

Lesson 33: Cooking a Dish

Hi! How are you today?

Today's lesson is about "*Cooking a Dish.*"

Have fun learning English!

Warm-up | Useful Expressions

Directions: Listen and repeat.

- **come up with** - to suggest or think of an idea, plan, etc.
- **tenderize** - to make meat softer and easier to cut and eat by preparing it in a particular way
- **season** - to add salt, pepper, etc. to food in order to give it more flavor
- **marinade** - a mixture of oil, wine, spices, etc., in which meat or fish is left before it is cooked in order to make it softer or to give it a particular flavor
- **marinate** - if you marinate food, you leave it in a **marinade** before cooking it
- **grill** - to cook food over a fire, especially outdoors
- **baste** - to pour liquid fat or juices over meat, etc. while it is cooking
- **spice** - one of the various types of powders or seeds that come from plants and are used in cooking. Spices have a strong taste and smell.
- **ginger** - the root of a plant originally from South East Asia, used in cooking as a spice
- **yummy** - very good to eat
- **garnish** - to decorate a dish of food with a small amount of another food
- **recipe** - a set of instructions that tells you how to cook something and the ingredients (= items of food) you need for it

Activity 1 | Dialogue 1

Directions: Read the dialogue aloud with your teacher.

Sally is thinking what to cook for dinner.

Sally : I want to cook something for dinner.

Kumi : What's on your mind?

Sally : I have no idea. I'm having a hard time **coming up with** a good dish. Anything to recommend?

Kumi : How about *teriyaki* chicken?

Sally : It's a Japanese dish, right? I don't know how to cook it.

Kumi : It's not so difficult. Actually it's one of the basic dishes in Japan.

Sally : I'll try if you kindly teach me.

Kumi : It's my pleasure. First, **tenderize** and **season** the chicken by **marinating** it with **soy sauce** and sugar.
Grill and **baste** the chicken with teriyaki sauce until it's done.

Sally : What's the next step?

Kumi : Add some **spices** like **ginger** on it.

Sally : Sounds fairly easy and **yummy**!

Kumi : It is! You can **garnish** it with some vegetables on a plate.

Sally : I can't wait to try the new **recipe**! Thank you, Kumi-san!

Check your understanding: Answer the following questions.

1. Why did Sally ask Kumi what to cook for dinner?
2. What did Sally say when Kumi suggested making teriyaki chicken?
3. What is Kumi's recipe for teriyaki chicken?

Activity 2 | Vocabulary

Directions: Listen and repeat the verbs used to denote different types of cooking. Give examples of dishes prepared in each way.

Verbs used in cooking dishes

- **bake** - to cook food in an oven without extra fat or liquid
- **grill** - to cook food over a fire, especially outdoors
- **toast** - to make something, especially bread, turn brown by heating it in a toaster or close to heat
- **roast** - to cook food, especially meat, without liquid in an oven or over a fire
- **fry** - to cook something in hot fat or oil
- **steam** - to place food over boiling water so that it cooks in the steam
- **smoke** - to preserve meat or fish by hanging it in smoke from wood fires to give it a special taste
- **boil** - to cook or wash something in boiling water
- **simmer** - to cook something by keeping it almost at boiling point
- **marinate** - if you marinate food, you leave it in a **marinade** before cooking it

Activity 3 | Free Conversation

Directions: Take turns with your teacher in answering the questions

1. Do you like cooking? Can you cook well?
2. What is your favorite dish? How is it made?
3. Do you think cooking is a job for men or for women? And why?
4. Which do you prefer, home cooking or eating out?
5. Do you think cooking at home helps you save money? Why or why not?