# 25 Cooking

## A Advice for cooks

- **Recipes** aren't always perfect, but the most important thing is to have good **ingredients** and **plenty of flavour.**
- Develop your **skills** and learn to **slice** vegetables in the **proper** way. Always **invest in** good quality knives, and keep them **sharp.**
- You **have a responsibility to** look after people who are **dieting** to **lose weight**, or who **are on a** special **diet.**

**GLOSSARY**

| | |
|---|---|
| **recipe** | a set of instructions that tells you how to cook sth |
| **ingredient** | one of the items of food you need to make sth to eat |
| **plenty of sth** | a large amount; as much of sth as you need |
| **flavour** | how food or drink tastes |
| **skill** | the ability to do sth well, especially when you have practised it |
| **slice** | cut meat, vegetables, bread, etc. into thin, flat pieces |
| **proper** | right, suitable or correct |
| **invest in sth** | buy sth, especially sth that you will need and use a lot |
| **sharp** | with an edge or point that cuts or makes holes easily OPP **blunt** |
| **responsibility** | sth that you must do to look after sb or sth, so that it is your fault if sth goes wrong |

**SPOTLIGHT** *diet*

A person's **diet** is the food they eat. It can be a **balanced diet** (all the right food the body needs), or a **bad diet** (too much of the wrong food). Some people **diet, go on a diet** or **are on a diet**, which means eating less to **lose weight**.

**1 Good or bad? Write *G* or *B*.**

▶ a sharp knife G
1 a balanced diet .....
2 plenty of water .....
3 blunt scissors .....
4 you have skills .....
5 the proper knife for the job .....
6 not much flavour .....
7 fresh ingredients .....
8 a sharp pencil .....

**2 Replace the underlined words with a word or phrase from the box.**

| | | | | |
|---|---|---|---|---|
| have a responsibility to | sliced ✓ | invest in | lose weight | proper |
| flavour | a recipe | skills | go on a diet | |

▶ The bread was cut into thin pieces. sliced
1 If you want to get thinner, don't eat sugar. .....
2 I'll make a lasagne, but I need cooking instructions. .....
3 You'll need a frying pan, so buy yourself a good one. .....
4 As a parent, you have to feed your children healthily. .....
5 Do you know how to slice salmon in the correct way? .....
6 Do you have the ability and knowledge to cook in a restaurant? .....
7 I'm going to stop eating food that makes me fat .....
8 I don't like the taste of this sauce. .....

**3 Complete the sentences with a suitable word.** ABOUT YOU

▶ I think diets are a very bad idea.
1 You need great cooking ..... to work in a local family restaurant.
2 It's very important to cook chicken ....., or it can be bad for you.
3 I use a lot of ..... when I'm cooking.
4 I don't usually use a ..... – I prefer to cook my own way.
5 I eat a very balanced ..... with a lot of fresh food.
6 I drink ..... of water. It's good for you.
7 I like food with a strong ..... .

**4** ABOUT YOU **Are sentences 3–7 in Exercise 3 true for you? Write *Yes* or *No*, or tell another student.**

TEST YOURSELF



LIVEWORKSHEETS

# B Cooking

## Recipe for Cottage pie




Ingredients

300g **minced**[1] beef
300g potatoes
1 large onion
1 carrot
2-3 chopped tomatoes
300 ml beef **stock**
1 large spoonful of **flour**
butter, salt and pepper

**Method**

First **boil** the potatoes in a **pan**[2] until just cooked. **Mash** them with butter.

**Chop** the onion and carrot. Then, **fry**[3] the meat quickly **along with** the vegetables, **add** the flour and cook for a minute.

Add the stock, tomatoes, salt and pepper, and let it all cook slowly for 20 minutes.

Put it in a large dish and cover with the mashed potato and some butter. **Bake**[4] in a hot oven for 20 minutes.

| GLOSSARY | |
|---|---|
| **stock** | water with added flavour of meat, fish or vegetables |
| **flour** | a soft white or brown powder used in making bread, cakes, etc. |
| **method** | a way of doing sth |
| **boil** | cook sth in water, usually in a **pan/saucepan**[2] |
| **mash** | press and mix food to make it soft |
| **chop** | cut sth, e.g. onions, carrots, etc. into pieces with a knife **chopped** *adj* |
| **fry** | cook sth in oil, usually in a **frying pan**[3] |
| **along with sth** | in addition to sth SYN **together with sth** |
| **add** | put sth together with sth else |
| **bake** | cook sth in the oven without oil or fat (with oil or fat = **roast**) |

**5 Which word is being defined?**

▶ use a machine to cut meat into very small pieces — mince
1 cut into many pieces _____
2 put something with another thing _____
3 press and mix until soft and smooth _____
4 cook in water _____
5 cook in the oven without oil or fat _____
6 cook in the oven with oil or fat _____
7 a liquid with added flavour used in soups _____
8 a container that you boil food in _____
9 a way of doing something _____

**6 Complete the words in each sentence.**

I made a lovely fish soup the other day. First, I made some ▶ stock with fish bones. I **(1)** c_____ some tomatoes and peppers, and then **(2)** f_____ some onions, along **(3)** w_____ some garlic in a little olive oil. I put all this **(4)** t_____ with the stock in a big **(5)** p_____. I then **(6)** a_____ salt and pepper and cooked it gently for half an hour – you mustn't let it **(7)** b_____. Finally, I put some pieces of fish in the **(8)** f_____ pan and cooked them for a couple of minutes, then put these in the soup. Delicious!

This is a very simple **(9)** m_____ of making a pasta sauce using **(10)** m_____ beef, onions, garlic and tomatoes. Put some oil in a large **(11)** s_____ and **(12)** f_____ the beef until it's brown. Move it to another dish while you cook the vegetables. Finally, put it all together and add some **(13)** s_____ and wine. Cook it slowly for about 45 minutes.

**7** ABOUT YOUR COUNTRY **Complete with food that is typical in your country.**

1 minced beef, lamb, pork
2 fried _____
3 roast _____
4 boiled _____
5 baked _____
6 mashed _____

TEST YOURSELF