

饼干的语言 The language of biscuits

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

大家好。这里是 BBC 学习英语栏目的六分钟英语。我是内尔。

And I'm Rob.

我是罗伯。

In this programme, we're talking about biscuits!

在本期节目中，我们要谈论饼干！

Biscuits - a subject very close to my heart - something important to me and that interests me.

饼干 —— 这个话题深得我心 —— 对我来说很重要的，令我感兴趣的东西。

I know, Rob.

我知道，罗伯。

You are a biscuit connoisseur after all.

毕竟你是个饼干鉴赏家。

And in the UK, many of us love to nibble these sweet treats.

在英国，我们很多人喜欢吃这些甜食。

And we have lots of names for them too.

我们还给它们起了很多名字。

Yes, we have the chocolate digestive, the garibaldi, the custard cream and the jammie dodger.

是的，我们有巧克力味消化饼干，葡萄干饼干，卡仕达酱，还有夹心饼干。

Oh, it's making my mouth water.

我听得口水直流。

I can see.

我看得出来。

But we're not going to be tucking into any biscuits today.

但是我们今天不吃饼干。

Instead, we'll be looking at the origins and the language of this humble snack.

相反地，我们要了解这个小零食的起源和语言。

And before we do that, Rob, let's test your knowledge of biscuits with a question.

在我们开始之前，罗伯，我们用个问题来测试一下你对饼干的了解吧。

The British aren't the only fans of biscuits.

英国人不是饼干的唯一拥趸。

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So in which country are barazeks traditionally eaten?

蜂蜜芝麻饼干是哪个国家的传统美食？

Is it in a) Syria, b) Morocco, or c) Spain?

是 A. 叙利亚, B. 摩洛哥, 还是 C. 西班牙？

Hmmm, well, I have not eaten one, but I'll have a guess at Syria.

嗯, 我没吃过, 但是我要猜叙利亚。

OK, I'll reveal the right answer later on.

好的, 我稍后会揭晓答案。

But now, let's talk more about biscuits, also sometimes known as cookies.

但是现在, 我们再来谈谈饼干吧, 有时候也叫作曲奇。

They come in all shapes, sizes and varieties.

它们有各种形状、大小和种类。

They can be sweet or savoury - but I prefer the sweet ones that are crisp, crunchy and are good for dunking in my tea.

它们有甜有咸 —— 但是我比较喜欢脆脆甜甜的, 适合喝茶的时候浸到茶里吃。

Dunking means dipping into liquid for a short period of time.

浸入的意思是放到液体里蘸一下。

But enough about your eating habits, Rob.

罗伯, 我们已经了解了你的饮食习惯了。

Let's find out how the biscuit got its name.

我们来研究一下饼干是如何得名的吧。

It's something the BBC Radio 4 programme Word of Mouth has been exploring.

这是 BBC 电台 4 频道的节目《Word of Mouth》在探索的内容。

Dr Laura Wright, a historical linguist from the University of Cambridge, explains its origins.

劳拉·怀特博士是剑桥大学的语言学家, 她解释了这个词的来源。

From Latin 'biscoctum' - twice cooked.

来源于拉丁词“biscoctum” —— 烹饪两次。

And it comes to us via Anglo-Norman French, but it's bread that's been cooked twice to extract all the moisture so that it goes hard, and it'll stay fit for consumption for a very long time, which is why you can take it to sea and have a sea biscuit...and from the 1500 at least we spelt it like it sounds 'bisket'...but at some point, in the 1800, we started to prefer the French spelling for reasons of poncy-ness!

它通过盎格鲁-诺曼人的法语传到我们这里来, 但是它指的是面包被烤了两次从而让所有水分都被提炼出来, 这样面包就会变硬, 而且它适合于长时间食用, 这就是为什么你可以带它出海然后在海上吃饼干.....而且至少从 1500 年代开始, 它的拼写听上去像是“bisket”.....但是在某个时刻, 在 1800 年代, 我们开始偏向于法语的拼写, 因为造作的原因。

So, the English word for biscuits has its origins in Latin.

所以英语单词饼干来源于拉丁语。

It describes cooking bread twice to make it hard.

它描述的是把面包烤两次让它变硬。

This baking process meant a biscuit could be kept for a long time, and as Dr Wright said, it would stay fit for consumption - another way of saying 'edible' or able to be eaten.

这个烹饪过程意味着饼干可以长时间保存，而且怀特博士说，它适合食用 —— 这是表示可以吃的另一种说法。

That's why they were taken on long sea voyages - but they weren't like the biscuits we eat now - they were plain, simple and very hard baked.

这就是为什么它们被带到长途海上航行中 —— 但是它们跟我们今天吃的饼干不一样 —— 它们很普通，简单，而且烤得很硬。

Interestingly, the word biscuit used to be spelt B-I-S-K-E-T but the French spelling B-I-S-C-U-I-T was later adopted.

有趣的是，饼干这个单词曾经的拼写是 B-I-S-K-E-T，但是法语的拼写 B-I-S-C-U-I-T 后来被采纳了。

Biscuits are a handy go-to snack for when I'm hungry or bored.

饼干是我饿了或者无聊时的方便的随身携带的零食。

But how did biscuits become such a popular foodstuff and how did we come to depend on them so much?

但是饼干是如何成为如此受欢迎的食品的呢，以及我们是如何对它们如此依赖的呢？

It's something Anastasia Edwards, author of Biscuits and Cookies, A Global History, talked about in the Word of Mouth programme.

这是《饼干和曲奇，一段全球性历史》的作者安娜丝塔西亚·爱德华兹在《Word of Mouth》中谈论的内容。

Listen to the word she uses to mean 'food' in her explanation.

请听她在解释中用来表示“食物”的词。

One key fact in the rise in the popularity of the biscuit is meal times.

饼干变的受欢迎的一个关键事实是饮食时间。

Before the Industrial Revolution, people have a later breakfast and earlier supper.

在工业革命之前，人们早饭吃得更晚，而晚饭吃得更早。

By the end of the Industrial Revolution, breakfast is much earlier, the evening meal is much later, so you've got this big gap of time where people need sustenance, and so lunch comes to greater prominence and tea time comes to greater prominence, and snacking - so there's this great opportunity for biscuits - something small, something ready, something easily consumable, not expensive, you know, a bit of a sugar rush.

在工业革命结束之前，早餐就已经早多了，晚餐就晚多了，所以这中间会有很大的时间间隔，而这期间人们需要养料，所以午餐变得更重要，下午茶变得更重要，还有零食 —— 所以这对于饼干来说是个很好的机会 —— 它们小巧，随时等待食用，容易消化，而且不贵，你知道的，能够让血糖急速上升。

Right, so it was the Industrial Revolution that led to the rise - that's the increase - in the popularity of biscuits.

好的，所以是工业革命导致了饼干受欢迎程度的崛起，即上升。

Because the time between breakfast and dinner in the evening increased, people got hungry and they needed food to give them energy - what Anastasia called sustenance.

因为早餐和晚餐之间的时间间隔变长了，人们感到饥饿，他们需要食物来供能 —— 安娜丝塔西亚称之为养料。

So, this is when smaller meals, such as lunch or tea, became important or more well-known - it had greater prominence.

所以这就是更小的餐食，例如午餐或下午茶变得重要或更出名的原因 —— 它变得更突出。

And this included snacking on biscuits.

这也包括吃点饼干作为零食。

These were cheap and easily consumable - easy and quick to eat.

它们便宜且易食用 —— 吃起来又简单又快。

And because of their ingredients, they gave you a sugar rush - a quick blast of energy.

而且因为它们的原料，它们能够让你的血糖急速上升 —— 快速供能。

Of course, now, we eat biscuits at any time, and because of their sugar content, we know to only eat them in moderation - Rob!

当然，现在我们随时都会吃饼干，而且因为它们的糖分，我们只适量吃 —— 罗伯！

I think a packet a day is fine - but a whole box, well, that would really take the biscuit!

我认为一天一包是可以的 —— 但是一整盒，嗯，那就太蠢了！

Take the biscuit!

太蠢了！

Good idiom there, Rob, to mean 'be the most foolish, annoying or surprising thing to do'.

这个习语好，罗伯，意思是“最愚蠢、最令人讨厌或最令人吃惊的事情”。

But now let's find out the answer to my quiz question.

但是现在来揭晓我们问题的答案吧。

Earlier, I asked which country are barazeks traditionally eaten in?

之前我问你蜂蜜芝麻饼干是哪个国家的传统美食？

And I thought Syria.

我认为是叙利亚。

Was I right?

我答对了吗？

Yes, you were.

是的，你答对了。

Well done.

干得漂亮！

You are a smart cookie!

你真聪明！

Barazeks are biscuits filled with roasted sesame seeds and pistachio chips.

蜂蜜芝麻饼干里面都是烤芝麻和开心果脆片。

They sound delicious.

它们听起来很好吃。

I would love to try some.

我想尝一点。

OK, well we've been discussing the language of biscuits and mentioned some of these words.

好的，我们已经讨论了跟饼干相关的语言了，还提到了其中的一些。

Dunking describes dipping something, like a biscuit, into liquid for a short period of time.

浸入指的是把某物，例如饼干，短时间放在液体里。

Describing something as being fit for consumption means it is edible - which is another one of our words and means 'it can be eaten'.

把某物描述为适合食用表示它能吃 —— 这是表示“它可以吃”的另一个单词之一。

Sustenance is another word for food.

养料是另一个表示食物的词。

And something that has prominence is important or more well-known.

突出的东西表示它很重要或更出名。

And when you get a sugar rush, you get a quick blast of energy from, unsurprisingly, eating something containing lots of sugar.

当你血糖快速升高，你通过吃含有很多糖的东西快速获取能量。

OK, well, we only get six minutes for this programme - that's the way the cookie crumbles - so we're out of time.

好的，我们节目只有六分钟 —— 生活就是这样 —— 所以我们没时间了。

Bye for now.

再见。

Goodbye.

再见。