

走进调味师 Meet the flavourists

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 Neil.

我是尼尔。

In this programme we're finding out all about food flavours.

在本期节目中，我们将了解食物的味道。

Although everyone knows what food they like the taste of, the science behind flavours is complex.

虽然每个人都知道自己喜欢什么食物的味道，但味道背后的科学是复杂的。

Flavour involves much more than tasting with the tongue.

味道不仅仅是用舌头尝出来的。

It's also influenced by how food looks, smells, and even how it's described.

食物的外观、气味，甚至你怎样描述它，也会影响它的味道。

In this programme we'll be meeting the flavourists, scientists who combine different natural and artificial ingredients to create the flavours we love to taste in our food.

在本期节目中，我们将听听调味师怎么说。他们是科学家，能用各种天然和人工原料调配出我们喜欢的食物味道。

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 delicious, Neil, but first I have a question for you.

听着真好啊，尼尔，但首先我有个问题要问你。

No one really knows why but certain flavours seem to work well together.

没有人知道为什么某些口味搭配起来很好。

Some scientists think classic combinations like lemon and lime, or strawberries and cream are so popular because their chemicals overlap in special ways.

有些科学家认为，柠檬和酸橙、草莓和奶油等经典组合之所以如此受欢迎，是因为它们的化学成分以某些特殊的方式重合了。。

Sometimes this creates new, interesting and unusual flavours.

有时这能产生新的、有趣的、不同寻常的味道。

So, what weirdly popular combination was invented by British chef, Heston Blumenthal?

那么，英国厨师赫斯顿·布鲁门塔尔发明了什么奇怪的流行食物搭配呢？

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Was it a) dark chocolate and sea salt? b) milk chocolate and chilli? or c) white chocolate and caviar?

是 a) 黑巧克力和海盐? b) 牛奶、巧克力和辣椒? 还是 c) 白巧克力和鱼子酱?

Well, I've tried sea salt and chocolate and I think it tastes great, so I'll say a).

我试过海盐和巧克力，觉得味道很棒，所以我选 a)。

OK, Neil. I'll reveal the correct answer at the end of the programme.

好的，尼尔。我将在节目结束时揭晓答案。

Nowadays, the flavour industry is big business.

如今，调味行业正兴盛。

Flavourists work in high-tech laboratories and every new ice-cream, crisp or toothpaste flavour is the result of years of scientific research.

调味师在高科技实验室工作，每一种新口味冰淇淋、薯片或牙膏都是多年科学研究的结果。

But it wasn't always like that.

但情况并不总是这样的。

Here's food historian, Dr Nadia Berenstein, describing the beginnings of the flavour industry in the 19th century to Ruth Alexander, presenter of BBC World Service programme, The Food Chain.

以下是食品历史学家纳迪亚·贝伦斯坦博士在BBC世界服务栏目的《食物链》节目上，为主持人露丝·亚历山大描述的19世纪调味工业的起源。

There's really only a handful of people and maybe a dozen or so companies that are really involved.

当时参与其中的人真的很少，可能只有十几家公司。

And at that point they really are kind of working with secret recipes that were kept very secure, and sometimes passed down within families from father to son, so it really seemed like a guild structure from the Middle Ages at that point.

当时他们都研发独家秘方，不容泄露。这些秘方有时在家庭内部传承，从父亲传给儿子，所以当时那看起来真的像是中世纪的同业协会。

Was it seen as some kind of dark art?

它被视为某种黑魔法吗?

Yes, the term black art does come up in some of the early writing of people who were producing flavours at this point.

是的，黑魔法一词确实出现在当时调味师的一些早期著作中。

To begin with, there were only around dozen, that's twelve, companies experimenting with food flavours.

一开始，只有大约12家公司在研究食物的味道。

The recipes they used were kept secret and only shared with family or trusted friends.

他们的食谱是保密的，只与家人或信任的朋友分享。

Dr Berenstein compares these companies to a guild, an organization of people who do the same job or have the same interests.

贝伦斯坦博士将这些公司比作一个行会，就是一个由从事相同工作或兴趣相同的人组成的组织。

Because it was so secretive and mysterious, people saw making flavours as a dark art, a method of achieving something in a clever but dishonest or wicked way.

因为它太过神秘，人们将调味视为一种黑魔法，即一种以巧妙但不诚实或邪恶的方式实现某种目标的方法。

But this all changed after the Second World War, when the invention of processed food which could be bought in supermarkets, and kept fresh at home in the fridge, increased the demand for new and exciting flavours.

但这一切在第二次世界大战后都发生了变化。当时加工食品被发明出来了，人们可以把它放在超市里买卖，也可以放在家里的冰箱里保鲜。这刺激了人们对新口味的需求。

Here's Dr Berenstein again, explaining the work of present-day flavourists to BBC World Service programme, The Food Chain.

贝伦斯坦博士在BBC世界服务栏目的《食物链》节目中讲解过当今调味师的工作。

So, essentially becoming a flavourist today is still an apprenticeship process.

其实，今天要成为一名调味师仍然要从学徒做起。

There's no academic path to it, right?

你不可能通过读书成为一名调味师，对吧。

Your training is on-the-job, working alongside a master flavourist at a flavour and fragrance company, or at some of the bigger food companies will have their own flavour divisions.

你的培训是在职的，你要在一家调味公司与一位资深调味师一起工作，或者在一些较大的食品公司的调味部门。

It's a scientific profession for sure. You have to know a lot about chemistry, but it is a creative profession.

毫无疑问，干这一行要懂科学。你必须知道很多化学的知识，但它也是一个需要创新的职业。

At the very heart of this industrial food system, there are these craft artisans who are essentially designing molecule by molecule, the flavours that shape the way food is made to taste.

在这个行业的核心，有些手艺人，他们一个分子一个分子地设计食物的味道。

Today's flavourists learn their art by serving an apprenticeship – a period of time spent working for a skilled master, often for low payment, in order to learn their skills.

今天的调味师通过做学徒来学习技术。“apprenticeship”，是指给师傅打下手的一段时间，通常报酬很低，期间要学习师傅的技术。

Although a background in chemistry is important, you can't study flavours at university – the training happens on-the-job, at your place of work, while you are working.

尽管化学背景很重要，但你不能在大学里学习香料。培训是在职的，你需要一边工作一边学习。

Dr Berenstein calls flavourists craft artisans – people doing skilled work with their hands, and she describes their creations as the marriage of science and art.

贝伦斯坦博士将调味师称为手艺人“craft artisan”，即用手做技术活的人，而且她将他们的作品描述为科学与艺术的结合体。

Yes, I love the idea of the flavourist as a magician, adding a pinch of this flavour, or a drop of that oil to create the perfect, magical taste!

是的，我喜欢把调味师叫作魔术师。他们加入一小撮这种味道，或者一滴那种油，就创造出了完美的，神奇的味道！

I wonder if that's what British chef, Heston Blumenthal, was trying to do.

我想知道这是否就是英国厨师赫斯顿·布鲁门塔尔试图做的事情。

In my question, I asked what popular flavour combination was invented by chef, Heston Blumenthal?

在我的问题中，我问主厨赫斯顿·布鲁门塔尔发明了什么流行的口味组合？

I said it was a) dark chocolate and sea salt. So, was I right?

我选 a) 黑巧克力和海盐。那么，我说的对吗？

Well, it's true that sweet and salty flavours go together well, but the correct answer was... white chocolate and caviar, a combination described by Swiss master flavourist, Fran Ois Benzi, as "weird but wonderful".

甜味和咸味的搭配的确很好，但正确的答案是...白巧克力和鱼子酱，瑞士调味师弗兰·奥伊斯·本齐评价它的味道“奇怪但很棒”。

Right, let's recap the vocabulary we've learned, starting with a dozen which means twelve.

好了，让我们回顾一下本期词汇，从“a dozen”开始，意思是12个。

Something described as a dark art refers to a method of achieving something in a clever but dishonest way.

“a dark art”指的是一种巧妙但不诚实的实现某事的方法。

A guild is an organization of people who do the same job.

“a guild”是由从事同样工作的人组成的组织。

An apprenticeship is the period of time an apprentice spends watching and working with a skilled master in order to learn their skills.

“apprenticeship”是学徒观察熟练的师傅，并与之一起工作，以学习他们的技能的一段时间。

When you do something on-the-job, it happens in the workplace, while you are working.

“do something on-the-job”，意为一边工作一边做某事。

And finally, an artisan is a person doing skilled work with their hands.

最后，“artisan”是用双手做技术活的人。

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！

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