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午后时光
休闲阅读系列之
异域风光

在维也纳喝咖啡

*Happiness is a journey, not a destination. Therefore,
work like you don't need money, love like you've never
been hurt, and dance like no one's watching.*



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Grand Canyon

A well-known American named John Muir said in 1898:
“The Grand Canyon ... as unearthly^① in the color and grandeur and quantity of its architecture^② as if you had found it after death on some other star.”

The same as Muir, those of us who stand along the rim^③ are prompted^④ to wonder about the unearthliness and the forces that created and are still changing this place.

From the depths^⑤ of the canyon comes welling silence. Seldom can we hear the roar of the river. We cannot catch the patter like applause from the leaves of the cottonwoods on the shelf-like plateau below you. Because all sounds are swallowed in this gulf of space. “It makes me whisper compulsively,” a woman once murmured to her companion. This silence is not deathly silence; to the contrary, it is a presence. It is like a great

piece of music. But music made of man works up to a climax and ceases; the Grand Canyon is all climax, a chord echoing into eternity.

Perhaps the most spectacular feature of the Grand Canyon, is its Redwall—limestone cliff, which stands about half way up the clash and is practically vertical. Its average height is 550 feet—almost as tall as the Washington Monument. Though it is actually gray-blue limestone, the surface of the cliff has been stained to a sunset hue by iron salts washing out of the rocks. Above the Redwall come alternating layers of red sandstone and shale 1,000 feet thick, then comes the next pale-blue layer. The topmost layers are a yellowish limestone.

The Grand Canyon is an unearthly sight. No wonder an American writer and journalist said, “I came here an atheist, and departed a devout believer.”



- ① unearthly 非人间的
② architecture 建筑学, 建筑术
③ rim 边, 缘
④ prompt 立刻的, 迅速的
⑤ depth 深; 深度, 纵深

科罗拉多大峡谷

著名的美国人约翰·缪尔曾经在 1898 年说过：“科罗拉多大峡谷……它的色彩和构造的宏伟多样是世上绝无仅有的，就像是人死亡以后在别的星球上发现的东西。”

和缪尔一样，站在大峡谷边缘的人们会顿时对这里的超凡脱俗，对那种创造并仍在改变这个地方的神奇力量感到惊奇。

峡谷深处静寂无声。我们很少听见河水的咆哮声或下面壁架式高原上三角叶杨树发出的鼓掌般的轻拍声。因为这一切声音都被这深渊的空间吞没了。一位女游客曾低声对同伴说：“它让人禁不住地低声细语。”这种寂静不是死一般的沉寂；相反，它是万物存在的宁静。它就像一篇伟大的乐章。人类创作的乐曲会逐渐进入高潮然后终止，而科罗拉多大峡谷

则高潮迭起，是永远回荡不止的和音。

也许，科罗拉多大峡谷最引人注目的风貌特色是“红墙”——石灰石悬崖，它耸立于裂口当中，几乎是垂直的。它的平均高度为 550 英尺——几乎和华盛顿纪念碑一样高。虽然它实际上是灰蓝色的石灰石，但是从岩石里渗出的铁盐却使悬崖表面染上了晚霞般的色彩。在“红墙”的上方，是红色的砂岩和 1,000 英尺厚的页岩交替层，然后是浅蓝色的沙岩层，最上层是淡黄色的石灰石。

科罗拉多大峡谷是一道超凡脱俗的风景。难怪一位美国作家兼记者说：“我来这里时还是个无神论者，离开时却是个虔诚的信徒了。”

American Cooking

If you think American cooking means opening a package and tossing the contents into the microwave, think again. On the one hand, it's true that Americans thrive on cold cereal for breakfast, sandwiches for lunch and instant dinners. From busy homemakers to professional people, many Americans enjoy the convenience of prepackaged meals that can be ready to serve in 10 minutes or less. On the other hand, many Americans recognize the value of cooking skills. Parents—especially mothers—see the importance of training their children—especially daughters—in the culinary^① arts. Most Americans will admit that there's nothing better than a good home-cooked meal. But with cooking, as with any other skill, good results don't happen by accident.

Probably every cook has his or her own cooking style. But

there are some basic techniques and principles that most people follow. For example, baking is a primary method of preparing food in America. The dinner menu often has casseroles^②, roast meats and other baked goods. For that reason, Americans would find it next to impossible to live without an oven. American cooks give special attention to the balance of foods, too. In planning a big meal, they try to include a meat, a few vegetables, some bread or pasta^③ and often a dessert. They also like to make sure the meal is colorful. Having several different colors of food on the plate usually makes for a healthy meal.

For those who need guidance in their cooking, or for those who have just run out of ideas, recipes are lifesavers^④. Finding recipes in America is as easy as pie. Most good cooks have a shelf full of cookbooks ranging from locally published recipe collections to national bestsellers like the *Betty Crocker Cookbook*. Magazines devoted to home management, such as *Good Housekeeping* and *Family Circle*, are chock-full of scrumptious selections. Friends often augment^⑤ their recipe collection by passing around their favorites written on cards.

词汇

① culinary 厨房的, 烹调的

② casserole 沙锅菜

③ pasta 意大利通心粉

④ lifesaver 救命者

⑤ augment 增加, 增补

美式烹饪

假如您以为美式烹饪就是打开一个料理盒，然后将里头的东西放进微波炉加热，那你就得改变想法了。从某一方面来说，美国人因早餐的冷麦片、午餐的三明治及快餐晚餐而得以发育强壮，这倒是真的。从忙碌的家庭主妇/男到上班族，许多美国人都喜欢享受事先包装好的便当所带来的方便，这些快餐在不到 10 分钟内就可上桌。从另一个方面来看，许多美国人都认同厨艺的价值。父母亲——特别是妈妈们意识到训练孩子，尤其是女儿，烹饪艺术的重要性。大多数美国人都承认没有什么比得上一顿自家做的餐点。而谈到烹饪，一如其他的技巧，好的成果并非偶然天成。

大概每一位厨师都有他自己的烹饪方式。但仍有一些基本方法和原则是大多数人共同遵循的。例如，烘焙在美国是

烹饪的一种主要方法，晚餐菜单上通常有“焗烤菜”、烤肉及其他的烘焙食物。因此，美国人会觉得没有烤箱几乎是无法过活的。美国厨师们也特别留意食物的均衡。在计划一顿大餐时，他们会试着加入肉、几样蔬菜、一些面包或面食，而且通常有甜点。他们也喜欢使餐点色彩亮丽。若盘中有不同色彩的食物，通常令人觉得是健康的一餐。

对于那些在烹饪方面需要指导或已江郎才尽的人，食谱就是救星。在美国寻找食谱可谓易如反掌。大多数的好厨师们都有一架子的食谱，包括从本地出版的各式食谱到像《贝蒂·克劳克菜谱》这样的全国畅销书。一般理家杂志，如《好管家》及《家庭圈》都满满地刊载很多美味的精选食谱。朋友们经常把自己最爱的食谱写在卡片上，相互传阅，来增加自己的食谱收藏。

Drink Coffee in Vienna

Vienna has hosted the Habsburg court over centuries, first as the imperial city of the Holy Roman Empire, then the capital of the Austrian^① Empire and later of the Austro-Hungarian Empire. This has had a tremendous impact on the culture that exists there today.

Like Munich, its residents are formal, but with small doses of courtliness, polite forms of address and formal dress attire^②. The residents of Vienna tend to be equally modern and old-fashioned. Waiters address their customers with honorifics; a man who bumps into someone on the street is more than likely to implore his or her pardon with a small bow; tourists are treated as if they were a long-lost member of the royal returning home. This luxurious treatment is one of the reasons that many people enjoy visiting Vienna.

The traditional Vienna is but one of the many faces of this city. Vienna is also a dynamic, young city, famous for its (electronic) music scene with independent labels, cult-status underground record stores, a vibrant club scene, and a government that seems overly obsessed with complicated paperwork. However, people are willing to go out of their way or bend the rules a little if they feel they can do someone a favor.

Vienna is also famous for its coffee culture. "Let's have a coffee" is a very common phrase to hear, because despite incursions by Starbucks and Italian-style espresso bars, the Kaffeehaus is still the traditional place to drink a cup of coffee, read the newspaper, meet friends or fall in love.

If you come to Vienna and don't try some coffee, you've missed one of the great reasons to come here. Vienna has a reputation for having an excellent coffee culture and you should at least visit one of the countless traditional coffee houses where you can sit down, relax, and have some coffee.

Sidewalk Cafés line a pedestrians-only street in central Vienna's Graben district. Cafés and coffee houses are an Austrian tradition, and it is customary to take an afternoon break for a strong cup of coffee. The coffee ritual is incomplete without a delicious pastry or a slice of chocolate cake.

One Viennese admitted that being in a coffee house is like escaping from the real world. "You close the doors and all the

troubles you have are forgotten. You leave them behind. You read the newspaper, you play the billiards, you play chess, you talk to your friends while you drink your coffee or beer and everything has become peaceful. ”



① Austrian 奥地利人

② attire 衣服; 服装

在维也纳喝咖啡

维也纳最初是神圣罗马帝国的领地，接着成为奥地利帝国的首都，后来又成为奥匈帝国的首都，哈布斯堡王朝在维也纳雄踞达数个世纪之久。这段历史对于维也纳现在的文化产生了重大影响。

和慕尼黑一样，维也纳的居民也很讲礼节，不过加上他们稍许的谦恭、礼貌的言辞和正式的着装，他们往往显得既现代又传统。侍者们用敬语招呼顾客；维也纳人在街上撞到人时往往会微微鞠躬致歉；受到款待的游客会觉得自己就像失散已久、如今归来的皇室成员一般。这种奢华的款待是很多人喜爱到维也纳观光的原因之一。

传统的维也纳只是这个“多面城市”的一面而已。维也纳也是一座动感、年轻的城市，它以独立唱片公司构成的