

# 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

<b>recipe</b>	a set of instructions that tells you how to cook sth
<b>ingredient</b>	one of the items of food you need to make sth to eat
<b>plenty of sth</b>	a large amount; as much of sth as you need
<b>flavour</b>	how food or drink tastes
<b>skill</b>	the ability to do sth well, especially when you have practised it
<b>slice</b>	cut meat, vegetables, bread, etc. into thin, flat pieces
<b>proper</b>	right, suitable or correct
<b>invest in sth</b>	buy sth, especially sth that you will need and use a lot
<b>sharp</b>	with an edge or point that cuts or makes holes easily OPP <b>blunt</b>
<b>responsibility</b>	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	6	3 blunt scissors	.....	6 not much flavour	.....
1 a balanced diet	.....	4 you have skills	.....	7 fresh ingredients	.....
2 plenty of water	.....	5 the proper knife for the job	.....	8 a sharp pencil	.....

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

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

### 3 Complete the sentences with a suitable word.

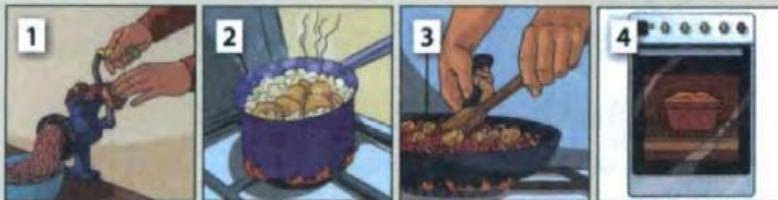
► I think <u>diets</u> ..... are a very bad idea.	ABOUT YOU
1 You need great cooking ..... to work in a local family restaurant.	.....
2 It's very important to cook chicken ..... , or it can be bad for you.	.....
3 I use a lot of ..... when I'm cooking.	.....
4 I don't usually use a ..... - I prefer 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.



## B Cooking

### Recipe for Cottage pie



#### Ingredients

300g **minced**<sup>1</sup> 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**<sup>2</sup> until just cooked. **Mash** them with butter.

**Chop** the onion and carrot. Then, **fry**<sup>3</sup> 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**<sup>4</sup> in a hot oven for 20 minutes.

#### GLOSSARY

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

#### 5 Which word is being defined?

- use a machine to cut meat into very small pieces
- 1 cut into many pieces
- 2 put something with another thing
- 3 press and mix until soft and smooth
- 4 cook in water

mince

- 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.  
1 (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	3 roast	.....	5 baked	.....
2 fried	.....	4 boiled	.....	6 mashed	.....

