(15) COOKING AND EATING

ACTIVITY 1: COOKING VERBS.
Study the definitions of the verbs and then complete the recipes.

roast: to cook food, e.g. meat or potatoes, in an oven using oil or added fat
fry: to cook food in hot oil or butter over a heat source
boil: to cook food in boiling water
add: to put something with something else
peel: to remove the skin from a fruit or vegetable
chop: to cut food into small pieces
preheat: to heat a cooker to a certain temperature before putting food inside
serve: to provide food that is ready to eat
stir: to mix a liquid or sauce with an object such as a wooden spoon
squeeze: to press something, e.g. a lemon, with your hands to get the liquid from it
heat up: to make something hot

RECIPE 1: DUCK WITH ORANGE AND HONEY SAUCE

INGREDIENTS: 1 duck, 4 tablespoons of oil, 1 carrot, 2 onions, 3 oranges, parsley, pepper, salt.

_____ (1) the oven to 190°C. Firstly, _____ (2) the carrot into small pieces and _____ (3) the onion. _____ (4) the oil in a pan and _____ (5) the vegetables for about 10 minutes. When they are ready, place them with the duck in a roasting tin and put in the oven. _____ (6) the duck for about 1 hour 15 minutes. Next, _____ (7) the juice from the oranges and mix it with the honey. When the duck is ready, place it on a serving plate and decorate with parsley.

RECIPE 2: SPAGHETTI WITH MARINARA SAUCE

INGREDIENTS: 250g spaghetti, 2 tablespoons of olive oil, 1.5 cans of chopped tomatoes, chopped garlic and onion, parsley, pepper, salt.

In a large saucepan, _____ (8) the onion and garlic in the olive oil for a few minutes. _____ (9) the chopped tomatoes, salt, pepper and parsley to the saucepan. _____ (10) with a wooden spoon. Cook on a low heat for

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about 30 minutes. In a large pan, _____ (11) the pasta according to the instructions on the packet. Mix the pasta with the sauce and _____ (12) warm.

ACTIVITY 2: Personal Question.
Think about your favourite recipe. Describe it.

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