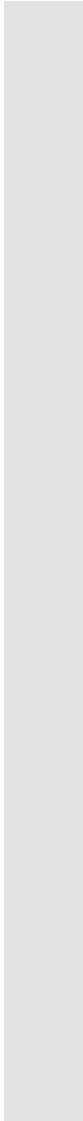



# Cooking and preparing food

Unit 10



TYPES OF  
**COOKING**  
METHODS



# COOKING USING HOT LIQUIDS (WATER, OIL, FAT):

- Boil
- Fry
- Stew
- Braise
- Simmer
- Poach
- Scramble
- Blanch
- Steam
- Sear
- Saute
- Brown



# COOKING USING DRY HEAT:

- Bake
- Roast
- Grill/broil
- Barbecue
- Baste
- Brown



# PREPARING FOOD FOR COOKING OR EATING:

- Cut
- Carve
- Slice
- Chop
- Shred
- Dice
- Mince
- Mash
- Grind
- Grate
- Sieve/sift
- Whip
- Beat
- Cream
- Whisk
- Rub
- Ice
- Freeze
- Melt
- Squeeze
- Knead

# PREPARING ANIMALS, VEGETABLES, FRUIT FOR COOKING OR EATING:

- Skin
- Shell
- Peel
- Pluck
- Bone
- Stone/pit
- Scrape

# ADDING TASTE TO FOOD:

- Flavour
- Spice
- Season
- Salt
- Pepper
- garnish

# ACTIONS IN COOKING AND PREPARING FOOD:

- Spread
- Strain/drain
- Steep
- Thread
- Sprinkle
- Roll out
- Skewer
- Flame/flambe
- Turn
- Stir
- Mix
- Soak
- Add
- Fold
- Stuff/fill
- Lard



# PRESERVING AND FREEZING FOOD:

- Preserve
- Smoke
- Salt
- Cure
- Pickle
- Freeze
- Quick-freeze
- Deep-freeze

Give one word  
for the  
following  
description.

- cook slowly and in liquid in a closed vessel
- cook (meat) slowly in fat and a little liquid in a covered dish
- cook (eggs or fish) in gently boiling water
- preserve and give special taste to (meat) by hanging in smoke
- crush into small pieces by pressing between hard surfaces
- cover with eggs
- cook in water at or just below boiling heat

- turn into a liquid by heating
- fill with finely cut-up food with a special taste before cooking
- serve (meat, fish, etc.) with small extras such as small vegetables, pieces of vegetable, etc
- separate a liquid and solid by pouring through a narrow space
- rub on a hard rough surface so as to break into small pieces
- cook quickly in a little hot oil or fat
- give special taste to food by adding spices
- cook (outside of a piece of meat) quickly
- cut or chop (meat, etc.) into small pieces with a knife or a machine.

# Odd word out

- boil, simmer, sauté, poach, stew
- bake, fry, roast, grill, barbecue
- freeze, skin, shell, bone, peel
- grill, fry, poach, scramble, boil
- chop, mince, steam, shred, grate
- whip, beat, whisk, mash, stuff
- flavour, spice, season, salt, baste
- roast, bake, fry, toast, sauté

## CUT 1 divide with knife:

- cut sth in half
- cut sth in two
- cut sth in quarters
- cut sth in pieces
- cut sth in four

## CUT 2 make a shape:

- cut sth into chunks
- cut sth into cubes
- cut sth into circles (rings)
- cut sth into thin stripes

# CUT 3 separate by cutting

- cut sth off
- cut off sth

# AMOUNTS OF FOODS

- A piece of cake, meat...
- A slice of cheese, sausage, bread, ham, cucumber...
- A lump of sugar, ice, dough...
- A dash of milk, sauce, vinegar...
- A pinch of salt, sugar, dried herbs....
- A hunk of cheese, bread, meat....
- A drop of oil, juice....
- A joint of meat, ham....
- A drizzle of olive oil...
- A sprinkling of grated chocolate, cinnamon, sugar....
- A tablespoon of salt, sugar....



- He tore off a.....of the fresh bread and a small.....of cheese and munched on them as he watched the river flow.
- There was a.....of ice floating in the glass.
- Meat pies,.....of mutton, and other hearty foods are most likely to be served.
- Thin..... Of courgette and aubergine sat on top of couscous which itself was enriched with a....of pesto.
- We ate several huge.....of meat cooked perfectly to order, the enormous salads and the mashed potatoes.
- Tearing a piece from a large.....of kneaded dough on the metal table, the master baker swiftly rolled it out into a long, tube-like form.
- They served raw mushrooms, thinly sliced and served with lemon, a little salt, and a....of olive oil.
- Stir the sauce constantly. We don't want.....in the sauce.
- While the tomatoes are cooking, add a ....of salt and dried thyme.
- Don't pour oil into the mixture, just ass a.....of olive oil.
- For a quick and easy sauce add two....of chilli and lime sauce, one..... Of tomato paste, a .... Of salt and a.... of vinegar

# RECIPES

Beat, broil/grill, stir,  
grate, peel, pour,  
break, fry, chop,  
bake, slice, steam, cut, ca  
rve

Arrange verbs denoting cooking and preparing food according to the following criteria:

- verbs denoting ways of cooking meat
- verbs denoting ways of cooking vegetables
- verbs denoting actions in cooking and preparing sweet dishes
- verbs denoting actions in preparing fruit desserts
- verbs denoting actions in bread making

RECIPES

## RECIPES –

giving instructions  
with  
**imperative** form =  
**infinitive without**  
**to**

- **Cut** the onions.
- **Melt** the butter.
- **Bake** in a pre-heated oven.
- **Let** it cool.
  
- **Don't use** cold water.
- **Don't overseason.**

The usual sentence pattern in a recipe is:

VERB	DIRECT OBJECT	ADV COMPLIMENT
PUT	THE WATER	IN A SAUCEPAN
BRAISE	THE ONIONS	UNTIL GOLDEN BROWN OVER THE
POUR	THE SAUCE	

VERB	DIRECT OBJECT	PREPOSITION	PREP.OBJ.
RUB	THE STEAKS	WITH	SEASONING
SPRINKLE	THE FISH	WITH	LEMON JUICE
COVER	THE TOP	WITH	GRATED CHEESE

You do not have  
to use the same  
object twice

- Examples: Add the onions and fry [the onions] until softened.
- Cut the meat into small pieces and return [the meat] to the soup.



## The Articles

- **Names of materials take no article when we talk about things in general.**

Butter is made from cream.

Vegetarians do not eat meat.

What's that? - It's ice-cream.

- **When we mean 'indefinite quantity', we use no article or some/any.**

We need beer, sugar, butter, rice. Would you like cheese?

Would you like some cheese?

Is there any more beer in the fridge? We bought some meat.

- **When we mean 'definite quantity', we use 'the'.**

The meat smells.

- Do you like..... Cheese?
- Mary doesn't eat.....meat
- Do you want a cup of.....coffee?
- I don't like.....coffee without ...milk
- She didn't eat much for lunch, only.....apple and....bread
- We didn't eat.....meat very often.
- We had.....very nice meal.....fish was very good.
- Where's milk? –It's in the fridge.
- I don't like..... Milk.
- Can you pass.....salt, please?
- I eat.....rice every day. I like.....rice.
- I'd like.... More rice, please.

## Degrees of cooking

- Add the lamb chops and fry for 4 to 6 minutes on each side or until tender but still pink inside.
- Cook the peas in simmering salted water until tender
- Cook until the meat is tender.
- Braise the meat until it has softened.
- Fry until they are softened.
- Grill until they are cooked through. (=completely cooked)
- Grill the meat for 5 to 8 minutes until the meat is cooked to taste.
- Roast until the breadcrumbs are golden.
- Cook until the sauce has thickened.
- Fry until the meat is browned all over.

# Insert preposition ex 6 p. 239

- 1. Rub the chops.....the garlic and seasoning....taste. Discard the garlic.
- 2.Heat the oil.....a frying pan.
- 3. Add the chops and brown....both sides.
- 4.Remove the chops.....the pan
- 5.Add the onion, carrots, celery and pepper.....the pan and fry until the onion is softened.
- Stir.....the orange juice, rosemary, orange rind and cayenne and bring..... The boil.
- 7. Return the chops.....the pan and spoon the orange mixture.....them
- 8.Cover and simmer.....45 min to 1 h or until the chops are cooked through.
- 9.Transfer the chops and vegetables.....a warmed serving dish
- 10. Boil the liquid until reduced and pour.....the chops. Serve hot.

Sprinkle, rub, roll, arrange, preheat, bake, sift, stir, cover, place, bind

- 1. ....the oven to 220c
- 2.....the flour, baking powder, herbs and seasoning to taste into a mixing bowl.
- 3.....in the butter until the mixture resembles breadcrumbs, then.....in the cheese. ....together with the milk to make a soft dough.
- 4.....out the dough to make a 25/30 cm circle and....on a greased baking sheet.
- 5.....the centre of the dough circle with the tuna
- 6.....the tomato slices around the edge and sprinkle with the oregano and seasoning to taste.
- 7.....all with the grated cheese and arrange the olives on top.
- 8.....for 30 to 35 minutes or until the pastry is cooked

## Insert the right verbs

- 1.....the sugar with the eggs until thick and frothy
- 2.....in the sifted flour, cocoa powder and melted butter.
- 3.....and.....a round cake tin and pour in the cake mixture.
- 4.....in a moderate oven for about 25 min.
- 5.....a syrup with the remaining sugar and water.
- 6.....the syrup with the remaining sugar and water
- 7.....the cooled layers of cake with the cream
- 8.....each layer of cake with the cream.
- 9.....the sides of the cake with the rest of the cream
- 10.....some bitter chocolate into thick shavings and put in the refrigerator.
- 11....the whole cake with chocolate shavings.

- sauce – thick sweet or savoury (chocolate, bechamel)
- gravy - thin savoury sauce served with meat
- juices - liquid from cooking meat
- juice - liquid from fruit or vegetables
- dressing– liquid from oil, vinegar and seasonings