

Cakes (蛋糕)

知识点:

1. 知名蛋糕的英文名

Brownie 布朗尼蛋糕; **carrot cake** 胡萝卜蛋糕; **chocolate cake** 巧克力蛋糕;

Banana cake 香蕉蛋糕; **cheese cake** 芝士蛋糕; **black forest** 黑森林蛋糕;

Cupcake 纸杯蛋糕; **ice-cream cake** 冰淇淋蛋糕; **jar cake** 放在玻璃瓶里的蛋糕;

Red velvet cake: 红丝绒蛋糕; **swiss roll cake** 瑞士卷; **fruit cake** 水果蛋糕;

2. 喜欢吃甜食的人:

- **Have a sweet tooth**: 有一颗甜牙齿 (最常见的表达)
She has a sweet tooth. She can't live without cakes, candies and sweet drinks.
- **sugar-lover**: 嗜糖的人
- **sweets enthusiast**: 甜品爱好者
- **chocoholic**: 特别喜欢巧克力的人, 巧克力成瘾者 (玩笑口吻)
- **I'm addicted to/ obsessed with/ crazy about sweets** 甜品成瘾
- **Sweets are my weakness**. 甜品是我的软肋
- **I often crave sweets**. **crave** 作为动词
- **I get/have a craving for ...chocolate/ cakes/ something sweet/ sweets**. **craving** 作为名词 (可数) a craving/ cravings
- **I get/have sugar cravings all the time. It's a problem.**

3. 蛋糕的结构

- 蛋糕表面的一层奶油表层: **icing** 或者 **frosting** (一个意思) 使得蛋糕好看又好吃



用来做 frosting 的主要几种材料有: **buttercream** (奶油霜), **whipped cream** (发泡淡奶油), 以及 **glaze** (果胶釉面装饰)

- 蛋糕从内部看到的每一层: **layer** (最上一层的蛋糕体 **top layer cake**, 最下面 **bottom layer cake**)



- 每一层之间的奶油或者果酱一类的填充馅料: **filling**

Jam filling 果酱馅料、**fruit filling** 水果馅料

- 有的蛋糕是从外面看多层的, 比如结婚蛋糕

2-tier cake, 3-tier cake



4. 如何形容蛋糕:

- **Texture** (质地)

The cake has a wonderfully soft and moist texture (湿湿软软的质地) .

Each bite feels light and fluffy (松软轻盈) , almost melting in (融化) the mouth.

Soft 柔软; **tender** 滑嫩; **dense** 绵密 (密度高); **moist** 湿润; **rich** 浓郁的

- **Taste** (味道)

Sweet (甜的); **chocolatey** (巧克力味道十足); **nutty** (坚果味十足);
buttery (黄油味十足); **creamy** (奶油味十足)

The frosting is not overly sweet, which is great. There's a pleasant aftertaste (回味, 后味) of butter and perhaps a touch of almond, making it absolutely nutty, creamy and delicious.

- **The look** (样子)

Visually, the cake is a feast for the eyes (视觉盛宴). It's an eye candy (很好看, 给眼睛吃糖) .

delicate 精致的; **inviting** 吸引人的; **appealing** 诱人的; **gorgeous** 迷人的

综合语料 (形容一个吃过的蛋糕) :

It was the perfect fruit cake. It looked very inviting and delicate (精致吸引人) from the outside. The cake was covered with a thick layer of whipped cream frosting (被一层厚厚的淡奶油表层覆盖), with all kinds of fruits on top: strawberries, blueberries, black berries, raspberries, and some mango pieces. And the cake was with mango fillings mixed with buttercream (芒果奶油夹心). Oh man, I'm drooling again (流口水). The cake itself was so moist and soft; the frosting was very creamy but light (很轻盈口感的奶油); the fruit made the flavor very rich and refreshing. The whole cake was like a symphony (交响乐) playing in my mouth, between my teeth, and on my tongue.

1. Do you like to eat cakes or other sweet foods?

① Oh yeh, absolutely! I definitely have a sweet tooth (甜牙齿, 嗜糖), to be honest. Cakes, cookies, chocolate, ice-cream, you name it (任何你能想到的甜食, 我都喜欢). I'm especially obsessed with chocolate. My friends call me a "chocoholic" (巧克力成瘾者) ha ha! It's always my go-to snack (首选、必选零食) during the day, or when I go to the gym (去健身). There's just something special about chocolate that really soothes and comforts me (直播课上经典句型结构). I feel like chocolate is my soul mate (灵魂伴侣), hahaha! (强调补充)

② I DO have sugar cravings from time to time, and I'm such a cake lover. However, I try to control myself and keep my cravings in moderation (控制我的口欲). Cakes are not for every day. They are high in sugar, high in fat, and high in calories (高糖、高油、高热量), evil food (邪恶的食物)! So, I try to only have cakes and sweets on special occasions, such as birthday, anniversaries and festivals. (转折)

③ Honestly, I'm not a huge fan of (不是很哈某物) sweets. Call me a weirdo but I guess I just don't have a sweet tooth (也许我很奇葩, 但是我就是不嗜糖). I tend to lean more towards (lean towards 倾向于) salty snacks (咸味的小零食), like, chips (薯片), crackers (小咸苏打饼干) and salted nuts (咸味坚果). I still have cake occasionally, like at a party or something, but it's for the celebration, not for my own cravings. (原因, 取而代之喜欢什么)

2. Did you like to eat cakes as a child?

① Woooo yeh...I was even crazier for cakes when I was a kid. I loved all kinds of cakes, especially those rich, moist and delicious chocolate cakes. They were my favorite. I loved cakes, so much so that (如此之多, 以至于) my parents had to keep a close eye on (密切注意) how much I ate. They

were quite mindful of my sugar intake (糖的摄入量), otherwise I would get a sugar high (吃糖多了导致极度兴奋) every day, haha! (细节, 强调补充)

② Well, I would say, as a person who's not a big fan of cakes now, I wasn't really crazy about cakes when I was little either. Don't get me wrong (别误会我), I would still have cakes at parties and festivals from time to time, but I wouldn't go out of my way (特意专门其做某事) to get myself a big cake. I was a total fruit person (爱吃水果之人). I loved fruit! (细节, 取而代之喜欢吃什么)

3. Can you make cakes?

① Actually, yes, I can. I'm no professional baker by any means (无论什么角度来说), but I can make a pretty decent cake (还挺像样儿的蛋糕). I started baking as a hobby during COVID (新冠疫情期间). I was trapped at home and felt really bored. So, I started with simple recipes, and gradually, I tried more complex ones. Now I'm really invested in this hobby (对这个爱好很投入). I especially love the smell of a cake baking in the oven. It's just heavenly (超级好闻的味道, 天堂一样). (讲故事法)

② No, unfortunately I can't, and I've never really tried to. I'm so clumsy in the kitchen (我在厨房里整个是一个笨笨的弱鸡). I don't cook at all, let alone bake. But, I will "never say never" (Justin Bieber 的一首名曲), who knows (谁知道了, 未来的事情谁也说不好), maybe in the future, maybe one day when I become a mom, I will learn to bake a cake for my kids. That will be really cute (很温馨可爱)! (先抑后扬)

4. Are there any traditional Chinese cakes?

Depends on how we define a cake (要看什么算是蛋糕了). I mean, for sure we didn't have those western cakes in the past in China. But we have Chinese traditional sweets and pastries that are really delicate and delicious. Oh yeh, we have the mooncake, which sounds like a type of

cake, but not really (月饼听起来像是一种蛋糕, 但实际不是) . It's more like a very thick pie (更像是一个很厚的馅饼) , but smaller, it's about the size of your palm (手掌大小的尺寸) . And it has all kinds of fillings. The most famous ones are, the red bean paste filling, we call it "dou sha" (豆沙), and the lotus seed filling (莲蓉) . So yeh, that's the Chinese cake that I can think of now. (强调补充, 细节)

5. Do you like to have some desserts after meals?

① Certainly I do. It's like, after enjoying something salty, I find myself craving something sweet (吃完了咸的, 想来点甜的) . It's all about balancing my palate (平衡我的味蕾) , you know. And it doesn't have to be anything extravagant (奢华的) , even a few bites of fruit is enough. It's just a nice way to wrap up/ top off the meal (给这餐饭完美收官) . (原因)

② I know that's what many people do. It's a habit, and also a cultural thing (是一种习惯+文化) . But I don't do it. A, as I said, I don't have a sweet tooth; B, it's too much food for my stomach; and C, from a health perspective, I would like to watch my sugar intake (注意我的摄糖量) per day. I know that it's not healthy at all, so why would I do something to harm myself right? (罗列原因)