

*Before starting this unit, look again at unit 30 – The kitchen.*

## 1 Basic vocabulary

Match the verbs in the following cooking instructions to the pictures below:

1. Fry the onions in a little oil until they are brown.
2. Boil the pasta in a saucepan of salted water for 15 minutes.
3. Place the chicken in a pre-heated oven at 190° and roast for one and a half hours.
4. Place the pizza directly on the top shelf of the oven and bake for 10 minutes.
5. Grill the sausages under a medium heat, turning occasionally.
6. To steam asparagus, place it in a steamer above a saucepan of boiling water and cook until it is tender.

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WHAT IS IT?



Now match the verbs on the left with the nouns on the right:

7. bake	g. an egg / bacon / hamburgers
8. roast	h. a leg of lamb / a chicken
9. boil	i. bread / a cake / a lasagne
10. fry	j. rice / carrots / green beans

## 2 Cooking at home

Complete the following text with these words:

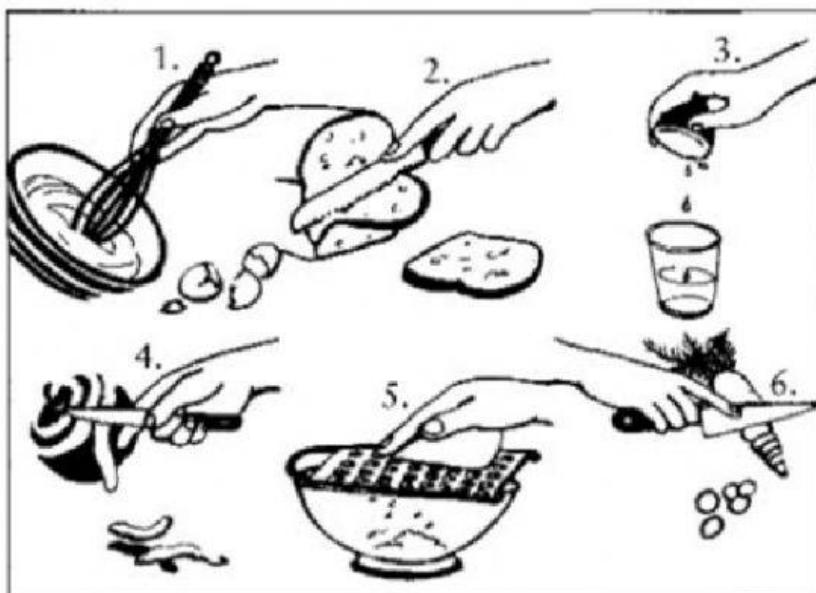
recipe      ingredients      helping  
sauce      delicious      cook

I wouldn't say I'm a great (1) . . . . . , but I had some friends round for dinner recently and it went quite well. I'd seen a (2) . . . . . for fish curry in a magazine the week before and it sounded (3) . . . . . – so I thought I'd try it. I went to the market and bought all the (4) . . . . . and then spent the day in the kitchen. Everybody said they really liked it, especially the (5) . . . . . , and I think they were telling the truth because everyone wanted a second (6) . . . . . !

### 3 Preparing food

Label the pictures below with these verbs:

- grate
- squeeze
- beat
- slice
- chop
- peel



Now match the verbs on the left with the phrases on the right in the two lists below:

1. peel	a. the mixture with a wooden spoon
2. pour	b. the potatoes and boil in a pan
3. slice	c. the cheese and add to the sauce
4. grate	d. the sauce over the meat and serve
5. stir	e. the ham as thinly as possible
6. chop	f. the eggs until light and fluffy.
7. mix	g. a lemon over the fish
8. beat	h. a little butter in a frying pan
9. melt	i. the vegetables into small pieces
10. squeeze	j. all the ingredients together

## 4 Ways of cooking

Some types of food are usually cooked or prepared in a particular way. Complete the following sentences with the types of food below:

potato	steak	eggs
onions	salmon	rice

1. I think I'll have *fried / boiled / poached / scrambled* ..... for breakfast.
2. Would you like your ..... *rare, medium or well-done*?
3. I fancy a *baked / a jacket / some mashed* ..... with these sausages.
4. Shall we give them *smoked or poached* ..... as a starter?
5. Would you like a couple of *pickled* ..... with your salad?
6. Do you prefer plain boiled ..... or fried .....?

*A baked potato is the same as a jacket potato.*

## 6 A simple recipe

Complete the following recipe with the words and phrases below:

### Spicy Stir-fry Beef

Preparation: 30 minutes

Cooking: 5 minutes

Ingredients:

450 grams fillet of beef

1 tablespoon of soft brown sugar

1 tablespoon of dark soy sauce

2 cm piece of fresh ginger, grated

a pinch of salt

2 tablespoons of oil

6 spring onions

freshly ground black pepper

serve	heat the oil	stirring
slice	cook gently	add

1. .... the beef into thin strips about 3 cm long.
2. Mix the sugar, spices and soy sauce in a bowl. .... the beef, ginger and salt and stir well.
3. .... in a wok and stir-fry the onions for one minute.
4. Add the beef and fry, ..... constantly, for four minutes, or until the meat is browned.
5. Stir in a little more soy sauce and black pepper and ..... for a minute or two.
6. .... with plain boiled rice.