

Unit 3
Reading C

Inspiration for Change 《变革的灵感》

1 Taste is more important than anything else as far as food is concerned. The Chinese have never restricted themselves to a certain tedious food list. With their understanding of food, the Chinese are always looking for an inspiration for change.

就食物而言，味道比其他任何东西都重要。中国人从来不会把自己局限于某一份乏味的食物清单上。凭借对食物的理解，中国人总是在寻找变革的灵感。

2 Once the clouds clear up, Yao Guiwen moves the split-bamboo baskets to the terrace. He and his wife have spent days making the tofu balls. Some tofu has already turned yellowish. But that's far from enough. Yao has to wait several days more. When it gets hard and shriveled and the skin turns black, then the tofu has matured. The change is because of fermentation.

一旦云开雾散，姚贵文就把竹匾搬到天台上。他和妻子花了几天时间做豆腐丸子。一些豆腐已经微微泛黄。但这还远远不够。姚贵文还得再等上几天。当豆腐变得坚硬、萎缩且表皮变黑时，豆腐才算成熟。这种变化是因为发酵。

3 Wang Cuihua tightly wraps the shapeless tender tofu with gauze and squeezes out the water. Then the tofu takes shape. There is no time to lose. The fresh tofu will quickly turn sour. It means Wang has to work very quickly without rest.

王翠华用纱布紧紧地包裹住不成形的嫩豆腐，挤出水分。然后豆腐就成型了。时间紧迫。新鲜的豆腐很快就会变酸。这意味着王翠华必须不停地快速工作。

4 A basin of charcoal fire of proper heat will be the key to Yao's work in the afternoon.

一盆热度适中的炭火将是姚贵文下午工作的关键。

5 Jianshui in Honghe Prefecture of Yunnan Province was named Lin'an in ancient times. It was once an important city in southwest China during the past 1, 200 years. Its brilliance has gradually faded with the passage of time. Just like many other towns in Yunnan, Jianshui is a multi-ethnic settlement. Different cultures have merged here, conjuring a unique atmosphere.

云南省红河州的建水在古代被称为临安。在过去的 1200 年里，它曾是中国西南地区的一座重要城市。随着时间的流逝，它的辉煌逐渐褪去。和云南的许多其他城镇一样，建水是一个多民族聚居地。不同的文化在这里融合，营造出一种独特的氛围。

6 The tough tofu quickly inflates in the heat of charcoal fire. It reminds people of fermented flour. People of Jianshui like enjoying this special air-dried and fermented flavor. People can enjoy the tofu with varied sauces. But for Yao, the texture of tofu is the most important.

硬实的豆腐在炭火的热度下迅速膨胀。它让人想起发酵的面团。建水人喜欢这种独特的风干发酵的味道。人们可以用各种酱料搭配豆腐食用。但对姚贵文来说，豆腐的口感是最重要的。

7 Tofu easily ferments in the warm weather of the river valley area. And the mildly dry air prevents it from rotting. Yao is more sensitive than anyone else to the subtle relations between

wind, water, sunshine and tofu.

在河谷地区温暖的天气中，豆腐很容易发酵。而适度干燥的空气又能防止它腐烂。姚贵文比任何人都更能敏锐地察觉到风、水、阳光和豆腐之间的微妙关系。

8 This is the famous Daban Well of Jianshui. Beside the well, women set up a production line of tofu by just using their fingers.

这是建水著名的大板井。在井边，女人们仅凭手指就搭建起了一条豆腐生产线。

9 Water is a necessity in every procedure of making tofu. With a total of 128 wells in Jianshui, local residents are well versed with water. The Chinese believe water nourishes the spirit and mind of people. Just like water to tofu, the common points speak for themselves.

水在制作豆腐的每一个步骤中都是必需品。建水共有 128 口井，当地居民对水了如指掌。中国人认为水滋养着人们的精神和心灵。就像水对于豆腐一样，它们的共同点不言而喻。

10 The ancient town of Shiping is less than 40km from Jianshui. Tofu here has a completely different look. The finished product is shockingly big. But it's unusually tenacious. And it almost doesn't crumble. A dash of salt can best preserve tofu's freshness.

石屏古镇距离建水不到 40 公里。这里的豆腐有着完全不同的模样。成品大得惊人。但它异常坚韧。而且几乎不会碎。少许盐最能保持豆腐的新鲜度。

11 Yunnan has never been a major soybean production area, but it has a long history of making tofu. One corn for one piece of tofu. There is a tacit agreement between the buyer and the seller.

云南从来不是大豆的主要产区，但这里却有着悠久的做豆腐的历史。一粒玉米换一块豆腐，买卖双方有着一种默契。

12 For the past three decades, Yao's tofu stall has never been quiet. It takes half an hour to walk from the stall to home and Yao has to go across almost the entire town. The rapid development has changed many aspects of Jianshui. As time goes by, some variables have disappeared and others, altered. And new ones are added. But there are some that stand the tests of time and remain.

在过去的三十年里，姚贵文的豆腐摊从未安静过。从摊位到家要走半小时，姚贵文几乎要穿过整个城镇。快速的发展改变了建水的很多方面。随着时间的流逝，一些变量消失了，一些变量改变了，还有一些新的变量加入进来。但也有一些经得住时间的考验而留存了下来。

13 The Yao's life centered on tofu is watery and hard. The biggest wish of the husband is to fish in the big lake far away. He has no merits but only shortcomings. To the couple, every piece of tofu is precious. It helps them to support their children and sustain a happy family life.

姚家以豆腐为中心的生活平淡而艰辛。丈夫最大的愿望是去远方的大湖钓鱼。他没有优点只有缺点。这对夫妻来说，每一块豆腐都很珍贵。它帮助他们供养孩子，维持幸福的家庭生活。

14 In the past over 1, 000 years, with rounds of northern immigration, tofu, the representative of central China's food culture, has taken roots in the abundant land on the southwest border. And it has developed its unique disposition. The production details remind us of the hinter land of central China that is thousands of miles away. There, from birth to prosperity, tofu has enjoyed a history of

2,000 years.

在过去的一千多年里，随着一轮又一轮的北方移民，豆腐，这个中原饮食文化的代表，在西南边陲的丰饶土地上扎下了根，并形成了自己独特的气质。制作豆腐的细节让人想起千里之外的中原腹地。在那里，豆腐从诞生到繁荣，已有两千年的历史。

15 Hu Xuebing is on his way to the county town. He needs to sell his tofu at the morning market.
胡学兵正在去县城的路上。他需要在早市上卖掉他的豆腐。

16 Shouxian County is an old little town in the north Anhui Province, people there has a special attachment to tofu. They believe their ancestors invented the great tofu. In middle October, soybeans in north Anhui have already been ripped and stored. Tofu made with newly harvested soybeans has always been the most popular in China's thousands years old history of agriculture. Soybean has long occupied an important position among the well-known legumes. Soybean is the richest in protein and the cheapest sustenance, but it was once in an awkward position. Cooked soybeans failed to wet people's appetite and, to make matters worse, caused flatulence. People urgently needed to find the best way to consume soybeans.

寿县是安徽省北部的一座古老小城，那里的人们对豆腐有着特殊的感情。他们认为是他们的祖先发明了伟大的豆腐。十月中旬，皖北的大豆已经收割并储存起来。用新收获的大豆制成的豆腐在中国几千年的农业历史中一直是最受欢迎的。大豆在著名的豆类中一直占据着重要地位。大豆富含蛋白质，是最便宜的食物，但它曾经处于一个尴尬的地位。煮熟的大豆无法勾起人们的食欲，更糟糕的是，还会引起腹胀。人们迫切需要找到食用大豆的最佳方式。

17 The white powder on scale is gypsum, the key to turn soy milk into tofu. Hu Xuebing can use gypsum as skillfully as his ancestors. When the denatured protein meets the gypsum, the boiling soy milk quickly coagulates. The change is so drastic that it can be seen in a blink of eye.

秤上的白色粉末是石膏，它是将豆浆变成豆腐的关键。胡学兵能像他的祖先一样熟练地使用石膏。当变性的蛋白质遇到石膏时，沸腾的豆浆迅速凝固。这种变化是如此剧烈，以至于一眨眼的功夫就能看到。

18 Gypsum often appeared in secret scriptures of Chinese war locks. It is said that was how the relation between gypsum and tofu originally started. Over 2,000 years ago, Liu An, the king of Huai'nan was addicted to alchemy when nurturing a mortal pill in soy milk. He happened to add some gypsum in it. Many people believe that's how tofu was invented, regardless of whether the reality was as dramatic as the story. Chinese must be groping for a long time before finally making tofu a great food of China. The invention of tofu however completely changes the fate of soybeans.

石膏常常出现在中国炼丹术的秘传经文中。据说这就是石膏与豆腐之间的联系最初的起源。两千多年前，淮南王刘安沉迷于炼丹，在豆浆中培育一种长生不老药的时候，偶然加入了一些石膏。很多人认为豆腐就是这样被发明出来的，不管现实是否如故事那般富有戏剧性。中国人一定经过了很长时间的摸索，才最终让豆腐成为中国的一种伟大食物。然而豆腐的发明彻底改变了大豆的命运。

19 The great flexibility of tofu offers huge room for the imagination of the Chinese well-known for the culinary skills. The disadvantages of soybeans were eliminated by reason or unconsciously.

As the ancient Chinese transform soybeans into tofu, the use of soybean protein reaches the climax. Chinese cooks' understanding of tofu will often take you by surprise. Maybe it is also correct to say that the Chinese are showing their adaptability through tofu, and thus, soybeans have been sublimated. The milky juice arouses many thoughts in our mind.

豆腐极大的灵活性为以烹饪技艺著称的中国人的想象力提供了巨大的空间。大豆的缺点被有意或无意地消除了。当古代中国人将大豆转化为豆腐时，大豆蛋白的使用达到了极致。中国厨师对豆腐的理解常常会让你大吃一惊。也许也可以说中国人通过豆腐展现了他们的适应能力，因此，大豆得到了升华。这乳白色的汁液在我们的脑海中引发许多思绪。