

# 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
<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 <u>G</u> | 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
-------------------------------------	----------------------	---------------------	-----------------------------	--------

- ▶ 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.

- ▶ 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 \_\_\_\_\_.

### ABOUT YOU

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



### TEST YOURSELF



## 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/saucepan</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> <i>adj</i>
<b>fry</b>	cook sth in oil, usually in a <b>frying pan</b> <sup>3</sup>
<b>along with sth</b>	in addition to sth SYN <b>together with sth</b>
<b>add</b>	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.

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