

■美文阅读

# Pumpkin pie 南瓜派



Ingredients 原料

1 (8-ounce) package cream cheese, softened  
一包奶油芝士(约230克), 常温下软化  
2 cups canned pumpkin, mashed  
两大杯罐装南瓜, 压碎(如果没有罐装的南瓜也无所谓, 大家尽可以买新鲜的南瓜回来煮熟、压碎)  
1 cup sugar 一大杯糖  
1/4 teaspoon salt 1/4 茶勺盐  
1 egg plus 2 egg yolks, slightly beaten  
一个鸡蛋、加两个蛋黄, 轻轻打散  
1 cup half-and-half  
一大杯牛奶和奶油的混合物, 各一半  
1/4 cup melted butter 1/4 杯融化的黄油  
1 teaspoon vanilla extract 1茶勺香草香精  
1/2 teaspoon ground cinnamon 1/2 茶勺肉桂粉  
1/4 teaspoon ground ginger, optional 1/4 茶勺姜粉, 备用  
1 piece pre-made pie dough 1个做好的饼皮  
whipped cream, for topping 鲜奶油, 点缀用

Directions 制作步骤

1. Preheat the oven to 350 degrees F.  
2. Place 1 piece of pre-made pie dough down into a (9-inch) pie pan and press down along the bottom and all sides. Pinch and crimp the edges together to make a pretty pattern. Put the pie shell back into the freezer for 1 hour to firm up. Fit a piece of aluminum foil to cover the inside of the shell completely. Fill the shell up to the edges with pie weights or dried beans (about 2 pounds) and place it in the oven. Bake for 10 minutes, remove the foil and pie weights and bake for another 10 minutes or until the crust is dried out and beginning to color.  
3. For the filling, in a large mixing bowl, beat the cream cheese with a hand mixer. Add the pumpkin and beat until combined. Add the sugar and salt, and beat until combined. Add the eggs mixed with the yolks, half-and-half, and melted butter, and beat until combined. Finally, add the vanilla, cinnamon, and ginger, if using, and beat until incorporated.  
4. Pour the filling into the warm prepared pie crust and bake for 50

minutes, or until the center is set. Place the pie on a wire rack and cool to room temperature. Cut into slices and top each piece with a generous amount of whipped cream.  
1. 预热烤箱至350华氏度(约180摄氏度)。  
2. 将买来的现成饼皮放到一个约9英寸的烤盘中, 将边缘和底部都压紧。在边缘上切压出漂亮的褶皱。把饼皮冻回冰箱约1个钟头使其紧实。1小时后, 用一张铝箔纸(锡箔纸亦可)将饼皮包裹起来, 在铝箔纸上放上重物(厨房用语称为pie weights, 也可用豆子代替。作用就是使派的饼皮烤出来更成型)放入烤箱。先烤十分钟, 再把重物和铝箔纸去掉后烤10分钟, 或烤到饼皮变干、上色。  
3. 烤了饼皮, 就来做馅儿吧! 在一个大碗里先打散奶油芝士, 跟着加入南瓜泥, 继续搅拌融合。加入糖和盐搅拌, 再加入鸡蛋、蛋黄、奶油牛奶和融化的黄油, 一起搅拌均匀。最后再加入香草、肉桂、姜粉一起混合。  
4. 将馅料倒入预先烤制的饼皮里, 一起烘焙50分钟。或者你可以试试看派的中心是不是都成型了, 来判断是否烤好。烤好之后将派放在铁架上冷却至室温。分块切好, 每块浇上奶油!

■知识播报

## 良好的开端 running start

表示良好的开端有以下几种方式:  
That is a fortunate start.  
Well begun is half done.  
A good lather is half the shave.

参考例句:  
We have made a very good start in our Business with Japan.  
我们和日本在业务上有了良好的开端。  
Well begin is half done.  
良好的开端等于完成了一半。

核心词汇:  
running是什么意思:  
n. 跑步; 运转; 流出  
adj. 连续的; 流动的; 有/没有成功的机会; 运转着的; 领先; 赶紧做; 滚开  
v. [run] 的ing形式; 跑; 运转; 行驶  
run the rapids  
冲过急流  
He runs as quick as a deer.  
他跑得跟鹿一样快。  
He runs as fast as Paul.  
他跑得和保罗一样快。

start是什么意思:  
n. 开始, 起点; 动身; 开动; 震惊; 震动  
v. 出发; 开始, 着手; 发动; 创办; 惊起

Then it started to break into pieces. These pieces started to move apart.  
然后它开始分为很多块。这些分开的板块开始移动, 分开。  
He started coughing blood.  
他开始咳血了。  
His hearing has started to go.  
他的听力开始衰退。  
He gave a slight start.  
他微微地震动了一下。  
The engine won't start.  
引擎发动不起来。

■成语故事

## the shape of the elephant

Once upon a time, there was a king who ordered his officials: "Lead an elephant to me, and let several blind men feel it with their hands. Then ask each one of them to describe the shape of the elephant."  
The officials led the elephant to the king. Several blind men surrounded it and felt it with their hands. The king asked them: "What do you think the elephant resembles?"  
All these blind men strove to be the first to answer.

One blind man felt the elephant's tusk and said: "The elephant resembles a long, long carrot."  
One blind man felt the elephant's ear and said: "The elephant resembles a dustpan."  
One blind man felt the elephant's head and said: "The elephant resembles a large stone."  
One blind man felt the elephant's foot and said: "The elephant resembles a stone mortar."  
One blind man felt the

elephant's back and said: "The elephant resembles a bed."  
One blind man felt the elephant's belly and said: "The elephant resembles a water vat."  
"Ha! Ha! All of you are wrong." The last blind man pulled the elephant's tail and said, "Let me tell you that the elephant resembles a long, thin rope."  
Upon this the king and his officials all burst into laughter.