

## 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 lamb  
 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