

保护传统菜肴 Preserving traditional recipes

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

大家好。这里是 BBC 学习英语栏目的六分钟英语。我是萨姆。我是罗布。

Now, all over the world people love to eat, and most of us have favourite food we like to cook.

全世界的人都喜欢吃，而且大多数人都有自己最喜欢做的食物。

Often, this involves a recipe – that's written down instructions explaining how you combine the different items of food you are going to cook – the ingredients – into a meal.

做饭通常要看食谱，即书面的说明，介绍如何将要烹调的不同食物，即各种食材，做成一顿饭。

My favourite recipe is for bangers and mash, a cheap and popular British meal made of sausage and mashed potato.

我最喜欢香肠和土豆泥，是一种便宜且受欢迎的英国食物，由香肠和土豆泥制成。

Cooking is a big part of our lives, something pleasurable we do with others, and a way of discovering the flavours and tastes of other cultures.

烹饪是生活中很重要的一部分，可以与他人一起做，令人愉快，也是发现其他文化的味道的一种方式。

In this programme, we'll be doing just that – discovering the food culture of Ghana in west Africa, and hearing about one woman's quest to preserve her country's traditional recipes.

在本期节目中，我们就要这样做。我们将探索西非的加纳饮食文化，并了解一位女性保护自己国家传统食谱的故事。

And, as usual, we'll be learning some related vocabulary along the way.

像往常一样，我们也将学习一些相关的词汇。

But before we start, I have a question for you, Rob.

但在我们开始之前，我有个问题要问你，罗布。

Your favourite recipe is the classic British dish, bangers and mash.

你最喜欢的食物是经典的英式菜肴，香肠和土豆泥。

It's easy to understand why mashed potato is called 'mash', but how did sausages come to be known as 'bangers'?

土豆泥被称为糊状物“mush”，很好理解，但是香肠为何被称为“bangers”呢？

Is it a) because 'bang' is an old-fashioned word for pork?

是 a) 因为“bang”是猪肉的老式说法？

b) because sausage-making machines used to make a banging noise?

b) 因为香肠制作机过去常发出砰砰的声响？

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or c) because sausages would explode in the frying pan, going 'bang'?

还是 c) 因为香肠会在煎锅里炸开，发出“砰”的声响？

I think it's a) – 'bang' is an old-fashioned word for pork.

我觉得是 a) “bang”是猪肉的一个老式说法。

OK, Rob, I'll reveal the correct answer later.

好的，罗布，稍后我会揭晓正确答案。

Food writer, Abena Offeh-Gyimah, was born in Ghana but moved to Canada as a child.

美食作家阿贝纳·奥非奇玛出生于加纳，但小时候就移居加拿大。

After school she would go for burgers and fries with friends, before heading home to eat traditional Ghanaian food with her family, food cooked with ingredients like dawadawa, a spice made from roasting locust beans, and fufu.

放学后，她会和朋友一起吃汉堡和薯条，然后回家和家人一起吃传统的加纳食物。那些食物是用“达瓦达瓦”和“馥馥”制作的。“达瓦达瓦”是一种用烘焙槐豆制成的香料。

Her mother's cooking gave Abena a love of traditional recipes, so much so that five years ago, she moved back to Ghana to rediscover her country's food culture.

母亲做的饭让阿贝纳对传统美食情有独钟，以至于五年前，她搬回了加纳，重新探寻祖国的饮食文化。

But when she arrived, Abena was surprised how much things had changed.

但搬回去后，她惊讶地发现当地的饮食发生了很大变化。

Many traditional spices and ingredients were no longer being used, and it was more common to see tomato ketchup than Ghanaian chipotle sauce.

许多传统的香料和原料都没人用了，番茄酱比加纳辣椒酱更常见。

Here Abena describes how her grandparents used to cook in the old days, to BBC World Service programme, The Food Chain.

以下是阿贝纳讲述她的祖父母过去是如何做饭的。请听BBC世界服务栏目《食物链》的一个片段。

So, they would actually cook the yam, they would cook the plantain, and they would use, you know, the mortar and pestle to actually pound it, you know.

过去他们会煮山药，做车前草，他们会用研钵和研杵捣碎它。

Now in Ghana, you could just buy potato flour and just make fufu on the stove.

现在在加纳，你可以买土豆粉，然后在炉子上做“馥馥”就行了。

But we're losing that, right?

但我们的饮食文化正在消失，对吗？

That communal experience of cutting the yam and cutting the plantain and cooking it.

切山药、切车前草、做“馥馥”不再是这个国家共同的记忆了。

Abena's grandparents made fufu the traditional way, using ingredients like yam and green bananas called plantains.

阿贝纳的祖父母用传统的方法做“馥馥”，使用山药和青香蕉等食材，青香蕉也叫车前草。

These were placed in a mortar and pestle, cooking equipment made of a bowl - the mortar - and a heavy stone - the pestle - which is used to grind ingredients together.

然后把食材放在一套研钵和研杵里。那是做饭的设备，由一个碗——研钵——和一个沉重的石头——研杵——组成，用来研磨食材。

The traditional method was to pound fufu – to crush it into a paste or powder.

传统的方法是敲打“馥馥”，把它碾碎成糊或粉末。

But nowadays many people buy ready-made flour and cook fufu the modern way, on a stove.

但现在，许多人买现成的面粉，用现代的方式在炉子上做“馥馥”。

For Abena, this represented an unwelcome departure from ancestral ways of cooking, and she decided that something had to be done.

阿贝纳认为，人们不该这样背弃祖传的烹饪方式，并决定必须做些什么。

Here's Ruth Alexander, presenter of BBC World Service's The Food Chain, to continue the story.

BBC世界服务栏目《食物链》的主持人露丝·亚历山大继续讲述了这个故事。

Abena was so taken aback about the loss of know-how about Ghana's traditional recipes and ingredients in the towns and cities, that she decided she had to do something, and set off to rural areas on a fact-finding tour.

阿贝纳对加纳人民背弃传统食物制作工艺和传统食材感到非常震惊，她决定做点什么，于是前往农村进行实地调查。

We travelled across the Accra East region in Ghana, just to document indigenous dishes, and to ask 'what are people eating now?', and learning that a lot of dishes are lost.

我们穿越加纳的阿克拉东部地区，只是为了记录当地的菜肴，并询问人们“现在在吃什么”。我们了解到很多传统菜肴都消失了。

Abena was taken aback by the changes in Ghana's food culture. She felt shocked and surprised.

阿贝纳为加纳饮食文化的变化感到震惊。

Traditionally, recipes were passed down orally from mother to daughter, instead of being written down, so a generation of young Ghanaians were losing cooking know-how, the practical skills and knowledge of how to do something.

过去，食谱是母亲口头传给女儿的，而不是写下来的。因此，年轻一代的加纳人正在失去烹饪传统食物的技能，“know-how”即有关如何做某事的实用技能、知识。

Abena travelled around Ghana to document traditional recipes, to record information about them by writing them down, or taking photos, before they were lost forever.

阿贝纳周游加纳，记录传统食谱，即通过写下或拍照来记录有关传统食谱的信息，在它们永远消失之前。

If her story has inspired you to find out about your own country's traditional recipes, or discover more about Ghanaian cooking, you can read more on Abena's website, Living the Ancestral Way.

如果她的故事启发你去了解自己国家的传统食谱，或者了解更多加纳的传统食物，你可以在阿贝纳的网站上得到更多信息，网站叫“过传统生活”。

And after all this talk of traditional Ghanaian food, it's time for your question about a traditional British recipe, bangers and mash – or sausage and mashed potato.

讨论了这么多传统的加纳食物，是时候解答关于传统英式食物——香肠和土豆泥的问题了。

Now, you asked about the name 'banger', and I guessed that 'bang' was an old-fashioned word for pork.

你问起“banger”这个名字，我猜“bang”是猪肉的老式说法。

So, was I right? You were... wrong, I'm afraid, Rob.

那么，我说的对吗？恐怕不对，罗布。

The name 'banger' started in World War One, when meat shortages resulted in sausages being made using water, that caused them to explode, going 'bang!', when cooked.

“banger”这个名字源于第一次世界大战。当时肉类短缺，所以人们用水制作香肠。因此，烤香肠的时候，香肠会爆炸，发出砰的一声！

Well, that's certainly one way to spice up your cooking!

这的确能让烹饪更有趣！

OK, let's recap the rest of the vocabulary, starting with mortar and pestle – a bowl and a heavy stone which is used to grind ingredients together.

好了，我们来回顾一下其它词汇，从“mortar and pestle”开始，指一个碗和一个沉重的石头，用来研磨食材。

To pound something means to crush it into a paste or powder.

“pound”的意思是把某物碾成糊状或粉状。

If you're taken aback, you feel shocked and surprised.

“be taken aback”，指某人感到震惊、惊讶。

Know-how is the practical skill and knowledge needed to do something, such as cook.

“know-how”是做某事所需的实际技能和知识，比如做饭。

And finally, the verb document means to record information about something by writing about it or taking photos.

最后，动词“document”的意思是通过书写或拍照来记录关于某事的信息。

Once again, our six minutes are up.

我们的六分钟又到了。

Bye for now! Bye!

再见了！再见！