

史上最好玩的英文百科全说

1 生活新知卷

Michael Xiao Annie 金智骏 主编
【美】Steve Li 审订

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百科全说

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我们的一生，从某种意义上来说，就是一个积累知识的过程。在这一过程中，每个人获得不同程度的智慧，拥有层次不同的人生境界。所以，从这一意义上我们可以说，生活就是在寻找新知识。

而人生，就是一个不断学习的过程。我们成为怎样的人，取决于我们所学到的东西。每天都努力学点新的东西，这样你的生命才会不断成长。这个道理，很多人都懂。于是大家不断学习新的专业知识，从而让自己的知识更新换代，以跟上时代的发展。

然而，你知道吗？我们的常识也是需要不断更新的。就像20年前，你肯定难以想到今天的智能手机功能会这么强大；你也难以想象出Facebook和Twitter在我们的生活中会占据如此重要的地位……学习是一辈子的事情。在这个日新月异、竞争激烈的时代，你常常会发现自己原有的知识很快变得过时和陈旧，接着发现这直接影响了生活。所以我们都必须时时重新调整与完善自己，以适应社会的需要。

还有一些知识，则是一直被你忽视的。比如，在中国，车辆都是靠右行驶的。可是，你有没有想过，在某些国家，车辆都要靠左行驶；你能想象到除了汽车、地铁、自行车等常见的交通工具之外，还有哪些出行方式吗？或许，以前你觉得这些知识不重要，因为跟你没关系。可是随着全球化的程度越来越高，地球村变得越来越小。当你环球旅行的时候，不懂得这些知识，肯定会给自己的行程带来不便。

多学一些知识，永远不会有错。那么，你该如何给自己增广新知呢？在我们所生活的这个时代，互联网的发展引发全世界的知识爆炸。知识数量以几何级数增加，网络中充斥着有用的、没用的数据，到处都有信息，到处都是知识。

理论上说，这是一件好事，让每个人都能不断发现新知、不断学习，但现实是这样的吗？不是。对于很大一部分人来说，网络知识的迅速增长，并没有带来想象中应有的便利。因为过于泛滥的资讯和新闻，耗费了你太多时间精力，留给新知的时间并不多。

也就是说，在这个有用信息、无用信息以及虚假信息混杂的网络时代，知识和垃圾并存的现状中，很多人并不懂得用网络获取新知。或者说，他们获取新知的效率太低，耗费的时间成本太高。所以，就把这件事交给我们吧。

我们为你呈现出了最好玩的“百科全书”，把知识性的东西以好玩的形式呈现在你面前，帮你节省了大量搜寻的时间，同时也给你带来更愉悦的阅读体验。在这卷生活新知中，我们把衣食住行各方面新奇、新鲜、新颖的知识一一呈现给你，有翔实的英文解说，有地道的英文录音，有相关的知识链接，有精彩的图片实录，还有实用的英文对话，让你想听就听，想看就看，想说就说。

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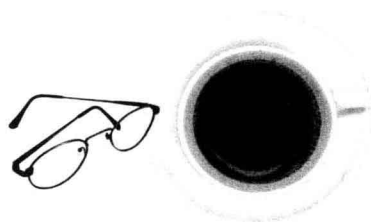
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Chapter /1

Tasting the World's Favorite Food 全球美食

生为中国人，我们总是为自己的美食文化而骄傲。的确，中国美食的烹饪方法和种类之多让人啧啧称奇。但是这并不意味着世界其他地方就没有美食，从名声一般的英国菜到赫赫有名的法国大餐，从亲民的比萨和意大利面，到奢侈的猫屎咖啡、夏特丹水，全球值得一试的美食的确不少，你能数出哪些呢？



Topic /01 The “Bland, Standard UK Diet” 英国菜真的淡而无味？

英国食物在江湖上的名声似乎一般，尤其是隔着英吉利海峡的法国常常对英国的食物冷嘲热讽。《狂爱美食》一书的作者甚至还写道“英国菜的标准就是淡而无味”。除了炸鱼薯条（Fish and chips）之外，似乎就没有什么拿得上台面的东西。不过果真如此么？事实上，权威美食杂志公布的“全世界50最佳餐厅”中，其中14家在英国，在这其中11家又在伦敦。世界各地的风味餐云集伦敦，比一场华丽的时装秀更热闹。

Part 1 Get close to UK diet 走近英国菜

阅读1 英国已成为饮食之国（MP3）



Most of what we eat are ready meals in Europe. They are unhealthy and rarely taste as well as the alternative of cooking food fresh. People often complain that they are too busy to cook from **scratch**. However, more and more people are choosing to eat healthy and fresh food, inspired by celebrity **chefs** who are showing us that cooking difficult, or even time-consuming.

Yet Britain still has a bad **reputation** for cooking. The author of *A Fondness for Food* even wrote about “the bland, standard UK diet”. However, today the UK is one of the most exciting places for creative and talented chefs. It has some of the most renowned restaurants and famous international chefs who run them. Owing to many different cultures and nationalities from all over the world meeting in the UK, some of the most exciting and new flavors and ideas in cooking now come from London, not Paris (the traditional hot spot of European cuisine).

The UK has become known for its foods, with increasingly **sophisticated** tastes and an **appetite** for world **cuisines**. Witness all the TV diet programs and cooking books, the celebrity status of many chefs, the popularity of farmers' markets and regional food fairs, the trend on food related travel and the money we spend on doing up kitchens.

The Fat Duck restaurant has been given the title of ‘Best Restaurant in the World’. It has a high reputation for experimental cuisine, with ingredients such as leather, **oak**, tobacco, **snails** in porridge, and liquid **nitrogen mousse**. This new style of cuisine is called as ‘molecular gastronomy’. In addition to the Fat Duck award, London has also been named as ‘Gourmet Capital of the World’.

历史悠久的英国，其美食就如同自己的语言一样，受到了不同文化的影响。在伦敦街头，你能够品尝到世界各地的美食。而英国的传统食物更是不容错过，在酒吧（Pub）里最容易找到。你可以体验烤牛肉、苏格兰熏鳟鱼等经典的英国美味，还有各式浓淡啤酒及果酒、甜酒、威士忌、芝士等佐餐，还可以在各式小点、松糕、水果挞的陪伴下享受下午茶。

阅读2 英国传统菜肴的表达方式

(1) Bangers and mash' with Lincolnshire sausages “香肠和土豆泥” 配林肯郡香肠

"Bangers and mash" is a name for a dish consisting of mashed potatoes (土豆泥) and sausages (香肠), normally served with a gravy (酱汁) (a thin, warm sauce) and onions. All regions in Britain have a speciality sausage with different flavors.

(2) Roast beef and Yorkshire pudding 烤牛肉配约克郡布丁

This is a traditional meal eaten for Sunday lunch across Britain. The beef is roasted in an oven until cooked and then sliced into thin slices. Yorkshire pudding is originally from Yorkshire, an area in the north of England, and is a savoury cake made of eggs and flour.

(3) Lancashire hotpot 兰开夏郡火锅

This is another British dish that uses lamb, named after the Lancashire region in the middle of the UK. It's cooked for a long time in a large pot with lamb, seasoning, and lots of vegetables, including carrots, potatoes, onions and leeks. Because it is cooked for a long time the meat is usually very soft, or succulent.

英国的烤牛肉久负盛名, 使用厚而嫩的上等牛里脊添加芥末烤成, 食用时还要搭配约克郡布丁蛋糕, 用来蘸吸肉汤; 而两份蔬菜上面会浇上肉汁再呈上。林肯郡香肠通常是用猪肉和鼠尾草做的, 鼠尾草是一种美味的香料。由于兰开夏郡火锅这道菜炖得时间长, 因此肉也变得细嫩多汁。看着这些菜的描述, 真让人垂涎三尺, 淡而无味的旧印象一扫而光。英国菜到底好吃不好吃, 有机会尝试一下便知。

Part 2 Something about UK diet 关于英国菜的一些知识

In many countries, breakfast is a snack rather than a meal, but the traditional English breakfast is a full meal.

在许多国家, 早餐并不是一顿饭, 只是吃些零食, 但传统的英式早餐则是全餐。

English lamb chops, best when grilled; make a very tasty dish, particularly when eaten with fresh spring peas, new potatoes and mint sauce.

英式羊扒, 最好烤一烤, 吃起来异常美味, 特别是搭配着新鲜的豌豆、土豆和薄荷酱汁。

As regards fish, Dover soles are a delicacy. So are British trout and salmon.

至于鱼类料理, 多佛比目鱼真是美味! 同样美味的还有英国鳟鱼和三文鱼。

There are so many special occasions when Trifle can be served as the perfect dessert.

在很多场合下, 华夫饼可以作为完美的甜点。

Apple pie is a favorite sweet, and English puddings, of which there are various types, are an excellent ending of a meal, especially in winter.

苹果派是最受欢迎的甜点, 而不同种类的英式布丁则是一餐最好的收尾, 尤其是在冬天。

The "king" of cheeses is Stilton, a blue-veined cheese both smooth and strong, and at its best when port is drunk with it.

奶酪之王是斯提尔顿干酪, 一种的细腻香浓的蓝纹干酪, 搭配享用波特酒最美味。

Besides being particular about meat, British people have different sauce to match different meat.

除了对肉特别讲究之外, 英国人还有为搭配不同肉类的不同酱汁。

British people make their food in a simple way. Usually, they cook the vegetables in the water, or make them into cold dishes.

英国人通常都用简单的方法来烹调。把蔬菜放在水里煮或者做成冷盘。

Part 3 Let's Talk! 百科全“说”!

Helen: On weekends, what do Englishmen usually eat?

海伦: 周末的时候, 英国人一般吃什么呢?

Alice: Weekends are different from other days of the week. People eat differently.

爱丽丝: 周末和其他日子不太一样, 人们吃的东西也不一样。

Helen: I think that is because family and friends don't have to work, and they can get together to have a good meal.

海伦: 我想因为周末不用上班, 家人朋友可以在一起好好吃一顿。

Alice: Yes, many British people like to have a big meal, called Sunday Rast.

爱丽丝: 是的, 很多英国人喜欢在周日的中午吃一顿传统大餐, 被称之为周日大烤。

Helen: What are there in the toast?

海伦: 那大烤都有些什么呢?

Alice: You can cook beef in the oven, and you'd have roast potatoes and some seasonal vegetables.

爱丽丝: 可以在烤箱里烤牛肉, 然后还有烤土豆和一些季节性的蔬菜。

Helen: I like toast beef. It tastes really nice.

海伦: 我喜欢烤牛肉, 味道非常不错。

Alice: Definitely.

爱丽丝: 那是一定的。

Part 4 Vocabulary 单词时间

scratch [skrætʃ] *adj.* 凑合的

reputation [ˌreɪpju'teɪʃən] *n.* 名声

appetite [ˌæpɪtaɪt] *n.* 食欲

oak [əʊk] *n.* 橡树

nitrogen ['naɪtrədʒən] *n.* 氮

chef [ʃef] *n.* 厨师

sophisticated [sə'fɪstɪkeɪtɪd] *adj.* 复杂的

cuisine [kwi'zi:n] *n.* 烹调法

snail [sneɪl] *n.* 蜗牛

mousse [mu:s] *n.* 慕斯, 奶油冻甜点

Topic /02

The cat excrement coffee 世界上最昂贵的咖啡来自猫粪?

提起咖啡, 熟知它的人们脑海中自然而然地浮现出“蓝山”“摩卡”“巴西咖啡”“拿铁”“黑咖啡”等等。它们因其各自不同的特色, 征服了世界咖啡爱好者的味蕾, 继而身价不菲。然而, 世界上价格最昂贵的咖啡却不在其中, 而是一种名为“猫屎咖啡”的麝香猫咖啡 (Kopi Luwak)。在国际市场上, 麝香猫咖啡始终有着“全世界最奢侈的咖啡, 全世界最昂贵的咖啡, 全世界最珍稀的咖啡……”之称。

Part 1 Get close to Kopi Luwak 走近麝香猫咖啡

阅读1 认识麝香猫咖啡 (MP3)

Kopi Luwak, or civet coffee, is one of the world's most expensive and low-production va-

rieties of coffee. It is made from beans of coffee berries which have been eaten by the Asian Palm Civet and other related civets, and then passed through its **digestive** tract. A civet eats the berries for their **fleshy** pulp. In its stomach, **proteolytic** enzymes seep into the beans, making shorter **peptides** and more free amino acid. Passing through a civet's **intestines** the beans are then defecated, keeping their shape.

After gathering, thorough washing, sun drying, light roasting and **brewing**, these beans yield an **aromatic** coffee with much less **bitterness**. This coffee is widely noted as the most expensive coffee in the world with prices reaching \$160 per pound.

Kopi Luwak is produced mainly on the islands of Sumatra, Java, Bali and Sulawesi in the Indonesian Archipelago. It is also produced in the Philippines (where the product is called motit coffee in the Cordillera, kape alamid in Tagalog areas) and also produced in East Timor. Weasel coffee is a loose English translation of its Vietnamese name cà phê Chồn, where popular, chemically simulated versions are also produced. However, Vietnam has 2 farms with 300 wild civets in Dak Lak. The farmers collect the coffee seeds and produce only 300 kg of **authentic** Vietnamese chon coffee. The civets live in the wild and are fed beef. The processed civet beans are imported from the UK to the farmers' sole UK supplier.

野生麝香猫喜好的食物很特殊，它们总是喜欢挑选成熟、香甜、饱满、多汁的咖啡果实。但由于它们无法消化坚硬的生咖啡豆，所以会被原封不动地将其排出体外。然而咖啡豆在麝香猫的肠胃里经过发酵，已经产生了神奇变化，味道特别香浓醇厚。这种特殊风味是其他咖啡豆难以比拟的。但是，当人们把野生麝香猫捉回家养之后，生产的咖啡味道会逊色很多。

阅读2 麝香猫咖啡的历史

The origin of Kopi Luwak is closely connected with the history of coffee production in Indonesia. In the early 18th century the Dutch established the cash-crop coffee plantations in their colonies on the Dutch East Indies islands of Java and Sumatra, including Arabica coffee introduced from Yemen. During the era of Cultuurstelsel (1830—1870), the Dutch prohibited the native farmers and plantation workers from picking coffee fruits for their own use. Still, the native farmers wanted to have a taste of famed coffee beverage. Soon, the natives learned that a certain species of musang or Luwak (Asian Palm Civet) consuming the coffee fruits, yet they left the coffee seeds undigested in their droppings. The natives collected these Luwaks' coffee seed droppings, then cleaned, roasted and ground them to make their own coffee beverage. The fame of aromatic civet coffee spread from locals to Dutch plantation owners and soon became their favorite, yet because of its rarity and unusual process, the civet coffee was expensive even in colonial times.

虽然早在几百年前，印度尼西亚的农民就开始生产麝香猫咖啡，但真正让它走向世界的是美国人。在《国家地理杂志》中看到关于麝香猫咖啡的特别报道之后，美国的蒙塔纳斯公司真正对它产生了兴趣，并花了七年工夫才找到比较稳定的供货来源。然后，这种咖啡才渐渐为全世界的人们所熟知。

Part 2 Something about Kopi Luwak 关于麝香猫咖啡的一些知识

The tradition of Luwak coffee stretches back hundreds of years to the time of Dutch rule in



Indonesia.

麝香猫咖啡的历史可追溯到几百年前荷兰人统治印度尼西亚的时候。

The enzymes in Civet's stomach remove some of the bitter coffee taste.

麝香猫胃里的酶提纯了咖啡的苦味。

Having nibbled off the thin outer layer of the fruit, the civets put their digestive juices to work.

在咬掉咖啡果实外面一层薄薄的壳后，麝香猫把咖啡豆吞入肚中让消化液进行消化。

500g of the feces of civet cats can extract about 150 grams of coffee beans, the roasting process can also cause 20% of the loss.

500克麝香猫排泄物中只能提取出约150克咖啡豆，在烘焙过程中还会产生20%的损耗。

The least production of coffee in the world is "kopi Luwak", a bag of 50 g packaging of coffee beans value 1500 yuan, can only bubble 3-4 cups of coffee.

“猫屎咖啡”是世界产量最少的咖啡，一袋50克包装的咖啡豆价值1500元，只能泡3~4杯咖啡。

Wild civet cats are good at picking fruit coffee of good, and let the coffee has the characteristics of excellence.

野生麝香猫善于挑选好的咖啡果实，从而让这种咖啡有着卓尔不凡的特点。

Kopi luwak has a thick texture, and tastes vary depending on roasting levels.

麝香猫咖啡有着较密集的纹理，它的味道特色取决于烘焙的水平。

Kopi Luwak presents a lot of golden yellow cotton fine bubble

猫屎咖啡会呈现大量的金黄色绵细泡沫。

Part 3 Let's Talk ! 百科全“说”!

David : Cathy, It is said that you are a coffee lover !

大卫：卡西，听说你是咖啡爱好者！

Cathy : Yes, I love coffee very much !

卡西：是的，我很喜欢咖啡。

David : Would you tell me something about Kopi Luwak ?

大卫：你能告诉我一些关于麝香猫咖啡的事吗？

Cathy : Of course ! It's made from beans which have been digested by the Civet.

卡西：没问题，这种咖啡是用经过一种麝香猫消化以后的咖啡豆加工而成的。

David : Asian Palm Civet ?

大卫：亚洲棕榈麝香猫？

Cathy : Yes, Civet cats like to eat ripe red coffee cherries.

卡西：是的，这种猫爱吃熟透的红色咖啡果。

David : I see, have you ever taste it ?

大卫：原来如此，你喝过它吗？

Cathy : Only once ! It is too expensive !

卡西：就一次，它太贵了！

Part 4 Vocabulary 单词时间

digestive [di'dʒestiv, dai-] *adj.* 消化的；助消化的

fleshy [fleʃi] *adj.* 肉的；丰满的

proteolytic [ˌprəʊtɪəʊˈlɪtɪk] *n.* 解肌作用 *adj.* 蛋白水解的

peptide [ˈpeptɪd] *n.* 缩氨酸

brewing [ˈbruːɪŋ] *n.* 酿造；酝酿；计划

bitterness [ˈbɪtənɪs] *n.* 苦味；苦难；怨恨

intestine [ɪnˈtestɪn] *adj.* 内部的 *n.* 肠

aromatic [ˌærəʊˈmætɪk] *adj.* 芳香的，芬芳的

authentic [ɔːˈθentɪk] *adj.* 真正的，真实的；可信的

Topic /03

The Rolls-Royce in Ice Cream “冰激凌中的劳斯莱斯”，让你爱不释口

谈起冰激淋相信大家都不陌生，在炎炎夏日它是清凉祛暑的好选择。这种含有优质蛋白质及高糖高脂的食品，不仅营养丰富，味道更是诱人。特别是女孩子，更是无法抵挡它那让人心旷神怡的花样和细腻、柔滑、清凉的口感。在那些“冰丝”们心中都有这样一个愿望：每天都能吃到拥有“冰激淋中的劳斯莱斯”之称的哈根达斯（Haagen-Dazs）！

Part 1 Get close to Haagen-Dazs 走近哈根达斯

阅读1 与哈根达斯亲密接触（MP3）

Haagen-Dazs is a **brand** of ice cream, established by Jewish immigrants from Poland Reuben and Rose Mattus in Bronx, New York, in 1961. Starting with only three flavors: **vanilla**, chocolate, and coffee, the company opened its first retail store in Brooklyn, New York, on November 15, 1976. The business grew, and created **franchises** throughout the United States and many other countries around the world. Haagen-Dazs produces ice cream, ice cream bars, ice cream cakes, sorbet and frozen **yogurt**.

The ice cream comes with many different flavors and is a “super-premium” brand, meaning it is quite dense (very little air is mixed in during manufacture), uses no **emulsifiers** or stabilizers other than egg yolks, and has high butterfat content. Haagen-Dazs is also meant to be kept at a temperature that is **substantially** lower than most ice creams in order to keep its intended firmness. It is sold both in grocery stores and in dedicated retail outlets serving ice cream cones, sundaes, and so on.

The name Haagen-Dazs is simply two made-up words meant to look Scandinavians from American eyes—although in fact, the **digraphs** “aa” and “zs” are not part of any native words in any of the Scandinavian languages. This practice is known in the marketing industry as foreign branding. Mattus thought that Denmark was known for its dairy products and had a positive image in the U.S. He included an outline map of Denmark with early labels, as well as the name of Copenhagen. His daughter Doris Hurley reported in the PBS **documentary** An Ice Cream Show (1999) that her father sat at the kitchen table for hours saying nonsensical words until he came up with a **combination** he liked. The reason he chose this method was so that the name would be unique and original.



作为硬冰淇淋，哈根达斯毫无疑问是美国冰淇淋品牌的代表。它提倡“尽情尽享，尽善尽美”的生活方式，鼓励人们追求高品质的生活享受。更是由于它的各式花样，和吸引恋人眼球的名字，把自己的产品与热恋的甜蜜联系在一起，吸引恋人们频繁光顾。以至于成为恋人之间爱情甜蜜温馨的代表。

阅读2 哈根达斯的歷史

In 1980, Haagen-Dazs unsuccessfully sued Frusen Gladjé, an American ice cream maker, whose name without the acute accent was Swedish for "frozen delight", for using similar foreign branding strategies.

Haagen-Dazs was bought by Pillsbury in 1983. General Mills bought Pillsbury in 2001. However, in the United States and Canada, Haagen-Dazs products are produced by Nestlé subsidiary Dreyer's, which acquires the rights as part of the General Mills-Pillsbury deal. The brand name is still owned by General Mills but is licensed to Nestlé in the US and Canada.

To offset increasing costs of its ingredients and the delivery of the product, Haagen-Dazs announced that in January 2009 it would be reducing the size of their ice cream cartons in the US from 16 US fl oz (470 ml) to 14 US fl oz (410 ml). Additionally they announced that in March 2009 they would be shrinking the 32 US fl oz (950 ml) containers to 28 US fl oz (830 ml). In response, Ben & Jerry's said that they would not be changing the sizes of their cartons.

选用世界各地的名产作为原材料，与最精致工艺相结合，就这样成就了冰淇淋艺术的极致。哈根达斯一直拒绝平庸，数十年如一日地坚持矜贵，以致有了“冰激凌中的劳斯莱斯”之称。无数喜爱哈根达斯的人常用各种各样的美誉之词称赞它——“完美时尚的代名词”“巅峰冰淇淋甜品艺术的代言人”等等。

Part 2 Something about Haagen-Dazs 关于哈根达斯的一些事

In 1921, Haagen Dazs ice cream was born a family in New York City's Bronx.

1921年，哈根达斯冰淇淋诞生在纽约布朗克斯市的一个家庭。

Haagen Dazs sets up shop not in the ordinary flow Xining supermarkets and grocery stores, shows their faces in public and a bunch of cheap ice cream mix.

哈根达斯自设专卖店，绝不在人流熙攘的普通超市和杂货店里抛头露面，与廉价冰淇淋混成一堆。

"New York Times" to the domineering full advertising words: "a Rolls-Royce automobile, a Haagen Dazs ice cream."

《纽约时报》给予的霸气十足的广告词：“汽车有劳斯莱斯，冰淇淋有哈根达斯。”

Haagen-dazs sets a new standard of ice cream and gradually becomes a worldwide band.

哈根达斯为冰淇淋制作树立了新标杆，逐渐成为一个世界知名品牌。

"haagen, love precipitation in the flavor of the first bite, until forever".

“哈根达斯，爱情沉淀在第一口的味道，直到永恒。”

"If you love her, take her to Haagen-Dazs."

爱她，就请她吃哈根达斯。

The most popular in recent years has been Haagen-Dazs' ice cream mooncakes.

近年来最流行的就是哈根达斯的冰激凌月饼了。

Haagen-dazs has already found a good way to combine the high quality and high production together.

哈根达斯冰淇淋已经找到了很好的方式将高质量和高产量结合起来。

Part 3 Let's Talk! 百科全“说”!

Wei: Let's go to the Haagen-Dazs parlor.

小薇: 我们去哈根达斯的冰淇淋店吧。

Alan: Ok, We can beat the summer heat by biting into a cool ice-cream sandwich.

艾伦: 好的, 我们只要吃一个冰淇淋三明治, 就能消除夏日炎热。

Wei: My favorite food is ice cream, especially Haagen-Dazs.

小薇: 我最喜欢的食物就是冰淇淋了, 尤其是哈根达斯。

Alan: Really? But Haagen-Dazs may be not as elegant as people might think.

艾伦: 真的吗? 但哈根达斯也许并不像人们想得那么“高贵典雅”。

Wei: But they're just delicious! They have all different types of fruits but also passion fruit and mango, traditional fruits as well and they serve them in ice cream.

小薇: 但它们真是美味极了! 它们有各种不同种类的水果, 除了百香果、芒果, 一些传统的水果也被制作到冰淇淋中。

Alan: I don't understand people's fascination with famous brand.

艾伦: 我不能理解人们对名牌的迷恋。

Wei: I take it as quality guarantee. And now Haagen-Dazs is a sign of affection.

小薇: 我把它作为心目中品质的保证。现在, 哈根达斯已经成为爱的象征。

Alan: Yes, Many young loves like Haagen-Dazs very much!

艾伦: 是啊, 现在许多情侣都很喜欢哈根达斯!

Wei: But compared with other ice cream, consumer groups of Haagen-Dazs are much smaller.

小薇: 相比其他冰淇淋食品, 哈根达斯的消费群体要小得多。

Alan: Apparently! It's too expensive.

艾伦: 显然, 它太贵了!

Part 4 Vocabulary 单词时间

brand [brænd] *vt.* 铭记; *n.* 商标, 牌子

franchise ['fræntʃaɪz] *n.* 特权

emulsifier [i'mʌlsifaɪə] *n.* 乳化剂, 黏合剂

digraph ['daɪgrɑ:f] *n.* 连字

combination [kəm'bɪneɪʃən] *n.* 结合; 组合

vanilla [və'nɪlə] *n.* 香草

yogurt ['jɒɡət] *n.* 酸奶酪

substantially [səb'stænjəli] *adv.* 实质上

documentary [dɒkjʊ'mentəri] *adj.* 记录的 *n.* 纪录片

Topic
/04

National Dish in Italy

你知道意大利的“国宝美食”吗?

熊猫是中国的国宝, 美国的国宝是白头海雕(秃鹰), 英国的国宝是红胸鸽。我们所熟知的国宝大部分都是一些诸如稀有的动物一类, 美食也能成为国宝? 没有听说过吧。接下来, 我们就带领你去欧洲的意大利, 去领略有着意大利“国宝美食”之称的那不勒斯比萨(Italian Naples pizza)。

Part 1 Get close to Italian Naples pizza 走近那不勒斯比萨

阅读1 漫谈那不勒斯比萨 (MP3)



The history of Naples pizza goes back to the eighteenth century. Margarita pizza is one of the famous in Naples pizzas, **established** in 1889, with margarita the queen's name. It is said that this kind of pizza represented the kingdom of Italy three colours : red from tomatoes; white from cheese; green for **perfume** from the basil leaves. These 3 kinds of color are the color of the national flag in Italy today. Now this pizza can be found in almost all Italian restaurants or pizza shops.

The Pizza Margherita may have set the standards, but there are numerous popular varieties of pizza made in Italy today. Pizza from a Pizzeria is the **recognized** round shape, and made to order and always cooked in a wood fired oven. Regional varieties are always worth trying such as Pizza Marinara, a traditional Neapolitan pizza that has oregano, **anchovies** and lots of garlic. Pizza Napoli Tomato mozzarella and anchovies. Capricciosa : a topping of mushrooms, **prosciutto**, artichoke hearts, olives and ½ a boiled egg! Pizza Pugliese makes use of the local capers and olives of the area while Pizza Veronese has mushrooms and tender Prosciutto crudo. Pizzas from Sicily can have numerous toppings ranging from green **olives**, seafood, hard-boiled eggs and peas.

Besides **regional** styles, there are several kinds that are popular throughout Italy. Quattro Formagi uses a four cheese combination using fresh mozzarella and three local cheeses such as Gorgonzola, ricotta and parmigiano-reggiano. Italian tuna ,packed in olive oil, is also a popular topping along with other marine products like anchovies, shellfish and shrimp. Quattro Stagioni is a pizza (similar to the Capricciosa) that represents the four seasons and makes a good sampler pizza with sections of artichokes, salami or Prosciutto cotto, mushrooms, and tomatoes. In Liguria, you may find pizza topped with basil pesto and no tomato **sauce**. Of course there are a few hundred to discover and all of them are delicious, not to **mention** the other members of the pizza family.

那不勒斯是意大利南部的第一大城市，是地中海最著名的风景区之一。它被人们颂为“阳光和快乐之城”。在这美丽的海边城市，有着更加让人着迷的意大利国宝美食——那不勒斯比萨，尽管配料十分简单，只有面团、橄榄油、盐、罗勒叶调味香料。虽然很多人都喜欢吃，但却很少有人能做出正宗的那不勒斯比萨。

阅读2 那不勒斯比萨：意大利的灵魂

There are not too many nations that can say that their national dish has become an international phenomenon. Italy has two such dishes, pasta and pizza. In America, pizza usually falls into two categories : thick and cheesy Chicago style or thin and more traditional New York pizza. In Italy, pizza also falls into two distinct categories : Italian pizza and the rest of the world. It might seem silly considering the basic ingredients, but it is one taste of a true Italian pizza . You will never feel the same about this simple and delicious food again.

Pizza in its most basic form ,as a seasoned flatbread, has a long history in the Mediterranean. Several countries including the Greeks and Phoenicians ate a flatbread, made from flour and wa-