

Unit 3

Reading A

Chinese Cuisine 《中国菜》

Chinese Culinary Arts 中国烹饪艺术

1 Chinese culinary arts are famous all over the world. Chinese dishes appeal to the senses through color, shape, aroma and taste. Chinese cuisine's entree normally strives for three to five colors, made up of the main ingredient, and more secondary ingredients of contrasting colors and textures; these are prepared and cooked to enhance their own qualities, with the use of appropriate condiments and garnishing, enabling the chef to present an appealing platter of delicacy.

中国烹饪艺术闻名世界。中国菜肴通过色、形、香、味来吸引感官。中国菜的主菜通常力求有三到五种颜色，由主要食材以及更多颜色和质地形成对比的次要食材组成；通过使用适当的调料和装饰进行准备和烹饪以提升它们各自的品质，使厨师能够呈上一盘诱人的美味佳肴。

2 When preparing Chinese dishes, the cooks make a strong fragrant aroma to stimulate one's appetite, by using scallion, fresh ginger, root garlic or chili pepper; with the use of wine, aniseed, cinnamon, peppercorn or sesame oil. Complementary nuances are added. Soy sauce, sugar, vinegar and other seasonings may be used discreetly, adding to the complex play on the taste buds. 在准备中国菜肴时，厨师们会使用葱、鲜姜、大蒜或辣椒来制造浓郁的香气以刺激食欲；使用酒、八角、肉桂、胡椒或芝麻油来增添细微的味道层次。酱油、糖、醋和其他调味料可能会谨慎使用，为味蕾带来复杂的体验。

3 All chefs of the Chinese kitchens, professional or amateur, strive for harmony of sight, smell, taste, texture, so that each individual dish has its unique features highlighted, contrasted and balanced if it is a dinner of many dishes, be it 3, 6, 9 or 12. The flavors must not overpower the food, yet subtle enough to meet the tastes of those dining. Complex or simple dishes maybe prepared quickly or much longer, but the ultimate goal is to share with the guests the play on the eaters' real and imagined visions of the dishes and its ingredients.

中国厨房的所有厨师，无论是专业的还是业余的，都力求在视觉、嗅觉、味觉和口感上达到和谐，以便每一道菜都能突出其独特的特色。如果是一顿有很多道菜的晚餐，无论是三道菜、六道菜、九道菜还是十二道菜，这些菜都要相互对比和平衡。味道不能盖过食物本身，但又要足够微妙以满足用餐者的口味。复杂或简单的菜肴可能很快就能准备好，也可能需要更长时间，但最终的目标是与客人分享食客对菜肴及其食材的真实和想象中的视觉体验。

4 Once the meal is cooked, it is served all at once to the family, who eat with chopsticks and drink soup with a flat-bottomed soup spoon. The average dinner includes a staple — rice, noodles, bread, or pancakes — a meat dish, vegetable, and soup, which serves as a beverage. For formal meals and banquets, there are many successive courses which are served in a strict traditional order. Another point is that over festive periods, with the play of word's phonetics, felicitous names of dishes may encourage people to guess what they are about to eat, thereby adding fun to eating.

一旦饭菜做好，就会一次性端给家人，他们用筷子吃饭，用平底汤匙喝汤。一般的晚餐包括主食——米饭、面条、面包或煎饼——一道荤菜、蔬菜和汤，汤也可作为饮品。在正式的聚餐和宴会上，有许多道连续的菜肴，按照严格的传统顺序上菜。还有一点是，在节日期间，

借助词语的语音，菜肴的吉祥名称可能会促使人们去猜测他们即将吃到的是什么，从而为用餐增添乐趣。

5 Chinese food enjoys a high reputation in the world also for its sheer abundance. It is due to the diversity of the climate, products and customs that there are widely different food styles and tastes in local regions.

中国菜在世界上享有很高的声誉，也因种类极其丰富。由于气候、物产和风俗的多样性，不同地区的饮食风格和口味差异很大。

6 For local styles, Beijing cuisine combines the best features of different regional styles. Shandong cuisine represents the Northern dishes. Shandong cooks are good at cooking seafood. Sichuan cooks specialize in chilies and hot peppers and Sichuan dish is famous for aromatic and spicy sauces. Guangdong cooks make use of many ingredients. They look for fresh, tender, crisp textures. Huai Yang cuisine stresses the natural flavors. Dishes are strong but not greasy, and light but delicate. There is a saying that “southerners have a sweet tooth, and northerners crave salt”, but Tan dishes manage to satisfy both. Because China’s local dishes have their own typical characteristics, Chinese food can be divided into eight regional cuisines, the distinction of which is now widely accepted.

就地方菜系而言，北京菜融合了不同地域菜系的最佳特色。鲁菜代表北方菜肴。山东厨师擅长烹饪海鲜。川菜厨师擅长使用辣椒，川菜以香辣的酱汁而闻名。粤菜厨师使用多种食材。他们追求新鲜、嫩滑、爽脆的口感。淮扬菜注重自然风味。菜肴浓郁但不油腻，清淡却精致。有句话说“南方人爱吃甜，北方人爱吃咸”，但谭家菜两者都能满足。由于中国的地方菜各有其典型特色，中国菜可分为八大菜系，这种区分现在已被广泛接受。

7 Chinese cuisine culture is deeply rooted in China’s history. There are so many “whys” that you may find so interesting: Why is a fish never turned over? Why do tea-drinkers surreptitiously tap tables? Why are Chinese dinner tables round and how will you know who is the guest of honor?

中国烹饪文化深深植根于中国的历史之中。有很多“为什么”可能会让你觉得非常有趣：为什么鱼不能翻面？为什么喝茶的人会悄悄轻敲桌子？为什么中国的餐桌是圆形的？以及你如何知道谁是贵宾？

8 The whole meal will be more enjoyable if you know a little of the ancient traditions and beliefs that place the meal in a 5,000-year-old culinary heritage.

如果你了解一些古老的传统和信仰，这些传统和信仰将这顿饭置于有着 5000 年烹饪传统的背景之下，那么这整餐饭会更加令人愉快。

9 As a visitor or guest in either a Chinese home or restaurant you will find that table manners are essential and the distinctive courtesies displayed will invariably add to the enjoyment of your meals and keep you in high spirits!

作为在中国家庭或餐馆的访客或客人，你会发现餐桌礼仪至关重要，而所展现出的独特礼仪总是会增加你用餐的愉悦感并让你保持好心情！

(1) Though customs and the kinds of food eaten vary from region to region, it is most common for Chinese families to gather for three meals a day.

虽然习俗和所吃的食物因地区而异，但中国家庭最常见的是一日三餐聚在一起。

(2) An individual place setting for an everyday meal includes a bowl of fan (rice), a pair of chopsticks, a flat-bottomed soup spoon, and a saucer. Instead of a napkin, a hot towel is often provided at the start as well as the end of the meal for the diner to wipe his hands and mouth.

日常用餐的个人餐具包括一碗饭、一双筷子、一个平底汤匙和一个小碟子。不是提供餐巾，而是通常在饭前和饭后提供一条热毛巾，供用餐者擦手和嘴。

(3) The real difference is that in the West, you have your own plate of food, while in China all the dishes will be put on the table for everyone's share. The meat and vegetable dishes are laid out all at once in the center of the table, and the diners eat directly from the communal plates using their chopsticks. Soup is also eaten from the common bowl. Rather than for serving oneself a separate portion, the saucer is used for bones and shells or as a place to rest a bite taken from a communal plate when it is too large to eat all at once.

真正的区别在于，在西方，你有自己的一盘食物，而在中国，所有的菜都会放在桌子上供大家分享。荤菜和素菜一次性摆放在桌子中央，用餐者用筷子直接从公用盘子里夹菜吃。汤也是从公用的碗里喝。小碟子不是用来给自己盛一份单独的食物，而是用来放骨头和贝壳，或者当从公用盘子里夹的一口食物太大不能一次吃完时，用来放置这一口食物。

(4) It is perfectly acceptable to reach across the table to take a morsel from afar-away dish. To facilitate access to all the dishes, Chinese dining tables are more likely to be square or round, rather than elongated like their western counterparts.

从桌子对面夹取远处盘子里的一点食物是完全可以接受的。为了方便夹取所有的菜，中国的餐桌更可能是方形或圆形的，而不像西方的餐桌那样是长方形的。

(5) Maybe one of the things that will surprise a Western visitor most is that some of the Chinese hosts would like to put food into the plates of their guests. Usually in formal dinners, there are always "public" chopsticks and spoons for this purpose, but some hosts may still use their own chopsticks. This is a token of genuine friendship and politeness. It is polite to eat the food. If you don't like to eat it, please just leave the food in the plate.

也许最让西方游客惊讶的事情之一是，一些中国主人会喜欢把食物夹到客人的盘子里。通常在正式的晚宴上，总会有“公用”的筷子和勺子用于这个目的，但有些主人可能仍然会使用他们自己的筷子。这是真诚友谊和礼貌的一种表现。吃下食物是礼貌的行为。如果你不喜欢吃，那么请把食物留在盘子里。

(6) Eating usually begins in order of seniority, with each diner taking the cue to start from his or her immediate superior.

用餐通常按照长幼顺序开始，每位用餐者从其直接上级那里得到开始用餐的信号。

(7) In order to cool the soup a bit and to better diffuse the flavor in the mouth, soup is eaten by sipping from the spoon. This method, of course, produces the slurping noise that is a taboo in the West.

为了让汤凉一点并更好地在口中扩散味道，人们用勺子舀起汤慢慢啜饮。当然，这种方法会产生在西方被视为禁忌的啜食声。

(8) Rice is the staple food. To eat fan, a diner raises the bowl to her lip and pushes the grains into her mouth with chopsticks. This is the easiest way to eat it and shows proper enjoyment. The diner must finish the entire bowl of rice, otherwise it is considered bad manners — a lack of respect for the labor of the farmers.

米饭是主食。吃米饭时，用餐者将碗举到嘴边，用筷子将米粒拨入口中。这是最容易的吃法，也显示出对食物的恰当享受。用餐者必须吃完整碗米饭，否则会被认为是不礼貌的行为——是对农民劳动的不尊重。

(9) People in China tend to over-order food, especially at banquets or get-togethers, for they will find it embarrassing that all the food is consumed or not enough.

在中国，人们往往会点过多的食物，尤其是在宴会或聚会时，因为他们会觉得食物全部被吃光或者不够吃是很尴尬的事情。