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Favourite Foreign Cuisine 最喜欢的外国菜

Yang Li: Hello everyone welcome to Ask About Britain from BBC Learning English. With me today is my colleague Natalie.

Natalie: Hi Li. I know that Chinese people love food, don't they?

Yang Li: That's right.

Natalie: I sensed it because we often received questions relating to food and cuisine.

Yang Li: 是的，本周的话题又是饮食篇，宁新伟同学想知道英国人最喜欢的外国菜是什么？

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我叫宁新伟来自湖南。 我想了解一下 *What are the most favourite foreign cuisine for British people?*

-Ning Xinwei

Natalie: That's a good topic as I'm sure everyone has a favourite cuisine. I certainly have one but let's have a listen to other people first.

Yang Li: I have asked a few people from outside as well as a few colleagues in the office.

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My favourite cuisine has to be Indian, and I will tell you why. I'm vegetarian and you'll find that most people in South Asia, Hindus and some Buddhists of course, don't eat meat so I think their cuisine is full of wonderful vegetables and sauces and spices and the smell is wonderful and I know that in Britain we get a slightly different range of Indian dishes than you'd have in India but I still think it's delicious.

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My favourite foreign cuisine, I have to say, is Indian food. I love hot and spicy food, so I think Indian food slots into that category straight away. Indian food to me is interesting, different, lots of spices, very tasty.

Natalie: That's Alice and Melanie. Both of them love Indian food. Alice is vegetarian and she thinks that Indian food is full of wonderful vegetables, sauces and spices and the smell is wonderful.

Yang Li: Key words to learn here are vegetarian 素食者, full of 充满了, sauces 酱汁, spice 香料。

Natalie: Melanie loves Indian food because it's hot and spicy and very tasty.

Yang Li: Hot and spicy 就是香辣可口的 tasty 有滋有味的。

Natalie: Next one is Diarmuid; he's a big fan of Dim Sum.

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I am a big fan of Chinese Dim Sum, which I love to have at lunch time and I like lots of little dumplings; I like the pork ones, I like the prawn ones and I love to dunk them in the black vinegar Mmm.

Yang Li: Diarmuid 最喜欢港式茶点比如虾饺, 猪肉饺之类的。

Natalie: He likes to dunk them in black vinegar, yummy.

Yang Li: 蒸饺沾醋汁 dunk 就是浸沾的意思。

Natalie: Alison is another expert on food, so what's her favourite?

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It's hard to pick a favourite because there are so many scrummy things but I do love Italian food and I love Spaghetti Alla Vongole, which is spaghetti with sea food because I love thing that taste the sea.

Yang Li: With so many delicious things around it is not easy to pick one favourite. Alison used the word scrummy, which is a short form for scrumptious. S-C-R-U-P-T-I-O-U-S, scrumptious.

Yang Li: 好吃的, 美味的 scrumptious or scrummy.

Natalie: But she did come up with one Italian dish *Spaghetti Alla Vongole*, because she loves sea food.

Yang Li: 海鲜意大利面条 *Spaghetti Alla Vongole* 海产品 seafood.

Natalie: Next is Paul.

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I do like falafel actually. It's kind of Middle Eastern isn't it? It's very tasty and it's good sort of quick cheap food so if you are out and I'm a vegetarian, so it has got no meat in it, but it's very tasty. I think it's made of chickpeas, squashed and then it's fried and you have it in pita bread, which is very flat bread and with salad and

sometimes they put on sauces. And a lot of people have kebabs but it's like the non-meat alternative to kebabs.

Natalie: Paul says that he likes falafel because it is both tasty, quick and cheap. Can you find falafel in China?

Yang Li: No, I don't think so. Let me explain what falafel is then. 这是一种典型的中东食品 - 法拉费，简单说就是用一种薄饼夹馅的素食三明治。其中一般有捣碎的鹰嘴豆 chickpeas。从做法上看有点类似我们中国人把烧饼里夹上牛肉和香肠。但 falafel 一定是素食。 It must be vegetarian, isn't it?

Natalie: Yes, as Paul puts it, it's the non-meat alternative to kebabs.

Yang Li: Kebabs 就是清真烤肉裹在薄饼里的中东食品。

Natalie: Now, London is certainly one of the places that you can find every foreign cuisine in the world. Next we will hear from a boy and his father from Canada, who are visiting London.

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Well, there's a lot to choose from. But I do like...what are they called again? Oh yes; the Italian paninis. You know, the grill bun; you put some cheese, you put some, you know, salami and you put some tomatoes, some lettuce and a little bit of mayonnaise and you put [it in a] the grill bun, and you grill it for a few minutes; very good.

On the other hand I think the Spanish food, tapas, was the best thing we tried in London; all these interesting little dishes with spice in some of them, some of them savoury, and lots of variety.

Yang Li: 儿子喜欢意大利三明治帕尼尼 Panini. 父亲则喜欢西班牙式的小吃拼盘 tapas.

Natalie: Let's have a look at some of the words they used: cheese, salami and lettuce.

Yang Li: 奶酪，意大利香肠和生菜。

Natalie: Well we have certainly heard a lot now I wonder what your favourite cuisine is apart from Chinese.

Yang Li: Chinese is number one; no doubt about that, but for foreign cuisine it has to be Japanese, I must say. I love Japanese food in general but sashimi in particular. 我的首选绝对是中餐。不过我也特别喜欢日本的生鱼片。 How about you Natalie?

Natalie: I am very keen on French cuisine and I love the presentation of it as well.

Yang Li: Ah yes, 法国大餐和菜的外观 presentation. Didn't you write in your blog recently that you love kebabs?

Natalie: Yes that's one of my favourites as well, and I am going to have a lot of real kebabs in Turkey next week.

Yang Li: Holiday time for Natalie! But I will be here in the office doing another Ask About Britain. So if you have a question just drop us an email.

Natalie: Yes thanks for listening and I'll see you when I get back.

Yang Li: Bye.

Glossary

cuisine 菜肴	saucers 酱汁
spices 香料	scrumptious /scrummy 美味的/好吃的
hot and spicy 香辣可口的	vegetarian 素食者
falafel 法拉费（中东素食）	Panini 意大利式三明治
kebab 清真烤肉	dunk 浸沾