

## 翻译食谱 Translating recipes

Hello. This is 6 Minute English from BBC Learning English. I'm Sam.

大家好。这里是 BBC 学习英语栏目的六分钟英语。我是萨姆。

And I'm Rob.

我是罗布。

The British are not famous for their food, or rather they are famous – for bad food!

英国不是因为食物而出名，更确切地说，是因为食物太难吃而闻名！

While French and Italian cooking is admired around the world, the UK has a reputation for overboiled vegetables, mushy peas, and black pudding – a dish made from pig's blood!

虽然法国和意大利的料理世界顶尖，但英国却以煮老的蔬菜、糊状的豌豆和黑布丁而闻名。黑布丁是用猪血做的！

Ugh, that doesn't sound very tasty, does it?

呃，听起来不是很好吃，不是吗？

But I don't think our reputation for bad cooking is still true today, Sam.

但我觉得，现在英国的食物没那么难吃了，萨姆。

The last twenty years have seen big changes as Brits have fallen in love with international foods like Indian curry and Asian rice dishes, and with non-traditional cooking like vegetarian and vegan food.

在过去的二十年里，英国人的口味发生了很大变化。英国人喜欢上了印度的咖喱、亚洲的米饭等其他国家的食物，以及素食等非传统菜式。

Some of the most popular food in Britain comes from other countries, and includes the recipes, flavours and tastes of those faraway places.

在英国，一些最受欢迎食物源自其他国家。那些遥远国度的食谱、菜式口味很受英国人喜欢。

But how do recipes and cooking ideas from all over the world make their way onto the British dining table?

但是，世界各地的食谱和烹饪创意是如何不远万里来到英国餐桌的呢？

In this programme, we'll be finding out.

在本期节目中，我们将揭晓答案。

We'll be meeting the recipe translators.

我们将认识食谱翻译家。

These chefs translate recipes – the instructions explaining how to combine the different items, the ingredients, they will cook – from their own language into English.

这些厨师将食谱从他们的母语翻译成英语。食谱是解释如何将不同的食物、配料一起烹饪的一种说明书。

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And, of course, we'll be learning some new vocabulary as well.

当然，我们还将学习一些新的词汇。

Sounds good, Rob, but first I have a question for you.

听起来不错，罗伯，但首先我有个问题要问你。

It may be true that British cooking is better than it used to be, but there's still some pretty bad food out there.

英国的饭菜可能确实比过去好吃了，但仍然有一些相当难吃的食物。

So, according to a 2019 YouGov survey, which UK food was voted the worst?

那么，根据2019年舆观调查网的一项调查，以下哪个被选为最难吃的英国食物？

Was it a) steak and kidney pies? b) scotch eggs? c) haggis?

是 a) 牛肉腰子派？ b) 苏格兰蛋？ 还是 c) 哈吉斯？

Hmm, I've got to say scotch eggs. I've never liked them that much!

嗯，必须是苏格兰蛋。我从来不爱吃！

OK, Rob, I'll reveal the answer later in the programme.

好的，罗布，我稍后会在节目中揭晓答案。

Now, as anyone who speaks more than one language knows, translating involves more than getting the dictionary out.

任何会说多种语言的人都知道，翻译不仅仅是对照词典而已。

Recipe translators need to know the vocabulary for different ingredients and cooking techniques, while also preserving the heart of the recipe.

食谱翻译者需要掌握不同语言中食材和烹饪技巧的表达方式，同时还要译出食谱的核心含义。

Listen as BBC World Service programme, The Food Chain, talks with recipe translator, Rosa Llopis.

在BBC世界服务栏目的《食物链》节目中，食谱翻译家罗莎·略皮斯说到：

Long story short, I began to work as an interpreter for Le Cordon Bleu, the French cuisine school, and I realised there was no such a specialisation, in Spain at least, like, in gastronomy or cooking translation.

简单地说，我一开始在法国巴黎蓝带厨艺学校担任口译员。然后我意识到，至少在西班牙，是没有烹饪翻译这样的专业的。

Recipe translation is closely connected to gastronomy – the art and knowledge involved in preparing and eating good food.

食谱翻译与烹饪学密切相关。烹饪学就是一门涉及制作和品尝美食的学科。

This is contained in a country's traditional recipes, written in its own language, not English, hence Rosa's decision to specialise in recipe translation.

这种知识蕴藏在一个国家的传统食谱中。这些食谱是用当地语言而不是英语写成的，因此罗莎决定专门从事食谱翻译工作。

If you specialise in a subject, you focus on studying and learning all about it.

“specialise in a subject”，意为专注于学习某个领域的知识。

When Rosa is asked how she became a recipe translator, she begins by saying "to cut a long story short...".

当罗莎被问到她是如何成为一名食谱翻译家的时候，她说“长话短说吧……”。

This phrase can be used when you are explaining what happened in a few words, without giving all the details.

“to cut a long story short”，这个短语可以用来表示概述事件，而不是给出所有的细节。

Like most recipe translators, Rosa's goal is to produce a cookbook in English containing the best recipes from her own country, Spain.

与大多数食谱翻译者一样，罗莎的目标是制作一本英文食谱，记下她的祖国西班牙最好的食谱。

But doing this is not so easy, as she explained to BBC World Service programme, The Food Chain.

但要做到这一点并不容易，正如她在BBC世界服务栏目的《食物链》节目中所说的那样。

If my readers can't replicate those recipes, they won't buy the book, so I what I mean is, I don't only have to find, for instance, the translation of the name of an ingredient.

如果我的读者不能按食谱来做菜，他们就不会买我的书，所以我的意思是，举个例子吧，我的工作不仅是找到一种成分名称所对应的翻译。

If it's an ingredient that we don't use or we don't have in Spain, I always try to offer an alternative so they can mimic the flavour or the results.

如果这种配料我们没用过，或者西班牙没有这种配料，我会尝试提供一种替代方案，这样人们就可以根据食谱做菜了。

Rosa's cookbook allows readers to replicate her dishes - to make them again in exactly the same way.

读者可以根据罗莎的烹饪书复制出菜品，即以完全相同的方式制作出菜品。

But this isn't easy when the recipe includes ingredients which are difficult to find, something like lemongrass which is used in some Spanish cooking but can be hard to find in the shops.

但当食谱中有很难找到的配料时，这并不容易，比如一些西班牙菜品中使用的柠檬草在商店里很难找到。

For this reason, Rosa gives an alternative – a substitute ingredient which mimics, or copies, the flavour of a certain food.

因此罗莎提供了一种备选方案，即一种与某种食物味道相似的替代配料。

To mimic the flavour of lemongrass, for example, she recommends using lemon juice.

例如，为了模仿柠檬草的味道，她建议使用柠檬汁。

It's not easy work, but thanks to recipe translators like Rosa, people here in the UK can cook something a little tastier than meat and boiled vegetables.

这不是一项容易的工作，但多亏了罗莎这样的食谱翻译者，英国人才可以做出比肉和煮蔬菜更美味的东西。

Speaking of which, it's time to reveal the answer to my question, Rob.

说到这里，是时候揭晓问题的答案了，罗布。

Yes, you asked which food was voted the worst by a recent UK YouGov survey, and I said it was scotch eggs.

是的，你问我英国舆观调查网最近的一项调查显示，哪种食物最难吃，我回答说是苏格兰蛋。

That's boiled eggs wrapped in sausage meat and breadcrumbs – yuk!

那是用香肠肉和面包屑包裹着的煮鸡蛋，yue!

Well, in fact the correct answer was c) haggis, which doesn't sound much nicer because the Scottish dish haggis is made using sheep's stomach!

Ugh!

其实，正确答案是 c) 哈吉斯，它也很难吃，因为苏格兰菜哈吉斯是用羊胃做的！啊！

OK, let's quickly move on to recap the vocabulary we've learnt from this programme starting with ingredient – an item of food that is combined with other food to prepare a particular dish.

好了，我们还是回顾一下本期词汇吧。从“ingredient”开始，它指制作某道菜肴所需的一种食材。

Gastronomy is the art and knowledge involved in preparing and eating good food.

“gastronomy”是一门涉及制作和品尝美食的学科。

If you specialise in something, you have spent time studying and learning all about it, becoming an expert in that subject.

你“specialise in something”，指的是，你花了很多时间研究、学习它，成为该领域的专家。

The phrase, to cut a long story short is used in British English when you want to explain what happened in a few words, without giving all the details.

“to cut a long story short”是英式英语中的一个短语。当你想概括一下发生的事情，而不是给出所有的细节时，就会用到这个短语。

To replicate something means to make or do it again in exactly the same way.

“to replicate something”意为，以完全相同的方式再次制作一次或再做一次。

And finally, to mimic something means to copy the way in which it is done, sometimes in a funny way.

最后，“to mimic something”意为模仿，有时是为了搞笑而模仿。

Once again, our six minutes are up!

我们的六分钟又到了！

Bye for now! Bye!

下期再见！再见！