

Recipe

WRITE & RECORD A RECIPE!!

Simple steps:



1- WRITE THE **NAME** OF YOUR RECIPE

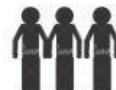


2- INGREDIENTS

- Use measures (medidas): grams (g), millilitres (ml), cups, pinch, tablespoons (big), teaspoons (small)...



- Write how many people can eat.



3- PREPARATION

- Write the total TIME of preparation.
- Use: first, second, third, fourth, fifth, next, finally...
- Use vocabulary from next page: slice, stir, mix, add...
- TIPS? (truquillos?)

4- You can choose: prepare a SALTY RECIPE like Jon's recipe or prepare a SWEET RECIPE like Alba's recipe.

You can cook the same recipes or prepare your own following these steps.

VOCABULARY YOU NEED TO KNOW



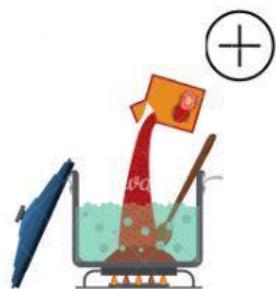
SLICE



HEAT



COOK



ADD



BOIL



STIR



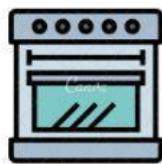
MIX



EMPTY / POUR



MASH



OVEN



POT



PAN



SINK

JON'S Recipe



PASTA WITH CHICKEN AND VEGETABLES

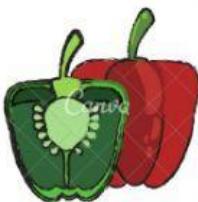
INGREDIENTS



2 gloves of
GARLIC



2 ONIONS



GREEN AND
RED PEPPERS



CHICKEN



25 g. of PASTA



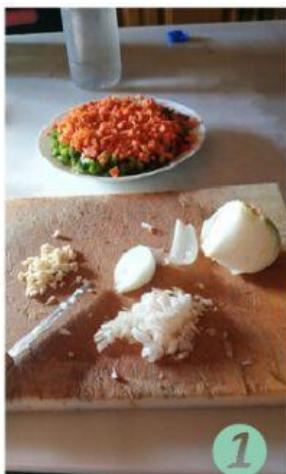
a pinch of
SALT & PEPPER



A bit of
OLIVE OIL

PREPARATION

First, slice vegetables into
small pieces.



1

Ingredients for 2 people
Preparation Time: 45 minutes

Second, slice chicken into
small pieces.



2



Third, **heat** water in a pot until it boils.

Add olive oil and salt if you like.



Fourth, **cook** the vegetables and chicken in a pan.



Fifth, **add** spaghetti to the pot of **boiling** water.



Once the spaghetti noodles are soft, they are done cooking. **Empty** the water into the kitchen sink.



Next, when the vegetables and chicken are completely cooked, empty the pan into the pot of spaghetti. **Stir** and **mix** the ingredients in the pot and **add** tomato sauce.

ENJOY!



Alba's Recipe

BANANA BREAD

INGREDIENTS

DRY INGREDIENTS



200 g of FLOUR



1 little spoon of YEAST



a pinch of SALT and CINNAMON

LIQUID or WET INGREDIENTS



3 RIPE bananas (quite brown and smooth bananas)



8 DATES, no seeds



140 ml of MILK



50 ml of OLIVE OIL

PREPARATION

Ingredients for 6 people

Preparation Time: 45 minutes

OVEN: Preheat the oven 10 minutes-180°

First, dry ingredients. Pour the FLOUR, the pinch of CINNAMON and the tsp (teaspoon) of the YEAST (or baking soda)



Second, mix everything.



1

2

Third, mash the 3 bananas with a fork.



Next, add the liquid/wet ingredients to the mashed bananas: 8 dates without seeds, milk and oil.



Fifth, mix the liquid/wet ingredients (very good)



You can add some walnuts and chocolate chips (not obligatory).

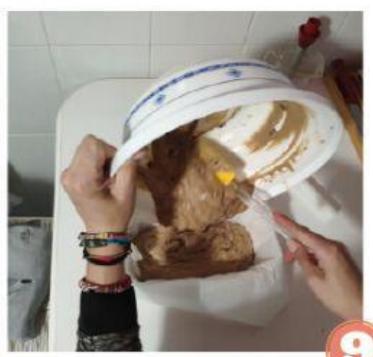


Next, add the DRY INGREDIENTS in the DOUGH...

... and mix very well!



Then, put your banana bread dough in a mould.



Finally, put it inside the oven at 180° about 30-35 minutes.



ENJOY!!

!S Recipe

RECIPE:

INGREDIENTS

PREPARATION

Ingredients for _____ people
Preparation Time: _____ minutes

First,

Second,

1

2

Next, _____

3

4

5

6

7