



**Let's cook
together**



Vocabulary

There are plenty of words you can use when cooking. Here you can find some of them.

Food utensils



Spoon



Fork



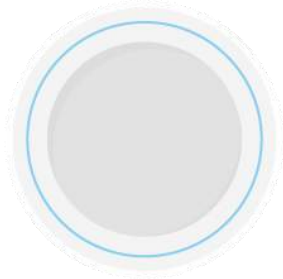
Knife



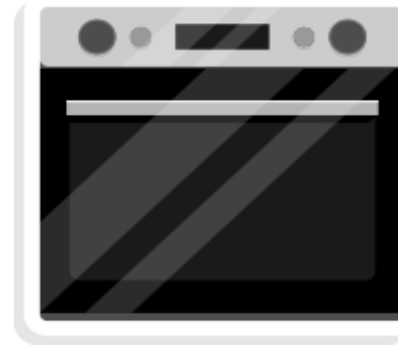
Cup



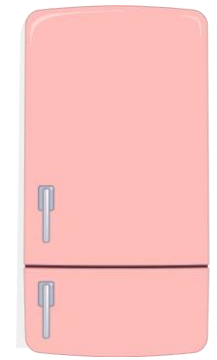
Pan



Plate



Stove



Fridge



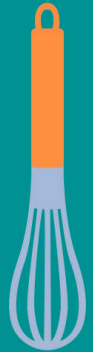
Grill



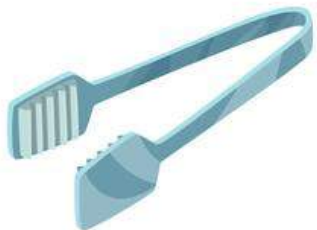
Pot



Spatula



Whisk



Tongs



Masher



Ice cream scoop



Biscuit cutter



Strainer



Tin opener



Meat grinder



Measuring cup



Teaspoon



Cutting board



Grater



COOKING VERBS



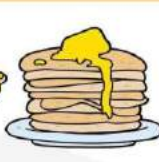
break



melt



spread



layer



roll out



fry



peel



mix



whip



saute



taste



cut



chop



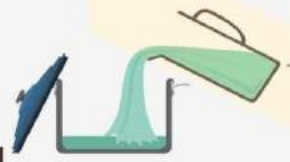
slice



grate



add



pour



pinch



steam



boil



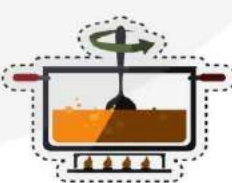
barbecue



roast



bake



stir



weigh



Containers & Quantities



mug



cups



Glass



jug



jars



tin (U.K.)
tin can (U.S.)



can



bottles



packet



carton



liter (u.k.)



bags



dozen



tubes



spray can



spray bottle



loaf



slice



bar



piece



tub



pack



bunch



bowl



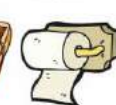
kilo (U.K.)



box



tray



roll



six-pack



blister pack



package



basket



Recipes



Colombian Arepas



Prep: 10 mins.

Cook: 10 mins.

Total: 20 mins.

Servings: 6.

Yield: 6 arepas.

Ingredients:

- ✓ 1 cup warm water.
- ✓ 1 cup pre-cooked white corn meal.
- ✓ 1 cup shredded mozzarella cheese.
- ✓ 1 tablespoon butter.
- ✓ ½ teaspoon salt, or to taste.
- ✓ Cooking spray.

Step 1: Mix water, corn meal, mozzarella cheese, butter, and salt together in a large bowl. Knead until mixed well and the dough has a soft consistency. Form balls the size of a medium orange and place them between 2 sheets of plastic wrap. Flatten with a rolling pin to your desired thickness.

Step 2: Cut the dough into circles using a cereal bowl or drinking glass, lip-down, through the plastic wrap. Remove the plastic wrap and remove excess dough.

Step 3: Coat a griddle with cooking spray and heat to medium-high. Add arepas and grill until golden brown, about 5 minutes per side. Serve immediately.

Ingredients

- ✓ 2 ½ quarts water.
- ✓ 1 tablespoon salt.
- ✓ ¼ cup chopped fresh cilantro.
- ✓ 4 cloves garlic, crushed.
- ✓ 6 chicken leg quarters.
- ✓ 2 plantains, peeled and cut into 6 pieces.
- ✓ 1 large onion, chopped.
- ✓ 2 pounds potatoes, peeled.
- ✓ 4 pounds fresh cassava roots, cut into 6 pieces.
- ✓ 2 tablespoons cooking oil.
- ✓ 4 large onions, peeled and thinly sliced.
- ✓ 1 teaspoon ground cumin, or to taste.
- ✓ ½ teaspoon mild paprika, or to taste.
- ✓ 1 teaspoon salt, or to taste.
- ✓ 1 pound tomatoes, chopped.

Step 1: Place the water into a large pot, and add 1 tablespoon salt, chopped cilantro (coriander), garlic, chicken legs, plantains, and 1 onion. Bring to a boil, and cook for about 20 minutes. Add the potatoes and cassava to the pot, and continue to cook for another 20 minutes, or until potatoes are tender.

Prep: 20 mins

Cook: 40 mins

Total: 1 hr

Servings: 6

Yield: 6 very large servings

Sancocho



Step 2: While the chicken and vegetables are cooking, heat the oil in a large skillet over medium heat. Fry the onions in the hot oil, and season with cumin, paprika, and salt. When the onions are limp, stir in the tomatoes, and remove from heat.

Step 3: Spoon the chicken stew into bowls, and serve topped with the tomato onion sauce.

COOKING VERBS AND FOOD

In this video you can find a Chef using the cooking verbs and food. It is helpful for a better understanding.



<https://www.youtube.com/watch?v=XOlukBihCic>



a).

1. This is how we make bread and cakes.

2. This is when you cook something for too long and it becomes black.

7. This is how we cook sausages under heat.

8. This is when we cook something in lots of hot fat or oil.

b).

Write the correct word in the box below the picture.

breakfast

lunch

dinner

cook

boil

microwave

roast

steam

burn

fry

bake

grill



