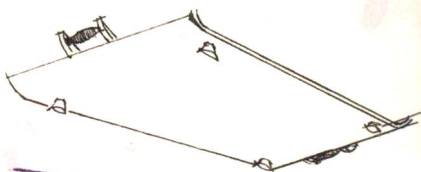


Gourmet and Cooking

美食与烹饪

主编◎苏联波

双语版



新疆青少年出版社

责任编辑:马俊 周英徽

封面设计:泡泡

休闲英语沙龙系列丛书

美食与烹饪

苏联波 / 主编

新疆青少年出版社 出版

(乌鲁木齐胜利路 100 号 邮编:830001)

新华书店经销 北京朝教印刷厂印刷

850×1168 毫米 32 开 总印张:84

2005 年 1 月修订版 2005 年 1 月修订版第 1 次印刷

印数:1—5000 册

ISBN7-5371-3041-8/G·1353 总定价:336.00 元(全 12 册)

如有印装质量问题请直接同承印厂调换

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

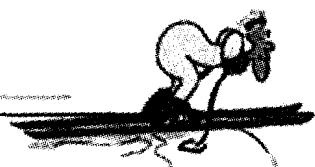
人类已从茹毛饮血、风餐露宿的艰苦岁月步入到高度发达的现代文明社会。在这一历史进程中,人类的饮食亦随之发生了巨大的变化,孕育出了灿烂夺目的饮食文化,也使美食与烹饪成为千百年来人们津津乐道的热门话题。

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。

编 者

Content



Contents 目 录

Chapter One Bread Is the Staff of Life

第一章 民以食为天..... (1)

1. Food and Man

食物与人..... (1)

(1) Changes in Man's Diet

人类饮食的变迁 (2)

(2) Foods in the Eyes of Modern People

现代人眼中的食物 (5)

(3) The Savour of Food

食物的味儿 (7)

2. Food and Nutrition

食物和营养..... (9)

(1) Knowledge of Food

食物常识 (9)

(2) Nutrition——A Lifelong Concern

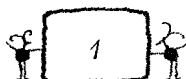
营养——值得终身关注的问题..... (13)

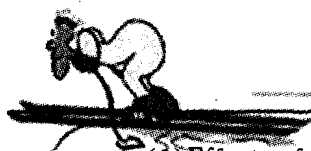
3. Diet and Health

饮食与健康 (16)

目

录

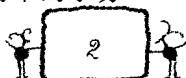




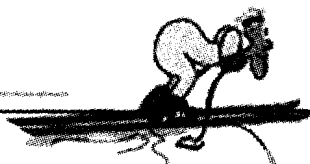
Content

目
录

| | |
|---------------------------------------|------|
| (1) Effects of Food on Health | |
| 食物对健康的影响 | (16) |
| (2) Overcoming the Salt Habit | |
| 征服咸食习惯 | (19) |
| (3) Overweight Hurts Our Health | |
| 超重有害健康 | (21) |
| (4) Miss Jeanne on a Diet | |
| 珍妮小姐节食 | (23) |
| 4. The Trend of Diet | |
| 饮食潮流 | (25) |
| (1) Fast Food and Gourmet | |
| 快餐化和美食化 | (25) |
| (2) Adopt Natural Foods | |
| 崇尚自然食物 | (27) |
| (3) A Balanced Diet | |
| 平衡饮食 | (29) |
| (4) Eating Habits in the 21st Century | |
| 二十一世纪的饮食习惯 | (31) |
| 5. The Preservation of Food | |
| 食物的保藏 | (33) |
| (1) Knowledge of Food Storing | |
| 食品保藏常识 | (33) |
| (2) Ways of Food Preservation | |
| 食品保藏的方式 | (36) |
| (3) How to Dry Food | |
| 如何去除食物中的水分 | (39) |



Content



Chapter Two Food Culture

第二章 饮食文化 (42)

1. Food Customs

饮食习俗 (43)

(1) Effects of Culture on Food

文化对食物的影响 (43)

(2) Customs of Eating and Drinking

餐饮习俗 (46)

(3) Eating Habits of Americans

美国人的饮食习惯 (49)

(4) Heuriger—Viennese Summer Garden

霍里格酒馆——维也纳人的夏日庭园 (51)

2. Table Manners

餐桌礼仪 (54)

(1) A Bird's-Eye View of Table Manners

餐桌礼仪概览 (54)

(2) Politeness at Table

用餐礼节 (57)

(3) Table Manners in France

餐桌礼仪在法国 (60)

(4) Wine Tasting

品酒 (62)

3. Gourmet on Red-Letter Days

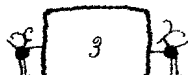
美食在佳节 (64)

(1) Foods on Spring Festival

春节话食 (64)

目

录





Content

(2) Chinese-Hawaiians and Moon Cakes

夏威夷华人和中秋月饼..... (67)

(3) Eating Customs on Christmas

圣诞食俗..... (69)

(4) Easter Egg

复活节彩蛋..... (71)

(5) Thanksgiving Feast

感恩节庆筵..... (73)

Chapter Three Dinner Entertainment

第三章 宴请款待..... (76)

1. Enjoying Dinner with Friends

请客吃饭..... (76)

(1) Entertaining Friends at Home

家宴款待..... (77)

(2) Guests for Dinner

请客人用餐..... (78)

(3) Eating Out with Friends

与朋友外出就餐..... (82)

(4) In the Bar

在酒吧..... (85)

2. Formal Dinner Parties

正式宴请..... (87)

(1) Preparations for Dinner Parties

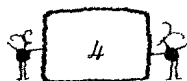
宴会筹备..... (88)

(2) Entertaining at Dinner Parties

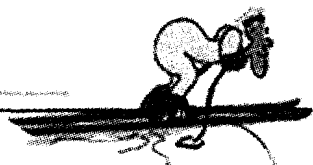
宴会款待..... (91)

目

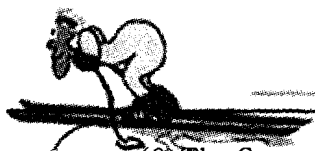
录



Content



| | |
|--|--------------|
| (3) Manners at Dinner | |
| 用餐礼仪 | (93) |
| 3. Entertaining on Specific Occasions | |
| 特定场合的款待 | (96) |
| (1) Birthday Dinner Parties | |
| 生日宴会 | (97) |
| (2) Wedding Reception | |
| 婚嫁喜宴 | (99) |
| (3) Business Dinners | |
| 公务宴请 | (102) |
| 4. Other Colourful Dinners Parties | |
| 多姿多彩的宴会 | (105) |
| (1) Cocktail Parties | |
| 鸡尾酒会 | (106) |
| (2) Buffets | |
| 自助餐 | (108) |
| (3) Summer Dinner Parties | |
| 消夏晚宴 | (111) |
| (4) TV Dinners | |
| 电视餐 | (113) |
| Chapter Four Delicious Foods | |
| 第四章 美味佳肴 | (116) |
| 1 Chinese Cuisine | |
| 中国菜肴 | (116) |
| (1) Distinguishing Features of Chinese Cuisine | |
| 中国菜的特色 | (117) |



Content

| | |
|--|-------|
| (2) The Composition of Chinese Cuisine | |
| 中国菜的构成 | (119) |
| (3) Local Dishes | |
| 地方菜 | (124) |
| (4) Court Cuisine | |
| 宫廷菜 | (126) |
| (5) A Glimpse at Well-known Dishes | |
| 名菜一瞥 | (129) |
| 2. Western Cuisine | |
| 西餐菜品 | (134) |
| (1) Distinguishing Features of Western Cuisine | |
| 西餐菜品的特色 | (134) |
| (2) European Dishes | |
| 欧洲菜 | (136) |
| (3) English Dishes | |
| 英国菜品 | (138) |
| (4) Austrian Food | |
| 奥地利食品 | (140) |
| (5) American Food | |
| 美国食品 | (143) |
| 3. Talking About Drinks | |
| 话说饮料 | (145) |
| (1) Sherry | |
| 雪利酒 | (145) |
| (2) Coca-Cola | |

目

录

Content



| | |
|------------------------------|-------|
| 可口可乐 | (148) |
| (3) Cocktails | |
| 鸡尾酒 | (150) |
| (4) Wuliangye Liquor | |
| 五粮液 | (151) |
| (5) Luzhou Old-Cellar Liquor | |
| 泸州老窖 | (152) |
| (6) Quanxing Da-Qu Liquor | |
| 全兴大曲 | (153) |

Chapter Five A Profile of Cooking

第五章 烹饪面面观..... (155)

1. Cooking Techniques

| | |
|-----------|-------|
| 烹调技术..... | (155) |
|-----------|-------|

(1) The Cooking Techniques of Chinese Food

| | |
|--------------|-------|
| 中餐烹调技术 | (156) |
|--------------|-------|

(2) The Cooking Techniques of Western Food

| | |
|--------------|-------|
| 西餐烹调技术 | (159) |
|--------------|-------|

2. Cooking Delicious Foods

| | |
|-----------|-------|
| 佳肴烹饪..... | (162) |
|-----------|-------|

(1) Yorkshire Pudding

| | |
|-------------|-------|
| 约克夏布丁 | (163) |
|-------------|-------|

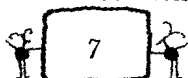
(2) Prawns and Pigeon Eggs

| | |
|-------------|-------|
| 明珠凤尾虾 | (164) |
|-------------|-------|

(3) Emerald Chicken Breast

| | |
|------------|-------|
| 翡翠鸡脯 | (166) |
|------------|-------|

(4) Sea Cucumbers with Scallion

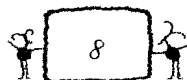




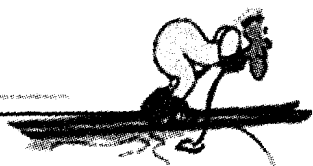
Content

目
录

| | |
|--|--------------|
| 葱烧海参 | (168) |
| (5) Braised Duck with "Black Beancurd" | |
| 魔芋烧鸭 | (169) |
| (6) Carp in Brown Sauce | |
| 酱汁鱼 | (171) |
| (7) Gao Li (Korean) Bean Paste | |
| 高丽豆汁 | (172) |
| (8) Bamboo Shoots in Green Soup | |
| 竹荪翡翠汤 | (174) |
| Chapter Six Wonderful Talks About Foods | |
| 第六章 饮食趣谈 | (176) |
| 1. Anecdotes of Diet | |
| 膳食趣闻 | (176) |
| (1) Eating in Space | |
| 食在太空 | (177) |
| (2) A Nation of Drinkers | |
| 嗜饮的民族 | (178) |
| (3) The Story of Hamburger | |
| 汉堡包的故事 | (181) |
| (4) Master and His Servant | |
| 主人和仆人 | (183) |
| (5) A Dutiful Son | |
| 孝子 | (185) |
| (6) The Way to Making Money | |
| 生财之道 | (187) |



Content



2. Humour from Eating

“吃”出来的幽默..... (188)

(1) Tearful Soup

流泪的汤 (189)

(2) The Diner and the Waiter

食客和侍者 (190)

(3) Effect of Food

食物的效果 (192)

(4) Food Served

上菜 (193)

(5) An Epicure

美食家 (194)

3. Philosophy in Diet

饮食中的哲理..... (195)

(1) Food Tells the Truth

食物告之真相 (195)

(2) What Does Eating Mean?

吃饭意味着什么? (197)

(3) The Effects of Wives' Diet on Husbands

妻子饮食对丈夫的影响 (199)

4. Poems and Proverbs on Diet

餐饮诗谚..... (202)

(1) The Tart

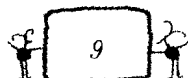
酸果 (202)

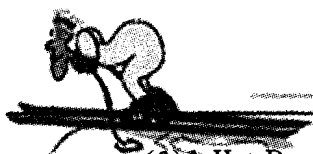
(2) Watermelons

西瓜 (203)

目

录





Content

(3) A Hot Dog

热狗 (203)

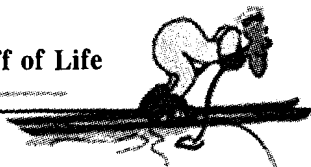
(4) On Gut

肠胃 (204)

目

录

Chapter One Bread Is the Staff of Life



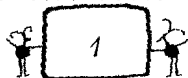
Chapter One Bread Is the Staff of Life

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





Chapter One Bread Is the Staff of Life

巨大的变化。

(1) Changes in Man's Diet

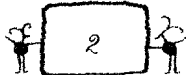
人类饮食的变迁

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.

第一章
民以食为天

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-



Chapter One Bread Is the Staff of Life



gions. In Asia, the most important crop is rice. In North America, wheat and maize have become the most important grains. Wheat, oats and barley are grown in Europe and North Africa. The tropical regions⁵ of the world abound in fruit.

With the rapid development of science and technology, the production of food has become a more technical and specialized process. Today, foods are canned, frozen, pickled, and dehydrated. They are easier to be carried with or be sent from one place to another. Man is no longer depend on food he grows in his own area, and enjoys the delicious foods from all over the world. In the future, food may be produced in some entirely new ways. It may be obtained from the land, the ocean, or even the outer space.

注释:

1. remote antiquity 上古; 远古
2. prehistoric man 史前人(类)
3. early man 早期人(类)
4. have an advantage over 胜过; 优于
5. tropical regions 热带地区; (气候)炎热的地区

