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Anhui Polytechnic University

硕士学位论文

题目 《古城亳州的街巷芳华》
(第四章) 英译实践报告

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践报告

**A Report on the C-E Translation Practice of
The Charm of Streets and Alleys in Bozhou
(Chapter 4)**

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致 谢

搁笔之际，窗外杨絮飘过，提醒我五月已至。此刻看着光标闪烁，恍然惊觉字里行间不仅凝结着亳州古城八百年的光阴，更沉淀着无数温暖的陪伴。

感谢张文明副教授以译者特有的严谨与包容，为我的研究生三年点亮灯塔。论文撰写实属不易，每当在难点和案例分析的迷途中徘徊，您总能于氤氲之间轻点要害。

感谢母亲用最质朴的方式支持这三年的求学生涯。每每回家总能吃到南方的粉蒸肉，还有视频通话时那句“别熬太晚”的絮叨，这些细碎的光亮，织就成了寒窗岁月里最温暖的襁褓。

感谢女朋友的温柔相伴。那些在图书馆研修室共度的朝朝暮暮，江城大街小巷留下的点滴回忆，以及每每备考想要放弃时，你总能晓之以情，动之以理，给我以动力，给我以勇气。宜言饮酒，与子偕老。琴瑟在御，莫不静好。

纸短情长，行文至此，已红了眼眶，定是那恼人的杨絮太过殷勤，吹过眼睛，忽觉干痒。

摘 要

本次翻译实践选材于李丹崖所著的《古城亳州的街巷风华》。该著作 2018 年 9 月首次在合肥工业大学出版社出版。译者选取第四章《古城之味》作为翻译文本，文本属于表达型文本，以十篇散文描写亳州老街深巷的饮食文化，融合历史典故、地域民俗与文学修辞。原文语言优美凝练，四字词格密集，兼具文学审美与地域外宣功能。

在翻译过程中，四字词格的内涵再现，句式结构的功能对等，文学修辞的跨文化调适是此次翻译实践中遇到的三个难点。首先，对于四字词格的内涵再现这一难点，译者使用了化繁为简、调整句式、音译加注三个解决方法；对于句式结构的功能对等这一难点，译者采用了显化逻辑、增补主语、重组转换这三个解决方法；对于文学修辞的跨文化调适这一难点，译者采用了增补修辞、借鉴经典这两个解决方法。

通过此次翻译实践和案例分析，译者意识到，翻译散文类文本需在“忠于原文”与“读者友好”之间寻找动态平衡：既要异化策略传递文化独特性，也要以归化手段确保可读性。然而，语言与文化的不可比性使得完全对等难以实现，尤其在处理文学修辞与深层文化意象时，译者需灵活选择策略，必要时牺牲部分形式以保全核心内容。最后，通过此次翻译实践，译者希望能够为同类型的文学文本的翻译实践提供一定的参考。

关键词：《古城亳州的街巷芳华》；四字词格短语；英译；跨文化传播；功能对等理论

Abstract

This translation study focuses on Chapter IV “The Flavor of the Ancient City” from Li Danya’s literary work *The Charm of Streets and Alleys in Bozhou*, initially published by Hefei University of Technology Press in September 2018. The source text, characterized as an expressive text type, presents ten prose essays documenting the culinary traditions within Bozhou’s historic alleys, interweaving historical allusions, regional folklore, and literary devices through concise and elegant diction marked by dense use of four-character phrases, serving dual purposes of aesthetic appreciation and cultural promotion.

Three primary challenges emerged during the translation process: 1) semantic reconstitution of four-character idioms; 2) functional equivalence in syntactic structures; and 3) cross-cultural adaptation of literary rhetoric. To address the first challenge, strategies including simplification of complex expressions, syntactic restructuring, and transliteration with annotations were implemented. The second challenge was resolved through logical explicitation, subject supplementation, and structural reconfiguration. For the third challenge, rhetorical compensation and intertextual referencing to canonical Western texts were employed.

Through this practice-driven case analysis, the translator concludes that literary prose translation requires maintaining a dynamic equilibrium between source-text fidelity and target-reader accessibility. While foreignization strategy proves essential in preserving cultural specificity, domestication approach remains crucial for ensuring textual fluency. The inherent linguistic and cultural incompatibilities inevitably necessitate strategic compromises, particularly when handling deeply embedded cultural imagery, where partial formal sacrifices become imperative to preserve substantive content. This study aims to provide methodological references for analogous literary translation projects, contributing to the ongoing discourse on cross-cultural mediation in Chinese literary works.

Key Words: *The Charm of Streets and Alleys in Bozhou*; Four-character idiomatic

expressions; English translation; Cross-cultural Communication;
Functional Equivalence Theory

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第一章 任务简介

1.1 源文本来源

本次英译实践报告的源文本来源为《古城亳州的街巷芳华》一书，于 2008 年由合肥工业大学出版社出版，作者为李丹崖。亳州作为华夏酒城、中华药都，也是作者李丹崖的故乡，作者用细腻的笔触、真挚的情感描写了千古谯郡的人文风物，在一草一木、一砖一瓦力寻觅古城亳州街巷往昔的传奇。全书用《深巷往事》、《人文遗踪》、《坊里人家》和《古城之味》四个章节描述了亳州老街深巷的人文与历史、市井和美食。笔触优美，行文流畅，感情充沛。本次翻译实践为模拟项目，经译者查证，目前尚未出现其英文译本。选译字数为 10416 字，符合翻译实践报告所要求的翻译字数。

1.2 源文本简介

本次主要翻译源文本第四章的内容，该章主要介绍了国家历史文化名城亳州的饮食文化。本章由十一篇文章组成，其中十篇分别介绍了亳州地区独具特色的十种美食，而开篇的一篇序言则为本章奠定了基调，为读者展现了一个口感丰富多样、文化底蕴深厚的亳州饮食世界。十篇文章各具特色，不仅用文采斐然的语言描述了每一种美食的制作工艺、口感特色，还深入挖掘了它们背后的皖北文化、历史背景、人物故事、建筑风格以及诗歌文学等元素。

1.3 实践意义

首先，此章着重亳州饮食下的文化底蕴，文字富含美感，具有翻译的价值。此次翻译实践的潜在读者为对亳州以及皖北文化感兴趣的外国读者和研究亳州的学者，帮助他们了解亳州这座古城的独特韵味和深厚底蕴，为他们研究亳州饮食文化提供一定的文献资料，从而有助于让亳州传统历史文化走向国门，传播得更加深远。

其次，经译者在中国知网、万方数据库、谷歌学术、SCI-HUB 等学术网站

查证，相较皖南文化、徽文化，有关亳州文化、皖北文化的学术文献较少，此次翻译实践能为其相关研究提供新的视角与资料，具有一定的学术价值，也有助于丰富相关领域的学术讨论。

最后，对译者个人而言，此次翻译实践不仅是一次对翻译能力和技巧的锻炼，提高了语言水平，拓展了文化素养和文化敏感性，也能为推广家乡亳州的历史文化出一份力。

第二章 译前准备

2.1 文本类型及特点分析

在总结和吸收其他理论家成果的基础上,根据不同的内容和文体,纽马克将文本分为表达功能文本(expressive function)、信息功能文本(informative function)和呼唤功能文本(vocative function)(王婵, 2008: 139)。学者王婵认为,表达型功能文本侧重于展现文学价值、独特的语言风貌或作者的个人风格,涵盖了严肃的文学作品、具有权威性的言论(例如国家领导人的演讲、各类文件、法律法规文献以及科学哲学领域的学术专著),以及诸如信件、自传、散文等富有文学色彩的作品(王婵, 2008: 139)。

作为一本记录亳州街巷和文化的风物读本,本文的文本特点主要体现在其语言优美生动、文化特色鲜明、历史底蕴深厚上。

本文在文本类型上为表达型文本,具体细分为散文游记类文本。它既是一篇描写亳州古城街巷风貌的散文,也是一篇记录作者游览经历的游记。文本特点主要体现在其语言优美生动、文化特色鲜明、历史底蕴深厚上。首先,文本在描述亳州地方美食时,不仅介绍了各种美食的制作方法和口感特点,还通过生动的语言和形象的比喻,让读者仿佛能够亲身品尝到这些美食的美味,比如“三花面”的制作过程。其次,在叙述历史文化时,文本则通过讲述历史故事和介绍历史人物,展示了亳州当地丰富的历史底蕴和文化内涵,例如,曹操与“锅盔”,华佗与“芍花鸡”。与同时,文本还巧妙地运用了各种修辞手法和文学技巧,使得整个文本更具艺术性和感染力,例如:“经历了百年的人间烟火,街容街貌是其一笑一颦,祥和的夜色枕着幽静的涡水,且眠去。”，“春水微澜，春阳初升，春林初盛，春光大好。”

2.2 平行文本的查阅选取

为了让目标语读者认可,产出地道、功能对等的译文,在译前准备阶段有必要对散文游记的这一类表达性文本的特点作分析和归纳,以便我们在翻译时模仿这些文本特征,达到奈达所谓译文与原文“功能对等”的效果,这一步骤即查阅

平行文本。李德超等人认为,“平行文本”这个术语常用于比较语篇语言学,概指不同语言文化中交际功能相似的语篇类型(李德超,王克非,2009: 55)。根据源文本的文本特点和内容,译者选取了《亳州史话》、《谯城民间传说故事》(上下册)、《亳州旧志与地方文化研究》、《亳州花戏楼砖雕艺术文化解读》(中英文)作为《古城亳州的街巷风华》(第四章)的平行文本。

其中,《亳州史话》于2014年由社会科学文献出版社出版,由亳州市文联编写,较为详细地介绍了亳州市的地理位置、历史事件、独特的地域风俗和文化、亳州人的品格及当代发展等情况。《谯城民间传说故事》于2018年由中国文联出版社出版,作者为张超凡,反映了谯城历史风物的传说故事,收录了三百多篇传说故事,有关于山河城池演化的神奇传说,有关于名物特产的传奇故事,有关于民俗、民风演变的口传历史,有街道、村名来历的古老嬗变。《亳州旧志与地方文化研究》于2016年由安徽大学出版社出版,作者为程立中,详细介绍了亳州旧志的研究概况和亳州地方文化,并对历代《亳州志》的编纂源流、编纂理论和体例结构进行分析,从社会经济、名胜古迹、文化教育、人物事迹等方面深入探讨《亳州志》的史料价值。《亳州花戏楼砖雕艺术文化解读(中英文)》于2014年由安徽大学出版社,作者是唐利平,从建筑装饰艺术的角度介绍花戏楼及其砖雕作品,并从历史的角度介绍了花戏楼建造的过程和文化背景,探讨了砖雕作品的审美价值,解读和翻译砖雕传达的深层文化蕴涵,让读者对中国传统的儒释道文化和晋商精神有所了解。

2.3 翻译工具的选择使用

徐彬等人指出,计算机辅助翻译的工具可以分为两大类,一类是通用软件和硬件,即并非为翻译流程而专门开发的计算机软件,这些工具包括常用的文字处理软件、电子辞书软件,以及相关硬件,比如外部存储设施如可擦写光驱、数码相机、扫描仪等;另一类是专门的翻译软件(徐彬等,2007: 79)。本次翻译实践主要使用软件层面的翻译工具。

第一,大语言模型:随着人工智能技术的突破性发展,以 ChatGPT(Generative Pre-trained Transformer)、DeepSeek(深度求索)等为代表的大语言模型(LLMs)为翻译实践带来了革命性变革。本次翻译实践中,译者使用 DeepSeek-R1 与

ChatGPT-4 Turbo 作为核心辅助工具。输入特定专用名词, Deepseek 通过内置的中英平行语料库, 可为译者提供专业译法。同时针对源文本散文诗化的语言风格, ChatGPT 能为译者提供修辞风格适配的文学化译本。

第二, 电子词典: 其充分发挥当今计算机数据存储的优势, 弥补了纸质词典检索方式单一, 查阅不便的缺点。对于汉译英来说, 较为常见的有《有道词典》, 收录了“150 余本词典辞书”、“70 余个专业词库”, 许多国外著名的辞书也多有相应的电子版, 比如牛津英语词典、韦氏、柯林斯等词典都有各自的电子版本。这些英英词典也是英汉两种语言的译者不可或缺的参考(徐彬等, 2007: 81)。

第三, 电子百科全书: 和词典一样, 纸版百科全书占用空间大, 检索麻烦, 电子百科全书相比之下具有便捷、迅速、廉价等诸多优点(徐彬等, 2007: 81)。常见的百科全书有百度百科 (<https://baike.baidu.com/>), 维基百科 (<https://zh.wikipedia.org/>), 除此之外还有专门查询中国文化的中国大百科全书第三版(网络版) (<https://www.zgbk.com/>) 和中国优秀传统文化百科知识库 (<https://ctwh.cnki.net/index.html?encode=cnki>)。

第四, 机器辅助翻译软件(CAT 软件): 好的译文, 尤其是文学性篇章的好译文目前还只能由人工翻译获得。基于此认识, 以及近年来语料库的发展也给研究机器翻译的工程和语言专家带来了新的启示, 人们开始关注下面的问题: 如何应用计算机软件, 最大限度地实现翻译流程的自动化, 提高人工翻译的效率, 保证人工翻译的质量, 并能够管理翻译流程(徐彬等, 2007: 82)。因此使用 CAT 软件将起到事半功倍的效果, 如方便校对、保留格式、便于多人协作等。目前主流的 CAT 软件有 TRADOS、MemoQ 等。

第三章 案例分析

在案例分析这一章节中,译者根据前期初译和译后审校的具体情况,总结出了三大主要难点,分别集中体现在四字格词语的内涵再现、句式结构的功能对等、文学修辞的跨文化调适三个方面。

首先,此次翻译实践选取的文本包含了大量的地方特色、文化习俗和历史背景。富有文学性、言简意赅、辞藻华丽的四字格短语频繁出现,有些难以理解,有些难以直接表达。如何再现这些四字格的文化内涵,是翻译中的一大难点。

其次,此次翻译实践采取的文本具有较强的地域性和文化性,行文风格具有一定的文学性和艺术性,体现了散文“形散神不散”的句式特点。沈家煊认为,吕叔湘先生在《汉语语法分析问题》(第27页)里使用了“流水句”这个名称,他说:“用小句而不用句子做基本单位,较能适应汉语的情况,因为汉语口语里特多流水句,一个小句接一个小句,很多地方可断可连”(沈家煊,2012:411)。源文本在句式上出现了大量的无主句、流水句、排比句,句式灵动多变。在介绍亳州当地美食的制作过程时,作者更是使用了一连串并列结构组成的长句,有很强的时间顺序性和动作连续性。在处理这些多变的句式时,如何贴合英语的行文习惯,同时保留散文“形散神不散”的结构,达到句式结构的功能对等,是另一大难点。

最后,作者在创作此散文游记类文本时,巧妙地运用了多种修辞手法,如比喻、拟人等,使文本更具艺术性和感染力。翻译时如何将源文本中的文学审美情趣和修辞意向再现到译本中,根据目标语文化特征进行动态调整,使读者感受到源文本的文学性,是最后一大难点。本章节将围绕上述三类难点,通过具体案例分析,探讨译者在翻译策略、翻译方法与翻译技巧上的选用。

3.1 四字词格的内涵再现

唐根金认为,表达型文本,特别是文学作品中经常会出现大量的四字格词语。作为一种约定俗成的语言形式,四字格词语是人们长期社会文化生活的积累,承载着丰富的历史文化内涵(唐根金,2020:71)。由于其独特的结构、极佳的修辞效果和丰富的社会历史文化内涵,在处理四字格词语的时候需要精准地提取所包含

的文化信息，并恰如其分地转换成目标语。译者通过“语内翻译-语际翻译”将复杂的四字格简单化，将抽象的四字格具体化；同时遵循“内容第一，形式第二”的原则，调整译文结构，顺应英文表达习惯。

3.1.1 理解含义，化繁为简

Jakobson 将翻译分为三类：（1）语内翻译，指的是在同一种语言之内以属于同一语言的某种语言符号去“翻译”（解释）另一种语言符号；（2）语际翻译，是指在两种语言之间以某一种语言符号去“翻译”（解释）另一种语言符号；（3）符际翻译（intersemiotic translation），则是指以一些非语言符号去“翻译”（解释）语言符号，或相反地采用一些语言符号去“翻译”（解释）非语言符号（黄国文, 2012: 64）。译者认为四字格的翻译比把一个普通词汇翻译成英语要复杂，需要经历语内翻译和语际翻译两个阶段。在进行语内翻译时，要拆分“四字-四字-四字”结构，简化修辞，理解其文化内涵。在进行语际翻译时，要考虑源文本和目标语的语法差异、社会和文化习俗的不同，做到贴合目标语读者，化繁为简。

例 1:

原文：走进花戏楼街，一派明清建筑风格映入眼帘，檐牙高啄，雕花悬窗，古色古香。

译文：Stepping into Huaxilou Street, the first things you can see are the buildings decorated in Ming and Qing styles, with tooth-like eaves and carved windows, exhibiting classic beauty.

分析：本句连用四个四字格词语来描写花戏楼街的明清古建筑，读起来朗朗上口、文采斐然。其中，“檐牙高啄”出自《阿房宫赋》：五步一楼，十步一阁，廊腰缦回，檐牙高啄。译者在翻译时，首先进行了语内翻译，“檐牙”指的是檐际翘出如牙的部分，“高啄”为修饰成分，喻指像鸟喙一样弯曲。了解了含义之后，再进行语际翻译，舍去汉语中修饰成分，译为“tooth like eaves”，既明晰了其含义，又做到了贴合目标语简洁、直白的特点，起到了化繁为简的效果。同理，“雕花悬窗”指的是中国园林建筑中以镂空图案填心，起装饰作用的花窗。翻译时抓住“雕”和“窗”两个中心字，翻译为“carved windows”，亦起到了同

上的作用。“古色古香”这一成语出自宋代赵希鹄的《洞天清录》：古画色墨，或淡墨，则积尘所成，有一种古香可爱。这里用来形容明清古建筑富有古雅的色彩和情调。英译时强调了其古典雅致，译为“classic beauty”。

例 2:

原文：以商业驰名中原的北关老街，寸土寸金，商户门庭若市，南北商贾络绎不绝，摩肩接踵。

译文：The Beiguan old streets are famous in Central Plains region for the prosperity in commerce. Every inch of land here is precious. The shops are so crowded that customers are packed face to face. Merchants from all over the country are countless.

分析：本句的四个四字格词语都为汉语成语，生动描写了北关老街作为商市的热闹、紧俏和富足。成语是汉语长期锤炼形成的固定短语，以精炼结构承载丰富文化内涵，兼具词汇语法功能和易传易记特性。成语英译时也需遵循先语内翻译、再语际翻译的原则。这句话中，“寸土寸金”意指北关老街土地昂贵，化繁为简翻译成“Every inch of land here is precious”，“门庭若市”出自《战国策·齐策一》：“令初下，群臣进谏，门庭若市”。这里指市场人很多，非常热闹。英译时抓住“人多”、“拥挤”这个特点，翻译成“The shops are so crowded that customers are packed face to face”。“络绎不绝”、“摩肩接踵”这两个成语在此处都指商贾来往频繁，连续不断，拥挤不堪。因此英译时采取合译，抓住“人数多”这个特点，简要译成“are countless”。同时，英译全句押尾韵，在语意连贯和修辞美感上做到了功能对等。

3.1.2 重构调整，顺应英文

想要再现源文本词汇的内涵性，形式对等的完全忠实对译是不可取的。唐根金认为，大部分 MTI 学生在翻译四字格词语的时候似乎都抱定一个宗旨，那就是译笔必须忠实、再忠实，为了达到所谓的忠实，他们常常把四字格词语单独抽离出来，而不去考虑其所处的语境，也不考虑全盘的逻辑性以及读者接受度等等(唐根金, 2024:73)。奈达的功能对等理论也为这一观点提供了有力的支撑，其把译文读者的地位提升到了前所未有的高度。赵丹丹认为，译文读者的语言文化习

惯，译文读者理解欣赏能力和译文读者对译文的反应得到了很大程度的重视，虽然功能对等理论包括形式对等和内容对等，但奈达认为当两者发生冲突而不能保全时，应当舍弃形式而取内容(赵丹丹, 2011: 54)。由此，为了再现词汇的文化内涵，在翻译三字格、四字格词语时，应遵循“内容第一，形式第二”的原则，可通过适当调整译文句式结构的方式，使目标语读者获得的内容和源语言读者基本一致。

例 3:

原文：千百年来，亳州人爱稼穡，善农桑，织布纺纱，勤劳善良。

译文：For thousands of years, the industrious people in Bozhou with kind hearts were good at farming, weaving, and spinning.

分析：本句出自《古城亳州的街巷风华》的序言部分，描述了亳州作为被陆游盛赞过的轻纱产地，其民风之淳朴，男耕女织之悠然，通过两个三字格词语，两个四字格词语表现的淋漓尽致。首先分析词意，“稼穡”出自《诗经·魏风·伐檀》：“不稼不穡，胡取禾三百廛兮”，此处指耕作。“农桑”出自《汉书·景帝纪》：“其令郡国务劝农桑，益种树，可得衣食物”，此处指种地和养蚕。再分析句式结构，源文本“33+44”的结构十分规整，英译难以再现类似结构。当形式对等和内容对等不可兼具时，应优先考虑内容对等。译者抓住“勤劳”、“善良”、“农耕”等关键词，打散句式，将“勤劳善良”提前，翻译成“the industrious people in Bozhou with kind hearts”，将“织布纺纱”和“爱稼穡，山农桑，织布纺纱”翻译成动名词短语“were good at farming, weaving, and spinning”。在做到内容对等的同时，尽量使译文也呈现相应的美感。

例 4:

原文：说起小馆子的魅力，我觉得关键在“小”，大而无当，小巧玲珑。

译文：The charm of a small eateries lies, I believe, predominantly in its “smallness,”— charmingly compact rather than overly grand.

分析：此句为《情迷小馆子》这一篇章的开头，也是整篇文章的中心句。既开宗明义地表达了作者对于餐馆“小而美”的偏爱，又点题了全篇的中心字：“小”。“大而无当”这一成语出自《庄子·逍遥游》：“吾闻言于接舆，大而无当，往而不返，吾惊饰其言，犹河汉而无极也”，指大得无边际，用在此处表示有些餐

馆虽然大，但不合实用，带有贬义色彩。“小巧玲珑”这一成语出自辛弃疾《临江仙·戏为山园壁解嘲》：“相知唯有主人翁，有心雄泰华，无意巧玲珑”，此处指餐馆小而精美，含褒义色彩。据此，英译时应首先注重其内容和逻辑顺序，要“小”不要“大”，遂合译为“*charmingly compact rather than overly grand*”，既做到了功能对等，又做到了“compact”和“grand”两个中心词押尾韵。

3.1.3 音译加注，忠实再现

四字词格在中医术语中大量存在。四字词语以其结构工整、音律和谐、词法逻辑丰富为汉民族语言的一大特色。吴钧等人指出，中医术语根植于中国古代文言文，受古代汉语四字格的深刻影响，在中医文献术语中大量地存在(吴钧等, 2024:37)。在源文本中，也大量出现了既是中医术语、又是四字格短语的词汇，如：“平肝去燥”、“理气补血”、“养血和营”等。谈及翻译标准，严复的“信达雅”三字不可不谓经典。此原则在中医术语类四字格短语的翻译中也有一定指导意义。在此类翻译中，要达到“信”，就要忠实再现中医药文化内涵和专业术语的表达。为了更好地传播中国文化，译者在翻译中医术语类四字格短语时，采取了异化为主的翻译策略，以音译为主，同时增加注释进行补充，增加译文专业性与可靠性，在一定程度上能够弥补可理解性的损失。

例 5:

原文：华佗之所以给刘家小姐开了这样一道奇异的“方子”，实因看中了芍药的疗效：养血和营、缓急止痛、敛阴平肝。

译文：Hua Tuo prescribed such an unusual recipe for Liu's daughter because he recognized the medicinal effects of peony flowers: Nourishing blood (Yang Xue) and harmonize the nutrient (He Ying); relaxing tension (Huan Ji) and relieving pain (Zhi Tong); astringing Yin (Lian Yin) and pacifying the liver (Ping Gan).

分析：本章《古道芍花鸡》中出现大量华佗行医场景和中医专业术语类四字格。不同于 3.1.1 和 3.1.2 所探讨的四字格短语，这类四字格短语专业性更强。已有研究者对中医四字词格按照语法逻辑关系进行了系统的分类，例如将四字中医术语分为主谓结构、动宾结构、偏正结构、联合结构等等。吴钧和胡和勤还认为，对中医四字词语的翻译，不论是采用何种分类方式，不论是采用“异化”还是“归

化”的翻译手法，最重要的是理解中医术语的内涵和医理，才可能做到英译的准确性(吴钧等, 2024: 38)。要做到理解其内涵和医理，英译时可采取音译加注的方式。为保证专业性，译者同时参考了中医术语中英对照查询系统(*The System for Chinese-English Terminology of Chinese Medicine*; <http://medai.vip/term>)。“养血和营”一词，“养血”指中医治疗血虚证的方法，即滋养血；“和营”指调和营气。中医认为“人之所有者，血与气耳”，“血”是循行于脉中而富有营养的红色液态物质，“营气”是行于脉中而具有营养作用的气。英译时解释其含义，阐释其医理，音译加注翻译成“Nourishing blood (Yang Xue) and harmonize the nutrient (He Ying)”。同理“缓急止痛”和“敛阴平肝”按上述方法译为“relaxing tension (Huan Ji) and relieving pain (Zhi Tong)”和“Astringing Yin (Lian Yin) and pacifying the liver (Ping Gan)”。

例 6:

原文：常啖芍花鸡，自然能平肝去燥、理气补血。

初译：Calming the liver and removing dryness, regulating qi and nourishing blood.

改译：Regular consumption of Shaohua Chicken (medicinal dish stewed with peony flowers) naturally achieves Ping Gan Qu Zao (pacifying hepatic hyperactivity and eliminating pathogenic dryness; TCM: calming liver yang) and Li Qi Bu Xue (regulating qi circulation and enriching blood volume; TCM: qi-blood harmonization).

分析：此例原文同样出自《古道芍花鸡》这篇文章，与例 5 相同的是，例句中都出现了四字格中医术语，在翻译时可借鉴上例分析。首先分析原文，“平肝去燥”和“理气补血”两个四字格中医术语，前者偏向治疗机理，后者偏向疗效功能，二者都属于上文提到的动宾联合结构——“平肝+去燥”、“理气+补血”。译者在初次翻译时，直接将“平肝去燥”和“理气补血”译为“Calming the liver and removing dryness, regulating qi and nourishing blood.”这样翻译乍看有理有据，但深究便可发现两点不足：其一，中医概念中的“肝”不同于西医中的“liver”，除了生理功能相同，还有“主疏泄、藏喜条达而恶抑郁，体阴用阳”的中医特性。其二，对于中医术语的把控，例如“燥”，翻译时并未区分病理性燥邪(pathogenic dryness)与环境干燥。译者在译后审校阶段，经过查证推敲之后，将“平肝去燥”

改译为“Ping Gan Qu Zao (pacifying hepatic hyperactivity and eliminating pathogenic dryness; TCM: calming liver yang)”。如此翻译不同于普通的音译加注法，从三重维度保证译文的可信度：首先，语音层面，通过音译法，对于核心术语保留拼音“Ping Gan”和“Qu Zao”；其次，语义层面，在功能对等原则的指导下通过加注的方式解释治疗机理“Pacifying hepatic hyperactivity and eliminating pathogenic dryness”；最后，在认知层面，基于 WHO 传统医学术语国际标准，对翻译进行进一步加注，使用“TCM: calming liver yang”这种 WHO 承认的标准化对应术语来进一步提升译文专业性和准确度。

3.2 句式结构的功能对等

读历史类散文，犹如喝一瓶老酒。句式工整，典雅厚重，历史悠久，如酒般醇厚，带给读者的是一种语言表述上的审美享受。《古城亳州的街巷芳华》一书把汉语句式的审美功能发挥到了极致，用无主句式、流水句式的铺排变换，排偶、排比、拟人、夸张的修辞交错，精当地营造了句式的美学意义，同时不失市井的烟火气息。想要再现汉语句式的这种美感，首先需要明确汉英句式结构差别。吴菽蓉认为，英语是通过词汇本身的形态变化来表达语法意义的综合型语言，句式上以形合为中心，三分结构环环相扣，严谨紧凑，连接成分一般不可省略，汉语以意合为中心，连接成分恰似尽在不言之中，句式结构讲究流洒铺排、疏放迭进(吴菽蓉, 2011: 103)。汉语的句子结构如同竹子，一节一节地连下去；而英语的句子好比葡萄，累累的果实附在上面，难以实现二者的形式对等。由此，译者依托功能对等翻译理论，使用调整句式结构、增添主语、增添连接词等方法，力求实现不同层面的对等，让目标语读者在接受译文的同时，潜移默化地接受汉语的思想、思维，感受汉文化敏锐、深刻的内涵。

3.2.1 断句重组，逻辑显化

汉英语言形态特征差异的重要表现形式之一即是汉英句式的无主句现象。张书健等人认为，作为常见的句式现象，无主句指主语省略、主语空缺、不含主语的语音以及拼写等物理形式的句子，一般由谓词或谓词性短语构成(张书健, 李玲,

2010: 42)。《古城亳州的街巷芳华》一书出现了大量的无主句，如“盛上一碗热气腾腾的粥，叫上一份牛肉馍，佐以小咸菜，这才是纯正的亳州味道！”、“在蒜臼内放入少许醋、足够多的麻油，两勺酱油等，然后倒入事先汆水的碎豆角，与西红柿、黄瓜丝、面条一起调拌均匀”等。在翻译这类句式时，应遵循“内容为先，形式为后”的原则，针对句式特点，采取“重组句式，显化逻辑”的细化处理，有的可以删去其动词，有的可以改变其语态，力求忠实的前提下，尽可能在语言形式上贴近源语风格并满足译入语语言形式的要求。

例 7:

原文：盛上一碗热气腾腾的粥，叫上一份牛肉馍，佐以小咸菜，这才是纯正的亳州味道！

译文：A bowl of hot porridge, a slice of thick beef pie, a bit of pickled vegetables -that is what we call “A Bite of Bozhou”!

分析：此句为典型的绝对无主句。汉语中的“绝对无主句”特指主语完全隐匿且无法通过语境补足的特殊句式，其主体存在性在语法层面被彻底虚化。分析句式，本句并无明显的主语，即“谁”吃，用“盛上”、“叫上”、“佐以”三个动词连接句子，表达“如何吃”。分析句意，“亳州味道”在句中指的其实是“热粥”、“牛肉馍”和“小咸菜”，句中的重点不是“如何吃”，而是“吃什么”。因此，在翻译时译者通过保留名词，删去动词的方法提炼重点，同时通过主谓和动宾结构的变换，将译文翻译成三个并列的名词性短语“A bowl of hot porridge”，“a slice of thick beef pie”和“a bit of pickled vegetables”，再用长破折号突出三个短语所代表的“亳州味道”。如此处理，可以一定程度上在表达原意的基础上实现英语“形合”的句式特点。

例 8:

原文：在蒜臼内放入少许醋、足够多的麻油，两勺酱油等，然后倒入事先汆水的碎豆角，与西红柿、黄瓜丝、面条一起调拌均匀。

译文：A little vinegar, enough pepper oil and two spoons of soy sauce. Mix them thoroughly in a mortar with blanched green bean shreds, tomato dices, cucumber slices, and noodles.

分析：源文本中似例句这种用一大段无主句来介绍菜肴做法的句子有很多。

例句中并无明显的主语，用“放入”、“倒入”、“搅拌均匀”这些动词串联全句，且不会造成理解障碍。这是因为听众或读者可以在倾听和阅读的过程中，根据上下文的语境补充出缺省的主语。而英语除省略句和祈使句外，每个句子都必须有主语，即使主语不明确时，也要有一个形式主语。张婧雯认为，在汉译英时，译者如果没有意识到汉英语言间主语上的差异，则很容易受到汉语的影响，导致英译句子中主语的缺失(张婧雯, 2018: 42)。为了避免出现中式英语，保证译文的地道性。译者在翻译时，根据“一句一策”的方针，先抓句意重点，即“醋”、“麻油”、“酱油”这类名词，属于不可删除改动的部分。谓语动词则可以根据句式结构灵活的进行组合增减。由此，译者首先删去了“放入”，名词并列，译成“A little vinegar, enough pepper oil and two spoons of soy sauce”。再删去“倒入”，用“them”指代前面的“醋、麻油、酱油”。通过理解句意，“搅拌均匀”这一动作的对象是前面出现的七种食材和调味品，遂译为不需要主语的祈使句“Mix them thoroughly in a mortar with blanched green bean shreds, tomato dices, cucumber slices, and noodles”。通过理解句意，分析语法结构，将复杂的汉语无主句式重组为两句前后关联、逻辑严谨的英语句式，同时实现功能对等。

3.2.2 祈使增补，功能强化

上文提到，源文本作为历史类散文游记，使用了大量的无主句，其中部分无主句又属于祈使句，可以细分为请求型祈使句和建议性祈使句，如“晚上去花戏楼街，叫上一瓶古井贡酒，吃上一份铜锅涮肉，邀三五知己一诉衷肠，欣赏着街区无边的夜色，何等的快意潇洒？”。此类无主句在文中多用于宣传、号召读者参观亳州老街、品尝亳州美食，带有明显的旅游外宣目的。功能主义翻译目的论认为目的原则是翻译的首要原则，是指翻译要使译作或文本能在译语语境中发挥某种功能，能在使用它的人的身上发挥应有的功效。为了实现旅游外宣目的，引导游客在亳州的旅游路线和行动，翻译此类无主句时可借用英语祈使句式，实现建议、劝导的目的，也可采用增译法，即增添主语，避免信息缺失造成的功能不对等。

例 9:

原文:晚上去花戏楼街，叫上一瓶古井贡酒，吃上一份铜锅涮肉，邀三五知

己一诉衷肠，欣赏着街区无边的夜色，何等的快意潇洒？

译文：If you visit Huaxilou Street at night, please enjoy the mutton hotpot paired with Gujingong liquor. After that, admire the view along the street with your friend. What a cozy night!

分析：本句出自《寻味亳州，首选花戏楼街》这一章节。本章用早中晚的时间顺序，介绍了花戏楼街的各种美食，原文具有极强的宣传性，让人看了直流口水，翻译时应再现其宣传目的。首先分析句式，例句同样属于一连串无主句连接而成的长难句，并无明显主语，每个分句之间为并列逻辑，英译时为避免冗长应拆分长句为几个英语短句。再分析句意，“去”、“叫上”、“吃上”等动词虽无主语，分析句意后可得知例句是作者邀请、建议读者来到花戏楼街品尝美食、欣赏夜色，翻译时可以读者为中心，增添第二人称主语“you”。同时，如果源语和目标语的目的相同，汉语中祈使句在英译时可以照译不误，因此这里使用“please enjoy”和“admire”引导祈使句，符合原文表达。据此，译者把“晚上去花戏楼街，叫上...”处理成“如果你晚上去花戏楼街，请你务必...”，即“If you visit Huaxilou Street at night, please enjoy the mutton hotpot paired with Gujingong liquor”，“邀三五知己”增加主语后译成“with your friend”。同时增加连接词“after that”，使衔接连贯。每句押尾韵，一定程度上做到了形式上的对等和美观。

例 10:

原文:愿挥黄金万镒，换北关三寸日光。

译文：I would gladly spend tens of thousands of gold to exchange for just a few inches of sunlight in Beiguan.

分析：本句出自《春风十里，不如老街半顷》一章。本章中引用了众多古诗词，用以从侧面佐证亳州北关在古时备受文人墨客喜爱。此句为山西商人王同之所说，亦是表达对北关地区的热爱。首先分析原文，诗句中并未出现主语“我”；用“黄金万镒”和“三寸日光”的夸张表达和对比来表述喜爱。由此，在翻译时，译者首先通过增补主语“I”将隐含的抒情主体显性化，采用“would gladly”的情态动词强化祈使语气，从而贴合目标语表达习惯。在翻译“镒”时，经查证，其本意为古代的重量单位，二十两或二十四两为一镒。鉴于中国和西方计量单位

的差异，译者在翻译时隐去计量单位，将“黄金万镒”译为“tens of thousands of gold”，符合英语量化表达习惯。同时，用“just a few inches”的强调结构再现原文“三寸”的微小与珍贵，符合“异化主导，归化补偿”原则。

例 11:

原文：若是微风徐徐，微醺着走到三五百年的老街，兴许会生出许多诗情，感觉汉时风、唐时雨、宋明的词人都要出来，与自己搭讪。

译文：If a gentle breeze were to blow, do wander through a street with a history of three to five hundred years while mildly inebriated, and let it inspire poetry within you, as though poets from the Han, Tang, Song, and Ming dynasties will emerge to strike up a conversation with you.

分析：本例句出自《微醺过老街》一章。作者在本篇章用富有诗意的语言写出了文人酒后微醺时诗兴大发的文采斐然。此句和前一个例句的明显不同在于，用词凝练含蓄、音韵和美，语言近乎诗化，追求一种意象的朦胧之美。在翻译此类华丽辞藻时，应注意中英无主句的区别。李静认为，英文文本突出信息的真实性和导向性功能，描绘景物时往往以读者为中心，直观可感，文辞简洁，具有一种自然真实的理性之感(李静, 2020: 68)。因此翻译时，原句“微醺”而例句要“清醒”。根据目的原则，要充分考虑目的语读者的需求，注意避“虚”就“实”，去掉一些不必要的溢美之词，使译文表达自然流畅，符合目的语读者的审美特点。因此，译者遵循前例的思路，首先增添第二人称主语“you”，明确“微醺”的是读者“你”，“与自己搭讪”的“自己”也指读者“你”。其次用“do wander”和“let”这类态度柔和的祈使词表达呼唤、建议的祈使功能，从而贴合目标语读者。同时做减法，将“汉时风”、“唐时雨”此类三子格词语简化成“the Han, Tang... dynasties”，从而同时兼顾语言的交际功能和目的语读者的接受能力。

3.2.3 虚实转换，主客分明

源文本句式灵活之美，不仅美在无主句言简意赅，祈使句凝练含蓄，也美在在流水句绵延不息，可谓“长波短波相间，高浪低浪相随”。流水句这一概念最早见于吕叔湘先生的《汉语语法分析问题》：“汉语口语里特多流水句，一个小句接一个小句，很多地方可断可连”(吕叔湘, 2007: 23)。胡明扬等人又做了进一

步阐释：“一种在非句终句段也出现句终语调,语义联系比较松散,似断还连的无关联词语复句。”(胡明扬等, 1989: 265)。源文本在介绍菜肴做法时常用流水句,如“把面条放入沸水中煮上五滚儿,煮面的间隙,把黄瓜、豆角、西红柿切成丝、块、末状,同时,剥蒜,放入蒜臼里捣碎,把变蛋黄与蒜汁一起搅拌,放入芝麻油,把变蛋青切成末,待到面条煮熟之后,捞出纯净水中冰着。三分钟后,捞面出来,放入玻璃碗里调拌。”这类句子主要靠意合法成句,各句段之间很少有连接词,主要通过逻辑顺序联接。译者在处理此类流水句时,首先明确其逻辑顺序,通过“断流”的方式,切断、重组句式;再增添连接词,在句段中间“造桥”,以贴合英语的重语法、重形合、重主谓结构的语言特点。

例 12:

原文: 把面条放入沸水中煮上五滚儿, 煮面的间隙, 把黄瓜、豆角、西红柿切成丝、块、末状, 同时, 剥蒜, 放入蒜臼里捣碎, 把变蛋黄与蒜汁一起搅拌, 放入芝麻油, 把变蛋青切成末, 待到面条煮熟之后, 捞出纯净水中冰着。三分钟后, 捞面出来, 放入玻璃碗里调拌。

译文: First, cook the noodles in boiling water for five rounds of boiling. At the same time, prepare cucumber slices, green bean shreds and tomato dices. Then peel the garlic and pound it into paste, stir it with preserved egg yolk and sesame oil. Don't forget to cut preserved egg whites into shreds. Once the noodles are cooked, take them out and chill them in cold water for about three minutes. When everything is prepared, stir the cooled noodles with all the foods mentioned before.

分析: 例句出自《到老街, 吃一碗三花面》。这一章用了大量的笔墨详细介绍了三花面的做法。三花面的做法简单但描述不简单, 原文从时间入手, “间隙”、“同时”、“待到”、“三分钟后”等时间词表明三花面的做法既有先后顺序, 又有并列顺序。蒋侠认为, 汉语流水句以意驭形, 意尽为界; 各个句段之间没有或很少用形合手法明示关系, 而是按照时间顺序或者事理发展顺序来暗示关系, 表现出顺序象似性, 即“语符单位排列顺序象似于思维顺序或事情发生的时间顺序的特点”。(蒋侠, 2010: 95) 因此, 译者首先理清其时间逻辑, “煮面”和“切丝”是同一时间发生的并列关系; “捣蒜”、“放油”、“切蛋”应是“切丝”之后, 为先后关系; “捞面”发生在前面这些动作完成之后, 为先后关系。“拌

面”则是最后的步骤，把前面的备料和面拌在一起。其次，理清时间逻辑后切分各句段为短句。最后，在各短句前增添表达时间顺序的连接词，如“First”、“At the same time”等。最终译文如上。如此处理，可以将复杂的流水句翻译成结构清晰、主谓必备、成分齐全，通过形合手段紧密连接的地道英语。

例 13:

原文：喝的呢，是自酿的小酒，烧刀子，粮食酒，喝着放心，尤其是配上地道小菜，那才叫酒与菜的“灵魂契合”。

译文：As for beverages, homemade grain liquor, such as Shaodaozi, is offered, making patrons feel at ease, especially when paired with the local specialties, thereby achieving a true “soul connection” between liquor and food.

分析：例句出自《情迷小馆子》一章，小馆子小而好，在于其饭菜种类少，自酿酒品好。蒋侠还认为，流水句的绵绵不绝，不仅由于上文提到的顺序相似性，也由于其话题相似性，话题象似性指的是“分句的话题象似于思维的起始点”。(蒋侠, 2010: 95) 如例句这类流水句注重的是语义表达完整，而不是语法结构完整，因此我们可以看到“自酿的小酒”、“烧刀子”、“粮食酒”这三个独立的句段其实代表的是统一连续的意思，即“自酿的粮食酒——烧刀子”。这一注重于语义的特点源于中国人的主体意识和直觉思维，与西方人的重客观、严逻辑所相反。因此翻译时，译者首先确定其主体为“酒”，将相关成分切断重组在“酒”的周围，译成“homemade grain liquor, such as Shaodaozi”。其次，原文并无显性连接，译者在翻译时通过调整句式、增添连接词的方式，用“is offered”和“making”连接“酒”和“喝的放心”，用“thereby”连接“配上地道菜”和“那才叫...”。从而实现汉语各成分之间隐含的关系变为显性连接，以便译文读者易于理解和接受。

例 14:

原文：当年的拴马槐老后枯焦，死而复生，至今仍有新苗葳蕤。

译文：The ancient hitching post tree, after weathering centuries into charcoal-black remnants, has defied death to regenerate, now cradling verdant shoots that whisper tales of resilience.

分析：例句出自《春风十里，不如老街半顷》这一篇章。原文中作者用“拦

马墙”、“饮马坑”、“拴马槐”三个文化意向来表达虽然亳州历经千年，但是亳州的历史文化却代代相传。分析例句，作者使用了“老树枯焦，死而复生，至今仍有新苗葳蕤”这一典型汉语流水句，读起来朗朗上口，翻译时要做到句式结构的功能对等；同时包含了“老树枯焦”、“死而后生”这种典型的文学意向。在翻译时要再现这些意象。据此，译者在翻译时首先处理句式结构，将汉语流水句重构为英语圆周句，通过主从结构强化因果关系，如“has defied death to regenerate”和“now cradling verdant shoots that whisper tales of resilience”。在处理文化意象时，若将“拴马”简化为“horse-tethering”，则会丢失驿站文化的语境，所以译者将“拴马槐”译为“the ancient hitching post tree”。同时由于西方读者难以理解“枯焦-复生”在中国文化中的祥瑞象征，译者使用“charcoal-black remnants”激活西方“phoenix ashes”不死鸟的文化意向。译者还添加“whisper tales”来体现文化记忆的跨时空对话，呼应原文“葳蕤”的繁荣隐喻。

3.3 文学修辞的跨文化调适

上文提到，历史类散文游记作为表达型文本，其特点为语言优美生动、文化特色鲜明、历史底蕴深厚。通过细读文本可以得知，作者在创作《古城亳州的街巷芳华》一书时运用了引用、明喻、暗喻、拟人、夸张、反问、双关等修辞格，如“这时候看这条街道，安谧自然，像是一位熟睡了的老人。经历了百年的人间烟火，街容街貌是其一笑一颦，祥和的夜色枕着幽静的涡水，且眠去”等。此类修辞手法融合了艺术审美与情感表达的双重功能，其文字所承载的形、神、意特征难以通过直白译法完整复现，翻译时如何将源文本中的文学审美情趣和修辞意向调适到译本中，使读者感受到源文本的文学性，是一大难点。译者根据历代学者的研究，综合国内外译者的实践，尝试在保留其原有修辞的基础新增修辞格，对于原文中作者引经用典的部分，尝试溯其根源，化用原有经典之佳译，以求理解其实际内涵并将其以较为贴切的方式传达到译文之中。

3.3.1 保留意象，新旧共融

散文《古城亳州的街巷芳华》以绵延不绝的诗情画意构建叙事空间，作者在

亳州景观描写中实现主客体的双向渗透：将自我意识融入景观描写，使客观景物成为主观情思的载体。这种艺术建构依托于拟人化手法，将人格化的情感元素与自然景观进行有机统一，形成典型的情境交融美学范式。如将花戏楼街的市井风貌喻为灵动的表情符号，将灯火通明的老街比作薄妆丽人。文本中浸润着鲜活的市井气息与深邃的意境美，翻译过程中若丧失修辞信息，将导致文本审美功能的弱化与艺术风格的失真，故保持原修辞特征具有核心价值。张智中认为，成功的译作必须成功地再现原作的风格，也就必须成功地再现原作的修辞手法，作为译者应该宏观着眼、微观运笔，从修辞再现原作的深远旨意和开阔境界(张智中，2009: 35)。同时译者认为，由于汉语修辞格蕴涵深厚，受语言差异、文化默契等方面的影响，全面而完美的信息保真在翻译中是不存在的。因此，翻译时译者用新增修辞格的方式，力图弥补译文传递的缺陷性，最大程度实现审美功能对等。

例 15:

原文：这时候看这条街道，安谧自然，像是一位熟睡了的老人。经历了百年的人间烟火，街容街貌是其一笑一颦，祥和的夜色枕着幽静的涡水，且眠去。明天，又是一个活色生香的开篇。

译文：If you gaze at the street again, you will find it peaceful like a deeply sleeping old woman. After the hustle and bustle for hundreds of years, the street's outlook is her twinkle and smile. The night is her quilt and Guohe river is her pillow. Good night, Huaxilou Street. Tomorrow it's the prelude to hustle and bustle again.

分析：例句出自《寻味亳州，首选花戏楼街》一章。上文提到，作者用“早中晚”的时间顺序介绍了老街美食，最后一段深夜无人时分对老街的描述，和前文热闹喧嚣形成了鲜明对比。例句使用了比拟的修辞手法，将深夜的老街比作熟睡的老人，将涡河比作枕头，画面瞬间生动起来。李照国认为，比拟又有拟人和拟物之分，所谓拟人，就是将自然事物按照人的情态予以刻画描述，从而使所描述对象显得生动活泼，所谓拟物，就是以物拟物的修辞方式(李照国, 2011: 71)。分析例句，将“老街”比作“老人”，将“街容街貌”比作“一颦一笑”，“且眠去”使用的是拟人的修辞格，将“涡河”比作“枕头”，将“明天”比作“开篇”使用的是拟物的修辞格。英译时，译者原汁原味地保留这些修辞格，译为“a deeply sleeping old woman”、“twinkle and smile”、“her pillow”等，以便于

忠实地保留原语的语言形式和鲜明的意象。其次，译者使用增译法，大胆增加了新的修辞格，将“夜色”增译为“夜色为被”，即“the night is her quilt”来对应“涡水为枕”。“且眠去”译为“Good night, Huaxilou Street”，给人以祝朋友晚安的亲切感。同时，译文多处使用了押尾韵的手法，如“again”和“woman”，“bustle”和“smile”，“night”和“street”。以求尽力保留原文的修辞美感和审美功能。

例 16:

原文：花，是皖北人对切碎或切成丝状的食物别样称谓。比如，把黄瓜切成丝，称之为“黄瓜花”；把西红柿切成丁，称之为“西红柿花”，把变蛋切成碎末；称之为“变蛋花”。

译文：In the north part of Anhui Province, “flower” is a special term used for foods that are sliced because their shapes like petals. For example, people there call cucumber slices “cucumber flower”, tomato dices “tomato flower”, and preserved egg cubes “preserved egg flower”, and so on.

分析：例句出自《到老街，吃一碗三花面》一章。在描述三花面做法时，引入了一个概念“花”，这里的花指的不是自然界盛开的花朵，而是亳州方言里对“丝”、“碎”的叫法，是一种比喻手法，具有明显的地域特征，如果直译成“花”而不加解释，会让目标语读者理解产生歧义，误以为吃的是“花朵”做成的面。因此，翻译时应首先理解其比喻格的类型及含义。李照国认为，比喻分为两种：明喻和隐喻，明喻一般由本体、喻体和喻词组成，常用的喻词有如、若、犹、譬、似、象等，而隐喻则常常以貌似判断句的方式出现，但实际上却体现是比喻之法，只是这种比喻不似明喻那么直接(李照国, 2011: 69)。在处理隐喻句时，很容易误判其为判断句，将“A”像“B”误判为“A”是“B”。本例貌似判断句，实际上却是隐喻，即以“花朵”比喻“蔬菜瓜果”的一片一片的属性。若对此判断不明，则必然释义含混。明确其隐喻类型和隐喻对象后，译者选择保留其隐喻格，同时加以注释，翻译成“‘flower’ is a special term used for foods that are sliced because their shapes like petals”。如此处理在语义和形式上还是比较接近原文，兼具审美功能和信息功能。

3.3.2 溯源经典，形神并重

除了比拟的修辞格使用，在源文本中，作者为了使语言隽永、曲折达意、富有说服力，经常引经据典，唐诗、宋词、现代诗等诗歌在文中比比皆是，四书五经在文中也常常出现，例如欧阳修的《涡河龙潭》，范成大的“回风佐小舞，薄日生微醺”、现代诗歌“春水微澜，春阳初升，春林初盛，春光大好”等。如何在英译中形神兼备地将这些引用再现出来，是对译者的一大挑战。谭学纯等人认为，引用作为文本互文策略，指通过植入权威话语实现修辞强化与情感投射双重效能，具体表现为增强论证效度、激发情感共鸣及建构主体认知，又细分为引经和用典。引经属于文献征引范畴，侧重从权威典籍中提取历史参照；用典则属典故故意用范畴，着重借助历史意象实现隐喻表达。在翻译引用修辞格时，译者若存在双语能力欠缺失衡，对引用修辞格中的历史文化符码采取表层转码策略，将导致能指移植过程中的文化解码障碍，造成跨文化受众的信息耗损。由此，译者处理时首先溯其根源，找出引用对应的源文本，并借鉴其经过时间考验、被大众所认可的优秀译本，以求译本也能“引经据典”。

例 17:

原文：春水微澜，春阳初升，春林初盛，春光大好。

译文：Spring water softly fresh, spring sun begin to rise, spring wood again nourish, spring scenery shines with grace.

分析：例句同样出自《到老街，吃一碗三花面》一章。作者在本章最后一自然段的段首连用四个四字格，用来赞美春日欣欣向荣、万物复苏的胜景，同时也呼应了全文的核心：春日来吃一碗三花面。分析例句，用了四个“春”，是押头韵，用“微澜”、“初升”、“初盛”和“大好”四个动词词组修饰春天的初水、太阳、树木和景色。翻译时实现语义和形式的对等颇有难度。译者在翻译时首先溯其根源，经查阅得知，作者此处引用了诗人冯唐的《春》并加以化用。原句为“春水初生，春林初盛，春风十里不如你。”冯唐是中国现代著名诗人、作家，研究其诗歌英译的学者众多。因此，作者在查阅对比了几版译本之后，选用了“Spring water become fresh, spring wood again nourish, spring breezes breath over miles, not as nice as yours.”这一译本。以此为灵感，译者活学活用地将例句翻译成“Spring water softly fresh, spring sun begin to rise, spring wood again nourish,

spring scenery shines with grace.”站在巨人的肩膀上，在保证译文权威性的同时，也加入了自己的创新，使译文押头韵和尾韵，同时尽力转存和再现了源文本的修辞美。

例 18:

原文：不必非和李太白一样，到“对影成三人”的地步，在“红潮生面就微醺”时分，走进一片老街，最能感知古韵，最能激发诗情，最能放空自己，让一颗心与一条街，在一杯酒里，彼此“确认过眼神”。写到这里，终于明白诗歌中“相看两不厌”的神韵了。

译文：One doesn't need to reach the point of Li Bai, who found companions in his shadow and moonlight. At the moment when “A blush spreads on my cheeks, and I am gently tipsy”, stepping into an old street allows one to perceive the ancient charm most keenly, inspire poetry most vividly, and let go of oneself completely. It allows one's heart and the street to “exchange glances” within a glass of Baijiu. Writing this, I finally grasp the essence of the poetic line, “Never tired of looking at each other.”

分析：例句出自《微醺过老街》一章。同前文一样，本句同样用词凝练含蓄、音韵和美，语言近乎诗化，且引用了许多古诗词来增加意蕴。分析例句，得以发现主要运用了两种修辞手法，一为引用，二为排比。引用上文已经介绍，这里不再赘述。伍先禄认为，排比，作为一种修辞方式，《现代汉语词典》的解释是，用一连串内容相关，结构类似的句子成分或句子来表示强调和一层层深入(伍先禄, 2007: 139)。排比句通常包含三个及以上结构单位，在历史散文创作中能有效强化语势。其规整的句式结构与鲜明的节奏特征共同建构文本的韵律美感。在翻译“对影成三人”、“红潮生面就微醺”、“相看两不厌”这三句诗时，译者通过前期查阅平行文本中的类似诗歌英译，发现在散文语境中有时为了句式的连贯性和趣味性，可不必追求合辙押韵，而是追求译文整体的和谐流畅。因此，译者结合上下文，将“对影成三人”译为“who found companions in his shadow and moonlight”，相看两不厌译为“Never tired of looking at each other”。同时，在处理“最能感知古韵，最能激发诗情，最能放空自己”这一排比句时，同样吸取前人翻译经验，用“most keenly”、“most vividly”和“completely”三词达到排比效果，对应原文句式整齐、音调和谐、条理清楚的特点。

第四章 总结与反思

通过前三章对《古城亳州的街巷风华》（第四章）英译的案例分析，译者逐步探索了如何在跨文化语境中平衡源文本的文学性、文化特色与目标语读者的接受度。本章将从实践中的具体经验出发，反思翻译过程中译后审校的过程、心得与收获、不足与改进，力求为未来类似文本的翻译提供参考。

4.1 译文质量提升

在英译实践中，为保证译文质量，往往需要多次译后审校。为提高审校质量，译者首先充分了解和研究了源文本的背景和作者的写作目的、写作风格等，从而确保译文与源文本风格保持一致。其后，译者进行了三轮审校：首先，译者通过自我审校的方式，从词汇、句法、篇章三个方面回查译文是否错译漏译，并脱离源文本，仅将译文作为英文来审视其是否表述自然通畅，是否符合目标读者表达习惯，并将译文放入 deepseek 中，确保译文质量要优于 AI 译本。其次，在自我审校合格的基础上，译者邀请同门同学进行组内审校，通过交叉查看其他同门的译文，从不同视角审视检查，收获许多意想不到的修改意见和看法。最后交由导师审校。导师凭借其丰厚的翻译经验和知识储备，严格修改了译文中表达不足之处，解决了译者无法处理的疑难问题。三次审校，不仅提升了译文质量，更为译者撰写案例分析提供了崭新的视角和经验。

4.2 心得与收获

此次翻译实践让译者深刻体会到，四字格短语与文学性句式的处理不仅需要语言转换能力，更需对源语与目标语文化内涵的双向理解。例如，在第三章例 5 中，“养血和营”的翻译并未简单音译为“Yang Xue He Ying”，而是通过补充“Nourishing blood (Yang Xue) and harmonize the nutrient (He Ying)”诠释其中医术语概念，既保留了中国文化内涵，又兼顾了目标语读者的认知习惯。这种“音译加注”的策略，既是对文化差异的尊重，也是对“异化为主”翻译原则的实践。而面对源文本中频繁出现的四字格词语，如例 2 “寸土寸金”译为“Every inch of

land here is precious”，译者发现，通过拆分语义重心、简化冗余修饰，能够更贴合英语表达的直接性，实现功能的近似对等。此外，在处理汉语流水句时，如例 12 的三花面制作步骤，通过添加时序连接词，如“First”、“At the same time”，将隐含的逻辑显性化，既保留了动作的连贯性，又符合英语“形合”的句式特征。这些经验表明，翻译不仅是语言的转换，更是文化信息与表达逻辑的重新编码。

4.3 不足与改进

虽然此次翻译收获颇深，但译者也意识到翻译无止境，认识到自身还存在不足与改进之处。首先，尽管在翻译中尽力追求功能对等，但实际操作中仍存在局限性。在翻译诗句时，虽借鉴现有译本并尝试押韵，但原文的意境美与音韵节奏在译文中有所减损，未能完全传递汉语诗歌的凝练与画面感。其次，译者对皖北传统饮食文化和中医药文化的专业理解尚显不足。在翻译四字格短语和中医术语时，虽查阅了有关资料，但对专业工艺缺乏系统认知，导致部分术语翻译质量参差不齐。最后，译者对新型翻译技术和工具的运用有待提升。最近年来人工智能发展日新月异，国外诸如 ChatGPT、Gemini，国内诸如字节豆包、文心一言、腾讯元宝等 AI 大模型百花齐放。近期 deepseek 的深度思考之聪慧，对中华文化外衣更是如虎添翼。然而，译者在实践中仅将此类工具用于术语检索与句式微调等基础应用层面，囿于译者对提示词的不精通，更多潜能尚未充分释放。

言而总之，此次翻译实践既是一次语言能力的锤炼，也是一次文化传播的尝试。通过案例分析，译者认识到，翻译散文类文本需在“忠于原文”与“读者友好”之间寻找动态平衡：既要异化策略传递文化独特性，也要以归化手段确保可读性。然而，语言与文化的不可比性使得完全对等难以实现，尤其在处理文学修辞与深层文化意象时，译者需灵活选择策略，必要时牺牲部分形式以保全核心内容。未来，译者将更注重平行文本的积累与人工智能模型的训练使用，以期在文化传播的准确性与译文的流畅性之间找到更优解。

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附录一 术语及专有名词表

序号	中文	英文
1	八步六条街	Six Streets Only Distanced Eight Steps
2	北关老街	Beiguan old streets
3	亳芍	Bozhou peony
4	亳州古城	The ancient Bozhou
5	曹操	Cao Cao
6	曹操牛杂面	beef offal noodles
7	寸土寸金	every inch of land here is precious
8	道家鼻祖	founder of Taoism Lao-Tzu
9	干扣面	dried noodles
10	锅盔	Guokui
11	河虾	river shrimp
12	红薯粉丝	pickled radish
13	红心月牙蹄	Red Heart Crescent Trotter
14	花戏楼街	Huaxilou Street
15	华佗	Hua Tuo
16	江淮第一当铺	the best pawnshops in Jianghuai region
17	蒋记烧鸡	Jiang's Roast Chicken
18	九酝春酒	Nine-Brewed Spring Wine
19	老街小店	crispy pork broth
20	李鸿章当铺	Li's pawnshops
21	里坊制	ancient square and lane system
22	粮坊会馆	Liangfang Guild Hall
23	刘麟酥肉店	Liu Lin's Crispy Pork Inn
24	卤煮	boiling in a broth

25	绿豆芽	mung bean sprouts
26	麻油	pepper oil
27	马糊	Mahu(a kind of porridge made of crushed soybeans)
28	明道宫	Mingdao Temple
29	南京巷	Nanjing Lane
30	牛肉馍	thick beef pie
31	欧阳修	Ouyang Xiu
32	染业会所	club for Dyeing merchants
33	三花面	Sanhua Noodles
34	三汤	Three soups
35	商贾云集	a gathering place for merchants
36	芍花鸡	Peony Chicken
37	芍药花	peony flowers
38	水门关	Watergate Pass
39	宋真宗	emperor zhenzong of Song
40	酥肉	crispy pork
41	酥肉汤	mortar
42	酥炸焦虾	Crispy Fried Shrimp
43	酸萝卜	pickled radish
44	蒜臼	mortar
45	铁鏊子	iron griddles
46	娃娃鱼	baby fish
47	文火慢炖	simmering over low heat
48	涡河龙潭	Longtan pool near the Guohe River
49	咸宁街	Xianning Street
50	药都	medicine capital
51	药膳	medicated diet
52	药食同源	food and medicine have shared the same

		origin
53	药市	Bozhou pharmaceutical market
54	展沟烧饼	Zhangou Shaobing
55	中药材香料	Chinese medicinal herbs and spices
56	八步六条街	Six Streets Only Distanced Eight Steps
57	北关老街	Beiguan old streets
58	亳芍	Bozhou peony

附录二 原文及译文

Source Text	Target Text
春风十里，不如老街半顷 亳州古城曾是一片高舸大橈的靠岸之所。1067 年的一个春日，被贬的诗人欧阳修正处意志消沉时期，乘船到亳州赴任，从亳州北关登岸，当途经涡河龙潭时，被龙潭边的幽僻风光所吸引，心情瞬间由阴转晴。登岸后，看着市井繁华，人心纯净无私，欧阳修旋即找来文房，写下了如许诗句：碧潭风定影涵虚，神物中藏岸一枯。一夜四郊春雨足，却来闲卧养明珠。 欧阳修后来称亳州为“仙乡”，这与他对亳州的第一印象密不可分。	Nothings compares to you, the old streets in Bozhou The ancient Bozhou was once a port city where numerous large ships docked. In the spring of 1067, the great poet Ouyang Xiu was in low spirits because of demotion. The poet went to his post to Bozhou by boat, while in the north gate he went ashore. When passing through the Longtan pool near the Guohe River, his depressed mood was cheered up as soon as he witnessed the secluded scenery. After landing, inspired by the crowded and prosperous market and people with pure hearts, Ouyang asked for writing materials at once and wrote a poem as follows: Deep pool, still as glass, reflects the void, Mystic creature hidden, banks never dry. After night's rain, all fields refreshed, Now it rests, leisurely, pearls to breed. With such a first impression, there is no wonder Ouyang Xiu later named Bozhou as the Fairyland.
亳州是通往东京汴梁的黄金水道，也是十三座驿站的首站。当年，宋真宗也正是乘船从灵津古渡登岸，	Bozhou own a “golden waterway” connected to Bianliang (the eastern capital in Song dynasty), and the first of the

到北关老街的里仁街去购买灵芝，然后到明道宫和道德中宫去拜谒老子。 “药不过亳州不灵”，这是宋真宗说的。他坚定地认为，道家鼻祖在这里，神医华佗在这里，这里是福地，自然出神药。所以，我们大可以作合理想象，去北关的大街小巷，追随宋真宗寻医问道的脚印。	thirteen courier stations. It's also the city where the emperor zhenzong of Song Sought for Chinese medicine. This emperor arrived here by boat and landed at Linjin ancient ferry. Then he bought ganoderma lucidum at Liren Street belongs to Beiguan old streets and commemorate Lao-Tzu at Mingdao Temple and Daode Central Temple. Only those herbs which from Bozhou is efficacious, just like the emperor zhenzong said. He firmly believed that since Bozhou is the place where the founder of Taoism Lao-Tzu and the great doctor Hua Tuo was born, here must be blessed and full of magic medicine. Thus, we can follow the path of emperor zhenzong and create an image of seeking for medicine and Taoism along streets of the north gate.
亳州是被陆游盛赞过的轻纱产地。千百年来，亳州人爱稼穡，善农桑，织布纺纱，勤劳善良。亳州出的轻纱深深地折服了陆游，他说：“亳州出轻纱，举之若无，裁以为衣，真若烟霞。”不仅如此，亳州也是上等布匹的出产之所。老街内原建有葛仙祠，后为染业会所。会所之大，咸能让各种布匹着色，挂染晾晒之场，如西天落霞，蔚为壮观。	Bozhou is the place abound in the light gauzes where the poet Lu You of Song dynasty high praised. <u>For thousands of years the industrious people in Bozhou with kind hearts are good at farming, weaving and spinning.</u> Lu You were deeply impressed by the light gauze made of Bozhou and said, “The light gauze is extremely light in weight, and the clothes made of it are clear like mist.” Not only that, Bozhou also produces high-class cloth.

	There used to be a Gexian Temple in the old streets, which later changed into a club for Dyeing merchants. The size of the club is big enough to color all kinds of cloth. When drying, the club is full of dyed cloth, which is as magnificent as the sunset in the western sky.
亳州还是李鸿章当铺的开设之所。提及李鸿章当铺，也许不像山西平遥钱庄那样有名，但是在安徽，李鸿章及其族人所开设的当铺足有数十家，曾名噪一时，被称为“江淮第一当铺”。北关老街的承德街（今新街）曾开有李鸿章当铺，规模大，人头攒动，门不停宾，曾为北关老街一景，只可惜后来毁于兵燹。	Bozhou is also the place where Li Hongzhang opened his pawnshops. Though Li's pawnshops are not as famous as the old-style banks in Pingyao, Shanxi Province, there still were dozens of pawnshops opened by Li and his clans in Anhui Province, which once gained great fame and were called “ the best pawnshops in Jianghuai region”. One of Li's pawnshop was once set in Chengde Street (now known as Xinjie Street), which become a scenic spot in Beiguan old streets for its large scale and numerous customers. Unfortunately, this pawnshop was later destroyed in the war.
亳州更是当年曹操的练兵之地。为匡扶汉室，曹操曾多次返乡征募乡勇。征兵之后，就在北关马场街附近的洼地处练兵，至今北关老街还留有拦马墙和饮马坑。<u>当年的拴马槐老后枯焦，死而复生，至今仍有新苗葳蕤。</u>	Bozhou is also the place where the great strategist Cao Cao trained his troops. For the purpose of the rejuvenation of Han Dynasty, Cao Cao had returned to his hometown Bozhou many times to recruit. Then he trained his warriors in a bottomland near Machang Street, and to

	this day, Beiguan old streets still remains the horse-blocking wall and the horse-drinking pool. <u>The ancient hitching post tree, after weathering centuries into charcoal-black remnants, has defied death to regenerate, now cradling verdant shoots that whisper tales of resilience.</u>
亳州曾是里坊制推行的街区活化石。以商业驰名中原的北关老街，寸土寸金，商户门庭若市，南北商贾络绎不绝，摩肩接踵。这里所经营的中药材、红堂大鼓、铜器等物品货通天下，凡所能云之物品，无不详尽。	Bozhou is the place where still remains the ancient square and lane system. <u>The Beiguan old streets are famous in Central Plains region for the prosperity in commerce. Every inch of land here is precious. The shops are so crowded that customers are packed face to face. Merchants from all over the country are countless.</u> Chinese medicine, Hongtang Chinese drums, bronzes... You name it, markets here sell it.
春风浩荡好行船，行船当来是北关。当二月的风和三月的雨融融地弥漫在北关的时候，这里名园遍地，牡丹芬芳。山西商人王同之云：<u>愿挥黄金万镒，换北关三寸日光。</u>	The spring breeze blows with might, sailing boats take flight. To reach the place just right, Beiguan should be the site. When the breeze and rain of spring comes, you can find peony blooms in gardens of Beiguan. Wang Tongzhi, a merchant from Shanxi Province, has written a poem to praise: <u>I would gladly spend tens of thousands of gold to exchange for just a few inches of sunlight in Beiguan.</u>

是的,春风十里,哪抵北关半顷? 苏童说,乡土是一个作家最大的粮仓。如此,我是蹲在粮仓里撰写和北关有关的文字。这里的街巷带给我源源不断的书写力,这里的一草一木带给我丰盈的灵感。作为一个书写者,我是幸运的,能够多次如此近距离地和北关亲密接触。 感谢北关。 是为序。	Indeed, nothings compares to you, the Beiguan region in Bozhou. The modern writer Su Tong has said, for a writer, hometown is like a biggest granary. According to him, I am writing a book about the Beiguan region in the arms of my hometown. Every streets and each things here bring me continuous inspiration to write. As a writer, I am lucky enough to have such close encounters with the Beiguan region of my hometown for many times. Many thanks to the Beiguan region. This serves the preface.
寻味亳州, 首选花戏楼街 了解一座城市的气质, 最有效的方式是去品尝这座城市的美食。美食, 是最直接感知一座城市温度的媒介。 亳州, 作为国家历史文化名城, 拥有 3700 多年人文历史, 这里是中国小麦的最早种植区域, 悠久的农业文明, 催生了丰富的美食烹饪方式。这些美食, 以面食为主要特色, 干扣面、板面、炝锅杂面……通过烹炸煎煮, 滋润了一代又一代亳州人的味蕾。	Huaxilou Street: The Best Choice for a Bite of Bozhou The most effective way to get familiar with a city is to taste its local foods. That means food is the most direct medium to measure a city. As a national historical and cultural city, Bozhou holds a cultural history with more than 3,700 years. During such long history, Bozhou, as the earliest area to plant wheat, has developed a rich variety of cooking styles. Among them, different kinds of noodles are the specialist style, including dried noodles, flat noodles, stir-fried noodles and so on. Through these

	cooking styles, the local foods nourished people in Bozhou from generation to generation.
大多数城市的美食多以散落的星斗状，分布在城市的角角落落。而旅游城市，则多以集中一条美食街的形式展示在一个区域。亳州的特色美食街，就在花戏楼街。 花戏楼街以国家 4A 级景区而得名，北通涡河，南至和平路，全长约 800 米，整体位于北关历史街区范围内。花戏楼街为南北走向，街区呈现鱼骨状，左右连通北关历史街区的其他街巷，通达性好，热闹非凡。 <u>走进花戏楼街，一派明清建筑风格映入眼帘，檐牙高啄，雕花悬窗，古色古香。</u>在这样的老街享用美食，除却美食的色香味，在意境上，更胜出一筹。	For most cities, the local foods are wildly spread in every corner, like stars in the sky. But for tourist cities, they are congregated in one area called food court. And the food court in Bozhou is located in Huaxilou Street. Huaxilou Street is named after Flower Peking Opera Theater, a AAAA National Tourist Attraction. It extends northward to the Guohe River and southward to Heping Road, with a total length of about 800 meters. This north-south street lays out like fish bones, connecting with other old streets in the Beiguan historical district, enjoying good accessibility and prosperity. <u>Stepping into Huaxilou Street, the first things you can see are the buildings decorated in Ming and Qing styles, with tooth-like eaves and carved windows, exhibiting antique beauty.</u> Eating foods in such an old street, you will not only enjoy the appearance, aroma and flavor, but also appreciate the atmosphere and mood it offers.
花戏楼街的美食多以本地特色为主。比如，铜黄酣畅的牛肉馍，在植	The foods in Huaxilou Street are often local specialties. For example, the thick

物油中浸润煎烹，出锅以后，一刀斩下去，咔嚓——粉丝和碎牛肉的香瞬间充盈你的鼻孔，让人垂涎三尺；干香劲道的锅盔，这种曹操发明的美食，战时被用作干粮用。据传，坚硬的锅盔壳还能抵挡飞箭，有一定的防身功效；浓郁的牛肉汤，精选亳州这座中原粮仓上地产的黄牛肉，切块熬煮，以红薯粉丝相佐，喝来，酣畅淋漓，如再佐以酸萝卜，不光味美，还可以解宿醉；绵柔香浓的马糊，有浓浓的芝麻香，却是豆沫制作而成，分咸味和甜味两种，咸味的配牛肉馍和油条来吃，甜味的配烫面角来吃，味道各有千秋……	beef pie with golden and crispy crust. After being fried in vegetable oil and cut open, the aroma of vermicelli and minced beef will make your mouth water. The dry and chewy Guokui, a kind of crusty pancake invented by Caocao, was used as rations during wartime. It is said that the hard crust of Guokui can even protect soldiers from arrows. The beef soup with rich flavor is made of beef selected from Bozhou. By cutting, boiling, complementing with sweet potato vermicelli, the soup will bring you satisfaction and pleasure when drink it. Not only that, if eating with pickled radish, the soup will even be your hangover cure. The aromatic and thick Mahu (a kind of porridge made of crushed soybeans) has a rich sesame-like flavor, yet it is made of crushed soybeans. You can choose to enjoy salty Mahu paired with thick beef pie and deep-fried dough sticks, or sweet one paired with steamed dumplings. Each flavor has its unique taste.
早上，城市在第一缕曙光里醒来，花戏楼街的店主们卸下门板，开门迎客。盈盈的早点的热气，把整条街笼罩在一片诱人的氛围里。<u>盛上一碗热气腾腾的粥，叫上一份牛肉馍，佐以小咸菜，这才是纯正的亳州味道！</u>	In the morning, people wake up in the first ray of sunshine. The shop owners in Huaxilou Street open the doors and get ready for business. Time for breakfast! The whole street is enveloped in an enticing warm steam. <u>A bowl of hot porridge, a slice</u>

	<u>of thick beef pie, a bit of pickled vegetables</u> <u>-that is what we call “A Bite of Bozhou”!</u>
到了中午，“三汤”的主场就要到了。所谓“三汤”，就是牛肉汤、羊肉汤、狗肉汤。亳州是回族的主要生活区域之一，在他们的带动下，带来了地道的牛羊肉烹饪方法，以牛羊肉汤为主，佐以铁鏊子上烙出来的烙馍，两者是黄金搭档。当然，也可以佐以展沟烧饼，展沟烧饼又名“鞋底烧饼”，以形似鞋底而得名，烧饼中有肉馅儿，深得食客们的追捧。在汉族集聚区则喜食狗肉。狗肉，又称“地羊”，旧时，在农村，有“狗肉香，飘满庄”的说法，足见狗肉的香之诱人。狗肉，又有“至尊肾宝”的美誉，是上好的滋补佳品，一碗狗肉汤，人生得康庄。	At noon, it's time to enjoy “Three soups”, which refer to beef soup, mutton soup and dog meat soup. As Bozhou is one of the main living area of the Hui people, they brought authentic cooking methods for beef and mutton. So People here can enjoy beef soup or mutton soup paired with Laomo (a kind of unleavened flatbread) cooked on iron griddles, which complement each other perfectly. The soup can also paired with Zhangou Shaobing, also known as sole-shaped Shaobing due to its shape. Filled with meat, this Shaobing is welcomed by customers. In the Han area, dog meat is a favored delicacy. Dog meat, also known as “field sheep,” was highly prized in rural areas and remains tempting even today, as evidenced by the saying, “The aroma of dog meat fills the village.” It's also a nourishing food prized as “Kidney aid”, with the belief that “One bowl of dog meat soup can bring prosperity to your life.”
晚上，夜的大幕拉开，花戏楼街在灯光的映照下，尽显古建筑之美，越发显得富丽堂皇，有旧时“花市灯如昼”的氛围。一座城市的夜生活，在一	In the evening, as night falls, the ancient buildings in Huaxilou Street, illuminated by colorful lights, become more resplendent and magnificent, which has the

定程度上也印证了它的繁荣程度。数百年来，亳州以药都的身份闪耀在中国的版图上，北关历史街区自古商贾云集，沿着花戏楼街又是会馆的主要集中区域，这里是地道的会商天下之所。<u>晚上去花戏楼街，叫上一瓶古井贡酒，吃上一份铜锅涮肉，邀三五知己一诉衷肠，欣赏着街区无边的夜色，何等的快意潇洒？</u>	atmosphere of the ancient flower market where lights are bright as daylight. To a certain extent, the prosperity of a city is reflected in its nightlife. For centuries, Bozhou, as a medicine capital, is famous all over China. The Beiguan historical district has always been a gathering place for merchants, and along the Huaxilou Street many guild halls were opened, making Bozhou a center for business trading. <u>If you visit Huaxilou Street at night, please enjoy the mutton hotpot paired with Gujinggong liquor. After that, admire the view along the street with your friend. What a cozy night!</u>
夜深以后，花戏楼街逐渐安静下来，仍有部分游人在闲逛。他们，是这座城市迟到的造访者。<u>这时候看这条街道，安谧自然，像是一位熟睡了的老人。经历了百年的人间烟火，街容街貌是其一笑一颦，祥和的夜色枕着幽静的涡水，且眠去。明天，又是一个活色生香的开篇。</u>	After midnight, Huaxilou Street gradually falls silent, yet some travelers still wonder outside. They are the latercomers of the city. <u>If you gaze at the street again, you will find it peaceful like a deeply sleeping old woman. After the hustle and bustle for hundreds of years, the street's outlook is her twinkle and smile. The night is her quilt and Guohe river is her pillow. Good night, Huaxilou Street. Tomorrow it's the prelude to hustle and bustle again.</u>
到老街，吃一碗三花面 春日去北关老街，有两种意图，一为看街墙上的花朵，二为吃一碗三花面。街墙上的风景，妖冶分明；小	Visit the Old Streets, Enjoy a Bowl of Sanhua Noodles If you visit the Beiguan old streets in spring, you may have two goals: one is to

馆子内的三花面，透着难以抑制的香。 三花面是凉面的一种，只不过在做法上比一般的凉面更精致。三花，即黄瓜花、变蛋花、西红柿花。有时候，还把豆角切碎，做成豆角花。 花，是皖北人对切碎或切成丝状的食物别样称谓。比如，把黄瓜切成丝，称之为“黄瓜花”；把西红柿切成丁，称之为“西红柿花”，把变蛋切成碎末；称之为“变蛋花”。如此种种，不一而足。	admire the flowers on the street walls, the other is to taste Sanhua Noodles. The flowers are pretty and coquettish for you to appreciate, while the noodles are aromatic and tempting for you to bite. Sanhua Noodles are a variant of cold noodles that are more exquisite in cooking methods. The so-called “Sanhua (Three flowers)” refers to cucumber slices, preserved egg cubes and tomato dices. Sometimes, chefs also add shredded green beans into Sanhua Noodles. <u>In the north part of Anhui Province, “flower” is a special term used for foods that are sliced because their shapes like petals. For example, people there call cucumber slices “cucumber flower”, tomato dices “tomato flower”, and preserved egg cubes “preserved egg flower”, and so on.</u>
亳州北关的老街街角有一家小馆子，小馆子的主人和三五朋友早年在北京从事药材生意。药材生意做得风生水起之后，朋友们继续做他们的生意，而他，则恋上了北京的炸酱面。爱吃面的他，索性放弃了很赚钱的药材生意，一心钻进庖厨的角色中。天长日久，他改良了北京炸酱面，并结合皖北人爱吃的凉面做法，取其精华，弃其糟粕，发明了三花面。	There is a small restaurant at the corner of Beiguan old streets. The owner used to be a medicine herb merchant partnered with few friends in Beijing. As soon as their business flourished, all his partners aimed to expand further. But he decided to give up his profitable medicinal herb business and become a chef, all because he was attracted to Zhajiang Noodles (noodle with soy bean paste). With

	his great effort, the chef improved the cooking method of Zhajiang noodles, combining it with some good practices from the cooking method of cold noodles in northern Anhui, and finally invented Sanhua Noodles.
三花面的做法很简单，把面条放入沸水中煮上五滚儿，煮面的间隙，把黄瓜、豆角、西红柿切成丝、块、末状，同时，剥蒜，放入蒜臼里捣碎，把变蛋黄与蒜汁一起搅拌，放入芝麻油，把变蛋青切成末，待到面条煮熟之后，捞出纯净水中冰着。三分钟后，捞面出来，放入玻璃碗里调拌。调拌用的佐料很讲究：在蒜臼内放入少许醋、足够多的麻油，两勺酱油等，然后倒入事先氽水的碎豆角，与西红柿、黄瓜丝、面条一起调拌均匀，稍事摆盘，黄、红、青、白，煞是可人，吃起来，开胃爽口，很受食客们的欢迎。	The cooking method of Sanhua Noodles is quit simple: <u>First, cook the noodles in boiling water for five rounds of boiling. At the same time, prepare cucumber slices, green bean shreds and tomato dices. Then peel the garlic and pound it into paste, stir it with preserved egg yolk and sesame oil. Don't forget to cut preserved egg whites into shreds. Once the noodles are cooked, take them out and chill them in cold water for about three minutes. When everything is prepared, stir the cooled noodles with all the foods mentioned before.</u> The seasonings are quite particular: <u>a little vinegar, enough pepper oil and two spoons of soy sauce. Mix them thoroughly in a mortar with blanched green bean shreds, tomato dices, cucumber slices, and noodles.</u> When eating, customers can admire the charming plating mixed with yellow, red, green and white, and enjoy the appetizing and refreshing flavor. There is no wonder why the Sanhua Noodles is

	widely welcomed.
三花面很有魔力，这种面比炸酱面更开胃，且更好看，色香味俱全。在回暖的春日来吃，望着老街内的青砖灰瓦，以及院墙上的花朵朵，有一种“世界风景皆入我口中、入我眼中、入我心中”的满足感。	The enchanting Sanhua Noodles are more appetizing and visually appealing than Zhajiang Noodles, perfectly combined with color, aroma, and taste. On a warming spring day, accompanied with blue bricks and red flowers, please enjoy a bowl of Sanhua Noodles. You can taste, you can observe, you can experience the scenery all over the world.
<u>春水微澜，春阳初升，春林初盛，春光大好。</u>暖暖的春日，百花次第盛开，到北关老街，吃上一碗三花面，黄瓜可口，西红柿补充维生素，大蒜开胃败毒，健康养生，食客们都盛赞其为“天下第一颜值凉面”！	<u>Spring water softly fresh, spring sun begin to rise, spring wood again nourish, spring scenery shines with grace.</u> On a warm spring day, as flowers bloom one after another, visitors can go to Beiguan old streets to enjoy a bowl of Sanhua Noodles. The cucumber is delicious, the tomatoes provide vitamins, and the garlic stimulates appetite and detoxifies. Sanhua Noodles is healthy and nourishing, and eaters all praise it as “the world’s most beautiful cold noodles”!
情迷小馆子 <u>说起小馆子的魅力，我觉得关键在“小”，大而无当，小巧玲珑。</u> 小馆子的格局可以就几十平方米，一张柜台，摆两三张桌子。可以是夫妻店，也可以就掌柜的一人忙活。客人来了，点的也就那三两样拿手的	Charmed by Small Eateries <u>The charm of a small eateries lies, I believe, predominantly in its “smallness,”—charmingly compact rather than overly grand.</u> The layout of such a eatery might span just a few dozen square meters, with a

好菜，这样的菜，在这样的城市，就这家小馆子能吃到，那就够了。<u>喝的呢，是自酿的小酒，烧刀子，粮食酒，喝着放心，尤其是配上地道小菜，那才叫酒与菜的“灵魂契合”。</u>	counter and a couple of tables. It could be family-run or simply run by the restaurateur alone. When patrons arrive, they usually order just a few specialties, which, in this city, can only be found in this particular eatery—and that's enough for them. <u>As for beverages, homemade grain liquor, such as Shaodaozi, is offered, making patrons feel at ease, especially when paired with the local specialties, thereby achieving a true “soul connection” between liquor and food.</u>
夜幕降临，一灯如豆，小馆子里的光线并不好，恰恰是这样的氛围，又最适合三五好友聚会闲聊。酒满上，两个小凉菜刚刚上桌，就喝起来。很多情况下，氛围的朴素反倒能让人的感情华丽起来，这是一种怎样微妙的“此消彼长”？相反，真若是换到了装修入时的星级酒店，七八个老友坐下来，灯光明亮，餐桌阔大，你与我能距离一米开外，吃的是全国各地都一样的“酒店菜”，那感觉立马就远了。	As night falls, a solitary lamp casts a dim glow, and the dim lighting of the diner creates an ambiance perfect for gatherings and casual conversations among a handful of close friends. With glasses filled and two small cold dishes freshly placed on the table, the drinking begins. Often, it is the simplicity of the atmosphere that elevates the depth of friendship—a delicate interplay of “one decreasing while the other increases.” Conversely, if the same gathering were held in a chic, newly decorated starred hotel, where friends seated a meter apart from each other share standardized "hotel dishes" from across the country, the sense of camaraderie would instantly diminish.

亳州北关的南京巷里，有一家蒋记烧鸡，开了很多年。这家的烧鸡吃起来肉酥、皮脆，远近闻名，通常情况下是需要排队很久才能买上一只的。店面很小，在两条街道的拐角处，也没有花哨的装饰，络绎不绝的食客们，就是它味道的最好明证。 很多时候，去某一家店，只为吃那里的某一道招牌菜。比如，早几年，我常常去花戏楼街的“老街小店”，是一家回民餐馆，最知名的菜肴是“酥牛肚”。牛肚做不好，要么味同嚼蜡，要么如橡皮筋一样难以下咽。然而，这老街小店的酥牛肚，用独特的中药材作佐料来烹制，一块酥牛肚，足以激活你业已麻木的味蕾，让你整个人都为之一振。	In Nanjing Lane, Beiguan region, there is small eatery called Jiang's Roast Chicken that has been operating for many years. Renowned for its chicken's crispy skin and tender meat, customers often have to queue for a long time to buy one. This small eatery, situated at a street corner without fancy decorations, sees a steady stream of customers—testifying to its delicious flavor. Many times, a visit to a certain eatery is solely for the purpose of tasting its specialties. For instance, in the early years, I frequently visited “Old Street Eatery” on the Huaxiulou Street, a Muslim restaurant renowned for its crispy beef tripe. Poorly cooked beef tripe can be either bland or rubbery, hard to swallow. However, the crispy beef tripe at Old Street Eatery, seasoned with unique Chinese herbal medicines, can revitalize your dormant taste buds and energize your entire being.
小馆子，对于一条街道来说，就是镶嵌在街道上的一粒红玛瑙。那份红，就是灶头上嘶嘶跳跃的火舌。这样的小店，人们走在街上，望一眼，就有忍不住走进去的冲动，即便不进去喝一杯，也会回头多看几眼。对，小馆子就是这样，要么撩人的胃，要	A small eatery, to a street, is like a red agate embedded in its lane. That red signifies the flickering flames dancing on the stove. Such small eateries, as people stroll by, attract them with an irresistible urge to step inside. Even if they don't go in for a drink, they can't help but glance back

么就撩人的眼。总之，是撩人，这就够了。 村上春树说：“如果一个城市没有愿意开小酒馆的人，那这个城市无论多有钱，都只是一个内心空虚的城市！”很庆幸的是，我所在的城市，街巷如麻，里面“丛生”着各色的小馆子。这些小馆子在岁月深处野蛮生长，你喊它“小店”也好，喊它“苍蝇馆子”也罢，喊它“特色记忆”也好，就好比喊曹操“曹孟德”也可，喊他“阿瞒”也未尝不可，只要足够传奇就够了，或者传神也可，最起码也得是有些传说吧…… 情迷小馆子。	a few times. Yes, that's how small eateries are—either seducing your stomach or captivating your eyes. In essence, they are seductive, and that's enough. The famous writer Haruki Murakami once said, "If a city lacks people willing to open small bars, no matter how wealthy it is, it remains an emotionally empty city!" Fortunately, the city where I live is crisscrossed with streets lined with various small eateries. These eateries have been thriving in the depths of time. Whether you call them "small eateries," "hole in the wall," or "memorable specialties," just as you can name Cao Cao as "Cao Mengde" or "Aman," as long as they are legendary or vivid, or at least have some tales associated with them—that suffices. Truly, I am charmed by these small eateries.
古道芍花鸡 四月底，正是芍药盛开的季节，铺天盖地的芍药花绽放在原野里，整个皖北大地像是铺上了一层花的毯子，正值季春，人的胃口格外好，这个时节，若是来到全国最大的药都亳州，应该去吃一份药膳，若要应景一些，就不妨品尝一下芍花鸡。	Peony Chicken in Bozhou In late April, the peak season for peony blossoms, vast fields are adorned with these flowers, covering the entire northern Anhui region like a floral carpet. During the the third month of the lunar calendar, people's appetites are particularly keen. If you happen to visit Bozhou, the city owned the largest Chinese medicinal

	herbs market in China, during this time, you should definitely try a medicated diet. To be more seasonal, you might as well indulge in Peony Chicken.
芍花鸡的做法较为考究。首先，要选择大田放养的公鸡仔，这样的公鸡口感极佳，与芍花的香气也最能融合，做到浑然一体；公鸡仔杀掉后，褪毛洗净后，放入滚水，焯水，滤去血沫，然后，加入药都当地的井水，或者是矿泉水，炖一个时辰左右；再把亳芍、桔梗、辛夷花、参片等名贵中药材做成秘制料包，再次放入锅内炖半个时辰左右，撒上几瓣芍药花，这样，芍花鸡就做成了。开锅以后的芍花鸡。色香味俱全，嫩而不腻。	The cooking method of Peony Chicken is quite particular. Firstly, free-range cockerels from farmlands are selected, as their meat has an exceptional taste and blends seamlessly with the fragrance of peony flowers. After slaughtering, the cockerels are plucked, cleaned, and scalded in boiling water to remove blood foam. Then, local well water or mineral water from Bozhou is added, and the chicken are stewed for about two hours. A secret-made blend of precious Chinese medicinal herbs including Bozhou peony, platycodon grandiflorus, Magnolia flower, and ginseng slices, is packed into a sachet and placed into the pot again for another hour of stewing. Finally, a few peony petals are sprinkled on top, and the Peony Chicken is ready to serve. Once the pot is opened, the Peony Chicken is a feast for the senses—good in color, aroma, and taste, tender yet not greasy.
亳州是神医华佗的故乡。据传，芍花鸡的发明者不是别人，正是华佗。华佗在故园行医时，一日，一位慈眉	Bozhou is the hometown of Hua Tuo, the legendary Shenyi (divine physician). It is said that the inventor of Peony Chicken is

善目的妇人推开了华佗的柴扉，向华佗求救。原来，她是谯郡城中的刘老夫人，家有一女，待字闺中，就到了谈婚论嫁的年龄。刘家小姐早已与城内的张家公子指腹为婚，眼看婚期将至，却突然消瘦，口舌生疮，一副病人膏肓的样子。刘家小姐形容憔悴，远不是先前的花容月貌，这样下去，该如何是好。 华佗亲自登门刘府，帮小姐看了病。看毕，全家人都翘首以盼华佗开方熬药。殊不知，华佗却一指刘府院内的个一只小公鸡说，把它逮来！然后，华佗到园子里掐了几朵芍花，到后厨如此再三地安排一通，便微笑着离府而去。	none other than Hua Tuo. While practicing medicine in his hometown Bozhou, a kind-faced old lady once knocked on Hua Tuo's wooden gate, seeking his help. She was Mrs Liu, an esteemed lady of Qiao Commandery, whose daughter, on the allotted time of marriage to a young gentleman from the Zhang family, suddenly lost weight, developed mouth sores, and looked like she was at death's door. Liu's daughter was gaunt, far from her former beauty, leaving the family in despair. Hua Tuo personally visited the Liu residence to examine the young lady. After the examination, the entire family eagerly awaited his prescription and the brewing of medicinal herbs. Unexpectedly, Hua Tuo simply pointed to a small cockerel in the Liu's courtyard and said, "Catch it!" Then, he plucked a few peony flowers from the garden and gave detailed instructions to the kitchen staff before leaving with a smile.
刘家小姐整整用一个月的时间，吃了十余只小公鸡，把花园里的芍花吃了数十朵，体态便丰腴起来，面色红润，似两朵芍花飞在腮间，口舌之间的疮也早不见了。自古以来，药食同源，食疗又是最好的治病方式。华佗之所以给刘家小姐开了这样一道奇	For a whole month, Liu's daughter ate over ten small cockerels and dozens of peony flowers from the garden. Gradually, her body became plump, her complexion rosy, as if two peony flowers were blooming on her cheeks, and the sores in her mouth had disappeared. Since ancient

异的“方子”，实因看中了芍药的疗效：养血和营、缓急止痛、敛阴平肝。因此，常啖芍花鸡，自然能平肝去燥、理气补血。	times, food and medicine have shared the same origin, and dietary therapy is the best way to treat illnesses. <u>Hua Tuo prescribed such an unusual recipe for Liu's daughter because he recognized the medicinal effects of peony flowers: Nourishing blood (Yang Xue) and harmonize the nutrient (He Ying); relaxing tension (Huan Ji) and relieving pain (Zhi Tong); astringing Yin (Lian Yin) and pacifying the liver (Ping Gan).</u> Therefore, <u>regular consumption of Shaohua Chicken (medicinal dish stewed with peony flowers) naturally achieves Ping Gan Qu Zao (pacifying hepatic hyperactivity and eliminating pathogenic dryness; TCM: calming liver yang) and Li Qi Bu Xue (regulating qi circulation and enriching blood volume; TCM: qi-blood harmonization).</u>
后来，药都人历经数代，精心调配，根据现代人的身体状况精心调制料包，做成了芍花鸡，也有人称之为“华佗养生芍花鸡”或“古道芍花鸡”。 尤其是在四月之末来到亳州，芍花开得汪洋恣肆，赏花之余，一定要去吃一份这个季节独有的药膳——芍花鸡，芍花鸡不光味道极好，而且有一股鲜花的香氛，看上去汤色清澈，有“芍花流水、春色阑珊”的中国画	Over generations, the people of Bozhou have carefully formulated and adjusted the ingredient packet according to the physical conditions of modern people, giving birth to Peony Chicken, also known as “Hua Tuo's Health-Preserving Peony Chicken” or “Peony Chicken in ancient cooking method.” Especially at the end of April when peony flowers bloom luxuriantly in

意蕴，更有美容养颜之功效。如果主人为你点上这样一道菜，不用问，一定是拿你当贵客来待了。	Bozhou, while enjoying the flowers, you must try this seasonal medicinal diet—Peony Chicken. Not only does Peony Chicken taste exquisite, but it also carries a floral aroma. It looks clear in soup, evoking the artistic conception of a Chinese painting with the motifs of “peony flowers flowing with water, spring fading away.” Moreover, it has the effect of beauty and skincare. If your host orders such a dish for you, there’s no need to ask; you are surely being treated as a honoured guest.
微醺过老街 喝了点酒，去夜晚的亳州老街逛逛。微醺时刻，老街的样子会增添几分妩媚。青砖铺路，组合成各种花样，有的像八卦图，有的像骏马，有的像一朵花，但这都不是最想看的。灯光亮起的老街，似一个女子施了粉、化了妆，有了精神。	Tipsy Through the Old Streets After taking a few sips of Baijiu, I wandered through the night-time old streets of Bozhou. In my tipsy state, the streets reached an extra layer of charm. The grey bricks paving the way were arranged in complicated patterns, resembling everything from Bagua (the Eight Trigrams) to galloping horses to blossoming flowers, yet these were not the main attractions. As the lights flickered on, the old streets transformed, akin to a woman applying makeup, coming to life with spirit.
我曾有两次游大理老街的经历，一次是没喝酒去的，感觉到人潮汹涌，各色商品-普洱茶、山珍、香烟，和云南其他地方的老街没有什么两样；第	I have visited the old streets of Dali twice. The first time, without a drop of Baijiu, I was overwhelmed by the crowds and the myriad of goods – Pu’er tea,

二次是在一个古典的院子里喝了些酒，出来的时候，大理老街上小桥流水、灯火通明，人影绰绰，白族阿妹的歌声甜美动人，茶馆里的普洱茶浓郁得像一口井。远处，山色朦胧；近处，街灯呈现琥珀色。我一下子买了很多礼物给朋友，告诉他们，这是在我醉眼迷离时最中意的礼物。	mountain delicacies, cigarettes – much like any other old street in Yunnan Province. The second time, after drinking Baijiu in a classic courtyard, I am surprised to find Dali's old streets adorned with bridges over flowing streams, illuminated by lanterns, bustling with activities, and filled with the melodious songs of Bai ethnic girls. The Pu'er tea in the teahouses was as rich and deep as a well. In the distance, the mountains were veiled in mist; nearby, the streetlights cast an amber glow. In my alcoholic haze, I bought numerous gifts for friends, telling them these were the items I cherished most.
酒壮怂人胆，酒也一样壮人的购物欲。其实，还远不止如此。六年前，在老街还没有修缮的时候，我和本地报社的总编刘恒新先生一人喝掉一瓶黄酒，就着夜色从粮坊会馆出发，穿过咸宁街，走进一条又一条小巷。街巷安静，天心悬一月，澄澈动人，周遭街道在我的眼里，恬静而端庄。之前我从没有觉得那些街道是如许好看。由此看来，酒对人的审美情趣也有一定的调和作用。 去年，在黄山的屯溪老街附近开笔会。喝到微醺时，去老街闲逛，遇见了一位弹吉他的艺人在献唱，我和	Alcohol emboldens the timid and fuels shopping desires as well. In fact, its influence extends far beyond. Six years ago, before the old streets in Bozhou underwent restoration, Mr. Liu Hengxin, the editor-in-chief of the local newspaper, and I consumed a bottle of Huangjiu (yellow rice wine) each. We stroll into the night from Liangfang Guild Hall, traversing Xianning Street and wandering through one alley after another. The streets were serene, with a bright moon hanging high in the sky, crystal-clear and enchanting. The surrounding streets, in my intoxicated gaze,

三位文友竟然和他商量，帮他唱歌，他欣然应允。只知道那一天，人散后，一弯新月恰好，我们到底是帮了弹吉他的艺人还是拖了他的后腿，真不得而知。第二天，回忆起昨晚的事情，纷纷表示，在不喝酒的情况下，是不可能这么放开去做的。

appeared quiet and elegant. Never before had I found them so beautiful. Evidently, alcohol also fine-tunes one's aesthetic appreciation.

Last year, during a writers' forum near Tunxi Old Street under Mount Huangshan, we reached a pleasant buzz and wandered to the streets, where we encountered a street performer strumming a guitar and singing. My three literary friends and I, on a whim, approached him and proposed to sing along. He happily agreed. That night, after the crowd dispersed and the crescent moon shined brightly, we weren't sure if we had helped or hindered the artist's performance. The next day, recalling the previous night's escapade, we all agreed that we would never have dared to act so freely without alcohol.

范成大说：“回风佐小舞，薄日生微醺。”若是微风徐徐，微醺着走到三五百年的老街，兴许会生出许多诗情，感觉汉时风、唐时雨、宋明的词人都要出来，与自己搭讪。浅浅地饮上几杯就好，不必非和李太白一样，到“对影成三人”的地步，在“红潮生面就微醺”时分，走进一片老街，最能感知古韵，最能激发诗情，最能放空自己，让一颗心与一条街，在一

Fan Chengda once wrote, “The gentle breeze assists a small dance, and the faint daylight brings a gentle buzz.” If a gentle breeze were to blow, do wander through a street with a history of three to five hundred years while mildly inebriated, and let it inspire poetry within you, as though poets from the Han, Tang, Song, and Ming dynasties will emerge to strike up a conversation with you. It suffices to take

杯酒里，彼此“确认过眼神”。写到这里，终于明白诗歌中“相看两不厌”的神韵了。	take a few light sips; <u>One doesn't need to reach the point of Li Bai, who found companions in his shadow and moonlight. At the moment when "A blush spreads on my cheeks, and I am gently tipsy", stepping into an old street allows one to perceive the ancient charm most keenly, inspire poetry most vividly, and let go of oneself completely. It allows one's heart and the street to "exchange glances" within a glass of Baijiu. Writing this, I finally grasp the essence of the poetic line, "Never tired of looking at each other."</u>
小巷焦虾 闲暇时，我喜欢朝小巷深处走，那里有许多树，有朴实的坊里人家，也有意想不到的美味。 曾经在兴隆街遇见一位烹制焦虾的老者。一进街口，我就闻到了虾的鲜香。虾是最新鲜的河虾，外面挂了一层面糊，面糊是用鸡蛋和麻油和出来的，放了适量的细盐和佐料。油沸时，把挂了面糊的河虾下锅，炸至金黄，原本一只一只的河虾抱便团成了一个虾饼，这时候，翻过来再炸一下，捞出来，控油，焦虾在笊子上嘶嘶地冒着热气。油控好了，虾也凉了，这时候来吃，香酥可口。汤碗口大小的焦虾饼，像极了中秋的月亮，一个人	Wandering Through the Alley for Crispy Shrimp In my leisure moments, I find myself drawn to the depths of narrow alleys, where towering trees stand, humble households reside, and unexpected culinary delights await. It was in Xinglong Street that I encountered an elderly gentleman specializing in crispy shrimp. As soon as I stepped into the street, the aroma of fresh shrimp filled the air. The shrimp, freshly caught in the river, were coated in a batter made from eggs, sesame oil, a pinch of fine salt, and other seasonings. When the oil reached the right temperature, the shrimp,

吃上半饼是完全不在话下的。	now draped in their golden batter, were gently lowered into the pot. They clustered together, forming shrimp cakes as they fried to a golden hue. At this point, they were flipped over for another round of frying before being scooped out and drained of excess oil. The crispy shrimp, still sizzling on the sieve, released a warm, inviting steam. Once well-drained and slightly cooled, they were ready to be enjoyed—crispy and delightful to the taste. Resembling the full moon during the Mid-Autumn Festival, a shrimp cake, about the size of a soup bowl, was more than sufficient for one person to savor.
我问老人，怎么想起来这样做焦虾？ 老人笑曰，他家祖上一直是浪里浮沉的渔民，打上来的河虾，卖不完，又不好养，索性做成焦虾。一开始是自己吃，后来，分给邻居们，他们大呼美味。再后来，他们从水上转为岸上生活，于是，就以烹制焦虾为生计。无心插柳柳成荫，烹制焦虾得来的收入反倒比打鱼得来的还要多。 河虾是最惬意的水生物，也是最调皮的。我曾静静观察过水里的河虾，触角与别的物体接触时，瞬间蹬开，箭矢一般，水中姿态，舞步悠闲。也	I inquired about the inspiration behind his unique cooking method. The old man chuckled and shared that his ancestors were fishermen, floating on the waves. With surplus river shrimp that couldn't be sold or kept fresh, they turned them into crispy shrimp. Initially, it was a dish for their own consumption, but when shared with neighbors, they hailed it as a culinary marvel. As they transitioned from a life on the water to one on land, making crispy shrimp became their livelihood. Much to their surprise, their earnings from this dish surpassed those from fishing.

正是这样舞步悠闲、爱运动的河虾，才成就了它的高蛋白质和超级精细的肌肉纤维，吃起来，弹口酥脆，深得人心。	River shrimp are the most contented aquatic creatures, yet also the most playful. I once observed them quietly in water. Upon contact with other objects through their antennae, they would instantly leap away like arrows, dancing gracefully in the water. It is precisely this playful nature and active lifestyle that contribute to their high protein content and finely textured muscle fibers, making them delightfully crunchy and deeply loved by all.
鲁迅先生尤爱食虾，他说：“虾是水世界里的呆子，决不惮用了自己的两个钳捧着钩尖送到嘴里去的，所以不半天便可以钓到一大碗。这虾照例是归我吃的。”鲁迅先生吃虾，一般是盐水虾和醉虾，不知道有没有吃过焦虾。 前几日，去家边的小馆子吃酒，看到菜单上的“酥炸焦虾”字样，毫不犹豫点了一份，味道似曾相识，问老板：“是店内大厨自己做的吗？”老板说：“不是，兴隆街的。”足见，兴隆街小巷的焦虾已经美味远播了。 一饼饼焦虾散发着诱人的香味，让人未至小巷，先闻其味，以至于很多人到兴隆街去，忘了欣赏街景，而是陶醉在焦虾的美食诱惑里。	Lu Xun, a noted lover of shrimp, once said, “Shrimp are the fools of the aquatic world, unafraid to use their two claws to hold the hook and bring it to their mouths. Hence, it doesn't take long to catch a big bowl of them. These shrimp, as a rule, are for me to eat.” Lu Xun typically enjoyed shrimp in saltwater or drunken styles, but it's uncertain whether he ever tasted crispy shrimp. A few days ago, while dining at a small restaurant near my home, I spotted "Crispy Fried Shrimp" on the menu and promptly ordered a serving. The familiar taste prompted me to ask the boss if it was made by the chef in-house. He replied, "No, from Xinglong Street." Evidently, the crispy shrimp from the alley in Xinglong

	Street had already garnered a widespread reputation for its exquisite flavor. Plate after plate of crispy shrimp exuded an enticing aroma, drawing people to Xinglong Street before they even reached the alley. Many visitors, so enchanted by the culinary temptation of the crispy shrimp, forgot to admire the street scenery, lost in the allure of this delightful dish.
水门关是个什么关？ 既不是美人关，也不是鬼门关。 相传，清朝中后期，每年夏季，由于接连暴雨导致黄河决口，药都亳州常常发生水患。老城北关的商业街深受其害，城墙圩子被水泡成一摊泥浆。一日，大水又至，时任亳州知州一筹莫展，眼看着水已经漫到涡河大堤南岸，无奈之下，只得沐浴更衣，到涡河大堤之南上香叩拜，然后把自己的官帽和朝服一同扔进滔滔洪水之中。说也奇怪，水就此打住。自此以后，即便再大的水患，都没有超过知州投官帽朝服之处，后人把此处称为“水门关”。	Heroes Find It Hard to Pass Watergate Pass What kind of pass is Watergate Pass? Neither a beauty pass nor a gate of hell. According to legend, during the mid-to-late Qing Dynasty, the city of Bozhou, known as the pharmaceutical capital, was frequently plagued by floods each summer due to consecutive torrential rains causing breaches in the Yellow River. The commercial street in the old city's northern gate suffered severely, with the city wall turned into a quagmire by the floodwaters. One day, as the waters rose again, the then-prefect of Bozhou, at a loss for what to do, watched helplessly as the water approached the south bank of the Wo River levee. In desperation, he bathed and changed into ceremonial attire, offered incense and kowtowed on the south bank of

	the Wo River levee, and then threw his official hat and robe into the roaring flood. Strangely, the water stopped there. From then on, no matter how severe the flooding, it never surpassed the spot where the prefect had thrown his hat and robe. Later generations named this place “Watergate Pass.”
因知州投官帽朝服，救了满城百姓，此处被奉为风水宝地，许多商业街纷纷在此交会。后来，水门关街连同白布大街、帽铺街、炭场街、爬子巷、德振街一起，被誉为“八步六条街”。“八步六条街”后来成为北关老街盛景，往来客商络绎不绝，成为名噪一时的商业副中心。 清光绪二年（1876），自幼生在烹饪世家的刘协也看中了这块风水宝地，随父到了水门关街，在这里开了一家酒馆。酒旗随风飘扬，来此就餐的食客们趋之若鹜，不光是依着天时地利，更在于“人和”。所谓“人和”，就是刘家祖传一门看家本领，那就是制作酥肉。	The spot where the prefect threw his hat and robe to save the city’s inhabitants became a feng shui treasure trove, and many commercial streets converged there. Subsequently, Shuimenguan Street (Watergate Street), along with Baibu Street, Maopu Street, Tanchang Street, Pazi Alley, and Dezhen Street, were collectively known as the “Six Streets Only Distanced Eight Steps.” This area flourished as the bustling old northern gate commercial sub-center, attracting a steady stream of merchants and travelers. In the second year of Emperor Guangxu’s reign in the Qing Dynasty (1876), Liu Xie, born into a culinary family, followed his father to Watergate Street and opened an inn. The wine flag fluttered in the wind, drawing a steady stream of diners who flocked here, not only due to the advantageous timing and location but also

	because of "human factors." The so-called "human factors" referred to Liu's family's secret recipe for making crispy pork.
刘家酥肉与众不同,似乎是从《水浒传》里走出来。它结合亳州人厚道大方的脾性,把前蹄膀肉去筋剔骨,切成大块,文火慢炖四个小时后,捞出,抹上蜂蜜,放入沸油中烹炸,直至肉色金黄,捞出进行二次卤煮。卤的程序极其关键,采用的配方均来自药都亳州药市上所购的 38 种名贵中药材,以这些中药为佐料,卤至酥软绵滑。这样做出来的酥肉,晶莹透亮,肥而不腻,酥而不烂,入口香气萦绕味蕾,让人欲罢不能。	Liu's crispy pork was unique, seemingly straight out of the pages of <i>Water Margin</i>. It combined the honest and generous nature of the people of Bozhou by removing the sinew and bones from the front hock, cutting it into large chunks, simmering it over low heat for four hours, removing it, coating it with honey, and frying it in boiling oil until golden brown. It was then removed and subjected to a second boil in a broth. The boiling process was crucial, using a formula comprising 38 rare Chinese medicinal herbs purchased from the Bozhou pharmaceutical market. These herbs served as seasonings, cooking the pork until it was tender, smooth, and fluffy. The resulting crispy pork was translucent, fat but not greasy, crispy but not overcooked, with an aroma that lingered on the palate, making it irresistible.
除了酥肉之外,刘协还精心钻研,创造了另一道美味——红心月牙蹄。红心月牙蹄以猪蹄为原料,加入蜂蜜过油炸,然后进行卤煮,做出来的猪蹄晶莹如琥珀,呈月牙状,中有红心,所以被称为“红心月牙蹄”,这种猪	Apart from crispy pork, Liu Xie also diligently developed another delicacy—Red Heart Crescent Trotter. Made from pig trotters, honey-coated, and fried, followed by boiling, the resulting trotter was translucent and amber-like, shaped like a

蹄既美味可口，又锁住了大量胶原蛋白，是道名副其实的美人菜，很多北关大户里的千金都央人来买。 所以，刘家酥肉店最热闹时，男人进店吃酥肉品美酒，丫鬟们排队帮自家小姐来买红心月牙蹄，场面蔚为壮观。	crescent with a red center, hence its name "Red Heart Crescent Trotter." This trotter was not only delicious but also rich in collagen, earning it the title of a beauty dish. Many wealthy daughters from the northern gate area sent their servants to buy it. Thus, during the busiest times at Liu's Crispy Pork Inn, men entered to enjoy crispy pork and fine wine, while maidservants queued up to buy Red Heart Crescent Trotter for their mistresses, creating a spectacular scene.
古人云，英雄难过美人关，但这句话到了亳州，还被修改成了“英雄难过水门关”，只因走到水门关，闻到刘协酥肉的香，立马走不动了！ 后来，刘协的后人们不忘祖业，秉承秘制酥肉的配方，一部分人继续留在亳州城，一部分回到亳州城南的十九里镇。译者在十九里镇上中学时曾多次在刘麟酥肉店吃午饭。那时候，我等穷学生还只能吃酥肉汤（俗称“老汤”）下的面。面端上来，望着大厨们切酥肉的砧板发呆，弹性极好的酥肉，在砧板上卤汁乱溢，挑逗着我们的胃口，以至于很长时间内，我好好读书的最大梦想就是放肆地在刘麟酥肉店吃一顿酥肉……	The ancients said, "Heroes find it hard to pass the beauty pass," but in Bozhou, this saying was also modified to "Heroes find it hard to pass Watergate Pass," as upon reaching Watergate Pass and smelling the aroma of Liu Xie's crispy pork, one could not help but linger! Later generations of Liu Xie's family remained true to their heritage and the secret recipe for crispy pork. Some continued to stay in Bozhou City, while others returned to Shijiuli Town, south of Bozhou City. When I was in middle school in Shijiuli Town, I frequently had lunch at Liu Lin's Crispy Pork Inn. At that time, as poor students, we could only afford to eat

	noodles with crispy pork broth (commonly known as “old broth”). As the noodles were served, we gazed in awe at the chopping block where the chefs sliced the crispy pork. The highly elastic crispy pork oozed with broth on the chopping block, tantalizing our appetites. For a long time, my greatest dream of studying hard was to indulge in a meal of crispy pork at Liu Lin’s Crispy Pork Inn...
雨天，在老院子喝茶 有人说：“最重要的不是下雨天，而是和你一起躲过雨的屋檐。”这话说得“含糖量”极高，年轻人喜欢。而我喜欢的一句是：“雨天里的舌尖，会停栖在哪一种杯盏？” 雨天是最适宜喝茶的。烈日灼心之时，再去喝茶，人会没有耐性，即便是蹲在空调屋里不出来，杯中茶也会有浓浓的发酵感。还是让气温低一些，再低一些，我们撑着伞，走进老街内的茶馆，要上一间茶室，坐在蒲团上，闻一闻满屋木与草的香气，点上一杯老白茶，用铁壶煮开了，注在杯盏里，任盈盈的茶香散开去，听窗外的雨声，一颗心安宁下来，这时候，最适宜“三方会谈”。	On a Rainy Day, Sipping Tea in an Old Courtyard Some say, “It’s not the rainy day that matters, but the eaves where we shelter from the rain together.” This sentiment is sugar-coated, endearing to the young. Yet, my favorite line goes, “Where does one’s “palate alight in a cup on a rainy day?” Rainy days are most conducive to tea drinking. When the sun blazes with intensity, tea drinking loses patience; even indoors, under the cool air conditioning, the tea in one’s cup carries a strong, fermented taste. It’s best to let the temperature drop, ever so slightly, as we venture out with umbrellas, into the tea houses tucked away in the old streets. We secure a private tea room, sit on straw mats, inhale the aroma of wood and grass permeating the air, and

	order a pot of aged white tea. We boil it in an iron kettle, pour it into our cups, and let the fragrant steam waft through the room. As we listen to the pitter-patter of raindrops against the window, our hearts find tranquility. This moment is perfect for a "three-way conversation."
我有时候会想，一代枭雄曹操喝茶吗？这位“对酒当歌，人生几何”的英雄，向来是喜欢饮酒的，也喜欢借解酒来表达忠诚之心，比如，进贡家乡的“九酝春酒”给汉献帝；再比如，他和刘备青梅煮酒论英雄，还拿“天下英雄，惟使君与操耳”这样的酒话来试探刘备……酒似乎是在历史书籍中出现频率最高的饮品，不适合闲适的时候来饮。还是茶好，比如，就“曹操爱不爱喝茶”这个问题，电影《赤壁》中就有描述，曹操笑谈：“小乔，我最欣赏你的茶艺了！”美人煎茶，向来是最惹人心动的话题，置炭、燃炉、煮水、烤茶、烹茗、激花、点茶、分盏、敬茶，这些礼仪一套做下来，茶的香自然增加了几重。好比是当年贵妃吃荔枝，非要快马加鞭，一匹又一匹地马跑下去。一骑红尘之后，才能换来妃子的笑声，营造浓浓的期待感和仪式感。	I sometimes ponder, did the formidable warlord Cao Cao ever drink tea? This hero, who sang, "In my cups, I sing of life's fleeting moments," preferred alcohol. He often used libations to express his loyalty, such as presenting the "Nine-Brewed Spring Wine" from his hometown to Emperor Xian of Han. Another instance was when he and Liu Bei boiled green plums in wine and discussed heroes, using the words, "The only heroes in this world are you, Liu Bei, and I, Cao Cao," to probe Liu Bei's intentions. Alcohol seems to be the beverage most frequently mentioned in historical books, unsuitable for leisurely moments. Tea, however, is different. For instance, in the movie "Red Cliff," there's a scene where Cao Cao remarks with a smile, "Xiaoqiao, I admire your tea art the most!" A beautiful woman preparing tea is always a heartwarming topic. The rituals of placing charcoal,

	lighting the stove, boiling water, roasting tea, brewing, stirring, frothing, pouring, and serving tea enhance the aroma of the tea manifold. It's akin to the emperor's concubine who insisted on eating lychees delivered at breakneck speed, one horse relaying to the next. The urgency created a sense of anticipation and ceremony.
就像喝茶，在自己家喝不也一样吗？干吗非要去老街老院子？与之相同的命题，在故乡看山水不也一样吗？何必要跋山涉水，盖旅馆里漂白剂味道很重的被子？不也是期待感与新鲜感在作祟吗？ 就好比这皖北立夏后的雨天，也一改干燥的春日，格外地多起来。这样一方天地，到了这样的季节，就好比女人到了中年，更年期了，话也多了，似这眼前的雨点。还是需要一杯茶来中和这眼前的氛围的，湿漉漉的石板路，油亮的屋檐，喝足了水的盆景与花草，在水声与茶声的交响乐里，茶不醉人，人自沉醉。 幽兰生前庭，含薰待清风。茶尽时，天晴了，鸟雀的羽翼划过的天空，一如被茶洗涤过的内心。	Why go to an old street or courtyard for tea when one can drink it at home? Similarly, why travel far to see the scenery of one's hometown when it can be viewed locally? Isn't it all about anticipation and novelty? Take the rainy days after the beginning of summer in northern Anhui, which, unlike the arid spring, occur more frequently. Such a setting, in such a season, resembles a middle-aged woman in menopause, verbose, like the raindrops before us. A cup of tea is needed to balance the ambiance. The wet cobblestone paths, gleaming eaves, water-saturated potscapes, and flora all blend into a symphony of rain and tea. The tea doesn't intoxicate, but we revel in the ambiance. Orchids bloom in the courtyard, awaiting the gentle breeze with fragrance. As the tea finishes, the sky clears, and birds'

	wings carve through the heavens, akin to a heart cleansed by tea.
在曹操纪念馆门前吃牛杂面 逛完了曹操纪念馆，感佩于乱世英雄曹操文韬武略的时候，陡然发觉饥肠辘辘。我不知道你有没有这样的感觉，每每去旅游，或者看书看到深夜，总容易饿。知识总是耗费心力，挖空你的肚子，装满你的脑子。这是多么高雅的能量搬运过程。	Eating Beef Offal Noodles in Front of the Cao Cao Memorial Hall After visiting the Cao Cao Memorial Hall and marveling at the strategic prowess and literary talent of the chaotic-era hero Cao Cao, I suddenly realized how hungry I was. I wonder if you've ever felt the same: whenever traveling or reading late into the night, hunger often strikes. Knowledge, in its consumption of mental energy and filling of one's mind, is indeed an elegant process of energy transfer.
曹操曾著有《四时食制》，记载东汉时期各种风味佳肴的做法。曹操也是一位吃货，在他“政治家、军事家、文学家”的称谓后面，一定要加上一个“美食家”才行。三国时期，人多以面食为主，偶有食肉，也多以猪、羊、禽类为主。牛肉非常金贵，一般很少有人吃。别说是吃了，就算用鞭子打中也要谨慎，古时有“立春不鞭牛”之说。也就是立春这天，不能用鞭子抽打耕牛。 仔细一想也是，农业文明时代，牛是主要的劳力，只有垂垂老矣。才会被人杀掉吃肉。牛肉吃了，牛杂也舍不得丢。比如：牛肚、牛肠、牛筋	Cao Cao, author of "Four Seasons' Food Regulations," documented various delicious recipes from the Eastern Han Dynasty. Cao Cao was also a foodie; to his titles of "politician, strategist, and litterateur," one must add "gourmet." During the Three Kingdoms period, people primarily ate staple foods made from flour, and occasionally meat, mostly pork, mutton, and poultry. Beef was highly precious and rarely consumed. Not only was eating beef uncommon; even hitting a cow with a whip was something to be cautious about, as there was a saying in ancient times, "Do not whip cows on the

之类，被做成牛杂面。据传，曹操是牛杂面的发明者。	first day of spring," meaning that on the day of the beginning of spring, one should not whip draft cows. Upon reflection, this makes sense. In an agricultural civilization, cows were the primary labor force and were only killed for meat when they were old and frail. Even after eating the beef, the offal was not discarded. Items such as beef tripe, intestines, and tendons were used to make beef offal noodles. It is said that Cao Cao was the inventor of beef offal noodles.
中国人从汉朝才开始吃面条。那时候的面条还不叫“面条”，因为下到汤里，被唤作“汤饼”。面条刚刚问世，肯定是稀罕物，曹操让厨子摸索着，怎样把一碗面条下得更美味。厨子就瞄准了刚刚宰牛获得的牛杂。 厨子把新鲜的牛肚、牛肠清洗干净，在沸水里煮上一滚，把水倒掉，切丁后，在汤盆里腌制，然后，把牛筋红烧一下，牛筋烧至四成熟，把腌制好的牛肚和牛肠倒入锅内，与牛筋混煮。再佐以亳州地产的药材、香料、甜酱，很快，汤汁浓郁，香气扑鼻。	Chinese people began eating noodles during the Han Dynasty. At that time, noodles were not yet called “noodles” but were referred to as “soup pancakes” because they were boiled in soup. As noodles were a new invention, they were surely a rarity. Cao Cao tasked his chefs with figuring out how to make a bowl of noodles even more delicious. The chef targeted the freshly obtained beef offal from a recently slaughtered cow. The chef cleaned the fresh beef tripe and intestines, boiled them in boiling water, discarded the water, diced them, and then marinated them in a soup basin. Next, he braised the beef tendons until they were about four-fifths done, added the marinated

	beef tripe and intestines to the pot, and cooked them with the tendons. With the addition of herbs, spices, and sweet sauce from Bozhou, the broth soon became rich and fragrant.
这时候，烧两锅开水，一锅用来焯绿豆芽，一锅用来下面。焯好的绿豆芽放在碗底，然后，面煮三滚儿，捞出来，放到绿豆芽的上面，稍稍放一些面汤，这时候，淋上卤好的牛杂，撒上小香葱一把，味道美极了。 当然了，这个是成功做法。一开始，厨子可不是这么做的，他是把牛杂与面同煮，味道上就欠佳了许多。曹操是个为了吃喝不惜挖空心思的人，他事先把牛杂卤好，用来浇汁，味道上，就厚实多了，且牛杂的香，手擀面淀粉的甜，层次感分明，再佐以小香葱，鲜味就足了。据说，有一次，曹操帐中一谋士曾连吃三碗仍意犹未尽。古时文人都是有气节和风骨的，吃面者，绝对没有恭维的成分。	At this point, two pots of boiling water were prepared: one for blanching mung bean sprouts and the other for cooking the noodles. The blanched mung bean sprouts were placed at the bottom of the bowl. The noodles were cooked for three boilings, then lifted out and placed on top of the mung bean sprouts. A little noodle soup was added, and then the braised beef offal was poured over, garnished with a handful of chopped chives. The taste was exquisite. Of course, this was the successful recipe. Initially, the chef did not prepare the noodles and offal this way; instead, he cooked them together, which resulted in a much less satisfactory flavor. Cao Cao, a person who would go to great lengths for good food and drink, had the beef offal braised beforehand to use as a topping, which greatly enhanced the flavor. The aroma of the beef offal, the sweetness of the handmade noodles, and the layered texture, complemented by the chopped chives, created a sufficient umami taste. It is said

	that once, a strategist in Cao Cao's camp ate three bowls and still wanted more. Ancient scholars were men of integrity and backbone; there was absolutely no flattery involved in their appreciation of the noodles.
曹操喜欢借着美食谈时局。他说，一碗面，好比一个国家，牛杂是武将，香葱是谋士，绿豆芽是文官，武将的油腻，需要文官的清新来调解，若要让个中关系俏皮一些，就需要谋士撮合设计。此为面语，更是智者的风雅之喻。 今天，在曹操纪念馆门前遇见牛杂面，就好比在鲁迅故居前遇见茴香豆，哪有不吃的道理。我叫上一份牛杂面，顺带叫了一份腌辣椒，在初伏的七月，吃得大汗淋漓，昨夜的空调病也随着一身透汗全然不见了。回到家，冲个澡，嘴角仍留有牛杂面的香。	Cao Cao loved to discuss current events over good food. He said that a bowl of noodles was like a country, with the beef offal representing the generals, the chives the strategists, and the mung bean sprouts the civil officials. The greasiness of the generals needed to be balanced by the freshness of the civil officials. To add a bit of whimsy to their relationships, strategists were needed to facilitate and design. These were not just words about noodles but elegant metaphors of wise men. Today, encountering beef offal noodles in front of the Cao Cao Memorial Hall was like finding husky peas in front of Lu Xun's former residence. How could I resist the temptation to try them? I ordered a bowl of beef offal noodles and, as a side dish, some pickled chilies. In the early heat of July, I ate until I was drenched in sweat, and the air-conditioning sickness from the night before disappeared completely with a good sweat. After returning home and taking a

	shower, the aroma of the beef offal noodles still lingered on my lips.
娃娃鱼 这里说的“娃娃鱼”可不是“大鲵”，而是一种美食。这种美食，在全国各地叫法不一，譬如，在四川宜宾，称为“哄上坡”，意思是吃这东西不当饱，只能是哄一下自己的口腹；还有些地方称之为“漏鱼”，或者是“漏漏”，无非是从其形状和制作方法上来命名的；在皖北一带，则称之为“娃娃鱼”，这种叫法很萌，很可爱。当然了，也深得女士和小孩子的喜欢。	The “Baby Fish” Delight The “baby fish” mentioned here is not the giant salamander but a culinary delight. This dish goes by various names across China. For instance, in Yibin, Sichuan, it is called “Hong Shang Po,” meaning that eating it doesn't quite fill the stomach but merely satisfies one's palate; in other places, it is known as “leaky fish” or simply “leaky,” named after its shape and production method; in northern Anhui, however, it is endearingly called “baby fish,” a moniker that is both cute and endearing, particularly appealing to ladies and children.
夏末秋初，在亳州老街上，随处可以吃到娃娃鱼，爽滑可口，大料煮水的香，融合了多种名贵的中药材；刚下来的大蒜汁的鲜，提升了美食的厚度；橙红色的胡萝卜丁脆香满口，是爽滑后的点点惊喜。因此，常常见美女走在街头，手里端着一只透明的塑料杯，一根吸管，呼呼啦啦地，整杯子的娃娃鱼很快被抽进胃口的海洋。	In late summer and early autumn, the streets of Bozhou are lined with vendors selling baby fish. It is smooth and delightful, with the aroma of spices infused with various precious Chinese medicinal herbs. Fresh garlic juice enhances the dish's richness, while the orange-red carrot cubes add a crunchy surprise after each smooth bite. It is not uncommon to see beautiful women wandering the streets, clutching a transparent plastic cup with a straw, eagerly

	slurping up the entire cup of baby fish into the vast ocean of their stomachs.
娃娃鱼的制作方法十分简单。原料来自沃野千里的皖北大地，颗粒饱满的绿豆、高粱、玉米、红薯等选用由它们做成的淀粉，先按照一分水、五分淀粉的比例调成糊，然后烧开一锅开水，把糊状的淀粉通过漏勺漏到沸水中，不停地搅拌。稍等片刻，似水中有着百千条蝌蚪和鱼苗在畅游，这时候捞出来，放到水中冰镇一下，即可食用。 皖北人吃娃娃鱼，喜欢放一些糖在大料中，这样吃起来的甜甜的，味道更足。四川人吃娃娃鱼，就截然不同了，他们喜食辣子，把辣椒油放进去，辣味十足，酸爽过瘾。四川有这样一首诗来形容娃娃鱼的鲜美：“冰镇刮条漏鱼串，晶莹沁齿有余寒。味调浓淡随君意，只管凉来不管酸。”一首诗，写尽了食客们对娃娃鱼的喜爱。	The production of “baby fish” is remarkably straightforward. The raw materials come from the fertile plains of northern Anhui, where starch made from full, plump green beans, sorghum, corn, and sweet potatoes is used. First, a paste is prepared with one part water and five parts starch. Then, a pot of boiling water is heated, and the pasty starch is poured through a sieve into the boiling water, stirring constantly. After a short wait, it resembles hundreds of tadpoles and fish fry swimming in the water. At this point, it is scooped out and chilled in water before being ready to eat. Northern Anhui people enjoy adding sugar to the spices when eating “baby fish”, giving it a sweet and flavorful taste. Sichuanese, however, have a different preference; they love their spicy food and add chili oil, making it fiery and tangy. There is a Sichuanese poem that captures the deliciousness of “baby fish”: “Ice-chilled, scraped fish slips through, crystal-clear, chilling the teeth with a lingering chill. Adjust the seasoning to your liking; enjoy its coolness without worrying

	about the sourness.” This poem perfectly expresses diners' affection for “baby fish”.
“80 后” 们，是经历着中国经济社会转型的关键一代，他们小时候，物质生活大都不怎么充实，人们变换着法子改善生活，一种淀粉也能制作出各种吃食，于是，就有了娃娃鱼，就有了凉粉，就有了粉丝等。祖辈们在艰涩的生活中，用自己的智慧把平淡的生活原料变幻成各种神奇的吃食，来满足口腹之欲，同时，这也是在培养我们对生活的激情，告诉我们：其实，生活还可以这般美味。 人都是有乡愁的，娃娃鱼足以代表如今 30 岁左右人的乡愁，足以成为他们回首往事时的一种美味符号。美食的功用对人记忆烙印的敲打，岂止是味蕾，还是心尖上完美的纪念戳。	The “post-80s” generation has experienced the pivotal transformation of China’s economic and social landscape. During their childhood, material life was not abundant, and people devised various ways to enhance their diet. From a single ingredient like starch, they created dishes like baby fish, jelly, and vermicelli. Our ancestors, with their wisdom, transformed ordinary ingredients into magical culinary delights, satisfying their appetites and nurturing our passion for life. They taught us that life can indeed be this delicious. People harbor a sense of nostalgia, and “baby fish” sufficiently represents the nostalgia of those now around 30 years old, serving as a tasty symbol when they recall the past. The impact of food on one's memory is not just limited to the taste buds but also leaves an indelible mark on one's heart, a perfect commemorative stamp.

注：划线部分为报告正文中选取的案例。