

### About this script

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### 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。

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## Delicious Dishes: Fish-n-Chips 炸鱼和薯条

### Insert

*Helen: Anyone fancy lunch?*

*William: Yeah, I'm starving. What do you fancy?*

*Steve: I was thinking, as it's Friday, we could have fish and chips...*

*William: Definitely up for some fish and chips. Let's go.*

*Helen: Let's go.*

**William:** British people are very proud of this dish. And today we hope to bring you some history and some cooking tips about fish and chips. I am William.

**Helen:** 大家好我是 Helen。在这套 **Delicious Dishes** 系列节目中我们向大家介绍几种经典英国食品。首先你能从下面的一段介绍里听到炸鱼和薯条是从什么时候开始在英国流行的吗？

### Insert

*Did you know that nearly three hundred million portions of fish and chips are sold each year in the UK and there are over 10,500 outlets all over the country? It's reported that this culinary delight became popular in the 1850s, but no one knows exactly where it all started.*

**Helen:** 看来英国对 **fish and chips** 真的是情有独钟，这么小的一个国家有 1 万 5 百家鱼条店，每年要吃掉 3 亿份炸鱼和薯条。

**William:** Wow, that's a massive amount of Fish and Chips. It's reported that in the 1850s, it started to become popular among working class people. However, no-one really knows where exactly it originated.

**Helen:** I see. 据说是十九世纪中的时候，炸鱼和薯条就成了工人阶层 **working class** 喜欢的菜肴。但大家不能确定到底是哪个地方最先开始卖 **fish and chips** 的。

**William:** Well, it is a very simple dish and most of us can make it at home. But how do you make a really good portion of fried fish?

**Helen:** 怎样做好吃的炸鱼条？那么我们得听听专家的指导了。厨师 **James Martin** 在 **BBC** 的周六厨房节目中分享了他的炸鱼条秘诀。



William: Let's have a listen. The key is in the batter.

Helen: 关键是面糊 **the batter**. 有哪些成分呢?

### Insert

*We're going to use haddock for this. And I thought we'd use plain flour, some yeast, here we go, a little bit of yeast. This is dried yeast. And then we use salt, and sugar - we keep that separate to the yeast.*

Helen: James 用的鱼条是黑线鳕鱼, 产自北大西洋。

William: Haddock. We usually use white fish for this dish and it normally has very very few bones.

Helen: 面糊的主要成分是普通面粉 **plain flour**.

William: James also added yeast, salt and sugar.

Helen: 另外还有酵母 **yeast**, 盐 **salt**, 糖 **sugar**. 那么下一步是什么呢?

### Insert

*Bit of cider vinegar, vodka and tonic in a batter. That's vodka going in there, and this is tonic water, when it's mixed up. So you've got the sugar in there. And you need it somewhere warm that nicely froths it up and then we've got in here... leave that for about 45 minutes, and we end up with our batter, like that. Smell that, it smells like bread.*

Helen: 加点苹果醋 **cider vinegar**, 还有伏特加 **vodka**, 再加点汤力水 **tonic water**. What a mixture!

William: It is! I'm very surprised to hear that. Vodka in a batter? That's the first time I've ever heard of this particular formula.

Helen: Me too. 接下来把所有的原料都好好混合拌匀了 **mix together**. 然后放在温暖的地方发酵 **45** 分钟就好了。

William: So we mix everything together and then leave the bowl in a warm place. What's next?

Helen: 下一步应该是炸鱼了吧。

### Insert

*What we do is we take our haddock like that, and just pop that in the fryer. Be really careful when you do this; always lay the fish away from you at that point.*

William: So James dips his fish fillet in the wonderful batter, so it's nicely coated all over.



Helen: 抓住生鱼条的尾巴在盆里裹上面糊 **coat it all over.**

William: **And then he pops it into the fryer.**

Helen: 下油锅 **straight into the fryer.** 一定要小心，油很烫的。

William: **After a few minutes, it's ready.**

### **Insert**

*And then I am going to pop this on a plate, look at this fish, Vodka and tonic batter.*

William: **Golden and crispy.**

Helen: 真的是不错，看起来金黄色，脆脆的。配上新鲜炸的薯条 **chips** 和绿豆泥 **mushy peas**，这就是英国国菜炸鱼条和薯条。好了，如果你想了解更多的英语学习节目请随时登陆 **bbcukchina.com**. **Bye!**

William: **Bye!**

### **Insert**

*William: Well it looks amazing, got the mushy peas, got the big fat hand-chopped chips.*

*Helen, Steve: I am going to put some vinegar on my chips and then I am going to tuck in. Cheers, bon appetite.*