

What's cooking?

Drag and drop these words into the correct category

strawberry onion cheese pour carrot tea stove tomatoes
 chicken fry lettuce cabbage fish pepper
 lemons chop peach milk knife watermelon
 saucepan soda passion fruit chocolate heat
 water cherry pork bowl coffee beef
 yogurt stir butter frying pan cutting board
 fruit juice beat

Vegetables	Fruit	Meat	Dairy	Drinks	Utensils	Kitchen actions

Listen and number the images in the order they are mentioned.



Listen again and complete the text.

So, first you beat the eggs in a large _____ like this.

After that, you _____ an onion – carefully, don't forget to do it on a _____.

Then you heat some oil in a _____ and _____ the chicken.

You _____ the lemon juice into a _____ and stir slowly. Now, with a _____ you cut some bread.

Look at the recipe. In which sections can you find the following information?

- 1 How do I make it?
- 2 How long does it take?
- 3 What things do I need?
- 4 Is it hard?



Zach's Spanish Omelette

Level of difficulty
easy

Time
40 minutes

Serves
four people

ABOUT THIS RECIPE

I love food, but I don't have much time to cook. This is one of my favorite recipes because there aren't many ingredients and it doesn't need a lot of preparation. All you need are some potatoes, an onion, a few eggs, and some oil. It's easy. Try it and see.

Ingredients

500 g potatoes
one onion
150 ml oil
six eggs

Directions

- 1 Cut the potatoes into small pieces. Chop the onion.
- 2 Heat the oil in a large frying pan. Add the potatoes and onion and fry for 20–30 minutes. Stir occasionally until the potatoes are soft.
- 3 Beat the eggs in a bowl.
- 4 Add the potatoes and onions to the bowl and stir with the eggs. Before you pour the mixture into the frying pan, add some salt and pepper. Then cook on medium heat.
- 5 To cook the top of the omelette, put the frying pan under the broiler for a few minutes. Or turn the omelette in the frying pan.

TIP

Don't cut the omelette when it's very hot. Wait for it to cool (about 10 minutes).

ZACH'S FOOD FACTS

Many countries have their own kinds of omelette. The Italian frittata contains cheese, vegetables, and sometimes pasta. A Chinese omelette has vegetables and soy sauce. There are peppers and hot chillies in a Mexican omelette. The classic French omelette has ... eggs! Do you know any egg recipes?

Read again and select the correct answer.

1. Which ingredient doesn't Zach need?
a. Potatoes b. onion c. eggs d. butter
2. The Italian frittata doesn't contain...
a. Potatoes b. Cheese c. pasta d. vegetables
3. A Chinese omelette has...
a. Cheese b. pasta c. soy sauce d. milk
4. The Mexican omelette has...
a. Milk b. peppers c. cheese d. potatoes
5. The classic French omelette has...
a. Pasta b. bread c. eggs d. hot chillies