

Cooking and food trends in the UK

Task 1 – Useful utensils

Write the names of these kitchen utensils.



Task 2 – Cooking survey

Answer these questions about yourself.

1 Are you a good cook?

2 What was the last meal you cooked?

3 What's your favourite meal?

Task 3 – Trends and television reading

After you read the text, decide whether the following statements are **true** or **false**.

- Cooking TV programmes are really popular in Britain at the moment.
- It's difficult to buy food from around the world in Britain.
- The number of cookery students in Britain is rising.
- More and more people buy already prepared food in the UK.
- It is very unusual for British people to eat their dinner in front of the TV.

Trends and Television

Fusion cooking

Lifestyle programmes make up a large proportion of UK TV programmes, and food and cookery shows are becoming increasingly popular. As a country recognized more for its Sunday roasts and cucumber sandwiches, you may be surprised to know that cuisines and ingredients from around the world are widely available in our restaurants and markets.

TV dinners

With the increased popularity of cookery and more chefs on TV there has been a rise in the number of students applying for courses at UK universities and colleges, such as those offered by the School of Culinary Art at South Trafford College.

The combination of cookery and education for entertainment was incorporated in the programme *Jamie's Kitchen*. Here celebrity chef Jamie Oliver conducted a social experiment to train 15 unemployed 16-24-year-olds to be chefs while setting up a new restaurant at the same time. Both the programme and the experiment were a great success so much so that a catering company in Newcastle chose six unemployed youngsters who were given 12 months training and work experience in a busy café.

Busy lifestyle

Recent trends suggest that more and more people buy take away meals from the local Chinese or Indian restaurant to eat at home in front of the television. There has been a recent explosion in the ready meal market, especially chilled, with manufacturers offering everything from Lasagne to Pheasant Breast in Blackcurrant Sauce.

Task 4 – Recipe

Recipe: Vegetarian Shepherd's Pie

Serves 4 people. Preparation time: 30 minutes. Cooking time: 20 minutes.

Ingredients

For the vegetables:

1 tbsp vegetable oil
1 onion, finely **chopped**
1 clove of garlic, **crushed**
1 stick of celery, chopped
1 leek, **halved** and **sliced**
1 carrot, **diced**
420g can mixed beans, **drained** and **rinsed**
400g can chopped tomatoes
1 tsp tomato purée
salt and freshly **ground** black pepper

For the mashed potato topping:

700g floury potatoes, peeled and cut into chunks
150ml milk
85g cheddar cheese, crumbled

Method

Use these verbs to complete the text:

fry, heat, cook, drain, pour, sprinkle, cook, add, mix

1. Preheat the oven to 180C.
2. _____ the potatoes in a pan of lightly salted boiling water until tender.
3. Meanwhile _____ the oil, add the onion, garlic, celery, leek and carrot and _____ gently for 10 minutes.
4. _____ the beans, tomatoes, herbs or chilli powder and tomato purée with 3 tbsp water. Season to taste and simmer for 5 minutes.
5. When the potatoes are cooked _____ them and heat the milk to boiling point. _____ the milk over the potatoes and mash until smooth. Season to taste. _____ in half the cheese.
6. Spoon the beans and tomato mixture into an ovenproof dish and top with the cheesy mash. _____ over the remaining cheese.
7. _____ for 20 minutes until the topping is golden brown.