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## Delicious Dishes: Bread and Butter Pudding 面包黄油布丁

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*OK today we're going to be making bread and butter pudding, which is a great, great, classic British dessert. Fantastic for Sunday lunch. It's just a perfect table dessert just to people to dig in and help themselves. Great for friends, great for family.*

Helen: A great classic British pudding.

Neil: A dish that's loved by everyone.

Helen: 是的，深受大家喜爱的。我们今天就要向名厨 **Dave Aspin** 学习怎样做 **bread and butter pudding** 面包黄油布丁。

Neil: Welcome to Delicious Dishes from BBC Learning English. I am Neil.

Helen: 大家好，我是 **Helen**。面包黄油布丁在英国已经有好几百年的历史了，需要的原材料很容易找到，做法也比较简单。但是需要这道甜品需要烤箱 **oven** 才能完成。

Neil: Dave is now getting his custard ready. See if you can hear what spice he uses to add flavour to the custard.

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*First of all we are going to make the custard. We are going to need 450ml double cream, put that into a mixing bowl, 350ml milk. We are going to add to that some eggs, 6 whole eggs free range. So the next thing we are going to add to that is sugar, 125g of caster sugar, and then we are going to have some vanilla pods.*

Helen: 做这个布丁的第一步是要准备好 **custard** 奶油冻。需要的原料有 **450** 毫升的 **double cream** 高脂厚奶油，**350** 毫升的牛奶 **milk**，**6** 只鸡蛋 **six eggs**，还有 **125** 克白糖，最后加一点天然香料 **vanilla pods** 香草荚。

Neil: So you mix everything together in a mixing bowl. That's your custard.

Helen: Yes, then we need to get the bread ready. 下一步就该准备面包片了。



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*All we gonna to do, is we're just removing the crust from the bread, and then we just gonna start layering the bread into the dish. Dip the bread into the butter, make a layer on the bottom. Maybe 6 to 10 slices. We just want to make sure that the whole bottom is covered with some bread.*

Helen: Dave 先把黄油 butter 融化了, 然后把每片面包外面硬的那层皮都切掉了。面包皮叫 crust.

Neil: The crust of the bread is removed in this dish. It seems quite wasteful, but that's how it's done.

Helen: Well, we can save the crusts for birds in the park.

Neil: Excellent suggestion. In the next step, the bread is dipped in melted butter.

Helen: 把每片面包沾上黄油 dip into the butter, 然后平均的放进一个比较深的平底烤盆里。

Neil: Make sure the whole bottom of the dish is covered with some bread.

Helen: 盆子的底部都盖满面包。

Neil: Once this is done, you can add some dried fruit onto the bread. Do you know what a sultana is?

Helen: Yes, I think it's a type of raisin. Sultana 就是无核小葡萄干。其实其它果脯也都适合这道甜品。

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*So we put the sultanas on top of that. We are gonna add another layer of bread, so that's the top layer of bread on, so we are just gonna pour the custard over, all the way over the bread, and you are just gonna cooked it on a bain-marie in the oven on about 120.*

Helen: 在面包上撒一些葡萄干, 再铺一层面包片, 然后再撒点葡萄干, 再铺一层面包片。这就差不多了。

Neil: Generally two or three layers of bread is plenty.

Helen: 接下来把刚才准备好的奶油冻均匀的倒在面包上, 盖满所有的面包片。

Neil: Make sure that the custard is all over the bread and covers everything in the dish. It is then put in a bain-marie in the oven.

Helen: 那要烤多久呢?



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*That's on about 130 at the minute, and that will probably take between 45 to 60 minutes, fingers crossed.*

Helen: 在 130 度的烤箱里烤 45-60 分钟就可以了。

Neil: Now that the pudding is nice and hot from the oven. The custard has all set. What's next?

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*Just sieve a bit of icing sugar on top of the bread and pop it under the grill to caramelise. Serve it with some ice cream or some whipped Chantilly cream which is vanilla, cream and sugar, whatever you like.*

Helen: So here we have it. 在面包上撒点糖粉 icing sugar, 放到 grill 烤架上烤一会儿, 变成焦糖后就好了。吃得时候再配上冰淇淋或者是带香草味的奶油, 这道英国传统甜品面包和黄油布丁就大功告成了。

Neil: That sounds delicious. Soft and moist texture, plenty of creamy flavours and I love ice cream with it. I am definitely going to try this at home.

Helen: Me too. 好了, 我们今天的节目就到这儿。如果你了解更多的英语学习节目请随时登陆 [www.bbcukchina.com](http://www.bbcukchina.com). Thanks for listening Bye!

Neil: Bye!

### Insert

*Kids love it, grown ups love it and I love it.*