

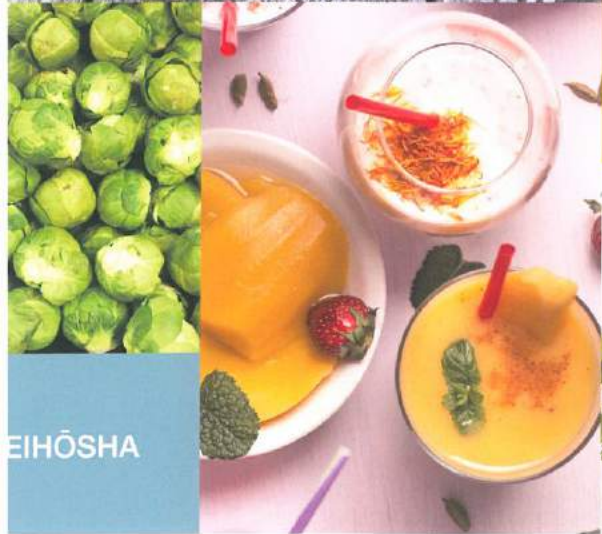
# World Cuisine

英語で楽しむ世界の食文化

Dr. Tim Wharton

Dr. Akiko Tsuda

Dr. Miki Matsuguma



EIHO SHA

# World Cuisine

英語で楽しむ世界の食文化

Tim Wharton

津田晶子

松隈美紀

EIHŌSHA

---

# Contents

<b>Unit1</b>	<b>USA</b> .....	1
	SOME MORE S'MORES!	
<b>Unit2</b>	<b>BRAZIL</b> .....	5
	ON THE MENU - MEAT, MEAT AND MORE MEAT!	
<b>Unit3</b>	<b>ETHIOPIA AND ERITREA</b> .....	9
	COFFEE IS OUR BREAD	
<b>Unit4</b>	<b>TURKEY</b> .....	13
	THE PRIEST FAINTED	
<b>Unit5</b>	<b>GREECE</b> .....	17
	STOLEN MEAT!	
<b>Unit6</b>	<b>SPAIN</b> .....	21
	THE BASQUE COUNTRY	
<b>Unit7</b>	<b>FRANCE</b> .....	25
	THE DISH THAT COST THE KING HIS HEAD	
<b>Unit8</b>	<b>ITALY</b> .....	29
	NO PASTA!	
<b>Unit9</b>	<b>PORTUGAL</b> .....	33
	A DISH FOR EVERY DAY OF THE YEAR	

---

<b>Unit10 SWITZERLAND</b> .....	37
DON'T DROP YOUR BREAD!	
<b>Unit11 SWEDEN</b> .....	41
THE MOST DISGUSTING SMELLING FOOD IN THE WORLD!	
<b>Unit12 CHINA</b> .....	45
EIGHT CUISINES	
<b>Unit13 INDIA</b> .....	49
THE HUMBLE DAL	
<b>Unit14 UK</b> .....	53
JUST WHAT IS A 'PUDDING'?	
<b>Unit15 UK</b> .....	57
CHRISTMAS DINNER	
調理の動作を示す重要動詞一覧.....	61
レシピ和訳一覧 .....	62
質問集 .....	63
音読表 .....	64
Rapid Reading (wpm) Record Sheet .....	65
レシピ記入ページ .....	68

---

## はじめに

「英語で楽しむ世界の食文化」(World Cuisine)は、各国の食文化に触れつつ、リスニングとリーディングのスキルを向上させることを目標に、イギリス人のDr. Tim Wharton (専門分野: Theoretical Linguistics) が書きおろし、津田晶子 (専門分野: TESOL、異文化間教育) がアクティビティーをデザインし、松隈美紀 (専門分野: 調理学) が料理の初心者向けに日本で入手できる食材を使ってレシピを作成、実際に調理しました。必ずしも、ユニットの順にしたがって進めなければならないわけではありません。各ユニットの構成は次のようになっています。

### 各国情報

国の名前、首都、言語、通貨を紹介しています。(データは日本の外務省公式ホームページに基づく)

### Dictation

音声を聴いて、( )内を適語で埋めましょう。答え合わせをしたら音読しましょう。

### Reading

#### Rapid Reading

1分間でどのくらいの速さで読めるか測り、巻末付録の表に記録しておきましょう。

### Comprehension Questions

本文の理解度を確認するための問題です。ペアやグループで確認してもよいでしょう。

### Recipes

その国を代表する料理や飲み物で、料理が初めてという学生でも挑戦できる簡単なレシピを紹介しました。食材は日本で調達できるものばかりですので、ぜひ、作ってみましょう。

### Crossword (Unit 3, 6, 9, 10, 14, 15)

本書で扱う食に関連する英語や各ユニットの国名をクロスワードで復習しましょう。

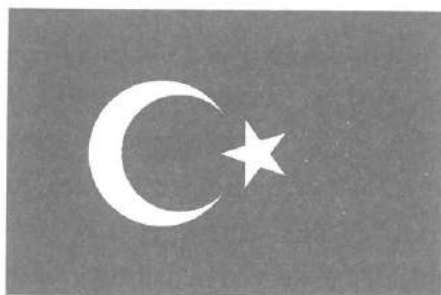
最後に、本書の構想から出版に至るまで、佐々木元氏、下村幸一氏をはじめとして、英宝社の皆様には大変お世話になりました。また、岩本弓子先生にはテキスト制作時に多大なご協力をいただきました。心より感謝の意を表します。

著者一同

# Unit 4

## TURKEY

### THE PRIEST FAINTED



#### Republic of Turkey

Capital: Ankara  
National Language: Turkish  
Currency: Turkish lira

#### ► Dictation

CD  
08

CDを聴いて、( ) 内を適語で埋めましょう。  
答え合わせをしたら、音読しましょう。

One of the most famous vegetable dishes ( 1 ) in Turkey is aubergines stewed with tomatoes and spices and lots of olive oil. It is always ( 2 ) cold. The name for this dish is *Imam Bayildi*: ( 3 ) into English, it means 'The Priest fainted'! The ( 4 ) is that the first time it was served to a certain *Imam*, or priest, he ( 5 ) so much of the rich, aromatic dish, that he fainted and ( 6 ) to the floor.

For many English people, Turkish food means *kebabs*, often enjoyed late at night when people are returning from an evening in the local pub. But Turkish cuisine has a rich history, and reflects the fact that it has its feet in two continents: Europe and Asia.

- 5 In Turkey it's very <sup>(50)</sup> common to be served *meze* – a selection of salads, dips and light cooked dishes – before your main course, or if you are just having a drink. You might, for example, be served courgette stuffed with meat and yoghurt, or olives and green onions, or a puree of broad beans or <sup>(100)</sup> small pastries filled with cheese or spicy meat. One of the
- 10 most famous vegetable dishes served in Turkey is aubergines stewed with tomatoes and spices and lots of olive oil. It is always eaten cold. The name for this dish is *Imam Bayildi*: translated into English, it means 'The Priest <sup>(150)</sup> fainted'! The legend is that the first time it was served to a certain *Imam*, or priest, he ate so much of the rich, aromatic dish,
- 15 that he fainted and fell to the floor...

It's a simple dish to prepare. You need four aubergines, four tomatoes, and four onions, and <sup>(200)</sup> then you also need a handful of currants, a clove of garlic, some ground allspice, parsley, a bay leaf and salt and pepper. Cut the aubergines in half lengthways and make two or three small cuts

20 along the cut side. Sprinkle with salt and leave aside. Now finely chop onions, <sup>(250)</sup> fry them slowly in olive oil, and then add the skinned and chopped tomatoes, garlic, allspice and parsley. After about half an hour you will have a thick, jam-like substance, to which you add about 100g of currants. When this has cooled you spoon it onto the aubergines. Place

25 all <sup>(300)</sup> the aubergines in an oven-proof pan and pour in enough olive oil to come halfway up the aubergines. There will be a lot of olive oil.) Cook in a low oven for about an hour, until the aubergines are really soft, and leave the dish to cool in the oil <sup>(350)</sup> overnight.

Then, when you are ready, season the dish with salt and pepper and serve

30 it cold and eat with lots of bread. Be careful, though. Don't eat too much: you might faint!

(383 words)

**Rapid reading**—1分で読める早さを測ってみましょう。

1 <sup>st</sup> time:	/wpm	2 <sup>nd</sup> time:	/wpm
-----------------------	------	-----------------------	------

## Comprehension Questions

1. **Why does the author think Turkish food have a rich history?**
- a. Because of their religion
  - b. Because of their geographic location
  - c. Because of the climate

2. **What does “substance” mean in line 23?**

a. material                      b. vegetable                      c. smell

3. **How does the author describe *Imam Bayildi*?**

a. It is very fragrant.  
b. It is very hard.  
c. It is very poisonous.

4. **Read the following statement and circle T for True or F for False.**

British people perceive Kebab as the best representation of Turkish cuisine.

( T / F )





## Chai (serves 4)



### Ingredients

---



800 cc milk  
2 cinnamon sticks  
4 tsp sugar  
8 tsp tea leaves  
120 cc fresh cream

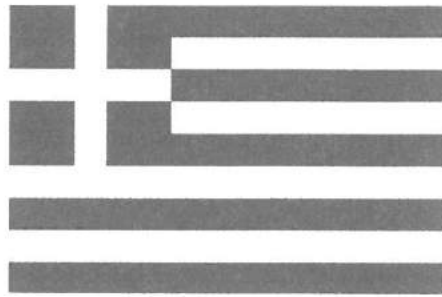
- ①Put milk, sugar and tea leaves in a pot. Boil gently.
- ②Pour fresh cream into glasses. Strain ① with a tea strainer into glasses.
- ③Garnish with cinnamon sticks.

\*調理の動作を示す動詞に下線を引きましょう。

# Unit 5

## GREECE

### STOLEN MEAT!



#### Hellenic Republic

Capital: Athens  
Official Language: Greek  
Currency: Euro

#### ► Dictation

CD  
10

CDを聴いて、( ) 内を適語で埋めましょう。  
答え合わせをしたら、音読しましょう。

If you travel to the ( 1 ) islands, you will find many beautiful restaurants – ( 2 ) as *tavernas* – serving a wide variety of dishes. To ( 3 ) your meal there are a ( 4 ) of cold dishes: *tzatziki* – yoghurt, garlic, and cucumber; *taramasalata* – fish eggs with oil, ( 5 ) and garlic; *horiatikisalata* – tomatoes, onions, ( 6 ), olives and a salty sheep's cheese called *feta*.

If you travel to the Greek islands, you will find many beautiful restaurants – known as *tavernas* – serving a wide variety of dishes. To begin your meal there are a range of cold dishes: *tzatziki* – yoghurt, garlic, and cucumber; *taramasalata* – fish eggs with oil, bread and garlic; *horiatikisalata* –

5 tomatoes, onions, cucumber, <sup>(50)</sup> olives and a salty sheep's cheese called *feta*. There is always fresh fish, simply grilled over charcoal, or fried in oil, and other seafood specialties such as squid, cuttlefish, and octopus. The Greeks like to dry their octopus in the sun before they grill it and you will often see <sup>(100)</sup> them hanging on washing lines next to the restaurant!

10 And there are always meat dishes, too. The Greeks love quick-cooked grilled lamb, pork and beef, and usually serve it with fried potatoes. Then, there are the slow-cooked dishes: tomatoes and pimentos stuffed with meat and rice, and beans cooked with <sup>(150)</sup> tomatoes. One of the most delicious of these slow-cooked dishes is *kleftiko*. *Kleftiko* is Greek for 'stolen'!

15 Until the early part of the 19<sup>th</sup> century, Greece was ruled by the Ottoman (or Turkish) Empire. Greek people were not allowed to keep their own animals, and they often had no meat <sup>(200)</sup> to eat. The only way to find meat was to steal it! They stole a lamb or goat from the hillside and cooked it in a hole in the ground for 24 hours. They lit a fire in the hole, put in the

20 meat and covered the hole with a <sup>(250)</sup> large rock. This kept all the steam in (and also meant that no-one could smell the meat cooking). Prepared in this way, the meat was very, very tender.

The Greeks still love the flavor and texture of meat cooked this way but, nowadays, *kleftiko* is prepared in clay pots covered <sup>(300)</sup> with aluminium

25 foil and cooked overnight in a wood-fired oven with garlic, herbs, and olive oil. It is served with potatoes or small pasta shapes.

(325 words)

**Rapid reading**—1分で読める早さを測ってみましょう。

1 <sup>st</sup> time:	/wpm	2 <sup>nd</sup> time:	/wpm
-----------------------	------	-----------------------	------

## Comprehension Questions

1. What do the Greeks like to do with the octopus before they grill it? ?
  - a. They cook it slowly in a pan.
  - b. They hang it on washing lines.
  - c. They cook it overnight in an oven.
  
2. What was one of the things that the Greeks were not allowed to do when they were under the Ottoman Empire?
  - a. To keep food in clay pots
  - b. To raise animals by themselves
  - c. To grill octopus
  
3. What does “texture” in line 24 mean?
  - a. smoothness
  - b. content
  - c. color
  
4. Read the following statement and circle T for True or F for False.  
The Greeks love to eat meat as well as fish. ( T / F )

## Greek-Style Salad (serves 4)



### Ingredients

2 tomatoes  
20 g arugula  
2 cucumbers  
1 yellow and red pepper  
20 g olives  
80 g feta cheese

### Seasoning A

60 cc olive oil  
30 cc vinegar  
Salt and pepper

- ① Cut tomatoes, cucumbers, yellow and red pepper and feta cheese into bite-sized pieces.
- ② Put Seasoning A ingredients in a bowl. Mix to form a dressing.
- ③ Put ①, arugula, olives and feta cheese in a dish. Pour on dressing.

\*調理の動作を示す動詞に下線を引きましょう。

\*写真はゴーダチーズを使用

## CHRISTMAS DINNER



Brussels sprout



Parsnip

### ► Dictation

CD  
30

CDを聴いて、( )内を適語で埋めましょう。  
答え合わせをしたら、音読しましょう。

Christmas Day is a ( 1 ) day on the British calendar.  
( 2 ) people from other ( 3 ) countries,  
where the main Christmas meal is ( 4 ) on Christmas Eve, the  
British prepare and eat theirs on the 25<sup>th</sup> December. For most people, the  
meal will begin at around 1 pm, but ( 5 ) this, it is still known  
as Christmas ( 6 ).

Christmas Day is a special day on the British calendar. Unlike people from other European countries, where the main Christmas meal is served on Christmas Eve, the British prepare and eat theirs on the 25<sup>th</sup> December. For most people, the meal will begin at around 1pm, but despite this, it<sup>(50)</sup>  
5 is still known as Christmas dinner.

Christmas dinner is a variation of the traditional British Sunday roast. Nowadays, in fact, many people eat beef at Christmas, but the centerpiece of an authentic British Christmas dinner will be either roast turkey or roast goose. Whether you are eating turkey or goose,<sup>(100)</sup> it will be served with  
10 a stuffing made from pork sausage meat and chestnuts, gravy, and bread sauce. Bread sauce is an unusual dish, but there is something comforting about it, and many British people (including myself) insist on it at Christmas.

Take one onion and embed within it a<sup>(150)</sup> dozen cloves. Place the onion in a pint of milk and cook gently for half an hour. Remove the onion and  
15 cloves, which, by now, will have flavored the milk, and add enough fresh white breadcrumbs (or cubes of white bread) to make the sauce thicken. Cook for five minutes,<sup>(200)</sup> add salt, pepper and a dash of double cream and your sauce is ready! Nowadays, turkey and goose are also served with cranberry sauce – fresh cranberries cooked down with port, orange  
20 juice and sugar – but this is actually an American tradition that has been taken on by the British. For<sup>(250)</sup> goose in particular, some kind of pickled fruit works perfectly with the richness of the meat. This Christmas I will be serving my goose with sweet and sour cherries. Yum!

All this will be served with roast potatoes and vegetables. The vegetables will  
25 be either boiled or roasted and will<sup>(300)</sup> typically include carrots, parsnips and peas. One vegetable that is *always* on the menu at Christmas is the Brussels sprout, a vegetable that looks like a miniature cabbage. For many children, Brussels sprouts are the stuff of nightmares. I *hated* them! But this, I think, was largely because, in Britain,<sup>(350)</sup> vegetables are often overcooked

30 (and overcooked Brussels sprouts smell *horrible*). Nowadays I love them and many people adopt a more oriental cooking method and stir-fry their sprouts with shallots or garlic. Cooked in this way they are crispy and delicious, and there is no horrible smell to ruin your Christmas. <sup>(400)</sup>

After the main meat, everybody gathers around, turns down the lights  
35 and awaits the arrival of the Christmas pudding. But that's another text...

(423 words)

**Rapid reading**—1分で読める早さを測ってみましょう。

1 <sup>st</sup> time:	/wpm	2 <sup>nd</sup> time:	/wpm
-----------------------	------	-----------------------	------

## Comprehension Questions

1. What does “authentic” in line 8 mean?  
a. genuine                      b. smoky                      c. delicious
2. What is included in a stuffing of roast turkey or roast goose?  
a. carrots                      b. parsnips                      c. chestnuts
3. Why did the author hate Brussels sprouts?  
a. Because it stink.  
b. Because it looks awful.  
c. Because it is sticky.
4. Read the following statement and circle T for True or F for False.  
In the UK, Christmas Dinner served after 1 pm on December 24<sup>th</sup>.

( T / F )



