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Stodgy British Food 浓厚的英国食物

Insert

Fish and chips, Yorkshire pudding

Roast beef

Bangers and mash

Toad-in-the-hole

Fish pies

Spotted dick

Cornish pasties

Steak and kidney pie, that's very stodgy.

Andrea: Mm... if you weren't hungry before, you might be after hearing all of that!

Jean: 这些都是英国传统菜肴，像炸鱼薯条和烤牛肉大餐。

Andrea: And there's a whole lot of other traditional dishes that are meant to fill you up and keep you warm from the cold.

Jean: **Toad-in-the-hole** 洞里的癞蛤蟆，这可是个英国菜名，就是炸面包裹香肠；**Spotted dick** 一种英国传统的果料布丁，上桌时一般还会浇上奶皇汁；还有脍炙人口的康瓦尔郡菜肉烘饼 **Cornish Pasties** 就是塞满肉块和蔬菜的英国康瓦尔当地小吃。

Andrea: I'm getting full listening to all of this! But is traditional, stodgy British food still popular? Hello. I'm Andrea Rose.

Jean: 大家好，我是董征。今天给大家说到的这个 **Stodgy food** 就是英国非常具有特色的食物。**Stodgy** 就是形容食物非常浓厚，味道厚重、往往质地粘稠，这种不太好消化的饭菜，就是英国传统饮食的特色。

Andrea: For centuries, Britain has been famous for its very filling, hearty food. Food like fish pie, bangers or sausages and mash – which is short for mashed potato.

Jean: 还有著名的猪肉派，也是本地一大佳肴。

Andrea: In fact, some parts of Britain are so proud of their pork pies that recently a pork pie appreciation society has started up.

Jean: 一个猪肉派鉴赏社团?

Andrea: That's right. But how are pork pies actually made?

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This particular lot of pastry will make about 180 pies. What I do is I take off four chunks, which might weigh about a pound and half each. And I'm flouring the table now and then I'm going to roll them out.

Jean: Elizabeth Knight 和她的女儿 Celia 在英国北部的约克郡开了一家馅饼店。正如大家刚才听到，要做好一个色香味美的猪肉派可不是那么简单的事情。

Andrea: They take chunks of pastry and roll it out with flour.

Jean: 他们擀压的油酥面够做 180 个猪肉派的，可真是不少！每个猪肉派重约一磅半！Wow, that's stodgy!

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Well, we've done them here for about 26 years now. We all know how to make the pies, we can all do them – it's just that Mum and Auntie Judy have that female touch. When Dad and Kieran make them, they don't make them just quite as nice as me Mum and Auntie Judy.

Andrea: Back at the pie shop, Celia and her Mum, Elizabeth, are still making pies.

Jean: 他们家做这一行已经有 26 年了。It's a family business 确实算是一个家族产业。

Andrea: The whole family know how to make pork pies but the ladies have a female touch.

Jean: A female touch. 女性的触摸，就是说被贤淑女性的手碰过以后，做出来的效果就更加不一般了。

Andrea: Jean, have you ever tried a traditional English pork pie?

Jean: Yes Andrea I have, but I couldn't eat the whole one.

Andrea: A lot of traditional British food is very fatty and stodgy, but if you thought that pork pies were fattening, how about a battered Mars bar?

Jean: A battered what?

Andrea: A Mars bar – that's a chocolate bar – deep fried in batter.

Jean: 开玩笑吧！怎么会有人爱吃裹着面炸的巧克力棒呢？

Andrea: Well, in the North of England and in Scotland, you can buy them in chippies or chip shops.

Jean: A chippie 就是卖炸鱼薯条的快餐店。

Andrea: That's right. But would you try a battered Mars bar? Or is that just too stodgy? We went out on the streets of London to find out what people think about battered Mars bars.

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I have never eaten one of those in my life and I don't intend to.

My God no – that's just disgusting Scots people – we'd never do that down here.

I've never tried a battered Mars bar, but now I'm hungry and you suggest it, I'm actually thinking that sounds quite nice.

Jean: 我们在伦敦街头采访到的这些人看来各持己见。第一个说话的那位女士说她从没尝过裹面油炸的巧克力棒而且她也不想去尝。 **She didn't intend to.**

Andrea: The first man also found it disgusting – horrible. He was quite rude to Scottish people or Scots. He said that people in London would never eat anything like that!

Jean: 最后的那个人倒认为油炸巧克力棒听起来挺不错。他虽然以前没吃过，不过既然他正好觉得有点饿，所以倒挺想尝尝的。

Andrea: And on that note I'm off to the chippie. Coming along?

Jean: Why not! Bye-bye from both of us at BBC Learning English.

Andrea: Bye!