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Paella: Spanish Pleasure in a Pan It ' s a sunny afternoon in the Mediterranean city of Valencia, Spain.

Friendly Spaniards smile and wave as you stroll by. Suddenly, a rich, delicious smell fills your nostrils. Up ahead, an excited group of locals is standing around a large, round pan of food that ' s cooking over a fire. “ Paella ” -- the word rolls off your tongue as your

mouth starts to water. Valencia ' s paella is famous, but most

Spanish provinces have their own versions of this traditional dish.

Paella ' s ingredients include rice, olive oil, roasted rabbit, chicken, shrimp, red and green peppers, onions, and plenty of garlic. But the key ingredient is saffron, an exotic, fragrant spice that gives paella its rich flavor and orange-yellow color. The word “ paella ” comes

from patella, which is Latin for “ pan. ” A paella pan is round,

shallow, and flat, and has two large handles. It ' s usually made of iron. To prepare an authentic paella, a good paella pan and a hot

wood fire are essential. 译文：一个晴朗的午后，你正漫步于西班牙地中海沿岸的瓦伦西亚市，友善的西班牙人脸上挂着微笑，朝着你挥挥手。突然间，一股浓郁的香味扑鼻而来。就在正前方，一群当地人兴奋地围绕着以大圆锅盛装的食物，它正在柴火上烹煮着。你的口水直流，不假思索便从嘴里蹦出“西班牙海鲜饭”这几个字。瓦伦西亚的海鲜饭远近驰名，但这道传统佳馐在西班牙各省多有各自的做法。海鲜饭的材料包括米、橄榄油、烤兔肉、鸡肉、虾子、红椒、青椒、

洋葱以及大量的蒜头，但最关键的材料则为番红花。番红花是一种外来的香料，使得海鲜饭散发浓郁的香味并呈现橙黄的色泽。Paella这个词源于拉丁文的patella(即“锅子”)。海鲜饭锅是圆而浅的平底锅，两边装有大把手，通常是铁制的。要作出道地的海鲜饭，一把好的锅子以及燃烧旺盛的柴火是不可或缺的。100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com