

UNIT 1

在家就餐

Eating at Home

Dialogue 1: At Breakfast 早餐

(W = Wang 王先生; M = Mike 迈克)

W: Good morning, Mike.
早上好, 迈克。

M: Morning, Mr. Wang. I hope you had a good night's rest.
王先生, 早上好。昨天晚上你想必休息得很好吧。

W: Yes, thanks. I *slept like a log*^[1].
是的, 谢谢你。我睡得很香。

M: Would you like to have breakfast now? How about some fruit juice first?
你现在想吃早餐吗? 先来点儿果汁好吗?

W: No, thank you. I'm not used to cold drinks in the morning.
谢谢, 我不喝。我不习惯早上喝冷饮。

M: How about milk, then?
那么, 牛奶怎么样?

W: Yes, please.
好, 请给我来点吧。

M: By the way, what do you have for breakfast in China, Wang?
顺便问一句, 你们在中国早饭吃什么?

W: Well, in China, breakfast at home consists of a combination of liquid and dry foods.

在中国，早餐通常包括稀食和干食。

M: What are they?

都有些什么？

W: The former may be bean-curd soup, milk, rice gruel with pickles, oatmeal or a powdered milk drink; the latter includes *steamed bread*^[2], *deep-fried dough sticks*^[3], or leftover cooked dishes from the night before.

稀食包括豆浆、牛奶、米粥就泡菜、燕麦片或沏奶粉，干的包括馒头、油条或前一天的剩饭。

M: I see. I can ask Laura to make porridge for you, if you like.

噢，是这样。要是你喜欢，我可以叫劳拉给你做麦片粥。

W: Please don't cook anything specially for me. I'll just have things usually served here. *Do in Rome as the Romans do*^[4].

请不要专门给我做什么吃的，这里平时准备什么我就吃什么。入乡随俗嘛。

M: That's very *considerate of*^[5] you. Now, would you like bacon or eggs?

你真会替别人着想。那么，你想吃熏肉还是鸡蛋？

W: Eggs, please.

请给我鸡蛋吧。

M: How could you like your eggs done every morning, Wang? Boiled, fried, poached, scrambled?

王 每天早晨的鸡蛋你喜欢怎么做的 煮的、炸的、荷包蛋还是炒鸡蛋？

W: I like them no matter how they are done. And in China, we usually eat eggs in the morning, too.

不管怎么做我都喜欢。在中国我们早上也常常吃鸡蛋。

M: Oh, really. Anything else?

哦，是吗？你还要别的什么吗？

W: No more. Thank you.

不要了，谢谢。

Dialogue 2: Talking about Food Customs 谈论饮食习俗

(*W = Wang* 王先生 ; *M = Mike* 迈克)

W: Mike. I've been told that you shouldn't arrive too early if you're invited to a dinner party by an American?

迈克，我听说在美国如果被邀请参加一个晚宴不能到得太早是吗？

M: Yes, just make sure you're not earlier than the time set.

是的。你一定不要早于约定的时间。

W: Why so?
为什么？

M: That's just the custom here. Maybe the host and hostess are still busy running around finishing last minute chores. 这就是风俗习惯。可能主人在最后几分钟还在忙一些杂事呢。

W: But it is not the case in China. You'd better arrive earlier, otherwise, the host will think you're impolite. 但是在中国情况不一样。你最好早点到，否则主人会认为你没有礼貌。

M: Oh, I will keep this point in mind.
哦 我记住了。

W: ... Eh... What should I bring? I certainly can't go there empty-handed. You know, in China we always bring some gifts to a dinner party, such as fruits, cakes, a common gift especially in the Spring Festival. 嗯..... 我该带些什么去呢？我的意思是我不能空手去吧。你知道在中国，我们会经常送上一些水果或糕点之类的礼物。特别是在春节送点心很常见。

M: It is not necessary if you're a frequent of the family, but if you're invited for the first time, you could bring a small gift such as a bunch of flowers, or candy for kids.

You know, this is just a “token” gift.

如果你是那家的常客，没必要带礼物。但是，第一次去你可以带一件小礼物，比如一束鲜花或为孩子们买点糖果。这只是象征性的礼物。

W: Oh, I see.

哦，我明白了。

M: Wang, someone told me that a guest in a Chinese house never finishes a drink or food, is that so?

王先生，有人告诉我在中国家庭做客时，一定不要吃光食物，是这样吗？

W: Yes, it's also a Chinese custom. You should leave a little to show you have had enough. If you eat up the dish the host gives you, he will think you need more and then continue giving you the dish.

是的，这也是一个中国风俗。你应当留一点儿，表明你已经饱了。如果你吃光主人给你夹的菜，他会认为你还需要，还会为你夹菜的。

M: But in the United States, “seeing the bottom” of all the plates is the ideal ending to a meal. It means guests should eat up all the food to show that they had enjoyed it, otherwise, the host would think they don't like the dishes.

但是在美国，所有的盘子见了底才是最理想的结果。它意味着客人非常喜欢这顿饭。否则，主人会认为客人们

不喜欢。

W: Well, in my country it is a sign that the hosts have not prepared enough. By the way, what should I say at the table?

可是，在我国“见底”则标志主人准备不充足。顺便问一句，在就餐时我该说些什么呢？

M: The conversation at the table is rather general. Don't bring up any serious topic. But you should remember to comment about how good the food is. Otherwise the host will think you don't like it.

餐桌上的话题很广泛。不要谈论任何严肃的话题。但是你应该记住要称赞食物做得很好。否则主人会认为你不喜欢吃。

W: Shall I offer to help the host and hostess wash the dishes after the meal?

我要不要饭后提出帮忙洗碗呢？

M: We American always leave all the washing-up the next morning.

不用。我们美国人经常把清洗碗碟的活儿留到转天早晨。

W: Oh, there are so many different dinner customs in China and America.

哦，中美之间在饮食习俗上有这么多的差异啊。

Dialogue 3: At Tea 茶点

(B = *Mrs. Black* 布莱克 ; L = *Laura* 劳拉 ; W = *Wang* 王先生)

B: What time is it now?
现在几点了 ?

L: Five to four.
差 5 分 4 点。

B: It's tea time then. Have you carried *in the tea-things* ^[6],
Laura?
是用茶点的时间了。劳拉 , 茶具拿来了吗 ?

L: Everything is on the table.
都放在桌子上了。

B: Is the water boiling?
水开了吗 ?

L: Yes. The tea is quite ready. Look, here comes Mr. Wang.
开了。茶已经准备好了。看 , 王先生来了。

W: Oh, what a fine set of china! I admire the shape of the
teapot and cups. Isn't Mike coming?
多么精美的茶具啊 ! 我喜欢这茶杯和茶壶的样式。迈克
不来吗 ?

B: No, he has tea at his office on weekdays. I'll pour. Do
you like your tea strong or weak?

他不来。平日他在办公室吃茶点。我来倒茶。你喜欢喝浓茶还是淡茶？

W: Rather weak, please.
我要淡一点的。

B: Would you like to have milk and sugar in your tea?
在茶里放糖和牛奶吗？

W: No, thank you. The Chinese have their tea without milk or sugar. And we drink green tea instead of black tea at home.
不，谢谢。中国人喝茶不放糖和牛奶。我们在中国喝绿茶不喝红茶。

B: Oh, I see. May I offer you a slice of this cake? These cakes are in fashion.
哦，我明白了。我给你一块点心好吗？这些点心正时兴。

W: Thank you. How about yourself?
谢谢。可你自己吃什么呢？

B: I'm going to slice this loaf. I like to have bread and butter. Laura, pass me the butter, will you?
我来把这块面包切成片。我喜欢吃抹黄油的面包。劳拉把黄油递给我好吗？

L: Here you are. And here is jam for you.
给。还有果酱。

B: Mr. Wang, help yourself to these cherries and strawber-

ries.

王先生，这有樱桃和草莓，你自己拿吧。

W: I will take a few cherries.

我拿几个樱桃。

B: Take another one, Wang!

再吃一些吧！

W: Thank you, I have had plenty. I've enjoyed a pleasant afternoon. I must go now.

谢谢，我已经够了。今天下午过得真愉快。我现在得走了。

B: Must you really go? It's still quite early, isn't it?

你真要走吗？还早得很呢。

W: I am afraid I must go as it's going late. Goodbye!

我必须告辞了。因为天已经晚了。再会！

B: You must come again. See you soon.

你一定要再来啊。再见！

Dialogue 4: A Dinner Party 晚宴

(W = *Wang* 王先生； M = *Mike* 迈克； Mrs. W =
Mrs. Wang 王夫人)

W: Hello, Mike. I'm glad to see you again in China.

你好，迈克，很高兴在中国再次见到你。

M: Me too. We haven't seen each other for about two years.
我也很高兴再见到你们，我们已经两年没见了。

Mrs. W: Dinner is ready. Please come to the dining room, everybody.
饭好了，大家请到餐厅坐吧。

M: Wow, what a marvelous table you have here, with all those dishes on! I've long heard that Chinese dishes are well-known the world over for their color, aroma and taste. They look so good, and I'm sure they taste good, too.
哟！这一桌菜多么丰盛啊！我早听说过中国菜色、香、味世界闻名。这些菜这么好看，我想吃起来也一定很香。

W: Thank you. I hope you'll like them. We'll start with these cold dishes, which is different from American way. Your first course is soup, isn't it?
谢谢。我希望你喜欢吃。我们先吃冷盘，这点和美国上菜方式不同。你们的第一道菜是汤，对吧？

M: That's true.
对。

W: Shall I serve you, Mike?
迈克，我来给你夹菜。

M: No, it's all right. I can *help myself*⁽⁷⁾

不，谢谢，我自己来吧。

W: This is braised pork shoulders, my wife did it.
这是酱肘子，我夫人做的。

M: Really? (*After tasting the dish*) It's delicious.
是吗？（尝过之后）味道真香。

W: Let me help you to some sweet and sour fish.
我给你夹点糖醋鱼吧。

M: Sweet and sour fish?
糖醋鱼？

W: Yes, the fish is first fried, and then a sauce made of vinegar and sugar is poured over it.
是的。先把鱼炸一下，然后把用糖和醋调成的调味汁浇在上面。

M: Oh, it's really good. ... This chicken is really tender. It melts in your mouth. How is it cooked?
哦，真好吃。.....这个鸡真嫩，吃到嘴里就化了。这道菜怎么做的？

W: This is called "beggar's chicken". The chicken is wrapped in lotus leaves, then covered with clay and baked.
这叫“叫化鸡”。将鸡裹在荷叶里 然后包上泥烤。

M: What a unique way!
这种做法真独特！

W: Mike, here's another plain home dish, spicy bean-curd. I hope you don't mind spicy food.

迈克 这里还有一个家常菜——麻辣豆腐。你吃不吃辣味儿菜？

M: I love spicy food. It just *hits the spot*^[8]. I dare say this is the best spicy bean-curd I've ever tasted in China.

吃，正对我胃口。我敢说这是我在中国吃过的最好的麻辣豆腐。

W: Oh, Mike, you're appraising me.

哦，迈克，你过奖了。

M: I mean it. I like everything you cooked. Back in the States, Chinese food is Americanized. It never tastes really Chinese.

我说的是真心话，你做的每一个菜我都喜欢吃。在美国，中国饭都美国化了，从来吃不到真正的中国菜。

W: Would you like some more MaoTai?

迈克，再来点茅台酒？

M: Oh, no, thanks. I'm driving tonight. I've heard that a Chinese dinner usually consists of many courses, but I really can not have any more.

谢谢，我不喝了。今晚我还要开车。我听说过中国的宴会通常有好多道菜，但我确实吃不下了。

W: Why, we've just started. More dishes are coming.

怎么搞的？我们仅仅是开始呢！还有很多菜没上呢！

Dialogue 5: Making Chinese Dumplings 学包饺子

(W = *Wang* 王先生 ; M = *Mike* 迈克)

M: Chinese dumplings are my favorite food. Could you tell me how to make them?

饺子是我最爱吃的食物。你能教我怎么做吗？

W: Sure. First of all, pour some water into the wheat flours, and stir it until it becomes a piece of dough. You should also prepare some filling, which can be vegetable or meat.

当然，首先，在面里倒点水，然后搅拌，把它和成一个面团。同时准备好一些饺子馅，可以是蔬菜的，也可以是肉的。

M: Then what should I do with the dough and filling?

然后怎么办？

W: Cut the large piece of dough into many small pieces, roll the dough with a rolling pin into round, thin wrappers.

把大面团切成许多小块，用擀面杖把它们擀成一个圆而且薄的饺子皮。

M: How thin should the wrappers be?

皮该多薄？

W: It's up to you. You only need to make sure that the dumplings won't burst when you boil them. But many Chinese like thin wrappers.

随你的便。只要保证煮熟时皮不破就可以了。但是许多中国人喜欢薄皮。

M: I see, what should I do next?

我明白了。下一步该怎么做呢？

W: Then put the fillings in the center of a wrapper and fold it up. The last thing to do is to boil them.

把馅放在皮中央，然后把它包起来。最后一件事是把它们煮熟。

M: It's easier said than done, isn't it?

说得容易做起来难，是不是？

W: Yes. Well, in northern China, dumplings are dipped in vinegar and soy sauce, and eaten with a piece of raw garlic.

是的。另外，在中国北方，人们通常把饺子蘸着醋和酱油吃，同时还吃些生蒜。

M: Thank you. I'll try it right now.

谢谢你。我马上就试着包。

Notes

1. **sleep like a log** (非正式) 熟睡, 睡得很死
2. **steamed bread** 馒头。也可称做 **steamed bun**。
3. **deep-fried bough sticks** 油条
4. **Do in Rome as the Romans do.** 入乡随俗。
5. **be considerate of sb.** 体谅人的
6. **the tea-things** 这里指茶具。也可以表示为 **tea set**。
7. **help myself** 我自己来吧。而 **help sb. to sth.** 在饭桌上表示“为某人夹...菜”之意。
8. **hit the spot** 这一表达法主要是在谈论食物和饮料时使用。其中 **spot** 表示“身心双方都在寻求的东西”直译为“恰恰击中这种东西 正中下怀”。

例如 :**I'm very thirsty. A cold glass of beer would hit the spot now.**

我渴极了。现在要是能喝上一杯冰镇啤酒多痛快啊。

Useful Sentences

1. **How do you find the dish?**
您觉得这个菜怎么样？
2. **May I help you to some ...**
我给您夹一点……（菜）好吗？
3. **A drop won't hurt.**
喝一点没关系。
4. **I'd like something light, please.**
请给我一点清淡的东西吃。
5. **Say, do you smell something burning in the kitchen?**
喏，你有没有闻到厨房有烧焦的味道？
6. **Please sit down and make yourself at home.**
请坐，不要拘束。
7. **Thank you for a wonderful night. I enjoyed it very much.**
谢谢你，多美妙的晚上，我太尽兴了。
8. **The flavor is potent and lingers on the palate for a long time.**
这味儿很美，在嘴里很长时间都不消失。