

（原文发表于 2020 年 11 月 19 日）奶酪火锅是瑞士人最喜爱的治愈系美食之一。如果你想和亲朋好友一起吃一顿舒适的冬日晚餐，那么它会是一个完美的选择。然而，由于受新冠肺炎疫情的影响，一些人担心吃奶酪火锅会带来健康风险。

The days are growing cold, the first snow is falling on the **ski slopes**, and Swiss minds are turning to their favourite dish. Nothing is more **comforting** than sitting round the table with good friends, sharing a **cheese fondue**.

天气越来越冷，初雪飘落在滑雪山坡上，瑞士人的心思转向了他们最爱的菜肴。没有什么比和好友围坐在桌旁，一同享用奶酪火锅更温馨惬意的事情了。

But in these troubled Covid times, some are questioning the fondue **ritual: spearing** a piece of bread, **dipping** it in a **communal** pot of bubbling cheese, and transferring it straight to your mouth. No self-respecting Swiss wants to **endure** a winter without fondue – but is it safe?

但在新冠疫情的困难时期，一些人对奶酪火锅的吃法产生了质疑：用叉子叉起一块面包，蘸上公用锅里咕嘟冒泡的奶酪，然后直接放到嘴里。没有任何一个地道的瑞士人愿意忍受没有奶酪火锅的冬季，但这种吃法安全吗？

Arnaud Favre, who organises the annual fondue festival, is sure it is. Unfortunately for Arnaud, his fondue festival has been cancelled this year – big crowds of **cheese-hungry** people are too much of a risk. Restaurants in many parts of Switzerland are closed too – but a fondue at home with friends is still allowed, although the ritual is becoming more flexible.

一年一度的奶酪火锅节的组织者阿瑙德·法夫尔确信这样做是安全的。对阿瑙德来说，遗憾的是，今年的奶酪火锅节被取消了，因为大批渴望享用奶酪的人聚集在一起太危险了。瑞士多地的餐厅也都关闭了，但是在家里和朋友们一起吃奶酪火锅仍然是允许的，不过在家的吃法就更灵活了。

Instead of one fork, fondue fans suggest, have two: one for dipping, and the other for eating. The advice seems to be working – as the Swiss **brace** themselves for this Covid winter, fondue sales are rising.

奶酪火锅爱好者们建议，不要用一把叉子，可以用两把叉子，一把用来蘸奶酪，另一把用来把食物放入口中。这条建议似乎很有效，在瑞士人准备迎接这个疫情笼罩的冬天，火锅的销售量正在上升。

## 1. 词汇表

ski slopes	滑雪坡
comforting	令人宽慰的，温馨的
cheese fondue	(瑞士传统饮食) 奶酪火锅
ritual	吃法

spearing	(用尖利的工具) 叉, 刺
dipping	蘸, 浸
communal	公用的
endure	忍受, 忍耐
cheese-hungry	渴望吃奶酪的
brace	(为困难) 做准备

2. 阅读理解: 请在读完上文后, 回答下列问题。(答案见下页)

1. True or false? *People in Switzerland are not very fond of cheese fondue.*

2. What is the fondue ritual?

3. Are people still allowed to eat cheese fondue together in Switzerland?

4. What do fondue fans suggest changing about the ritual of eating cheese fondue?

### 3. 答案

1. True or false? *People in Switzerland are not very fond of cheese fondue.*

**False. Swiss minds are turning to their favourite dish as winter approaches, meaning they love cheese fondue.**

2. What is the fondue ritual?

**It involves spearing a piece of bread, dipping it in that communal pot of bubbling cheese, and transferring it straight to your mouth.**

3. Are people still allowed to eat cheese fondue together in Switzerland?

**Yes. Eating it at home with friends is still allowed, though restaurants in most parts of Switzerland are closed.**

4. What do fondue fans suggest changing about the ritual of eating cheese fondue?

**They suggest using two forks instead of one – one for dipping, and the other one for eating.**