

# Food & Tourism



Written by Dr. Faith Yang

Edited by Grace Hsu, Josie Chen

觀光餐飲英文

# Index

Cooking Terms Vocabulary A-Z 3

Food Preparation Vocabulary A-Z 9

Kitchen Vocabulary 11

Chinese Food Vocabulary 14

Diet and Health Vocabulary 16

# Cooking Terms Vocabulary A-Z

A	
aerate	使充滿氣體
age	使味道變醇
B	
bake	烘焙
barbecue	炭火燒烤
baste	在烤肉上塗 上油脂
batter	麵糊
beat	攪成糊狀
bind	捆綁
blacken	變黑
blanch	川燙
blend	混合
boil	水沸
bone	骨頭
braise	以文火燉煮
bread	裹上麵包粉

brew	釀（酒）； 沖（茶）； 煮（咖啡）
broil	以武火烤
brown	煎成金黃色
burn	燒焦
butterfly	從側面切半
C	
can	罐頭
caramelize	使成焦糖
char	燒焦
char-broil	炭烤
chill	冷凍
chop	剁碎
chunk	厚片
churn	用攪乳器攪
clarify	淨化
coddle	用文火煮

combine	化合
cool	使冷卻
congeal	使凝結
core	去核
cream	奶油
cured	以鹽醃製
cut	切
<b>D</b>	
debone	去骨
decorate	裝飾
deep fry	油炸
deglaze	做燉菜時以酒或高湯刮取肉渣（以提味）
descale	去鱗
devil	用香辣調味料燒烤
dice	切丁
dip	蘸醬
dough	生麵團
drain	瀝乾

drizzle	滴
dry	風乾
<b>E</b>	
escallop	塗上醬汁與麵包屑烘烤
<b>F</b>	
ferment	發酵
fillet	切片
filter	過濾
flambe	澆上白蘭地後點燃
flavor	調味
flip	翻面
fold	攪打
freeze	冷凍
French fry	炸（薯條）
fricassee	煮成原汁肉塊
frost	裹上糖衣
froth	起泡沫
fry	炒

<b>G</b>	
garnish	搭配
gel	膠化
glaze	淋上糖漿
grate	磨成細粉狀
gratin	焗烤
grease	塗油脂潤滑
grill	火烤
grind	絞
<b>H</b>	
hard boil	煮老
harden	變硬
hash	切碎後再炒
heat	加熱
hull	去殼，蒂
<b>I</b>	
ice	冷卻
infuse	泡，浸漬
<b>J</b>	
jell	使凍結

juice	榨汁
julienne	切成細絲
<b>K</b>	
knead	揉捏
<b>L</b>	
layer	堆積成疊
leaven	使發酵
<b>M</b>	
macerate	浸軟
marinate	浸泡滷汁
mash	搗成糊狀
measure	計量
melt	融化
microwave	微波
mix	混合
mold	凝固成形
<b>O</b>	
oil	油

oven fry	以烤箱料理 取代傳統油炸
overcook	煮過頭
<b>P</b>	
pan fry	煎炒
parboil	煮到半熟
pare	削皮
peel	剝皮
percolate	過濾
pickle	醃製
pit	去核
poach	小火慢煮
pop	爆
pour	倒入
precook	預煮
prepare	準備
preserve	保存
press	壓
pressure-cook	以高壓烹煮
process	加工

pulp	弄成漿狀
puree	弄成醬狀
<b>Q</b>	
quarter	分成四份
<b>R</b>	
raw	生的
reduce	減少
refrigerate	冷藏
render	取出
rise	麵團發酵
roast	煎烤
roll	麵包捲
rub	摩擦
<b>S</b>	
salt	加鹽
saute	嫩煎
scald	用沸水燙 (以去皮, 拔毛)
scallop	扇貝

shirr	焗烤 (常用 於料理雞 蛋)
scoop	球形勺
score	將肉切小塊 以利醃漬
scramble	翻炒
sear	高溫燒烤
season	調味
separate	分開
serve	端上 (飯 菜)
shell	殼
shred	切碎
shuck	剝殼
sieve	濾網
sift	篩
simmer	燉
skewer	用針串起
skim	除去表面漂 浮物
skin	脫皮

slice	切薄片
sliver	使成薄片
slow cook	慢煮
smoke	煙薰
snip	剪去
soak	浸泡
soft boil	煮得半熟
souse	醃
sprinkle	撒
steam	冒熱氣
steep	浸泡
stew	以文火燉
stir	攪動
stir fry	快炒
strain	拉緊
stuff	填充
sweat	結水珠
sweeten	使變甜
<b>T</b>	
temper	火候
tenderize	煮的軟嫩
thicken	勾芡

thin	稀釋
toast	烤 (麵包)
top	放上
toss	拋起翻面
trim	切去不要的部分
truss	捆綁
turn	翻面
U	
uncured	未煙薰的
unmold	脫模
W	
warm	保溫
wash	清洗
wedge	擠入
whip	拌打至起泡
whisk	攪
Z	
zap	用微波爐煮
zest	柑橘類水果的碎皮, 用為增加風味



# Food Preparation Vocabulary A-Z

A	
a la mode	加冰淇淋的
al dente	有嚼勁的
B	
bake	烘焙糕點
boil	烹煮
broil	烤炙
C	
chop	剁碎
convection	對流
cut	切
D	
dehydrate	脫水
dehydrated	脫水過的
dice	切丁

F	
french fries	薯條
fry	油炸
G	
grill	烤架
grind	磨碎
H	
hydrated	含水的
M	
mash	搗成糊狀
microwave	微波爐

O	
oven	烤箱
P	
pare	削皮
percolate	過濾
pressure	壓力
R	
raw	生的
roast	烤肉
S	
shish kebab	串烤肉
slice	切薄片
souvlaki	希臘串燒薄餅
T	
toast	吐司

W	
wash	清洗



# K i t c h e n Vocabulary

In a kitchen, you can see...

## Kitchenwares 廚房用具 (較大型)

kitchen cupboard	櫥櫃
sink	水槽
tap (UK)	水龍頭
faucet (US)	
fridge	冰箱
freezer	冷凍庫
dishwasher	碗機
stove	爐具
oven	烤箱
microwave oven	微波爐
mixer (blender)	攪拌器
meat mincer	絞肉機
toaster	烤麵包機
coffee maker	咖啡機
kettle	水壺
tea pot	茶壺

colander	濾器
stewpan	燉鍋
pressure cooker	壓力鍋
deep fryer	炸鍋
saucepan	平底深鍋
frying pan	煎鍋 (平底淺鍋)
extractor hood	抽油煙機

**Kitchen Utensils** 廚房用具 (較小型)

grater	刨絲機
tin opener / can opener	開罐器
corkscrew	葡萄酒瓶開瓶器
bottle opener	一般開瓶器
funnel	漏斗
lemon squeezer	擠檸檬器
scale	秤子
baking tin	烤模
vegetable peeler	削皮器
whisk	打蛋器
chopping board	切菜板
spatula	抹刀
skimmer	漏勺
soup ladle	湯勺
rolling pin	桿麵棍

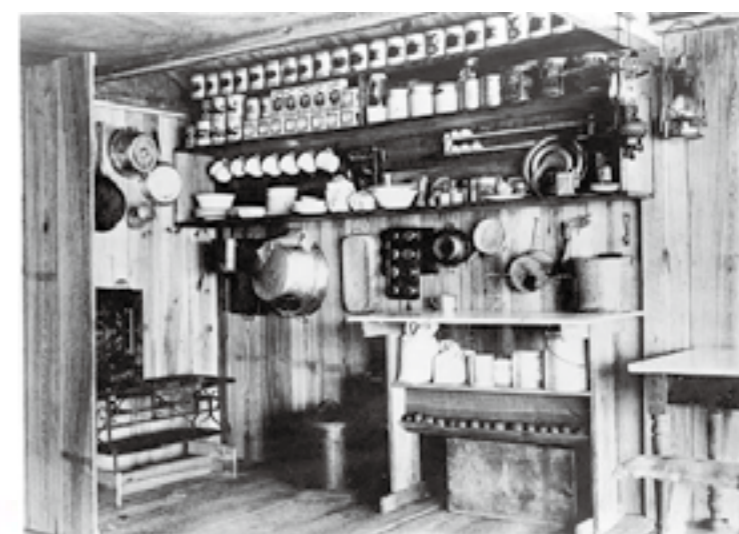
sieve	篩網
pepper mill	磨胡椒器

**Dishware** 餐具盤具

plate	盤子
carafe	玻璃水 (酒) 瓶
glass	玻璃杯
mug	馬克杯
saucer	淺碟
bowl	碗
salad bowl	裝沙拉的大碗

**Kitchen Linen** 廚房布置品

kitchen apron	圍裙
tea towel (UK)	擦乾碗盤用的毛巾
dish towel (US)	
oven mitt	隔熱手套



# Chinese Food Vocabulary

steamed white rice	白飯
beef and rice	牛肉飯
chicken thigh and rice	雞腿飯
pork chop and rice	排骨飯
fried rice with shrimp	蝦仁炒飯
fried noodles	炒麵
fried rice noodles	炒米粉
plain noodles	陽春麵
dumplings	水餃
egg omelet	蛋餅
steamed stuffed bun	包子
sticky buns	饅頭
white radish patty	蘿蔔糕

crab	螃蟹
fish cooked in soy sauce	紅燒魚
Peking duck	北平烤鴨
egg and vegetable soup	蛋花湯
hot and sour soup	酸辣湯
seaweed soup	紫菜湯
spicy tofu	麻婆豆腐
vegetarian platter	素什錦





# Diet and Health Vocabulary

Overweight (adj.) 體重過重、超重

- 60% of the population in Taiwan is now overweight according to official statistics.

Obesity (N.) 肥胖

- Obesity is now a real problem for teenagers. Also, children who are obese are often bullied at school.

Eating Disorder 飲食失調症狀

- Mentally ill people usually eat far too little or far too much food and they are unhappy with their bodies.

Nutrients (N.) 營養 (成份)

- A healthy diet should consist of all the essential nutrients that helps you strike a balance on daily food consumption.

Diet (N.) 飲食 / 節食

- It is important to have a healthy diet. People must eat plenty of fruit and vegetables. To maintain a healthier life style, I've been on a diet now for four weeks, and I've lost about one kilo.

Overeating (N.) / Overeat (V.) 飲食過量

- There is evidence that overeating is one of the main causes of obesity.

Ingredients (N.) 食材

- The ingredients of the dish include shrimps, tomatoes, and parsley.

Allergy (N.) 過敏

- Allergies are becoming more common, and this could be connected to diet. If I eat seafood, I have an allergic reaction. I cannot breath properly.  
- This pack of instant noodles is full of additives so I'm not going to eat it.

Prevent (V.) / Prevention (N.) 預防

- Lots of exercise will prevent obesity. The prevention of health problems should be encouraged by the government. For example, they could ban the advertising of fast food on TV.

Variety - When preparing meals, you need to think about variety and taste as well as nutritional value.

Appetite (N.) 胃口

- All that exercise has given me an appetite.

Fiber (N.) 纖維

- A diet that is high in fiber is important in order to maintain a healthy body.

Regular (adj.) 規律的

- Regular physical exercise is important for good health.

Vitamins (N.) 維生素

- My doctor suggests me to take vitamin supplements these days in order to keep my body healthy.

Diabetes (N.) 糖尿病

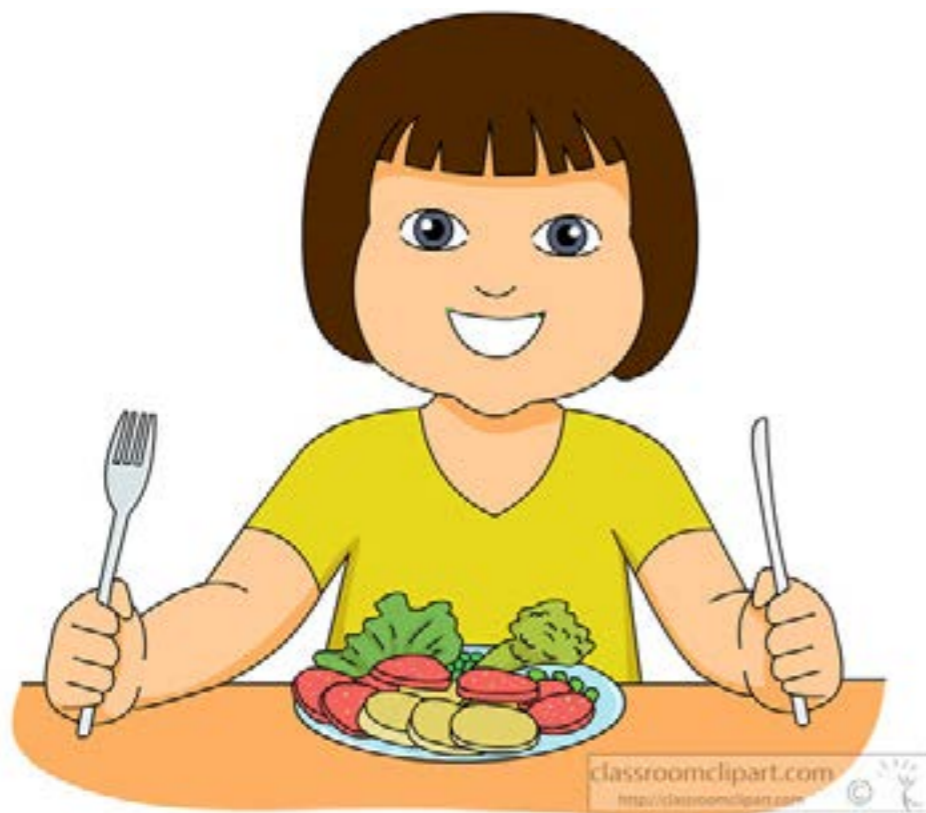
- Diabetes is becoming much more prevalent (= common or widespread) amongst children.

Word Combinations of "Health"

1. Fruit has several health benefits.
2. Elderly people can have many health problems.
3. The health care in the country is deteriorating (= getting worse).
4. There may be health risks from eating too much red meat.
5. Health education is very important if we are to

prevent illness and reduce medical costs.

6. Sweden has one of the best health systems in the world.



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