

## HOW TO COOK

### RICE

1. **Boil** water into a **large pan**.
2. **Mix** one **teaspoon** of salt into the water
3. **Pour** the rice into the pan and **stir it** just enough to separate the rice grains
4. Cover the pan and let the rice **simmer** for about eighteen minutes
5. Remove the cover and allow the rice to **steam** for another five minutes.

### CHOCOLATE CAKE

1. **Preheat** the **oven** to 180°C.
2. **Grease** and **flour** a **cake tin** and set aside.
3. In a **bowl**, **add** one **cup** of flour with ½ cup of cocoa, 1 cup of sugar, ½ cup of butter, 1 cup of milk and two eggs, lightly **beaten** and **mix it**.
4. **Pour** the mix **into** the cake tin and **bake** it for forty minutes

**The following verbs frequently appear when reading the cooking instructions in recipes:**

**add:** To put ingredients together; to put one ingredient with the others.

**bake:** To cook in an oven by using heat.

**barbecue:** To cook foods (primarily meat) on a grill by using fire or hot coals.

**beat:** To mix quickly and continually, commonly used with eggs.

**boil:** To heat water until little bubbles form.

**break:** To separate into smaller parts by force.

**broil:** To cook meat or vegetables on a rack with an extremely high temperature.

**carve:** To cut meat into slices.

**chop:** To cut into small pieces, generally used with vegetables.

**combine:** To put two or more things together.

**cook:** To prepare food by heating it, so the food is not raw.

**crush:** To cause to separate or flatten by extreme force, often used with garlic.

**cut:** To separate or divide by using a knife.



**fry:** To cook by putting the food into extremely hot oil.

**grate:** To divide into small parts by rubbing on a serrated surface, usually used with cheese.

**grease:** To coat with oil or butter.

**grill:** To cook by putting the food on a grill; similar to barbecue.

**knead:** To press and stretch dough, usually used with making bread.

**mix:** To combine two or more things using a spoon, spatula, or electric mixer.

**measure:** To obtain an exact quantity.

**melt:** to make something become liquid through heating.

**microwave:** To heat up food within a microwave oven.

**mince:** to grind food, normally meat, into small pieces. A machine is often used to do this.

**open:** To remove the top from a can or jar.

**peel:** To take the skin off of fruits or vegetables.

**pour:** To transfer liquid from one container to another.

**put:** To place something in a particular position or location.

**roast:** To cook in the oven or over a fire.

**sauté:** To quickly fry food by placing it in hot oil in a frying pan.

**scramble:** To mix the white and yellow parts of eggs together while cooking them in a pan.

**slice:** To cut into thin, wide portions.

**steam:** To cook by placing the food above boiling water. Steam is the vapor that comes from hot water

**stir:** To mix liquid ingredients by moving a spoon around in a circular motion

**stir fry:** To cook small pieces of food by moving it quickly in hot oil

**wash:** To immerse food in water and make sure it becomes clean

**weigh:** To measure the weight (grams or pounds) or something



grate



BBQ



layer



level



melt



pinch



pour



scramble



serve



simmer



slice



spread



stir



taste



add



bake



blend



boil



bread



roast



chop



cut



dip



fry