

# Cooking and restaurants

**NOTE**  
Food which is not cooked is **RAW**.

## A 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

## B 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)

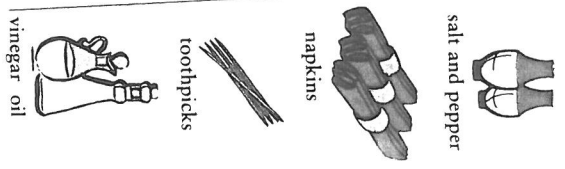
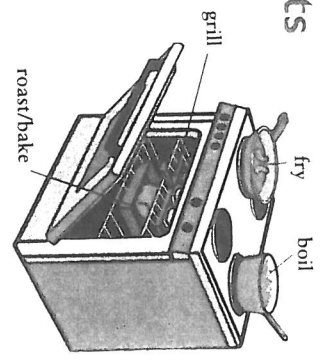
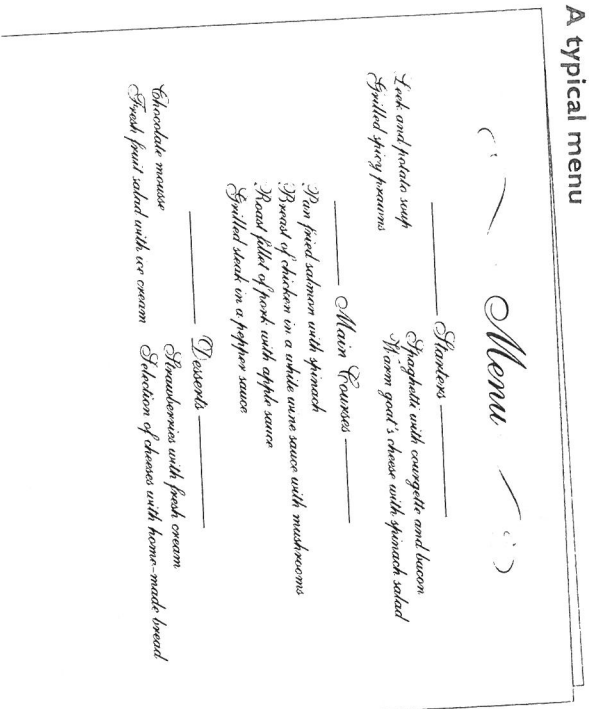
## C What does it taste like?

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)

## D 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 pickled, 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)

## E A typical menu



## Exercises

64.1

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

64.2

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?

64.3

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

	adjective	adjective
honey	..... Sweet	bacon
lemon	.....	filler steak
bread	.....	mineral water
cakes	.....	coffee

64.4

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?

a fillet of beef  
veal cutlets  
veal escalopes  
a shoulder of veal  
lamb chops  
a shoulder of mutton  
a leg of pork  
pork sausages

Note that the pig is also responsible for providing us with cured and smoked meat: ham, gammon and bacon.

### Poultry

These are birds which can be eaten but are not hunted with a shotgun. Read the questions and select or write the appropriate answer for each of them.

- 1 Which of these five birds is white in the northern hemisphere but can be black in Australia?  
a chicken b turkey c swan d goose e duck
- 2 What is eaten with each of the above types of poultry in your country?

### Game

Game is the group name for the wild animals and birds which are hunted and then eaten (rabbits, hares etc). Select or write an answer for each question.

- 1 One of these meats is not from a bird. Which is it?  
a pheasant b venison c partridge d pigeon e grouse
- 2 How popular is this type of food in your country?
- 3 Should shooting game as a sport be encouraged or discouraged?

### Fish

Read the questions and select the appropriate answer(s) for each of them.

- 1 Which of these would you describe as white fish and which is oily?  
a sole b cod c plaice d trout e haddock f salmon g eel  
h mackerel i herring
- 2 Some of the above fish are freshwater fish, that is to say they spend all or most of their life in a river. Some are sea fish. Underline the freshwater fish.
- 3 Ring your favourites in the list of fish in question 1. Then select how you like each of them cooked.  
a grilled b fried c baked d smoked e in a sauce f in a soup  
g in a stew
- 4 One of these is not an example of shellfish (seafood). Which one?  
a crab b lobster c shrimp d prawn e oyster f cockle  
g mussel h kipper

### Cereals and grasses

Match the list of cereals 1-6 with statements a-f.

- 1 wheat 2 maize 3 rye 4 barley 5 oats 6 rice
- a Most porridge is made of it. It is also used to feed horses.  
b It is the staple diet in the East.  
c It provides corn on the cob, a lot of cornflour, and American whisky.  
d It is used to make black bread, cattle feed and some kinds of American whisky.  
e It is used a lot in brewing and soups and malt is made from it.  
f It is used to make white bread and most pasta.

### Pasta

Talking of pasta, below are a few of the approximately thirty types that are most commonly eaten. Ring those that you like most.

a spaghetti b macaroni c noodles d ravioli e lasagne

### Herbs and spices

- 1 Which of these herbs do you like to use in your cooking? What sort of food do you use them with?

1 garlic 4 parsley 7 thyme  
2 marjoram 5 rosemary 8 bay leaf  
3 mint 6 sage 9 oregano

- 2 Which of these spices would you find it difficult to live without?

1 black or white pepper 5 nutmeg  
2 cayenne pepper 6 cinnamon  
3 vanilla 7 pimento (paprika)  
4 ginger 8 chilli

- 3 Do you agree that if the ingredients of the meal have the proper taste you don't need all that seasoning?

### What our food contains

Look at the advertisement on the next page, which lists for you some of the elements in the food we eat, for example protein, carbohydrates etc. Ask yourself how much you eat of each in a typical day's diet.

### Food in general

- 1 Write or discuss the answers to these questions.

- 1 How careful are you about having a well-balanced or a calorie-controlled diet?
- 2 How healthy do you think healthfoods really are?
- 3 We should all 'eat, drink and be merry'. Do you agree?
- 4 What (in detail) are your favourite restaurant meals at about these prices:  
a £2.50? (cheap)  
b £5.00? (quite reasonable)  
c £10? (average)  
d £20 - 25? (expensive)

- 2 Write or act out a conversation with a waiter. You are ordering one of the meals you listed above. Remember the sort of restaurant you're in and be prepared to choose an alternative if what you ask for is unavailable.

- 3 Write a page from your diary. It is the fifteenth day that you have been on a really strict diet.

- 4 Write, in dialogue form, a conversation between a butcher and a regular customer who does not find any of the meat in the window particularly attractive or good value.