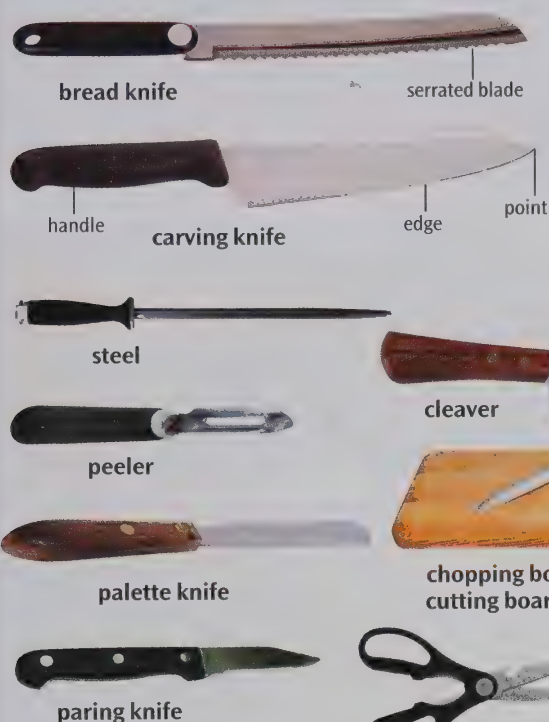


Kitchen utensils

Cutting



Measuring



Opening



Crushing, grating, squeezing



Other utensils



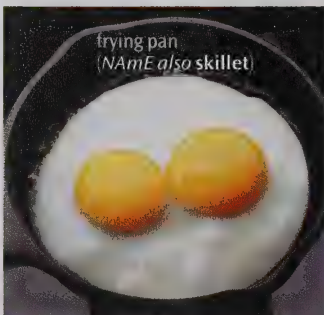
Cooking



flambé



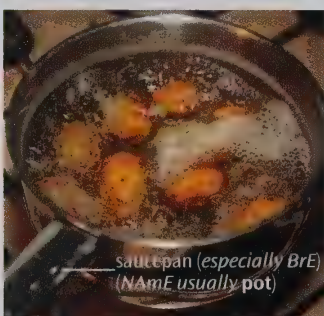
stir-fry



fry



barbecue



boil



steam



bake



casserole

Cook

- When talking generally about preparing meals, use the verb **to cook**:
 - ▶ *When you're cooking for your family, make an extra serving.*

You can **cook** food or a meal:

- ▶ *Lucas is cooking dinner.*
- ▶ *Cook the onion gently until soft.*

... or the food or the meal can **cook**:

- ▶ *Add the meat and let it cook for ten minutes.*

There are different verbs for particular ways of cooking: with water or oil, or in dry heat.

Fry

- You can **fry** meat, fish, eggs, etc. in a shallow pan of hot oil, or the meat, fish, eggs, etc. can **fry**:
 - ▶ *Fry the onion and garlic for five minutes.*
 - ▶ *The smell of frying bacon made her mouth water.*
- Chips (BrE) / French fries (NAE), etc. can be completely covered in very hot oil and **deep-fried**.
- You can **sauté** food by frying it quickly in a little hot fat:
 - ▶ *new potatoes sautéed in butter and thyme*

Boil

- You can **boil** vegetables, eggs, rice, etc. by covering them with water and heating to **boiling point** (=100°C):
 - ▶ *Boil the potatoes until tender, then drain.*
- You can also just **boil** the water:
 - ▶ *I'm boiling the water for the pasta now.*
- ... or the container the water is in:
 - ▶ *Boil a large pan of salted water.*
- The vegetables, the water, or (in British English) the container, can **boil**:
 - ▶ *The potatoes were boiling away merrily.*
 - ▶ *The kettle's boiled! Do you want some tea? (BrE)*
- If you **bring something to the boil** (BrE) / **a boil** (NAE) you heat it until it boils; you can then **simmer** it or let it **simmer** by letting it boil gently for a period of time:
 - ▶ *Simmer the carrots in a large pan of water.*
 - ▶ *Bring to the boil and let it simmer for five minutes.*
- You can **poach** food by cooking it gently in a small amount of liquid:
 - ▶ *Gently poach the salmon fillets for eight minutes.*

Preparation



chop



dice



slice



knead



roll out



mash



grate



whip

Steam

- You can **steam** fish, vegetables, etc. by placing the food above boiling water in a covered container with holes in the bottom so the steam reaches it:
 - ▶ *Chinese rice is always white and usually prepared by steaming.*

Roast

- You can **roast** large pieces of meat, potatoes, etc. by covering the surface of the food with oil in the heat of an oven.

Grill

- You can **grill** (BrE) / **broil** (NAme) food under direct heat on a **grill pan** (BrE) / **broiler pan** (NAme).

Bake

- You can **bake** bread, cakes, potatoes, etc. in the dry heat of an oven or a fire:
 - ▶ *He baked a cake for her birthday.*
- ... or the bread, cakes, etc. can **bake**:
 - ▶ *While the cake is baking, avoid opening the oven door.*
- Baking** can be used for things that are baked, or for the activity of baking them:
 - ▶ *A nice smell of baking came from the kitchen.*
 - ▶ *My grandmother always used to bake/do the baking on Saturdays.*

GRAMMAR POINT

- The past participle (**-ed** form) of most cooking verbs can be used as an adjective before an item of food, meaning 'that has been cooked in this way':
 - ▶ *a cooked breakfast* (BrE)
 - ▶ *a warm breakfast* (NAme)
 - ▶ *a boiled egg*
 - ▶ *sautéed potatoes* (also *sauté potatoes*)
 - ▶ *BUT roast chicken*
- The gerund (**-ing** form) of some cooking verbs can be used as an adjective before an item of food, meaning 'suitable to be cooked in this way':
 - ▶ *cooking apples* (= that must be cooked before they are eaten)
 - ▶ *stewing steak*
- ... or before a piece of equipment, meaning 'suitable to be used when cooking in this way':
 - ▶ *a frying pan*
 - ▶ *a baking tray* (BrE) / *baking sheet* (NAme)

Fruit and vegetables

- Some fruit and vegetables are always countable:

► *Do you like bananas?*

Some are always uncountable:

► *Celery is usually eaten raw.*

- Some may be countable or uncountable, depending on whether you are thinking of them as plants or as food and on how they are prepared as food. If you are thinking of a fruit or vegetable as a plant you are usually talking about the whole fruit or vegetable, so it will be countable:

► *Plant the cabbages in rows.*

- Larger fruit or vegetables, that you do not eat whole, are uncountable as food:

► *duck with spring cabbage*

Others may be eaten whole (countable)...

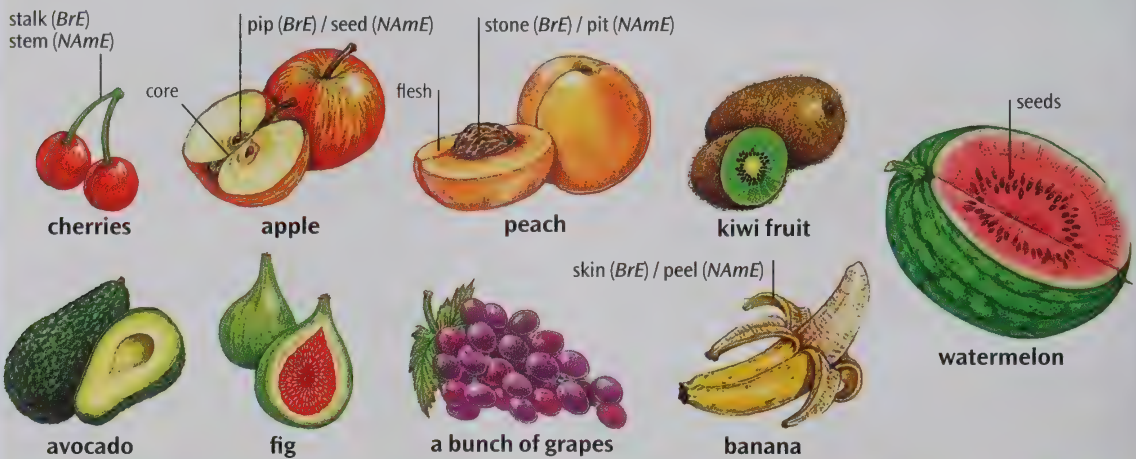
► *baked apples*

► *baby carrots*

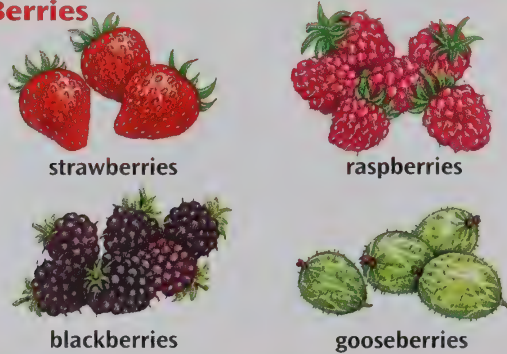
... or prepared in such a way that they are not eaten whole (uncountable in British English but still countable in American English):

► *stewed apple (BrE) / stewed apples (NAme)*

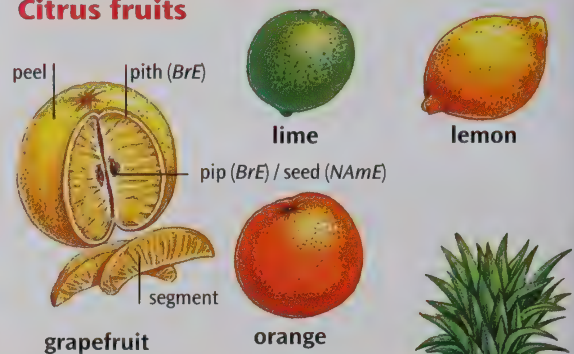
► *grated raw carrot (BrE) / grated raw carrots (NAme)*



Berries



Citrus fruits

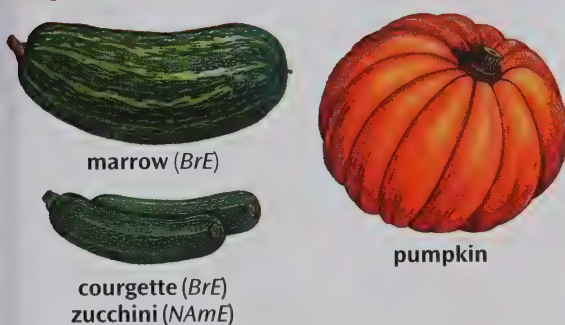


Tropical fruits

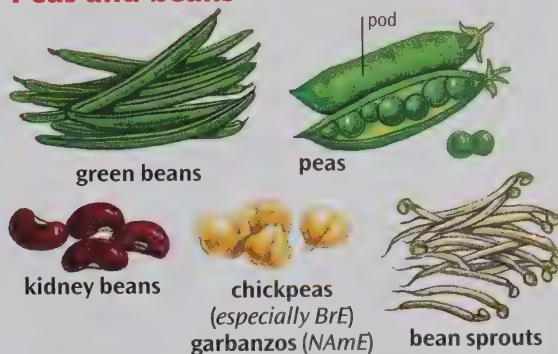




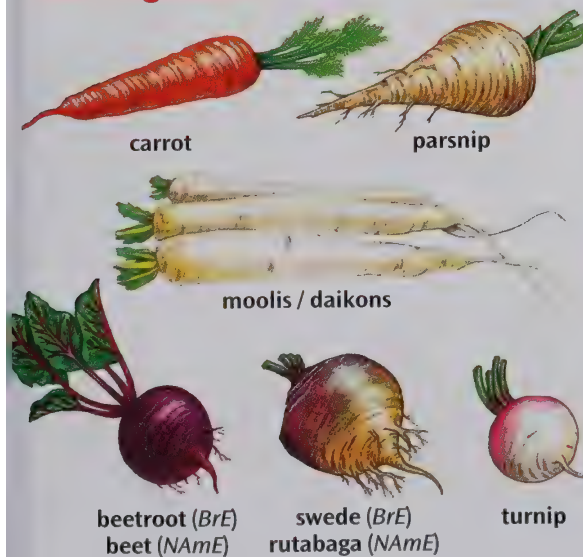
Squash



Peas and beans



Root vegetables



Salad vegetables



Herbs, spices, nuts and cereals

Herbs



bay



sage



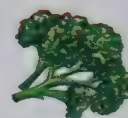
basil



oregano



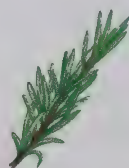
mint



parsley



thyme



rosemary



dill



tarragon



chives

coriander
(NAme also cilantro)

Spices



cloves



black peppercorns



star anise



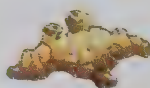
cinnamon



cardamom



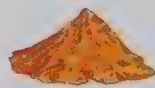
nutmeg



ginger



saffron



turmeric



paprika



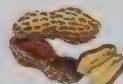
cumin seeds

coriander
seeds

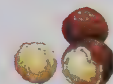
Nuts



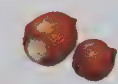
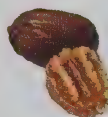
cashew



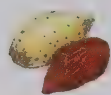
peanut



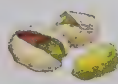
macadamia

hazelnut
(also filbert
especially
NAme)

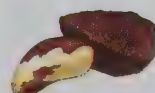
pecan



almond



pistachio



brazil



walnut



chestnut

Cereals



wheat

ear of
wheat

barley

maize (BrE)
corn (NAme)

rye



rice



oats

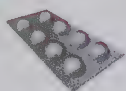


millet

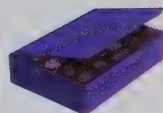
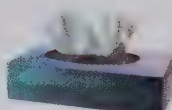
Packaging



multipack



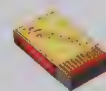
blister pack



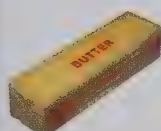
box



box (BrE also packet)



matchbox

packet (BrE)
stick (NAme)

stick

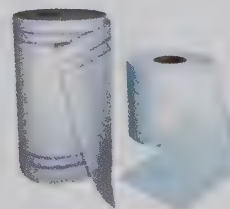
packet (BrE)
pack (NAme)packet (BrE)
package (NAme)packet (BrE)
roll (NAme)

cap / top



top

tube

sachet (BrE)
packet (NAme)

roll



straw

carton (BrE)
juice box (NAme)

carton



carton (BrE also pot)



tub

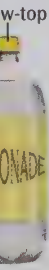


nozzle

aerosol can



can



bottle

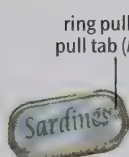
cork

screw-top



lid

tin

ring pull (BrE)
pull tab (NAme)

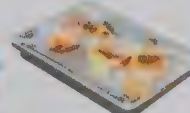
tin / can (both BrE) / can (NAme)



lid



punnet (BrE)

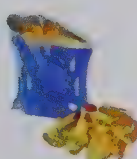


tray



jar

label



bag (BrE also packet)



bag



shopping bag

carrier bag
(BrE)

shopping basket

shopping trolley (BrE)
shopping cart (NAme)