

*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.

L

WHICH VERB IS CORRECT?



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:

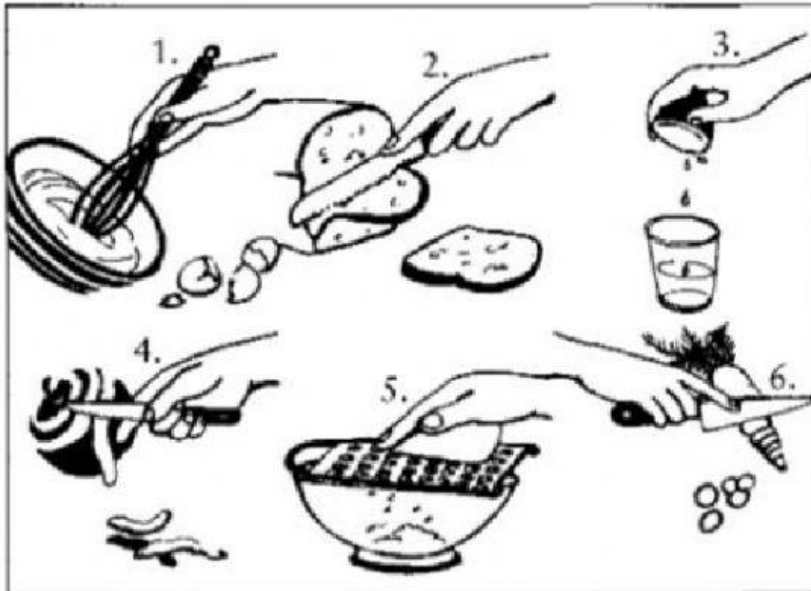
recipe	ingredients	helping
sauce	delicious	cook

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.