

FOOD

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6th – 9th class

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HOW TO PREPARE MEALS
VERBS RELATED TO COOKING

VERBS RELATED TO COOKING

to wash - to make something clean using water.

Example:

Wash the tomatoes thoroughly before cooking.



VERBS RELATED TO COOKING

to cut - to remove something or a part of something using a knife, etc.

Example:

Cut four thick slices from the loaf.



VERBS RELATED TO COOKING

to peel - to take the skin off fruit, vegetables...

Example:

Peel the potatoes.



VERBS RELATED TO COOKING

to dice - to cut something into small square pieces.

Example:

Dice cucumber.

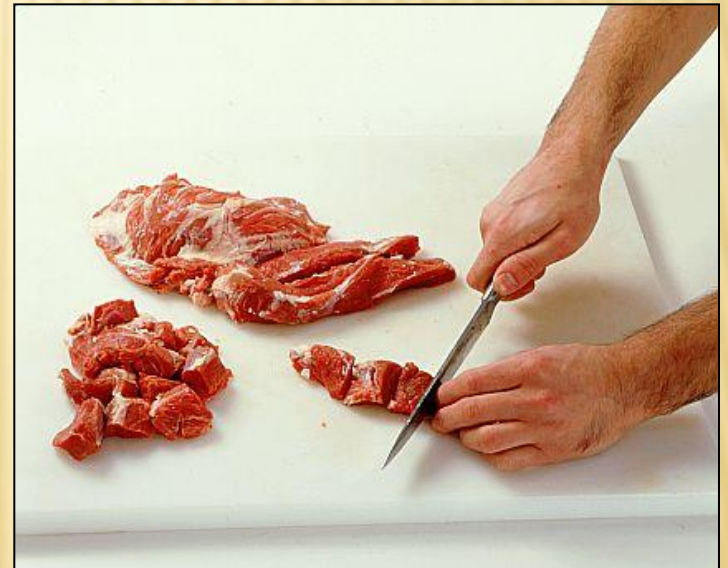


VERBS RELATED TO COOKING

to cube - to cut food into cubes.

Example:

Cube pork and beef.



VERBS RELATED TO COOKING

to chop - to cut something into pieces with a sharp tool such as a knife.

Example:

Roughly chop the cabbage.

Finely chop the parsley.

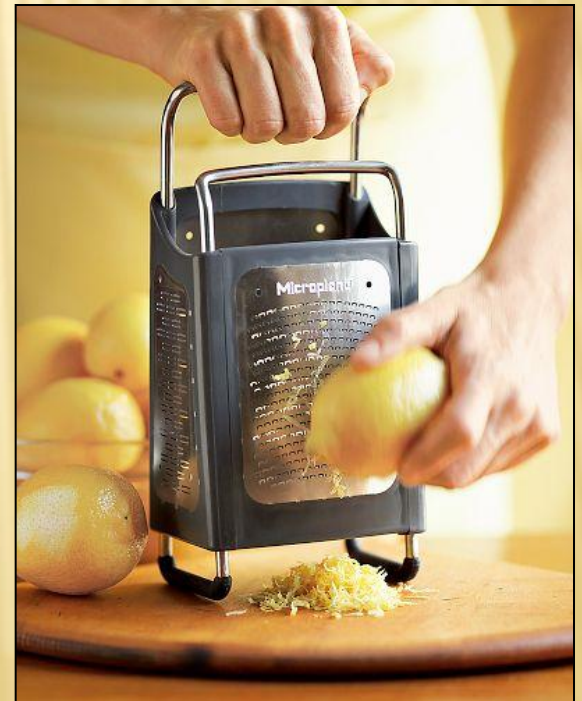


VERBS RELATED TO COOKING

to grate - to rub food against a grater in order to cut it into very small pieces.

Example:

Grate the lemon peel and sprinkle it over the cake.



VERBS RELATED TO COOKING

to shred - to cut or tear something into small pieces.

Example:

Shred the potato finely.

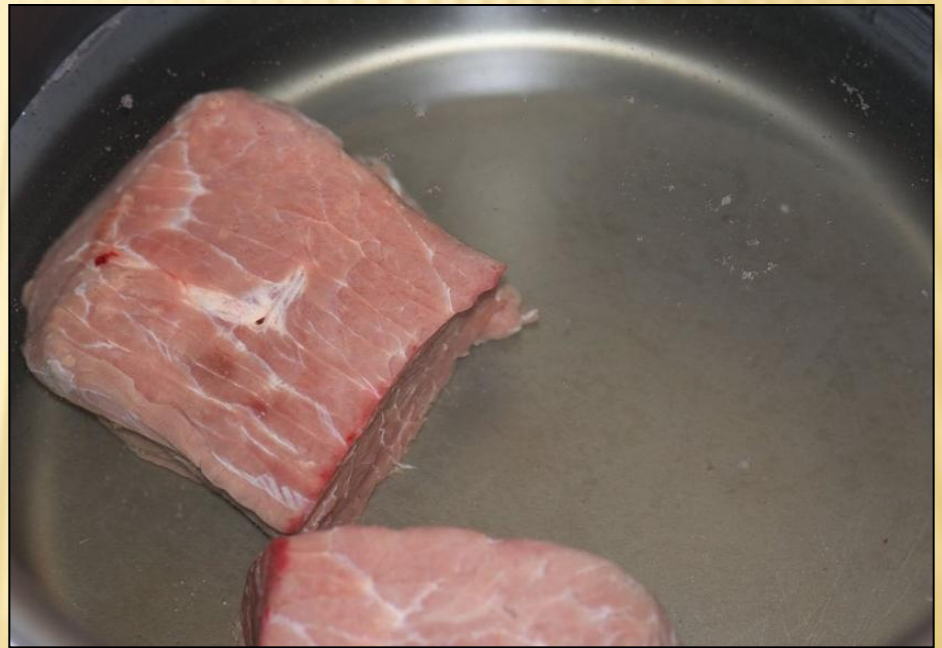


VERBS RELATED TO COOKING

to put - to move something into a particular place or position.

Example:

Put two pieces of pork meat into a pot .



VERBS RELATED TO COOKING

to add - to put something together with something else so as to increase the size, number, amount, etc.

Example:

Next add the flour.



VERBS RELATED TO COOKING

to knead - to press and stretch dough with hands to make it ready to use.

Example:

Add the water and knead the mixture well.



VERBS RELATED TO COOKING

to roll /out/ - to make something flat by pushing something heavy over it.

Example:

*Roll the pastry on
a floured surface.*



VERBS RELATED TO COOKING

to whip - to stir cream, etc. very quickly until it becomes stiff.

Example:

Whip the egg whites up into stiff peaks.



VERBS RELATED TO COOKING

to mash - to crush food into a soft mass.

Example:

Mash the fruit up with a fork.



VERBS RELATED TO COOKING

to mix - to prepare something by combining two or more different substances.

Example:

*Mix all ingredients together
in a bowl.*



VERBS RELATED TO COOKING

to dip - to put something into a liquid.

Example:

*Dip the apple
in hot chocolate.*



VERBS RELATED TO COOKING

to pour - to make a liquid or other substance flow from a container in a continuous stream, especially by holding the container at an angle.

Example:

Pour away as much fat as possible from the roasting pan.



VERBS RELATED TO COOKING

to grind / ground / ground - to break or crush something into very small pieces between two hard surfaces or using a special machine.

Example:

The coffee is ground to a fine powder.



VERBS RELATED TO COOKING

to strain – to pour food, etc. through something with very small holes in it, for example a sieve, in order to separate the solid part from the liquid part.

Example:

Strain off any excess liquid.



VERBS RELATED TO COOKING

to sprinkle – to shake small pieces of something or drops of liquid on something.

Example:

Sprinkle chocolate on top of the cake.

Sprinkle the meat lightly with salt.



VERBS RELATED TO COOKING

to heat / to preheat – to make something hot or warm.

Example:

Heat the oil and add the onions.

Preheat the oven to 200 °C.



VERBS RELATED TO COOKING

to simmer – to cook something by keeping it almost at boiling point.

Example:

Simmer the vegetables gently for 20 minutes.



VERBS RELATED TO COOKING

to stir /in/ – to move a liquid or substance around, using a spoon or something similar, in order to mix it thoroughly.

Example:

*Stir in the milk until
the sauce thickens.*



VERBS RELATED TO COOKING

to season – to add salt, pepper, etc. to food in order to give it more flavour.

Example:

Season the lamb with garlic.

Season the fish with caraway.



VERBS RELATED TO COOKING

to sauté /sautéing / sautéed/ – to fry food quickly in a little hot fat..

Example:

Sauté the asparagus.



VERBS RELATED TO COOKING

to stew – to cook sth slowly in liquid in a closed dish.

Example:

*The meat needs to stew
for 2 hours.*



VERBS RELATED TO COOKING

to garnish – to decorate a dish of food with a small amount of another food..

Example:

*Garnish the chicken
with almonds.*

*Soup garnished
with croutons.*



VERBS RELATED TO COOKING

to fry – /frying / fried / fries/ - to cook something in hot fat or oil.

Example:

Stir-fry the onion until golden, not brown.

Fry quiches until brown.



VERBS RELATED TO COOKING

to coat –to cover something with a layer of a substance.

Example:

*Liberaly coat the fish fillets
with flour.*

*Coat the meat
in the egg yolks.*



VERBS RELATED TO COOKING

to spoon – to lift and move food with a spoon.

Example:

*Spoon the sauce over
the chicken pieces.*

*Spoon the pulp off
the kiwi.*



VERBS RELATED TO COOKING

to trim – to cut away unnecessary parts from something.

Example:

Trim some of the fat off the meat.



VERBS RELATED TO COOKING

to mince – to cut food, especially meat, into very small pieces, using a special machine, called a mincer.

Example:

Mince the trimmed beef and form small balls.



VERBS RELATED TO COOKING

to lard – to put small pieces of fat, bacon, etc. on or into something, the most often into meat, before cooking.

Example:

Lard the meat with smoked bacon and garlic..



VERBS RELATED TO COOKING

to boil - to heat a liquid to the point where it forms bubbles and turns to steam.

to boil up – to heat a liquid until it boils.

Examples:

Boil plenty of salted water, then add spaghetti.

*She **boiled up** a large pan of water.*

*Bring the soup to a **boil**, then allow it to simmer for 5 minutes.*

*The sauce should thicken as it comes to a **boil**.*

*Let go mushrooms through a **boil**.*



VERBS RELATED TO COOKING

to roast – to cook food, especially meat, without liquid in an oven or over a fire.

Examples:

You should boli the potatoes for a little before you roast them.

Roast the lamb in one piece.



VERBS RELATED TO COOKING

to bake - to cook food in an oven without extra liquid or fat.

Examples:

Bake the cake for 30 minutes.

Bake the meat for 1 hour.



VERBS RELATED TO COOKING

to grill / broil / barbecue - to cook food under or over a very strong heat.

Examples:

Grill the sausages for minutes, turning occasionally.



VERBS RELATED TO COOKING

to flambé – to cook food covered with alcohol, especially brandy and allowed to burn for a short time.

Examples:

*Flambé the meat
to be more delicious.*



VERBS RELATED TO COOKING

to sweeten – to make food or drinks taste sweeter by adding sugar.

Examples:

Sweeten your coffee with a teaspoon of sugar.

Other seasoning:

to salt – to put salt on or in food.

to pepper – to put pepper on food.

Pepper the steak with a pinch of black ground pepper.



VERBS RELATED TO COOKING

to ladle - to place food on a plate with a large spoon.

Examples:

Ladle me the tripe soup.



VERBS RELATED TO COOKING

to serve – to give somebody food in some way or with some other food.

Examples:

Serve with rice or potatoes.

Serve chilled.



THE LIST OF VERBS RELATED TO COOKING

1. add - pridať
2. bake - piecť
3. boil - variť
4. coat - obaliť
5. cube – nakrájať na kocky
6. cut - rezať
7. dice – nakrájať na kocky
8. dip - ponoriť
9. flambé - flambovať
10. fry - smažiť
11. garnish – ozdobiť prílohou
12. grate - trieť
13. grill - grilovať
14. grind – drviť, mlieť
15. heat- rozohriať
16. chop – nakrájať nadrobno
17. knead - miesiť
18. lard - špikovať
19. mash – popučiť, rozgniaviť
20. mince - zomlieť
21. mix - mixovať
22. peel - ošúpať
23. pepper - okoreniť
24. pour - liať
25. put - vložiť
26. roast - opekať
27. roll – valkať, šúľať
28. salt - posoliť
29. sauté - restovať
30. season - ochutiť
31. serve - podávať
32. shred - trieť
33. simmer – variť na slabom ohni
34. spoon – naberať lyžicou
35. sprinkle - posypať
36. stew - dusiť
37. stir - miešať
38. stir in - primiešať
39. strain - scediť
40. sweeten - osladiť
41. trim - odblaniť
42. wash - umyť
43. whip - šľahať