



LABORATORIO TRADUZIONE IN AMBITO ENOGASTRONOMICO

Sono un traduttore e un web editor. Ho iniziato nel 1996 come traduttore tecnico, poi nel 1998 ho iniziato a lavorare prevalentemente in editoria. La mia combinazione linguistica è EN>IT, in parole più semplici traduco dall'inglese verso l'italiano. Dal 2000 mi occupo di comunicazione. Sono stata web editor per la Regione Emilia Romagna dal 2000 al 2005 (con il sito [Scuola-ER](#)) e addetto stampa per il [Museo Ebraico di Bologna](#) dal 2005 all'aprile 2008. Da maggio 2008 lavoro per il gruppo Comunicazione Web del servizio informativo-informatico della Regione Emilia-Romagna e da luglio 2009 per il servizio Comunicazione dello stesso ente. Uno dei progetti più importanti su cui ho lavorato è stata la realizzazione della nuova intranet aziendale. Curo un blog che tratta di [problematiche traduttive](#)



AAVV, *Le autentiche ricette del Giappone*, Edizioni Red, 2007
AAVV, *Le autentiche ricette dell'India*, Edizioni Red, 2007
Anne Wilson, *Snack per bambini*, Könemann, Colonia, 2001
Anne Wilson, *Dolci al formaggio e meringhe*, Könemann, Colonia, 2001
Anne Wilson, *Cucinare per i più piccini*, Könemann, Colonia, 2001
Anne Wilson, *Arrosti*, Könemann, Colonia, 2000
Anne Wilson, *Idee per il barbecue*, Könemann, Colonia, 2000
Anne Wilson, *Aperitivi e Antipasti*, Könemann, Colonia, 1999
Anne Wilson, *La cucina Tex-Mex*, Könemann, Colonia, 1999
Anne Wilson, *Fantasie al cioccolato*, Könemann, Colonia, 1999
Anne Wilson, *Cucina vegetariana rapida*, Könemann, Colonia, 1999
Anne Wilson, *Zuppe rapide*, Könemann, Colonia, 1999
Anne Wilson, *Pane e focacce dolci*, Könemann, Colonia, 1999
Anne Wilson, *Saltare in padella*, Könemann, Colonia, 1999
Rosemary Stanton, *Gustose ricette light*, Könemann, Colonia, 1999
Anne Wilson, *Salse e condimenti*, Könemann, Colonia, 1999
Andrew Jones, *Aperitivi*, Idea Libri, Rimini, 1998
Conal Gregory, *Cognac*, IdeaLibri, Rimini, 1998

□ **L'importanza del contesto**

- **Chi è il nostro target?**
Settore specialistico (traduzione tecnico/editoriale)
Pubblico in senso ampio (traduzione prettamente editoriale)
- **Cosa stiamo traducendo?**
Ricettario di cucina etnica
Ricettario "comune"
 - a) Ricettario
 - b) Ricette in testo salutistico
- **Lingua d'origine: quale varietà?**
- **Scelte editoriali:**
Tradurre "fedelmente"
Adattare
- **Problema della gabbia**

□ **Problemi di lessico:**

Esempi pratici: Ingredienti

- **Formaggi**
cream
yogurt
cream cheese
cottage cheese
- **Pesci**
oily fish
snapper
...e le varietà regionali italiane?
- **Verdure ed erbe aromatiche**
Quale è il paese di origine?
squash vs pumpkin
squash vs zucchini
courgette vs zucchini
- **Carni**
Il problema del taglio
- **Legumi**
La cucina orientale e le diverse varietà: chickpeas, mungo bean
- **Pesi e volumi**
Quanto contiene una cup?

IMPORTANZA DEL CONTESTO



Chi è il nostro target?

SETTORE SPECIALISTICO

PUBBLICO IN SENSO AMPIO





**COSA STIAMO
TRADUCENDO?**



LINGUA D'ORIGINE QUALE VARIETÀ?



TRADURRE



ADATTARE



“Il problema della gabbia”



Herby Focaccia with Tomatoes



This bread is infused with the rich Mediterranean flavours of sun-dried tomatoes and fresh, fragrant rosemary.

INGREDIENTS

Serves 4

Preparation time: 15 mins, plus rising

Cooking time: 20–25 mins

1 tsp instant dried yeast

250g/9oz strong white bread flour

½ tsp salt

½ tsp sugar

2 tbsp olive oil, plus extra for brushing

4 sun-dried tomatoes, finely chopped
spray oil

3 rosemary sprigs, chopped

- Make sure that the water added to the dry mix is hand-hot or it will kill the yeast.

1 Mix the yeast, flour, salt and sugar in a bowl; add the oil, tomatoes and ½ cup warm water. Knead for 5 minutes, or until the mixture forms a smooth dough. Lightly spray the inside of a large plastic food bag with oil.

2 Transfer the dough to the bag and seal, leaving sufficient room for the dough to expand. Place in a warm place for about 1 hour, or until doubled in size.

3 Spray a 30 x 23cm/12 x 9in nonstick baking tray with oil. Turn out the dough onto the baking tray and press out until it almost reaches the edges, and is roughly 1cm/½in thick. Press a few dimples into the dough.

4 Brush with olive oil and scatter the rosemary over the top. Cover loosely and allow to rise again for 30 minutes in a warm place. Meanwhile, preheat the oven to 200°C. Bake the



bread for 20–25 minutes, or until golden brown. Cut into squares and serve warm or wait until cooled.

Nutritious & Delicious

- Rosemary is a herb rich in essential oils. Medicinally it is used to stimulate circulation. Finely chop the leaves and discard the stems as these are tough and woody.



Crunchy Lemony Crab Cakes



These delicious crab cakes are subtly flavoured with lemon zest and spring onion and served with tartare sauce.

INGREDIENTS

Serves 4

Preparation time: 15 mins, plus 1 hour refrigeration

Cooking time: 10 mins

1 cup canned crabmeat, drained and flaked

2 eggs, lightly beaten

1 tsp finely grated lemon zest

3 tbsp finely chopped spring onions

1 tbsp reduced-fat mayonnaise

2 tsp sweet chilli sauce

1½ cups dry breadcrumbs

2 tbsp canola oil

tartare sauce, to serve

lemon wedges, for squeezing

1 Combine the crabmeat, eggs, lemon zest, spring onion, mayonnaise, chilli sauce and ½ cup of the breadcrumbs in a bowl, stirring well.

2 Using wet hands, form the mixture into eight even-sized balls and place on a tray. Press the balls with your hand to form a patty shape, then place in the refrigerator for at least 1 hour.



3 Coat the crab cakes in the remaining breadcrumbs on both sides. Put the oil in a large nonstick frying pan over medium heat. Cook the crab cakes for 3–4 minutes on each side, or

until golden and crispy – you may need to do this in batches. Drain on paper towel and serve immediately with tartare sauce and lemon wedges on the side for squeezing over.

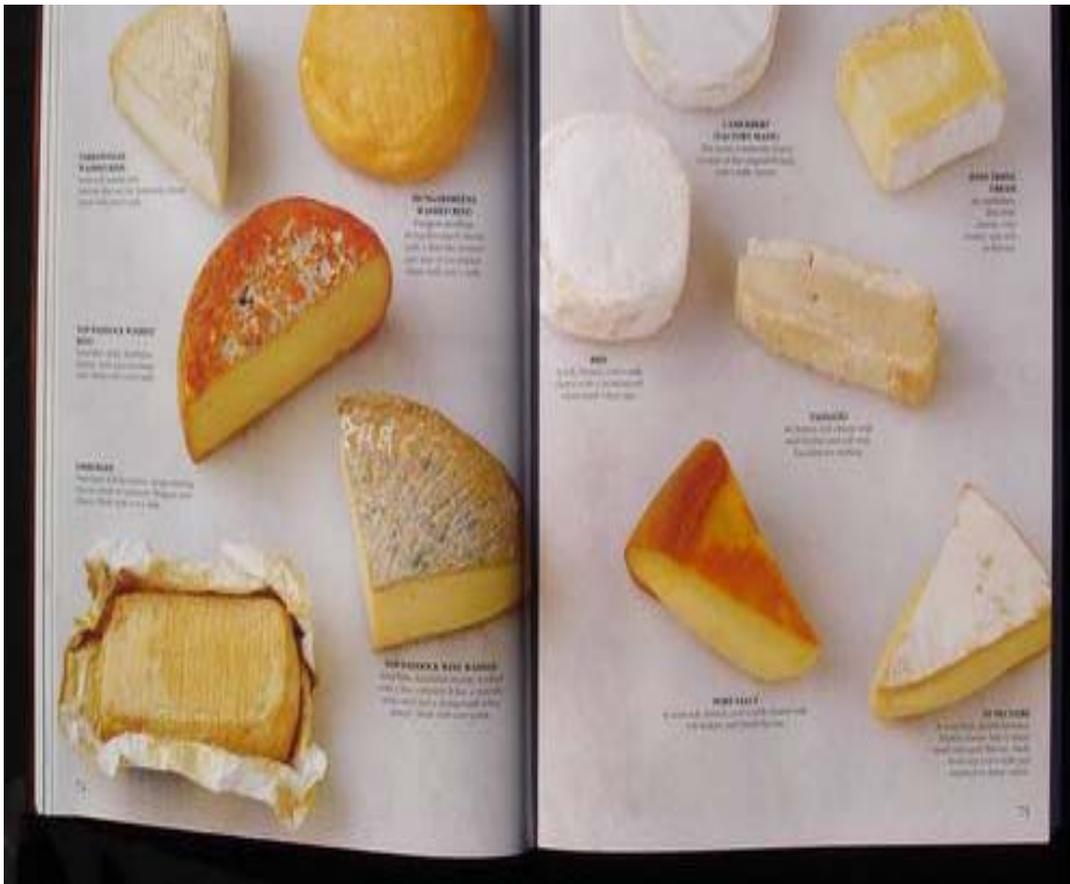
Fresh Ideas

- If you prefer, you can substitute the canned crabmeat for canned salmon in this recipe. You can omit the sweet chilli sauce and add some freshly chopped dill and chives instead. Like the crab cakes, these will also taste wonderful served with a tartare sauce for dipping.



PROBLEMI DI LESSICO





■ Formaggi

cream

yogurt

cream cheese

cottage cheese

Lemon Cheesecake Squares



A light version of a popular and classic dessert, this no-cook cheesecake is sure to wow all the family.

INGREDIENTS

Makes 9 squares

Preparation time: 20 mins, plus chilling

Cooking time: 5 mins

55g/2oz unsalted butter, plus extra for greasing

175g/6oz plain Granita-style biscuits, crushed

2 x 7g/¼oz packet of gelatine

400g/14oz low-fat cream cheese

140g/5oz raw caster sugar

zest and juice of 2 lemons

150ml/¼pt double cream

300ml/½pt skim milk

1 Melt the butter in a small saucepan over low heat. Put the biscuit crumbs into a large bowl, pour in the butter and stir to combine. Lightly grease and line a 20cm/8in square loose-based cake tin. Press the crumbs into the base of the tin. Chill in the refrigerator.

2 Put 3 tbsp water in a small heatproof bowl and sprinkle over the gelatine. Leave to stand for 5 minutes, then place in a saucepan of gently simmering water and stir until the gelatine dissolves. Remove from the pan.



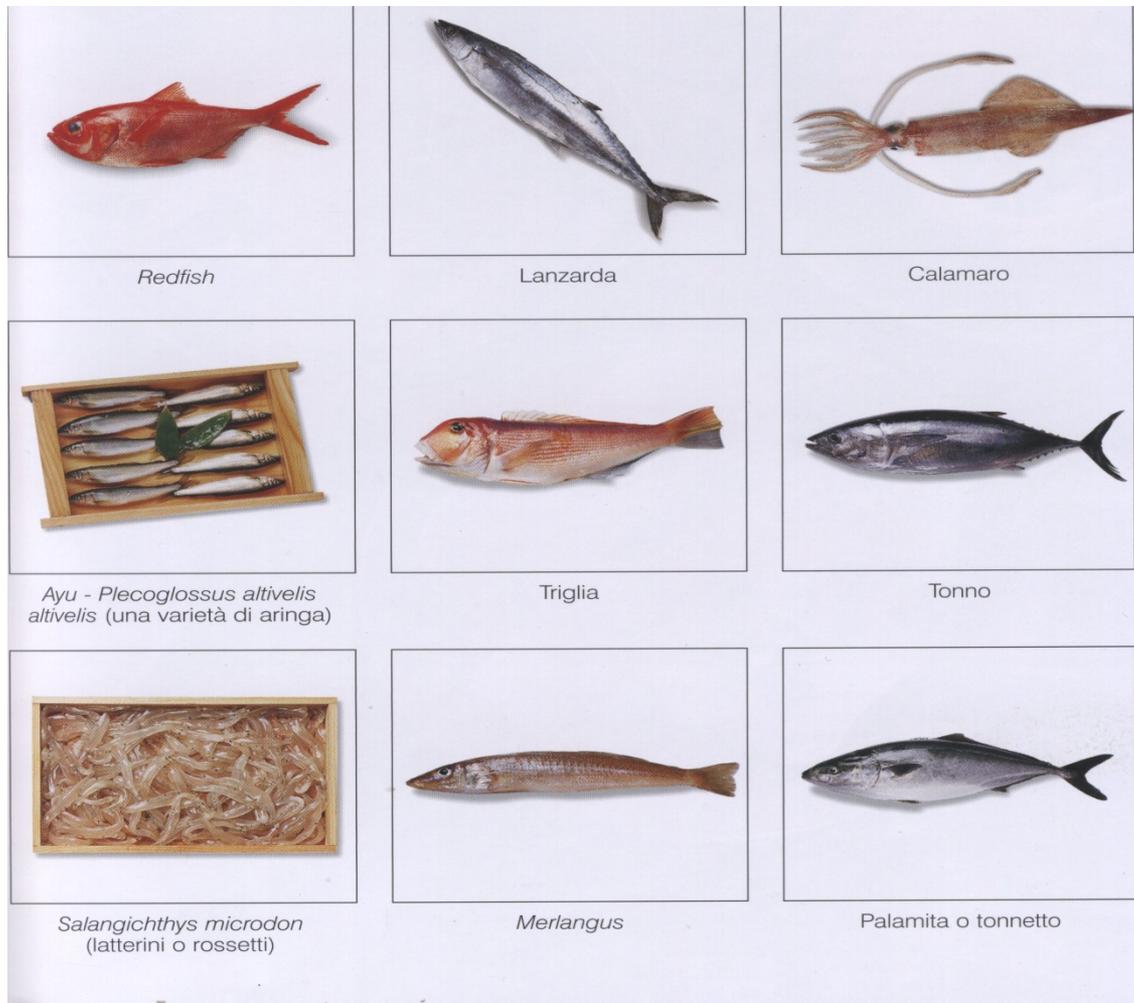
3 Meanwhile in a large bowl, beat together the cream cheese and sugar until combined. Beat in the zest of one lemon and all the juice, then the double cream and milk, until smooth.

4 Whisk in the dissolved gelatine, then pour over the biscuit base and chill for around 2-3 hours, or until set. Remove from the tin, cut into 9 squares and decorate with thin strips of the remaining lemon zest.

Nutritious & Delicious

- By using low-fat cream cheese and skim milk, the kilojoule and fat content in this recipe is far lower than a traditional cheesecake, yet it still retains all the flavour.





■ **Pesci**

oily fish

snapper

••• e le varietà regionali italiane ?



■ Verdure ed erbe aromatiche

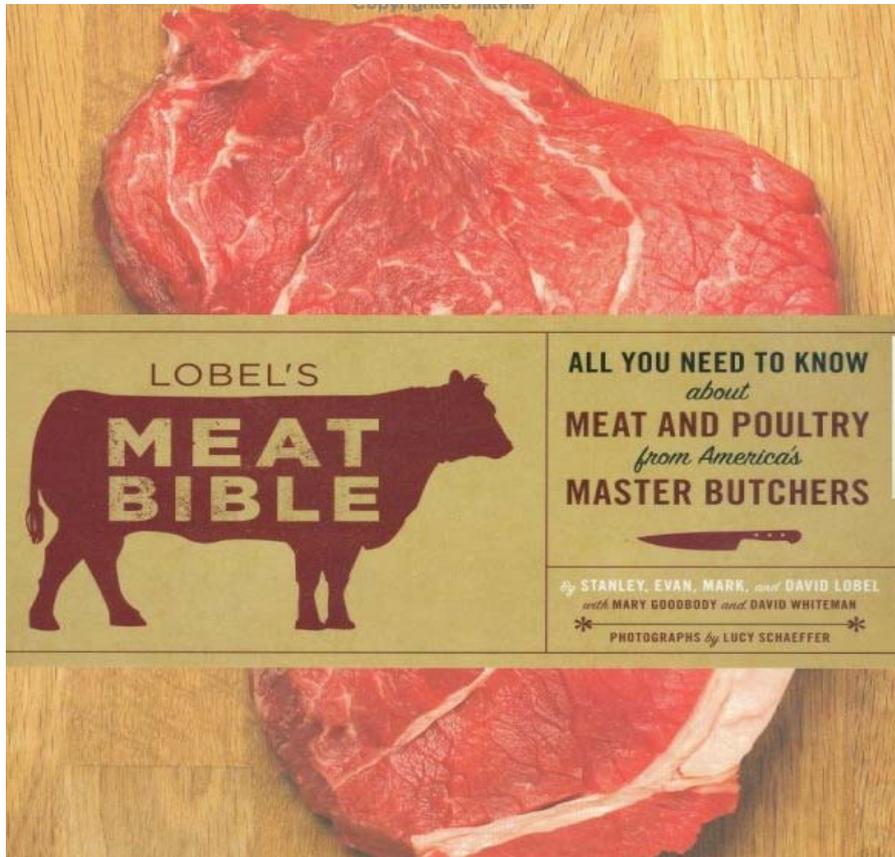
Quale è il paese di origine?

squash vs pumpkin

squash vs zucchini

courgette vs zucchini





- **IL PROBLEMA DEL TAGLIO**

Cheesy Spinach-stuffed Chicken



Plump and juicy chicken breasts stuffed with a creamy cheese and spinach filling – how delish!

INGREDIENTS

Serves 4

Preparation time: 20 mins, plus chilling

Cooking time: 40 mins

55g/2oz frozen English spinach, thawed

55g/2oz low-fat cream cheese

1 garlic clove, crushed

1 tbsp chopped flat-leaf parsley

¼ tsp freshly grated nutmeg

freshly ground black pepper

4 x 150g/5½oz chicken breast fillets

2 tbsp plain flour

100g/3½oz wholemeal breadcrumbs

2 eggs

spray oil

1 Put the spinach in a small bowl and press it with the back of a spoon to drain off all the moisture. Add the cream cheese, garlic, parsley, nutmeg and black pepper; mash together.



2 Cut a slit in the side of each chicken breast and fill with the spinach and cheese mixture. Secure each breast with 2 or 3 toothpicks to close.

3 Put the flour and wholemeal breadcrumbs on separate plates. Beat the eggs in a bowl. Coat each stuffed chicken breast in the flour, then dip in the beaten egg and roll in the

breadcrumbs to coat. Chill for at least 1 hour.

4 Meanwhile, preheat the oven to 190°C. Lightly spray a roasting tin with oil. Add the chicken breasts and spray with oil. Bake in the oven for about 40 minutes, or until the chicken is crisp, golden and cooked through. Remove the toothpicks and serve.

Serving Suggestion

- Garnish with watercress and lemon wedges. Serve with rice and a mixed salad.
- You will need up to 12 toothpicks or small metal skewers to hold the chicken parcels together.





- **Legumi**

La cucina orientale e le diverse varietà:
chickpeas, mungo bean





Pesi e volumi: quanto contiene una cup?



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