

0053

M: Hello English learners! Welcome to EnglishPod! My name is Marco.

E: And I' m Erica.

M: And today we' re back /bringing you another great lesson, ah, an intermediate 中级的 ; 中等水平的 lesson.

E: That' s right, about one of my favorite subjects. 主题还是我最喜爱的领域之一

M: We' re talking about food.

E: Exactly.

M: Hehe. So, on this occasion 场合 ; 时机 /we' re gonna (即 going to) be talking about food, so, let' s preview (v.) some words on "vocabulary preview" .

Voice: Vocabulary preview.

E: Alright, we have three words for you today. Um, and the first word is *head chef* (厨师 , 主厨) 主厨 (厨房负责人) .

M: Head chef.

E: Head chef.

M: So, what is a head chef?

E: Well, in a professional 专业的 ; 职业的 kitchen, um, this is *the boss of the kitchen* or *the leader of the kitchen*.

M: Okay, so, the *head chef* is the... the main cook (厨师 , 炊事员) 主要的厨师...

E: Yes, but...

M: Sort of saying. 差不多是这个意思

E: He doesn' t cook (v.)煮 , 烧 ; 烹饪

M: He... but he doesn' t cook.

E: Okay.

M: Alright, so if he doesn' t cook (v.), who' s the one /that... does the cooking?

E: Um, that brings us to our second word, *sous (a.)担任助理的 chef* 副主厨 (主厨助手) .

M: Sous chef.

E: Sous chef.

M: Sous chef.

E: S-O-U-S.

M: So, the S is silent 不发音的.

所以最后一个字母 "S" 在这里是不发音的。

E: Uhu.

M: Because it' s like a French 法语的 ; 法国的 word.

E: Yeah, something like that 类似这样的,差不多是这样.

M: Okay. So, the *sous chef* is *the second* in line 排在第二位的 ; 仅次于的 *to* the head chef.

所以副主厨就是仅次于主厨的第二负责人。

E: Yea, he' s the number two.

M: Number two.

E: Uhu.

M: So, he' s basically the one /that' s doing some of the work.

所以基本上厨房里的实际烹饪工作, 是由副主厨来承担一部分

E: Yeah.

M: In the kitchen.

E: Yep.

M: Now, let' s take a look at our last word, cuisine 烹饪 , 风味 ; 饭菜 , 菜肴 ; 烹饪法 ; 菜肴 (尤指某国或某地区的) .

Example 1. title

cuisine

→ 词源同 cook,culinary.

E: Cuisine 烹饪 , 风味 ; 饭菜 , 菜肴.

M: Cuisine.

E: Cuisine.

M: So, this is an interesting word. What exactly does it mean?

E: Well, it basically means, um, cooking 烹饪 , 烹调 ; 饭菜, right?

M: Okay.

E: Like the art of cooking.

M: So, for example, I can say French food.

E: Yeah, or French cuisine.

M: French cuisine, which includes all the food.

“法国菜 (French cuisine) ” 就包含了法国所有的特色食物。

E: Yep.

M: And this also the major 专业 (大学课程) that people study in college...

E: Yes.

M: To become a chef 厨师.

E: Yep.

M: They study cuisine.

E: Uhu. And cuisine is a noun 名词 , right?

M: It' s a noun. Okay, so I think /we' re ready to dive 跳水 ; 潜水 into 深入探讨 ; 深入研究 our dialogue. **What exactly is going on** 到底发生了什么?

E: Well, um, we' re in a restaurant, um, and it' s a really busy night /and so, we' re going to listen to what is happening in the kitchen.

Header 1

A: ...Right away 立刻,马上 sir, your order will be ready shortly 不久 ; 很快. Jean Pierre, we have another special 特色菜 for table seven!

B: I' m working as fast as I can! We' re really in the weeds (杂草 , 野草 (尤指庄稼或花园中的)) 忙得不可开交 ; 陷入困境 ! Where is my **sous chef** 副厨师长? Luc! I need you to peel (v.) 剥 (皮) ; 削 (皮) more potatoes. Marie, chop (v.)切 ; 剁碎 some onions and carrots for the stew 炖菜 ; 炖汤.

A: Jean Pierre another special 又来一份特色菜! We' re really packed 挤满人的 ; 拥挤的 tonight! We' re **running low** 供应不足;供应几乎用尽;快用完 ; 快耗尽 on wine. Is there any left in the cellar 地窖 ; 酒窖 ?

C: Sorry I' m late, everyone. Wow, we are doing really well tonight!

B: Harry, stop talking /and get over here /I need this sauce 调味汁 ; 酱汁 stirred (v.)搅拌 /and the fish needs to be butchered 屠宰 ; 宰杀 (动物以取肉) and buttered (v.)涂黄油于.

C: Ok, I' m on it! (我这就去做 !)

A: Jean Pierre, table seven has requested 要求 ; 请求 to see the chef! I think they are **food critics** 评论家 ; 批评家 from Cuisine Magazine (《美食杂志》 , 专有名词 , 此处为杂志名称)

M: Okay, so, a busy night here at this restaurant.

E: I know, it sounds like, ah, there' s a lot of pressure 压力 on this chief (此处应为 "chef" , 意为 "厨师") , Jean Pierre.

M: Yeah. Hehe. Yeah, you can... you can tell **in his voice** that /he' s really **stressed out** 焦虑不安的 ; 压力大的.

E: Yeah.

M: Okay, let' s take a look at some of this kitchen vocabulary 厨房相关词汇 /that we found, ah, in "language takeaway" .

Voice: Language takeaway.

E: Alright, well, we' ve got five words for you today, ah, and the first one is **peel** (v.)除去 , 剥去 (水果、蔬菜等的) 皮.

M: Peel.

E: Peel.

M: Peel.

E: P-E-E-L.

M: So, this is a verb 动词.

E: Uhu.

M: And it means to...

E: Remove (v.)去除 ; 去掉 the outside skin 外皮 ; 表皮.

M: Okay, so, for example, when you' re gonna eat a banana.

E: You must peel (v.) it first.

M: You must peel it.

E: Yep.

M: You gotta take away the yellow skin.

E: Uhu.

M: What else do you peel 还有什么需要剥的? Oranges, potatoes.

E: Potatoes, like in the dialogue. Ah, what else can you peel? I don' t know, carrots 胡萝卜.

M: Carrots.

E: Yeah.

M: Some people peel their tomatoes /I don' t know why.

有些人还会给西红柿去皮,我真搞不懂为什么。

E: Yeah, it is kind of weird 奇怪的; 怪异的.

M: Alright, now let' s take a look at our next word, chop.

E: Chop 切; 剁碎.

M: Chop.

E: Chop.

M: So, again another verb and it means to...

E: It means to cut food into pieces 小块; 碎片.

M: Oh... so if you' re gonna eat carrots, first you gotta chop them.

E: Exactly.

M: Right, you can' t put a whole 完整的; 未切割的 carrot in...

E: In you soup 汤.

M: In your soup...

E: No

M: Or in your rice.

E: Yep.

M: Okay, chop.

E: M...

M: Okay our next word, stirred 搅拌.

E: Yeah, this is the past participle 过去分词 of the word stir.

M: Okay, so the verb stir.

E: Stir.

M: So, when you stir (v.) something...

E: Imagine 想象; 设想 you have a big pot 锅.

M: Uhu.

E: Um, and you' ve got a long spoon 勺子, you move the spoon around in circles 圆圈; 环状物.

M: Okay.

E: So, you' re stirring the pot.

M: You' re mixing 混合; 拌和.

E: Uhu.

M: To stir (v.) is very similar to 与..... 相似 mix.

E: Yes.

M: Okay.

E: So you just move the food around.

M: Move the food around.

E: Yep.

M: Okay, our next word, butchered 屠宰 ; 处理肉类.

E: Again the past participle (语法) 分词 of the word butcher 屠宰.

M: Okay, butcher.

E: Butcher.

M: Now, this is a verb to butcher something.

E: Uhu.

M: It' s when you remove all the bones 骨头 and all the organs 器官 from the meat 肉.

E: Exactly, so you cut up 切碎 the meat.

M: And this is interesting /because that' s also a noun.

E: Right, a butcher 屠夫 ; 肉店 ; 刽子手 is the person /who cuts up meat.

M: Okay, so... so it' s really easy, a butcher butchers (v.) meat.

E: Yes.

M: Hehe. Alright, our last word, buttered (涂黄油在...).

E: Buttered.

M: Buttered.

E: Buttered.

M: Okay, so buttered, this is weird.

E: I know, um, normally 通常 ; 平常 we all know the... the noun, butter 黄油 ; 奶油.

M: Uhu.

E: But here it' s acting as 充当 ; 起..... 作用 a verb.

M: Okay.

E: So, when you butter (v.) something, you spread 涂抹 ; 摊开 or put butter on it.

M: Okay.

E: Simple.

M: So, to put butter on something.

E: Yep.

M: So you can butter (v.) a piece of bread 面包.

E: Exactly.

M: Or in this case /the fish is being buttered.

E: Uhu.

M: Sounds (v.) delicious 美味的 ; 可口的.

E: Yes.

M: Okay, now we' re ready to listen to our dialogue for the second time, we' re gonna slow it down a little bit /so it' s easier to understand.

...

...

...

M: Okay, so that seems (v.) to be a little bit better.

E: Uhu. And, hey, I noticed that /there' s a lot of really great kitchen words 非常棒的厨房用

语 in here /like words that you commonly 通常 ; 常常 hear in a professional kitchen.

M: Okay. So let' s take a look at these kitchen words /in "fluency builder" .

Voice: Fluency builder.

E: Alright, we' ve got three phrases, ah, and the first one is *in the weeds* (野草 , 杂草) 陷入细节或复杂性中;忙得不可开交.

M: In the weeds.

E: In the weeds.

M: In the weeds.

E: So, when you *in the weeds*, you' re so so busy /and you can' t do all the work you need to do *on time* 按时 ; 准时.

M: Okay, so, *in the weeds*, it means that /you' re really busy.

E: Yes.

M: And...

E: You can' t finish 完成 ; 结束 everything.

M: And you can' t... you have too much to do.

E: Yep.

M: Okay, in the weeds.

E: Uhu.

M: Okay, our next word, running low on 快用完 ; 快耗尽.

E: Running low on.

M: Running low on.

E: Running low on.

M: Okay, so before we get into explaining 解释 ; 说明 what *running lo* (此处应为 "low") *on* means, let' s listen to some examples.

Voice: Example one.

A: You' d better **look for** a gas station 加油站 , we' re *running low /on* fuel 燃料 ; 燃油.

Voice: Example two.

B: We' re *running low /on* beers. Can you go out /and get some?

Voice: Example three.

C: My flashlight 手电筒 is running low /on battery 电池 , hurry up 快点 ; 赶紧 before gets dark 变黑 ; 变暗.

M: So basically *running low* means...

E: Um, you don' t have much of this left 剩余 ; 剩下.

M: You don' t have much of something left.

E: Yep, so here they' re **running low** on wine, so basically...

M: There' s no (此处应为 "not") much wine left.

E: Right.

M: So as we' ve heard in the examples /you could also be **running low** on fuel, for example.

就像例子里提到的，也可以说 “running low on fuel (燃油快用完) ” 。

E: Uhu.

M: On your car...

E: Yep.

M: Etcetera 等等；诸如此类. Running low on. Alright /and now **let' s take a look at** our last word. Doing really well.

E: Doing really well 进展顺利；情况好.

M: We are doing really well.

E: Doing really well. So, **that seems to be like** a pretty simple structure 结构, I mean /we know all this words, right?

这个短语结构看起来挺简单的，里面的词我们应该都认识，对吧？

M: Uhu.

E: So, why is it special?

M: Well, basically, if you say *I' m doing really well*, maybe it sounds (v.) a little bit difficult to understand, what are you doing really well?

如果只说 “我进展得很顺利 (I' m doing really well) ”，可能别人会有点困惑 —— 你到底哪方面顺利呀？

E: Uh.

M: So, this is a great way of answering a question /when somebody says "how are you?" or "how are you doing?" you can say "oh, I' m doing really well".

所以这个短语很适合用来回答别人的问候，比如有人问 “你好吗？ (how are you?) ” 或者 “你最近怎么样？ (how are you doing?) ”，你就可以说 “哦，我挺好的 (oh, I' m doing really well) ”。

E: So...

M: Or "I' m doing well 我挺好的".

E: In your life /everything is good.

M: In your life /things are good /and you' re happy basically.

E: Yeah, but in this situation 情况；情形, in the dialogue, what' s doing really well?

但在对话的场景里，“doing really well” 指的是什么呢？

M: Well, the restaurant is doing really well, the business 生意；商业 is doing really well.

E: So when he says /we' re doing really well, um, business is...

M: Good.

E: Good, they' re making lots of money 钱.

M: Exactly.

E: Uhu.

M: So you can use it with people, you can use it with businesses, you can say "oh, I' m doing really well in my new job 工作".

E: Yep.

M: Or "my son is doing really well in school 学校".

E: Yep.

M: Okay, so, you can use /in... in those different ways.

E: Alright, well, let' s listen to the dialogue, ah, one last time /and we' ll be able to hear all of these great words and phrases /we' ve just talked about.

...
...
...

E: So, Marco, do you think /this chef had a rat 老鼠 under his hat?

你觉得这个厨师是不是像《美食总动员》里那样，帽子底下藏了一只老鼠呀？

M: Hehe. That was a really good movie 电影.

E: Yeah.

M: Ratatouille (n.蔬菜杂烩；炖菜) 《料理鼠王》(迪士尼·皮克斯动画电影).

Example 2. title

Ratatouille

→ 来自法语ratatouille,蔬菜杂烩，一道法国原尼斯和普罗旺斯地区传统名菜。rata-,词义不详，可能来自tat-,表小词，词源可能同tit, touiller,搅拌，来自拉丁语tudiculo,搅拌器，来自PIE*tud,击，打，词源同obtuse,obtund.+ 这道菜与老鼠(rat)没有任何关系，后迪斯尼动画电影《Ratatouille》故事对此进行艺术化改造，讲述一只只有天赋的小老鼠经过自身努力成为一代大厨的追梦故事，使得该菜名扬世界，故汉语翻译为《料理鼠王》。

E: Yeah.

M: Disney-Pixar.

E: Uh.

M: Where the rat is a cook 厨师.

E: Yes.

M: It' s interesting /I love to cook /but I' m not very good at cooking.

E: Really?

M: But it' s good /because **for me**... it helps me relieve (v.) stress 缓解压力 (relieve 意为 “减轻；缓解” , stress 意为 “压力”).

E: Me too, actually, you know, if I' m in a bad mood 心情；情绪 /I go home and cook (v.) something to eat /and... the world seems a happier place.

M: Hehe. And people don' t understand /because they think cooking is work 工作；活计.

(笑) 可别人都不理解，觉得做饭是件麻烦事。

E: Yep.

M: But, you know, for some people /it' s fun 有趣的；使人快乐的.

E: Yeah.

M: So what about you guys? What did (此处应为 “do”) you like to cook? Do you have any particular 特定的；特别的 dish 菜肴 /that you prepare 准备；制作 very well?

E: And if you do, please send us the recipes 食谱；烹饪法.

M: Hehe. Exactly, because we know that /we have listeners from all over the world and, of

course, we want to know /what type of food you prefer 更喜欢；偏爱.

E: Uhu.

M: So come to englishpod.com and post (v.)发布；张贴 your questions, your comments 评论；意见 and your recipes.

E: Yes.

M: In our community section 社区板块 (community 意为 “社区；群体” , section 意为 “部分；板块”) /and Erica and I will always be there.

E: Yes, um, to test (v.)尝试；检验 all your recipes /**as well as** 和，以及，还有 answer the questions.

而且我们还会试着做大家分享的食谱，同时解答大家的问题。

M: Hehe. For sure /if, ah, good recipe comes along 出现；到来 /we' ll prepare it /and, ah, we' ll let you know how it turned out 结果如何；进展如何.

E: Yep.

M: Alright guys, we' re out of time 没时间了 /but we' ll see you next time.

E: Until then... good bye!

M: Bye!
