

本集内容

Cricket pasta divides opinion in Italy 意大利人对用蟋蟀做的意大利面各持己见

文字稿

Sofia Bettiza, BBC reporter

"Would you eat cricket pasta?"

索菲娅·贝蒂扎 BBC 通讯员

“你会吃用蟋蟀做的意大利面吗？”

Eating insects is nothing new in parts of the world like Asia, but is there a shift happening in Europe?

食用昆虫在亚洲等地区并不是什么新鲜事。不过，欧洲人对食用昆虫的态度是否正在发生转变？

This farm in northern Italy turns one million crickets into food every day.

这家位于意大利北部的农场每天将一百万只蟋蟀做成食物。

First, the crickets – still alive – are frozen, boiled, dried and then pulverised.

制作过程首先将活蟋蟀冷冻，然后煮熟、烘干，最后打成粉末。

Sofia Bettiza, BBC reporter

"This is the final result. A cricket-based flour that can be added to food like pasta, bread or pancakes."

索菲娅·贝蒂扎 BBC 通讯员

“这是最终的成果。用蟋蟀制成的面粉，可用于制作意大利面、面包、煎饼等食物。”

And it's good for the planet. Insects require a fraction of the land and water that is used to produce meat.

制作这种面粉也很环保。养殖昆虫所需的土地和水资源只是生产肉类所需的零头。

Ivan Albano, Italian Cricket Farm

"What we do here is very sustainable. To produce one kilo of cricket powder, we only use about 12 litres of water. Whereas producing the same amount of protein from cows requires about 60 thousand litres of water."

伊万·阿尔巴诺 意大利蟋蟀农场

“我们这里的工作有很高的可持续性。要生产一公斤蟋蟀面粉，我们只需要用 12 升水。而要养牛并产出等量的蛋白质需要用六万升水。”

But how does this get on your plate? Some restaurants buy the flour and add it to some of the more traditional dishes like pasta.

不过，去哪才能吃到这种食物？有的餐厅会购入蟋蟀面粉，加到一些更传统的菜肴中，比如意大利面。

Sofia Bettiza, BBC reporter

"Cricket pasta? Here we go. I'm about to taste cricket tagliatelle. This is really good! It tastes like normal pasta. I would not be able to tell that this is cricket-based flour. It's delicious."

索菲娅·贝蒂扎 BBC 通讯员

“蟋蟀意面？开动吧，我这就要尝的是用蟋蟀做的意大利扁面条。很好吃！吃起来就和普通意面一样。如果没有预先知道，我吃不出这是用蟋蟀面粉做的。非常美味。”

And it's a superfood. It's packed with vitamins, fibre and minerals. One plate of cricket pasta contains as much protein as a steak.

同时，这是一种超级食品，里面富含维生素、纤维和矿物质。一盘蟋蟀意面所含的蛋白质等同于一块牛排。

But is it a realistic option?

但是将蟋蟀意面当作日常食物现实吗？

There is one problem – it's very expensive. Cricket flour costs about 60 pounds per kilo, way more expensive than a standard bag of pasta, which costs about one pound. That means that for now insect food is a niche option.

有个问题：蟋蟀面粉非常贵。一公斤蟋蟀面粉的价钱是 60 英镑左右，这比一英镑左右一袋的普通意大利面贵太多了。这意味着昆虫制成的食物目前还是小众食品。

Claudio Lauteri, farmer

"The meat I produce is much cheaper than cricket flour, and it's very good quality. It's healthy. I'm absolutely against these new food products. We don't know what they can do to you. A good steak makes you happy. I can't really imagine people eating crickets at restaurants."

克劳迪奥·劳特利 农民

“我生产的肉比蟋蟀面粉便宜多了，而且是高质量的肉，对人的健康也好。我坚决反对这些新的食物产品。我们不知道它们会对人体有什么影响。吃一块好的牛排能让人高兴。我很难想象人们在餐厅吃蟋蟀的样子。”

But a change in attitude is happening. Belgium, Austria and the Netherlands are the countries that are more open minded. And with the EU approving foods made from insects, the prices are expected to go down, which means insects could soon become a part of the European diet.

但人们的态度正在转变。比利时、奥地利和荷兰这几个国家对昆虫食品持比较开放的观念。而且由于欧盟已批准用某些昆虫制作食品，售价有望降低，因此昆虫可能很快会成为欧洲人饮食里的一部分。

视频链接

<https://www.bbc.co.uk/learningenglish/chinese/features/lingohack/ep-230810>