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英聽教學

Crispy, fluffy, golden brown, all kinds of tasty things get baked in ovens around the globe.

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英文 / Leila Luo 圖 / 123RF



When did humans start baking? Long before people grew grains like wheat or rice, humans gathered wild grass grains. After soaking the grains in water and mashing them, this mixture would have been cooked on a flat, hot rock. Over time, baking became very popular in ancient Rome and later spread throughout Europe and eastern Asia.

烘焙的飲食文化究竟是始於何時？在人類懂得栽種小麥、稻米等穀物之前，就知道蒐集野生穀粒，並加以浸泡、搗碎製成混合物，再放到平坦的熱石上烤熟。到了古羅馬時期，烘焙掀起風潮，傳遍了歐洲與東亞。



Today, no matter where you come from, people love baking. Italy has an ancient bread called focaccia, which is a flat bread with a crisp crust. Brazilians eat pão de queijo, a “cheese bread” made with tapioca flour, creating a crispy outside, but a tender, chewy inside. In Hong Kong, people love the fluffy sweet bread called pai bao, which is made of flour, yeast, and a little bit of milk.

現今，人們對烘焙的喜愛不分國界。歷史悠久的義大利佛卡夏麵包，是一種外皮酥脆、經發酵的扁麵包；以木薯粉製成的巴西起司麵包球 (pão de queijo)，外表酥脆、內部軟糯彈牙；香港人愛吃的排包，香甜蓬鬆，則是由麵粉、酵母和少許牛奶製成。



bake (v.) 烘烤

grain (n.) 穀物

soak (v.) 浸泡

mash (v.) 搗碎

crust (n.) 餅皮、麵包皮

聊天結帳 銀髮不孤獨 e 時代 慢活更精彩

英文 / Andrew Edmunds 圖 / 123RF

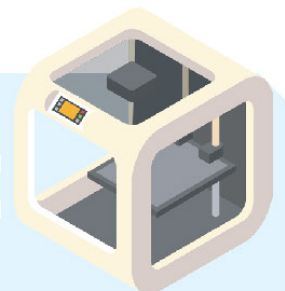
Because 1.3 million people in the Netherlands are over 75, a major Dutch supermarket chain now has special checkout lanes that are slow in order to help lonely elders socialize. 'Chat checkout' lanes are for those who would like to pay for their groceries while having a friendly conversation with the clerk.



年過 75 的高齡人口，在荷蘭已突破 130 萬人。為了提供孤單長者社交機會，荷蘭的一間大型連鎖超市推出「聊天結帳」。可以想像在購物結帳時，你與店員溫暖地談心嗎？這種特別的結帳服務專屬特別的你。

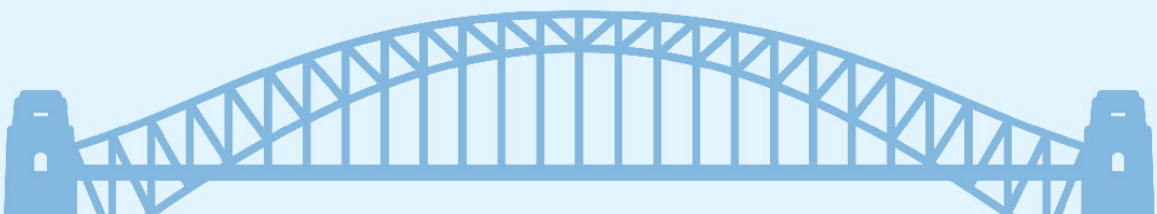
3D 打印最長橋梁 展現建築新時代

英文 / Andrew Edmunds 圖 / 123RF



In a city filled with bridges, the new 29-meter bridge across a canal in Nijmegen, Netherlands is special. It's the world's longest 3D printed bridge. It also demonstrates how useful 3D printing can be for both designers and policy makers. Making this 3D bridge only required half as much material compared to traditional bridges.

在橋樑密度極高的荷蘭奈梅亨市中，一座橋長 29 公尺、橫跨運河的新橋，有著不同凡響的意義。這是目前世界上最長的 3D 列印橋梁。它不只向設計師和決策者們示範 3D 列印的實用性，更展現材料僅需傳統橋樑一半的驚奇。



百轉千折 成就彈性



科學烘焙 誕生美味



英文 / Leila Luo 圖 / 123RF



How does fluffy bread get, well, fluffy? Fermentation. This is a process where yeast and microorganisms turn carbohydrates, or sugar, into carbon dioxide, the gas bubbles we see in soda. This makes dough rise. Fermentation is also used to make kimchi, sauerkraut and pickles all over the world.

麵包鬆軟的祕訣是什麼？端看「發酵作用」展現驚奇。發酵是酵母及其他微生物，將麵團中的碳水化合物或糖分轉化，產生二氧化碳的過程。碳酸飲料中造就獨特口感的二氧化碳氣體，在此則促成了麵團的鬆軟、膨脹。除了發麵外，韓式泡菜、德式酸菜和醃黃瓜等食品，發酵原理被廣泛運用於世界各地的飲食中。

Bakers also need to think about how much gluten they want in their flour. Gluten is a kind of protein found inside wheat and it's what makes dough stretchy like a rubber band. High-gluten flours make chewy bagels and pizza crusts, while low-gluten flours make flaky croissants. By kneading and pulling dough, bakers make the gluten bonds stronger, eventually creating a springy, elastic dough.

想要烤出美味的麵包，烘培師還必須考慮麵粉的麩質含量。所謂麩質，是存在於麥類的蛋白質，它能使麵團如橡皮筋般具有彈性。高筋麵粉的麩質含量較高，可製作有嚼勁的貝果和披薩餅皮；麩質含量較低的低筋麵粉，則適合做成酥鬆的可頌麵包。

此外，麵團透過烘培師的揉搓和拉扯，會使麩質更強韌地聯繫起來，最終製成彈性十足的麵團。



process (n.) 過程

yeast (n.) 酵母

carbohydrate (n.) 碳水化合物

dough (n.) 生麵團

bond (v.) 聯結

烘焙相伴 成就人生



為職場弱勢注入新活水



英文 / Leila Luo 圖 / 123RF, illustAC



Baking is good for more than simply making food. It can teach people life skills and give them a sense of purpose. Alice Williams knew that baking had this potential when she founded a social enterprise in 2014 called Luminary Bakery. By teaching disadvantaged women to bake, Williams helps them reach their potential and earn money when they had been struggling to find work before.

烘焙不僅能做出美味食物，還能賦予人們一技之長及人生意義。愛麗絲·威廉斯深知烘焙的潛力，於2014年創立社會企業——群星烘焙坊 (Luminary Bakery)，協助難以就業的弱勢女性，發揮自我潛能，學習謀生的賺錢技能。

Kimberly Politz knows the power of baking, too. As a Transitional Pathways Special Education Teacher, she helps middle school students learn the important job skills they'll need, such as communication, money management and customer service. So, she and her students created the PA Baking Company. The students exchange jobs every week, receiving orders, learning to bake, and delivering finished goods. If it's a student's birthday, that student becomes leader for the week, choosing the recipe and giving out other jobs.

相同的，金伯利·波利茨也堅信烘焙蘊藏著力量。作為轉銜計畫的特殊教育老師，她協助中學生學習溝通、金錢管理、客戶服務等技能，更與學生創建產學 (Practical Academics) 烘焙公司。學生每週輪換工作項目，學習接收訂單、烘焙，並交付完成的商品；而當週的壽星則負責選擇食譜、分配工作，學習領導團隊。(編註：公司名稱暫譯。)





1. What is NOT a kind of grain?

- a. corn
- b. cucumber
- c. rice
- d. wheat

2. How have Dutch supermarkets recently improved?

- a. They help older people who feel lonely.
- b. They have over 75 stores.
- c. They pay for 1.3 million people's groceries.
- d. They broke the chains of conversation.

3. Why is the new bridge in the Netherlands special?

- a. It goes over a 29-meter-long canal.
- b. It was 3D printed for policy makers.
- c. It was designed by the Dutch.
- d. It is more economical than older bridges.

4. Which word does not belong in this group?

- a. bubbles
- b. chewy
- c. elastic
- d. stretchy

5. What is true about the students from page 5?

- a. They are teaching disadvantaged women.
- b. They haven't reached their potential.
- c. They struggle with money.
- d. They often change their jobs.

6. Which is the definition of 'chain' as it was used on page 3?

- a. a series of linked metal rings
- b. a kind of necklace with a pendant
- c. a group of businesses owned by the same company
- d. to join in order to form something longer

Cloze Test A

Put the flour ___ a large bowl, add the salt and yeast, ___ add the olive oil plus enough warm water to make a soft but not sticky dough. The dough should feel quite loose and not tight and difficult ___ knead.

Cloze Test B

The Caravan Bridge in Turkey may ___ the oldest bridge in the world. Dating back to 850 BC, this ___ one of the oldest man-made structures still in use. Supposedly, famous historical figures such ___ Saint Paul and Homer walked over it.



1.b 2.a 3.d 4.a 5.d 6.c

1. (b)cucumber(n. 黃瓜) 並非 grain(n. 穀物) 的一種。其他選項，(a)n. 玉米、(c)n. 稻米、(d)n. 麥子。

2. 查閱第 3 版第 1 則報導，荷蘭連鎖超市近日推出聊天結帳通道，提供社交機會，藉此增進服務品質，目的為 (a) 幫助孤單的長者。

3. economical(a. 節約的)。從第 3 版第 2 則報導查知，新建的 3D 橋樑所需的建材只需傳統橋樑的一半，換言之 3D 列印造橋較省材料。

4. 選項 (b)(c)(d) 意思相近，可用來形容東西彈性十足，而選項 (a)n. 氣泡，與其他選項不同。

5. 從第 5 版報導可知，學生每週輪換工作項目，因此正確答案為 (d) 學生時常改變工作項目。

6. chain 有多種詞意。在第 3 版第 1 則報導中，supermarket chain 意為「連鎖超市」，是指在同一公司下，整體規劃，統一進貨、送貨、管理的超市。

Cloze Test A

1.in 2.then 3.to

把麵粉倒入大碗裡，加入鹽和酵母，再加入些橄欖油和適量溫水，做成柔軟但不黏手的麵團。此時麵團的觸感應該很鬆軟，拉起來不會很緊、難以揉捏。

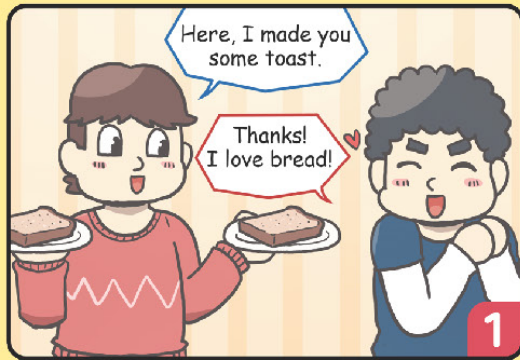
Cloze Test B

1.be 2.is 3.as

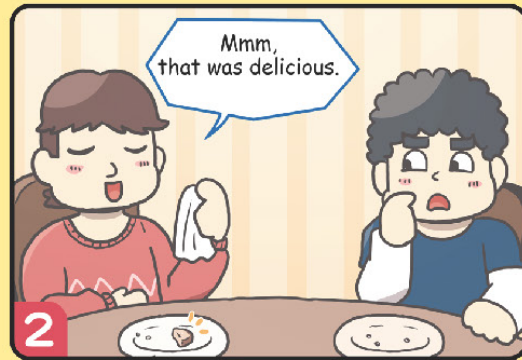
土耳其的卡雷凡橋可追溯自西元前 850 年，是目前全球已知最古老的橋，也是至今仍在使用的，歷史最悠久的人造建築之一。相傳希臘史詩家荷馬及聖徒保羅等歷史名人，都曾是橋上過客。

不留餘地

腳本 / Leila Luo 漫畫 / 瀚昇



來，我烤了片吐司給你。
謝啦！我超愛麵包！



嗯～真好吃。



呃……你如果想要，請隨意。



哇！你真的很愛麵包。
還用說？麵包是我的最愛！

The Rest is History

強風襲擊塔科馬

短命吊橋 129 天 鞠躬下台

英文 / Andrew Edmunds 圖 / 123RF

On July 1st, 1940, the new Tacoma Narrows Bridge opened in Washington state, USA. Just 129 days later, on November 7th, that bridge collapsed in a wind storm. The strong winds combined with the original design taught the bridge designers that they needed to learn more about making aerodynamic structures.

於 1940 年 7 月 1 日甫通車的美國華盛頓州塔科馬海峽吊橋，僅僅使用 129 天，在一陣強風的侵襲下，於同年 11 月 7 日倒塌。強風與橋梁產生的共振效應，造就這場悲劇，也促使設計師關注於研究空氣動力與建築結構的關係。