

中国顶尖的四级老师——考天下名师团 编

格林 主编

大学英语四级考试

赢在真题

通过真题记单词

历年真题精准译文，解题速成技巧全面揭秘



 NO.1

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前言

本书是一本与众不同、能给你带来最大回报的四级单词记忆书，使你在历年四级真题真实生动的语境中轻松快乐地记住四级英语单词，同时掌握它的用法和考试点，增强你的阅读能力、听力能力、翻译能力，教会你作文句式。

词汇在英语学习中的重要性，好比砖头之于大厦，词汇量的不足会严重制约听、说、读、写、译等诸多能力的提高，也阻碍学生在考试中取得理想的成绩。但是记忆词汇之艰难于我们都有同感。著名英语教育家、语言学家许国璋先生曾说过：“最好的记生词的办法不能只是背单词，我认为最好的办法莫过于通过词句或文章来记，这样就学得活，就记得牢。”

如果你已经厌倦了从 A 到 Z 的枯燥繁琐而且效果甚微的记忆方法，又觉得许多语境记忆书籍太浪费时间（一大段的语境只能帮助记住少数的几个英语单词）；如果你想真正高效率地记住英语单词，提高英语水平和四级考试应试能力，本书将是你最好的选择。本书具有如下的几个特点：

1. 精选四级真题阅读理解（70 篇）、听力理解（25 篇）、完形填空（20 篇）三个部分 115 篇文章，使你在真实生动的语境中轻松快乐地记住四级英语单词，熟悉四级考试语境，掌握单词的考点和用法。

2. 每篇文章后都有相应的精彩译文，在记忆单词的同时增强你的阅读能力、听力能力、翻译能力、写作能力。

编者希望本书能使你在四级备考中辛苦的付出能有最大的回报——提升你的四级考试成绩，也希望你在本书中所得到的“砖块”能让你在构建英语学习的“大厦”中一生受用！最后感谢你对本书的支持！

编者

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第
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1

British Cuisine: The Best of Old and New

英国菜系：新旧的完美融合



真题·共赏

British *cuisine* (烹饪) has come of age in recent years as *chefs* (厨师) combine the best of old and new.

Why does British food have a reputation for being so bad? Because it is bad! Those are not the most encouraging words to hear just before eating lunch at one of Hong Kong's smartest British restaurants, Alfie's by KEE, but head chef Neil Tones has more to say.

"The past 15 years or so have been a noticeable period of improvement for food in England," the English chef says, citing the trend in British cuisine for better ingredients, preparation and cooking methods, and more appealing presentation. Chefs such as Delia Smith, Nigel Slater, Jamie Oliver and Gordon Ramsay made the public realise that cooking—and eating—didn't have to be a boring thing. And now, most of the British public is familiar even with the extremes of Heston Blumenthal's molecular gastronomy, a form of cooking that employs scientific methods to create the perfect dish.

"It's no longer the case that the common man in England is embarrassed to show he knows about food," Tones says.

There was plenty of room for improvement. The problems with the nation's cuisine can be traced back to the Second World War. Before the War, much of Britain's food was imported and when German U-boats began attacking ships bringing food to the country, Britain went on *rations* (配给).

"As rationing came to an end in the 1950s, technology picked up and was used to mass-produce food," Tones says. "And by then people were just happy to have a decent quantity of food in their kitchens."

They weren't looking for cured meats, organic produce or beautiful presentation; they were looking for whatever they could get their hands on, and this prioritisation of quantity over quality prevailed for decades, meaning a generation was brought up with food that couldn't compete with neighbouring France, Italy, Belgium or Spain.

Before star chefs such as Oliver began making cooking fashionable, it was hard to find a restaurant in London that was open after 9:00 pm. But in recent years the capital's *culinary* (烹饪的) scene has developed to the point that it is now confident of its ability to please the tastes of any international visitor.

With the opening of Alfie's in April, and others such as The Pawn, two years ago, modern British food has made its way to Hong Kong. "With British food, I think that Hong Kong restaurants are keeping up," says David Tamlyn, the Welsh executive chef at The Pawn in Wan

Chai. "Hong Kong diners are extremely responsive to new ideas or presentations, which is good news for new dishes."

Chefs agree that diners in Hong Kong are embracing the modern British trend. Some restaurants are modifying the *recipes* (菜谱) of British dishes to breathe new life into the classics, while others are using better quality ingredients but remaining true to British traditions and tastes.

Tamlyn is in the second camp. "We select our food very particularly. We use US beef, New Zealand lamb and for our *custards* (牛奶蛋糊) we use Bird's Custard Powder," Tamlyn says. "Some restaurants go for custard made fresh with eggs, sugar and cream, but British custard is different, and we stay true to that."

Matthew Hill, senior manager at the two-year-old SoHo restaurant Yorkshire Pudding, also uses better ingredients as a means of improving dishes. "There are a lot of existing perceptions about British food and so we can't alter these too much. We're a traditional British restaurant so there are some *staples* (主菜) that will remain essentially unchanged."

These traditional dishes include fish and chips, steak and kidney pie and large pieces of roasted meats. At Alfie's, the newest of the British restaurants in town and perhaps the most gentlemen's club-like in design, Neil Tomes explains his passion for *provenance* (原产地). "Britain has started to become really proud of the food it's producing. It has excellent organic farms, beautifully crafted cheeses, high-quality meats."

However, the British don't have a history of exporting their foodstuffs, which makes it difficult for restaurants in Hong Kong to source authentic ingredients.

"We can get a lot of our ingredients once a week from the UK," Tamlyn explains. "But there is also pressure to buy local and save on food miles, which means we take our vegetables from the local markets, and there are a lot that work well with British staples."

The Phoenix, in Mid-Levels, offers the widest interpretation of "British cuisine", while still trying to maintain its soul. The gastro-pub has existed in various locations in Hong Kong since 2002. Singaporean head chef Tommy Teh Kum Chai offers daily specials on a blackboard, rather than sticking to a menu. This enables him to reinterpret British cuisine depending on what is available in the local markets.

"We use a lot of ingredients that people wouldn't perhaps associate as British, but are presented in a British way. Bell peppers stuffed with couscous, alongside ratatouille, is a very popular dish."

Although the ingredients may not strike diners as being traditional, they can be found in dishes across Britain.

Even the traditional chefs are aware of the need to adapt to local tastes and customs, while maintaining the Britishness of their cuisine.

At Yorkshire Pudding, Hill says that his staff asks diners whether they would like to share their meals. Small dishes, shared meals and "mixing it up" is not something commonly done in Britain, but Yorkshire Pudding will bring full dishes to the table and offer individual plates for each diner. "That way, people still get the presentation of the dishes as they were designed, but can carve them up however they like." Hill says.

This practice is also popular at The Pawn, although largely for *rotisseries* (烤肉馆), Tamlyn says. "Some tables will arrive on a Sunday, order a whole chicken and a shoulder of lamb or a baby pig, and just stay for hours enjoying everything we bring out for them."

Some British traditions are too *sacred* (神圣的) to mess with, however, Tomes says. "I'd never change a full English breakfast." (2011年6月)



参考·译文

英国烹饪菜系日趋成熟,近年来厨师将新旧菜品做到了完美地融合。

为什么英国食品的名声如此恶劣呢?因为它确实确实是坏的!这些都还不是你在香港最好的由阿尔菲经营的英国餐馆吃饭之前所听到的最让人丧气的话了。但主厨尼尔有话要说。

“过去15年左右的时间是英国食物发展最为显著的时期,”这位英国主厨说道,有趋势表明,不管是菜肴的原料还是烹饪方法、制备、都得到了改善。此外菜品的外观也更有吸引力了。厨师如迪莉娅·史密斯,奈杰尔·斯莱特,杰米·奥利弗和戈登·拉姆赛使公众意识到做饭和吃饭不应该是一个无聊的事。现在,大多数英国公众熟悉的甚至是极端分子布卢门撒尔的分子烹饪学,这种方法便是采用科学的方法去创造完美的菜品。

“在英国,一般人说自己对食品有所了解已经不再是一件令人尴尬的事。”汤姆说道。

改进的空间还很大。这个国家厨艺的问题可以追溯到第二次世界大战。在战争爆发之前,英国的大部分食品依赖进口,当德国U型潜艇攻击运送食品的船只时,英国便开始食品配给了。

“配给结束在二十世纪五十年代,那时科学技术快速发展并被用来批量生产食物,”汤姆说。“到那时,人们才对自家的厨房里能有充裕的食物而感到高兴了。”

他们不会挑剔地去寻找熏肉、有机农产品或美丽的外观,他们把能找到的一切东西拿走,。这结果归功于在过去的几十年里对数量主次分明的合理安排,这意味着一代人是吃着不可能跟邻近的法国、意大利、比利时和西班牙相比的食物。

在明星厨师奥利弗使烹饪成为一种时尚之前,在伦敦人们很难找到一家餐厅在营业到晚上9点以后。但是,近年来首都的烹饪已经发展到了有自信满足任何一国游客的口味的地步。

四月份阿尔菲的营业,以及其他的一些店,比如两年前的鲍恩,现代英国食品在香港已经打开了市场。“因为英国的食物,我认为香港的餐饮业扶摇直上。”湾仔鲍恩的威尔士行政总厨师长大卫·泰姆林说,“香港的菜品对新想法和式样的响应性很强烈,这对新菜品而言是一个好消息。”

主厨师们认为香港的菜品有拥抱现代英国风格的趋势。一些餐馆正在修正菜谱配方以便给英国传统菜肴带来新的生命。而与此同时其他的餐馆则是选择使用更好的原料以保持英国传统的原汁原味。

Tamlyn 正在发展的第二阶段。“我们对我们的食材精挑细选,我们选用美国牛肉,新西兰羊肉而我们的 custards(牛奶蛋糊)则用的是专门用于发酵鸟蛋的吉士粉,”Tamlyn 说。“一些餐厅喜欢用鸡蛋,糖和奶油制作乳蛋糕,但英国的乳蛋糕是不同的,我们保持其原有的风味。”