1 Cooking utensils

Match the following words to the pictures below.

a knife
a saucepan
an oven
a stove
a pan
a tablespoon
a roasting tin
a wok

_____ 1 _____ 2

_____ 3 _____ 4 _____ 5

_____ 6 _____ 7 _____ 8

Which utensils do you use when you cook? Which utensils do you have in your kitchen but rarely use?

2 Cooking verbs

Study the definitions of the verbs and then complete the recipes on the next page.

roast: to cook food, e.g. meat or potatoes, in an oven using oil or added fat
fry: to cook food in hot oil or butter over a heat source
boil: to cook food in boiling water
add: to put something with something else
peel: to remove the skin from a fruit or vegetable
chop: to cut food into small pieces
preheat: to heat a cooker to a certain temperature before putting food inside
serve: to provide food that is ready to eat
stir: to mix a liquid or sauce with an object such as a wooden spoon
squeeze: to press something, e.g. a lemon, with your hands to get the liquid from it
heat up: to make something hot

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Recipe 1: Duck with orange and honey sauce

- 1 duck
- 4 tablespoons of oil
- 1 carrot, 2 onions, 3 oranges
- 2 teaspoons of honey
- parsley, pepper, salt

_____ [1] the oven to 190 °C. Firstly, _____ [2] the carrot into small pieces and _____ [3] the onion. _____ [4] the oil in a pan and _____ [5] the vegetables for about 10 minutes. When they are ready, place them with the duck in a roasting tin and put in the oven. _____ [6] the duck for about 1 hour 15 minutes. Next, _____ [7] the juice from the oranges and mix it with the honey. When the duck is ready, place it on a serving plate and decorate with parsley.

Recipe 2: Spaghetti with marinara sauce

- 250g spaghetti
- 2 tablespoons of olive oil
- 1.5 cans of chopped tomatoes
- chopped garlic and onion
- parsley, pepper, salt

In a large saucepan, _____ [1] the onion and garlic in the olive oil for a few minutes. _____ [2] the chopped tomatoes, salt, pepper and parsley to the saucepan. _____ [3] with a wooden spoon. Cook on a low heat for about 30 minutes. In a large pan, _____ [4] the pasta according to the instructions on the packet. Mix the pasta with the sauce and _____ [5] warm.

What do you think of the recipes above? Would you like to try them out? Why/why not?

3 Describe your recipe

Work in pairs. Think about your favourite recipe. Describe it to your partner.

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bitter	bland	greasy	rich
salty	sour	spicy	sweet

Work in pairs. Tell your partner what food/drink you don't usually eat or drink because of its flavour, e.g. 'I never drink black coffee without sugar. I find it too bitter.'

Complete the sentences below with the following words:

burn	delicious	diet	fresh	medium
raw	set	tender	vegetarian	well-done

1. I cooked the carrots for 20 minutes but they are still _____ .
2. These apples are very _____ . I picked them this morning.
3. Carol never orders meat at restaurants. She is a _____ .
4. This meat is really _____ . It's very easy to cut.
5. This soup is _____ ! You must give me the recipe.
6. No more cake for me. I'm on a _____ .
7. We are expecting a lot of guests tonight, so you must _____ the table for ten people.
8. If you cook the chicken for too long, you will _____ it.
9. I like my steak _____ rare. It should be slightly pink in the middle.
10. John likes his steak completely cooked in the middle. It should be _____ .

5 Talking point

Have you ever tried an unusual dish in your country or in another country? How was it cooked? How did it taste?

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