

Sarah: [][][][][][][] it is! Now when you look at a recipe you'll see lots of [][][][][][][][][][][] for your ingredients. For example, 250 [][][][] of pasta. 1 and 1/2 a cup of [][][][][][] tomatoes. 1/2 a cup of [][][][][][]. Two [][][][][][] of [][][][][][]. Some [][][][][][]. One [][][][][][][][][][] of oil. A [][][][][][] of [][][][][][]. A [][][][][][] of [][][][][][]. 500 [][][][][][][][][][][] of water and some parmesan [][][][][][]. Have we got [][][][][][][][][][][]?

Jack: [][][]!

Sarah: What about [][][][][][][][][][][]?

Jack: Yeah, it's good to know the [][][][][][] of some of the [][][][][][] you'll be using in the kitchen. There's a [][][][][][][][][][][] that you use to [][][][][][] things. A [][][][][][], a [][][][][][], [][][][][][], [][][][][][]. Oh, a [][][][][][] for [][][][][][][][][][][], and [][][][][][][][][][][] which you do on a [][][][][][][][][][][] or [][][][][][]. You might use a [][][][][][][][][][][]. Oh and then there's [][][][][][][][][][][] cups and [][][][][][].

Sarah: Then we have our and .

We've got , and a and a pan. We use a frying to fry something on a . Frying means to cook something in oil in a pan or you can fry it using more oil. To fry something is to é it. You can also something which means to cook it in water. You know it's when it to like this. If I it down, it's called . You can also things in the and that's called . means to cook something in heat, in an . You can also use an oven to things like and . Or you can something by it to or you can toast it.

Jack: also means bread,
which you make in a . Ok Sarah,
what does the say?

Jack: We need lots of cheese on top.

Sarah: You can also say a 'little' or a 'little bit' which is less than 'some'.

Jack: I'm just going to add a little bit of salt to this.

Sarah: A bit of to .

Jack: Looks great.

Sarah: There we go! Well now we've done all this hard work it's time to eat.

Jack: See you next time!

Transcript:

Sarah: Jack you asked me to meet you in the kitchen. What's going on?

Jack: Well, today we're talking about cooking so the kitchen seemed like a good place to start.

Sarah: Fair enough.

Jack: Vocabulary for food and cooking can get technical so it's good to familiarise yourself with some commonly used words. Let's start with a recipe. A recipe is a list of ingredients (things that go into a dish) and instructions showing you how to make it. So, what are we going to make today, Sarah?

Sarah: Well, there are recipes for a few different cuisines here. We've got: Japanese, Indian, Italian, Spanish.

Jack: How about pasta?

Sarah: Italian it is! Now when you look at a recipe you'll see lots of measurements for your ingredients. For example, 250 grams of pasta. 1 and 1/2 a cup of chopped tomatoes. 1/2 a cup of tomato paste. Two pieces of chicken. Some garlic. One tablespoon of oil. A pinch of salt. A bunch of basil. 500 millilitres of water and some parmesan cheese. Have we got everything?

Jack: Yep!

Sarah: What about cooking utensils?

Jack: Yeah, it's good to know the names of some of the tools you'll be using in the kitchen. There's a wooden spoon that you use to stir things. A ladle, a spatula, tongs. Oh, a knife for cutting, slicing and dicing which you do on a chopping board or block. You might use a grater. Oh and then there's measuring cups and spoons.

Sarah: Then we have our pots and pans. We've got saucepans, and a wok and a frying pan. We use a frying pan to fry something on a stove. Frying means to cook something in oil in a shallow pan or you can deep fry it using more oil. To fry something quickly is to sauté it. You can also boil something which means to cook it in water. You know it's boiling when it starts to bubble like this. If I turn it down, it's called simmering. You can also cook things in the steam and that's called steaming. Roasting means to cook something in dry heat, usually in an oven. You can also use an oven to bake things like cakes and bread. Or you can grill something by exposing it to heat or you can toast it.

Jack: Toast also means cooked bread, which you make in a toaster. Ok Sarah, what does the recipe say?

Sarah: It says to boil the water with a pinch of salt and then add the pasta. You can chop the tomatoes and then we have to sauté them.

Jack: Should we fry the chicken or roast it?

Sarah: Well it says to steam it but I think we should fry it! It'll taste better.

Jack: How many pieces of chicken again?

Sarah: Two!

Jack: And how much oil should I use?

Sarah: Just two tablespoons. 'Much' and 'many' are words we use to describe quantity. We use 'how many' when you can count something. For example: How many tomatoes? How many carrots? We use 'much' when we can't count something. For example: How much salt? Or, how much oil? You can also use 'some' and 'lots of'. Lots of is more than some.

Jack: We need lots of cheese

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 on top.

Sarah: You can also say a 'little' or a 'little bit' which is less than 'some'.

Jack: I'm just going to add a little bit of salt to this.

Sarah: A bit of

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 to















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














Jack: Looks great.
























Sarah: There we go! Well now we've done all this hard work it's time to eat.





Jack: See you next time!

Dictionary:	
 kitchen	厨房→['kiCHən]→noun 厨房,厨,灶,庖,炊具
 seemed	似乎→verb 似乎,显得,仿佛,似,觉得,像,象,若,见得
 place	地点→[plās]→noun 地点,地方,位置,场所,地,处,位,地位,去处,所,部位,点,场地,场,座,位子,座位,席,境,禺; verb 放置,置于,放,摆,摆放,置,安放,寄托,寄予,停放,搁,扣,寄,竖,竖立,厝,摆列
 fair	公平→[fe(ə)r]→adjective 公平,公正,公,持平,允,均等,义,好,清澈,合理的; noun 博览会,市集,庙会,美女; adverb 马马虎虎,诚实地,老实地,直接地
 enough	足够→[i 'nəf]→adjective 足够,足以,足,够数; noun 够,充足; adverb 足,彀
 vocabulary	词汇→[vi-,vō 'kabyə ,lerē]→noun 词汇,语汇,词汇表
 technical	技术→['teknikəl]→adjective 技术,技术性,工业用的,特种的,专门的,专业的
 familiarise	熟悉→[fə 'milyə ,rɪz]
 yourself	你自己→[yōōr-,yōr-,yər 'self]→pronoun 你自己
 commonly	常用→['kämənlē]
 ingredients	配料
 dish	碟→[diSH]→noun 菜,盘,碟,盘子,盎,菜蔬,盏; verb 提出
 instructions	说明→noun 训词
 showing	展示→['SHō-iNG]→noun 发现
 different	不同→['dif(ə)rənt]→adjective 不同,异,差,殊,和... 不同,迥庭
 cuisines	美食→[kwi 'zēn]→noun 饭,烹饪法
 indian	印度人→noun 印度人; adjective 印度人的
 spanish	西班牙语→noun 西班牙人; adjective 西班牙的
 pasta	意大利面条→['pastə, 'pästə]→noun 面食,通心粉,意大利面制品
 italian	意大利→noun 意大利人; adjective 意大利的
 measurements	测量→noun 尺寸,度量衡,大小
 grams	克→noun 克,鹰嘴豆,公分
 chopped	切碎的→adjective 切好了的
 tomato	番茄→[- 'mätō,tə 'mätō]→noun 西红柿,蕃茄
 paste	糊→[päst]→noun 糊,膏,浆糊,酱,软膏,粘,面糊; verb

	贴,粘,粘住
 pieces	件→noun 片,一块,块,一片,部分,个,篇,棋子,瓣,篇子; verb 拼凑,拼合,拼,连贯,紕,拚
 chicken	鸡→['CHikən]→noun 鸡,鸡肉,雏鸡,鸡子
 garlic	大蒜→['gärlik]→noun 大蒜,蒜
 tablespoon	汤匙→['tābəl,spoon]
 pinch	捏→[pinCH]→verb 捏,掐,拧; noun 撮,拧,匮乏
 salt	盐→[sôlt]→noun 盐,食盐,盐巴,卤,馓; verb 腌; adjective 含盐的,盐的
 bunch	束→[bənCH]→noun 束,捆,簇,炷,聚束; verb 捆,掐,系
 basil	罗勒→['bazəl,'bāzəl]→noun 蓬蒿
 millilitres	毫升→noun 毫升,公撮,千分之一公升
 cheese	起司→[CHēz]→noun 奶酪,干酪,乳酪,酪
 everything	一切→['evrē,THiNG]→pronoun 一切,事事,万事,诸,一切事物; noun 万事
 yep	是的
 cooking	烹饪→['kōōkiNG]→noun 烹饪,烹; adjective 烹饪的
 utensils	餐具→noun 用具,器具,具,器,器物,工具,家伙,傢器,傢生
 names	名
 tools	工具
 wooden	木→['wōōdn]→adjective 木,呆
 spoon	勺→[spoon]→noun 勺,匙,调羹,杓,杓子; verb 舀
 stir	搅拌→[stər]→verb 搅拌,轰动,搅,搅动,动,拨,动弹,吹拂,勔,擣,竦励; noun 轰动,移动,运动,运行
 ladle	杓→['lād1]→noun 杓,瓢,马勺,匕,舀子,杓子; verb 盛
 spatula	抹刀→['spaCHələ]→noun 抹刀,炒菜铲
 tongs	钳→[tāNGz,tōNGz]→noun 钳,夹钳
 knife	刀→[nif]→noun 刀,刀子; verb 铡
 cutting	切割→['kətiNG]→noun 插条,插枝,鏊; adjective 尖利,切断的
 slicing	切片→verb 切片,切,裁
 dicing	切割→verb 掷骰子,丢弃
 chopping	斩波→noun 搓球; adjective 遽变的
 board	

	板→[bôrd]→noun 板,板子,木板,部,木版,管理,舷,镶板; verb 上,包饭,寄宿,铺地板
 block	块→[bläk]→noun 块,木块,分段,机组,街段; verb 阻止,阻塞,堵塞,阻碍,挡,堵,拦网,阻,拦阻,截断,拦,梗阻,梗塞,障碍,壅,湮,惋,嗝,窒,梗
 grater	擦菜板→['grätər]→noun 擦菜板,摩擦音者
 measuring	测量→noun 测量,度量衡
 spoons	匙→noun 勺,匙,调羹,杓,杓子; verb 舀
 pots	罐→noun 锅,壶,罐,煲,盆,锅子,盎,贺; verb 罐,在锅中煮
 pans	锅→noun 锅,杆,平锅
 saucepans	锅→noun 平底锅,煲
 wok	炒锅→[wäk]
 frying	油炸→verb 炒,鱼苗,炸,油炸,油煎,熟,烹,用油炸
 pan	泛→[pan]→noun 锅,杆,平锅
 stove	火炉→[stöv]→noun 火炉,炉,炉灶,炉子,锅
 shallow	浅→['SHalō]→adjective 浅,浅薄,肤浅,粗浅,浅陋,鄙陋,表面,轻,谏,浅; verb 变浅,浅起来; noun 浅滩
 deep	深→[dēp]→adjective 深,深刻,深深,深厚,深切,深沉,渊,厚,冥,沉,渊深,邃,湛,覃,窈,窕,采,浏,诡计多端的; noun 深处,深渊,湛,浓度,采; adverb 覃,深入地
 quickly	很快→['kwiklē]→adverb 很快,赶快,赶忙,猛,霍,霍然,如飞,遄,铤
 saut	兼用
 boil	煮→[boil]→verb 煮,熬,烧开,沸,煲,滚,烹,煮熟,淪,炆,脲; noun 沸腾,疗,瘡,脓肿
 boiling	沸腾→['boiliNG]→noun 沸腾; adjective 沸腾的
 starts	启动→verb 开始,启动,起动,开头,始,起,开工,开,启,开办,发动,开动,起头,开展,开幕,开创,创,草创,搞,掀起,开辟,惊,谗,兴,摠愤; noun 开端,开头,始,头,初期,初,发端
 bubble	气泡→['bəbəl]→noun 气泡,泡沫,泡,幻想,沔; verb 冒泡,起泡,沸腾,涌,涌
 turn	转→[tərn]→verb 转,转动,翻,轮流,弯,化,拐,幹,摇,掉,翻倒,捩,扭; noun 翻,轮流,顺序,翻转,车,弯子,翻倒
 simmering	暗流涌动→verb 煨,炖,熬,拼命忍住

 cook	厨师→[kōök]→noun 厨师,厨子,炊事员,厨司; verb 煮,烹调,烹饪,烹,炊,爨,烧,煲,脬,起火
 steam	蒸汽→[stēm]→noun 蒸汽,汽,水蒸气,热气,暖气,汽笛,馥; verb 蒸,蒸,回笼,炊,废话; adjective 蒸汽的
 steaming	腾腾→['stēmiNG]→adjective 腾腾; noun 汽化,蒸发
 roasting	焙烧→['rōstiNG]→verb 烤,烧,焙烧,炙,焦,熟
 dry	干→[dri]→adjective 干,干燥,干旱,燥,涸,索然,焯,蒺,瞋; noun 干,旱地,旱田,陆地,焯; verb 干,槁,焯,悞
 usually	平时→['yōōZHōōəlē]→adverb 平时,常常,平常,平素,素来
 oven	烤箱→['əvən]→noun 烤箱,炉,烤炉,窑
 bake	烘烤→[bāk]→verb 烘烤,烤,烘,烙,焙烧,焙,烧
 cakes	蛋糕→noun 蛋糕,饼,糕,糕点,粳,糕饼,豆饼,饽饽,饽,糗,饼饵,嘎,西薄; verb 烧结
 bread	面包→[bred]→noun 面包,生计
 grill	烤架→[gril]→noun 烤架,烤肉,烤鱼; verb 烤,烧
 exposing	曝光→verb 暴露,露出,揭发,曝露,揭,露,戳穿,拆穿,暴,面,摆出,搬出,褻,加以,使 ... 受到
 heat	热→[hēt]→noun 热,热力,热度,热气,燥热,暑,暑气,炆,炊; verb 发热,煲,燂,熬
 toast	烤面包→[tōst]→noun 祝酒,多士,烤面包; verb 烤,烘烤,喝酒,酬,喝酒失控
 cooked	熟→adjective 脛
 toaster	烤面包机→['tōstər]
 recipe	食谱→['resə,pē]→noun 食谱,方剂,烹饪法
 chop	劈→[CHäp]→verb 劈,斩,剁,砍,斫,斲,削,裁,荆,鐮; noun 砍,斲,脞,官印,商标
 taste	味道→[tāst]→noun 味道,味,气味,脾胃,好恶; verb 品尝,品味,尝,滋味,趣味,啖,啜,辨尝,嚐,尝受,尝味
 better	更好→['betər]→adjective 更好,较好,强,优胜,优越,愈,上; adverb 更好,宁愿,爽性; verb 改进,改善,赢,轶
 tablespoons	汤匙
 quantity	数量→['kwäntätē]→noun 数量,量,份量,额
 tomatoes	番茄→noun 西红柿,蕃茄

 carrots	萝卜→noun 胡萝卜,红萝卜,胡罗卜,胡萝卜
 grated	磨碎
 parmesan	巴马
 garnish	装饰→['gärniSH]→verb 装饰