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Sausages 香肠

Jean: Ooh, that's a nice sound Jo – sounds like we're cooking something today.

Jo: Well Jean, it's the sound of sausages frying in a pan – because in today's BBC Learning English culture programme we're going to learn all about a popular British food – sausages.

Jean: Mmmm 美味的香肠。下面就是我们 BBC 主持人 Jenni Murray 给我们介绍为什么香肠在英国是如此的脍炙人口。

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At this time of year we buy more sausages than at any other – they do so well and so easily on the barbecue and most people seem to like them.

Jo: Wow! So, in the summer, British people buy more sausages than at any other time because they do so well and so easily on the barbecue.

Jean: Jenni 刚才说香肠 do so well 意思就是说呢香肠是很容易烧烤的。

Jo: A barbecue. Now we also spoke to chef Lisa Walker.

Jean: A chef 一位厨师。Lisa 自己开了一家餐厅，我们在她煎炸香肠的时候采访了她，而且我们想问她，煎炸的方式是烹饪香肠最好的方法吗？

Jo: What does she say is the most popular way for British people to cook their sausages?

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71% of us grill them - so that would seem to be the most popular - but for me I'd seal them in a pan, get some colour and then put them into the oven because they're cooking - you're getting a full regular cooking temperature around them. And they take about 8-9 minutes in a medium oven.

Jo: So 71% of British people grill their sausages. To grill.

Jean: 71% 的英国人是把香肠烤来吃的，看来烤香肠是英国人更喜欢的烹饪方式。

Jo: On BBC Learning English today we're talking about sausages. And chef Lisa Walker says the best way to cook them is to first of all cook them in a pan and seal them.

Jean: Seal 就是把食物整个的微炸一下，据说这样做能够把味道封好在食物里，也会给炸的食物上色。

Jo: So seal them, get some colour and then put them in the oven.

Jean: 把微炸过的香肠放进烤箱里。这比把香肠放在平底锅里炸更能让香肠全面受热，更容易做熟。

Jo: A full regular cooking temperature.

Jean: Cooking temperature 烹饪温度 regular 一贯持续的。一个恒定的烹饪温度。

Jo: It takes 8 to 9 minutes to cook sausages in a medium oven.

Jean: 烤箱可以是一个中号的烤箱 a medium oven 烤 8 到 9 分钟就可以了。

Jo: 8 to 9 minutes. Here's Lisa again.

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71% of us grill them - so that would seem to be the most popular - but for me I'd seal them in a pan, get some colour and then put them into the oven because they're cooking - you're getting a full regular cooking temperature around them. And they take about 8-9 minutes in a medium oven.

Jean: 对了 Jo, 我听有些英国人把香肠不叫 sausage 而叫 bangers, 这是为什么呢?

Jo: Yes, we do sometimes call them bangers. Lisa Walker explained to us where that name comes from.

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From the Second World War. I mean, basically we had rationing so we didn't have the meat that was available to put into the sausage – so there was more water and more rusk put into them. Now the water and the rusk inside the sausage when fried would explode obviously because of the fat content.

Jean: 原来这个叫法还是源自第二次世界大战。

Jo: The Second World War, when there was rationing.

Jean: Rationing 定量配给。第二次大战刚刚过后的英国食物非常短缺，基本的食物都要定量配给才能保证更多人能不挨饿。当时也没有肉来去做香肠。没有足够的肉供应。

Jo: Meat wasn't available, so more water and rusk was put into the sausages. Rusk.

Jean: Rusk 就是小麦种子的外皮。那这种小麦皮和水塞出来的香肠炸它的时候会爆破的。

Jo: They would explode because of the fat content.

Jean: 所含的脂肪。而在英语里，什么东西爆破的时候发出的声音就是 **bang**.

Jo: **So the exploding sausages were called bangers!**

Jean: 希望大家通过我们的节目对英国的香肠有了一次深入的了解。

Jo: **Yes, that's all we have time for today. You've been listening to BBC Learning English – we'll see you next time.**

Jean: **Bye!**

