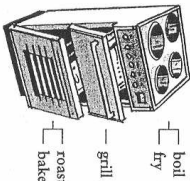


Cooking and restaurants

A Ways of cooking food

boil: in water, e.g. carrots
 fry: in oil or butter above the heat, e.g. sausages
 grill: under the heat, e.g. roast or meat
 roast: in the oven using oil, e.g. meat
 bake: in the oven without oil, e.g. cakes
 Note: Food which is not cooked is raw.



B Cooking steak

If you have steak you can eat it rare (= cooked very quickly and still red); medium-rare (cooked a bit longer and just red in the middle); medium (cooked a bit more and just pink); or well-done (cooked even longer and not pink at all).

C Describing food

tasty: has lots of taste; a positive word; ≠ tasteless: a negative word
 bland: without a strong taste; neutral In Flavours, e.g. boiled rice
 sweet: lots of sugar; ≠ bitter
 salty: lots of salt
 hot/spicy: lots of spice, e.g. curry
 fresh: recently produced, e.g. fresh bread; recently picked, e.g. fresh fruit
 tender: easy to cut; a positive word used to describe meat; ≠ tough
 fatty: meat with a lot of fat; ≠ lean
 fattening: food which makes you put on weight / get fat, e.g. cream, biscuits, etc.

D Eating in restaurants

In Britain you often have three courses: a starter (e.g. soup), a main course (e.g. steak or chicken), and a dessert (e.g. strawberries or ice cream). You may also have an aperitif (= a drink before the meal, e.g. gin and tonic), and coffee after the meal. When you pay the bill (= the money for the meal; AmEng = check), you sometimes also leave a tip (= money for the waiter if service is not included in the price. (10% is a normal tip). If it is a popular restaurant, you may also need to book (= reserve) a table in advance (= before you go).

E The menu

Starter ^{59.3}
 Special Soup
 Homemade Chicken Liver Pate
 Tagliatelle with Courgettes, Cream and Bacon
 Main Courses ^{59.4}
 Baked Salmon with Spinach
 Grilled Filet Steak in a Pepper Sauce
 Mushroom Risotto
 Desserts ^{59.4}
 Chocolate Mousse
 Fruit Salad
 Ice Cream

Exercises

59.1

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 | grilled sausages |
| baked potatoes | roast beef |
| raw spinach | roast peppers |
| fried bread | boiled eggs |
| grilled cheese | baked bananas |

59.2

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

- Which starter doesn't contain vegetables?
- Which dish contains pasta?
- Which dish may be rare or well-done?
- Which dish is definitely cooked in the oven?
- Which dish will probably be quite spicy?
- Which dish contains alcohol?
- Which meat may be fatty or tough if you are unlucky?
- Which dessert(s) will be quite sweet?
- Which dessert must be very fresh?
- You are on a diet (= you are trying to lose weight) and you do not want to have a fattening meal. Which would probably be the best dish to choose for each course?

59.3

Choose a possible adjective from the opposite page to describe each of these foods.

lemon	ice cream
chicken	fillet steak
honey	chillies
bacon	avocado

59.4

What about restaurants in your country, and your own taste in food? Answer these questions about yourself and your country.

- Do you normally need to book a restaurant in advance?
- Is it common to give the waiter a tip? If so, how much?
- Do you normally eat three courses in a restaurant? If not, how many courses do you normally have?
- How many of these do you normally find on the table in a restaurant in your country?
 salt yes/no pepper yes/no oil yes/no
 vinegar yes/no napkins yes/no
 5 Generally, do you add more salt to your food when you eat in restaurants?
 6 Do you like steak? If so, how do you like it cooked?
 7 Would you say that food in your country is very spicy?
 8 Would you say that food in your country is generally quite fattening?
 If possible, ask another person the same questions.

18 MAGIC RECIPES

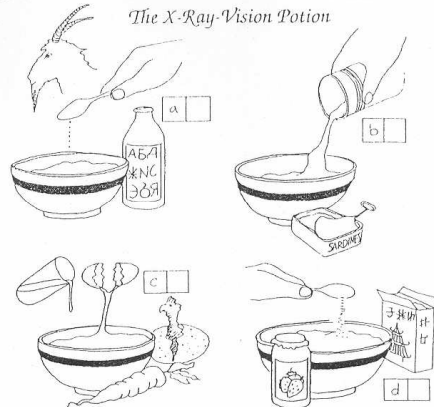
You and your partner have both got instructions for a magic recipe. Tell your partner how to make the *Travel-Through-Time Potion*. Then listen to the recipe for the *X-Ray-Vision Potion* and number the pictures in the correct order.

A

The Travel-Through-Time Potion

- 1) First, break two eggs into a bowl. Mix the eggs together.
- 2) Then add one teaspoon of curry powder and two teaspoons of Brazilian coffee.
- 3) After that, add some black pepper and six drops of water from the Himalayas.
- 4) Finally, add three teaspoons of Moon dust and half a cup of wine vinegar. Stir well and leave for 24 hours.

Drink slowly from pink glasses six hours before you plan to travel.



Take two teaspoons every four hours.

Which recipe would you and your partner like to try? Why?



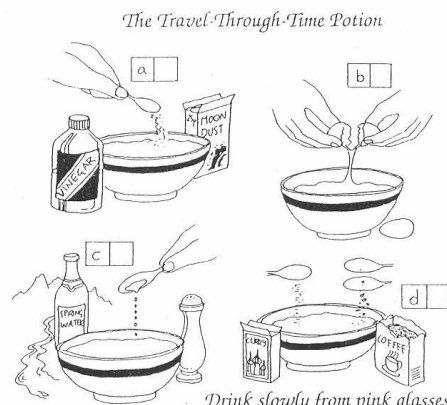
You and your partner have both got instructions for a magic recipe. Listen to the recipe for the *Travel-Through-Time Potion* and number the pictures in the correct order. Then tell your partner how to make the *X-Ray-Vision Potion*.

B

The X-Ray-Vision Potion

- 1) First put a cup of sardine oil into a bowl.
- 2) Then add half a cup of carrot juice and one vulture's egg.
- 3) After that, add six drops of Russian goat's milk.
- 4) Finally, stir in one teaspoon of Chinese mixed herbs and one teaspoon of strawberry jam.

Take two teaspoons every four hours.



Drink slowly from pink glasses six hours before you plan to travel.

Which recipe would you and your partner like to try? Why?

12 Listen to the dialogue of Ex. 11 again, then in pairs, act out a similar dialogue using the menu below.

READ

Starters		Dessert	
- Chef's salad	£2.50	- Strawberries and cream	£2.50
- Ham and cheese crêpes	£2.45	- Apple pie and custard	£2.00
- French onion soup	£2.00		
Main Course		Cold Beverages	
- Fish and chips	£3.60	- Beer	£2.00
- Vegetable curry	£3.00	- Wine	£1.50
- Spaghetti Bolognese	£3.00	- Soda water	£0.50
- Steak with roast potatoes	£4.50	- Mineral water	£1.00

13 Listen to people expressing their opinions about different restaurants and fill in the table below, then write about these restaurants, commenting on quality of food, service, atmosphere and price.

	Mexican	Fast Food	Italian
quality of food quality, and spicy, not greasy or too	only the freshest
service	efficient,, unhurried
atmosphere	relaxed,
price	overpriced value for money

14 Underline the correct item.

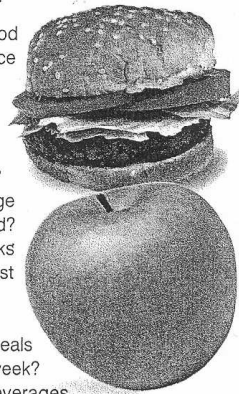
- When I took a swallow/bite/chew/nibble of the steak I realised that the chef had not cooked it properly.
- Sam ordered his roast beef overcooked/raw/medium/well done; he doesn't like it when the meat is pink inside.
- Jack was so hungry that he had a second packet/part/helping/course of pie.
- The canteen serves a variety of meals/snacks/beverages/leftovers such as tea, coffee and hot chocolate.
- A three-course meal includes a starter, a main course and a(n) appetiser/dessert/portion/dish

15 Match the adjectives with the nouns. Some adjectives can go with more than one noun.

- | | |
|-----------|----------|
| 1 light | a cake |
| 2 weak | b soup |
| 3 plain | c cheese |
| 4 crunchy | d fish |
| 5 stale | e snack |
| 6 watery | f bread |
| 7 bony | g cream |
| 8 hard | h coffee |
| 9 tough | i apple |
| 10 thick | j steak |

16 a. Answer the following Yes/No questions concerning eating habits. Then, check your score to find out what kind of diet you have.

- Do you eat at a fast-food restaurant more than once a week?
- Do you often eat fresh fruit?
- Do you eat red meat more than twice a week?
- Do you usually eat a large meal before you go to bed?
- Do you eat salted snacks (crisps, nuts, etc) at least once a day?
- Do you have fresh vegetables with your meals less than three times a week?
- Do you drink fizzy beverages more than once a day?
- Would you rather eat out instead of at home?
- Do you always add salt to your food at the table?
- Do you prefer butter to olive oil?



S c o r e

- 8 - 10 Yes ⇒ very unhealthy diet – be careful!
 5 - 7 Yes ⇒ fairly healthy diet
 3 - 4 Yes ⇒ quite healthy diet
 1 - 2 Yes ⇒ very healthy diet

b. First say, then write what someone should do to change their unhealthy eating habits.

e.g. You **should** eat fruit instead of crisps when you want a snack.