

Cooking (vocabulary)

Ways of cooking food

- boil:** in water, e.g. potatoes or rice
fry: in oil or butter above the heat, e.g. sausages
grill: under the heat, e.g. toast or meat
roast: in the oven using oil, e.g. meat
bake: in the oven without oil, e.g. cakes

How would you like your steak?

Rare (= cooked quickly and red inside); **medium-rare** (= cooked longer but still red in the middle); **medium** (= cooked more and pink); or **well-done**. (= cooked longer and not pink)

What does it taste like?

Taste the sauce (= try a bit to see if it's good) and add salt if necessary.
You can really taste the garlic in this. It's very **tasty**. (= lots of flavour; a positive word)

Describing food and drink

- salty:** lots of salt **hot/spicy:** lots of spices, e.g. curry, chilli
sweet: lots of sugar (*opp* **bitter**, e.g. very strong coffee, or **sour**, e.g. lemons)
fresh: recently produced or picked, e.g. **fresh bread**, **fresh fruit**
fattening: food which makes you **put on weight/get fat**, e.g. cream, cakes, etc.
healthy: good for your health/fitness, e.g. salad or fruit
chilled (= very cold), e.g. white wine is usually chilled
still: describes water without gas; **sparkling** is water with gas (also called **fizzy water**)

A typical menu

Menu

————— *Starters* —————

<i>Leek and potato soup</i>	<i>Spaghetti with courgette and bacon</i>
<i>Grilled spicy prawns</i>	<i>Warm goat's cheese with spinach salad</i>

————— *Main Courses* —————

Pan fried salmon with spinach
Breast of chicken in a white wine sauce with mushrooms
Roast fillet of pork with apple sauce
Grilled steak in a pepper sauce

————— *Desserts* —————

<i>Chocolate mousse</i>	<i>Strawberries with fresh cream</i>
<i>Fresh fruit salad with ice cream</i>	<i>Selection of cheeses with home-made bread</i>



salt and pepper



napkins



toothpicks



vinegar oil

Exercises :

Do you often eat the following food in your country? If so, do you eat it in the same way?

Example In Britain, we often eat 'fish' but not usually 'raw fish'.

raw fish	fried rice
fried eggs	baked potatoes
roast beef	raw spinach
roast peppers	boiled eggs
grilled cheese	baked bananas

Look at the menu on the opposite page again, and answer these questions.

- Which starter doesn't contain vegetables? *Grilled spicy prawns*
- Which dish contains pasta?
- Which main course may be rare or well-done?
- Which main course is definitely cooked in the oven?
- Which main course will probably be quite spicy?
- Which main course contains alcohol?
- Which dessert(s) will be quite sweet?
- If you don't want to put on weight, which would probably be the best dish for the main course?

Choose an adjective from the opposite page which could describe these things.

	<i>adjective</i>		<i>adjective</i>
honey	<i>sweet</i>	bacon
lemon	fillet steak
bread	mineral water
cakes	coffee

Answer these questions about the food you like, and eating in your country. If possible, ask another person the same questions.

- Do you eat steak? If so, how do you like it cooked?
- Do you like hot spicy food?
- In restaurants, do you normally drink still or sparkling water?
- Do waiters normally leave fresh bread on the table?
- Do you normally eat a starter, main course and dessert when you eat out?
- How many of these do you normally find on the table in a café or restaurant in your country?

salt	YES/NO	pepper	YES/NO	oil	YES/NO
vinegar	YES/NO	toothpicks	YES/NO	napkins	YES/NO
- Generally, do you add more salt to your food when you eat in cafés or restaurants?
- Do you think that food in your country is generally quite fattening?