

## 馅饼真的是康沃尔的吗？ Is the pasty really Cornish?

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

大家好。这里是BBC学习英语栏目的六分钟英语。我是内尔。我是罗伯。

Fancy a game of 'food connections', Rob?

想玩一个“食物联想”的游戏吗，罗伯？

So, I'll name a place and you say the first food that comes to mind.

我来说一个地方，然后你说出你脑海里第一个出现的食物。

Ready?

准备好了吗？

Yeah, sure, let's go!

当然，来吧！

Italy.

意大利。

Erm... 'pizza', or 'lasagne'.

呃.....披萨，或者千层面。

New York?

纽约？

'Hot dogs', of course.

当然是热狗了。

Or maybe 'bagels'.

或者可能是百吉圈。

Now, how about Cornwall from the UK?

英国的康沃尔呢？

Oh, right, if it's Cornwall, it must be the famous 'Cornish pasty', right?

如果是康沃尔的话，那肯定就是有名的“康沃尔馅饼”了。

That's right!

没错！

Cornwall, the region which forms the south-western tip of Britain, is as famous for its pasties as New York is for hot dogs.

康沃尔，不列颠岛的西南顶端地区，以其馅饼而出名，就像纽约的热狗一样。

In this programme, we'll be finding out all about Cornish pasties.

本期节目中，我们会了解跟康沃尔馅饼有关的内容。

添加的词汇



扫码APP内查看  
每日英语听力

We'll hear how it's gone from humble beginnings to become a symbol of Cornish identity and spread around the world to Jamaica, Argentina and Brazil.

我们会听到它如何从不起眼成为康沃尔身份的象征，并在世界范围内流行，走向牙买加、阿根廷和巴西。

But what exactly is a pasty, Neil?

不过馅饼到底是什么呢，内尔？

Somewhere between a pie and a sandwich, right?

介于派和三明治之间的东西，对吗？

A piece of pastry which is turned over and crimped along the side to make two corners...and filled with different ingredients-which brings me to my quiz question for today, Rob.

面团会被对折，并且边边会褶皱起来形成两个角.....并且里面装满了各种原料——这让我想起了今天的问题，罗伯。

What is the traditional filling in an authentic Cornish pasty?

正宗的康沃尔馅饼里传统的填料是什么？

Is it a) Chicken, avocado and brie, b) Beef, potato and turnip, or c) Pork, onion and chorizo?

是 A. 鸡肉、牛油果和布里干酪，B.牛肉、土豆和芜菁，还是 C. 猪肉、洋葱和西班牙香肠？

Well, chorizo is Spanish, isn't it?

嗯，西班牙香肠是西班牙的，不是吗？

And avocado with brie doesn't sound traditionally Cornish, so I'll say b) beef, potato and turnip.

牛油果和布里干酪听起来不像传统的康沃尔风味，所以我要选 B. 牛肉、土豆和芜菁。

OK, Rob. We'll find out later if you were right.

好的，罗伯。我们稍后会知道你是否回答正确。

What's for sure is that the Cornish pasty has had a long history as BBC Radio 4's The Food Programme discovered.

根据BBC电台4频道的《美食》节目的发现，可以肯定的是康沃尔馅饼拥有悠久的历史。

They spoke to Dr. Polly Russell, a public life curator at the British Library.

他们对话了波莉·拉索尔博士，大英博物馆的公共生活馆长。

Here she is reading from one of the earliest mentions of pasties from the late 17th century.

在这里她阅读了17世纪末期提及馅饼最早的文献之一。

There's a lovely bit here where he's describing what a housewife in Hertfordshire does and he's talking about her way to make pork pies and pork pasties: pies may be made and baked either raised in paste earthen pans or in pewter dishes or in the shape of a turnover, two-cornered pasties.

这里有很有爱的一段，其中他描述了赫特福德的一位家庭主妇做的事情，而且他谈到了她做猪肉派和猪肉馅饼的方法：派要么在面团陶锅或在白蜡盘子里做好烤好，要么做成半圆形，有两个角的形状的馅饼。

So that's a very early reference to a pasty in the shape, I think, that we know it but also being made specifically for labourers-to be feeding labourers on a farm at harvest time.

所以以上是早期对馅饼的提及，我想这个馅饼跟我们所知的样子是一样的，但是是特地做给劳工——给在丰收时期农场上工作的劳工吃的。

So the earliest pasties were made in pewter dishes-a traditional cooking plate made of a silver-coloured metal called 'pewter'.

最早的馅饼是在白蜡盘里做的——一种传统的餐盘，由叫做白蜡的银色的金属制成的。

And they were eaten by agricultural labourers-workers doing physical farm work during harvest time -the weeks in autumn when crops like wheat are cut and collected from the fields.

而且它们供农业劳工食用——在丰收季做体力农活的工人——丰收季指的是秋天田里的庄稼被收割的几个星期。

But it wasn't only farmers and labourers who ate pasties.

但是吃馅饼的不只有农民和劳工。

As well as its farms and fishing, Cornwall was famous for tin mines, as Ruth Huxley of the Cornish Pasty Association explains.

如康沃尔馅饼协会解释的那样，除了农业和渔业之外，康沃尔还以锡矿出名。

Pasties would have been eaten by lots of people who went to work but it just worked perfectly down mines, and Cornwall became the world capital of mining.

馅饼本来会被很多上班的人食用，但是它非常适合矿业，而康沃尔也成为了世界采矿之都。

And so lots of pasties were made, lots of pasties were eaten and then that mining community went all over the world and took the pasty with them.

所以人们做了很多馅饼，吃了很多馅饼，然后矿场社区的人带着馅饼去往全世界。

Pasties were eaten by hungry workers involved in the mining industry-digging up materials such as coal or metals like gold, or in Cornwall tin, from the ground.

馅饼被采矿行业饥饿的工人们食用，采矿指的是从地下挖出材料，例如煤炭，或者像黄金，或者康沃尔的锡，这样的金属。

So far we've been talking about Cornwall.

目前为止我们一直在谈论康沃尔。

But you said the Cornish pasty has spread around the world, Neil.

但是你说康沃尔馅饼传到了全世界，内尔。

How did that happen?

那是怎么回事呢？

Well, that's connected to the tin miners we just talked about.

嗯，这个跟我们刚刚谈到的锡矿工人有关。

Here's Polly Russell again.

以下还是波莉·拉索尔的话。

This is replicated, not just in Mexico but, you know, with migrants moving to America, to Minnesota, to Canada, to Australia.

这个被复制，不仅仅是在墨西哥，还有搬到美国、明尼苏达、加拿大、澳大利亚的移民。

So anyone who travels to many of those places now will see foods which are incredibly reminiscent and familiar and just like Cornish pasties.

所以现在任何到这些地方旅游的人都会看到跟康沃尔馅饼极其相似的食物。

In the 19th century, many Cornish tin miners emigrated, moving abroad to start a better life.

在19世纪，很多康沃尔锡矿工人移民，搬到国外去开始更好的生活。

Their pasty recipes were replicated-or copied exactly, in the new places where they landed, from America to Australia.

他们的馅饼配方在他们新安家的地方被复制——或者说被完全复刻，从美国到澳大利亚。

And that's why in many places around the world you can find food which is reminiscent of pasties-meaning it reminds you of something similar, in this case, the original Cornish pasty...with its traditional filling of...what's was your quiz question again, Neil?

这就是为什么在世界上很多地方你可以发现让你想起馅饼的食物——意思是让你想起类似的东西，这里指的是原本的康沃尔馅饼.....里面的传统馅料.....你刚刚的问题是什么来着，内尔？

Ah, yes.

啊，是的。

I asked you what the traditional Cornish pasty filling was.

我问你康沃尔馅饼的传统馅料是什么。

You said...

你说的是.....

I said b) beef, potato and turnip.

我说的是 B. 牛肉、土豆和芜菁。

And you were right!

你答对了！

'Keslowena', Rob-that's Cornish for 'congratulations'!

罗伯，“Keslowena”——在康沃尔语里它是“祝贺你”的意思！

'Heb grev', Neil-that's 'no problem'!

“Heb grev”，内尔——它的意思是“没问题”！

In fact those other fillings-chorizo, avocado and brie -really did feature in pasties entered for this year's Annual World Pasty Championships, held in Cornwall every spring.

事实上其它的馅料——西班牙香肠、牛油果和布里干酪——确实出现在了馅饼中，它们今年参加了每年春天在康沃尔举行的年度世界馅饼冠军赛。

Other pasty-inspired ideas include Argentinian chimichurri empanadas and spicy Jamaican patties.

其它跟馅饼有关的灵感包括阿根廷的大蒜酱肉馅饼，还有牙买加辣饼。

So the pasty is still going strong, both in Cornwall and around the world.

所以馅饼依然强势，不管是在康沃尔还是在世界范围内。

Today we've been discussing Cornish pasties—a kind of filled pastry from the south-west of England, originally made in pewter dishes—a silver-coloured metal dish.

今天我们讨论了康沃尔馅饼——一种来自于英格兰西南部，最开始在白蜡盘——银色的金属盘——里做成的馅饼。

Pasties were eaten by agricultural labourers—farm workers bringing in the autumn harvest—the time when crops are cut and collected from the fields, and also by workers in the tin mining industry—digging up metals like tin from underground.

馅饼被农业劳工食用——进行秋收的农场工人——秋收指的是庄稼从地里被收割的时候，馅饼还被锡矿产业——从地下挖锡这种金属——的工人食用。

Later, when these miners emigrated to new lands, pasties were replicated-cooked again in the same way.

之后，当这些矿工们移民到了新土地，馅饼被复制——以同样的方式被烹饪。

In fact, Cornish miners moved to so many new countries that today, almost every corner of the world has food reminiscent of, or reminding you of, the original Cornish pasty.

事实上，康沃尔的矿工们搬到了很多新的国家，以至于如今几乎在世界的每个角落都有食物让人缅怀，或让你想起最初的康沃尔馅饼。

That's all for today.

今天的节目都到这里。

Join us again soon for more topical discussion and vocabulary on 6 Minute English.

请再次收听我们的节目六分钟英语，获取更多话题讨论和词汇。

Bye for now!

再见！

Bye bye.

再见。

---