



巴黎的名胜古迹数不胜数，大量的旅游书和旅游节目几乎把这个浪漫之都的每一个角落的介绍过了。这一次，我们的老朋友、旅居美国的颂夷MM将把我们带到巴黎的food market，体验巴黎人最日常的生活。

Delectable Paris

寻 · 味 · 巴 · 黎

Track 8

by Karen Zhang
翻译：芥子





一 词 * 汇 * 积 * 累 ~

- 1) clueless ['klu:lis] a. 无线索的, 一无所知的
- 2) savor ['seɪvər] v. 尝到或闻到, 尽情享受
- 3) destination [destɪ'neɪʃən] n. 目的地
- 4) naively [nə:'i:vlɪ] ad. 天真地
- 5) off-peak 非高峰的
- 6) reserve [rɪ'zɜ:v] v. 预定, 预约
- 7) in advance 预先
- 8) itinerary [aɪ'tɪnərəri] n. 路线
- 9) instinct ['ɪnstɪŋkt] n. 直觉
- 10) vendor ['vendə] n. 小贩
- 11) stall [stɔ:l] n. 售货摊
- 12) line [laɪn] v. 排成行
- 13) storefront [stɔ:'frʌnt] n. 店面
- 14) makeshift ['meɪkʃɪft] a. 暂时代替的
- 15) delicacy ['delɪkəsi] n. 美味, 佳肴
- 16) produce [prɒdju:s] n. 农产品
- 17) flavorful ['fleɪvəfʊl] a. 可口的
- 18) tend to 趋向

When I was asked to write about my visit to Paris, I was ¹⁾**clueless**. As French King Francois I put it, “Paris is not a city, it’s a world.” Indeed, the City of Lights has so much to offer that, as a first-time visitor, I didn’t have enough time to ²⁾**savor** it all in just five days.

Paris is one of the most-visited tourist ³⁾**destinations** in the world. Although I ⁴⁾**naively** believed November would be its ⁵⁾**off-peak** tourist season, I still saw plenty of people—local and foreign—on the streets, in the museums, and even at some famous restaurants. Following my Parisian hosts, I managed to get into the world-famous Louvre quickly through a back entrance, lesser known to tourists. We ⁶⁾**reserved** tickets online three days ⁷⁾**in advance** to visit the top floor of the Eiffel Tower. (Or else, you’d have to wait in a very long line which may easily take two hours plus before your turn.) If there’re crowds of people during the off-peak tourist season, you can imagine how many more people there’d be during the peak time of the year.

Planning ahead is helpful to ensure you will have a satisfying visit to a new place. But the unexpected ⁸⁾**itinerary** sometimes makes your memories even fonder. On this trip, our Parisian hosts surprised me by taking me to an open-air food market in their neighborhood. My ⁹⁾**instinct** told me: **When in Paris, do as the Parisians do.**

It was noon on a Saturday. One of the side streets in the neighborhood was clear from traffic, only allowing food ¹⁰⁾**vendors** to park their trucks by the roadside. Dozens of ¹¹⁾**stalls** ¹²⁾**lined** a narrow passage in the middle of the street. Some stalls had a wider ¹³⁾**storefront**, some of them had a ¹⁴⁾**makeshift** roof, while some others had a glass case, showcasing the ¹⁵⁾**delicacies** they prepared on site. Our hosts said this food market opened twice a week—Wednesday and Saturday until 3pm. You see, there’re many traditional street markets like this in Paris. Each of them has different business hours according to their location.

Many Parisians prefer buying fresh ¹⁶⁾**produce**, cheese, meat and fish from open-air food markets rather than from their corner supermarket, simply because market products are often fresher, more ¹⁷⁾**flavorful**, and less expensive than at supermarkets. It’s also more environmentally friendly since fresh fruit and produce in particular ¹⁸⁾**tend to** come from local farms.

当有人叫我写下游览巴黎的经历时，我毫无头绪。正如法国皇帝弗朗索瓦一世所说：“巴黎不是一座城市，它是一个世界。”是的，“光之城”有太多事物欣赏了，所以作为第一次游览这个地方的人，五天时间根本不够我品味它的全部魅力。

巴黎是世界上最多人游览的目的地之一。我天真地认为11月是它的旅游淡季，但我依然在街上、博物馆甚至一些知名餐厅里看到大量人群，有当地人也有外国人。我跟随接待我的法国友人，成功从一个不太多游人知道的后门进入闻名世界的卢浮宫。我们提前3天就在网上预订了参观埃菲尔铁塔顶层的门票。（不然的话你就得排长队，等两个小时以上是常事。）如果淡季已经人满为患，那么你可以想象高峰期时期会多出多少人。

提前计划可以确保你在新地方得到一个满意的旅程，但意想不到的行程有时候则可以给你留下更美好的记忆。在这趟旅行中，我们的巴黎友人把我带到他们家附近的一个露天食品市场，让我大开眼界。直觉告诉我：要入乡随俗。

那是一个周六的中午。那片居民区的其中一条小街被清空留作交通之用，只允许食品摊档把卡车停在路边。数十个货摊排在路中间一条狭窄的通道上。一些档口的店面比较宽，一些只有临时屋顶，而另一些则有玻璃箱展示他们在现场准备的美味佳肴。我们的巴黎友人说，这个食品市场每星期开两次——周三和周六，开到下午3点。你看，巴黎有很多这样的传统街市，根据不同的地点有各自的营业时间。

相比邻近的超市，很多巴黎人更喜欢到露天食品市场买生鲜农产品、奶酪、肉和鱼，因为街市的产品通常更加新鲜可口，也比超市便宜。另外，由于新鲜水果和农产品多产自当地农场，在街市购买更加环保。



语法小知识

“When in Paris, do as the Parisians do.”这句话是作者模仿“*When in Rome, do as the Romans do.*”而写的。当我们去到其他国家（或者国内其他省市），就会发现各种风俗真的很不同。这时，我们就要入乡随俗了，也就是“*When in Rome, do as the Romans do.*”从字面意义上看，这个片语的意思是当身处罗马时，要像罗马人那样做，意思就是你到一个新地方，由于传统的差异，你需要按照别人的风俗习惯行事。比如一个不吃鸡爪、内脏的外国人来到中国，面对各种美食的诱惑，他可能会说：“*I've started eating chicken feet and lotus root. As they say, when in Rome, do as the Romans do.*”（我都开始吃鸡爪和莲藕了。就像人们所说的，要入乡随俗。）



As I was waiting for the green light to cross the street, I was already attracted by a sea of red, yellow, pink, white and green surrounding the stall of a flower seller in the market. I had not seen so many fresh cut flowers for sale for some time. In American supermarkets, the so-called fresh flowers usually looked ¹⁹⁾**spent** and about to ²⁰⁾**wither**. I could recognize some flowers, such as ²¹⁾**azaleas**, ²²⁾**orchids**, ²³⁾**tulips**, ²⁴⁾**poinsettias**, and of course roses of all colors. It's certainly not hard for loving couples to buy fresh roses in the capital of romance.

Generally, Parisians don't try to argue prices in the food market. Even if they can, the vendor usually won't go lower than their ²⁵⁾**set prices**. In fact, I saw many vendors selling fresh produce with their prices listed on the most ²⁶⁾**visible** spot of the stalls. I could read little French but I guessed, for example, tomatoes cerise or cherry tomatoes cost €6.80 a kilo, petit-pois or peas cost €3.90 a kilo etc. If you want to practice your French, the food market is the best place. I wish I had a pen and paper so that I could mark down all those strange French words.

Parisians are big seafood eaters, I realized. I saw many stalls selling seafood from ²⁷⁾**clams** and shrimp, to fish and lobsters and even some strange looking sea creatures. Those clams were already open and lined side by side in a tidy ²⁸⁾**formation**. Every one of them had a big, white, juicy piece of meat in the center. How could my mouth not ²⁹⁾**water**?

Just when I was ³⁰⁾**fascinated** by all the varieties of seafood, an ³¹⁾**aroma** of roasted chicken suddenly filled the air. I couldn't help turning around and found the owner of the stall across from the ³²⁾**fishmonger** taking out a golden brown roasted chicken from his oven. There were a couple of customers waiting in front of his stall. ³³⁾**Apparently**, they were waiting to buy this ³⁴⁾**enticing** hot chick! My stomach started ³⁵⁾**growing**!

The food market wasn't just about food. There're stalls for clothes, bags and even Parisian ³⁶⁾**souvenirs**. I hadn't yet seen the real Eiffel Tower, but I had seen its theme everywhere among the souvenirs. From **mini cooper**^{注1 37)}**keychains** and t-shirts, to table cloths and handbags, **you name it**. Well, I learned during my first trip that you are always hungry in Paris, no matter if it's for the local delicacies or its famous ³⁸⁾**scenic spots**. **Paris is a moveable feast**^{注2}.



我在等绿灯过马路的时候，就已经被市场上簇拥在红、黄、粉、白、绿等各种色彩当中的花贩档子吸引住了。我很久没见过摊档有这么多新鲜摘下的花了。在美国的超市，所谓的鲜花看起来往往没什么精神，一副快要凋谢的样子。我可以认出几种花，比如杜鹃花、兰花、郁金香、一品红等，当然还有各种颜色的玫瑰。在浪漫之都，爱侣们想买新鲜的玫瑰当然不是什么难事。

一般来说，巴黎人不会在食品市场砍价。即使他们可以，商贩们也不会以低于预定价格的价钱出售产品。事实上，我看见很多卖生鲜农产品的商贩都会在档口最显眼的位置列出商品价格。我不太懂法语，但我猜，例如“tomatoes cerise”是指樱桃番茄，一公斤6.80欧元，“petit-pois”是豌豆，一公斤3.90欧元，诸如此类。如果你想练习一下你的法语，食品市场再适合不过了。真希望我有笔和纸，可以记下所有那些奇怪的法语单词。

我发现，巴黎人很爱吃海鲜。我看见很多档口卖海鲜，从蛤蜊、虾，到鱼和龙虾，甚至一些样子稀奇古怪的海产，应有尽有。那些蛤蜊已经打开，一个挨一个地整齐排在一起。每个蛤蜊中间都有一大块洁白多汁的肉。我怎能不流口水呢？

正当我被各种海鲜吸引得神魂颠倒的时候，空气里突然飘来一股烤鸡的香味。我不由转过身去，发现鱼贩对面的档主正把一只金黄色的烤鸡从烤炉里拿出来。他的档口前面有几个顾客在等着。很明显，他们是在等这只热腾腾的诱人烤鸡！我的胃要咆哮了！

食品市场不只有食物，还有卖衣服、包包甚至巴黎纪念品的摊档。我还没见到真正的埃菲尔铁塔，就已经在各种纪念品中看到它的身影，从迷你库柏钥匙扣、T恤到桌布和手袋，你能想到的都有。我在第一次巴黎之旅当中体会到，在巴黎，无论是当地佳肴还是著名景点，你永远吃不够、看不够。巴黎就是一场流动的盛宴。📍

注1：迷你库柏是英国的小型汽车品牌，现在隶属宝马集团（BMW）旗下。

注2：作者借用了美国作家海明威的回忆录——《流动的盛宴》的书名。该书记述了海明威上世纪20年代移居巴黎的岁月。

语法小知识

You name it 的意思是“凡是你想得起的/不管什么（都有了或都干了等）”，如：Clothes, furniture, books—you name it, they sell it! (=they sell everything that you could imagine) 意思就是说，服装、家具、图书——凡是你说得出的，他们都卖！

- 19) spent [spɛnt] a. 筋疲力尽的
 20) wither [ˈwɪðə] v. 枯萎，凋谢
 21) azalea [əˈzæliə] n. 杜鹃花
 22) orchid [ˈɔːkɪd] n. 兰花
 23) tulip [ˈtjuːlɪp] n. 郁金香
 24) poinsettia [pɔɪnˈsetrə] n. 一品红
 25) set price 预定价格
 26) visible [ˈvɪzɪbəl] a. 看得见的
 27) clam [klæm] n. 蛤蜊
 28) formation [fɔːrˈmeɪʃən] n. 形成，组成
 29) water [ˈwɔːtə] v. 流口水
 30) fascinate [ˈfæsɪneɪt] v. 使着迷
 31) aroma [əˈrəʊmə] n. 香气
 32) fishmonger [ˈfɪʃmɒŋgə] n. 鱼商
 33) apparently [əˈpæərəntli] ad. 显然
 34) enticing [ɪnˈteɪsɪŋ] a. 引诱的
 35) growl [graʊl] v. 咆哮，发出隆隆声
 36) souvenir [suːvəˈnɪə] n. 纪念品
 37) keychain [ˈkiːtʃeɪn] n. 钥匙扣
 38) scenic [ˈsiːnɪk] a. 风景的