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西餐烹饪英语

XICAN PENGREN YINGYU

策划编辑: 李 艳
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封面设计: 张瑞阳

ISBN 978-7-5504-5728-7




9 787550 457287 >

定价: 45.00元

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西南财经大学出版社
Southwestern University of Finance & Economics Press

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中国·成都

图书在版编目(CIP)数据

西餐烹饪英语/韩玉慧,陈晓欢,丁建军主编;谢文涛,伟宁,鄢成富
副主编. —成都:西南财经大学出版社,2023. 4
ISBN 978-7-5504-5728-7

I. ①西… II. ①韩…②陈…③丁…④谢…⑤伟…⑥鄢…
III. ①西式菜肴—烹饪—英语—教材 IV. ①TS972.118

中国国家版本馆 CIP 数据核字(2023)第 054173 号

西餐烹饪英语

主 编 韩玉慧 陈晓欢 丁建军
副主编 谢文涛 伟 宁 鄢成富

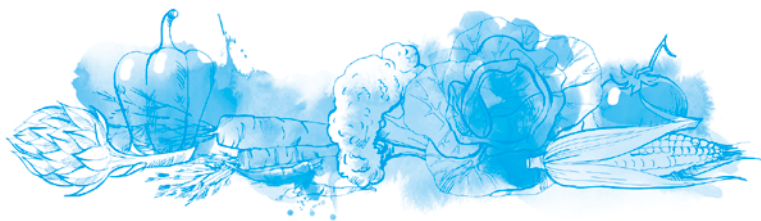
策划编辑:李 艳
责任编辑:孙 婧
责任校对:李 琼
封面设计:张瑞阳
责任印制:朱曼丽

出版发行	西南财经大学出版社(四川省成都市光华村街 55 号)
网 址	http://cbs.swufe.edu.cn
电子邮件	bookcj@swufe.edu.cn
邮政编码	610074
电 话	028-87353785
印 刷	大厂回族自治县聚鑫印刷有限责任公司
成品尺寸	185mm×260mm
印 张	15
字 数	431 千字
版 次	2023 年 4 月第 1 版
印 次	2023 年 4 月第 1 次印刷
书 号	ISBN 978-7-5504-5728-7
定 价	45.00 元

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前言

PREFACE



随着社会经济的迅速发展和国际化交流的逐渐深入，中西方餐饮业的交流日益频繁，餐饮行业当前所需的是具备扎实的烹饪技能及实用烹饪英语技能的人才。西餐烹饪英语是一种具有专门用途的英语课程，是在普通英语的基础上拓展出的一门专门针对西餐烹饪专业的英语课程，该课程从发展职业教育事业、开发学生潜能、培养多项技能、提升学生职业素养等角度出发，侧重于对学生必要的口语交际能力的培养，使学生将来走上工作岗位能够达到餐饮服务行业英语交际能力的要求。

习近平总书记在党的二十大报告中指出：中国共产党的中心任务就是团结带领全国各族人民全面建成社会主义现代化强国、实现第二个百年奋斗目标，以中国式现代化全面推进中华民族伟大复兴。经济社会的发展，必然带来餐饮业的繁荣，迫切需要培养更多更优的餐饮烹饪人才。

本教材编者通过随堂听取资深西餐烹饪教师的专业课程、积极参加企业一线西餐厨房实践、阅读海量相关专业资料等途径学习大量西餐烹饪专业知识，并结合多年来对这门课程的研究经验与思考，以涉外酒店的一线工作流程以及高职西餐专业学生在酒店厨房的实际工作岗位需求为主线，收集本专业最新最实用的词汇和专业术语，遵循实用、专业、综合的原则编写了本教材。

本教材为职业教育烹饪类专业教材。本教材共 8 个单元，



内容包括西餐厨房基础知识、开胃菜和鸡蛋、酱汁、汤食谱、蔬菜和绿色沙拉、海鲜、主菜、水果和坚果。每个单元的内容涉及工作场景对话、专业词汇、厨房用具、刀法、烹饪方法、常用原料、经典菜谱、练习等；涵盖 27 组对话，60 余个经典菜谱以及约 1200 个专业词汇。为提高内容的可读性，本教材配备英文听力材料、教学课件等丰富的教学资源。本教材适合职业教育烹饪类相关专业学生使用，同时也可作为餐饮企业员工的培训教材。

本教材建议学时为 120 学时，即 30 周，每周 4 课时，可用于一学年上下两个学期的课程，每学期 14 周讲授，1 周复习。

本教材选材新颖、语言准确、形式灵活、图文并茂，既体现英语教学的规律性，又充分突出专业性。主要特点如下：

1. 在内容设计上，所涉及行业知识均以实景对话和实际操作为主，涵盖烹饪工作的各个环节，突显了英语口语的应用性和专业知识的系统性。
2. 在结构编排上，理论学习和知识强化相结合，针对职业学生的英语实际水平，让学生边学、边做、边巩固。
3. 在内容呈现上，图文真实，文字表达生动活泼，整体结构清晰美观，体现了教材的实用性和可读性。
4. 在思政育人方面，本教材设置了文化阅读板块，深入挖掘课程思政元素，通过介绍西餐文化，提升学生的人文素养、文化自信和跨文化理解能力。

本教材由辽宁现代服务职业技术学院韩玉慧、陈晓欢、丁建军主编；由辽宁现代服务职业技术学院谢文涛、伟宁、鄢成富副主编；由辽宁现代服务职业技术学院李佳慧、郑晓辉、孙静宇参编。

由于编写时间仓促，本教材疏漏之处在所难免，编者希望能通过今后的教学实践有所改进和提高，同时恳请读者与使用教材的老师们不吝赐教，以便进一步修订，使之日臻完善。

编者
2022 年 5 月

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Unit 1 Basic Knowledge of Western Kitchen



In this unit, we are going to talk about some basic knowledge of Western cooking. Before you become a professional Western cook, you should know the titles and the departments in the Western kitchen. In addition, you should master the knowledge of cooking methods and some basic ingredients like herbs and spices.



Lesson One Job Titles in the Kitchen and Kitchen Areas



Professional Conversations

Dialogue One

A: Andy (Secretary of the Human Resources Department)

B: Edwin (Commis, the new recruit)

Edwin is knocking at the door of the Human Resources Department.

A: Come in, please.

B: Hi, I'm Edwin. Nice to meet you.

A: Nice to meet you, too. Here is your uniform and name badge. Could you please have a check?

B: OK, thank you.

(2 minutes later)

B: The name badge is OK. But the size of the uniform is a little bit small. I need a larger one.

A: OK, I will change it for you.

B: Thank you. By the way, could you please tell me where the chef's office is?

A: It's at the end of the corridor on your left.

B: Thank you. It's very kind of you.

A: You are welcome. I hope you enjoy your work.

New Words and Phrases

Human Resources Department 人力资源部

uniform ['ju:nɪfɔ:m] *n.* 制服

badge [bædʒ] *n.* 标记, 象征; 徽章, 奖章





name badge 胸牌, 胸卡
check [tʃek] *n.* 检查, 核对

Dialogue Two

A: Roger (Executive Chef) B: Edwin (Commis)

A: Welcome to the big family, Edwin.

B: Thank you. I'm very honored to work in the big family.

A: Do you know the job titles and duties in the kitchen?

B: I know you are the big boss in the kitchen.

A: Great! Who is next in command?

B: Oh! It's the chef.

A: Very good. The chef is responsible for assisting me in the kitchen operation. Who is next in command?

B: The sous chef.

A: The sous chef is responsible for the kitchen when the chef's not around. Who is in charge of sauces?

B: The saucier, who is very important.

A: And you should know the chef de partie and the demi chef de partie are both important.

B: Yeah, although I'm a commis, an apprentice cook, I'm also important in the kitchen.

A: Wow, great. You'll be a good chef.

New Words and Phrases

duty ['dju:ti] *n.* 职责, 职能
in command 指挥, 领导
be responsible for 对……负责
be around 在场
saucier ['sɔ:siə(r)] *n.* 调味汁厨师
in charge of 负责
apprentice [ə'prentɪs] *n.* 学徒, 新手



Professional Knowledge

1. Titles in the Kitchen

行政总厨	executive chef
厨师长	chef
副厨师长	sous chef
主管	chef de partie
领班	demi chef de partie



厨师	cook
学徒厨师	commis
实习生	trainee

2. Titles in the Hotel

总经理	general manager
总经理助理	assistant to GM
副总经理	deputy general manager
财务总监	director of finance
市场销售部总监	director of sales and marketing
销售总监	director of sales
客房总监	director of housekeeping
防损部总监	director of loss & prevention
人力资源部总监	director of human resources
培训经理	training manager
餐饮总监	director of food & beverage
行政总厨	executive chef
宴会厅经理	banquet manager

3. Kitchen Areas

行政主厨办公室	executive chef's office
热食厨房	hot kitchen
冷食厨房	cold kitchen
烧烤厨房	grill kitchen
餐具洗涤区	scullery section
粗加工, 屠宰区	butchery
配菜间	preparation room
厨房贮藏室	kitchen storage
干货间	dry storage
饼房(糕点区)	pastry

4. Divisions of a Hotel

行政办公室	Executive Office
人力资源部	Human Resources Department
人事部	Personnel Department
培训部	Training Department
财务部	Finance/Accounting Department
采购部	Purchasing Department



市场销售部	Sales and Marketing Division
房务部	Room Division
前厅部	Front Office Department
客房部	Housekeeping Department
预订部	Reservation Department
礼宾部	Concierge
餐饮部	Food and Beverage Department
中餐部	Chinese Restaurant
西餐部	Western Restaurant
厨房部	Kitchen Department
管事部	Steward
康乐部	Recreation and Entertainment
工程部	Engineering Department
防损部	Loss and Prevention Department



Exercises

1. Role-play.

Please try to perform the dialogues in pairs.

2. Put the following Chinese into English.

- (1) 行政总厨 _____
- (2) 厨师长 _____
- (3) 副厨师长 _____
- (4) 主管 _____
- (5) 领班 _____
- (6) 热菜间 _____
- (7) 冷食厨房 _____
- (8) 饼房 _____
- (9) 餐饮部 _____
- (10) 人力资源部 _____

3. Choose the correct answer.

- (1) Who is responsible for desserts, e. g., cakes and cookies?
A. The soup cook. B. The sauce cook. C. The commis. D. The pastry cook.
- (2) Who is the apprentice cook in the kitchen?
A. The sauce cook. B. The chef de partie. C. The commis. D. The soup cook.



- (3) Who is in charge of every other functional chef in the kitchen?
A. The executive chef. B. The sous chef.
C. The chef de partie. D. The demi chef de partie.
- (4) Who is the big boss in the kitchen?
A. The executive chef. B. The chef.
C. The chef de partie. D. The demi chef de partie.
- (5) —Who is responsible _____ the kitchen when the chef is not around?
—The sous chef.
A. in B. on C. for D. of
- (6) Who is second in command in the kitchen?
A. The executive chef. B. The chef.
C. The chef de partie. D. The demi chef de partie.



Lesson Two Equipment and Utensils



Professional Conversation

Dialogue One

A: Steven (Sous Chef)

B: Edwin (Commis)

A: Edwin, please clean a saucepan.

B: Sure, I will do it right now, Steven.

A: Please hurry up!

B: OK.

(A minute later)

B: Here you are!





A: Not this one!

B: I am sorry. This must be the right one. Here you are, Steven!

A: Thank you!

B: My pleasure.

New Word and Phrase

saucepan ['sɔ:spən] *n.* 炖锅

hurry up 快点

Dialogue Two

A: Edwin (Commis)

B: Sam (Cook)

A: Kitchen tools, believe it or not, are one of the key reasons why some foods taste better than others.

B: Oh, yes. Cooking loses its fun and delight when you don't have a good utensil.

A: What is the safest material for cooking utensils?

B: Glass, high-quality 304-grade stainless steel, cast iron, and ceramic cookware are among the safest materials for cookware and bakeware.

A: How is kitchen equipment classified?

B: To summarize, kitchen equipment is divided into four types: food storage, food production, maintenance, and special equipment.

New Words

material [mə'tɪəriəl] *n.* 材料, 原料

stainless ['steɪnləs] *adj.* 不锈钢的, 防锈的

ceramic [sə'reɪmɪk] *n.* 陶瓷制品, 陶瓷器

adj. 陶瓷的

maintenance ['meɪntənəns] *n.* 维持; 维护, 保养



Professional Knowledge

1. Equipment and Utensils Used in the Kitchen

炉灶	stove	烤箱	oven
冰箱	refrigerator	水槽	sink
工作台	counter (work table)	扒板	grill pan
吸油烟机	kitchen ventilator	微波炉	microwave oven
炸炉	deep fryer	炖锅	saucepan
锅盖	lid	焗炉	salamander
冰柜	freezer	不粘煎锅	non-stick frying pan
蒸锅, 蒸箱	steamer	搅拌机	blender



消毒柜	disinfection cabinet	食品料理机	food processor
搅拌棒	hand blender	果蔬刨	mandoline slicer
榨汁机	liquidizer (juicer)	食物擦碎器	grater
食物研磨器	grinder	绞肉机	meat grinder
切片机	food slicer	(一人份的)小烤盘	ramekin
烤盘	roasting pan	托盘	tray
削皮器	peeler	量壶	measuring pitcher
量勺	measuring spoon	电子秤	electronic scale
弹簧秤	spring scale	温度计	thermometer
厨师刀	chef's knife	片鱼刀	filleting knife
水果刀	paring knife	剔骨刀	boning knife
旋转小刀	tourné knife	剁肉刀	cleaver
肉叉	kitchen fork	磨刀棒	sharpening steel
筛子	sieve	滤锅	colander
打蛋器	whisk (egg beater)	橡皮刮刀	rubber spatula
刮刀	offset spatula	煎鱼铲	fish spatula
菜板	cutting board	擀面杖	rolling pin
锡纸	tin foil	保鲜膜	cling film
木勺	wooden spoon	大漏勺; 笊篱	slotted spoon
汤勺	ladle	勺子	spoon
剪刀	scissors	食品夹	tongs
串肉扦	skewer	吸油纸	kitchen paper
刷子	brush	肉锤	meat mallet
裱花袋	pastry bag	裱花嘴	pastry tip
捣碎器	masher	研钵和杵	mortar and pestle

2. Common Uses of Some Utensils

Knife

- (1) chef's knife: an all-purpose knife, used for every cutting task, e.g., chopping, slicing, and mincing
- (2) paring knife: an ideal knife for paring and trimming vegetables and fruits
- (3) boning knife: used for separating meat from the bone
- (4) filleting knife: used for filleting fish
- (5) cleaver: a heavy knife used for cutting large pieces of meat
- (6) tourné knife: used for tournéing vegetables

Peeler

a special tool used for taking the skin off vegetables and fruits



Kitchen Fork

used for checking the doneness of braised meat and vegetables; or used for lifting cooked food to the carving board or the plate and holding food being carved in place

Whisk

a kitchen tool for stirring eggs, etc. very fast

Offset Spatula

used for turning or lifting food on grills, broilers, and griddles

Ramekin

used for baking soufflés, sometimes for molding frozen soufflés, sauce cups, baked custard, baked or chilled puddings, gratins, and so on

Blender

an excellent tool for pureeing, liquefying, and emulsifying food

Hand Blender

used for pureeing, liquefying, and emulsifying large batches of food directly in the cooking vessel

Food Slicer

used for slicing food in even thicknesses

Mandoline Slicer

used for slicing, julienning, cutting gaufrettes and batonnets

Meat Grinder

used for grinding or stuffing sausage casings



Exercises

1. Write words or phrases in the blanks according to the pictures.



(1) _____



(2) _____



(3) _____



(4) _____



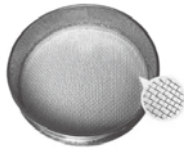
(5) _____



(6) _____



(7) _____



(8) _____



(9) _____



(10) _____



(11) _____



(12) _____

2. Match the pictures with the correct words or phrases.



a. ladles



b. rubber spatula



c. sharpening steel



d. slotted spoon



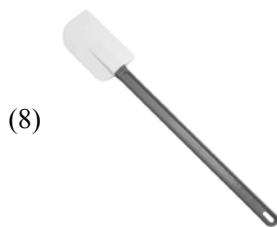
e. mandoline slicer



f. thermometer



g. measuring spoons



h. electronic scale

3. Choose the correct answer.

(1) _____ cheese with a grater.

- A. Grate B. Peel C. Grind D. Cut

(2) Beat eggs with a _____.

- A. grater B. peeler C. whisk D. chopping board

(3) Make the grilled rib-eye steak on the _____.

- A. oven B. saucepan C. grill pan D. work table

(4) Make the French fries in the _____.

- A. oven B. frying pan C. blender D. deep fryer

(5) Usually, we pan-fry the pork chops with a(n) _____.

- A. frying pan B. deep fryer C. oven D. grill pan

(6) Make the orange juice with a _____.

- A. grater B. liquidizer C. grinder D. scaler

(7) Peel the pumpkins with a _____.

- A. pair of scissors B. knife C. fork D. scaler

(8) Weigh the ingredients with a _____ in the kitchen.

- A. blender B. liquidizer C. mandolin slicer D. digital scale

(9) When we check the doneness of a roast chicken, we need to insert a _____ into the thigh or the thick end of the breast.

- A. kitchen fork B. brush C. rubber spatula D. pastry tip



- (10) Drain the excess oil with a _____.
- A. sieve B. scaler C. blender D. rolling pin
- (11) Roll the dough into a large flat piece with a _____.
- A. brush B. rolling pin C. skewer D. cling film
- (12) Cover the food with the _____ and store it in the refrigerator for up to 2 days.
- A. cling film B. rolling pin C. tea towel D. lid



Lesson Three Cooking Ways



Professional Conversation

A: Edwin (Commis) B: Steven (Sous Chef)

A: Steven, what is the cooking difference between basting and braising?

B: Basting is a cooking method which uses butter, sauce, or juices over meat to keep food moist during cooking and speed up the cooking process.

A: Is basting to keep food moist and speed up cooking?

B: Yes. Braising is searing food in oil or fat and then simmering it.

A: So, basting is to keep the food moist, and braising is to simmer the food.

B: That's right.

A: Thank you, Steven!

B: You're welcome, Edwin.

New Words

baste [beɪst] v. (烹饪时往肉上) 浇汁, 涂油

braise [breɪz] v. 烩, 焖

moist [mɔɪst] adj. 湿润的





sear [siə(r)] v. 轻煎, 烧灼
 simmer ['simə(r)] v. 用文火炖



Professional Knowledge

1. The Cooking Methods in Western Cooking

Some cooking methods rely on dry heat without fat or oil. The food is cooked either by a direct application of radiant heat (grilling and broiling) or by indirect heat in an oven (roasting and baking). The result of these cooking methods is a highly flavored exterior and a moist interior.

沸煮	boiling	用火炖	simmering
温煮	poaching	焯水	blanching
炒	sautéing	快炒	stir-frying
煎(多油)	pan-frying	煎(高温少油)	searing
炸	deep-frying	扒烤	grilling
炙烤, 用面火烤	broiling	烘焙, 焗	baking
烤	roasting	蒸	steaming
烩, 焖	braising	炖	stewing
纸包烹饪法	cooking en papillote	低温慢煮	sous vide

2. Brief Steps of Some Cooking Methods

Method	Brief Steps
Grilling	<ol style="list-style-type: none"> (1) Thoroughly clean and preheat the grill. (2) Season the grill with a light coating of oil. (3) Season the main item and marinate or brush it with oil if necessary to prevent sticking. (4) Place the main item on the grill pan; use a hand grill for delicate food such as fish. (5) Turn the item 90 degrees to produce crosshatch marks if desired. (6) Turn the item to complete cooking to the desired doneness.
Roasting	<ol style="list-style-type: none"> (1) Season, stuff, marinate, or lard the main item, and sear it over direct heat or in a hot oven if desired. (2) Elevate the item in a roasting pan so that hot air can reach all sides. (3) Roast the item uncovered until the desired internal temperature is reached. Be sure to allow for carryover cooking. (4) Add the mirepoix to the roasting pan for pan gravy during the final half hour of roasting time if desired. (5) Let the roasted item rest before carving. (6) Prepare the pan gravy in the roasting pan. (7) Carve the main item and serve it with the appropriate gravy or sauce.



Method	Brief Steps
Stir-Frying	<ol style="list-style-type: none"> (1) Heat the oil in a wok or a large sauté pan. (2) Add the main item. (3) Stir-fry the item to keep it in constant motion. (4) Add additional ingredients, including aromatics, in the appropriate sequence (add those that take the most time first, and then add those that take the least time last). (5) Add the liquid for the sauce and then add the thickener. (6) Serve the food immediately.
Pan-Frying	<ol style="list-style-type: none"> (1) Set the pan over a medium heat. (2) Add the main item (usually breaded or batter-coated) to the pan in a single layer. (3) Pan-fry the food on the presentation side until well browned. (4) Turn the food and cook it to the desired doneness. Take the food out of the pan and put it in an oven if necessary. (5) Drain the food on paper towels. (6) Season and serve it with an appropriate sauce and garnish.
Deep-Frying	<ol style="list-style-type: none"> (1) Heat the fat to the appropriate temperature. (2) Add the main item (usually breaded or batter-coated) to the hot fat. (3) Turn the food during frying if necessary. Take the food out of the pan and put it in an oven if necessary. (4) Blot the excess oil from food with paper towels. (5) Season and serve it with the appropriate sauce and garnish.
Steaming	<ol style="list-style-type: none"> (1) Bring the water to a boil. (2) Add the main item to the steamer in a single layer on a rack. (3) Cover the steamer. (4) Steam the food to the appropriate doneness. (5) Serve the food immediately with the appropriate sauce and garnish.
Cooking en Papillote	<ol style="list-style-type: none"> (1) Cut parchment paper into a heart shape of the appropriate size and then butter or oil it. (2) Place a bed of aromatics, vegetables, or sauce on one half of the paper, and then top the bed with the main item. (3) Fold the paper in half and crimp the edges. (4) Place the paper packet on a hot sizzler platter. (5) Bake the packet until it is puffed and browned. (6) Plate the packet and serve it immediately.



Exercises

1. Translate the following sentences from English into Chinese.

(1) Thoroughly clean and preheat the grill.



(2) Season the main item and marinate or brush it with oil if necessary to prevent sticking.

(3) Turn the item 90 degrees to produce crosshatch marks if desired.

(4) Roast the item uncovered until the desired internal temperature is reached.

(5) Add the mirepoix to the roasting pan for pan gravy during the final half hour of roasting time if desired.

(6) Add the main item (usually breaded or batter-coated) to the pan in a single layer.

(7) Turn the food and cook it to the desired doneness.

(8) Heat the fat to the appropriate temperature.

(9) Season and serve it with the appropriate sauce and garnish.

(10) Fold the paper in half and crimp the edges.

2. Translate the following sentences from Chinese into English.

(1) 马上上菜。

(2) 将食物面向（客人）的一面煎上色。

(3) 把烤好的食物先静置一会儿再切。

(4) 用纸巾吸干食物多余的油分。

(5) 把水煮沸。

3. Translate the following names of dishes into English.

(1) 油浸大虾配法式油醋汁

(2) 红酒烩羔羊肉

(3) 香煎三文鱼配蔬菜沙拉



- (4) 香炸鱿鱼圈 _____
- (5) 三文鱼扒配青柠黄油 _____



Lesson Four Spices & Seasonings



Professional Conversation

A: Steven (Sous Chef)

B: Edwin (Commis)

A: Edwin, let's do some spaghetti carbonara for 10 servings. Please prepare the ingredients.

B: Yes. What ingredients do we need?

A: We need 1 kg spaghetti for the main ingredient.

B: What kind of ingredients do we need for the sauce?

A: We need 500 g mushrooms, 10 slices of bacon, 10 egg yolks, 1000 ml whipping cream and 500 ml white wine.

B: Anything for the garnish?

A: Yes, please prepare 100 g chopped parsley.

B: Yes. I'm going to prepare these right now.

New Words and Phrases

spaghetti carbonara	奶油培根意面
sauce [sɔ:s] <i>n.</i>	酱汁, 沙司
bacon ['beɪkən] <i>n.</i>	培根, 熏肉
whipping cream	打发奶油, 淡奶油
white wine	白葡萄酒
garnish ['gɑ:nɪʃ] <i>n.</i>	(食物上的) 装饰菜



Professional Knowledge

1. Spices

As the key element in many recipes, spices add depth and complexity to everything from bean dishes to barbecues. Here are the spices we often use in the kitchen.

Allspice



Allspice is the dried, unripened berry of the myrtle pepper tree, or pimento, which is native to Jamaica and much of Central America. The berries are briefly fermented, then sun-dried until brown. Its name is derived from the flavor profile—a mixture of nutmeg, black pepper, cinnamon and clove.

Cardamom



Fragrant cardamom comes in pods, either green or black, each holding many tiny seeds. Seeds from the more common green pods are used in many Scandinavian baked goods, Indian sweets, and chai tea. Although the whole pods can be toasted and ground or steeped, most of the highly aromatic flavors are present in the seeds. The flavor doesn't stick around, so you can buy whole pods and then remove and grind the seeds as needed.

Cinnamon





Cinnamon is the dried inner bark of a kind of tropical tree. It is reddish brown, available in sticks or ground. It is usually used in baked goods, curries, dessert sauces, beverages, stews, etc.

Cloves



Cloves are from the dried, unopened flower of a tropical evergreen clove tree. They are reddish brown and spike-shaped, having a sweet, pungent aroma and flavor. They are available whole or ground in stocks, sauces, braises, marinades, curries, pickles, desserts and baked goods.

Coriander



This light brown seed is the dried fruit of the herb cilantro, a member of the parsley family. It's small and round, having a unique citrus-like flavor. It's available whole in Asian, Indian, and Middle Eastern cuisines. It can be used in curries, forcemeat, pickles and baked goods.

Cumin





It is the dried fruit of a plant in the parsley family. Cumin seeds are small and crescent-shaped. It has three colors: amber, black and white, having a nutty flavor. It's available whole or ground, popular in Indian, Mexican, and Middle Eastern cuisines. It can be used in curries and chili sauces.

Anise



It is the dried, ripe fruit of the herb *pimpinella anisum*. It's light brown, having a flavor similar to fennel seeds. It has a sweet, spicy, licorice taste and aroma.

Star Anise



It is the dried 8- to 12-pointed pod from a Chinese evergreen tree, a member of the magnolia family. It's star-shaped and dark brown, having an intense licorice flavor and aroma. It's available whole or ground in Asian dishes, used sparingly in pork, duck, baked goods, teas, liqueurs, etc.

Cayenne





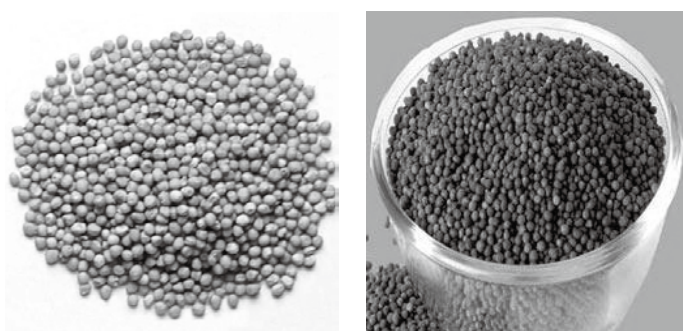
It is the dried, ripened fruit of *Capsicum frutescens*. It's bright red, hot and spicy. Available fresh or dried, it's used whole or ground in sauces, soups, meat, fish, poultry, etc.

Paprika



It is the dried, ground pods of sweet red peppers. There are many varieties. It's a superior spice in Hungary. Colors range from orange red to deep red. It has a mild to intense flavor and aroma. Available ground, also Spanish smoked (sweet and hot), it's popular in the Hungarian cuisine. It can be used in braises, stews, goulashes, sauces, garnishes, etc.

Mustard



Mustard seeds are the small round seeds of various plants within the cabbage family. They may have three colors: yellowish white (smaller with a less pungent flavor), brown, and black (larger with a pungent, hot flavor). They are available whole or powdered in pickles, meat, sauces, cheese, eggs, prepared mustard, etc.

Horseradish



It's a large, white root, a member of the mustard family. It has a sharp, intense flavor and a pungent aroma. It's available dried or fresh. It can be used in sauces, condiments, egg salads, meat, sandwiches, etc.



Saffron



The dried stigmas of flowers of *Crocus sativus* are thread-like and yellow orange. Saffron is available as threads or powdered essential in paella, bouillabaisse, risotto Milanese, poultry, seafood, rice pilafs, sauces, soups, baked goods, etc.

Turmeric



It's a yellow powder made from the dried root of the tropical plant *Curcuma longa*, related to the ginger family. The shape of the root is similar to ginger. It's bright yellow, having an intense spicy flavor. Available powdered, it's popular in Indian and Middle Eastern cuisines. It can be used in curries, sauces, mustard, pickles, rice, etc.

Curry Powder



Curry powders usually consist of turmeric, cumin, ginger, and black pepper. Some blends also incorporate garlic and cinnamon. What all curry powders share is a sweet warmth and pleasant pungency that adds a toasty depth to everything it touches.

2. Other Seasonings and Condiments

salt [sɔ:lt] *n.*

盐

table salt

食盐, 精制食盐



kosher salt	粗盐
sea salt	海盐
pepper ['pepə(r)] <i>n.</i>	胡椒粉
black pepper	黑胡椒粉
peppercorn ['pepəkɔ:n]	胡椒粒
granulated sugar	砂糖
confectioner's sugar	糖粉
brown sugar	红糖
crystal sugar	冰糖
maple syrup	枫糖浆
molasses [mə'læsɪz] <i>n.</i>	蔗糖浆
honey ['hʌni] <i>n.</i>	蜂蜜
soy sauce	酱油
fish sauce	鱼露
oyster sauce	蚝油
tobasco sauce	辣椒酱
Dijon mustard	大藏芥末
classic yellow mustard	经典黄芥末
whole grain mustard	颗粒芥末
pesto ['pestəʊ] <i>n.</i>	意大利青酱
balsamic vinegar	意大利香脂醋
red wine vinegar	红酒醋
white wine vinegar	白酒醋
cider vinegar	苹果醋
red wine	红葡萄酒
white wine	白葡萄酒
brandy ['brændi] <i>n.</i>	白兰地（酒）
vermouth [vɜ:'mu:θ] <i>n.</i>	苦艾酒，味美思酒
miso ['mi:səʊ] <i>n.</i>	味噌，日本豆酱
caper ['keɪpə(r)] <i>n.</i>	酸豆，水瓜柳
gherkin ['gɜ:kɪn] <i>n.</i>	腌小黄瓜，醋渍小黄瓜
tomato paste	番茄膏
tomato ketchup	番茄沙司
chocolate ['tʃɒklət] <i>n.</i>	巧克力
flour ['flaʊə(r)] <i>n.</i>	面粉



cornstarch [ˈkɔːnstɑːtʃ] *n.* 玉米淀粉
 Worcester sauce 伍斯特沙司
 zest [zest] *n.* (用于调味的) 柠檬皮, 橙皮

3. Oil and Fat

Types	Descriptions	Common Culinary Uses
Oil		
Canola Oil	Light. Extracted from rapeseeds. Golden-colored. Low in saturated fat. Fairly high to very high smoke point.	Cooking. For salad dressings (smoke point 400° F/204° C)
Corn Oil	Refined oil. Medium yellow color. Odorless. Mild flavor. High smoke point.	Deep-frying. For commercial salad dressings, margarine (smoke point 450° F/232° C)
Olive Oil	Pale yellow to deep green (depending on the type of the olive and processing) color. Quality based on the acidity level, the finest being extra-virgin. Two distinct classes: virgin and blended. Low to high smoke point.	Common to Mediterranean cuisines. Low-to high-heat cooking, depending on the type of processing. For marinades, salad dressings (smoke point 375°-465° F /1910- 241° C)
Peanut Oil	Light. Refined. Clear to pale yellow color. Subtle scent and flavor. High smoke point.	Deep-frying, stir-frying. For commercial salad dressings, margarine, shortening (smoke point 450° F/232° C)
Salad Oil	Blended vegetable oil. Subtle flavor.	For salad dressings, mayonnaise (smoke point varies)
Soybean Oil	Heavy. Light yellow color. Pronounced flavor and aroma. High smoke point.	Common to the Chinese cuisine. Stir-frying. For commercial margarine, shortening (smoke point 450° F/232° C)
Vegetable Oil	Light, refined, blended vegetable oil. Mild flavor and aroma. High smoke point.	Flavor and aroma. High smoke point. All-purpose cooking, deep-frying, baking (smoke point varies)
Fat		
Butter Whole	Solid fat churned from milk; a minimum of 80% milk fat, 20% water and milk solids. Quality based on the flavor, body, texture, color, and salt content. Grades: AA (finest), A, B, C.	Cooking, baking. For pastry, sauces, compound butters (smoke point 350° F /177° C)
Butter Clarified	Purified butterfat. Unsalted butter with milk solids removed. Longer shelf life than butter. High smoke point.	For roux, warm butter sauces, Indian cooking and savory dishes (smoke point 485° F /252° C)



Types	Descriptions	Common Culinary Uses
Lard	Solid. Rendered pork fat. Mild flavor if processed. High in saturated fat. Moderate smoke point.	Frying, baking, pastry (smoke point 370° F/ 188° C)
Shortening	Solid. Made from vegetable oil; may contain animal fat. Liquid oil chemically transformed through hydrogenation. Flavorless. Low smoke point.	Deep-frying, baking (smoke point 360° F/ 182° C)

New Words and Phrases

spice [spais] <i>n.</i>	香料
allspice ['ɔ:lspais] <i>n.</i>	甜胡椒, 多香果
cardamom ['kɑ:dəməm] <i>n.</i>	小豆蔻
cinnamon ['sɪnəmən] <i>n.</i>	肉桂
clove [kləʊv] <i>n.</i>	丁香
coriander [,kɔ:ri'ændə(r)] <i>n.</i>	芫荽, 香菜
cumin ['kʌmɪn] <i>n.</i>	孜然, 小茴香
anise ['ænis] <i>n.</i>	茴芹
star anise	八角茴香
paprika ['pæprɪkə] <i>n.</i>	红辣椒粉, 甜椒粉
mustard ['mʌstəd] <i>n.</i>	芥末
horseradish ['hɔ:srædɪʃ] <i>n.</i>	辣根
saffron ['sæfrən] <i>n.</i>	藏红花
turmeric ['tɜ:mərik] <i>n.</i>	姜黄粉
curry powder	咖喱粉
pod [pɒd] <i>n.</i>	豆荚
Scandinavian [,skændɪ'nɜ:vɪən] <i>adj.</i>	斯堪的纳维亚的
steep [sti:p] <i>v.</i>	浸泡 (食物)
bark [bɑ:k] <i>n.</i>	树皮, 茎皮
tropical ['trɒpɪkl] <i>adj.</i>	热带的
spike [spaɪk] <i>n.</i>	尖状物
unique [ju'ni:k] <i>adj.</i>	独一无二的
forcemeat ['fɔ:smi:t] <i>n.</i>	五香碎肉
amber ['æmbə(r)] <i>n.</i>	琥珀色
licorice ['lɪkərɪʃ] <i>n.</i>	甘草
intense [ɪn'tens] <i>adj.</i>	强烈的, 浓烈的
goulash ['gu:læʃ] <i>n.</i>	匈牙利牛肉汤



condiment ['kɒndɪmənt] <i>n.</i>	调味品, 佐料
stigma ['stɪgmə] <i>n.</i>	(植物花朵的) 柱头
crocus sativus	番红花
bouillabaisse ['bu:jəbeɪs] <i>n.</i>	法式杂鱼汤
rice pilaf	菜肉饭
curcuma longa	姜黄
rapeseed ['reɪpsi:d] <i>n.</i>	油菜籽
saturated ['sætʃəreɪtɪd] <i>adj.</i>	湿透的, 浸透的
refine [rɪ'faɪn] <i>v.</i>	精炼, 提炼
odorless ['ɒdələs] <i>adj.</i>	没有气味的
subtle ['sʌtl] <i>adj.</i>	微妙的, 不明显的
pronounced [prə'naʊnst] <i>adj.</i>	明显的, 显著的



Exercises

1. Try to understand the following paragraph about clarified butter and answer the following questions.

Clarified butter is made by heating whole butter until the butterfat and milk solids separate. When whole butter is clarified, some of its volume is lost during skimming and decanting. 454 g of whole butter will yield approximately 340 g of clarified butter. Using salted butter for clarifying is not recommended because the concentration of salt in the resulting clarified butter is unpredictable. Unsalted clarified butter can always be salted as it's used.



Left: Clarified Butter Right: Melted Butter

The purpose of clarifying butter is to remove its milk solids and water. This makes it possible to cook with butter at a higher temperature than with whole butter. Clarified butter is commonly used to make roux. Because it adds some butter flavor, it is often used for sautéing, sometimes in combination with vegetable oil. Some chefs also prefer it for warm butter sauces such as hollandaise and Béarnaise. Ghee, which is used in some Asian cuisines, is a type of



clarified butter. It has a nutty flavor because the milk solids are allowed to brown before they are separated from the butterfat.

(1) If we need 1,000 g clarified butter, how much whole butter should we prepare?

(2) What is the purpose of clarifying butter?

2. Translate the following recipe into Chinese.

Garam Masala

Makes 2 oz. /57 g

Ingredients:

- 12 or 13 green or black cardamom pods
- 4 tsp. / 7 g coriander seeds
- 4 tsp. / 8 g cumin seeds
- 1 cinnamon stick, broken into small pieces
- 1 ¼ tsp. / 2.50 g cloves
- 2 ½ tsp. / 5 g black peppercorns
- ¼ tsp. / 0.50 g ground nutmeg
- 2 or 3 bay leaves (optional)

Directions:

- (1) Break open the cardamom pods and remove the seeds. Combine the cardamom, coriander, cumin, cinnamon, cloves, and black peppercorns. Roast in a 350° F/177° C oven until fragrant, about 5 minutes. Remove and cool slightly.
- (2) Combine the roasted spices with the nutmeg and bay leaves (if using) in a clean spice grinder and grind to a medium-fine powder.
- (3) Store in a tightly sealed container and use up within 1 month.





Lesson Five Herbs



Herbs are usually used to add fragrance and flavor to a dish rather than to provide the dominant taste.

The light flavors of dill, parsley, and chervil are good with fish and seafood. The pungent rosemary, oregano, and garlic will flavor braised or baked lamb or roast pork beautifully.

Root vegetables respond well to thyme and rosemary, aubergines to Provençal herbs, green peas to chives, tomatoes to basil and parsley.

It is important to balance delicate and hearty flavors in recipes, and you should use herbs judiciously so they do not overpower the flavors of the other ingredients.



Professional Conversation

A: Edwin (Commis) B: Steven (Sous Chef)

A: Hello, what are these herbs I've never seen before?

B: These herbs are dill, parsley, rosemary, oregano and so on. They are very widely used in cooking food.

A: How do we use these herbs in cooking food?

B: The light flavors of dill, parsley and chervil are good with fish and seafood.

A: OK. The rosemary and oregano are somewhat strong. Are they often used in cooking meat?

B: Yes, you're right. Rosemary, oregano and garlic will flavor braised or baked lamb or roast pork beautifully.

A: Wow, this is so amazing. I think they're full of magic. So what should we pay attention to when cooking with these herbs?

B: It is important to balance delicate and hearty flavors in recipes, and you should use herbs





judiciously so they do not overpower the flavors of the other ingredients.

A: OK. Thank you.

B: You're welcome. Let's prepare the ingredients for today's dinner.

A: OK.

New Words

dill [dɪl] <i>n.</i>	莳萝
rosemary ['rəʊzməri] <i>n.</i>	迷迭香
chervil ['tʃɜ:vɪl] <i>n.</i>	细叶芹
amazing [ə'meɪzɪŋ] <i>adj.</i>	不可思议的
judiciously [dʒu:'dɪʃəsli] <i>adv.</i>	理智地；审慎而明智地
overpower [ˌəʊvə'paʊə(r)] <i>v.</i>	压倒，（风味上）压过



Professional Knowledge

1. Introduction of Herbs

Finishing Herbs

(1) Basil



It is small to large with delicate oval, pointed leaves. Its color is green or purple with a pungent, licorice-like flavor. Varieties include opal basil, lemon basil, Thai basil, etc. It's available dried.

Flavoring sauces, dressings, infused oils, vinegar, pesto sauce, etc, it's popular in Mediterranean and Thai cuisines.

(2) Dill



It has long feather-like green leaves. It's available dried, flavoring salads, sauces, stews, braises, etc.

Dill's feathery fronds are slightly bitter. Dill matches perfectly with cucumbers (both pickled



and raw). Its summery freshness also works well for seafood, potatoes and eggs. It's best used as a finishing herb.

(3) Mint



It has pointed, textured pale green to bright green leaves. Its color, size and strength depend on the variety. It includes peppermint, spearmint, chocolate mint, etc.

Flavoring sweet dishes, sauces and beverages, it's also used to garnish desserts. Mint jelly is an accompaniment to lamb.

Although there are more than 2,000 varieties of mint, spearmint is the most common. The flavor of mint can be described as smooth and bright. Mint is often bruised or muddled to release its flavor. It's best used as a finishing herb.

(4) Marjoram



As a member of the mint family, fresh marjoram is often mistaken for oregano. Its flavor is sweet with a delicate, fleeting spiciness. Marjoram is often paired with poultry, lamb, or vegetables and it is best used as a finishing herb.

(5) Cilantro (Chinese Parsley)



It's similar to the shape of flat-leaf parsley, but it's frilly. It's light green and delicate with a fresh, clean flavor.

Cilantro, the fresh leaves and stems of the coriander plant, is a love-it-or-loathe-it herb. The



flavorful stems can be chopped and used along with the leaves. Because cooking attenuates the flavor, we almost always add cilantro after we take dishes off the heat.

(6) Chervil



Chervil is native to southern Russia. It has small, curly green leaves with a delicate texture. It has an anise flavor. It's available dried. It can be used as garnish and the component of fines herbs. Scatter it over vegetables or add it to salads.

(7) Parsley



Flat-Leaf Parsley



Curly Parsley

It has curly or flat bright green leaves. The leaves are pointed and scalloped edges. With its clean tasting, flat-leaf parsley is also known as Italian parsley. It's commonly available dried.

Parsley stems have a lot of flavors. Save them for stocks and soups. Flavoring sauces, stocks, soups, dressings, etc, it can also be used as the garnish and the component of fines herbs.

(8) Chives



The chive has long, thin bright green cylindrical leaves with a mild onion flavor.

Flavoring salads and cream cheese, it can also be used as the garnish and the component of fines herbs.



Long-Cooked Herbs

(1) Rosemary



It has pine-needle-like grayish, deep green leaves with a woody stem. It has a strong pine aroma and flavor. Commonly available dried, it flavors grilled foods (especially lamb) and marinades. It's popular in Mediterranean cuisine.

(2) Oregano



It has small, oval pale green leaves with a pungent flavor. Mexican and Mediterranean varieties are available. Commonly available dried, it flavors for tomato-based dishes. It can be used on pizza.

(3) Sage



It has thin, oval, velvety grayish-green leaves with a musky flavor. Varieties include pineapple sage, etc. It's commonly available dried, both crumbled and ground.



Perhaps best known as the main herb in poultry seasonings, sage flavors a range of foods, from breakfast sausages to Thanksgiving stuffing. Its taste is earthy and floral with a musky bite. Because of its cottony texture when raw, sage should be cooked.

Note: *In its dried form, we prefer rubbed (or finely crumbled) sage to the ground and chopped kinds.*

(4) Thyme



It has very small deep green leaves with a woody stem. Varieties include garden thyme, lemon thyme and wild thyme, etc. It's commonly available dried.

Thyme is good in long-cooked soups and stews and with roasted meats and poultry. It pairs well with mustard and lemon flavors. Its flavor mellows with cooking, so we often add extra at the end of a recipe. If the stems are young and tender, we can chop them and use with the leaves. If they're woody, we can add whole sprigs to soups and stews and remove before serving. Store thyme in a plastic bag in the refrigerator.

(5) Tarragon



It has thin, pointed dark green leaves, with a delicate texture and an anise flavor. It's commonly available dried.

Tarragon can be used in fish, egg, and chicken dishes and it also flavors bearnaise sauces.



(6) Bay Leaf



The bay leaf has a smooth, oval green leaf with an aromatic flavor.

Bay leaves flavor soups, stews, stocks, sauces, grain dishes. We can remove them before serving.

We prefer dried bay leaves to fresh ones. They work just as well in long-cooked recipes, and will keep for months.

(7) Lemon Grass



It has long blades with a rough surface. It is pale yellow green with a lemon flavor. It flavors soups, stocks, stir-fries, steamed preparations.

2. Preparation of Herbs

Herbs can be used whole, chopped or pounded into a purée depending on the requirements of the recipe. Softer-leaved herbs are better used raw, or added in the last minutes of cooking.

(1) Chop

Herbs are chopped according to what suits the dish. Finely chopped herbs integrate well with other ingredients and add immediate flavor because much of their surface is exposed. They also allow essential oils to blend into the food quickly, but they may lose flavor in cooking.



Some cooks like to use the curved mezzaluna when chopping large amounts of herbs. This implement is rocked backwards and forwards to great effect.



Use a large, sharp knife, or you will bruise the herbs. Hold the point of the blade with the fingers of your non-cutting hand and chop up and down briskly in a rocking motion.

(2) Pound

Herbs can be pounded to a paste using a pestle and mortar, and garlic is easily puréed in a mortar with a little salt. A smoother result is achieved more quickly by chopping them in a food processor. Some herb sauces, such as pesto, are made in this way.



Pesto is the classic pounded herb sauce. Start by pounding some basil and garlic in a large mortar to a rough purée.



Gradually work in some pine nuts, grated Parmesan cheese and olive oil, and pound further until it produces a smooth paste.

(3) Slice

Any finely shredded vegetable used as a garnish is termed a chiffonade. Shredded herb leaves make an attractive garnish and also keep their texture well.



Stack a few similar-sized leaves one on top of the other and roll them up tightly. Using a sharp knife, cut the roll of leaves into very fine slices.

(4) Strip and Pluck

Some herbs, like chives, chervil and coriander, have soft stalks, but in most cases leaves



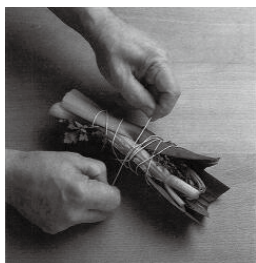
must be stripped from the stalks before being used. Small leaves and sprigs are used whole in salads or as a garnish, but most leaves are chopped, sliced or pounded depending on the dish being prepared. Keep leaves whole until just before you need them or their flavors will dissipate.

	<p>Strip Herb Leaves Hold the stalk firmly in one hand and pull upwards with the thumb and forefinger of the other hand to strip the leaves.</p>
	<p>Pluck Herb Leaves Pluck fennel leaves from the stalk. Pull the leaf sprays upwards with one hand. Remove any thick stalks that remain.</p>

(5) Assemble a Bouquet Garni

The most convenient flavoring for all stocks and for sauces created as part of a braised or poached dish, is the bouquet garni. Herbs and aromatic vegetables are bound into a neat package with string so that they can be conveniently added to and removed from the pot. The vegetables—celery ribs and leek leaves in most cases—function as a wrapping preventing the herbs from falling apart and dispersing in the liquid during lengthy cooking. The herbal mainstays of a bouquet garni are the bay leaf, thyme and parsley. The bay leaf and thyme can be either fresh or dried. Parsley, however, should always be fresh. For the strongest flavor, choose the flat-leaf parsley rather than the curly one. Include the plant's aromatic stems and, if possible, the washed root. For varieties, include other fresh or dried herbs—most notably rosemary, tarragon or savory—or even a small piece of orange or lemon peel.

	<p>Prepare Ingredients Cut the green leaves from a washed leek. Assemble flat-leaf parsley, thyme sprigs, a celery rib and some kitchen string or twine for tying.</p>
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Tie the Bundle

Bunch the herbs together and wrap the leek greens and celery around them. Wind string tightly around the bundle from top to bottom and knot the string firmly. Make a loop with the loose end of the string to make the bundle easy to handle.

3. Guidelines for Using Herbs

Adding herbs to cooking early will enable them to release their flavors into the dish. Dried herbs should always be put in at the beginning and herbs with tough leaves, such as rosemary, lavender, winter savory, thyme, and bay leaves, withstand long cooking well. If you add sprigs of herbs to a dish, remove them before serving.

To restore the aroma of herbs used in a slow-cooked dish, stir a few finely chopped leaves into the pan towards the end of cooking.







Strongly flavored herbs, such as mint, tarragon, fennel, marjoram and lovage, can be added at any stage during cooking.

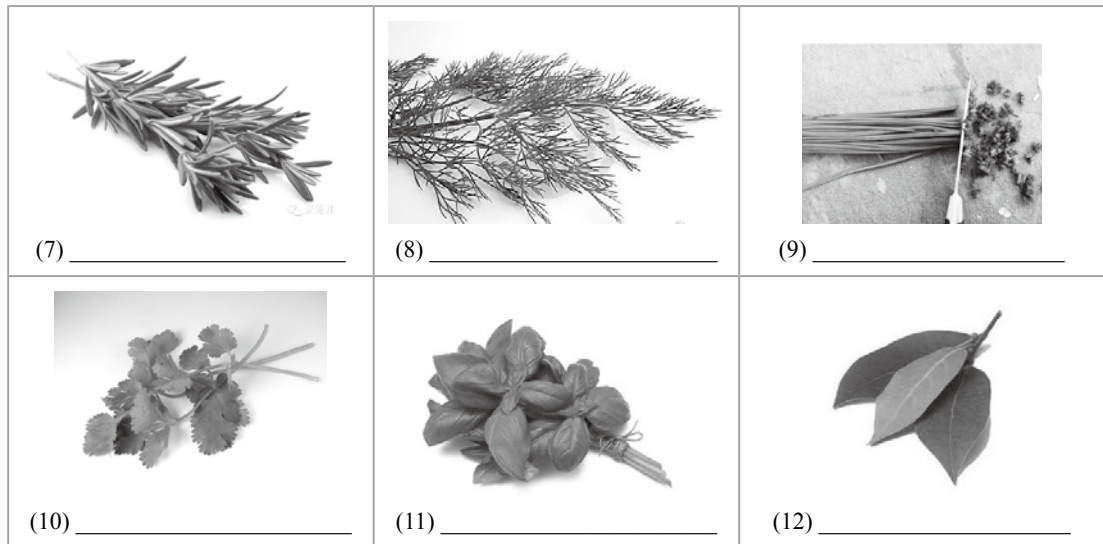
The essential oils of delicate herbs such as basil, chervil, chives, dill, coriander and lemon balm soon dissipate when heated. To keep them fresh in taste, texture and color, add them just before serving the dish.



Exercises

1. Write words in the blanks according to the pictures.

 (1) _____	 (2) _____	 (3) _____
 (4) _____	 (5) _____	 (6) _____



2. Translate the recipe into Chinese.

Pesto

This sauce for pasta also goes well with vegetables and as a dip or spread for brochette.

Serves 4–6

Ingredients:

- 4 handfuls of basil leaves
- 1 large garlic clove, peeled and crushed
- 30 g (1 oz.) pine nuts
- 30 g (1 oz.) Parmesan or pecorino cheese, grated
- 5–6 tbsp. extra virgin olive oil

Directions:

- (1) Put all the ingredients except the olive oil into a food processor and blend.
- (2) Scrape down the sides of the bowl and add the oil slowly through the feed tube until you have a thick and green sauce.
- (3) If you don't have a processor, put the basil and garlic in a large mortar and pound with a pestle. Add the pine nuts, a few at a time, and then the cheese and oil alternately until you have a thick paste. Add more oil if required.



Cultural Reading



Smart Robot Cooker



Are you tired of cooking every day? A smart robot cooker may solve your problem.

He Qing, CEO of a Shanghai-based catering service company, has spent eight years creating a smart robot cooker after becoming tired of his wife's complaining about his inability to cook.

Having undergone countless obstacles, he never gave up in his attempts to research and develop the cooker, claiming he always knew he'd liberate himself from the kitchen one day.

After his successful creation, his wife hasn't complained about his cooking and is said to be very satisfied with his invention.

"The smart robot cooker not only liberates me from the kitchen, but also liberates women from the kitchen," he said. "The dish is so delicious; the robot cooker has better cooking skills than me," said one person who used it.

It only takes the robot cooker three to four minutes to cook a dish and the cooker also has an automatic cleaning system. The robot cooker was only currently available for rent, and that a 10,000 *yuan* deposit is required plus 1 *yuan* for every dish cooked.

Of course, we haven't had the opportunity to try any of the dishes produced by this robotic cooker, but it's said that from the images alone, it certainly looks like decent Chinese food.