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The Perfect Portion 最棒的一份薯条

Helen: Hello, welcome to BBC Learning English. I'm Helen.

Feifei: 大家好，我是菲菲。今天我们的话题和吃有关。

Helen: Food! My favourite subject and today we're talking about one of the best loved food in this country, chips.

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I love chips.

I like crinkle cut chips.

I love chips, especially when they've been cooked really well, and they're crunch and just delicious to eat.

Feifei: 英式薯条 chips。

Helen: Every year, the Potato Council in the UK promotes awareness of British potatoes through the National Chip Week in February.

Feifei: Really? 每年二月份都有为期一周的薯条活动。

Helen: And this year, the Potato council has found a celebrity to front their campaign to find the perfect portion of chips in the country. Let's meet Keith.

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Hello, I'm Keith Chegwin. I'm sometimes called a celebrity. I work in television as a broadcaster and a presenter. Oh my gosh! I've been 42 years in the business now. I'm 52 and I'm mad.

Feifei: 42 years in the show business. 真没想到今年的薯条周的代言人 Keith 已经进入了娱乐圈里这么久。他的搞笑风格也正适合推广薯条周这项活动。

Helen: And Keith certainly knows about his chips.

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If you laid all the chips end to end around the world that we eat in a year, you'd have enough to go around the world 76 times, which is amazing isn't it?

Feifei: 这个我倒是第一次听到。如果把所有我们吃的薯条连接起来 end to end, 那么可以环绕地球 76 圈, 想想那可得有多少薯条啊!

Helen: I think that would millions of pounds of chips. No wonder it's the nation's favourite food.

Feifei: 自从我来了英国以后, 总有吃 chips 的机会。像我们公司里的食堂里, 天天都有薯条。那么什么样的薯条才算是最好吃呢?

Helen: Well Keith explains that he prefers his chips to be crisp on the outside and fluffy on the inside.

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For me, it's chip shop chips, that's what works for me. Medium size, good quality, crisp on the outside, nice and fluffy on the inside.

Feifei: Keith 喜欢吃的是店里刚炸出来的薯条, 长短厚度中等 medium size, 口感要好 good quality, 外面被炸脆了 crisp on the outside, 里面是松松的土豆。Fluffy 这个形容词就是松松的, 泡泡的意思。那么这么诱人的薯条可以配些什么调料呢?

Helen: Good question. Salt and vinegar is very traditional, but there're lots of other sauces you can sprinkle onto your golden chips.

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The traditional way is to put salt and vinegar on it, and I think it's that sourey taste that people quite enjoy. But there are some weirder things than that, that people in this country put on their chips, they like curry sauce and have you ever heard of mushy peas.

Feifei: 在薯条上撒上盐和醋是传统的吃法。

Helen: Probably because people love the sharp and tangy taste of vinegar.

Feifei: 那种酸酸的味道往往被形容为 sharp and tangy. 在这儿提一下, 说到调料的时候, 英语里有固定的表达, 一般会把盐放在第一位, 比如盐和醋 salt and vinegar, 还有盐和胡椒 salt and pepper. 英国人不会反过来说 pepper and salt, 或是 vinegar and salt.

Helen: No, these are set phrases we use in English and we don't like to say them in different orders. People will understand you, but it just sounds strange.

Feifei: 听 Keith 的意思是除了 salt and vinegar 之外, 其实什么调料都可以和薯条搭配。

Helen: I like ketchup with my chips and some of my friends prefer mayonnaise.

Feifei: 很多人都喜欢番茄酱 ketchup, 还有蛋黄酱 mayonnaise。不过有些人的口味比较奇特, 喜欢吃薯条的时候蘸咖喱汁 curry sauce 或者是绿豆泥 mushy peas。

- Feifei: 现在很提倡健康食品，所以薯条的形象问题在最近几年受到了挑战。
- Helen: That's right, we do think of chips as fattening, because the image of them being fried in oil, and in the old days, most chips were deep fried in lard.
- Feifei: 猪油 lard, 以前薯条都是用猪油炸出来的，那肯定不能算是健康食品。
- Helen: That was quite a long time ago, nowadays, most people would have oven chips at home or in chips shops, the chips are fried in vegetable oil.
- Feifei: 那还好，用烤箱烤出来的薯条 oven chips 相对来说不是很油，脂肪含量低了很多。

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And also the other thing is, we're not a stupid nation, are we? Anything in moderation is fine. Nobody is going to go out and gorge themselves on chips, so just eat sensibly, anything in moderation is great.

- Helen: I agree with Keith, anything in moderation is fine.
- Feifei: 意思是凡事只要不过，只要适量就可以了。大家是有自控能力的，不会完全不考虑后果，猛吃薯条 to gorge oneself on chips.
- Helen: Of course not, we're not stupid, we know what's good and bad for us.
- Feifei: Keith 对他这份英国薯条周代言人的工作非常上心，为了能够让大家都加入到寻找最棒薯条 The Perfect Portion Chip Awards 这个活动中，他还专门演唱了一首慈善歌曲。
- Helen: Chegger's Chip Tune, truly inspired by his favourite food – chips.
- Feifei: 那就让我们随着 British Chip Ambassador Keith Chegwin 的歌声结束今天的节目吧。
- Helen: Bye for now.
- Feifei: Bye.

(Chip tune from Keith Chegwin)