

Table 1

English original (Oliver 2007a: 264)	Italian translation (Oliver 2007b: 264)	Back Translation into English
<p>This dish can be eaten either cold as an <u>antipasto</u> or warm as a vegetable <u>contorno</u>. The great thing about it is that you can use any combination of greens, such as <u>baby cabbage leaves</u>, <u>Swiss chard</u> and even <u>salad leaves</u> like <u>cos</u>, <u>gem</u> or <u>Romaine</u>. You can easily buy a big bag of spinach, rocket and watercress and use some <u>yellow celery leaves</u> and other herbs like basil, parsley sorrel and fennel tops to give you a good mixture. Most Italians have a vegetable garden and no matter how big or small it is they always have greens and veggies to hand.</p>	<p><i>Questo è un piatto che si può mangiare freddo, come antipasto, oppure caldo, come contorno. Il bello è che potete farlo utilizzando praticamente ogni tipo di verdura verde, come piccole foglie di cavolo, bietole grosse (coste) e varie qualità di lattuga, per esempio la romana. Potete tranquillamente comprare un sacchettone di spinaci, rucola e crescione, aggiungere qualche fogliolina gialla di sedano e altre erbe come basilico, prezzemolo, acetosella e barbina di finocchio. Ho scoperto che lì da voi parecchia gente ha l'orto (certo, magari non quelli che abitano in pieno centro a Milano) e, grande o piccolo che sia non si fa mai mancare una bella selezione di verdure di tutti i tipi.</i></p>	<p>This dish can be eaten either cold as an antipasto or warm as a vegetable contorno. The good thing about it is that you can use practically any type of greens, such as <u>small leaves of cabbage</u>, big Swiss chard, and many varieties of lettuce, like <u>cos lettuce</u>. You can easily buy a <u>big bag of spinach</u>, rocket and watercress and use some <u>small yellow leaves of celery</u> and other herbs like basil, parsley sorrel and fennel tops. I have found out that <u>in your country</u>, many people have a <u>vegetable garden</u> (well of course not <u>those who live right in Milan city centre</u>) and no matter how big or small it is they always have vegetables of all kinds to hand.</p>

Table 2a

TV series: English version (episode 2, 00:04 – 2:49)	Italian subtitles (episode 2, 00:04-2:49)	Back translation of subtitles
1) This project is totally and utterly selfish. It's about me and no one else.	1) <i>L'Italia è egoista, molto egoista. E' concentrata solo su se stessa.</i>	1) Italy is selfish, very selfish. It's only focused on itself.
2) This restaurant and the school dinner project have totally overwhelmed my life.	2) <i>Il ristorante e il progetto per le mense scolastiche mi hanno assorbito.</i>	2) The restaurant and the school dinner project have absorbed me.
3) A week ago, I left Jools and the kids behind and set off for Italy to get inspired by food again.	3) <i>Una settimana fa ho lasciato Jools e le bambine alla volta dell'Italia per ritrovare l'ispirazione culinaria.</i>	3) A week ago I left Jools and the kids behind and headed for Italy to find new culinary inspiration.
4) In Sicily I had quite a rough time convincing the locals to eat my fish.	4) <i>In Sicilia ho faticato a convincere la gente ad assaggiare il mio pesce.</i>	4) In Sicily I struggled to convince people to taste my fish
5) And I've heard of this fisherman come chef. He is supposed to make the most amazing food on his little remote island. I'm gonna work in his kitchen. I'll tell you now, not many English cooks would have the [beep sound] to do this.	5) <i>Mi hanno parlato di un cuoco straordinario che vive su un'isola.</i> <i>Lavorerò con lui.</i> <i>Pochi cuochi inglesi avrebbero le p*** di farlo.</i>	5) I've been told about an extraordinary cook living on an island. I'm going to work with him. A few English cooks would have the b*** to do that.
6) The island of Marettimo is two hours from Sicily, towards North Africa. The captain said I was mad coming here, he said no tourist ever comes here. But Italian foodies are going there all the time just to take a pilgrimage to a restaurant run by Giovanni, a fisherman come chef.	6) <i>Marettimo si trova a due ore dalle coste siciliane verso il Nordafrica.</i> <i>Il capitano ha detto che sono matto: Questo non è un posto da turisti.</i> <i>I buongustai italiani ci vengono solo per mangiare da Giovanni.</i>	6) Marettimo is two hours off the Sicilian coastline, towards North Africa. The captain said I was mad: This is not a place for tourists. Italian foodies come here just to eat at Giovanni's.
7) It's a hell of a long way to come for a fish lesson.	7) <i>Ne ho fatta di strada per imparare a cucinare il pesce.</i>	7) I came from a long way to learn how to cook fish.
8) Giovanni wants me to make a classic English dish from back home. To see what I'm made of, I suppose.	8) <i>Giovanni vuole che cucini una specialità inglese.</i> <i>Per mettermi alla prova.</i>	8) Giovanni wants me to cook an English delicacy. To test me.

Table 2b

Original cookbook in English (Oliver 2007a)	Translated cookbook into Italian (Oliver 2007b)	Back translation into English
1) I wanted to experience for myself the spirit of Italy that makes cooking and eating absolutely central to family life, whichever part of the country you find yourself in. And I want you to experience it too. I want you to walk past the wall of footballing posters in Palermo <u>and chuckle because you've seen it here</u> . I want you to go and find the old woman making polenta in the town of Bari in Puglia. (<i>ibidem</i> .:xi-xii)	1) <i>Volevo vivere davvero lo spirito dell'Italia che mette sempre la cucina e il cibo al cuore della vita familiare. E voglio che lo facciate anche voi perché – anche se siete italiani- forse non conoscete proprio tutti i segreti della vostra terra meravigliosa. Voglio che sorridiate davanti a quel muro di Palermo su cui, tra le immagini di Padre Pio e della Madonna, spiccano foto di calciatori e manifesti rosa-neri che salutano il ritorno del Palermo in serie A nel 2004. Voglio che andiate a trovare la vecchietta che fa la polenta nella piazza di Bari.</i> (<i>ibidem</i> .:xi-xii).	1) I really wanted to experience the spirit of Italy that makes cooking and eating absolutely central to family life. And I want you to experience it too, because – <u>even though you are Italian – maybe you are not familiar with all the secrets of your wonderful land. And I want you to smile</u> when you walk past that wall in Palermo where, <u>among the holy pictures of Padre Pio and of the Virgin Mary, the pictures of football players and pink-black posters welcoming the return of the Palermo football team in the prestigious A league in 2004 stand out</u> . I want you to call at the old woman making polenta on the main square in Bari.
2) If I've learnt anything from the Italians about fish, it is definitely that 'less is more'. Even inland, in regions like Le Marche and in Tuscany, they might only get fish coming to the market once a week but it's still <u>damn fresh</u> and smells of the sea and is bound to make dinner a bit of an event on that day. (<i>ibidem</i> .:177)	2) <i>Se c'è una cosa che ho imparato da voi italiani riguardo al pesce è sicuramente che less is more, in altre parole: più è semplice, meglio è. Perfino in regioni come le Marche e la Toscana, dove magari arriva nei mercati solo una volta la settimana, il pesce è comunque freschissimo, profuma di mare, e saprà trasformare la cena di quel giorno in un piccolo evento.</i> (<i>ibidem</i> .:177)	2) If I've learnt anything from you Italians about fish it is definitely that 'less is more' in other words: <i>più è semplice, meglio è</i> . Even in regions like Le Marche and in Tuscany, where they might only get fish coming to the markets once a week, the fish is <u>very fresh</u> and smells of the sea and is bound to make dinner a bit of an event on that day
3) Take a city like London, for example. It's one of the biggest cities in the world, yet there are <u>only a handful of fishmongers that come up to the mark</u> . (...) Young kids growing up all around our country think fish smells fishy because that's the reality of the fish on offer to us in most places. So what I'd like you to do is <u>stop being British and putting up with sub-standard products- be a bit more Italian and have your say on a regular basis</u> . What fishmongers and supermarkets alike will have to start doing then is worrying about quality, not quantity. If we all have a go, you'll be surprised how many shops, restaurants and business will look at what they're doing because they have to listen to their customers. Let's make it happen. (<i>ibidem</i> .:177)	3) <i>Prendete una città come Londra, per esempio: è una delle metropoli più importanti del mondo, eppure sono pochissime le pescherie che vendono prodotti di primissima qualità. (...) I bambini inglesi crescono pensando che sia normale che il pesce puzzi, perché effettivamente è così: il pesce che trovi in giro puzza. Perciò – e adesso mi rivolgo espressamente ai miei connazionali in ascolto – vorrei che smettete di far buon viso anche davanti a prodotti scadenti: cercate di imparare dagli italiani, imparate a dire la vostra. Se cominciamo tutti a fare così, i commercianti – per non perdere clienti! – saranno costretti ad avere a cuore la qualità, non la quantità, di ciò che vendono. Dai, uniamo le forze per cambiare le cose.</i>	3) Take a city like London, for example. It's one of the biggest cities in the world, yet there are <u>only a few fishmongers that sell top-quality products</u> . (...) Young kids grow up thinking fish smells fishy because that's the reality of the fish on offer all over the place. So- <u>and now I'm addressing directly my fellow countrymen who are listening</u> – I'd like you to stop putting up with poor quality products: <u>try and learn from the Italians, learn to have your say</u> . If we all have a go, business owners will be forced to worry about the quality, not the quantity, of what they sell, in order not to lose their customers. <u>Let's join forces and make it happen</u> .

Table 3

English original (Oliver 2007a: xv)	Italian translation (Oliver 2007b:xv)	Back Translation into English
<u>As a foreigner to Italy, and as someone who's interested in food, the one thing you've got on your side that the Italians are sometimes not so good at is being incredibly open-minded</u> . Even though it's one of my favourite countries in the world (and one day I hope to live there), I <u>sometimes find it incredibly frustrating that Italians can be stubborn and not want to try a dish or a different combination of flavours because it's not from</u>	<i>Anche se l'Italia è uno dei miei Paesi preferiti al mondo (e un giorno spero di venirci a vivere) ho un piccolo appunto da farvi: a volte voi italiani siete dei testoni. Non avete voglia di rischiare assaggiando un piatto nuovo o una combinazione di sapori un po' diversa dal solito, perché la ricetta non è quella del vostro paese ... o perché vostra mamma la faceva in un altro modo. Credo solo che la vita sia troppo breve per non sperimentare cose nuove:</i>	Even though Italy is one of my favourite countries in the world (and one day I hope to live there) <u>I have got a small criticism to address to you: sometimes you Italians can be really stubborn: You do not want to take risks trying a new dish or a slightly new flavour combination because the recipe is not the one from your village...or because your mum used to make it differently</u> . I believe that life is too short not to experiment new things: however

<u>their village or region, or it's not the way their mamma would do it.</u>	<i>per quanto il vostro metodo possa essere buono, non è detto che sia per forza il migliore.</i>	good your method might be, it is not necessarily always the best.
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