

词汇: *food* 食物

As a result of trade, travel and migration, different **cuisines** have spread across the world. Many **recipes**, **chefs** and **restaurants** try to claim that their example of a particular **culinary tradition** is the most authentic. But is this a good thing?

People care about authenticity because **food traditions** are closely linked to identity, particularly for migrant communities. Sociologist and professor of **food studies**, Krishnendu Ray, explains that **home cooking** is often the last way that communities can show their identity. British **celebrity chef** Jamie Oliver was accused of trying to take advantage of positive feelings about Jamaica. His **ready meal** product had a Jamaican name, but was unlike genuine Jamaican **cooking**.

However, food consultant Sara Kay asks whether there are problems with the idea of authenticity. She highlights that these ideas often come from the expectations that majority cultures have about minority cultures and their food. These can be restricting – **restauranteurs** have complained that people expect Asian food to be cheaper than that from European cultures.

Expectations can also give people a false idea of what is authentic. While large cities are full of **eateries** representing different countries – China, India, Italy, Mexico and more – these labels can oversimplify the reality of food from these countries. Stephanie Elizondo Greist was surprised by the difference between **regional specialities** in different parts of Mexico and what she ate growing up as a Mexican-American in Texas, but feels that both are authentic examples of Mexican food.

A more controversial view of authenticity was stated by American Chef Andrew Zimmern, who claimed that he could bring Chinese **dishes** to Minnesota in a more authentic way than existing restaurants – many of which are owned by Chinese-Americans. Writer and food podcaster Ruth Tam points out that while these restaurants altered their **menus** to suit local tastes, so does Zimmern. So, while food and identity are closely linked, and failure to respect authenticity can cause offence, could there be problems with the whole idea of authenticity?

词汇表

cuisine	菜肴
recipe	食谱
chef	厨师
restaurant	餐馆, 餐厅
culinary tradition	烹饪传统
food tradition	饮食传统
food studies	食品研究
home cooking	家庭烹饪
celebrity chef	明星大厨
ready meal	即食餐, 方便食品
cooking	(用特定方法烹制的) 饭菜
restauranteur	餐馆老板
eatery	小饭馆
regional speciality	地方特色菜
dish	(一道) 菜, 菜肴
menu	菜单

测验与练习

1. 阅读课文并回答问题。

1. According to the article, why is food important for migrant communities?

2. True or false? *Jamie Oliver made an authentic Jamaican ready meal.*

3. True or false? *According to the article, authenticity is defined by minority communities.*

4. What example is given of authenticity being restricting?

5. Was the food that Stephanie Elizondo Griest found in Mexico familiar to her?

2. 选择意思恰当的单词或词组来完成下列句子。

1. The _____ of a country is part of its identity.

chef	cuisine	menu	culinary
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2. All my favourite _____ are made with rice.

bowls	cups	dishes	trays
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3. The _____ on our street serves great food.

menu	eatery	cooking	ready meal
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4. If you don't follow the _____ when you're cooking, it won't taste right!

recipe	menu	ingredients	dishes
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5. Chefs are often influenced by different _____ traditions.

culinary	cook	chef	gastronomy
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答案

1. 阅读课文并回答问题。

1. According to the article, why is food important for migrant communities?

According to the article, home cooking is a way for communities to show their identity.

2. True or false? *Jamie Oliver made an authentic Jamaican ready meal.*

False. The ready meal that Jamie Oliver produced was not like genuine Jamaican cooking.

3. True or false? *According to the article, authenticity is defined by minority communities.*

According to the article, authenticity is often defined by the expectations of the majority community.

4. What example is given for authenticity being restricting?

The article says that people expect Asian food to be cheaper than that from European cultures.

5. Was the food that Stephanie Elizondo Griest found in Mexico familiar to her?

She was surprised by the difference between the food in different parts of Mexico and what she had grown up with.

2. 选择意思恰当的单词或词组来完成下列句子。

1. The **cuisine** of a country is part of its identity.

2. All my favourite **dishes** are made with rice.

3. The **eatery** on our street serves great food.

4. If you don't follow the **recipe** when you're cooking, it won't taste right!

5. Chefs are often influenced by different **culinary** traditions.