

## Reading

1. A recipe is a set of cooking **instructions**. There are three main components of a recipe: the introduction, the list of **ingredients**, and the step-by-step directions.
2. The introduction often describes the dish and includes information such as the cooking time and yield. The yield tells you the amount of food you can make or the number of people you can **serve** if you follow the recipe. The yield can tell you if you need to adjust the recipe to fit your needs. For example, let's say you are having a party with 20 guests and you want to serve brownies. If you are following a brownie recipe with a yield of 10 brownies, you will need to **double** the recipe.
3. The list of ingredients includes the food items that you will **combine** as you follow the recipe. This list also tells you how much you will need of each ingredient. The ingredients are usually in the order that they will be used.
4. The main part of a recipe is the step-by-step directions that explain how to prepare the dish. These steps include the oven or stove **temperature** if you are making a dish that requires heat. In this section, many recipes also include any **equipment**, such as blenders and containers, that you will need.
5. Recipes are useful both for beginners and for experienced cooks who want to **experiment** with new dishes. Many families have special recipes that have been used for generations. Often these recipes contain "secret" ingredients that make the dish unique.

*"A recipe is a story that ends with a good meal."*

—Pat Conroy, American author

## A. Warm-Up

The word *recipe* is used in the following idioms:

- **Recipe for disaster**

"Going to sleep at four in the morning the night before a test is a recipe for disaster."

- **Recipe for success**

"My sister's recipe for success is to study for one hour a day, exercise three times a week, and get eight hours of sleep every night."

Based on these two idioms, what do you think "recipe" means?

## B. Vocabulary Preview

Match up as many words and meanings as you can.

Check this exercise again after seeing the words in context on page 3.

- |     |    |              |    |   |
|-----|----|--------------|----|---|
| ___ | 1. | instructions | a) | to give someone food or beverages               |
| ___ | 2. | ingredients  | b) | tools or machines needed for a specific purpose |
| ___ | 3. | serve        | c) | a list of food items                            |
| ___ | 4. | double       | d) | steps that explain how to do something          |
| ___ | 5. | combine      | e) | to try something new                            |
| ___ | 6. | temperature  | f) | how warm or cold something is                   |
| ___ | 7. | equipment    | g) | to put together                                 |
| ___ | 8. | experiment   | h) | to multiply by two                              |

## Identifying the Parts of a Recipe

Now let's review some clues that can help identify the parts of a recipe.

### A. Clues

1. Introduction: description, yield, cooking time
2. Ingredients: food items and amounts
3. Instructions: steps explaining how to make the dish

### B. Sorting

Work with a partner. Read each piece of information.

Place a check mark (✓) in the correct column.

#	Information	Introduction	Ingredients	Instructions
1	2 tablespoons milk		✓	
2	serves 9 people			
3	Preheat oven to 350°.			
4	1 1/2 cups fresh blueberries			
5	Mix eggs and sugar together in a large bowl.			
6	Melt butter in the microwave.			
7	45 minutes			
8	a pinch of salt			
9	1 teaspoon vanilla extract			
10	This delicious soup is perfect for cold days.			
11	Boil water in a large pot.			
12	2 cans salmon			

# Guided Practice

## A. Recipe #1

Read the recipe below.

Use the words from the Word List to fill in the blanks.

### Chef Regina's Vegetarian Spaghetti Sauce

Chef Regina has been serving this sauce for over three decades in her popular London restaurant.

\_\_\_\_\_ : 4 servings

(1)

Cooking time: 20-30 minutes

\_\_\_\_\_ :

(2)

1 large can diced tomatoes

2 tablespoons tomato paste

1 1/2 tablespoons sugar

1/2 teaspoon oregano

1/2 \_\_\_\_\_ basil

(3)

1/2 teaspoon salt

1/2 teaspoon pepper

3 cloves chopped garlic

\_\_\_\_\_ :

(4)

1. Combine all items in a large saucepan.
2. Stir ingredients over medium heat for 10 minutes.
3. Reduce heat. Allow the mixture to simmer for 20 to 30 minutes.
4. Taste and \_\_\_\_\_ more salt and pepper as needed.

(5)

5. Serve over warm pasta.



#### Word List

- add
- yield
- instructions
- teaspoon
- ingredients