

3-3 Recipes

Main Reading text

So far in this unit we have looked at Food and Restaurants. Now we are going to look at three **recipes**, and describe how to make some simple yet delicious foods. If you have never prepared a meal before, these recipes and instructions may look difficult. But the secret of success is in the preparation. If you prepare well then it will be easy, and the results will be great!

We will begin each recipe with a list of the **ingredients** you will need, then we'll go on to describe how to prepare the food. We'll start with a salad, continue with a flan, and end with a delicious dessert from Portugal.

A fresh and tasty cashew and red cabbage salad

Like many salads, this salad comes in two parts, the salad itself and the salad dressing. There are many, many salad dressings that you can buy from your local supermarket, such as simple vinegar, fruit flavored vinegar, mayonnaise, 1000 Island, yoghurt, vinaigrette and so on. For our salad we are going to make a vinaigrette. This will only take a short time to make, but to be really good you should leave it to **marinate** overnight in the fridge so that all the flavors blend together.

Note.

A teaspoon is the spoon you would use to add sugar to your tea or coffee.

A tablespoon is the largest type of spoon used for eating from a bowl. In the UK, Europe and most other countries, a tablespoon is a type of large spoon usually used for serving.

Also, you do not have to be too accurate with the quantities. For all these recipes, plus or minus 10% is OK.

A 'g' = gram or grams

For the vinaigrette you will need:

10 ml white vinegar

40 ml olive oil

2 tablespoons maple syrup (30 ml)

2 tablespoons **Dijon mustard** (30 ml)

1 garlic **clove**, minced fine

2-3 tablespoons caraway seeds (~15 g)

¼ onion, cut into very small pieces

Whisk together all the ingredients in a large bowl and put in the fridge for a few hours, overnight is good.

To prepare the salad you will need:

1 purple cabbage, cleaned cored and chopped

1 tablespoon of salt (18 g)

¾ cup water chestnuts cut into small pieces.

1 avocado, peeled and cut into cubes

½ - ¾ cup raw cashew nuts

1 -2 large carrots, grated

Cut up the red cabbage and remove the core (the hard white bit in the center).

Cut the cabbage leaves into pieces small enough to eat easily. Put into a large bowl, sprinkle on the salt and mix well. Put into a large colander and leave for about 1 hour. This will draw out some of the water from the cabbage.

Meanwhile, grate the carrots, peel and cut up the avocado, and cut the water chestnuts into small pieces.

Shake the cabbage to remove any excess water and salt. In a large bowl mix all the vegetables together and cover with the salad dressing. Mix well and keep in the fridge until it is time to serve.

Now let's look at a recipe for a simple flan. This flan is vegetarian. But if you like you could add some pieces of roast chicken, shell fish or other meat in place of the eggplant.

By the way, a flan is like a pie, but without a covering. If a flan is filled with fruit or something sweet for a dessert, it may be known as a tart. But these two terms, flan and tart, can be used for the same thing

**asparagus, tomato, eggplant, mushroom and mozzarella
cheese flan**

The ingredients. As before, you do not have to be too accurate with the quantities. Plus or minus 10% is OK.

For the pie base you will need:

125 g of flour

1 teaspoon of nutmeg

1 teaspoon of baking powder

½ teaspoon of ground black pepper

¼ cup of water (60 ml)

1 tablespoon of olive oil

For the filling you will need:

1 eggplant (about 450 g), cut crosswise into ½cm slices

10-12 Asparagus spears, lightly boiled

50 g of button mushrooms, thinly sliced

3 large tomatoes, thinly sliced

1 small tin of tomatoes, mashed.

½teaspoon of olive oil

4 garlic cloves, thinly sliced

1 tablespoon of chopped fresh basil

1½teaspoons chopped fresh oregano

1½teaspoons chopped fresh mint

60 g shredded smoked mozzarella cheese

2 tablespoons grated Parmesan cheese

You will also need a **removable-bottom flan dish**, a **bread board** or something similar, a **sieve**, a mixing bowl, some paper towels, some baking paper.

The instructions.

Preheat the oven to 200°C (400°F).

To prepare the flan base, put the flour, nutmeg, baking powder, and ground black pepper into a **sieve** and shake lightly over a mixing bowl until all the ingredients have passed through the sieve, if there are any lumps, break them up with the back of a spoon. Stir well with a whisk and make a well in the center.

Add the water and 1 tablespoon of olive oil, stirring to form a soft dough.

Turn dough out onto a lightly floured surface and **knead** lightly 4 times. Gently press the dough into a 10 cm circle on a wooden board (a bread board); cover with some baking foil, but try not to touch the dough and put in the fridge for about 15 minutes.

Next, take the dough off the bread board, sprinkle a little flour over the board, replace the dough and roll it out until it makes a 28 cm circle. Carefully place the circle of dough into a 25 cm round removable-bottom flan dish that has been lightly covered with cooking spray. (If you don't have cooking spray then smear a little olive oil or butter over the flan dish.)

Press the dough against the bottom and sides of dish. **Pierce** the bottom and sides of dough with a fork, then bake at 200°C for 10 minutes. Allow to cool completely on a **wire rack**.

While the flan base is cooking and cooling, prepare the filling.

Lay the slices of eggplant on several layers of strong paper towels and sprinkle $\frac{1}{2}$ teaspoon of salt over them; let it stand 15 minutes.

Prepare some baking paper smeared with a little olive oil, or lightly covered with cooking spray.

After 15 minutes, pat the eggplant dry with paper towels and then brush with $\frac{1}{2}$ a teaspoon of olive oil. Arrange the eggplant in a single layer on a baking sheet and bake in the oven at 200°C for 20 minutes. Then take the eggplant out of the oven and stack the slices on a plate; cover with baking foil and let it stand for around 7-8 minutes to steam.

Heat a large nonstick **skillet** coated with cooking spray (or a small amount of olive oil) over medium heat. Add the garlic and cook for 1 minute, stirring constantly. Remove from the heat and stir in the basil, oregano, mint, and mashed (tinned) tomatoes

Sprinkle 2 tablespoons of smoked mozzarella on the bottom of the baked flan.

Layer the eggplant and sliced tomatoes in the flan. Add the contents of the skillet, add the sliced mushrooms and arrange the asparagus spears like the spokes of a wheel. Sprinkle 6 tablespoons of smoked mozzarella and Parmesan cheese over it all.

Bake at 200°C for 10 minutes or until the cheese melts.

Cut into 8 wedges and serve with a light red or white wine.

Bolo De Bolacha

Now, to finish out journey into the art of cooking, let's make a delicious Portuguese dessert known as 'Bolo De Bolacha', which translates as 'Biscuit Cake'.

There are hundreds of recipes for biscuit cake, in fact every chef will more than likely have his or her own special way of creating a 'bolo de bolacha'. But even with so many variations and specific flavors, there is one style that stands out above the rest, and that is the one we are going to make here. This is a favorite of many people in Portugal because it is coffee flavored, and coffee is Portugal's favorite drink. As we have mentioned before, you do not have to be too accurate with the quantities. For all these recipes, plus or minus 10% is OK.

The ingredients:

300 g digestive biscuits

150 g fine powdered sugar

250 g butter

2 eggs

250 ml of ground milk coffee (or latte), allowed to cool to room temperature

1 teaspoon of instant coffee powder

To make the coffee cream: in a large bowl, mix the sugar and butter to make a fine paste. Add the eggs one at a time, beating continuously. An electric food mixer is useful here. Add in the instant coffee powder and continue to mix well.

Prepare a deep dish and a cake serving-plate next to each other. Pour the latte into the deep dish. **Dip** the biscuits quickly one by one in the coffee, but be careful not to take too long or the biscuits will become too soft.

Arrange them in one layer on the serving plate and cover with the coffee cream. Add another layer of biscuits and again cover with the coffee cream. Continue until you have used all the biscuits. Cover the cake with **IMPLYd** biscuit, or grated chocolate, or **crumbled** chocolate biscuit. Add sliced strawberries for a really exciting taste.

Keep in the fridge until you are ready to serve it.

Vocabulary

1. IMPLY (V.) 含蓄，包含；含有…的意思

To express something in an indirect way. To suggest something without saying or showing it plainly.

2. RECIPE (n.) 烹飪法；食譜

The instructions for making or doing something.

3. INGREDIENTS (n.) 組成部分；原料

To radiate again; especially to give out energy in the form of radiation after absorbing (taking in) energy.

4. MARINATE (v.) 把…浸泡在滷汁中

To put something in a sauce for a period of time to add flavor or to let flavor mix together, or to make the meat or fish more tender.

5. DIJON MUSTARD (n.): 第戎芥菜醬

A prepared mustard made from dark mustard seeds, white wine, and spices. Originally from Dijon, in France

6. CLOVE (n.) 丁香；乾丁香花苞

A small bulb, such as in garlic, similar to an onion.

7. WHISK (v.) 揮動

To stir or beat eggs, sauces, etc. with a whisk or fork.

8. KNEAD (v.) 揉；捏

To prepare dough (or something similar such as pizza base) by pressing a mixture of flour, water, etc., with your hands.

9. PIERCE (v.) 刺穿，刺破

To make a hole, or holes, in or through something.

10. DIP (v.) 浸泡

To put something into a liquid and pull it out again quickly.

11. CRUMBLE (v.) 粉碎，弄碎

To break something into very small pieces.

Review exercise

Choose the best word or phrase to complete the following sentences based on the text.

1. If you look on the side of a packet of biscuits, you will see a list of _____.
(A. ingredients B. recipe C. cookies D. companies)
2. The best way to be successful in anything is to _____ well.
(A. watch B. try harder C. prepare D. not give up)
3. There are many, many salad _____ you can buy from supermarkets.
(A. coatings B. toppings C. coverings D. dressings)
4. You do not have to be too _____ plus or minus 10% is OK.
(A. difficult B. accurate C. truthful D. on target)
5. As well as flavoring, salt is also used to _____ water from vegetables.
(A. draw down B. take up C. put in D. draw out)
6. If you like, you can use roast chicken _____ the eggplant.
(A. in place of B. in the middle C. to give D. to cook)
7. Put the ingredients into a _____ and shake lightly over a mixing bowl.
(A. cup B. colander C. sieve D. table spoon)

8. Heat a large nonstick skillet _____ cooking spray (or olive oil).
(A. cleaned with B. dusted C. placed in D. coated)
9. A delicious Portuguese dessert known as 'Bolo De Bolacha', which _____ as 'Biscuit Cake'.
(A. translates B. gives C. is D. explains)
10. There is one style that _____ above the rest.
(A. is better B. stands out C. gives up D. tries)

True or False

1. The grammatical structure known as 'the imperative' is used for instructions. T/F
2. Transitional tags are used when we are writing about sequences. T/F
3. Preparation is not as important as cooking. T/F
4. To marinate is to allow all the flavors to remain separate. T/F
5. In the UK, a tablespoon is not used only for eating T/F
6. To whisk means to stir, or beat, with a lot of energy. T/F
7. The white center of the red cabbage is used in the salad recipe. T/F
8. A flan and a pie are just different words for the same thing. T/F
9. The filling of a pie is everything inside the pastry. T/F
10. Bolo de Bolacha is so special there are only a few recipes available. T/F

Reading Comprehension - choose the best answer

1. The reason we use the imperative grammatical structure is:
- It is a type of grammar that goes back along way in English history and so it has become a traditional way of writing and speaking.
 - It is the way of communicating that we use when giving instructions or commands and when we know who is the subject the sentence. Thus we avoid repeating the same word at the beginning of each sentence.
 - It is a formal way of speaking/writing and so is used when we want to be very polite, or when we want to ask questions.
 - It is the same type of grammar as the passive. That is, we use it when we do not want to mention, or we do not know who did a

particular action.

2. When making the asparagus, tomato, eggplant, mushroom and mozzarella cheese flan, we put the flour, nutmeg, baking powder and ground black pepper in a sieve and shake. Why is this?
 - a. Because we want to make sure that when the mixture is prepared there are no lumps of flour or anything else in the mixture.
 - b. Because this is the only way to make sure that all the powder ingredients will mix together well. If we did not do this we could easily get a lot of nutmeg (for example) in one place in the flan. That would not taste very nice.
 - c. There is no reason. It is just a traditional way of preparing the powdered ingredients. We could just as easily use a fork or spoon.
 - d. Because we want to add the olive oil and water to make a dough, which will become the flan base.