



**1 Watch the DVD and answer the questions.**

- 1 Where is Ainsley Harriott from?
- 2 Why does he travel all over the world?
- 3 Who shows him how to cook traditional seafood?
- 4 What are the local waters full of?
- 5 For how long do you need to cook the squid on the barbecue?

**2 Watch the DVD again and number the ingredients in the order he adds them to the dish.**

fresh mint   lemon juice   oil   onion   pepper rice   spinach   squid   tomato sauce   garlic
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- |   |    |
|---|----|
| 1 | 6  |
| 2 | 7  |
| 3 | 8  |
| 4 | 9  |
| 5 | 10 |

3 Complete the recipe with the verbs in the box.

## Ainsley Harriott's Barbecued Squid

Why not go continental this summer, with this delicious barbecued squid recipe? It's very simple and you only need a few ingredients.



First, make some tomato sauce in a pan. Heat up some tomatoes, but don't let them <sup>1</sup> \_\_\_\_\_.

<sup>2</sup> \_\_\_\_\_ them often with a wooden spoon.

When it's ready, leave it to one side.

<sup>3</sup> \_\_\_\_\_ some onions and garlic, and

<sup>4</sup> \_\_\_\_\_ them in oil in a frying pan. Add some spinach and rice, and then <sup>5</sup> \_\_\_\_\_ some fresh mint and lemon juice over the mixture.

<sup>6</sup> \_\_\_\_\_ the squid with the mixture, then

<sup>7</sup> \_\_\_\_\_ it on a barbecue. When it's ready,

<sup>8</sup> \_\_\_\_\_ it on the tomato sauce with a lemon.

boil

chop

fry

grill

sprinkle

serve

stir

stuff