

COOKING

1 Separate the following verbs into the three categories below, then describe the difference between them saying what kinds of foods are typically prepared in this way.

thicken poach crush stir stew scramble
 roast peel simmer chop blend dice
 microwave boil mince purée fry grill
 quarter bake whip beat steam sauté

CUTTING	COOKING	MIXING
<i>slice</i>		

2 In pairs, make notes in your own language as your partner dictates a recipe to you. Then write a recipe for your favourite meal.

Chicken Parmesan (serves 2)

2 full chicken breasts, boned	3 tsp. oregano some flour
1 16 oz tin tomato paste	2 tsp. dried basil
3 eggs	1/4 lb. parmesan cheese
3 cloves garlic	1 tsp. salt
juice of 1 lemon	1/2 lb. mozzarella cheese
1 onion	1 tsp. pepper
1 package breadcrumbs	

In a large bowl, beat the eggs. Mix in the lemon juice and a pinch of parmesan cheese. Add chicken breasts, making sure that they are completely covered by the egg mixture, and allow to marinate for 6 hours.

Preheat oven to 200° C.

Peel and crush the garlic. Dice the onions. Cover the bottom of a small saucepan with a thin layer of olive oil, add the garlic, onions, oregano, and basil. Sauté over low heat until soft. Add tomato paste and simmer for 30 minutes.

Heat a thin layer of olive oil in a small pan. Take chicken breasts from the egg mixture and cover in a light layer of flour. Dip chicken back into the eggs and then cover with a generous layer of breadcrumbs. Place gently in the pan and brown lightly on both sides.

Pour enough tomato sauce to cover the base of a small casserole dish. Add the chicken breasts, cover with the remainder of the sauce and sprinkle the grated cheese on top. Bake for 15-20 minutes or until the cheese is golden brown.

Serve with spaghetti or oven-baked potatoes, mixed green salad, and a good red wine.

Bon Appetit!

Cooking

Seasonings

(black) pepper
 white pepper
 red pepper / paprika
 thyme
 parsley
 sage
 basil
 chives
 dill
 rosemary
 marjoram
 curry (powder)
 oregano
 nutmeg
 clove(s)
 ginger
 mint
 aniseed
 cinnamon

cumin (powder)
 caraway
 allspice
 chillies
 soya sauce / soy sauce
 vinegar
 mustard
 salad dressing

Cooking

ingredients
 a pinch of
 to add
 to bring to the boil /
 a boil
 to dip
 to marinate
 to bottle
 to pickle
 baking tin
 casserole (dish)

saucepan
 frying pan
 dough
 pastry
 cornflour
 breadcrumbs
 self-raising flour
 baking powder
 gravy x sauce
 mashed potatoes
 purée(d) potatoes
 sauté(e) (potatoes)
 dumplings
 rice
 stewed fruit
 canned fruit

Cooking for pleasure

"The way to a man's heart is through his stomach."
 creating new dishes

collecting cook(ery) books
 exchanging recipes
 a foody (sb obsessed with food)
 gourmand / gourmet
 connoisseur
 luxury foods / fancy foods
 seafood
 salmon
 caviar
 lobster
 champagne / sparkling wine
 vintage wine
 quail's eggs
 snacks
 canapés
 open sandwiches
 sandwiches
 appetisers
 crisps (GB) / potato chips (US)
 peanuts

BRITISH VS. AMERICAN FOOD TRENDS

1 Here are some of the dishes currently found on menus on both sides of the Atlantic. Ask your teacher for help and decide whether the following dishes are on the American menu (on the left) or on the British one.

Bowl of Chips with Curry Sauce
Biscuits and Gravy
Buffalo Wings
Black Pudding Fritters

Breaded Scampi and Chips
BBQ Pulled Pork Sandwich
Roast Beef with Yorkshire Pudding
Shepherd's Pie
Lobster Roll
Brisket Enchiladas

Mushy Peas
Jacket Potatoes
Mac and Cheese
Cornbread

Apple Crumble
S'mores Brownie
Apple Pie with Ice Cream
Sticky Toffee Pudding



OCEAN DINER

STARTERS:

MAIN COURSES:

SIDES AND EXTRAS:

DESSERTS:

Ocean Diner is NOT a gluten-free environment and we use ingredients that contain some of the major FDA allergens (nuts, eggs, milk, fish, soy and wheat). Please consider this with your specific dietary needs as there may be a chance of cross contamination in the preparation of our dishes. Please ask your server if you have any questions or concerns.

FOOD

Main menu 11.30am - 11pm. Children's menu available.

The Beaten Docket

Cricklewood

STARTERS:

MAIN COURSES:

SIDES AND EXTRAS:

DESSERTS:

FOOD HYGIENE RATING
0 1 2 3 4 **5**

Food hygiene rating
We have been awarded the maximum food hygiene rating of 5 in our pub.

CERTIFIED SUSTAINABLE SEAFOOD
MSC
www.msc.org

Sustainable fish
The cod and haddock we serve come from fisheries which have been independently certified to the MSC's standard for well-managed and sustainable fisheries.

Specialities of British and American Cooking

cuisine / cooking	ready-to-serve	Tea	fruit juice
junk / fast food	convenience food	"put the kettle on"	mixers
hamburger with french fries (US) / chips (GB)	TV dinner	kettle for boiling water	teetotaler
hot dog	cook-chill food	teapot rinsed with hot water	Alcoholic drinks
steak	spare ribs	a teaspoonful for each cup and "one for the pot"	hard drinks / spirits / liquor (US)
T-bone	Coffee	an excellent brand of tea	liqueur
sirloin	black coffee	Darjeeling	scotch on the rocks
fillet	coffee with cream	Earl Grey	whisky (GB) / whiskey (US & Irish)
rump	espresso	China	beer and ale
barbecue	cappuccino	Soft drinks	bitter
pizza	caffeine	plain water / tap water	lager
haggis	decaffeinated coffee	mineral water	brown ale
fish and chips	"real" or instant	lemonade	stout / Guinness
roast chicken / turkey	filtered	apple cider (US)	"pint"
Yorkshire pudding	percolated	pop	"real ale"
Cornish pasty	Turkish	orange squash	cider
Irish stew	coffee mill / grinder	ginger ale	wine
roast beef	coffee machine (GB) / coffee maker (US)	soda × soda water	sherry
leg of lamb	coffee grounds	milkshake	ice cube
Sunday joint / roast	ground coffee	malted milk	cocktail drinks
lamb / pork chops		malt	short (GB) / shot (US)
ready-to-cook			to toast / drink sb's health

What is typically found on a restaurant menu in your country? Work in pairs or small groups to create a sample menu on the next page. Then, choose one of the following groups of questions to discuss.

- If you're from different countries...
 - What are the most common ingredients in each cuisine?
 - Which menu has healthier options?
 - If you could combine items from both menus, what would you pick?
 - Is eating out in your country expensive or affordable?
 - Which dish from your menu would you recommend to a visitor? Why?
- If you're from the same country...
 - Which ingredients appear in almost every dish in your country?
 - Has your country's cuisine changed to include healthier options?
 - Which traditional dish could improve with a modern twist?
 - Is eating out in your country expensive or affordable?
 - Which dish from your menu would you recommend to a visitor? Why?

MYSTERY DISH GUESSING GAME

Describe a dish from the menu without naming it, and your partner has to guess.

Example: It's creamy, cheesy, and sometimes comes with lobster! — Mac and Cheese!



MENU



STARTERS

MAIN COURSE

SIDES AND EXTRAS

DESSERT

MAKE A
Reservation
+123-456-7890