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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。

Celebrity Chef 名厨

- Finn: Welcome to BBC Learning English, I'm Finn.
- Jean: And I'm Jean.
- Finn: You know Jean, I've got a question. Where did you learn to cook?
- Jean: 我从哪儿学的做饭吗? Well, I learned a lot from my Mum. How about you Finn?
- Finn: Well I taught myself when I was a student living away from home – but I'm still not very good – I normally make simple things like pasta.
- Jean: Oh, Finn. 男孩子都是这个样子的!
- Finn: But today on the programme, we'll be talking about some people who have become famous because of their cooking skills - celebrity chefs.
- Jean: Celebrity 明星 chefs 厨师。明星厨师，或者我们说的“名厨”。
- Finn: Yes, celebrity chefs.
- Jean: 在英国的电视上有很多名厨的专题烹饪节目。这一类的电视节目尤其在 90 年代的时候最为盛行，到了今天，我们可以在电视上看到不同名厨的一系列风格迥异的节目，每一档都体现出每一位名厨自己独特的个性和烹饪风格。
- Finn: That's right. And today we're going to meet a few of them.
- Jean: We asked some British people who their favourite celebrity chef is, and why.

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- Jamie Oliver of course, I love his recipes because you can just throw everything in and it all just turns out beautifully at the end.
- My favourite celebrity chef is probably Delia Smith. She writes a lot of books. Her recipes are always foolproof.
- Probably Gordon Ramsay, I met him once some time ago and I like the fact he's really driven, and I also like the fact - his temper, it's brilliant fun, it's good to watch on TV.

Jean: OK, 刚才说到的是三位不同的英国名厨。第一位是 **Jamie Oliver**。他是英国一位充满活力的年轻明星厨师，他以领头发起改善英国学校饮食质量的活动而闻名。

Finn: Yes, we heard that someone thought his recipes...

Jean: 食谱...

Finn: Yes his recipes are very simple – you can just throw everything in and it turns out beautifully.

Jean: 你只要把各种原料扔进锅里 **throw everything in**, 不过最后的结果 **it turns out** 总会相当的美味!

Finn: That's right – so it's easy, and fun.

Insert

I love his recipes because you can just throw everything in and it all just turns out beautifully at the end.

Jean: 英国当今的另一位名厨是 **Delia Smith**, 她的年龄要稍微大一些，风格也比较的传统。她说她的烹调著作非常值得借鉴。

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My favourite celebrity chef is probably Delia Smith. She writes a lot of books. Her recipes are always foolproof.

Finn: Yes, she said Delia's recipes are foolproof.

Jean: 非常简单易懂的 **foolproof**. 这个词有两个单词组成- **fool** 傻瓜, and **proof** 经得起的. **Adding proof** 到一个名词上就是表示耐得住、经得起这个事物的意思。

Finn: Like soundproof, or heatproof.

Jean: So, the kitchen table could be heatproof 耐热的!

Finn: That's right. Heatproof.

Jean: 最后的这位英国人气名厨就是: **Gordon Ramsay**.

Insert

Gordon Ramsay, I met him once some time ago and I like the fact he's really driven, and I also like the fact - his temper, it's brilliant fun, it's good to watch on TV.

Finn: Gordon Ramsay. He is known for his temper; he often gets angry in the kitchen.

Jean: 他的 **temper** 脾气是出了名的大，经常在他的烹饪专题电视节目当中张口大骂他的助理厨师！

Finn: But perhaps this is because he is very driven.

Jean: Driven 专著执着的。

Finn: And watching him on TV is fun because of his temper – you never know when he is going to get angry.

Insert

I like the fact he's really driven, and I also like the fact his temper, it's brilliant fun, it's good to watch on TV.

Finn: You're listening to BBC Learning English, and today we're talking about celebrity chefs in the UK. Chefs these days often think it's important to use good ingredients.

Jean: Good ingredients. 好的、健康的食物原料。

Finn: One chef now who sees this as very important is Jamie Oliver. We spoke about him earlier.

Jean: Jamie Oliver 他第一部的电视节目叫做 **The Naked Chef**，在咱们中国叫做《原味主厨》，播出之后马上就吸引了一大批的电视观众。他以轻松明快的风格，加上一口的 **Essex** 口音，广受观众喜爱。

Finn: And Jamie uses a lot of informal language. For example the word stuff.

Jean: Stuff 其实就是东西的意思，也是英国的年轻人喜欢的常用词汇。

Finn: See if you can hear the number of times he uses it.

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Actually I've just recently finished a series – it's no nonsense growing stuff and cooking stuff. Last year I had the most incredible year, being rubbish at growing stuff in my garden. And you know what, 80% of the stuff that I threw in the ground and got wrong, grew, and fruited, and I ate off it.

Jean: 呵，这么一段话，他就把 **Stuff** 这个词用了 4 次。

Finn: Yes, he's just finished a series...

Jean: 一档系列节目...

Finn: A series about growing stuff and cooking stuff. He also called the food he tried to grow 'stuff', as well.

Jean: 他说 80%他扔到地里的 **stuff** 都会长起来。

- Finn: Yes, he says he really enjoyed being rubbish at growing stuff in his garden.
- Jean: Rubbish 在这里就是不擅长什么事情，技术很烂的意思。
- Finn: But even though he was rubbish at growing food – it still fruited. To fruit.
- Jean: 它结果了。

Insert

Actually I've just recently finished a series – it's no nonsense growing stuff and cooking stuff. Last year I had the most incredible year, being rubbish at growing stuff in my garden. And you know what, 80% of the stuff that I threw in the ground and got wrong, grew, and fruited, and I ate off it.

- Finn: There's another word which Jamie Oliver uses a lot - pukka.
- Jean: Pukka 是一个 Jamie 自己常用的口语词，就是好吃、美味的意思。其实这是个印地语的词，原意是“成熟了”、“煮熟了”的意思。
- Finn: Yes but though he's very popular, not everybody likes his style. Celebrity chefs like Jamie Oliver and Gordon Ramsay have often been criticised by the public and the media.
- Jean: 是的。不过很多人认为这些明星厨师其实更在意自己怎么出名，而不专著在如何做好他们厨师的工作。下面的这位女士说这些名厨的自我意识 ego 比他们的烹饪 cooking 要更显著。

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I think sometimes their egos are bigger than their cooking – that's a shame because in the end the food is what's really exciting and I think sometimes the personality takes over.

- Finn: She thinks that their egos are bigger than their cooking. Sometimes the personality takes over.
- Jean: 有时候他们的个人性格色彩完全支配了节目 it takes over, 结果烹饪的内容反而成了第二位。

Insert

I think sometimes their egos are bigger than their cooking – that's a shame because in the end the food is what's really exciting and I think sometimes the personality takes over.

- Jean: Actually Finn, I know Chinese food is very popular in the UK and there are lots of Chinese restaurants. Are there any Chinese celebrity chefs in the UK?

- Finn: Well there is an American Chinese chef called Ken Hom who we see on TV quite a lot. He also has a range of Chinese cookbooks and woks!
- Jean: Ken Hom 是一位美籍华裔的名厨。他的中国铁锅 woks 在英国相当畅销。
- Finn: Most British homes will have a wok for stir fries.
- Jean: Stir fry 炒菜。 Do you make stir fries Finn?
- Finn: Yes I do – I think stir frying is a quick and easy way to prepare food.
- Jean: So you can cook Chinese food?
- Finn: Simple stuff, yes. But you know Jean, there's a British woman who went to Sichuan to study Chinese cooking, and she's written some books about this – she's very good.
- Jean: Really. 有一位精通四川菜的英国女厨师?
- Finn: There is indeed. Her name is Fuchsia Dunlop – I think her Chinese name is 扶霞, and we're now going to hear her describing how she likes to eat one of her favourite foods - pidan.
- Jean: 她最爱吃皮蛋, 还专门给我们形容了一番:

Insert

I like to serve them Sichuanese style, cut into segments with chopped green peppers, and a drizzling of soy sauce and chilli oil. Here we have some chopped green pepper here. Or perhaps in a Hunanese recipe, in a soup with garlic and herbal amaranth. In goes the purple amaranth. Gancai, one of my favourite Chinese vegetables. I'll just stir fry that for a few moments.

- Jean: Wow, 听起来她还真是个精通中国烹饪的专家呢。
- Finn: Yes, she likes to serve pidan in a Sichuanese style.
- Jean: 四川菜的风格。
- Finn: And she cuts into segments
- Jean: 切成块。
- Finn: with chopped green peppers
- Jean: 剁碎的青椒。
- Finn: and soy sauce, and a little chilli oil
- Jean: 酱油和辣椒油。

Finn: Or she also likes to serve them Hunanese style.

Jean: 湖南菜的风格。用的是紫苋菜。

Finn: Yes, with purple amaranth – which is one of her favourite Chinese vegetables.

Insert

I like to serve them Sichuanese style, cut into segments with chopped green peppers, and a drizzling of soy sauce and chilli oil. Here we have some chopped green pepper here. Or perhaps in a Hunanese recipe, in a soup with garlic and herbal amaranth. In goes the purple amaranth. Gancai, one of my favourite Chinese vegetables. I'll just stir fry that for a few moments.

Finn: Well after hearing Fuchsia preparing pidan, I'm really starting to feel hungry.

Jean: I know Finn, me too. Shall we go and get some Sichuanese food?

Finn: Good idea. But before we do that we really should do another review of the words we've learned today.

Jean: Ok, quickly.

Finn: Firstly, celebrity chefs.

Jean: 明星厨师。

Finn: Recipe.

Jean: 食谱。

Finn: Foolproof.

Jean: 傻子都会干的，简单易懂的。

Finn: Temper.

Jean: 脾气。

Finn: Stuff.

Jean: 东西。

Finn: Ego.

Jean: 自高、自大。

Finn: Stir fry.

Jean: 炒菜。



Finn: And that's all for this week! I hope you've enjoyed hearing about celebrity chefs in the UK, and learned some more English words and phrases about cooking and culture.

Jean: 大家不要忘了有空来拜访我们的网站噢: www.bbcchina.com.cn, 帮助大家学习掌握更多好学好用的英语知识。

Finn: Or you can send us an email if you have any ideas for programmes you would like us to make.

Jean: 我们的电子邮箱就是 chinaelt@bbc.co.uk。

Finn: Bye for now.

Jean: Bye.