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## Essentials of British Food 英国饮食精华版

- Jean:** 大家好！欢迎收听我们今天的节目！我们现在正在 BBC World Service 总部的餐厅，而在像这样的一个典型的工作日午餐钟点的时间，大家会在这里听到我们 BBC Learning English 这几位同事们熟悉的声音，一起在这里大嚼美味的英国食品！Some great British food.
- John:** But what is British food? Do we have something that defines what British food is?
- Jean:** What defines it 英国食品到底是个什么定义呢。我们在以前的节目中给大家介绍过传统的英式下午茶 drinking tea the British way, 还有英国食品的声望, the reputation of British food, 不过真正组成所谓的传统英国饮食的基本成分到底是什么呢？What are the essentials?
- John:** Well the BBC has been speaking to two experts on the subject.
- Jean:** The two experts are Sybil Kapoor, 他是一位烹饪作家 a cookery writer, 另一位是 Angela Hartnett, 她是一位在一家叫做 The Connaught 的著名伦敦酒店掌厨的高级厨师, Angela is the chef. But John, before speak with the experts can't we have a summary of what British food really is?
- John:** OK Jean. I can sum up British food like this. Generally speaking its simple food, well cooked, not spicy, not very colourful, but wholesome, filling and in the winter comforting.
- Jean:** Right, let me explain. 我们可以这样来概括英国饮食, its fairly simple 是比较简单的饮食, its well cooked 都是精心烹饪出来的, it isn't very spicy 没有太多辛辣的香料 and not particularly colourful 颜色也不是特别的丰富, but above all its wholesome and filling 是既有益健康又容易吃得够饱的食物。
- John:** That's what I like about food in Britain, especially in the winter food is warm, filling and comforting.
- Jean:** 热乎的 warm 而且是吃了让人舒服的 comforting.

**John:** Angela Hartnett, the chef at The Connaught Hotel in London, spoke to our colleagues on the BBC's Woman's Hour programme. She was making a comforting and warm pudding.

**Jean:** Puddings 布丁，就是英式英语里甜点的意思，very British and quite good! Angela 在我们 BBC 一期有关女性话题的节目中亲手制作了一道甜点米布丁。

**John:** Here's how you make a rice pudding with poached pears.

**Jean:** 甜点米布丁配炖梨。

### **Insert**

*I'm making a rice pudding. Rice pudding with poached pears, which is very English one would say, yes, one hopes anyway. Basically I've heated up some milk, put in vanilla, few little spices, cook the rice in that finish it off with butter, egg yolk and a touch of sugar. I don't put cream, we use milk. Some people put half cream, half milk, but I just tend to use milk, because I don't like it too rich. And I think it's nice like that.*

**Jean:** Lots of cooking words there John. What were some of them again?

**John:** Well Angela was making rice pudding and poached pears.

**Jean:** 甜点米布丁配炖梨。

**John:** Very British. There's milk in it, with vanilla.

**Jean:** Sound nice, 配料有牛奶 milk 还有香草子 vanilla 都放在米布丁里面。

**John:** There's also butter, egg yolk and just a touch of sugar. If you are putting just a touch of something in recipe, then you are using just a small amount, just a touch.

**Jean:** 原来要做这个甜点米布丁还要加不少的黄油 butter, 鸡蛋黄 egg yolk, 还要放少少的一点糖, just a touch of sugar, a 'touch' 就是一点点，一小撮的意思。

**John:** There are lots of different recipes for rice pudding, but in Angela's she doesn't like to use cream. She prefers milk.

**Jean:** Ah so that makes it a little less rich.

**John:** Exactly.

**Jean:** 原来 Angela 她在做米布丁的时候，更喜欢用牛奶 milk 来替代纯奶油 cream.

**John:** So what do you think then, Jean? Would you like to try rice pudding?

**Jean:** Mmm, I'm not so sure, what's the texture like, 会使什么样的口感呢?

**John:** Ah, yes, that's important with new food you haven't tried before. What's the texture like? Well it's smooth, not very heavy, but creamy, and very sweet, and you shouldn't be able to feel the rice in your mouth too much, the texture should be smooth.

**Jean:** Smooth and creamy 细腻幼滑, sounds nice, maybe I should try it.

**John:** Yes, this is BBC Learning English, talking about the essentials of British food. So far, we've been talking about rice pudding, a very British dish.

**Jean:** Angela Hartnett 这位在伦敦 The Connaught 酒店掌厨的高级厨师为我们演示了如何制作一道英国甜品, 就是甜点米布丁, 与此同时我们也采访了一位烹饪作家 Sybil Kapoor。制作这道甜点米布丁所用的米肯定最早不是英国本国种植的, 对此 Sybil 又怎么看呢, 是不是这样一来这道 Rice Pudding 就不能算是纯英国的东西了呢?

### **Insert**

*This is one of the great dilemmas for British cooks. Because rice of course was probably, became popular in medieval times, and was imported in. But it's become an intrinsic part of our diet. Now of course savoury rice as much as sweet. So there are a lot of foods which we think of as being British which in origin certainly weren't, and spices and vanilla of course all these elements originally came in, a lot in the middle ages.*

**Jean:** A-ha! Now I'm beginning to discover something new. 很多英国传统饮食当中用到的原料其实早先都是由别的国家进口而来的, Sybil 说这其实对于英国的厨师来说是个相当的难题 a great dilemma. 什么才算是所谓真正的纯英国原料呢?

**John:** Well rice was imported into Britain during medieval times, and has become part of the British diet ever since.

**Jean:** 原来大米是在中世纪时期才被进口到英国的 it was imported 被进口的。So I guess with such a long history of importing rice, it has simply become part of the diet, 所以大米就逐渐成为了英国饮食众的一部分。

**John:** Yes, it's become an intrinsic part of the British diet.

**Jean:** Intrinsic 本来的、真正的。Spices and vanilla 香料和香草也已经成为英国饮食中不可缺少的原料, 不过这两种食物佐料也是早先从别国进口而来的。

**John:** So fusing foods from many countries has been going on in Britain for centuries. Today we call this fusion food.

**Jean:** 融合了多元文化的饮食.

**John:** We tend to think that fusion food is a modern thing, but in Britain it seems to have been going on for years and years!

**Jean:** Fascinating. So far John we've only talked about puddings. What about savoury things? 就是不是甜味的咸味或者辣味的食物。

**John:** There's a very famous British dish, invented in the 1950s, but again containing ingredients from abroad.

**Jean:** What's it called?

**John:** Coronation Chicken.

**Jean:** Coronation Chicken, 香芒鸡肉, 这是一道英国特有的鸡肉菜肴, 是专为庆祝英国女皇在 50 年代加冕而命名的。那这道菜里面都是些什么原料呢? What's in it John?

**John:** Well there's chicken.

**Jean:** 鸡肉.

**John:** Curry powder.

**Jean:** 咖喱粉.

**John:** Apricots.

**Jean:** 杏肉.

**John:** Mayonnaise.

**Jean:** 蛋黄酱.

**John:** And apricots.

**Jean:** 更多的杏肉。所以这道菜的味道是甜中带酸, its sweet and sour. 这道菜的创造者是 50 年代英国的一位著名的女厨师, 名字就叫 Rosemary Hulme. 她创作这道菜的灵感来自英国的历史。让我们下面就来听听烹饪作家 Sybil Kapoor 给我们讲这道菜的渊源。

### **Insert**

*Well that again is very interesting because it was inspired, Rosemary Hulme was inspired by a cookery book, by a woman called Mrs. De Stallis, who wrote a book about savouries and sweets in the nineteenth century, and one of them was a sandwich which was apparently Queen Adelaide, and for those who don't know and I didn't either, it's the wife of William the Fourth, who loved a sandwich of curry, butter with apricots, which sounds a bit bizarre, but that was the original inspiration.*

**Jean:** 烹饪作家 Sybil Kapoor 刚才给我们讲到了英国名菜香芒鸡肉 Coronation Chicken 这道既属于英国传统，又是有着外国渊源的独特佳肴。

**John:** The recipe was inspired by a cookery book by another writer.

**Jean:** So the idea for the recipe came from someone else, Mrs. De Sallis. The recipe was inspired by her 菜谱灵感就来自于她本人。John, this sandwich sounds strange though, 这是一个夹着咖喱、黄油和杏子肉的三明治, a sandwich of curry butter and apricots. A bizarre combination, 好奇怪的搭配。

**John:** But that was the inspiration for Rosemary Hulme, when she created Coronation Chicken.

**Jean:** She just added the chicken, 她往里加了一些鸡肉, and some mayonnaise 还放了蛋黄酱, 就做成了这道一直流传至今的英国佳肴。

**John:** But is food part of one's identity as a British person?

**Jean:** You mean is our identity somehow tied up with the food that we eat. 难道饮食也是构成英国人个性的组成部分吗? 让 Sybil 在给我们解释一下吧。

### Insert

*I think there is this whole thing about identity and food, and, you know that again comes back to ingredients, because the British, you know you'd say 'beef', or you'd, you know roast beef, or whatever or you might say bacon, its things that we miss when we are away, I think that characterise our national food.*

**Jean:** That's a good point. 恰恰是那种我们离开了祖国之后才会想念的食物才是一个国家的饮食之精华。所以要算是英国的国菜的肯定要有英国的烤牛肉大餐 its roast beef 或者腌肉 bacon, would you miss those John?

**John:** You know Jean, I think I would. I don't eat them very often, but I think they are familiar to me. What about you?

**Jean:** I think it would have to be 我们中国的涮羊肉, 还有烤鸭 those are the foods that remind me of China. They're very typically Chinese too.

**John:** Well, we've been speaking today about the essential of British food.

**Jean:** Some of them anyway!

**John:** We'll be back for more very soon.

**Jean:** Bye for now.

**John:** See you!