

Unit 11

Pastries



After learning this unit, you'll be able to:

1. grasp names of common pastries.
2. describe how to cook pastries.

Part 1 Warming Up

Activity 1

Do you know the names of the following pastries? Please choose the correct words or expressions from the box and write them down in the blanks.

sweet dumplings

noodles

egg tarts

pizza

spring rolls

bread

scallion pancakes

chiffon cake

steamed stuffed buns

wontons

tiramisu

butter cookies



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____



9. _____



10. _____



11. _____



12. _____

Activity 2

Can you identify different kinds of pastries? Put the following words or expressions into the right box.

smashed bean bun	egg tart	cookie
moon cake	hot dog bun	rice cake
black forest cake	donut	French bread
egg pancake	beef pancake	steamed shrimp dumpling

Variety	Pastries
chinese pastry	
western pastry	

Part 2 Focus on Cooking Language



Dialogue 1 Could You Tell Me How to Make Steamed Shrimp Dumplings?

Jack: Could you tell me how to make steamed shrimp dumplings?

Chef: No problem. First, we need to mix the flour, salt and water in a large bowl.

Jack: What is the next step?

Chef: Let the dough rest for 10 minutes, because it can help ingredients settle together.

Jack: A cutting board will be working here.

Chef: Yes. Cut the dough into about equal pieces for the dumplings.

Jack: I see. You told me to use the rolling pin to roll out each dough piece into a thin circle.

Chef: Wonderful! Then put some filling we've prepared in the

Words & Expressions

shrimp /ʃrɪmp/ *n.* 虾
 dough /daʊ/ *n.* 生面团
 rolling pin 擀面杖
 wrapper /ˈræpə(r)/ *n.* (饺子) 皮



middle of the round wrapper and pack it.

Jack: OK.

Chef: Finally, steam the dumplings for 10 to 15 minutes in the steamer until it can be served.

Dialogue 2 What Kind of Cake Would You Like to Order?

Words & Expressions

chocolate /'tʃɒklət/ *n.* 巧克力
mousse /mu:s/ *n.* 慕斯; 奶油冻
cheese /tʃi:z/ *n.* 奶酪; 干酪
flavor /'fleɪvə(r)/ *n.* 味道, 风味

Waiter: Good afternoon, madam. What kind of cake would you like to order?

Guest: Good afternoon. What do you recommend?

Waiter: We have chocolate cake, cream cake, fruit cake, mousse cake, and cheese cake. Which flavor do you prefer?

Guest: I prefer chocolate cake.

Waiter: Sure. Tell us what you want to write on it, and then we'll see if it's possible.

Guest: Can I write "Happy birthday to you" on it?

Waiter: OK. It will be ready in about half an hour.

Guest: Oh, that's fine. I'll be back in about half an hour.

Waiter: OK. Then the cake will be ready. See you later.

Guest: See you.

Recipe

Words & Expressions

decorate /'dekəreɪt/ *v.* 装饰; 装饰
chiffon cake 戚风蛋糕
fluffy /'flʌfi/ *adj.* 蓬松的; 松软的
texture /'tekstʃə(r)/ *n.* 口感; 质地
intricate /'ɪntrɪkət/ *adj.* 精致的; 复杂的
artistic /ɑ:'tɪstɪk/ *adj.* 艺术的; 精美的
hydration /'haɪ'dreɪʃn/ *n.* 水化(合)作用
layer /'leɪə(r)/ *n.* 层; 表层
spatula /'spætʃələ/ *n.* 抹刀; 刮刀

Decorating the Chiffon Cake with Fresh Fruits

The chiffon cake is a type of cake that is known for its light and fluffy texture. This cake is made with whole eggs, sugar, flour, oil, and baking powder.

Decorating the chiffon cake consists of cake blanks and decorative materials. The decorative materials are usually made of egg white, cream, jam, fruits, and so on. Decorating the chiffon cakes with fresh fruits is to use a variety



of fresh fruits. Pile them on top of the cake, or arrange them in an intricate manner, which looks artistic.

Ingredients:

- one six-inch chiffon cake
- 300 grams of light cream
- 20 grams of sugar
- 1 cup of fresh strawberries
- 1/2 cup of fresh blueberries
- 1/2 fresh white dragon fruit
- 2 kiwi fruits
- half a jar of canned yellow peach

Instructions:

1. Cut the chiffon cake into 2 pieces.



2. Slice the kiwi fruits and cut the strawberries in half. Drain the canned yellow peach and set it aside.



Words & Expressions

evenly /'i:vnlɪ/ *adv.* 均匀; 平滑地

plaster /'plɑ:stə(r)/ *v.* 涂抹

rotate /rəʊ'teɪt/ *v.* (使) 旋转, 转动

arrange /ə'reɪndʒ/ *v.* 整理; 排列

3. Add sugar into the cream, and beat with an electric egg beater at medium speed until the mixture is clear. If the cream is beaten, it cannot be used because of hydration.



4. Put the cake base on the cake mounting turntable, and apply a layer of cream on the first layer of cake base with a spatula. Spread the canned yellow peach evenly, and put a second layer of cake on top. In the same way, spread the cream on the second layer of cake. For plastering, firstly wipe the four sides and then the top, and then apply an appropriate amount of cream around. Rotate the mounting turntable and try to smooth it as much as possible. Rotate the mounting turntable and carefully arrange the edges and corners.



5. Then place fresh strawberries and kiwi fruits in the middle. Finally, sprinkle some blueberries. The two-layer fruit cake is ready.

**Tips:**

1. Make sure the fruits are well washed and cleaned.
2. The fruits used on the cake need to be freshly cut and kept fresh, otherwise they may turn a little brown in color.

Exercises**I.** Write the sentences in the right order.

1. sugar, add, the cream, into

2. in half, cut, the strawberries

3. the mounting turntable, on, put, the cake base

4. set, drain, aside, and, the canned yellow peach, it

5. second layer, put, top, a, cake, on, of

II. Put the following sentences into the correct order according to the time sequence.

- A. Decorate the cake with fruits.
- B. Cut the chiffon cake into 2 pieces.
- C. Beat the cream with an electric egg beater.

D. Slice the kiwi fruits and cut the strawberries in half.

E. Apply a layer of cream on the cake with a spatula.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

Part

3

Summing Up and Self-Check

I. Useful sentences.

1. _____ some blueberries. 撒上一些蓝莓。
2. _____ eggs and flour, and then _____ them at low speed. 加入鸡蛋和面粉, 然后慢速搅拌它们。
3. _____ butter and sugar _____ a mixer to make batter. 用搅拌器把黄油和糖混合在一起做成面糊。
4. _____ the batter into the cake. 把面糊倒入蛋糕中。
5. _____ the butter and salt with a spoon. 用勺子搅拌黄油和盐。

II. Do you master these English phrases?

- ◎ put them into the oven
- ◎ stir them at low speed
- ◎ with low fire
- ◎ beat until smooth
- ◎ blend butter and sugar with a mixer
- ◎ bake the cake
- ◎ decorate the cake
- ◎ cool the chiffon cake
- ◎ sift the flour

Words & Expressions

beat until smooth 打匀

blend /blend/ *v.* (和某物) 混合; 融合

blend...with... 用……把……混合在一起

mixer /'mɪksə(r)/ *n.* 搅拌器; 混合器

flour /'flaʊə(r)/ *n.* (尤指小麦的) 面粉; (谷物磨成的) 粉

Part 4 Chinese Culinary Culture

Cantonese Cuisine

Cantonese cuisine, or Yue cuisine, originates from Guangdong Province and is one of the four major cuisines and eight major cuisines of China—they are Shandong Cuisine, Sichuan Cuisine, Cantonese Cuisine, Fujian Cuisine, Jiangsu Cuisine, Zhejiang Cuisine, Hunan cuisine, and Anhui Cuisine. Cantonese cuisine can be further divided into three distinctive classes, namely Guangzhou cuisine, Chaozhou cuisine, and Dongjiang cuisine (also known as Hakka cuisine).

The cooking styles of Cantonese cuisine have evolved over a period of more than 2,000 years in China. The recipes of Cantonese dishes appeared as early as in the literature of the Han Dynasty. It became famous both at home and abroad at the beginning of the 20th century due to the great numbers of early emigrants from Guangdong. Cantonese cuisine is perhaps the most widely available type of Chinese cuisine outside China.

Cantonese food does not use many spices, bringing out the natural flavor of the vegetables and meat. Guangdong dishes are characterized by their tender and slightly sweet taste. Sauces are a crucial seasoning in Cantonese cuisine. Classic Cantonese sauces are light and mellow.

The basic cooking techniques of Cantonese cuisine include roasting, stir-frying, sautéing, deep-frying, braising, stewing, and steaming.



粤 菜

粤菜起源于广东省，是中国四大菜系和八大菜系之一。八大菜系包括鲁菜、川菜、粤菜、闽菜、苏菜、浙菜、湘菜和徽菜。粤菜可以进一步分为三个不同的类别，即广州菜、潮州菜和东江菜（又称客家菜）。



粤菜的烹饪风格在中国已经发展了 2 000 多年。粤菜的食谱最早出现在汉代的文献中。由于早期移民大量涌入，它在 20 世纪初享誉海内外。粤菜可能是在中国以外最常见的一种中国菜。

粤菜使用香料不多，反而会激发出蔬菜和肉类自然的香味。粤菜口味的特点是鲜嫩微甜。酱汁是粤菜中至关重要的调料。经典的粤式酱汁清淡甘美。

粤菜的基本烹饪方法包括烤、炒、焗、炸、焖、炖和蒸。

Part 5 Learn More

flour (尤指小麦的) 面粉; (谷物磨成的) 粉	high protein flour 高筋面粉
all-purpose flour 中筋面粉	low protein flour 低筋面粉
baking soda 小苏打	custard powder 蛋奶沙司粉; 吉士粉
butter 黄油	sugar 糖
salt 盐	alum 白矾
sesame 芝麻	honey 蜂蜜
bread flour 面包粉	cane sugar 蔗糖
brown sugar 红糖	white sugar 白砂糖

cream 奶油	rock sugar 冰糖
instant yeast 速溶酵母	food additive 食品添加剂
vanilla essence 香草精	clove 丁香
soy sauce 酱油	light soy sauce 生抽
dark soy sauce 老抽	sushi vinegar 寿司醋
corn starch 玉米淀粉	glutinous rice flour 糯米粉
lotus paste 莲蓉	Chinese red date 红枣
preserved red date 蜜枣	