointed.

所有的士兵热烈欢呼，以为哈密里带回了美味佳肴，等到走近一看，才发现只是一些羊，大家都有些失望。



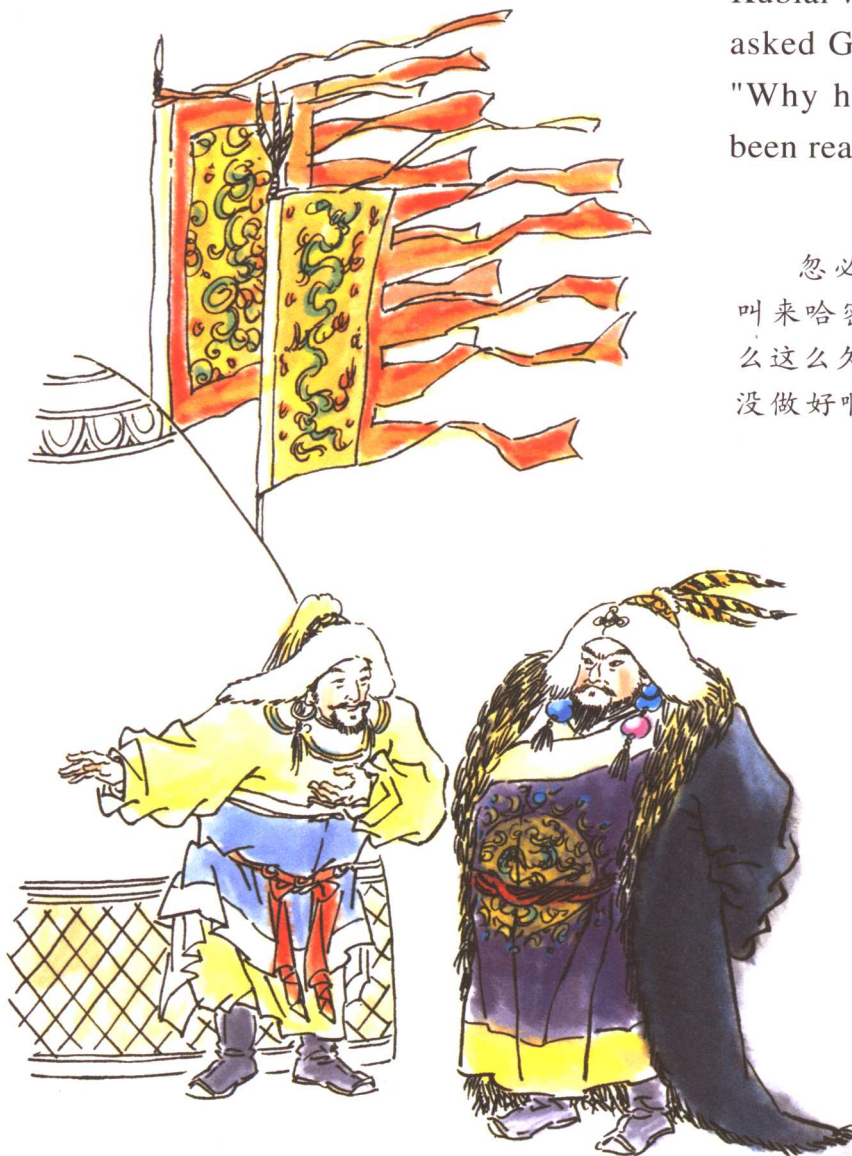
General Hamili smiled, and the soldiers took the sheep into the kitchen. After quite a long time, the meal had not been ready.

哈密里看在眼里，却依然面露微笑。他让士兵们把羊送进了厨房。过了很久，饭菜也没有做好。



Kublai was curious and asked General Hamili, "Why hasn't the meal been ready?"

忽必烈觉得奇怪，叫来哈密里问：“为什么这么久，你的饭菜还没做好啊？”



"Your Excellency, it took so long to cut the meat. Now, the meal is ready." General Hamili answered.

“大人，之所以这么久，是因为切羊肉很费时间，现在，已经准备好了。”哈密里回答。



Soon everything was on the table, including a big pot of boiling water. Kublai was surprised to see the meat was cut into thin slices.

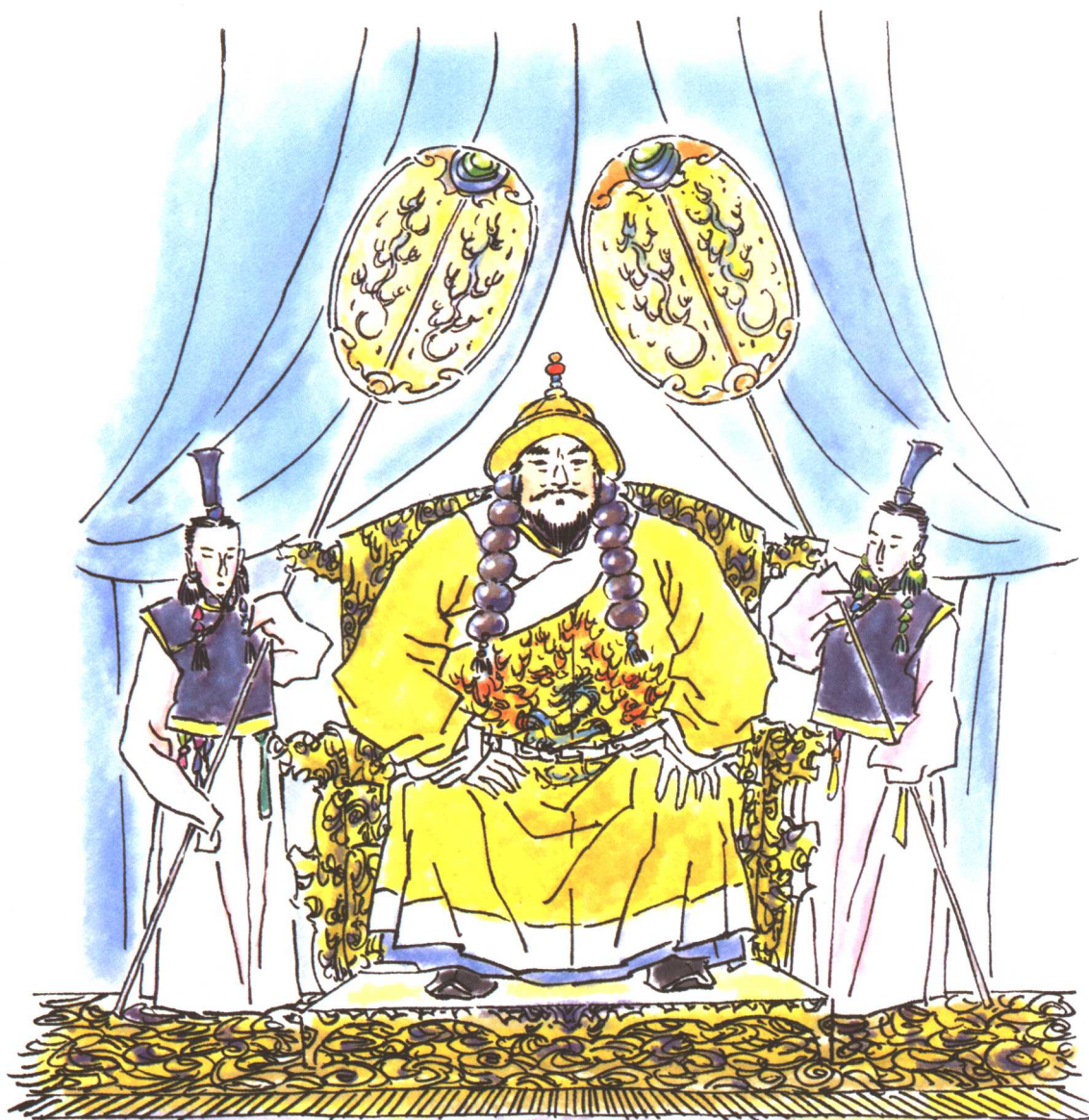
不一会儿，饭菜立刻端了上来，而且还有一个盛满开水的大锅。令忽必烈不解的是，羊肉从来都是大块大块的，现在却被切成了许多薄片儿，这可怎么吃啊？



The water was boiling. Kublai put some slices into the water, and shortly the meat was done. He spooned it out and dipped it in the sauce. It tasted very nice.

水开了，忽必烈把几片羊肉扔进水里，立刻就熟了，捞出来，蘸上佐料一吃，确实非常鲜美。





Later, Kublai became the emperor  
of the Yuan Dynasty.

后来，忽必烈作了元朝的  
开国皇帝。



One day, Emperor Kublai was fed up with those dainties, so he called General Hamili in. General Hamili brought a cupreous pot.

有一天，忽必烈不想吃那些山珍海味，就叫来了哈密里。哈密里送来了一个铜制的锅。



"Your Majesty, I know you love mutton, so I made a special chafing dish. There is some charcoal under the pot, so the water in it is always boiling."

“陛下，我知道您爱吃羊肉片，就特意给您做了一个火锅，锅底下可以放炭火，这样水就总是开着的。”

Emperor Kublai was glad and asked, "Good! What is the name of this dish?" General Hamili answered, "Your Majesty, the meat is done as soon as it is put in, so I call it instant-boiled mutton."

忽必烈高兴地问：“这个方法好，不过，这道菜应该叫什么名字呢？”哈密里回答说：“陛下，这些羊肉入水就熟，我看就叫‘涮羊肉’吧。”



From then on, the instant-boiled mutton has spread and it remains popular even today.

从此，涮羊肉这道菜就流传开来，一直流传到今天。



# Steamed Bread

## 蒸馒头



During the Three Kingdoms Period, the Military Councillor of the Shu State Zhuge Liang once returned victorious from a battle. Arriving at the Lu River, he and his army stopped because of a raging wall of torrential water.

三国时，蜀国的军师诸葛亮出征得胜回来，走到泸水岸边，大军停滞不前。原来，泸水波涛汹涌，挡住了军队前进的道路。