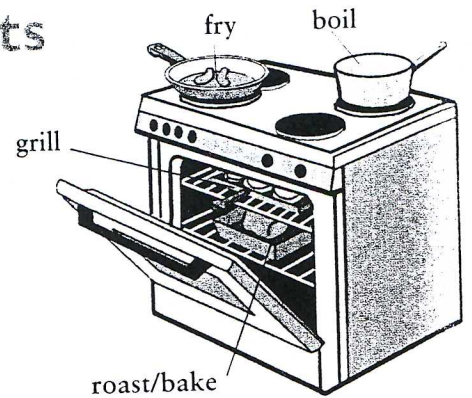


Cooking and restaurants

NOTE

Food which is not cooked is **raw**.

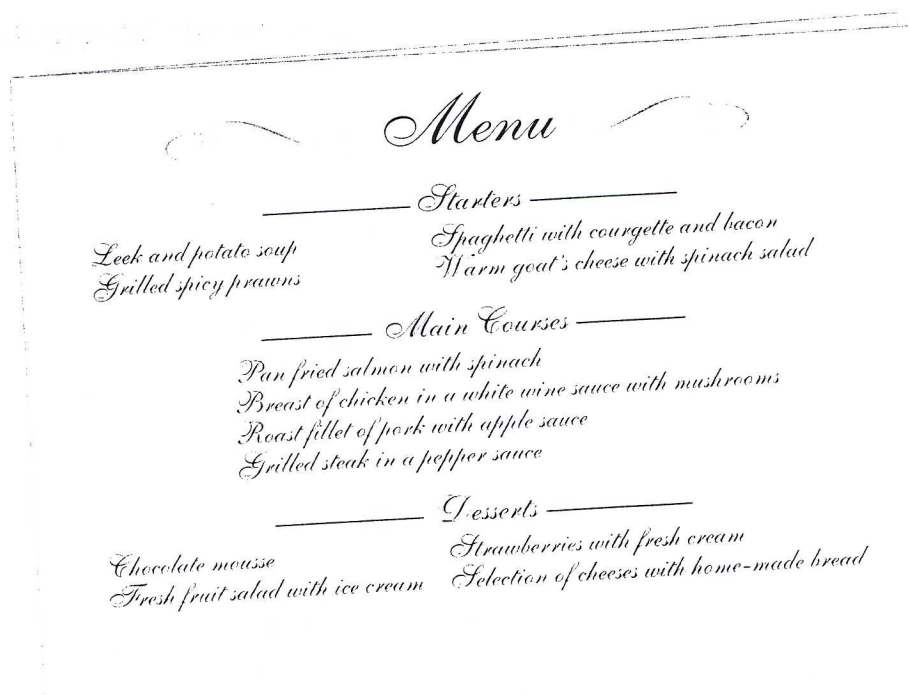
boil: in water, e.g. potatoes or rice
fry: in oil or butter above the heat, e.g. sausages
grill: under the heat, e.g. toast or meat
roast: in the oven using oil, e.g. meat
bake: in the oven without oil, e.g. cakes



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**)



salt and pepper



napkins



toothpicks



vinegar oil