

Before starting this unit, look again at unit 30 – The kitchen.

1 Basic vocabulary

Match the verbs in the following cooking instructions to the pictures below:

1. Fry the onions in a little oil until they are brown.
2. Boil the pasta in a saucepan of salted water for 15 minutes.
3. Place the chicken in a pre-heated oven at 190° and roast for one and a half hours.
4. Place the pizza directly on the top shelf of the oven and bake for 10 minutes.
5. Grill the sausages under a medium heat, turning occasionally.
6. To steam asparagus, place it in a steamer above a saucepan of boiling water and cook until it is tender.

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WHICH VERB IS CORRECT?



Now match the verbs on the left with the nouns on the right:

- | | |
|----------|---------------------------------|
| 7. bake | g. an egg / bacon / hamburgers |
| 8. roast | h. a leg of lamb / a chicken |
| 9. boil | i. bread / a cake / a lasagne |
| 10. fry | j. rice / carrots / green beans |

2 Cooking at home

Complete the following text with these words:

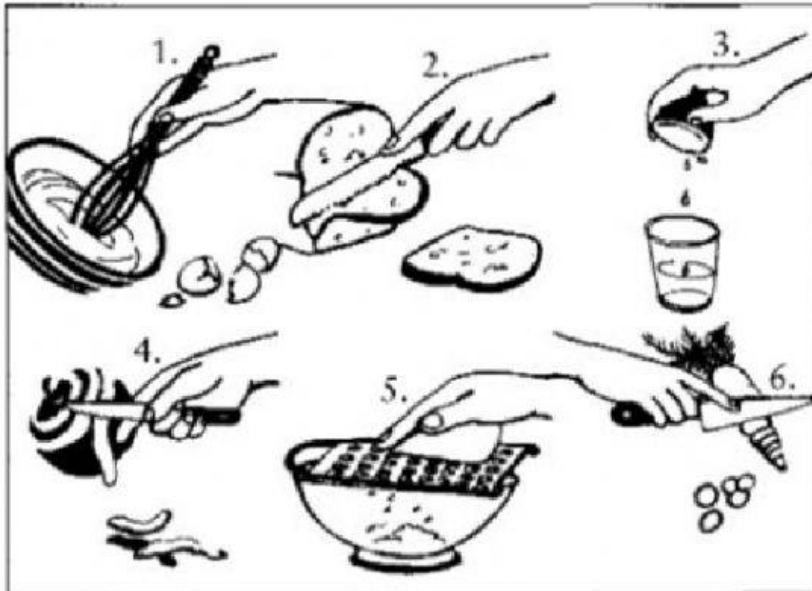
recipe	ingredients	helping
sauce	delicious	cook

I wouldn't say I'm a great (1) , but I had some friends round for dinner recently and it went quite well. I'd seen a (2) for fish curry in a magazine the week before and it sounded (3) – so I thought I'd try it. I went to the market and bought all the (4) and then spent the day in the kitchen. Everybody said they really liked it, especially the (5) , and I think they were telling the truth because everyone wanted a second (6) !

3 Preparing food

Label the pictures below with these verbs:

grate squeeze beat slice chop peel



Now match the verbs on the left with the phrases on the right in the two lists below:

- | | |
|-------------|--------------------------------------|
| 1. peel | a. the mixture with a wooden spoon |
| 2. pour | b. the potatoes and boil in a pan |
| 3. slice | c. the cheese and add to the sauce |
| 4. grate | d. the sauce over the meat and serve |
| 5. stir | e. the ham as thinly as possible |
| 6. chop | f. the eggs until light and fluffy. |
| 7. mix | g. a lemon over the fish |
| 8. beat | h. a little butter in a frying pan |
| 9. melt | i. the vegetables into small pieces |
| 10. squeeze | j. all the ingredients together |

4 Ways of cooking

Some types of food are usually cooked or prepared in a particular way. Complete the following sentences with the types of food below:

potato	steak	eggs
onions	salmon	rice

1. I think I'll have *fried / boiled / poached / scrambled* for breakfast.
2. Would you like your *rare, medium or well-done*?
3. I fancy a *baked / a jacket / some mashed* with these sausages.
4. Shall we give them *smoked or poached* as a starter?
5. Would you like a couple of *pickled* with your salad?
6. Do you prefer plain boiled or fried ?

A baked potato is the same as a jacket potato.

6 A simple recipe

Complete the following recipe with the words and phrases below:

Spicy Stir-fry Beef

Preparation: 30 minutes

Cooking: 5 minutes

Ingredients:

450 grams fillet of beef

1 tablespoon of soft brown sugar

1 tablespoon of dark soy sauce

2 cm piece of fresh ginger, grated

a pinch of salt

2 tablespoons of oil

6 spring onions

freshly ground black pepper

serve	heat the oil	stirring
slice	cook gently	add

1. the beef into thin strips about 3 cm long.
2. Mix the sugar, spices and soy sauce in a bowl. the beef, ginger and salt and stir well.
3. in a wok and stir-fry the onions for one minute.
4. Add the beef and fry, constantly, for four minutes, or until the meat is browned.
5. Stir in a little more soy sauce and black pepper and for a minute or two.
6. with plain boiled rice.