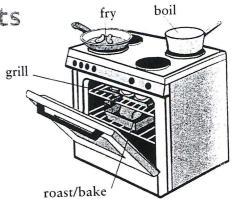
Cooking and restaurants

NOTE Food which is not cooked is boil: in water, e.g. potatoes or rice

fry: in oil or butter above the heat, e.g. sausages

grill: under the heat, e.g. toast or meat roast: in the oven using oil, e.g. meat

bake: in the oven without oil, e.g. cakes



Rare (= cooked quickly and red inside); medium-rare (= cooked longer but still red in the middle); medium (= cooked more and pink); or well-done. (= cooked longer and not pink)

Taste the sauce (= try a bit to see if it's good) and add salt if necessary. You can really taste the garlic in this. It's very tasty. (= lots of flavour; a positive word)

salty: lots of salt hot/spicy: lots of spices, e.g. curry, chilli

sweet: lots of sugar (opp bitter, e.g. very strong coffee, or sour, e.g. lemons)

fresh: recently produced or picked, e.g. fresh bread, fresh fruit

fattening: food which makes you put on weight/get fat, e.g. cream, cakes, etc.

healthy: good for your health/fitness, e.g. salad or fruit chilled (= very cold), e.g. white wine is usually chilled

still: describes water without gas; sparkling is water with gas (also called fizzy water)

Menu -	salt and
Starters———————————————————————————————————	WW.
Pan fried salmon with spinach Breast of chicken in a white wine sauce with mushrooms Roast fillet of pork with apple sauce Grilled steak in a pepper sauce	M
Gesserts — Gesserts — Hrawberries with fresh cream Thocolate mousse Selection of cheeses with home-made bread Fresh fruit salad with ice cream	tooth

and pepper

vinegar oil