

Love leftovers 喜欢残羹剩饭

Vocabulary: cooking 词汇: 烹调

In the UK, we throw away more than 7 million tonnes of food and drink from our homes every year. At least half of that food is perfectly **edible**. One reason for this is a problem with **portions** – we keep on cooking more than we can eat. And most people just **scrape their plates** into the **bin** at the end of the meal.

Our ancestors didn't have enough money to waste it **discarding** perfectly good food. They were **thrifty** and knew how to **cook up something** from **odds and ends** of food the next day. And the UK's Environment Secretary, Owen Paterson, wants us to learn some of those old skills again.

He criticises celebrity chefs, saying, "Cookbooks in the 1970s and 1980s always had chapters on using up **scraps** and **leftovers**. But this stopped in the 1990s." And if the media is part of the problem, maybe the media can be part of the answer. Mr Paterson wants **celebrity chefs**, like Jamie Oliver and Nigella Lawson, to give us more **recipes** using leftover food.



Celebrity chefs, Nigella Lawson and Jamie Oliver.

Celebrity chefs are very influential in the UK. Shops frequently **sell out of ingredients** they use in their recipes. When Nigella Lawson praised **goose fat** for making roast potatoes, **sales soared**. And **veteran cook** Delia Smith has **boosted sales** of so many different ingredients over the years, the 'Delia effect' is now in the dictionary.

There are some traditional British recipes using leftovers. 'Bubble and squeak' is fried up leftover vegetables from the Sunday roast dinner. Bread and butter pudding is traditionally a good use for **stale bread**.

But modern British **lifestyles** and leftovers **don't go well together**. We hear about food safety, and are scared to use food **past its best**. Once, people could buy food as they needed it. But in the last 50 years, small local shops have closed, and people do a whole week's shopping at the supermarket. It's hard to plan your **menu** a week in advance, which leads to waste. So it seems it will take more than TV chefs to persuade Britons to love leftovers.

词汇表请参看答案与词汇部分

Quiz 测验

阅读短文并回答问题。

1. According to the article, how much food do Britons throw away at home each year?
2. Can you name two British celebrity chefs from the article?
3. What is bubble and squeak?
4. Which kind of shops have closed in the last 50 years?
5. Is the following statement true, false or not given? The Environment Secretary, Owen Paterson, wants people to throw away more leftovers.

Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. You can eat some wild leaves, but some aren't _____.

edible	eatable	chef	recipe
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2. Don't order too many dishes here, they give you too much food. The _____ are huge!

recipes	chefs	portions	menus
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3. I like fish and I like fruit. I just don't think they _____ well together.

go	get	are	come
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4. I like this sauce you made. Can you give me the _____?

cook	recipe	make	menu
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5. This bread from yesterday is really dry. I think it's _____.

stuck	stick	stall	stale
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Answers and Glossary 答案与词汇

Quiz 小测验

1. According to the article, how much food do Britons throw away at home each year? 7 million tonnes.
2. Can you name two British celebrity chefs from the article? Any two from: Nigella Lawson, Jamie Oliver and Delia Smith.
3. What is bubble and squeak? It's fried up leftover vegetables from a Sunday roast.
4. Which kind of shops have closed in the past 50 years? Small shops.
5. Is the following statement true, false or not given? The Environment Secretary, Owen Paterson, wants people to throw away more leftovers. Not true. He wants people to eat their leftovers.

Exercise 练习

1. You can eat some wild leaves, but some aren't edible.
2. Don't order too many dishes here, they give you too much food. The portions are huge!
3. I like fish and I like fruit. I just don't think they go well together.
4. I like this sauce you made. Can you give me the recipe?
5. This bread from yesterday is really dry. I think it's stale.

Glossary 词汇表

edible	可食用的
portions	份量
scrape their plates	把盘子刮净
bin	垃圾桶
discarding	扔掉
thrifty	节约的
cook up something	(盛饭) 再做
odds and ends	零零碎碎的剩饭
scraps	残羹剩饭
leftovers	残羹剩饭
celebrity chefs	名厨
recipes	菜谱
sell out of	一售而空
ingredients	佐料, 成份
goose fat	鹅油
sales soared	销售直线上升
veteran cook	老厨师
boosted sales	促进销售
stale bread	陈旧面包
lifestyles	生活方式
don't go well together	不匹配
past its best	过期
menu	菜单