

Glossary

appetizer [N-COUNT-U12] An **appetizer** is a small course that is served before an entrée. **przystawka**

aroma [N-COUNT-U6] An **aroma** is a strong, usually pleasant smell. **aromat**

bacon [N-UNCOUNT-U11] **Bacon** is a type of meat that comes from a pig and is fried in strips. **bekon**

baked pasta [N-UNCOUNT-U7] **Baked pasta** is a type of pasta dish that is cooked in the oven. **makaron zapiekany**

bean [N-COUNT-U8] A **bean** is a legume seed that comes from a climbing plant. **ziarenko (np. fasoli)**

beef [N-UNCOUNT-U1] **Beef** is the meat of a cow, bull, or ox and is consumed as food. **wołowina**

berry [N-COUNT-U4] A **berry** is a type of small fruit with many small seeds. Blackberries, strawberries, and grapes are examples of berries. **jagoda (rodzaj owocu)**

blanch [V-T-U5] To **blanch** something is to boil something for a very short time. **blanszować, obgotować, sparzyć**

box lunch [N-COUNT-U12] A **box lunch** is a meal for one person that is packaged in a bag or a box. **drugie śniadanie (zabierane do pracy, szkoły)**

bran [N-UNCOUNT-U8] **Bran** is the outer layer of a grain that often contains much of the grain's nutritional value. **otręby**

bread [N-COUNT-U10] A **bread** is a food that is made with flour, water, and other ingredients. **chleb**

breakfast [N-UNCOUNT-U11] **Breakfast** is a meal that is eaten early in the day. **śniadanie**

breast [N-COUNT-U1] A **breast**, such as a chicken breast, is meat from the front of the chest. **pierś (np. kurczaka)**

brown rice [N-UNCOUNT-U8] **Brown rice** is rice with the layer of bran intact. **brązowy ryż**

brownie [N-COUNT-U15] A **brownie** is a dense type of chocolate cake. **brownie, ciasto czekoladowe z orzechami**

bulb vegetable [N-COUNT-U5] A **bulb vegetable** is a plant that has an edible round part that grows underground. Onions and garlic are examples of bulb vegetables. **warzywo cebulowe**

burger [N-COUNT-U1] A **burger** is a patty made from ground meat, usually beef, that is often served in a sandwich. **hamburger, kotlet do hamburgera**

butcher [N-COUNT-U1] A **butcher** is a person who prepares and sells meat. **rzeźnik**

butter [N-UNCOUNT-U3] **Butter** is condensed fat extracted from cream that is solid when cold and liquid when very hot. **masto**

cake [N-COUNT-U15] A **cake** is a baked food made with flour, sugar, and other ingredients, that usually has a light, moist texture. **ciasto**

canned [ADJ-U5] If something is **canned**, it has been sealed in a metal or glass container to preserve it. **w puszce**

caramel [N-UNCOUNT-U14] **Caramel** is a substance made from sugar, butter, and milk, and may be in the form of a syrup or a hard candy. **karmel**

cereal [N-COUNT-U11] A **cereal** is a food made from grains that is usually eaten with milk for breakfast. **płatki śniadaniowe**

cheese [N-COUNT-U3] A **cheese** is a solid or semi-solid substance that is made from milk. **ser**

chocolate [ADJ-U14] If something is **chocolate**, it is made with sugar and a certain type of bean to flavor a sweet, rich candy or dessert. **czekoladowy**

choux pastry [N-COUNT-U9] A **choux pastry** is light pastry with a filling, usually cream. **ciasto ptysiowe**

citrus [ADJ-U4] If a fruit is **citrus**, it is a thick-skinned, juicy fruit with a sour flavor that typically grows in warm climates. Oranges, lemons, and grapefruits are examples of citrus fruits. **cytrusowy (owoc)**

clam [N-COUNT-U2] A **clam** is a shellfish that has a smooth, two-part shell that creates a protective pocket for its body. **małż**

cobbler [N-COUNT-U15] A **cobbler** is a sweet food that is made by baking fruit in a thick pastry crust. **cobbler (placek z nadzieniem z owoców)**

coffee [N-UNCOUNT-U11] **Coffee** is a brown drink that is made by brewing a certain type of bean in water. **kawa**

come with [V-T-U12] If something **comes with** a meal, it is to be served with the meal and already be included in the price. **być w zestawie z (czymś)**

complement [V-T-U6] If two flavors **complement** one another, they work well together to create a pleasing combined flavor. **uzupełniać się, pasować do siebie**

cone [N-COUNT-U14] A **cone** is a cookie molded into the shape of a bowl or cup for holding ice cream. **rożek (do lodów)**

corn [N-UNCOUNT-U8] **Corn** is a large grain that comes from tall plants. **kukurydza**

course [N-COUNT-U12] A **course** is a part of a meal that is served by itself. **danie**

cream [N-UNCOUNT-U3] **Cream** is the thick part of milk that contains fat. **śmietana, śmietanka**

cream cheese [N-UNCOUNT-U3] **Cream cheese** is a very soft cheese that is made with cream and milk. **serek śmietankowy**

crisp [ADJ-U9] If something is **crisp**, it is dry and stiff. **kruchy, chrupiący**

croissant [N-COUNT-U9] A **croissant** is a flaky pastry with a curved shape that may or may not contain a filling. **rogal, rogalik**

crust [N-COUNT-U10] A **crust** is a hard outer layer on a loaf of bread. **skórka (chleba)**

cultured [ADJ-U3] If a food is **cultured**, it has been fermented with non-harmful bacteria, usually to improve its shelf life and make it more digestible. **zawierający kultury bakterii**

cupcake [N-COUNT-U15] A **cupcake** is a baked food that is similar to a cake, but is baked in small, individual servings with a special baking pan. **okrągłe ciasteczko, babeczka**

custard [N-COUNT-U9] A **custard** is a sweet, creamy filling that is often found in pastries. **krem (do ciasta)**

dairy [ADJ-U3] If something is **dairy**, it is related to products made from milk. **mleczny, nabiałowy (produkt)**

Danish [N-COUNT-U9] A **Danish** is a pastry topped with fruit or icing. **rodzaj ciasta z owocami**

decorate [V-T-U15] To **decorate** something is to add features that improve the appearance of something. **dekorować**

deli [N-COUNT-U12] A **deli** is a casual restaurant where sandwiches are often sold. **delikatesy**

delicate [ADJ-U9] If something is **delicate**, it breaks or falls apart easily. **kruchy**

dessert [N-COUNT-U14] A **dessert** is a sweet food that is typically eaten after a main meal. **deser**

dinner [N-UNCOUNT-U13] **Dinner** is a large meal eaten towards the end of the day. **obiad**

dinner menu [N-COUNT-U13] A **dinner menu** is a list of items that are only available during particular hours in the evening. **menu obiadowe**

dish [N-COUNT-U13] A **dish** is a serving of prepared food. **potrawa, danie**

dough [N-UNCOUNT-U9] **Dough** is the soft mixture of pastry or bread ingredients before it is baked. **ciasto (przed upieczeniem)**

doughnut [N-COUNT-U9] A doughnut is a fried pastry that is usually ring-shaped. **pączek (z dziurką)**

dressed [ADJ-U2] If a fish is **dressed**, its head, fins, and internal organs have been removed. **(o rybie) sprawiona, oporządzona**

dried [ADJ-U6] If a herb is **dried**, it has lost its moisture, usually for storage purposes. **suszony**

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- egg** [N-COUNT-U11] An **egg** is a round object with a hard shell that comes from a bird and is used as food. **jajko**
- entrée** [N-COUNT-U12] An **entrée** is the main part of a meal, and is usually the largest course. **danie główne**
- evaporated milk** [N-UNCOUNT-U3] **Evaporated milk** is concentrated milk from which most of the water has been removed. **mleko skondensowane**
- fiber** [N-UNCOUNT-U4] **Fiber** is a plant material that is not digested by the human body but aids in the digestion of other substances. **błonnik**
- fillet** [N-COUNT-U2] A **fillet** is a piece of fish cut from along the side of its body. **filet z ryby**
- fish** [N-COUNT-U2] A **fish** is a creature with scales and fins that lives in water. **ryba**
- flaky** [ADJ-U9] If something is **flaky**, it has thin, light layers. **składający się z warstw (np. o cieście francuskim)**
- flatbread** [N-UNCOUNT-U10] **Flatbread** is bread that is not leavened, so it is flatter and denser than other types of bread. **chleb typu pita**
- formal** [ADJ-U12] If something is **formal**, it requires that people follow proper manners or procedures, or wear nice clothing. **oficjalny, uroczysty, odświętny**
- fresh** [ADJ-U5] If something is **fresh**, it has been recently picked or gathered and is still in its natural state. **świeży**
- fried** [ADJ-U11] If something is **fried**, it is cooked in oil or fat. **smażony**
- frosting** [N-UNCOUNT-U15] **Frosting** is a light, creamy substance that is used to cover baked foods like cakes. **lukier**
- frozen** [ADJ-U5] If something is **frozen**, it has been stored at a very low temperature to preserve it. **mrożony**
- frozen yogurt** [N-UNCOUNT-U15] **Frozen yogurt** is a soft dessert made with yogurt and sugar. **mrożony jogurt**
- fruit** [N-COUNT-U4] A **fruit** is a sweet food that comes from the seed-producing part of a plant or tree. **owoc**
- garlic** [N-UNCOUNT-U6] **Garlic** is a bulb plant with a strong smell and taste, used to season food. **czosnek**
- grain** [N-COUNT-U8] A **grain** is a plant seed that is used as a food. **ziarno**
- green bean** [N-COUNT-U8] A **green bean** is a legume which is picked early and eaten in the seed pod. **fasola szparagowa**
- ground** [ADJ-U6] If a herb is **ground**, it has been crushed into a powder. **mielony**
- ham** [N-UNCOUNT-U1] **Ham** is meat from the upper portion of a pig's leg. **szynka**
- hash browns** [N-COUNT-U11] **Hash browns** are potatoes that have been grated and fried with seasoning. **placki ziemniaczane**
- herb** [N-COUNT-U6] A **herb** is any plant with leaves, seeds, or flowers which can be used in food flavoring. **ziele, zioło, przyprawa ziołowa**
- hot** [ADJ-U6] If a food is **hot**, it is spicy to the taste. **pikantny (mocno przyprawiony)**
- hot fudge** [N-UNCOUNT-U14] **Hot fudge** is a thick syrup made with chocolate. **sos czekoladowy**
- ice cream** [N-UNCOUNT-U14] **Ice cream** is a frozen mixture of cream, sugar, and other ingredients, that is eaten as a dessert. **lody**
- inflorescent vegetable** [N-COUNT-U5] An **inflorescent vegetable** is a plant that has an edible flower. Broccoli and artichokes are examples of inflorescent vegetables. **warzywo kwiatowe**
- informal** [ADJ-U12] If something is **informal**, it is relaxed or casual. **nieoficjalny, swobodny**
- ingredient** [N-COUNT-U14] An **ingredient** is an item or substance that is used to make a particular food. **składnik**
- juice** [N-COUNT-U4] A **juice** is a liquid that is extracted from a fruit. **sok**
- lamb** [N-UNCOUNT-U1] **Lamb** is meat that comes from a young sheep. **jagnięcina**

lasagna [N-COUNT-U7] A **lasagna** is a baked pasta dish that is made with wide, flat pasta between layers of sauce, cheese, and other ingredients. **lasagne (danie z pieczonego makaronu, sera i warzyw)**

leaf [N-COUNT-U6] A **leaf** is the part of a plant that is broad and flat, attached to the stem. **liść**

leaf vegetable [N-COUNT-U5] A **leaf vegetable** is a plant that has an edible leaf. Lettuce and spinach are examples of leaf vegetables. **warzywo liściowe**

leavened [ADJ-U10] If dough is **leavened**, it expands when it is baked. **na drożdżach (o cieście)**

legume [N-COUNT-U8] A **legume** is a plant with seeds that grows in long casings, or pods, which are used as a food. **roślina strączkowa**

loaf [N-COUNT-U10] A **loaf** is a unit of baked bread, usually in a round or rectangular shape. **bochenek (chleba)**

lobster [N-COUNT-U2] A **lobster** is a shellfish with claws and a hard shell. **homar**

long pasta [N-UNCOUNT-U7] **Long pasta** is pasta that is long and thin in shape. **długi makaron**

lunch [N-UNCOUNT-U12] **Lunch** is a meal that is eaten at midday. **lunch**

lunch break [N-COUNT-U12] A **lunch break** is a period of time during which someone stops working or is allowed to stop working in order to eat lunch. **przerwa na lunch**

lunch menu [N-COUNT-U12] A **lunch menu** is a list of items that are only available during particular hours midday. **menu lunchowe**

macaroni [N-UNCOUNT-U7] **Macaroni** is a type of short, curved and tubular pasta. **makaron kolanka**

marshmallow [N-COUNT-U14] A **marshmallow** is a white, doughy food made with eggs and sugar. **pianka cukrowa**

meat [N-COUNT-U1] A **meat** is the flesh of an animal, consumed as food. **mięso**

melon [N-COUNT-U4] A **melon** is a large, juicy fruit with very hard skin. Watermelons, cantaloupes, and honeydews are examples of melons. **melon (rodzaj owocu)**

menu [N-COUNT-U11] A **menu** is a list of dishes that are available in a particular restaurant. **menu, karta dań**

milk [N-UNCOUNT-U3] **Milk** is a white liquid that is produced by cows or other animals that is consumed by people and processed into other products. **mleko**

milkshake [N-COUNT-U15] A **milkshake** is a thick, cold dessert made with milk, ice cream, and sometimes other ingredients. **koktajl mleczny**

minute pasta [N-UNCOUNT-U7] **Minute pasta** is pasta in the shape of small pellets or grains. **makaron drobny**

muffin [N-COUNT-U11] A **muffin** is a small, round baked product that is often eaten at breakfast. **muffinka, babeczka**

noodle [N-COUNT-U7] A **noodle** is one piece of pasta, often in the shape of a thin strip. **makaron, kluska**

noon [N-UNCOUNT-U12] **Noon** is 12:00 PM, or a time in the middle of the day. **południe (pora dnia)**

omelet [N-COUNT-U11] An **omelet** is a dish made by scrambling eggs and then folding them over other ingredients, such as cheese, meat, or vegetables. **omlet**

overcook [V-T-U5] To **overcook** something is to heat it for too long so that it takes on undesirable qualities. **rozgotować**

oyster [N-COUNT-U2] An **oyster** is a shellfish that has a rough, two-part shell that creates a protective pocket for its body. **ostryga**

pancake [N-COUNT-U11] A **pancake** is a flat, round food that is made by pouring a batter onto a hot surface. **naleśnik**

parfait [N-COUNT-U15] A **parfait** is a cold dessert made with layers of ice cream or frozen yogurt, fruit, and syrup. **parfait (rodzaj mrożonego deseru)**

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pasta [N-COUNT-U7] A **pasta** is a food made with flour and water that comes in different shapes for different types of dishes. **makaron**

pasta salad [N-COUNT-U7] A **pasta salad** is a typically cold dish that is made with short pasta, vegetables, and other ingredients. **sałatka z makaronem**

pasteurized [ADJ-U3] If a food is **pasteurized**, it is heated to a very high temperature to kill bacteria that might harm people who consume it. **pasteryzowany**

pastry [N-COUNT-U9] A **pastry** is small baked product made with flour, butter, and other ingredients, that is usually sweet. **ciastko**

peel [V-T-U4] To **peel** something is to remove the outer layer from something. **obierać (ze skórki)**

pepper [N-UNCOUNT-U6] **Pepper** is a spicy powder made of dried and ground peppercorn, used to season food. **pieprz**

phyllo pastry [N-COUNT-U9] A **phyllo pastry** is a very thin pastry that is stretched around a filling such as cheese or thick syrup. **ciasto filo**

pie [N-COUNT-U15] A **pie** is a sweet food that is made by baking ingredients, such as custard, in a pastry crust. **placek, ciasto (owocowe)**

poached [ADJ-U11] If something is **poached**, it is cooked in a small amount of hot water. **duszony (gotowany w niewielkiej ilości wody), (o jajku) gotowany bez skorupki**

pork [N-UNCOUNT-U1] **Pork** is the meat of a pig consumed as food. **wieprzowina**

poultry [N-UNCOUNT-U1] **Poultry** is a category of domestic birds, like chickens or turkeys, that are raised for their meat. **drób**

pudding [N-UNCOUNT-U15] **Pudding** is a sweet, creamy food that is made with milk and other ingredients. **budyń**

puff pastry [N-COUNT-U9] A **puff pastry** is a pastry that expands into light, flaky layers when baked. **ciasto francuskie**

raw [ADJ-U4] If something is **raw**, it is in its natural state and has not been cooked or processed. **surowy**

rice [N-UNCOUNT-U8] **Rice** is a food that grows from a grass in very small grains. **ryż**

roe [N-UNCOUNT-U2] **Roe** is a cluster of fish's eggs. **ikra**

root vegetable [N-COUNT-U5] A **root vegetable** is a plant that has an edible root, or part underground that absorbs water. Carrots and radishes are examples of root vegetables. **warzywo korzeniowe**

salt [N-UNCOUNT-U6] **Salt** is a crystalline substance composed of sodium chloride, used to season food. **sól**

sandwich [N-COUNT-U12] A **sandwich** is a meal made by placing ingredients between two pieces of bread. **kanapka**

sausage [N-COUNT-U11] A **sausage** is ground meat that has been pressed into a round, narrow form. **kiełbasa**

scrambled [ADJ-U11] If something is **scrambled**, it is mixed together thoroughly before it is cooked. **zmieszany**

seafood [N-UNCOUNT-U2] **Seafood** is food made with fish or shellfish. **owoce morza**

season [V-T-U6] To **season** food is to add flavor using spices or herbs. **przyprawiać**

shape [N-COUNT-U7] A **shape** is the physical form of something. **forma, kształt**

shellfish [N-COUNT-U2] A **shellfish** is a creature that has a hard exterior and typically lives along the floor of a body of water. **skorupiak**

short pasta [N-UNCOUNT-U7] **Short pasta** is pasta that is small, thick and often round in shape. **makaron krótki**

shortcrust pastry [N-COUNT-U9] A shortcrust pastry is a dense pastry that serves as the base or crust for a dessert such as a pie. **kruche ciasto**

shrimp [N-COUNT-U2] A **shrimp** is a shellfish with a narrow body, the tail of which is typically eaten. **krewetka**

shuck [V-T-U2] To **shuck** something is to strip the outer covering from something. **tuskać**

side [N-COUNT-U12] A **side** is a small dish that is served along with the entrée. **dodatek do dania głównego**

sirloin [N-UNCOUNT-U1] **Sirloin** is meat, usually beef, from the upper part of the loin. **polędwica**

skim [ADJ-U3] If milk is **skim**, the fat has been removed from it. **(o mleku) odtłuszczone**

smoothie [N-COUNT-U4] A **smoothie** is a mixture of fruit and sometimes other ingredients blended into a thick liquid. **smoothie (zmiksowany i schłodzony napój bezalkoholowy na bazie owoców)**

snack [N-COUNT-U12] A **snack** is an amount of food that is smaller than a meal and is often eaten in between meals. **przekąska**

sorbet [N-UNCOUNT-U15] **Sorbet** is a sweet, frozen dessert that is made from fruit juice. **sorbet**

sourdough [N-UNCOUNT-U10] **Sourdough** is bread made with flour that ferments before it is baked, producing a slightly sour flavor. **chleb na zakwasie**

spaghetti [N-UNCOUNT-U7] **Spaghetti** is a type of long, round, medium-width pasta. **makaron spaghetti**

special [N-COUNT-U12] A **special** is a meal that is being offered by a restaurant on a particular day and is not on the regular menu. **danie specjalne**

spice [N-COUNT-U6] A **spice** is a vegetable-based substance with a strong aroma, used to season food. **przyprawa korzenna**

spoil [V-I-U3] To **spoil** is to lose freshness or become decayed. **(o jedzeniu) psuć się**

sprinkles [N-COUNT-U14] **Sprinkles** are a very small type of candy that are used as a topping for ice cream and other desserts. **dekorki (słodka posypka)**

squeeze [V-T-U4] To **squeeze** something is to firmly press its sides together. **wyciskać**

stale [ADJ-U10] If something is **stale**, it is no longer fresh and usually tastes bad. **(o chlebie) nie świeży; czerstwy**

stalk vegetable [N-COUNT-U5] A **stalk vegetable** is a plant that has an edible stem, or long part above the ground. Asparagus and celery are examples of stalk vegetables. **warzywo łodygowe**

staple [N-COUNT-U10] A **staple** is a food that is very commonly eaten and is a main source of nutrition. **pokarm podstawowy, podstawa diety**

steak [N-UNCOUNT-U1] **Steak** is a type of beef from the hindquarters of the cow or bull. **steak**

stuffed pasta [N-UNCOUNT-U7] **Stuffed pasta** is a type of pasta dish with ingredients inserted inside pockets of pasta. **makaron nadziewany**

sugar [N-UNCOUNT-U14] **Sugar** is a white, powdery substance that is used to make sweet foods. **cukier**

sugar-free [ADJ-U14] If something is **sugar-free**, it is sweetened with a substance other than sugar. **bez cukru, bez cukrowy**

syrup [N-COUNT-U14] A **syrup** is a thick liquid that usually has a sweet flavor. **syrop**

thaw [V-T-U5] To **thaw** something is to heat it so that it is no longer frozen. **rozmrażać**

to go [ADV-U12] If a meal is prepared **to go**, it is packaged for easy transportation so that someone can take it out of a restaurant and eat it somewhere else. **na wynos**

toast [N-UNCOUNT-U10] **Toast** is bread that has been heated briefly to make it crisp and brown on the outside. **grzanka, tost**

topping [N-COUNT-U14] A **topping** is an ingredient that is added on top of a dish at the end of the preparation process. **przybranie, dodatek**

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tree fruit [N-COUNT-U4] A **tree fruit** is a fruit that grows from a tree. Apples, pears, and peaches are examples of tree fruits. **owoc rosnący na drzewie**

tropical [ADJ-U4] If a fruit is **tropical**, it grows in very warm, wet climates. Bananas, pineapples, and mangoes are examples of tropical fruits. **tropikalny (owoc)**

tuber vegetable [N-COUNT-U5] A **tuber vegetable** is a plant that has an edible thick stem that grows underground. Potatoes and yams are examples of tuber vegetables. **warzywo bulwiaste**

vanilla [ADJ-U14] If something is **vanilla**, it has a flavor that comes from a certain type of tropical bean. **waniliowy**

veal [N-UNCOUNT-U1] **Veal** is the meat of a calf consumed as food. **cielęcina**

vegetable [N-COUNT-U5] A **vegetable** is a leaf, stem, root, or other part of a plant that is eaten. **warzywo**

vitamin C [N-UNCOUNT-U4] **Vitamin C** is a substance found in some foods that contributes to healthy skin, bones, and immune function. **witamina C**

wheat [N-UNCOUNT-U8] **Wheat** is a type of grain that is used commonly to make breads and other flour-based foods. **pszenica**

white bread [N-UNCOUNT-U10] **White bread** is bread that is made using flour without bran. **białe pieczywo**

white rice [N-UNCOUNT-U8] **White rice** is rice with the layer of bran removed. **biały ryż**

whole [ADJ-U2] If a fish is **whole**, it has not been altered or cut open since it was removed from the water. **(o rybie) niesprawiona**

whole grain [ADJ-U8] If something is **whole grain**, it is made with grain with the layer of bran still intact. **pełnoziarnisty**

whole wheat bread [N-UNCOUNT-U10] **Whole wheat bread** is brown bread that is made with flour containing bran. **chleb pełnoziarnisty**

wild rice [N-UNCOUNT-U8] **Wild rice** is a grain that grows from a particular shallow-water grass, and is usually black. **dziki ryż**

wine [N-COUNT-U12] A **wine** is an alcoholic drink that is made from grapes and is often served in formal environments. **wino**

yogurt [N-COUNT-U3] A **yogurt** is a soft substance that is made by adding non-harmful bacteria to milk. **jogurt**