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Lancashire Hotpot 兰开夏郡火锅

Helen: Hello, welcome to another BBC Learning English Ask About Britain programme, where we answer your questions about British life and culture. I'm Helen.

Jean: And I'm Jean. 那 Helen, 今天我们要为大家解答的是个什么问题呢?

Helen: Well we've received an email from Junbo and he's interested in British food.

Jean: 我们收到了来自黑龙江蒋俊博同学的 email. 他对英国食品有兴趣, 不过他有一个要求。

Helen: Yes, he does. Junbo says he'd like to find out about some British food other than fish and chips.

Jean: 是啊, 英国除了炸鱼薯条还有什么菜呢?

Helen: Today I'd like to tell you about Lancashire Hotpot.

Jean: Hotpot, 其实中文翻译有“火锅”的意思。难道这和我们中国的火锅有得一拼吗? Please tell us more.

Helen: Well, the Lancashire Hotpot is a traditional dish. It's generally believed that it was developed nearly 200 years ago in Lancashire, that's in north England.

Jean: I see, 这道菜的历史已经有 200 年了, 最早是从英国北部的兰开夏郡起源的。这道菜到底是拿什么做的呢?

Helen: It's a casserole dish.

Jean: OK. 这是一道用砂锅 casserole 做的菜, 那就是把肉和蔬菜放在一个锅里炖出来的菜喽?

Helen: It is. And I was lucky to find a food programme from the BBC which showed us how a Lancashire Hotpot is made.

Jean: 那让我们跟随两位英国的美食家 Simon King 和 David Myers 一起, 亲自下厨来做一做这道英国的传统菜肴吧。

Helen: The ingredients are all prepared and ready to go. It's time to put everything together.

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Now for the good bit - the meat - we'll put some olive oil in a pan. And now for the assembly - we've got three layers of potatoes. The ones on the bottom that go to mush, the ones in the middle that are gonna be boiled, the ones on top that are gonna be lovely and crispy. It's an eclectic mix of textures and tastes.

Jean: 他们好像把土豆用作是锅里的夹层。

Helen: Yes, there are three layers of potatoes. David explains that the bottom layer goes to mush.

Jean: 软糊状 **mush**, 最底层的土豆会变成土豆泥一样的软糊。

Helen: And the middle layer will be boiled.

Jean: 中间的一层土豆会和其它菜和肉一起煮熟。

Helen: And the top layer is going to be golden and crispy.

Jean: 而最上面的一层土豆会被烤成金黄焦脆状。

Helen: And Simon says it's an eclectic mix of textures and tastes.

Jean: 这是一个有趣又多样化的混合体 **eclectic mix**, 由不同的口感和味道交织起来。And what meat is usually used for this dish?

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To that, add half the meat and the kidneys, lay on a layer of black pudding with love. The black pudding is going to melt and it'll be unctuous and sticky. Look at all that juice that's relaxed out of the kidneys and the lamb. More black pudding.

Helen: Did you get it? The main meat used here is lamb and kidney, also a special ingredient called black pudding which makes the texture unctuous and sticky.

Jean: 油腻的 **unctuous**, 粘糊糊的 **sticky**. 嗯, Helen, all of a sudden, I'm not sure Lancashire Hotpot is right for me. 在这个菜里面有小羊肉 **lamb**, 还有腰子 **kidney**, 我想应该是羊腰子。还有 Helen 他们说到的那个黑布丁 **black pudding** 是什么做的呢?

Insert

What exactly goes into a good black pudding? Blood. Pigs blood isn't it? Yes, fat, barley, herbs, onions, oatmeal, rusk, all good things.

Helen: How does that sound Jean? Can you stomach it?

Jean: No Helen, I don't think so. 难怪叫它黑布丁。这是用猪血、大麦。

Helen: Barley.

Jean: 香料。

Helen: Herbs

Jean: 洋葱。

Helen: Onions.

Jean: 燕麦。

Helen: Oatmeal.

Jean: 还有干面包片。

Helen: Rusk.

Jean: 塞在一起做成血肠。对不起, Helen, 把猪血和腰子炖在一起的菜我可能很难引起太旺盛的食欲。

Helen: I'm not surprised. And to be honest I don't think it's for me either. And at the Bury market, David and Simon's Lancashire Hotpot won a round of applause from the locals.

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Lancashire hotpot. Champion. Hooray (Applause). Thank you very much.

Helen: So there we are! Lancashire Hotpot, a traditional British dish still enjoyed by many people here in the UK.

Jean: 也请大家别忘了经常到我们的网站来看看, 了解更多好学好用的英语学习知识。我们的网站就是 www.bbcchina.com.cn. Bye for now everyone.

Helen: Bye bye.

Glossary

Black pudding	猪血肠
Sticky	粘糊糊的
Unctuous	油腻的
Eclectic	混杂的
Kidney	肾脏