

Breakfast & cooking methods

Buffet breakfast

- kind of a meal where people **help themselves** to different types of hot or cold food arranged on a table or counter



English breakfast

- Traditionally, people in Britain and Ireland have enjoyed a substantial hot meal for breakfast, which consisted of eggs, boiled, fried or scrambled, bacon, and sausages, accompanied by **toast** and tea or coffee



Continental breakfast



- **Continental breakfast** is a light meal
- coffee and milk or hot chocolate , juice
- **sweet cakes** such as brioche
- **pastries** such as croissant, often with a sweet jam, cream, or chocolate filling.
- sliced cold meats*, such as salami or ham, yogurt or cereal

*cold cuts

Swiss breakfast (Switzerland)

- Continental breakfast + cheese

Viennese breakfast (Austria)

- Continental breakfast + boiled eggs

Kedgerree

/'kedʒ.ər.i/

- a dish consisting of rice, fish, and eggs mixed together



black pudding

- a type of sausage, usually very dark in colour, that is made from pig's blood, fat, and grain



• grain

kipper

- a herring (= type of fish) that has been preserved by being treated with salt and then with smoke



Porridge

a thick, soft food made
from oats boiled in milk or water, eaten hot for
breakfast



Brioche

- soft, slightly sweet bread made with eggs and butter



Rusk

- a type of very hard dry biscuit, eaten especially by babies



Scrambled eggs

- eggs mixed with a little milk and mixed again as they are being fried



1.sunny-side up
egg

2.boiled egg

3.scrambled egg

4.omelette
(BrE)/omlet(AE)

5. poached

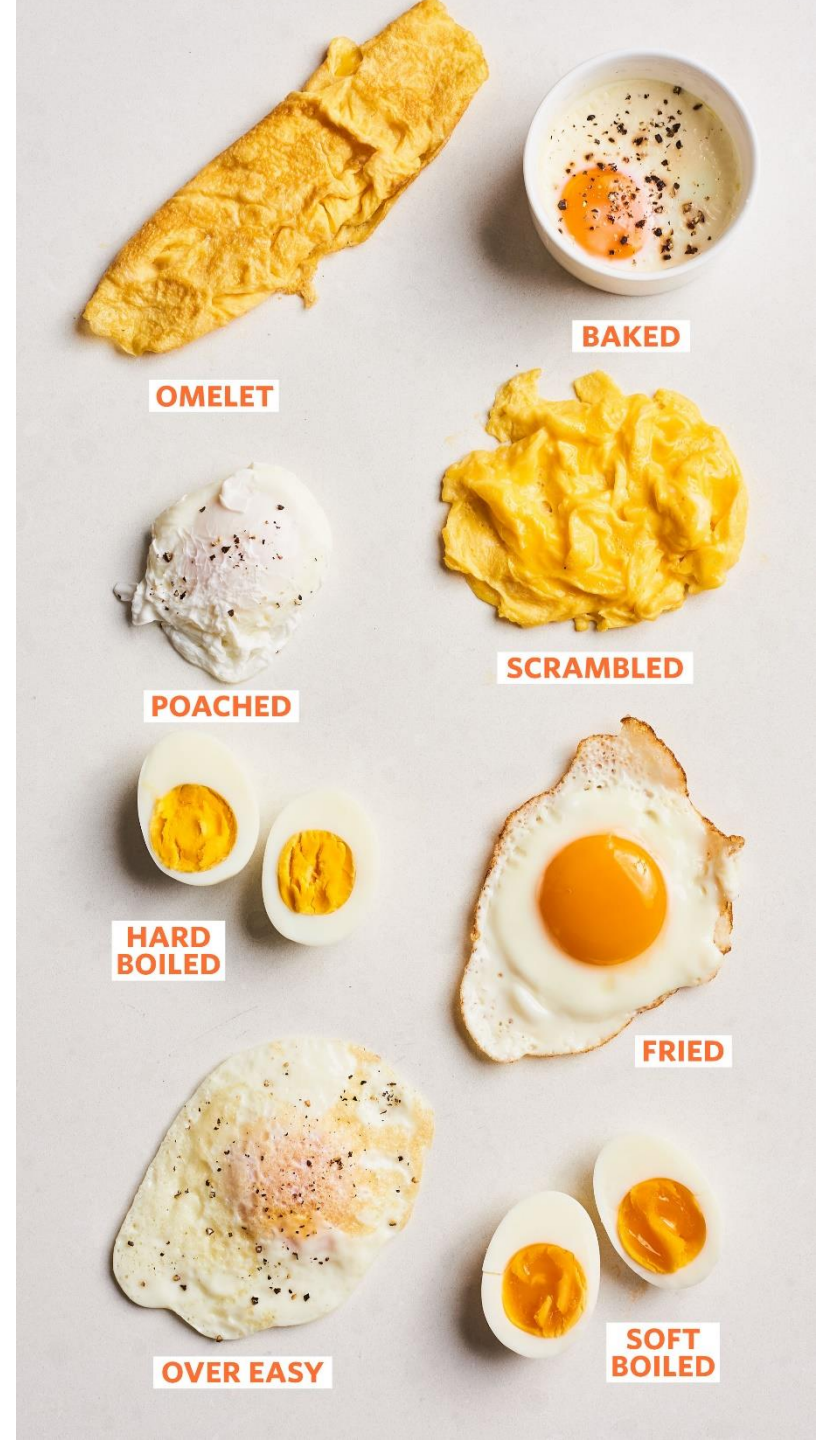
Over easy (flipped but runny)

Over medium

Over hard (not runny)

Soft boiled

Hard boiled



exercises

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porridge

rusk

cereal

hot dog

wholemeal bread

- — a kind of hard, dry biscuit often made from a piece of bread baked hard;
- — a type of brown bread made from wholemeal flour (wholemeal flour is made without removing the outer covering of the grain);
- — a special sort of long red sausage in a bread roll;
- — a type of soft breakfast food made by boiling crushed grain in milk or water
- — food made from grain, esp. eaten at breakfast

Methods of cooking

Baking
to bake



Boiling
to boil



Steaming
to steam



Frying
to fry



Grilling
to grill



Poaching
to poach



Smoking
to smoke



Toasting
to toast



What can
you....?

- **Bake**
- (beans, peppers, etc.)
- **Boil**
- (eggs, milk, etc.)
- **Fry**
- (potatoes, fish, etc.)
- **Grill**
- (sausages, fish, meat, etc.)
- **Poach**
- (eggs, fish, apples, pears)

Salt
(fish)

Scramble
(eggs)

Smoke
(fish, meat, cheese)

Steam
(vegetables, fish, etc.)

Toast
(bread, sandwich, etc.)

Past participle
(-ed/3.)

- **Bake**
- (beans, peppers, etc.)
- To bake beans → Baked beans
- *We usually serve **boiled eggs** for breakfast.*
- *We don't usually serve **fried eggs** for breakfast.*
- **TASK:** Make similar sentences using the verbs from the list

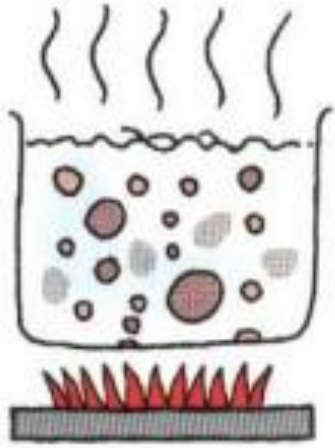
p. 160 ex b

poached/
boiled/
baked/grilled/
steamed
/smoked/
toasted

- Can I have a _____ sandwich, please?
- She had champagne and sandwiches with _____ salmon at her birthday party.
- In our hotel we usually serve freshly _____ bread and pastry for breakfast.
- Shall I fry you an egg, or would you prefer _____ eggs for breakfast?
- _____ or steamed food is healthier than fried food.
- Would you like _____ pears for dessert?
- She eats only _____ food, as she thinks that fried food is not healthy.

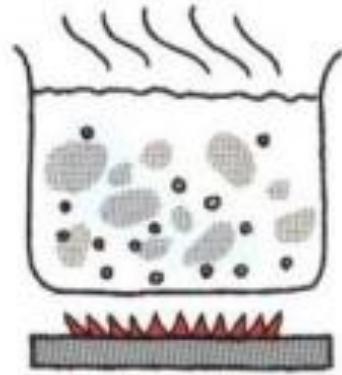
- 1. ____ the cucumber into small circles. **Chop/ Stir/ Drain**
- 2. Constantly ____ the mixture using a wooden spoon. **Boil/ Fry/ Stir**
- 3. ____ the biscuits for 20 minutes in the oven. **Bake/ Boil/ Mix**
- 4. After ten minutes, ____ the pasta until there is no water left. Then place it into a bowl. **Boil/ Fry/ Drain**
- 5. ____ the apple and throw away the skin. **Stir/Peel/Fry**
- 6. ____ the tuna steak with salt, pepper and lemon. **Season/ Drain/ Chop**
- 7. _____ the melted chocolate over the sponge.. **Fry/ Chop/ Pour**
- 8. When you have finished preparing the vegetables, ____ them together with your hands. **Chop/ Mix/ Pour**
- 9. ____ the pasta for few minutes until soft. **Bake/ Boil/ Fry**

Boiling



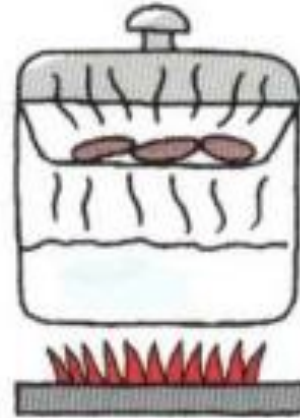
Food is cooked in deep boiling liquid [water, stock, wine etc.] in an open or covered saucepan.

Simmering



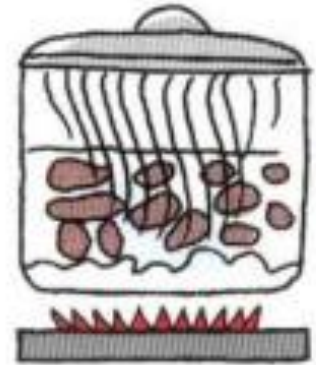
Like boiling, but the liquid is kept just below boiling point in an uncovered pot.

Steaming



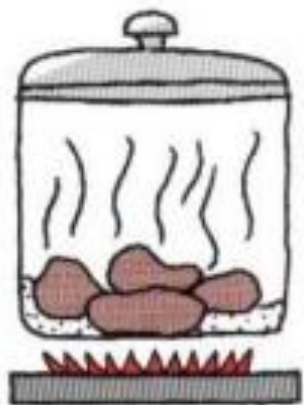
Food is placed on a container and cooked in the steam from boiling water in a covered pan or steamer.

Stewing



Cooking food in its own juices with a little additional liquid, in a covered pan, at simmering point.

Braising



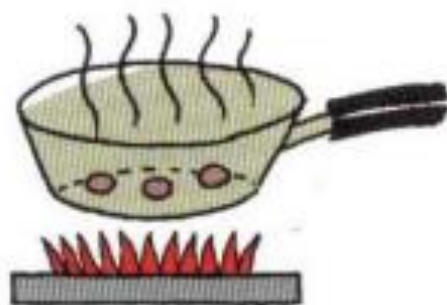
Pieces of food are first browned in a little fat, then cooked with some liquid in a closed pan.

Deep-frying



Frying pieces of food in a deep pot or fryer with plenty of hot oil or fat.

Sautéing



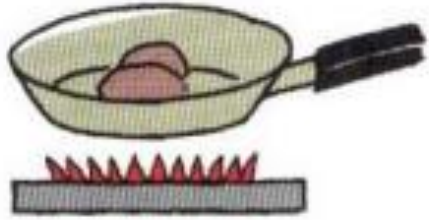
Cooking small or thin pieces of food in a little very hot oil or fat. The frying pan is shaken constantly to stop the food from burning.

Flambéing



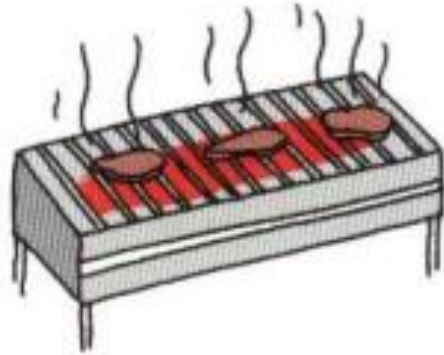
After frying, alcohol is added to the food in the frying pan and set on fire. This gives added flavour to the food.

Pan-frying



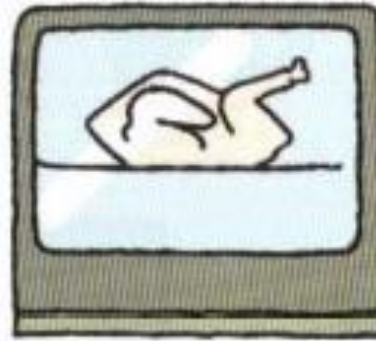
Frying food in a little oil or butter using a frying pan over moderate heat.

Broiling/grilling



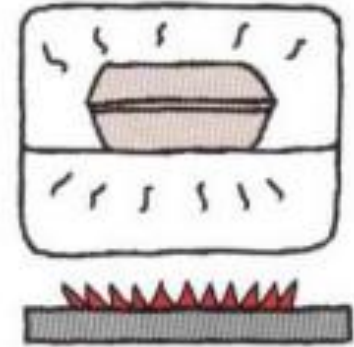
Cooking food like steak or fish, over or under open heat, e.g. under the oven grill, or on a barbecue or hot plate.

Roasting



Cooking food like meat or poultry with some fat in a hot oven [between 200-240 degrees centigrade].

Baking



Cooking food like cakes, pies, bread etc. in a closed oven at a temperature of between 120-240°C.