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3.18 A cooking show.

- * Food preparation methods .
- * Food vocabulary .



Listen to the next audio, complete the missing vocabulary.



Word bank 1.



To fry.



Fried eggs.



Fried chips/ fries.



Fried noodles



To grill.



Grilled meat



Grilled shrimp



Grilled salmon



To steam



Roasted lamb.



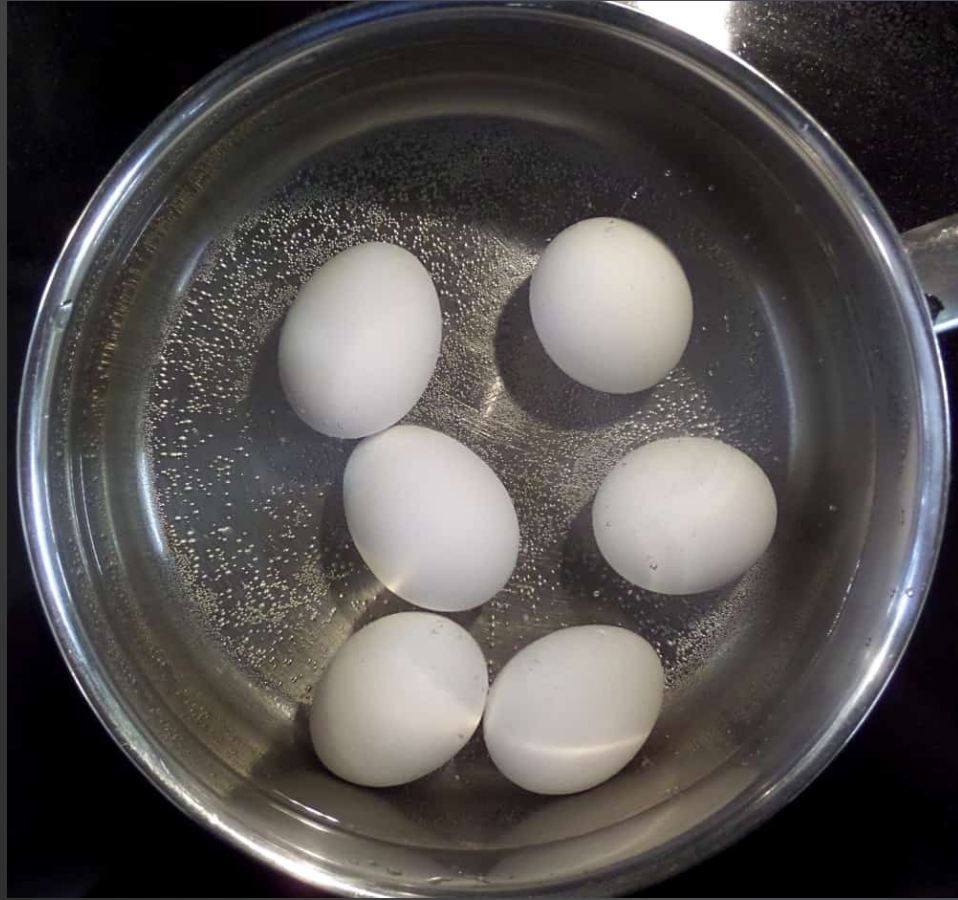
Barbecued beef.



Smoked chicken



Raw fish.



Boiled eggs.

Dominican Fried Chicken



If you like fried chicken, try “Dominican Fried Chicken”, the Dominican version of fried chicken. It's one of those iconic Caribbean fusion dishes with a Spanish influence. The chicken is marinated in lime and garlic, then coated in seasoned flour and fried. For a well-balanced, satisfying meal, serve the fried chicken strips with traditional rice and beans or potato wedges.

Can you “deep fry” some vegetables or “steam” chicken?



Pickled Cabbage



Pickled cabbage is a delicious condiment to have on hand since it goes with just about everything. In addition to the tangy flavor, pickled red cabbage brings a pop of bright color to a plate; when the acidic vinegar brine comes into contact with the cabbage, the vegetable goes from deep purple to a beautiful shade of red.



Spoon some pickled cabbage on top of fish tacos, hot dogs, and burgers, as well as pulled pork sandwiches. You can also mix it with chopped cilantro and sliced green onions and serve it with chicken or meat as a flavorful and colorful topping.

Ingredients.

1/2 medium head red cabbage (about 2 pounds)

1 1/4 cups of water

1 1/4 cups of apple cider vinegar

1 1/2 teaspoons kosher salt

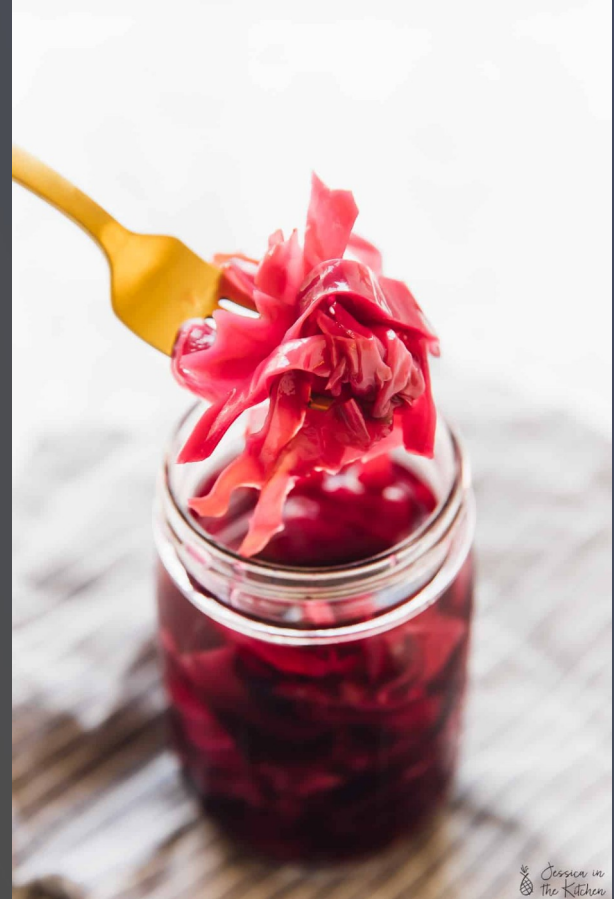
2 teaspoons sugar

A pinch of red pepper flakes, optional

2 cloves of garlic, sliced

2 teaspoons of coriander seeds

12 black peppercorns





- 1. Gather the ingredients.**
- 2. Using a large sharp knife, a mandoline, or a food processor fitted with the slicing disc, slice the cabbage into thin shreds. Set aside.**
- 3. Put the water, vinegar, salt, sugar, pepper flakes, garlic, coriander, and peppercorns in a saucepan and bring it to a boil over high heat.**
- 4. Put the shredded red cabbage in a bowl and then pour the hot brine over it.**



5. Divide the brined cabbage between 2 (1-pint) jars.
6. Place the lids on the jars and refrigerate for at least 2 hours before serving. For the best flavor, however, refrigerate for 24 to 48 hours before serving. This recipe can keep in the fridge for about 7 days.

Have you tried any of those dishes before?



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¿Quieres aprender Ingles con un nuevo método mixto que te permita ser autodidacta, avanzar a tu propio ritmo y a cualquier hora, pero que al mismo tiempo te de la opción de solicitar asesorías para aquellos temas que te parecen mas complicados?

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