

Study on English Translation of Tibetan Meal Names in Kangding Area from the Perspective of Cultural Translation

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Abstract: Language is the carrier of culture. Any human knowledge that wants to be preserved for a long time must rely on language, and culture is the connotation of language. Culture uses language as the carrier and is the main expression. The name of the dish expresses rich food culture connotation in a concise language form. As a manifestation of food culture, language witnesses and records the development and evolution of food culture. Translation is the most important way to exchange language and culture. Tibetan food in Kangding area is praised for its unique raw materials, ingredients and cooking methods. The name of the Tibetan food in the area contains a rich Tibetan food culture. Therefore, the Chinese-English translation of the name of the Kangba Tibetan cuisine needs to refer to the published Chinese translation of the Chinese cuisine, and it should also be fully integrated with the Tibetan food diet.

Introduction

Diet is the most basic requirement for human existence and a prerequisite for all human civilization. There is an old saying in China that "people take food for the sky." "Heaven", the supreme title, that is to say, diet is the top priority in people's lives. This is also the essence of Chinese traditional philosophy and culture. [1] Due to the influence of natural environment, social conditions, production development, religious beliefs, living customs and economic development, different ethnic groups have formed different food and customs in their lives, reflecting their unique historical and cultural heritage. Tibetan food in Kangding area is a unique component of many Chinese cuisines. Due to geographical environment, climate, property, religious beliefs, customs and other factors, Tibetans in Kangding have formed their own unique diets and customs.

The Characteristics of Tibetan Dishes in Kangding Area

Kangding is the center of the Sichuan-Tibet throat, the ancient tea-horse road, and the intersection and transition of the Tibetan-Chinese people. It is a city dominated by Tibetans, with many ethnic groups such as Han, Hui, Yi and Yi. The Kangding area has a beautiful natural landscape and a unique cultural landscape, which attracts tourists from home and abroad to explore, travel and sightseeing. [2] It is essential for foreign tourists to come to Kangding area to eat, stay, travel, entertain, travel, and purchase and "food" is the first demand of tourists. Foreign tourists who come to this magical land of Kangding are also full of curiosity about the diet of the Tibetan people. By tasting the local Tibetan food, foreign tourists can not only understand the eating habits of the Tibetan people in the area, but also let them enjoy the Tibetans of Kangding. Food culture, the cultural connotation of diet is profound and profound. Studying the translation of food culture of different nationalities is conducive to promoting the exchange and dissemination of national culture. Therefore, the English translation of Tibetan food in Kangding area has very important practical significance. The staple foods of the Tibetan tradition in Kangding are barley, wheat, peas, potatoes, radishes and other crop products suitable for cold plateaus. The meat is mainly livestock from the plateau such as yak meat, lamb, pork. Kham Tibetans mainly drink butter tea, tea, sweet tea, milk tea, milk, yogurt and barley wine. The Kangding area is endowed with a wide range of wild mushrooms such as pine mushrooms, porcini mushrooms, goose eggs, morels, white fungus, etc.

The Tibetans are also good at the unique Cordyceps, Gastrodia, Fritillaria, and life in the region. Precious wild herbs are cooked into delicacies. [3] The seasonings mainly include salt, monosodium glutamate, ginger, pepper, pepper, onion, garlic, coriander, curry and raw meal. Tibetan food in Kangding area focuses on the selection of raw materials, the ingredients of the main ingredients, the taste is more than change, or pay attention to the original taste, or the oil is heavy, or in salty, light, fresh, fragrant, crisp, sweet, crisp, sour. , spicy and other changes between the various flavors, commonly used in raw, white boiled, fried, fried, braised, roasted, fried, fried and other cooking methods, knife workers mainly have large pieces, silk, tablets and so on.

The Integration of Dietary Cultures in Kangding Area with Those of Other Places

Chinese cuisine is diversified in cooking style, exquisite cooking skills, selection of raw materials, attention to nutrition, exquisite coloring, fineness of knife work, and meticulousness of plate loading, that is, color, fragrance, taste and shape are well-known at home and abroad. The Kangding area is located in the extremely cold zone of the plateau. It is not suitable for planting crops such as rice and vegetables. Historically, the traffic in this area has been occluded, economic development has lagged, and materials are lacking. This has hindered the food culture of the place and the food culture of other ethnic groups. [4] The local Tibetan people have accumulated rich knowledge of food culture in the practice of production and life, making full use of local specialties and gifts from nature to form unique cooking techniques and special dishes through continuous cooking practice and improvement. Since the founding of the People's Republic of China, China's development has been changing with each passing day, the tourism industry has flourished, the highways in the Kangding area, the airports have reached all parts of the country, and the Tibetan food culture in Kangding has been frequently exchanged with local food culture. The Tibetan food culture in Kangding has undergone tremendous changes. The choice of Tibetan staple foods has been greatly enriched, new raw materials and ingredients have been increasing, and various cooking methods have been used to make Tibetan cooking skills mature. The trend of traditional Tibetan food and modern Tibetan foods go hand in hand. The traditional Tibetan food and modern Tibetan foods introduced by Tibetan restaurants in Kangding have become an important choice for local residents to go out for dinner and to receive relatives and friends. It is also a place for foreign tourists and foreign tourists to travel to Kangding area, taste Tibetan cuisine in the region and understand Tibetan food culture. Most of the Tibetan food selection in Kangding is selected from the local specialties. The names of these ingredients are not common in the other eight major cuisines in China. Some of the cooked dishes are directly transliterated from Tibetan pronunciation, and they contain profound meaning. The food culture, therefore, the translation of Tibetan food names with unique dietary culture characteristics should use cultural translation methods from the perspective of cultural translation.

The Task of Cultural Translation

The task of cultural translation is to integrate differences of different categories and different natures. After all, translation is a complex. The multiple dimensions of culture play a pivotal role in this complex process, and the untranslatability of culture is the biggest challenge of translation. The different cultural heritages involved in translation, as well as the unique cultural forms, constitute cultural differences. The difference is fascinating and intoxicating, and it is in a paradox that attracts and rejects. These are normal phenomena of cross-cultural communication. Establish a positive and open mindset, absorb and abate foreign cultures to enrich and develop local culture, and at the same time make up for or overcome the lack and deficiency of our own culture. In order to better spread Chinese culture to the outside world. [5] The English translation of Tibetan food names in Kangding area puts higher demands on translators. The translator not only needs the ability of bilingualism and bi-culture, but also has a positive attitude and broad mind, masters the method of analyzing the name of the dish, and has in-depth insight and understanding of the history and culture of the source

language and the translated language.

In the 19th century, Wilhelm von Humboldt and others demanded that the translator be faithful to the "heterogeneity" of the original text. The heterogeneity here refers to the culture outside the domain. The main purpose of translation is to enrich and develop the local culture with the help of foreign cultures. The focus of attention is bound to be the cultural content. Cultural translation can be summarized as a concept directly related to cross-cultural contact and communication, not only to bring heterogeneity into the target language text, but also to introduce the stranger to the target language reader when the translator is fully aware of the cultural differences of the target language. This kind of "heterogeneous" cultural translation method helps to preserve our country's national culture and enhance our country's national cultural self-confidence. We can enter our country's culture by making our target language readers curious, so as to gain a deeper understanding of our country's culture. This has promoted the culture of our country to a certain extent, and promoted the culture of our country to go abroad and to the world. [6]

A Case Analysis: Chinese and English Menu of Tibetan Dishes in Kangding

Tibetan food in Kangding is divided into five categories: cold dishes, meat dishes, vegetarian dishes, snacks and soups. The author visited several Tibetan restaurants located in Kangding City, such as Malaya Tibetan Food, Ding Sange's old name, Tang Baozi, and Dejilin Tibetan Food. Through investigation and collection, the author found that the English translation of the names of these Tibetan restaurants is relatively popular. The following is a Tibetan menu Chinese name and Tibetan menu English name:

Table Tibetan menu Chinese name and Tibetan menu English name

Chinese name of Tibetan cuisine	English translation of Tibetan dishes
凉菜 冰片牛肉 凉拌萝卜丝 生凉拌牛肉 凉拌牛舌 凉拌脚鸡苔 凉拌牛肉	Cold dishes sliced frozen beef Radish shredded Raw yak meat Boiled yak tongue Liver mosses Sliced beef
肉菜 牛肉被盖 手抓牛肉 石爆牛肉 牛肉血肠 红烧牛蹄 牛肉香肠 酸菜炒腊肉 虫草牛舌 孜然牛肉 木耳炒牛肉 青椒炒牛肉 手抓羊排 孜然羊肉 土豆炒腊肉 土豆炖牛肉 咖喱鸡	Meat dishes Yak meat burger Boiled yak meat Beef cooked on hot rock Beef blood sausage Fried yak-hoof (spicy) Beef sausage Fried sauerkraut with pork Steamed yak tongue Cumin beef Stir-fired beef with edible fungus Stir-fired beef with pickled chilly Boiled sheep ribs Cumin mutton Fried potatoes with pork Meat boiled with potatoes chicken curry

素菜 素炒白菌 咖喱土豆 藏式土豆 洋芋坨坨 炒土豆丝	Vegetables Stir-fried mushroom potato curry Grinder potatoes Boiled potatoes Shredded stir-fried potatoes
汤 牛肉青稞汤 萝卜炖牛肉 粉丝牛肉丸汤	Soup Barley soup with beef Boiled beef with radish Rice-noodle soup
小吃 安多面片 酥油包子 酥油面疙瘩 酥油糌粑 炸土豆包子 面疙瘩 炸牛肉饼 雪域炒饭 酥油人生果 炸酸奶 咖喱饭 酸奶 酸奶饭 酥油酸奶 酸奶巴科 藏式牛肉包子	Snacks Ando noodles Barley flower dumpling Noodles served with melted butter Butter with barley flower potato dumpling Tibetan Tuba Deep fried beef cake Fried rice Drama with melted butter Deep-fried yogurt Beef curry rice Yogurt Yogurt rice Yogurt with melted butter Yogurt Bako Tibetan styled beef dumpling

However, careful analysis of the English translation of the above-mentioned Tibetan dishes will reveal that the overall level of the English translation of the above-mentioned Tibetan dishes is not high enough to promote the communication and promotion of Tibetan food culture. The main problems are: the English translation of the name of the dish is spelled in a confusing case. According to the English translation of the name of the dish, the first letter of each word in the English translation must be capitalized. This problem of non-standard writing; English translation of the word in the wrong spelling, such as multiple translations of the same information, Chinese dish name and English translation information missing, not equal, verbatim hard translation, [7] and no depth Understanding the food culture behind the name of Tibetan food, resulting in the lack of misunderstanding of the unique food culture characteristics of the English translation of the Tibetan cuisine.

The Chinese dish name contains a lot of information, but because there is no official and accurate translation method, the Chinese food name expressed in English is often very confused. In order to solve this problem, in March 2012, the "Gourmet Translation Court - Chinese Menu English Translation Method" published by the Beijing Municipal Foreign Affairs Office standardized the English translation of 2158 Chinese food dishes and promoted them to the general public. [8] In 2016, the "English Translation Guide for Public Service Fields" published by Beijing Teaching and Research Press regulated more than 3,700 public signs in 13 service areas including catering to provide recommended English translations. [9]

The beef dishes in the Kangding area, including the lamb chops, artichokes, cold-footed chicken, ghee, ghee, fruit, yoghurt, yoghurt, and beef buns, are special dishes of Tibetans in Kangding. It

carries the living customs of the local Tibetans and the profound food culture connotation. The Tibetan ginseng specialties in the Kangding area should be in-depth understanding of the local Tibetan customs and dietary culture. Try to apply the cultural translation strategy to translate Tibetan specialties and promote the spread and inheritance of Tibetan food culture. The beef series in the Tibetan food in Kangding refers to the beef. The yak is a unique cattle species in the alpine region. It is the herbivorous mammal that lives in the highest altitude. The Tibetan language of the yak is called Yake. The English translation is "yak". Transliteration, so the English translation of the ingredients in Tibetan food is "Yak Meat". The pork in the traditional Tibetan food in Kangding is particularly famous for its Tibetan pigs: Tibetan pigs, also known as "sucking pigs" and "ginseng pigs", Tibetan pigs that have grown up as "drinking spring water and eating mountain treasures" have become Tibetan food culture. a brand. Tibetan pigs are fatty pigs. The saturated fat content is very low and the unsaturated fat content is high. The skin is thin, the meat is delicious and nutritious, and it is a favorite food for Tibetans. For this unique culture of food, I suggest that you can use the combination of transliteration and free translation. The Tibetan pork can be translated as "Meat of Zangxiang Pig" or Use the Italian translation to translate its alias "Meat of Pipa Pig" or "Meat of Ginseng Pig". Artichoke is a popular snack in the Kangding area. The artichoke is a medium-sized potato from the local plateau. It is boiled in water to the water, and then served with a plate of chili noodles. The mixture of pepper noodles, salt and monosodium glutamate, I recommend the artichoke translated as "Boiled Potatoes with Chili Powder". The foot chicken moss is a locally produced mountain wild dish - bracken, which can be translated as "Tossed Bracken". Ghee Zanba is one of the traditional staple foods of Tibetan herdsmen. "Zanba" is the Tibetan transliteration of fried noodles. It is the staple food of traditional Tibetan food. When eating ghee, first pour a small bowl of milk tea, then add ghee, fried noodles, and ko, sugar, mix well with your fingers in the bowl, and knead into a small group to eat, it has the fragrant fragrant, the acidity of the koala, the sweetness of the sugar. It is rich in nutrients, high in calories, full of hunger and cold. Ghee, oysters already have a special English translation name, ghee "Tibetan Butter", "Zanba" or "Roasted Qingke Barley Flour". The ginseng fruit - the Tibetan language called "Qingmei Ribu", is the meaning of immortality, so the Han people call it ginseng fruit. Ginseng ginseng fruit is a special dish of Tibetan food. First, stir the ginseng fruit, simmer the ghee, put the fried ginseng fruit in the simmered ghee, add the glutinous rice and sugar, the taste is sweet and sweet, I recommend the ghee ginseng fruit. English translation is "Fried Tibetan Ginseng Fruit with Tibetan Butter and Sugar". The ghee is the fat extracted from the milk. The yoghurt is made by fermenting the yak milk. The yoghurt is the favorite snack of the local Tibetans. I recommend the yoghurt "Tibetan Butter with Tibetan Yogurt". Yogurt Bakke, a snack made from green glutinous rice noodles, with a thick layer of yoghurt drenched with ghee and sucrose in the middle, used as a dim sum, a sweet and sour scent. I recommend yoghurt Bako English translation "Tibetan Yogurt Bako". The Tibetan beef buns are the freshest yak meat, seasoned with simmered stuffed rice and mixed with chopped alpine wild onions. This high-altitude wild onion is used to replenish yang, and Tongyang promotes blood. I recommend Tibetan beef buns "Tibetan Yak Meat Stuffed". Baozi".

Conclusion

In terms of specific strategies, the translator analyzes the cultural style of Tibetan food in Kangding area. The translator should mainly translate the name of Kangba Tibetan food from the level of cultural characteristic words and language and culture information. In order to properly preserve the heterogeneity of culture, the treatment of special cultural words is moderately defamiliar, and the creative and general use of culturally loaded words highlights the commonality between different cultures. Using transliteration, meaning method, set translation method, literal translation plus annotation, explanation and other techniques, the dissemination of culture is used as the purpose of translation, so that the Tibetan food culture in Kangding area can be introduced to foreign tourists through translation. Therefore, foreign tourists visiting the Kham region can not only appreciate the natural beauty of the Kham region, but also appreciate the unique food customs and food culture of the Kham Tibetan people.

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