

RECIPES AND INGREDIENTS

Knowing how to **cook** is a one of the most useful skills we can learn. Let's learn some vocabulary about cooking, recipes and ingredients:

FRYING, BOILING AND STEAMING

You can **fry** meat, fish or eggs in a frying pan with oil or butter. You can also **chop** or **slice** vegetables and **sauté** or **stir-fry** them in a pan or a wok. Another way of cooking vegetables and grains like rice is by **boiling** or **steaming** them. You can **peel** vegetables like potatoes and carrots before cooking them, and even **mash** them after they're cooked if you like. You can also **boil** other foods like spaghetti, eggs and certain meats, or **steam** fish and other seafood like crabs and mussels.

GRILLING AND ROASTING

If you have a stove with a grill or broiler, or an appliance such as an electric grill, you can also **grill** meat, fish and vegetables. If you're grilling food at a high temperature, be careful. It's easy to **burn** it if you cook the food for too long. But many people love grilling, and some even say it's the best way to cook fish, steak and many other meats.

If you also have an oven you can **roast** certain meats and vegetables. In an oven, food is surrounded by hot air that gradually cooks from all sides, so roasting a whole chicken or a leg of lamb takes time.

BAKING

Ovens can also be used to **bake** foods like bread, cakes, cookies, pastries and pies. The main ingredient of most baked foods is wheat flour. After being sifted to remove any lumps, the flour is used to **prepare** a batter or dough that's put into a **preheated** oven to bake.

Now, a **recipe** is a set of instructions for preparing a particular dish, including the list of the ingredients required.

Let's take a look at a recipe:

CHOCOLATE CHIP MUFFINS

Serves 4-6

Prep time	10 minutes
Cook time	20 minutes
Total time	30 minutes

INGREDIENTS

- 175g self-raising flour
- 50g margarine
- 50g caster sugar
- 2 Medium eggs
- 4 tablespoons milk
- 1 teaspoon vanilla extract
- 200g chocolate

DIRECTIONS

Step 1

Place the flour and caster sugar into a bowl and create a well in the middle for the other ingredients.

Mix the eggs, vanilla extract, milk and margarine and then pour it into the bowl with the dry ingredients.

Mix well until it is lump free and then break the chocolate into small pieces and add them.

Step 2

Pour the muffin mixture into a muffin tin filling each mould up to two thirds full.

Place a block of chocolate into the middle of each muffin. Then sprinkle some sugar over the top of each.

Step 3

Cook for around 20 minutes in a preheated oven at 200°C / 390°F / gas mark 5. After 18 minutes or so check to see if they are cooked enough.

Insert a knife into one of the muffins and if no mixture is on the knife then they are cooked!

Allow to cool for at least 5 minutes before eating.

REFERENCE:

English Club. (n.d.). Cooking vocabulary. Retrieved from: <https://www.englishclub.com/vocabulary/food-cooking.php>

French Ranges. (n.d.). Chocolate chip muffins - example recipe. Retrieved from: <https://www.frenchranges.com/recipe/chocolate-chip-muffins-example-recipe/>

