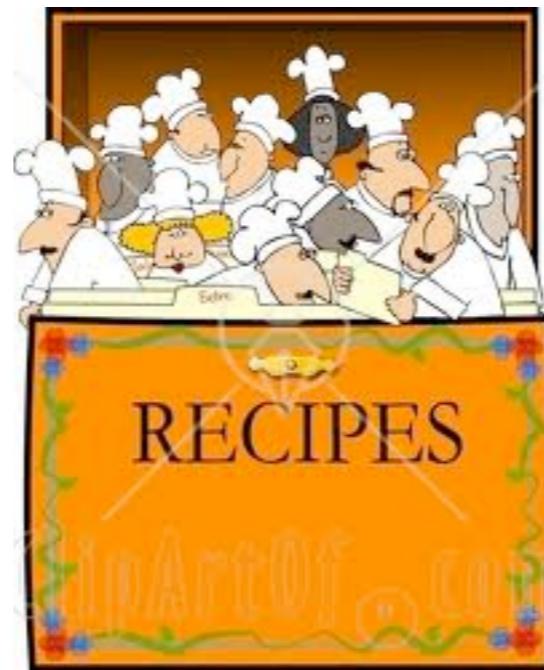


Reading a recipe in English can be difficult because there might be many words you don't know. Today we'll look at some "cooking" words.



Recipes are instructions for cooking something.



## THAW

A frozen turkey must be **thawed** before it can be cooked. Take it out of the freezer and put it in the refrigerator. It can take several days to thaw a large turkey in the refrigerator.

# BEAT

If a recipe says, **beat** the eggs, it means stir rapidly using a whisk or fork. The purpose of beating is to get air into the mixture.



whisk



fork



You can beat food with a fork or whisk. You can also beat it with an electric mixer.

# WHIP



Another word that means the same as beat is **whip**. To make “whipped cream” you whip cream, sugar and a dash of vanilla. A dash is a little bit.



You whip the cream until it forms peaks.



You can buy whipped cream in a can, but it doesn't taste nearly as good as the real thing.

## BLEND or MIX

When you **blend or mix** something, you gently stir the ingredients together.

In this picture they are using a wooden spatula to blend the ingredients. Some spatulas are made from rubber or plastic.



# SEPARATE

When you **separate** two things you keep them apart. Some recipes call for just the whites of the egg. You will need to separate the yolks from the whites. Be careful when you crack the egg. You must be gentle or the yolk will break.



# TOSS

If you make a salad, you will need to **toss** the ingredients. You don't want to beat them or even mix them. You might damage the vegetables. Toss them means to mix them together very gently.



To serve the salad, you might use salad tongs.

## adding the dressing

Many people like to **add dressing** to their salad. There are many types, like bleu cheese, ranch, French or Italian. If oil and vinegar are the main ingredients of the dressing, we call it vinaigrette.



# sprinkle croutons

Some people like to **sprinkle croutons** on their salad. Croutons are small cubes of baked bread used to add flavor and texture to a dish.



Bread crumbs are used in recipes too. But bread crumbs are baked bread that has been ground up into very small pieces.



# PEEL

When you **peel** something, you remove the cover or skin. Here are some things you can peel.



The skin that is left when you peel something is called “the peel”.

# GRATE

When you **grate** something, you make tiny pieces. Usually you use a grater to grate.



You can grate cheese, or garlic or even oranges and lemons.

# SHRED

When you tear things into smaller parts, you are **shredding**. One of the most common things we shred is lettuce.



# CHOP

cut into small pieces with a knife



The chef is chopping bell peppers, avocados and carrots.

# DICE

When you dice something, you chop it up into very small cubes.



These diced meat and cheese appetizers have a **toothpick** in them. That makes them easier to pick up and eat.

# COMBINE: put the **ingredients** together



**combining** dry ingredients with a whisk



**combining** cookie dough with nuts, fruit and chocolate chips



**combining** wet ingredients with dry ingredients

# Methods of cooking:

boil, broil, fry, saute, bake or grill





**boil:** Bring liquid to a boil (bubbles come from the bottom) and drop food into the liquid to cook.

**Bake:** Heat the oven on the “bake” setting. Adjust the temperature. These cookies are baking at 375 degrees.



**This chicken dish is baking in an oven-proof pan.**

When you bake at a high temperature (over 400 degrees) that is called roasting.  
We usually roast meat in the oven. I love to roast vegetables in the oven.

roast beef



roasted vegetables



Broiling: Cooking food in your oven with top down heat only. When you choose the “broil” setting on your oven, only the top burner will heat. Things will cook fast and brown quickly. The “broil” setting on my oven cooks at 500 degrees.

This is an easy way to cook steaks or fish that you want to cook for a short period of time with very high heat.



These are broiled fish fillets (cut up pieces of fish or meat). Notice the nice brown color of the fish. It will be brown and a little crispy on the outside, but tender on the inside.

Frying: cook coated food in very hot oil on top of the stove

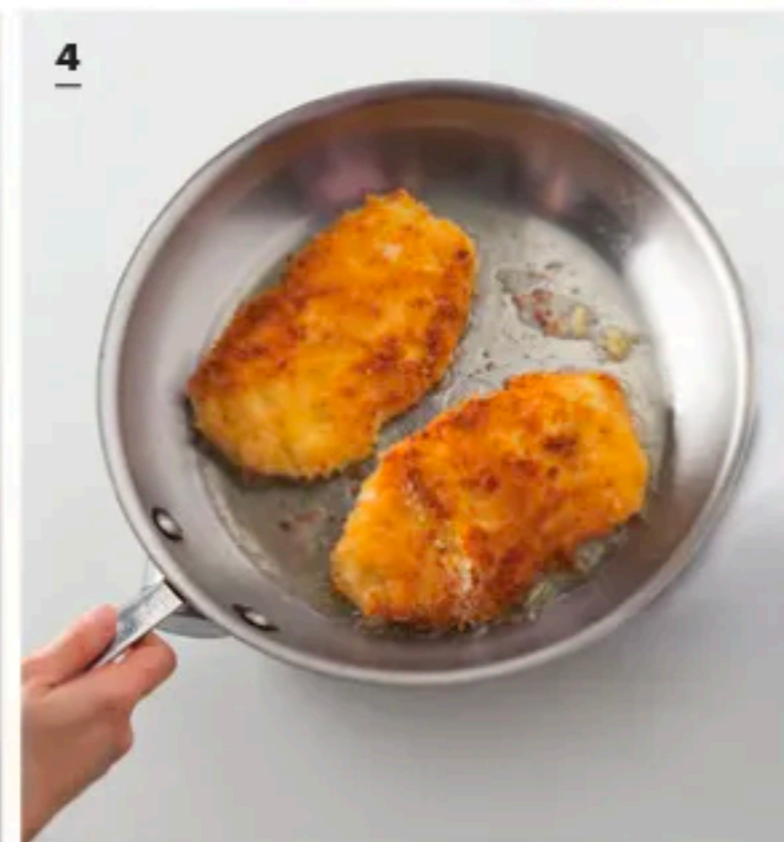


a skillet



fried chicken

How to fry chicken. 1) touch to flour to lightly coat the outside, 2) dip in beaten egg, 3) dip in bread crumbs or more flour, 4) Once the oil is hot, place chicken pieces in the skillet. Turn once so both sides brown.



Saute vegetables in a skillet on top of the stove. Usually you saute things in some kind of vegetable oil.



Grill: cook on a grill, usually outside, but some people grill on their cooktop.



The last way of cooking we will talk about is the **microwave**.

Most American kitchens have microwaves. But I don't use mine to cook. I only use it to heat things up. Do you use your microwave to cook?



1. What is something new you learned from this slide show?
2. What is your favorite way of cooking?
3. Many kitchens in Asian countries do not have ovens. Is this true in your country?
4. What kinds of things do you bake?
5. Have you learned some new recipes since living in the U.S.? Tell about what you have learned to cook.
6. Do you use the broiler in your oven? If so, what do you use it for?
7. Do you frequently cook with a microwave?