1. *Прочитайте текст, переведите и ответьте на вопросы к тексту.*

 METHODS OF COOKING

Cooking is a heat treatment of food to make it edible. Many products cannot be eaten raw. Meat, fish and vegetables are usually cooked. Some fruits are not cooked, but some, such as apples, pears, and currants, may be used in pies or to make desserts. Fruits are also cooked to make jams, jellies, and marmalades.

The four basic ways to cook food are:

-heating in a liquid (boiling, stewing)

-heating in fat or oil (frying and sauteing)

-heating in steam (steaming)

-heating by dry heat (baking, roasting and grilling).

***Boiling.*** We may boil food in different liquids and mixtures, including water, stock, and wine. Meat, poultry, many vegetables and spaghetti are cooked in this way.

***Stewing*** is cooking food slowly in liquid. It is often used for meat. Vegetables, herbs, and spices are usually added at the end of cooking.

***Deep-frying*** is immersion of food in hot fat or oil. Chipped potatoes and doughnuts are the best example of deep-frying. Deep-fried foods are called fritters.

***Shallow frying*** is frying on a pan in hot fat or oil, when the food is fried on both sides. We can fry eggs, meat, vegetables, mushrooms, onions and pancakes.

***Sauteing*** is frying when natural juices of the food are mixed with the fat or oil in the saucepan. We can also add stock, wine or cream. As a result we obtain a dish with a sauce.

***Steaming*** is a method of cooking above the surface of boiling liquid in a covered saucepan. Fish, vegetables, and poultry are especially suitable for steaming, as are some types of puddings.

***Baking*** is dry cooking inside an oven. Bread, cakes, pastries, tarts and biscuits are baked. Vegetables, especially potatoes, may also be cooked in this way.

***Roasting*** is cooking meat and poultry, which are placed in an oven and cooked by dry heat. They are often basted, that is, the juices from the meat are spooned over during the process. Some cooks wrap the meat in a roasting foil with a little oil or melted fat. Meat can be also roasted on a spit.

***Grilling*** is a rapid method of cooking poultry, fish, cuts of meat, sausages and kebabs by heat, the source of which may be gas, electricity, or charcoal.

***Answer the questions:***

1. What are the four basic ways to cook food?

2. What is cooked by boiling?

3. What two methods of frying do you know?

4. What can be baked?

5. What do we usually roast?

6. How do we call frying when natural juices of the food are mixed with the fat or oil in the saucepan?

7. How are potato chips cooked?

8. How are beefsteaks cooked?

9. How are spaghetti cooked?

10. How are doughnuts cooked?

*2. Перепишите в словарь следующие слова и выражения:*

**Vocabulary**

|  |  |  |  |
| --- | --- | --- | --- |
| **№** | **ENGLISH** | **TRANSCRIPTION** | **RUSSIAN** |
|  | heat treatment | [ʹhi:t͵tri:tmənt] | тепловая обработка |
|  | edible | ['edibl] | съедобный |
|  | raw | [rо:] | сырой |
|  | way | [ wei] | метод, способ |
|  | heat | [ hi:t] | жар, тепло |
|  | heating | [hi:tɪŋ] | нагревание |
|  | liquid | ['likwid] | жидкость |
|  | boiling | boiliŋ ] | варка, кипе­ние |
|  | stock | [st**ɔ**k] | рыбный или мяс­ной бульон |
|  | stewing | ['stju:iŋ] | длительное тушение в жидкости |
|  | frying | ['fraiiŋ] | обжарива­ние в масле |
|  | shallow | ['ʃællou] | неглубокий, мелкий |
|  | sautêing | [sou'teiiŋ] | обжари­вание в кастрюле с до­бавлением масла при помешивании |
|  | steaming | ['sti:miŋ ] | варка на пару |
|  | baking | [beikiŋ ] | печение, за­пекание |
|  | roasting | [rəʊstiŋ ] | обжарива­ние в духовке или на вертеле |
|  | grilling | [ɡriliŋ ] | обжарива­ние на открытом источ­нике тепла (на углях, на гриле и т.д.) |
|  | mixture | ['mikstʃə] | смесь |
|  | simmering | [siməriŋ] | кипе­ние на медленном огне |
|  | sugar syrup | [' ʃuɡə sirəp] | са­харный сироп |
|  | oven | [ʌvən] | печка |
|  | deep-frying | [di:p 'fraiiŋ ] | обжаривание с погружением в кипя­щее масло |
|  | immersion | [i'mɜ:ʃən] | погру­жение |
|  | doughnut | ['dəunʌt] | пончик |
|  | fritters | [ fritəs] | блюда, жареные во фритюре (с погружени­ем в масло) |
|  | shallow | [ʃæləu] | неглубо­кий |
|  | surface | [ sa:fis] | поверх­ность |
|  | suitable | [' sju:təbl] | подходя­щий, пригодный |
|  | to baste | [tu: 'beist] | поливать сверху жиром |
|  | to spoon over | [ tu: spu:n əuvə] | поливать сверху |
|  | roasting foil | [ rəustiŋ fɔil] | фольга для жа­ренья |
|  | melted fat | [ meltid fæt] | топленый жир |
|  | on a spit | [on ə spit] | на вертеле |
|  | rapid | [ræpid] | быстрый |
|  | charcoal | ['tʃa:koul] | древес­ный уголь |

**Срок выполнения: до следующего занятия**

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