

1 Cooking utensils

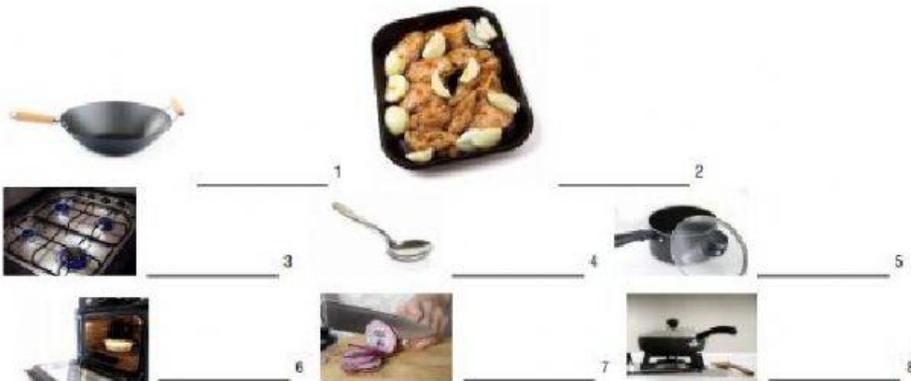
Match the following words to the pictures below.

a knife
a saucepan

an oven
a stove

a pan
a tablespoon

a roasting tin
a wok



Which utensils do you use when you cook? Which utensils do you have in your kitchen but rarely use?

2 Cooking verbs

Study the definitions of the verbs and then complete the recipes on the next page.

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

- 1 duck
- 4 tablespoons of oil
- 1 carrot, 2 onions, 3 oranges
- 2 teaspoons of honey
- 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

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

In a large saucepan, _____ ¹ the onion and garlic in the olive oil for a few minutes. _____ ² the chopped tomatoes, salt, pepper and parsley to the saucepan. _____ ³ with a wooden spoon. Cook on a low heat for about 30 minutes. In a large pan, _____ ⁴ the pasta according to the instructions on the packet. Mix the pasta with the sauce and _____ ⁵ warm.

What do you think of the recipes above? Would you like to try them out? Why/why not?

3 Describe your recipe

Work in pairs. Think about your favourite recipe. Describe it to your partner.

bitter
salty

bland
sour

greasy
spicy

rich
sweet



Work in pairs. Tell your partner what food/drink you don't usually eat or drink because of its flavour, e.g. 'I never drink black coffee without sugar. I find it too bitter.'

Complete the sentences below with the following words:

burn
raw

delicious
set

diet
tender

fresh
vegetarian

medium
well-done

1. I cooked the carrots for 20 minutes but they are still _____ .
2. These apples are very _____ . I picked them this morning.
3. Carol never orders meat at restaurants. She is a _____ .
4. This meat is really _____ . It's very easy to cut.
5. This soup is _____ ! You must give me the recipe.
6. No more cake for me. I'm on a _____ .
7. We are expecting a lot of guests tonight, so you must _____ the table for ten people.
8. If you cook the chicken for too long, you will _____ it.
9. I like my steak _____ rare. It should be slightly pink in the middle.
10. John likes his steak completely cooked in the middle. It should be _____ .

5 Talking point

Have you ever tried an unusual dish in your country or in another country? How was it cooked? How did it taste?