

Vocabulary		
Ways to prepare food	Ways to cook food	Things we used to prepare and cook food
To chop To grate To mash To slice Toast, stir	To bake To boil To fry (Deep fry, Stir fry) To grill To Roast To smoke	Bowl Knife Oven Pan Spoon Stove

Reading 14.3

14.3 Reading



What characterizes national styles of cooking the most?

Some countries are famous for their cooking. Often, it's because their food has a particular characteristic. But what really characterizes national styles of cuisine? Is it mixtures of ingredients – the meat, the vegetables, the spices? Or is it cooking methods – how the ingredients are sliced, grated or mashed, and then fried, baked, grilled or roasted?

The obvious answer is, it's a blend of both. But surely one aspect – mixture or method – has to be more important than the other.

Follow up 14.3

From the article find:

1: 3 ways of preparing the vegetables: _____, _____, _____,

2: 4 methods of cooking: _____, _____, _____, _____.

Practice Exercise 1

Audio link: <https://www.inlingua.com/audios>

14.3 Listening (Track 54)



Below is Harry Ingham's opinion on the question raised in the article in Reading 14.3. Try to complete the transcript using the types of cooking equipment below.

Then listen and check your answers.

bowls frying pans knives ovens pans spoons stoves

"I don't really think you can say that cooking methods characterize cooking styles in different countries. I've been in busy restaurant kitchens all over the world, and in any kitchen you see all kinds of cooking methods used. On the **1** _____ you see **2** _____ with stuff boiling inside, **3** _____ full of food cooking in oil. All kitchens have **4** _____ where they bake things, roast things. There are always people chopping things with **5** _____, mixing things in **6** _____ with **7** _____. Basic cooking equipment and basic cooking methods are more or less the same around the world. It's the ingredients that make the difference."

Practice Exercise 2

Match the pairs to complete the texts from recipes.

Chop it with a sharp	1	A	spoon.
Boil it in a large	2	B	knife.
Roast it in the	3	C	barbecue.
Stir it with a wooden	4	D	oven.
Grill it on the	5	E	pan.

Practice Exercise 3

Complete 1–8 with examples of types of food that are often prepared or cooked in the ways described.

- | | | | |
|-----------------|----------------------|-----------------|----------------------|
| 1 You can fry | <input type="text"/> | 5 You can boil | <input type="text"/> |
| 2 You can grill | <input type="text"/> | 6 You can mash | <input type="text"/> |
| 3 You can bake | <input type="text"/> | 7 You can grate | <input type="text"/> |
| 4 You can roast | <input type="text"/> | 8 You can chop | <input type="text"/> |

ANSWERS

Follow up 14.3

1. slicing, grating, mashing
2. frying, baking, grilling, roasting

Practice Exercise 1

1. stoves
2. pans
3. frying pans
4. ovens
5. knives
6. bowls
7. spoons

Practice Exercise 2

1. B
2. E
3. D
4. A
5. C

Practice Exercise 3

Example answers. Many others are possible too.

1. chicken, potatoes, vegetables
2. vegetables, sandwiches, fish
3. cake, bread
4. meat, cottage cheese, potatoes, sweet potatoes
5. eggs, vegetables
6. potatoes
7. carrot, radish, ginger
8. vegetables, fruit