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Italian Food in Britain 在英国的意大利食品

John: Hello, today we're in the kitchen! And we're cooking Italian food. I'm actually frying some onions to go on the base of a pizza – I'm a really big fan of pizza, it's one of my favourite Italian foods. Well, before I cook anything else, let's join Oliver in the studio to explain a little more about why we are talking about Italian food today. Oliver.

Oliver: Thanks John. 没错儿，今天我们将为您介绍意大利食品。 **Italian food.** John 会去他的厨房里， **he's in his kitchen**, 节目中，我们还会和您一起回顾意大利食品在英国的发展历史，从上个世纪五十年代以来，意大利食品在英国可以说是非常非常受欢迎。 **Yes, John.**

John: So why am I cooking Italian food in my kitchen here in London? Well, ask anyone in Britain about the food that they like here and most people will say they love Italian food. If you come to Britain you'll also notice that most people will cook Italian food in their home very regularly. In a minute we'll hear how British people fell in love with Italian food years ago, but first I have a lot of Italian ingredients here in my kitchen in London, and I thought I'd just tell you what they are. Nearly everybody in their home in Britain will have pasta - all different kinds. You might also see tomatoes, aubergines, basil, minced beef, chicken, onions, and rice, the list is quite long. Oliver let's have some explanations.

Oliver: 好的，John I'll try! John 说你几乎可以在任何一个英国人家的厨房里找到意大利面条， **pasta**. 然后他列出了一个长长的单子，里面包括了大部分英国人家里面常用的意大利食品原料。比如说西红柿 **tomatoes**, 茄子 **aubergines**, 一种叫罗勒的香料 **basil**, 牛肉馅 **minced beef**, 鸡肉 **chicken**, 洋葱 **onions**, 还有米饭 **rice**. 几乎所有在意大利食谱里的原料，你都可以在英国人的厨房里找得到。因为英国人太喜欢意大利食品了。那英国人是从什么时候开始爱上意大利食品的呢？ **Let's go back to John in his kitchen. When did the British fall in love with Italian food John?**

John: Well Oliver, it all began in 1926 when a man called Pepino Leoni – an Italian man - opened the very first Italian restaurant in London; it was called The Quo Vadis. I spoke to writer Alistair Sutherland, the author of a new book called "The Spaghetti Tree". It's a book about how the British became attracted to Italian food. He told me about the first Italian restaurant in London and how it all began.

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1926, Leoni's Quo Vadis opened. It was the first big glossy restaurant owned by an Italian, that was attracting if you like the middle classes, rather than just the people who worked in Soho. So this became a big destination. As you can see now, it's one, two, three, four buildings across. And when Pepino Leoni started in 1926 of course it was just one little tiny place that could seat twenty five. By the time he wrote his book, he tells us he was seating four hundred.

Oliver: 这么说早 1926 的时候，在伦敦就有了第一家意大利餐馆。我们节目请来的专家 Alistair 说这是意大利人开的第一座像样的餐厅。 **The first big glossy restaurant.**

John: That's right, and do you remember Oliver the sort of people the restaurant served?

Oliver: Yes, I think it was the middle classes, 餐馆为中产阶级服务。这是一家为收入不错的人，能达到社会平均收入水平的人开的。平均收入是 **average incomes.**

John: Exactly, and what I thought was impressive was that his business grew so large!

Oliver: His business really grew. Pepino Leoni 的餐馆 "Quo Vadis" 在刚刚开业的时候只是一个只有二十五个座位的小餐厅， **there was seating for just twenty five people.** 但短短几年之后，他的餐馆已经发展到可以接待四百人了！

John: Now Oliver, do you know what we would call a person who built up a successful business that hadn't been tried before?

Oliver: Mmmm, I'm not sure about that, what word should I use John?

John: Well I'd call this sort of person a 'pioneer'.

Oliver: A pioneer, 先驱、先锋。

John: Yes, this is BBC Learning English, thanks for joining us today.

Oliver: 节目当中我们谈论的话题是为什么英国人那么喜欢意大利食品以及这种热情的由来。我们介绍了伦敦第一家意大利餐 "**The Quo Vadis**". 现在有很多人觉得这个餐馆并不是地道的意大利餐馆，在他们的菜单上有很多法国菜。因为那时大多数英国人认为法国菜是真正好吃的。不过 John 要告诉大家，一切都在发生变化。

John: Yes, gradually the Italian restaurants started to evolve in London, and there was a growing demand for more authentic Italian food. Listen to Alistair explaining what happened next to London's Italian restaurants.

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Mario Cassandro and Franco Lagatolla, were two waiters. Franco had grown up in England of Italian parents, Mario the volatile voluble Neopolitan - the most wonderful man you'd ever want to meet. They met while working at The Mirabel which was then London's most luxurious French restaurant, and they decided that



what London needed was a proper Italian restaurant, serving real Italian food and they left The Mirabel and they opened in April 1959. They did one or two things differently and they quickly became popular with the Italian community and one or two artists and writers.

Oliver: Mario and Franco sound like interesting characters! 正是这两个法国餐馆服务生，马里奥和弗立昂为伦敦带来了真正地道的意大利餐。 **It was more genuine.** 他们采用了一些与众不同的策略。 **One or two things differently.**

John: And not only did they do things differently in their new restaurant, they started to become popular with the local community; we would say they made a name for themselves.

Oliver: They made a name for themselves, 他们渐渐的做出了名气。他们的餐馆和一些艺术家和作家成了朋友， **artists and writers.**

John: Well let's hear from Mario Cassandro himself.

Oliver: 在这段录音里，你会听到马里奥说他的餐馆是怎么样开张的，为什么说 he 出售的食品都是那不勒斯风格的，**Neapolitan.** 这里所说的那不勒斯风格值得是具有意大利南部那不勒斯地区特色的食品。接下来让我们听马里奥的录音。

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My name is Mario Cassandro, born in the city of Naples, many many years ago. The idea that Frank and I had was to create something that was typically, typically Italian, basically Neapolitan. We wanted to create a place where all the people would come in very informally, without the menus so posh looking - your mother's kitchen. And people liked the atmosphere, the food was very good, the price was peanuts in comparison with anything else. But then we had such an incredible success overnight. People used to come from everywhere.

John: That's quite a success story isn't it Oliver?

Oliver: Yes, I'm really impressed. 这个餐馆不是那么正式， **it was informal,** 是典型的意大利风格。 **The atmosphere was not posh!** 餐馆的感觉不是那么高端和豪华， **and it was more like your mother's kitchen,** 有点儿像妈妈做的家常菜。

John: And of course the food was very good, and the price was peanuts! Do you know Oliver what it means when we say the price was peanuts?

Oliver: No!

John: When you say something costs peanuts, you mean it's very cheap.

Oliver: The price was peanuts, 这个短语用来表示什么东西非常便宜，价格很诱人!

John: And the restaurant became an overnight success.

Oliver: Yes, an overnight success. That is when something is so successful, within a matter of days it becomes a success! 一夜成名。

John: Well, just before we go, Oliver do you know what spaghetti, or any kind of pasta is made from?

Oliver: I'm not sure, does it grow on trees?

John: Oliver, no! It's made from flour and water basically.

Oliver: 是面粉和水做的。

John: But in the 1950's, when pasta was unknown in Britain, people thought it did grow on trees. Listen to this:

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The last two weeks of March are an anxious time for the spaghetti farmer. There's always the chance of a late frost, which, while not entirely ruining the crop generally impairs the flavour and makes it difficult for him to obtain top prices in world markets. But now these dangers are over and the spaghetti harvest goes forth.

Oliver: 太难以置信了。John 在 BBC 的档案中心找到了上个世纪五十年代的录音。这段录音是当时在四月一号愚人节的时候播出的，**April Fools Day**，通常这一天的时候，人们都会开玩笑，互相愚弄。当时，这段广播还真的愚弄了很多听众，那些听众一直都详细意大利面条是树上结的！

John: Yes, people thought spaghetti grew on trees! Oliver, were you convinced by that recording?

Oliver: Well, if I didn't know anything about pasta, I think I might be taken in by it, 我可能就会被骗了！

John: Lots of people were taken in. We've been talking about why British people love Italian food, and the origins of the first Italian restaurants in London today.

Oliver: 下次有机会到伦敦的话，别忘了去尝尝意大利菜啊—意大利餐馆在这儿可是遍地都是啊！

John: We'll say goodbye now and see you next time.

Oliver 再见。

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This restaurant was started by an Italian waiter, with lots of hope and not much money. His first day's takings were 12 and 8 pence; now he serves more than 400 meals a day. And Pepino Leoni, the waiter from Canero, by lake Maggiore, has become a leading restaurateur.

In London you can have the best champagne, the best Port, the best Sherry, the best cigar and the best of everything. On the top of that, in London we always had the best chef.