

英汉对照  
IN ENGLISH & CHINESE

西方风情系列读本

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# 饮食与生活

*Food and Life*

崔彩虹 赵明珠 徐浩 / 编译



外文出版社  
FOREIGN LANGUAGES PRESS

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编 译 / 崔彩虹 赵明珠 徐 浩  
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## 饮食与生活

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## 出版者的话

本着为具有初、中级水平的英语学习者提供一套实用、有效地了解西方文化的阅读丛书的目的,我们特邀北京大学、首都师范大学、北京工商大学的专业人士,着手编译了这套“西方风情系列读本”,即**《礼仪与风俗》、《节日与婚礼》、《饮食与生活》、《时尚与休闲》**四册。每册由30篇左右的相关文章组成,每篇文章包括英文原文、中文译文、注释三部分。

**《礼仪与风俗》**:去美国人家拜访要注意什么样的礼节?丹麦人的习俗是什么?澳大利亚人热衷于谈论什么样的话题?…去深入了解一下,你会对不同民族的风土人情有更直观的认识。

**《节日与婚礼》**:不论是复活节的彩蛋,还是感恩节的故事,或是旧时的芬兰结婚礼俗,都会使你感受到一种古老西方文化的积淀。

**《饮食与生活》**:充满艺术气息的意大利美食、值得纪念的瑞士饭菜、由美食而触发的种种情感…通过对主要西方国家的人们生活点滴的捕捉,使你了解其文化中最精细的一面。

**《时尚与休闲》**:及时享乐生活的澳大利亚人、嗜宠物如命的美国人、充满风情的巴黎人…他们的兴趣爱好,他们的休闲时光,让你从中领略西方文化中的轻松与雅致。

本系列书突出**趣味性强、话题新颖、信息量大、语言精辟**的风格。读者既可从中学习语言的要点,扩大词汇量,提高阅读技能,更可将其一扇敞开的窗,在了解古老西方文化的同时,感受其现代生活的多姿多彩。

## CONTENTS

## 目 录

- 1 American Cuisine  
没有典型的美国菜 /6
- 2 Eating in Australia  
食在澳大利亚 /10
- 3 American Diet  
美国人的饮食习惯 /14
- 4 French Food  
法国美食 /16
- 5 Traditionl English Food  
寻觅传统的英国人 /22
- 6 Memorabal Swiss Meals  
值得纪念的瑞士饭菜 /26
- 7 German Culinary Tradition and Specialties  
德国烹调传统和特色 /30
- 8 Foods of Italy  
在意大利,慢慢品味美食的艺术 /36
- 9 Brazil's Eclectic Cuisine  
兼收并蓄的巴西美食 /40

- 
- 
- 
- 10** French Wines & Cheese  
法国葡萄酒和奶酪 /46
- 11** Mexican Food  
墨西哥菜 /50
- 12** The Moroccan Kitchen  
摩洛哥人的厨房 /54
- 13** Rainbow Cuisine  
彩虹菜 /58
- 14** Egyptian Food and Drink  
埃及的饮食 /62
- 15** Greek Food and Wine  
希腊食物与葡萄酒 /66
- 16** Olives  
橄榄 /70
- 17** Soup  
汤的故事 /78
- 18** The Tale of the Fried Turkey  
油炸火鸡 /84
- 19** Tomato: Apple of Paradise  
番茄:天堂的苹果 /92
- 20** Manners of Eating and Drinking  
餐桌礼仪 /98

- 
- 21 Breads of Change  
从小面包看大变化 /102
- 22 Fast Food Nutrition — Is It Possible?  
快餐能有营养吗? /110
- 23 Food for Life — School Meals  
生活饮食计划之学校饮食 /120
- 24 Food Is Love  
爱在美食 /126
- 25 History of Some Foods and Drinks  
美味饮食从何而来 /134
- 26 Junk Food vs. Healthy Nutrition for Children  
儿童垃圾食品与营养健康 /142
- 27 Sugar and Everything Nice  
糖与精美食物 /148
- 28 The Face of Food — Love's Memory  
食物的面孔——爱的回忆 /152
- 29 The Oxford Symposium on Food and Cookery  
牛津膳食研讨会 /158
- 30 Cooking in Civilisation and Daily Life  
厨艺与人类文明和日常生活 /164
- 31 The Slow Food Awards  
“慢食”大奖揭晓 /172
- 

- 
- 32** Cigarettes  
香烟 /180
- 33** The Americans Living in the Suburban Houses  
住在市郊的美国人 /186
- 34** Leisure and Private Life in Britain  
英国人的休闲和个人生活 /190
- 35** Sea Animals That We Eat  
我们食用的海洋生物 /196
- 36** Healthy Eating  
健康的饮食 /202
- 37** The History of Chocolate  
巧克力的由来 /206
- 38** Handling and Refrigeration of Fish  
鱼的处理和冷藏 /214
- 39** The Lemon Juice Controversy  
关于柠檬汁的是非说 /220
- 40** Sweet Wine  
甘葡萄酒 /226
- 41** Chewing over the Secrets of Tasty Food  
咀嚼美味食品的奥秘 /230



## American Cuisine



*"There is no American food. When we begin to list American foods, either we talk about regional things like lobster<sup>■</sup> or shrimp Creole<sup>■</sup>, or we talk about spaghetti<sup>■</sup> and pizza and hot dogs. One could argue it's what makes us great. The fact that we don't have a cuisine is a measure of our democracy and of our ethnic heterogeneity<sup>■</sup>." — Sidney Mintz, anthropologist<sup>■</sup>*

The United States is a land of delicious eating. The two concepts essential to understanding US food are regionalism and diversity, accent on the latter. After all, Italian food differs from province to province and city to city as well. But key themes run through Italy's food from south to north simply because its people have such strong roots in the Italian soil. Not so with the US. A nation of newcomers, its food reflects its origins.

Long before Europeans set foot on American soil, vibrant and healthy civilizations nurtured themselves off the bounty of the land. They taught the settlers to plant the holy trinity of native American cuisine — corn, beans and squash<sup>■</sup>. The settlers returned the favor by nearly exterminating<sup>■</sup> their benefactors, but those three foods played a vital role in defining American cuisine. They retain their

1 lobster /'lɒbstə/

n. 龙虾

2 Creole /'kri:əʊl/

n. 美国南部的一种  
调味汁

3 spaghetti

/spə'geti/

n. 意大利式细面条

4 heterogeneity

/ˌhetərəʊdʒi'nɪti/

n. 异种, 异质, 不同成分

5 anthropologist

/ˌænθrə'pɒlədʒɪst/

n. 人类学者, 人类学家

6 squash /skwɒʃ/

n. 南瓜

7 exterminate

/ɪsk'təːmɪneɪt/

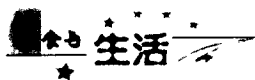
vt. 消灭

## 没有典型的美国菜

“没有典型的美国菜。当我们开始细数美国的食物时, 我们要么谈论南部的龙虾或对虾之类的地方食品, 要么谈论意大利面条, 比萨饼或热狗。有人可能会辩解说, 正是这个特点才使得我们伟大。事实上, 我们没有典型的食物正是对我国的民主和民族融合的见证。”——人类学家西德尼·敏茨

美利坚合众国是一块美食的土地。理解美国食物的两个关键概念是: 地方特色和多样性。重点在后者。毕竟, 意大利食物在意大利的各省市之间有所不同, 然而, 食物主题从南向北贯穿整个意大利, 其原因是, 意大利人民深深扎根在这片土地上。美国人则不然, 美国是后来者的民族, 因此美国的食物反映着国家的来源。

远在欧洲人到来之前, 健康有活力的文明在美洲这片土地上赖以生存。当地居民教给殖民者种植美国印第安人食物——玉米、豆类和南瓜三位一体的食物。殖民者以德报怨, 几乎根除了那些帮助他们的人。然而, 这三种食物



importance today across the continent — grits, cornbread in the South, tortillas<sup>■</sup> and pinto<sup>■</sup> beans in the Southwest, baked beans and succotash<sup>■</sup> in the Northeast and pumpkin pie just about everywhere for Thanksgiving.

Some of the strongest influences on US cuisine came from African slaves, the people who least intended to be here. American food is inconceivable<sup>■</sup> without barbecue in its many variations, all kinds of fritters and a mess of greens. Indeed Africans brought with them important techniques including smoking meats, boiling leafy green vegetables, and making up hot, spicy sauces. Since African slaves ran the kitchens on Southern plantations<sup>■</sup>, they played a major role in molding the renowned cuisine of the South. Years later Black men ran the galleys and carried that influence north and west.

Southern settlers, confronted a kinder climate and more of them benefited from the assistance of Black hands in the kitchen. Of all Southern dishes, fried chicken achieved the most popularity outside the region. At home, Southerners continue to use a great deal of pork. Hams from Virginia are universally recognized to be the country's finest. Bacon and salt pork appear as flavoring agents with greens and beans. Ham biscuits are a classic accompaniment to breakfast and dinner.

American cuisine has come a long way since the early days of corn, beans and squash and along the way it has spawned some unforgettable food. Nonetheless the US remains a great place for great eating. Delicious regional styles remain and the new blood of immigrants sparks the imagination of the finest chefs while making for great inexpensive food in the cities. So come and get it.

13 tortilla /tɔ:'ti:lə/

n. 玉米粉圆饼

14 pinto 'pintəu/

adj. 黑白斑纹的

15 succotash

'sʌkətæʃ/

n. 豆煮玉米 (常加腊肉)

16 inconceivable

/ɪn'kən'si:vəbl/

adj. 不可想象的

17 plantation

/plæn'teɪʃən/ n. (热带及亚热带地方的) 种植园

在描述美国食物的特性中起到了至关重要的作用。这三种食物在整个美洲大陆仍然占主导地位：在南方有谷麦和玉米面包，西南部有玉米薄饼和杂纹豆，东北部有烤豆和煮豆，感恩节时南瓜饼到处可见。

对美国食物影响最大的是非洲奴隶。他们是最不想来到这里的一群人。美国菜一定要有各式的烧烤，各种各样的油炸饼和一堆绿色蔬菜。事实上，非洲人给美国带来了很重要的烹调技术，如熏肉的方法，怎样煮阔叶蔬菜和做热辣的汤。在南方种植园，非洲奴隶在南方名菜的日益成形中起着重要的作用。若干年后，非洲人又乘着帆船将影响带到了北方和西部。

南方的气候更加宜人，南方的殖民者在烹调上得到了黑人的帮助。在所有南方菜中油炸鸡在其他地区最受欢迎；南方人在家里仍然吃大量的猪肉。弗吉尼亚州的火腿是世界公认的美国最棒的食物。熏肉和咸肉开始与青菜搭配在一起调味。小甜面包成为人们早餐和晚餐必不可少的食物。

美国食物从先前的玉米、豆类和南瓜，至今已经历了一段漫长的历史。其间有些食物被世人遗忘了。尽管如此，美利坚合众国仍然是一个吃的好去处。美味的地方食物仍保留一席之地，而移民美国的顶级厨师们在城市里正致力于烹调廉价美味的食物，这为美国菜增添了新的活力。那么，就来尝一尝吧。

## Eating in Australia



The infinite variety of food in Australia reflects the diversity of its land. In the South, dense pine forests and lush green pastures cover the land that is used to grow beef cattle and prime lamb, whilst its cold, clean southern waters provide delicious lobster and scallops. Grazing gives way then to the lush vineyards growing on the Terra Rosa soil of the Coonawarra, and cropping lands of the upper southeast with their majestic red gums. The mighty River Murray turns red desert sand into a lush market garden and orchard as it wends its way from the northern border, to the sea on the south coast at Goolwa. Along its length are orchards and market gardens growing citrus, grapes, stone fruits, melons, tomatoes and a cornucopia of vegetables and crops for local, interstate and international markets. World class wines grow in the slightly cooler climate of the Adelaide Hills, McLaren Vale and Barossa Valley. Sharing the lower slopes of the hills are apple and cherry orchards, berry farms and almond orchards, whilst the west coast has a wealth of seafood such as whiting, oysters and tuna.

For centuries the indigenous people of this country have used the fruits and plants growing widely on the land. It may have taken a long time, but it is satisfying to realize that indigenous foods are becoming more widely known and available. Damper is a perfect example of a food passed from one tradition to another. The abori-

## 食在澳大利亚

1 scallop /'skɒləp/

n. 扇贝

2 Terra Rasa

/ˈterəˈrəʊsə/ n. 红

色石灰土

3 the River Murray

墨累河 [位于澳大利亚东南部]

4 citrus /'sɪtrəs/

n. 柑橘类的植物

5 cornucopia

/ˌkɔːnjuˈkəʊpiə/

n. 丰富; 丰饶

6 Adelaide Hills

阿德雷德山

7 almond /'ɔːmənd/

杏

8 whiting /'waɪtɪŋ/

n. 银无须鲑

9 oyster

/ˈɔɪstə/ n. 牡蛎, 蚝

10 tuna /'tjuːnə/

n. 金枪鱼; 鲔鱼

11 indigenous

/ɪnˈdɪdʒɪnəs/

adj. 本地产的

澳大利亚食物的

多样性反映出了澳洲

土地的多样性。在南

方, 密集的澳洲松和

翠绿的牧草覆盖了用

于养肉牛和头等羊的

土地。寒冷干净的南

部水域提供了美味的龙虾和扇贝。Coonawarra

的红色石灰土的土地上生长着葱翠的葡萄园,

东南方北半部的耕地上生长着威严的桉树, 这

些地方是不允许放牧的。宽大的墨累河从北部

边境流入古尔瓦南岸的大海的过程中, 将红红

的沙漠土变成了葱翠的果菜园和果树园——里

面种植的柑橘、葡萄、核果、甜瓜、西红柿以

及丰富的蔬菜和农作物供应着当地的市场、州

际市场和国际市场。在阿德雷德山, 麦克拉伦

峡谷和巴罗萨峡谷的稍凉爽的气候下生长着世

界级的葡萄园。山坡的低地段生长着苹果和樱

桃园, 梨果农场和扁桃果园, 西海岸有着丰富

的海洋食品, 如银无须鲑、牡蛎和金枪鱼。

几个世纪以来, 澳洲土生土长的居民一直



ginal people have traditionally ground seeds to make a kind of flour, added water and baked a kind of Damper in the coals of their cooking fires. Damper became the means of outback stockmen using the more traditional flours, and using a camp oven for baking in the hot coals of the campfire.

In Oz we have a little freshwater crustacean<sup>■</sup> that lurks on the bottom of streams, lakes and in farm dams, they are called Yabbies<sup>■</sup>, and have been enjoyed by indigenous Australians for centuries. An enterprising lady, looking to diversify on a dairy farm during a downturn in the dairy industry, tried farming yabbies in her farm dams. She has established a successful and innovative business, buying and marketing yabbies. Now the rest of the world is waking up to their secret delights. Their delicate, sweet flavor and firm texture has won lavish praise from connoisseurs<sup>■</sup> the world over. They are absolutely delicious, and can be used in Yabbie Chowder, Yabbie Pate, or Yabbie Stir Fry with Asian vegetables.

Gone are the days when a lamb chop and three vegetables were standard fare in this community. Imaginative marketing presents the cook with many options such as marinated<sup>■</sup> meats, fresh pasta<sup>■</sup> and ready prepared fresh vegetables. There is certainly no excuse for boring or unattractive meals, with such a range of innovative recipes and fresh food products available in Australia today.

食用这片土地盛产的水果和植物。人们已经意识到了这土生的食物正在广泛地为世人所熟知和享用，这虽然是一个漫长的过程，但还是很令人满意的。

**crustacean**

/krʌs'teɪʃjən/ n. 甲

壳类动物

**yabby** /'jɑ:bi/

n. 小形蟹虾的一种

硬面包是流传下来的食物中一个最好的例子。土著居民按传统方法将种子碾碎制成一种面粉，加入水，然后在炭火上烤制出一种硬面包，这成了偏远地区牧场主的烹调手段。他们使用传统的面粉，把烤箱放在篝火的木炭上烤制。

**connoisseur**

/kənɪ'sə/ n. (艺术

品的) 鉴赏家, 鉴

定家, 内行

在奥兹, 有一种淡水甲壳动物, 他们潜伏在湖底或是农田堤坝上。这种甲壳动物叫小蟹虾。许多个世纪以来, 它们都是澳大利亚人钟情的食物。一位女商人在乳品业呈下降趋势时期, 为了搞多种经营, 就试着在自己的乳品场的堤坝上饲养小蟹虾。她建立了一项成功的创新的事业, 那就是购买和销售小蟹虾。如今, 它们那细腻、香甜的味道以及坚硬的质地已经过多地赢得了世界美食家们的赞扬。它们绝对的好吃, 可以做成小蟹虾汤, 小蟹虾头, 和小蟹虾炒亚洲蔬菜。

**marinate**

/'mærineɪt/ v.

腌泡; 浸泡

**pasta** /'pɑ:stɑ:/

n. 意大利面食 (包

括通心粉及面条等)

一块羔羊排骨加三种蔬菜的日子已经一去不复返了。富有想象力的市场推广展示出了许多菜肴, 如腌泡过的肉类, 新鲜的意大利面食和事先准备好的新鲜蔬菜。现如今, 澳大利亚有各种各样的富有创造性的烹饪法以及新鲜的食物, 因此人们没有理由在澳大利亚吃到单调和无味的饭菜。



## American Diet

1. Americans do not spend much time in preparing food.
2. Grocery is bought once a week.
3. Americans say "grace" before eating and everybody starts eating after that.
4. Americans use napkins<sup>■</sup> and drink during meal.
5. Americans use knife, spoons, fork and plates. They eat soup in a plate.
6. Americans have one big dinner per day.
7. The smell of prepared food is weak.
8. American food is less spicy<sup>■</sup>.
9. Potato or bread is the main starch.
10. Meat is cooked in big pieces, they cut it during eating.
11. Food is put in individual plates or on the table. They tend to pass the whole plate of food around.
12. All food is shared equally.
13. Americans do not make noise in appreciating good food.
14. Women eat equally like men (in quantity).

