

## (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

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.