Unit 10

Cooking and Preparing Food

### Word Study:

### verbs denoting various kinds of cooking and preparing food.

Cooking is preparing food by using heat. There are difierent ways of cooking food. Learn the following verbs:

1. COOKING USING HOT LIQUIDS (WATER, OIL, FAT):

|  |  |  |
| --- | --- | --- |
| boil | simmer | steam |
| fry | poach | sear |
| stew | scramble | sauté |
| braise | blanch | brown |

1. COOKING USING DRY HEAT:

bake

roast

grill (UK) / broil (US)

barbecue

baste

brown

1. PREPARING FOOD FOR COOKING OR EATING:

|  |  |  |  |
| --- | --- | --- | --- |
| cut | mince | whip | ice |
| carve | mash | beat | freeze |
| slice | grind | cream | melt |
| chop | grate | whisk | squeeze |
| shred | sieve/sift | rub | knead |
| dice |  |  |  |

1. PREPARING ANIMALS, VEGETABLES, FRUIT FOR COOKING OR EATING:

skin

shell

peel

pluck

bone

stone (BrE)/pit (AE)

scrape

1. ADDING TASTE TO FOOD:

flavour

spice

season

salt

pepper

garnish

1. ACTIONS IN COOKING AND PREPARING FOOD:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| turn | add | spread | sprinkle | coat |
| stir | fold | strain/drain | roll out | dip |
| mix | stuff/fill | steep | skewer | toss |
| soak | lard | thread | flame (flambé) | pour |

1. PRESERVING AND FREEZING FOOD:

preserve

smoke

salt

cure

pickle

freeze

quick-freeze

deep-freeze

### Practice

1. 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 (esp. egg 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;

* pour over (meat) the fat, juices which come from it during cooking;

| 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 salt, pepper and spices;

| cook (outside of a piece of meat) quickly;

* cut or chop (meat, etc.) into small pieces with a knife or a machine.

1. Fill in the missing verb in the proper tense and form. Use the words from the box.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | boil, cut, strain, toast, melt, | | | | | | | | |  | mix, | | | simmer, bake, | |  | baste, grind | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. | Shall I | | |  |  |  | an egg for you? | | | |  |  |  |  |  |  |  |  |  |  |
| 2. | She | |  | |  | coffee beans just before making coffee. | | | | | | | | | | |  |  |  |  |
| 3. | The woman put the flour, eggs, and sugar into a bowl and | | | | | | | | | | | | | | | |  |  |  | them |
|  | together. | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4. | When the meat is ready, | | | | | | | |  |  |  | the broth through a sieve. | | | | | | | | |
| 5. | Mother was | | | |  |  |  | bread and | | | the whole house was | | | | | |  | filled with the | | |
|  | fragrance of fresh bread. | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |
| 6. | In the morning his grandma usually | | | | | | | | | | | |  |  |  | thin slices of white bread | | | | |
|  | and served them with cheese and ham. | | | | | | | | | | | | | |  |  |  |  |  |  |
| 7. | For goulash meat is usually | | | | | | | | |  |  |  |  | into cubes before being cooked. | | | | | | |
| 8. | Pour the cream into a saucepan, bring to the boil and then | | | | | | | | | | | | | | | |  |  | gently | |
|  | until it has thickened. | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |

* 1. Roast the goose in the hot oven and throughout the cooking time the goose regularly with its own fat.
  2. \_\_\_\_\_\_\_\_\_\_ the butter in a large heavy-bottomed saucepan over a low heat.

1. Odd word out:

1. boil, simmer, sauté, poach, stew

2. bake, fry, roast, grill, barbecue

3. freeze, skin, shell, bone, peel

4. grill, fry, poach, scramble, boil

5. chop, mince, steam, shred, grate

6. whip, beat, whisk, mash, stuff

7. flavour, spice, season, salt, baste

8. roast, bake, fry, toast, sauté

1. \Odd word out". In each line one word is different from others. Find it and justify your choice.