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英语漫谈

*Meander through China's
Cultural Treasure Troves*

中国文化

龙江 主编

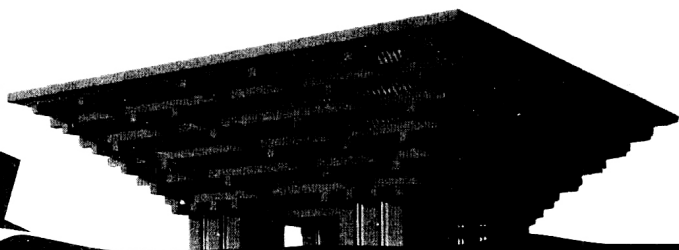
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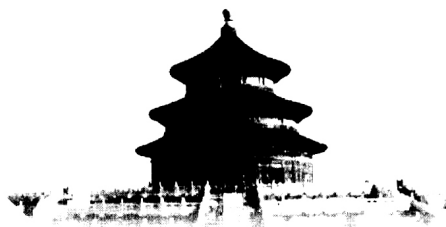
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龙 江 主 编

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前言

21 世纪是文化融合的世纪，东西方文明的相互碰撞和渗透已经深入到社会生活的各个领域。语言作为文化的载体，在文化的传播与沟通上发挥着不可替代的关键作用。要纯熟地掌握一门语言就必须了解该语言所承载的文化，而要真正了解一种文化也必须掌握该文化所使用的语言。外语学习不单是一种技能训练，它还包含了文化适应（acculturation）的过程。有的人说出来或写出来的英语从语言形式上看没有毛病，却不是地道的英语，因为他们忽略了英语背后的文化习俗和思维习惯，表面上是英语，实则是中式的表达方式，从而影响了交际的效果甚至引起误解。要从根本上扭转这一现象，我们在外语教学与学习过程中必须跳出单一的语言技能训练模式，代之以注重文化信息传递、基于内容（content-based）的跨文化交流模式。由大连理工大学出版社策划推出的“英语漫谈”丛书正是从这一理念出发，顺应外语学习的文化导向，弥补传统学习模式之不足的一套英语学习图书。

该丛书共 3 本：《英语漫谈中国文化》、《英语漫谈世界文化》和《英语漫谈时事热点》。丛书的英语选材地道纯正，内容丰富，不仅包含大量规范实用的语言范例，还提供了学习用英语表达中外文化与时事话题的阅读素材。为方便自学，每本书均配有中文译文和相关词汇与短语。每本书的结构大致相同，由 10 至 15 个话题单元

组成，每个单元又细分为若干个子话题，每个子话题包含句子表达和阅读两个部分。句子表达部分为起步、提速和冲刺3个阶段，所选例句在结构和词汇运用上从简单逐步过渡到复杂，便于读者循序渐进地提高英语表达的能力。这些句子既可作为练习口语的素材，也可从中学到英语写作的参考句式。如果能熟练掌握这些表达方式和相关词汇，则相当于掌握了谈论某一话题所常用的语言工具。阅读部分包括一篇与子话题有关的文章，既可用于训练语篇阅读能力，又可以让读者从中获得丰富多样的文化信息和语言表达方式。

《英语漫谈中国文化》选取了13个具有代表性的话题，从传统文化到当代风貌，从人文思想到自然景观，虽不能穷尽中国文化的方方面面，却也能管窥其博大精深之一斑。

《英语漫谈世界文化》以世界文化的10个主题为线索，将不同地域的文化特色置于同一个主题之下，既彰显各国文化的缤纷个性，又方便读者查找所需信息。在每个主题之下，我们尽量选取最具特色或代表性的文化坐标，东西兼顾，涵盖古今，力求展现世界文化的多元色彩。

《英语漫谈时事热点》收录了近年来为世人关注的15大类58个中外时事热点话题，从国际关系到环境保护，从最新科技到时装发布会，从极限运动到诺贝尔奖，取材广泛，权威性强，充满时代感。从中读者不仅可以广览天下事，了解中外媒体的观点与视角，还可学到最新的时事用语，充实和更新自己的英语语汇库。

我们希望这套丛书能够在引导读者向以内容为基础、以文化为导向的外语学习模式的转变上发挥积极的作用，在培养学习者跨文化意识的同时，使他们花较少的时间，掌握更多的实用词汇和表达方式，从而真正提高其语言交际能力（Communicative Competence），做到言之地道、言之有物。

最后，感谢大连理工大学出版社的编辑们，正是他们耐心细致的工作和富有建设性的意见，使这套丛书在经过数次修改后得以顺利付梓。

龙 江

武汉大学外语学院

2010年10月

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Food and Drinks

饮食

Chinese Cuisine I

Start-off:

- Food is of the utmost importance to people.
- In Sichuan Cuisine, a famous dish is spicy chicken fried with peanuts.
- Fujian Cuisine is distinguished for its choice seafood and magical taste.
- Su Cuisine consists of three local flavors: Huaiyang, Jingling Suxi and Xuhai.
- Jing Cuisine brings many plants' roots into use, e. g. garlic and ginger.
- Most Hu dishes are sauted or fried, and they are famous for cooking river food.

Speed-up:

- ▶ With the rapid development of China's economy, China's catering industry faces huge opportunity to activate the demand of domestic consumption.
- ▶ Henan Cuisine, also known as Yu Cuisine, has the accolade of being one of China's most traditional and oldest cooking styles.
- ▶ The highly distinctive characteristic of Anhui Cuisine lies not only in the elaborate choices of cooking materials but also in the strict control of cooking process.
- ▶ To meet the appetites of people at different levels, Shanghai style offers a wide range from homey selections to gourmet-show pieces.
- ▶ Xuanwei ham, produced in Xuanwei City in Yunnan Province, enjoys a high reputation both home and abroad.

Final lap:

- ★ Due to various natural conditions, living habits, development of economy and culture, people in different places of China form different flavors in catering and cuisine types.
- ★ Jiangsu Province is called "land of fish and rice" since ancient times; all through four seasons of a year, aquatic products, meat and vegetable come into the market in succession, which provide ascendent condition for the development of cooking techniques.
- ★ Huaiyang Cuisine selects carefully the raw material and pays great attention to cutting skills and timing while cooking, and emphasizes original taste of raw material; the color of Huaiyang Cuisine is simple and elegant, the sculpt is novelty, the taste of the dish in mouth is gentle, fresh with a bit sweet taste.

起步:

- 民以食为天。
- 川菜中的一道名菜是宫保鸡丁。
- 闽菜因其上等的海鲜和奇特的风味而闻名。
- 苏菜有三种地方风味:淮扬、金陵、苏锡和徐海。
- 京菜中用到很多植物的根,比如大蒜和姜。
- 大部分沪菜的做法是煎或炸,并且以水产品的烹制而著称。

提速:

- ▶ 随着中国经济的快速发展,中国餐饮业取得激发国内需求的巨大机遇。
- ▶ 河南菜,又称豫菜,享有中国最传统、最古老的烹调方法之一的美誉。
- ▶ 安徽菜的突出特色不仅体现在食材的精心挑选中,还体现在细致的烹调程序上。
- ▶ 为了满足不同层次人们的口味,上海菜提供了从平民口味到美食家口味的品种。
- ▶ 宣威火腿,产于云南省宣威市,在国内外都享有盛名。

冲刺:

- ★ 由于不同的自然条件、生活习惯以及经济及文化发展水平,中国不同地区的人们在餐饮和烹调类型中产生了不同的口味。
- ★ 江苏省,自古以来被称为“鱼米之乡”;一年四季,水产、肉类和蔬菜接连上市,为烹调技术的发展提供了良好的条件。
- ★ 淮扬菜在烹制过程中选材精细,非常重视刀工和火候,并且强调保留材料的原汁原味。淮扬菜色泽清雅,造型新颖,入口软嫩,鲜嫩微甜。



Eight Cuisines (1)

Lu Cuisine is famous for its wide selection of material and use of different cooking methods. The raw materials are mainly domestic animals and birds, seafood and vegetables. The masterly cooking techniques include Bao (quick frying), Liu (quick frying with corn flour), Pa (stewing), roasting. Lu Cuisine is composed of two different flavors: Jinan Cuisine and Jiaodong Cuisine. Jinan Cuisine pays great attention to faint scent, freshness and pure flavor. Jiaodong Cuisine is good at cooking seafood.

Sichuan Cuisine is world-renowned and forms a class of its own. The Chinese claim that it comprises more than 4000 dishes, of which over 300 are said to be famous. It's China's hottest and spiciest cuisine, often using "flower pepper", a crunchy little item that leaves a numbing and unfamiliar aftertaste. Sichuan chefs have a catch-cry that draws attention to the diversity of Sichuanese cooking styles; "baicai, baiwei," literally "a hundred dishes, a hundred flavors." It is difficult to say whether "a hundred flavors" is a typicalized Chinese exaggeration. There is, nevertheless, a bewildering cornucopia of Sichuanese sauces and culinary-preparation techniques.

Su Cuisine, is popular in the lower reach of the Yangtze River. Aquatics as the main ingredients, it stresses the freshness of materials. Its carving techniques are delicate, of which the melon carving technique is especially well known. Cooking techniques consist of stewing, braising, roasting, simmering, etc. The flavor of Huaiyang Cuisine is light, fresh sweet and with delicate elegance. Typical Courses of Su Cuisine are Stewed Crab with Clear Soup, Long-boiled and Dry-shredded Meat, Duck Triplet, Crystal Meat, Squirrel-Shaped Mandarin Fish, and Liangxi Crisp Eel.

Yue Cuisine also called Guangdong Cuisine, enjoys a century-old history. It is reputed for its broad way of cooking material and novelty. Yue Cuisine is good at using cuisine methods, such as baking and stewing. It includes three different cuisines: Guangzhou Cuisine, Chaozhou Cuisine and Dongjiang Cuisine, among which Guangzhou Cuisine is the most famous. The most renowned dish of Yue Cuisine is undoubtedly broth stewed with various medicinal materials as the result of the hot climate of Guangdong Province.

八大菜系 (一)

鲁菜因其广泛的选材和多变的烹调方法而闻名。其材料多为家禽、家畜、海鲜以及蔬菜。烹调手法有爆(急火快炒)、溜(原料腌渍粘粉)、扒(蒸煮)、烤。鲁菜分为两个派别:济南菜和胶东菜。济南菜非常重视清淡的口感,新鲜纯正的风味。胶东菜长于海鲜烹制。

川菜世界闻名,自成一家。中国人认为它包括4000多道菜,其中300多道都很有名气。它是中国最辛辣的菜系,通常会使用“花椒”,一种让人口舌发麻的调料。四川厨师们有一句行话让人注意到四川烹调方法的多样性,那就是“百菜百味”,从字面上理解就是,“一百道菜就有一百种口味”。很难说这是不是典型的中国式夸张,但的确,它有着五花八门的调味品和烹饪技巧。

苏菜,又称淮扬菜,盛行于长江下游地区。它以水产作为主要材料,强调材料的新鲜。苏菜雕工精细,尤以瓜雕见长。烹饪手法包括蒸煮、焖炖、烧烤以及慢炖等。淮扬菜口味清淡、鲜嫩微甜、精美雅致。苏菜的招牌菜有清汤蟹肉、煮干丝、三套鸭、水晶肴蹄、松鼠桂鱼、梁溪脆鳝等。

粤菜,又称广东菜,拥有百年历史。它在食材的多样性和创新性上享有盛名。粤菜烹饪技术高超,长于烘焙和蒸煮。它包括三个派别:广州菜、潮州菜、东江菜,其中广州菜最为著名。由于广东省气候炎热,所以粤菜中负有盛名的无疑当属加入各种药材的煲汤了。

Words and Phrases



cuisine 菜系
simmering 慢炖
quick frying 急火快炒
stewing 蒸煮
roasting 烧烤
crunchy 脆的
catch-cry 行话
ingredient 配料
baking 烘焙
braising 焖炖

broth 汤
Duck Triplet 三套鸭
flower pepper 花椒
Crystal Meat 水晶肴蹄
Liangxi Crisp Eel 梁溪脆鳝
Stewed Crab with Clear Soup 清汤蟹肉
Squirrel-Shaped Mandarin Fish 松鼠桂鱼
Long-boiled and Dry-shredded Meat 煮干丝

Chinese Cuisine II

Start-off:

- Governing a great nation is like cooking a small fish.
- Instead of rice, wheat is the staple grain in the north.
- Generally, wheaten food cookery falls into three categories: *bing* (bread/cake) refers to baked food; *mo* (bun/bread) is steamed; *mian* (noodle) is boiled.
- Fresh shrimps are a top delicacy among foods popular with young people.
- Guangdong Cuisine has been influenced by foreign cooking cultures.
- Particular attention is paid to the knife skills and cooking technique of the Chefs.

Speed-up:

- ▶ Cuisine in China is a harmonious integration of color, taste, shape and the fineness of the instruments.
- ▶ Your senses are tested to the extreme while enjoying the unusual local dishes.
- ▶ Although many dishes in Chuan Cuisine live up to their reputation for being spicy, a great many recipes use little or no hot spices at all.
- ▶ Even today the question "Have you eaten already?" remains a popular greeting among Chinese people.
- ▶ Cuisines from different regions are so distinctive that sometimes even the styles of the two geographical neighbors are completely different.

Final lap:

- ★ Over time, chefs in the landlocked, mountain-ringed province developed a cuisine different from other Chinese cooking styles. This style was heavily influenced by the foreigners along China's famous "Silk Route".
- ★ They employ the unparalleled complicated skills handed down from their fathers. They ever aspire to realize their ideal of perfection for all the senses. When they finish their masterpieces, these foods are arranged on a variety of plates and dishes so that they are a real pleasure to view, to smell and to savor.
- ★ In modern China, especially metropolitan cities, there are foreign restaurants of big size and small size scattered over the city, e. g. French cuisine, Italian pizza, and Thailand flavor. All of these have become endeared food for Chinese citizens.

起步:

- 治大国若烹小鲜。
- 在北方,主要粮食作物不是水稻,而是小麦。
- 面食制作总体分为三类:饼是烙,馍是蒸,面是煮。
- 鲜虾是受年轻人欢迎的头号佳肴。
- 广东菜系受到国外烹饪文化的影响。
- 尤其重视刀工和厨师的厨艺。

提速:

- ▶ 中国菜系是集合色、味、形与精美餐具为一身的和谐统一。
- ▶ 享受旅游地特色美食的时候,你的感官都会经历最终极的考验。
- ▶ 尽管川菜当之无愧以辛辣而闻名,但有很多不用或者几乎不用火辣调味料。
- ▶ 甚至今天,“吃过了吗?”这句问话还是中国打招呼的寒暄语。
- ▶ 不同地方的菜系存在着如此大的差异,以致两个地方即便地理相邻,菜系也会完全不同。

冲刺:

- ★ 随着时间的过去,这个封闭、群山环绕的省份里的厨子形成了一种不同于中国其他烹调风格的菜系。这种菜系受到了沿著名“丝绸之路”的外国人的影响。
- ★ 他们运用传自祖上的无敌的复杂的烹饪技巧,一直寻求达到他们意想中的满足各种感官要求的完美状态。他们完成大作时,作品就摆放在各种盘子里。观赏、嗅闻和品尝都是一项乐事。
- ★ 在现代中国,尤其是大都市,城市里分布有很多大大小小的外国餐馆,比如法国餐馆、意大利比萨店还有泰国饭馆。这些都已经成了中国人所喜爱的食品。

Eight Cuisines (II)

Hunan Cuisine, sometimes called “Xiang Cai”, is divided into three regional styles: Xiang River style which is represented by dishes of Changsha, Xiangtan, and Hengyang, Dongting Lake style and western Hunan style. Known for its liberal use of chilli peppers, shallots and garlics, Xiang Cuisine is known for being dry hot or purely hot. Another feature of Hunan Cuisine is that the menu changes with the seasons. In a hot and humid summer, a meal will usually start with cold dishes to make people keep cool in the summer. In winter, a popular choice is the hot pot, thought to accelerate the blood circulation in the cold months.

Zhejiang Cuisine, also called “Zhe Cai” for short, is one of the eight famous culinary schools in China. The cuisine consists of at least three styles, each originating from a city in the province: the Hangzhou style is characterized by rich variations and the utilization of bamboo shoots; the Shaoxing style specializes in poultry and freshwater fish; and the Ningbo style is expert in seafood, with emphasis on freshness and salty dishes. Zhejiang Cuisine, not greasy, wins its reputation for freshness, tenderness, and softness of its dishes with mellow fragrance. Of the three, Hangzhou Cuisine is the most famous one.

The highly distinctive characteristic of Hui Cuisine lies not only in the elaborate choices of cooking materials but also in the strict control of cooking process. Hui Cuisine is famous for its heavy oil, attractive color and the maintenance of original flavor. The cooking methods mainly specialize in baking, stewing, and braising. Anhui chefs pay more attention to the taste, color of dishes and the temperature to cook them, and are good at braising and stewing. They are experts especially in cooking delicacies from mountains and sea.

Fujian Cuisine comprises three branches— Fuzhou, Southern Fujian and Western Fujian. There are slight differences among them. Fuzhou dishes, quite popular in eastern, central and northern Fujian Province, are more fresh, delicious, and with a mixed sweet and sour taste. Southern Fujian dishes, popular in Xiamen, Quanzhou and the golden triangle of South Fujian, are sweet and hot. It makes use of hot sauces, custard and orange juice as flavorings. Western Fujian dishes are salty and hot, prevailing in Hakka region with strong local flavor.