

25 Cooking

A Advice for cooks

- **Recipes** aren't always perfect, but the most important thing is to have good **ingredients** and **plenty of flavour**.
- Develop your **skills** and learn to **slice** vegetables in the **proper** way. Always **invest** in good quality knives, and keep them **sharp**.
- You **have a responsibility** to look after people who are **dieting** to **lose weight**, or who **are on a special diet**.

GLOSSARY

recipe	a set of instructions that tells you how to cook sth
ingredient	one of the items of food you need to make sth to eat
plenty of sth	a large amount; as much of sth as you need
flavour	how food or drink tastes
skill	the ability to do sth well, especially when you have practised it
slice	cut meat, vegetables, bread, etc. into thin, flat pieces
proper	right, suitable or correct
invest in sth	buy sth, especially sth that you will need and use a lot
sharp	with an edge or point that cuts or makes holes easily
responsibility	sth that you must do to look after sb or sth, so that it is your fault if sth goes wrong

SPOTLIGHT *diet*

A person's **diet** is the food they eat. It can be a **balanced diet** (all the right food the body needs), or a **bad diet** (too much of the wrong food). Some people **diet**, **go on a diet** or **are on a diet**, which means eating less to **lose weight**.

1 Good or bad? Write G or B.

- | | | |
|--------------------------|--------------------------------|---------------------|
| ▶ a sharp knife <u>G</u> | 3 blunt scissors | 6 not much flavour |
| 1 a balanced diet | 4 you have skills | 7 fresh ingredients |
| 2 plenty of water | 5 the proper knife for the job | 8 a sharp pencil |

2 Replace the underlined words with a word or phrase from the box.

have a responsibility to flavour	sliced ✓ a recipe	invest in skills	lose weight go on a diet	proper
▶ The bread was <u>cut into thin pieces</u> .	<u>sliced</u>			
1 If you want to <u>get thinner</u> , don't eat sugar.				
2 I'll make a lasagne, but I need <u>cooking instructions</u> .				
3 You'll need a frying pan, so <u>buy yourself</u> a good one.				
4 As a parent, you <u>have to</u> feed your children healthily.				
5 Do you know how to slice salmon in the <u>correct</u> way?				
6 Do you have the <u>ability and knowledge</u> to cook in a restaurant?				
7 I'm going to <u>stop eating food that makes me fat</u>				
8 I don't like the <u>taste</u> of this sauce.				

3 Complete the sentences with a suitable word.

- ▶ I think diets are a very bad idea.
- 1 You need great cooking _____ to work in a local family restaurant.
- 2 It's very important to cook chicken _____, or it can be bad for you.
- 3 I use a lot of _____ when I'm cooking.
- 4 I don't usually use a _____ – I prefer to cook my own way.
- 5 I eat a very balanced _____ with a lot of fresh food.
- 6 I drink _____ of water. It's good for you.
- 7 I like food with a strong _____.

ABOUT YOU

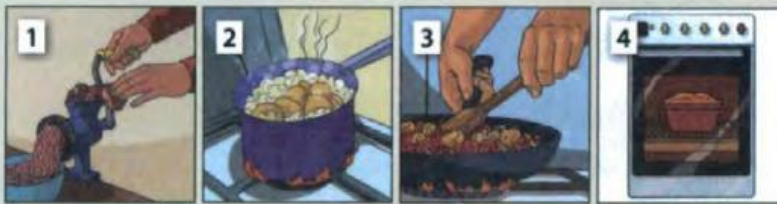
4 ABOUT YOU Are sentences 3–7 in Exercise 3 true for you? Write Yes or No, or tell another student.



TEST YOURSELF

B Cooking

Recipe for Cottage pie



Ingredients

300g **minced**¹ beef
300g potatoes
1 large onion
1 carrot
2-3 chopped tomatoes
300 ml beef **stock**
1 large spoonful of **flour**
butter, salt and pepper

Method

First **boil** the potatoes in a **pan**² until just cooked. **Mash** them with butter.

Chop the onion and carrot. Then, **fry**³ the meat quickly **along with** the vegetables, **add** the flour and cook for a minute.

Add the stock, tomatoes, salt and pepper, and let it all cook slowly for 20 minutes.

Put it in a large dish and cover with the mashed potato and some butter.

Bake⁴ in a hot oven for 20 minutes.

GLOSSARY

stock	water with added flavour of meat, fish or vegetables
flour	a soft white or brown powder used in making bread, cakes, etc.
method	a way of doing sth
boil	cook sth in water, usually in a pan/saucepan ²
mash	press and mix food to make it soft
chop	cut sth, e.g. onions, carrots, etc. into pieces with a knife chopped <i>adj</i>
fry	cook sth in oil, usually in a frying pan ³
along with sth	in addition to sth SYN together with sth
add	put sth together with sth else
bake	cook sth in the oven without oil or fat (with oil or fat = roast)

5 Which word is being defined?

► use a machine to cut meat into very small pieces

1 cut into many pieces

2 put something with another thing

3 press and mix until soft and smooth

4 cook in water

mince

5 cook in the oven without oil or fat

6 cook in the oven with oil or fat

7 a liquid with added flavour used in soups

8 a container that you boil food in

9 a way of doing something

6 Complete the words in each sentence.

I made a lovely fish soup the other day. First, I made some ► stock with fish bones.

I (1) c some tomatoes and peppers, and then (2) f some onions, along

(3) w some garlic in a little olive oil. I put all this (4) t with the stock in a big

(5) p. I then (6) a salt and pepper and cooked it gently for half an hour – you

mustn't let it (7) b. Finally, I put some pieces of fish in the (8) f pan and cooked them for a couple of minutes, then put these in the soup. Delicious!

This is a very simple (9) m of making a pasta sauce using (10) m beef, onions,

garlic and tomatoes. Put some oil in a large (11) s and (12) f the beef until

it's brown. Move it to another dish while you cook the vegetables. Finally, put it all together and add some (13) s and wine. Cook it slowly for about 45 minutes.

7 ABOUT YOUR COUNTRY Complete with food that is typical in your country.

1 minced beef, lamb, pork

2 fried

3 roast

4 boiled

5 baked

6 mashed



TEST YOURSELF