

About this script

Please note that this is not a word for word transcript of the programme as broadcast. In the recording and editing process, changes may have been made which may not be reflected here.

关于台词的备注:

请注意这不是广播节目的逐字稿件。本文稿可能没有体现录制、编辑过程中对节目做出的改变。

The UK: Scotland 介绍苏格兰

Andrea: We all know about Scottish tartan.

Jean: 我们都知道苏格兰花格布。

Andrea: And have heard the sound of bagpipes.

Jean: 我们也都听过苏格兰风笛悠扬的笛声。

Andrea: But what about the food in Scotland?

Jean: 今天的节目就是要带大家了解一下苏格兰这个四大英国民族之一的当地特色菜肴 **the cuisine of Scotland**.

Andrea: Hello. I'm Andrea.

Jean: 大家好，我是董征。

Andrea: A lot of people talk about the unhealthy, fried food you can eat in Scotland.

Jean: 比如说苏格兰当地最有特色的油炸面裹的玛氏巧克力棒，还有炸鱼。

Andrea: But there are plenty of delicacies in this beautiful country.

Jean: Delicacies 山珍海味一样的佳肴。

Insert

They're not small and they're not light. They pack a mighty punch but the intention is not to eat the whole thing.

Andrea: That was chef, Jeremy Lee. He is from Aberdeen, Scotland's third largest city.

Jean: 我们的这位苏格兰高级厨师给我们讲的是苏格兰的一道特色菜——羊杂碎小肚 Haggis.

Andrea: He says they pack a might punch.

Jean: 就是说它够你消受的。



Andrea: Haggis is a kind of sausage, or savoury pudding cooked in a sheep's intestine and is a very traditional Scottish dish. Here is Jeremy again, describing a haggis that he's just cooked.

Insert

Plucks, lights, fat, oats, spice and the whole lot encased in a sheep's stomach.

Andrea: Did you hear some of those ingredients, Jean?

Jean: Jeremy 刚才说到这道菜里的成分的时候，他说的 plucks 和 lights 到底是些什么东西呀！

Andrea: Apparently they are heart, liver and lungs of the sheep. The other ingredients in the dish are fat, oats and spice.

Jean: 看来这些都是羊杂碎羊下水的意思，还有燕麦和调料等等，都填在羊肚里作熟。包在里面的 encased.

Andrea: Traditional Scottish cooking uses very basic ingredients.

Jean: 传统的苏格兰羊杂碎小肚选料非常的简单，这是因为当初最早创造出这道菜的时候，当地的人很穷，手里也没有太多的原料和调料，所以已经是把能找到的食物都放进去了。

Andrea: Here's Jeremy again.

Insert

I think the foods that came out of that level of frugality are just eminently delicious because there was no money and they didn't have what we have now. Ingredients-wise it's shockingly wasteful to throw it all away. So it makes perfect sense.

Jean: Jeremy 他说像苏格兰羊杂碎小肚这样的菜式其实起源于节俭 frugality.

Andrea: He says they are delicious and that it is shockingly wasteful to throw away parts of an animal.

Jean: Shockingly wasteful 简直就是可怕的浪费。

Andrea: So if there is all this delicious, traditional food in Scotland, why do so many people choose to eat fast food?

Insert

It is cold, and it is damp and it does get dark early. So you want warm comfort food and warm comfort food is delicious and it is simple, but it takes time to prepare. So you can see over a long period of time how people began to develop the taste for fast food.

Jean: Jeremy 又给我们介绍了一下在一年当中苏格兰都是什么样的气候。

Andrea: It's cold and damp and it gets dark early.



Jean: 这也就是为什么苏格兰人喜欢吃热乎乎的了让人很舒服的食物 **comfort food**.

Andrea: But comfort food can take a long time to make which is why a lot of Scottish people or Scots often buy fast food. What a shame!

Jean: 是的，下面是 **Jeremy** 接着给我们谈到苏格兰人其它的拿手好菜。

Insert

They've got a fantastic tradition of baking bread, cakes...it's marvellous. The other interesting thing with Scots cooking is that everything has its name: Dundee cake and Dundee marmalade, everything had its place. Everyone knew where it had come from, where the best one was and who made the best one. With all that's been lost from the centre of towns, the bakers seem to mostly prevail.

Jean: 就像 **Jeremy** 说的，在苏格兰，用烤箱做出来的烘烤食物传统还是一直保留着的。所以面包师在这里似乎最占优势 **prevail**。

Andrea: He mentions a very well-known kind of cake called Dundee cake. Have you ever tried it Jean?

Jean: Dundee 蛋糕？我还真没吃过。

Andrea: I love it! Long live Scottish cooking. Time for us to go but remember you can find this programme and many other BBC Learning English programmes on our website, bbcukchina.com. So until the next time – bye!

Jean: Bye!

Glossary

tartan 苏格兰方格	to pack a mighty punch 威力颇大的
bagpipes 风笛	encased 把...包在...内
cuisine 菜肴	frugality 节俭
delicacies 美味、好菜	shockingly wasteful 可怕的浪费
haggis 苏格兰羊杂碎小肚	comfort food 慰藉性的食物
ingredients 成分	prevail 占优势的