

**Temat: Preparing dishes - recipes. Przygotowywanie dań - przepisy.**

**Cel lekcji:**

1. Zna różnicę między słowami *kitchen* a *cuisine*.
2. Potrafi dopasować tytuły rozdziałów w książce kucharskiej do odpowiednich potraw.
3. Zna słownictwo związane ze sposobami przygotowywania potraw.

**1) Dzień dobry.**

Moi drodzy. Dziś proponuję Wam tematy wprowadzające do modułu o przygotowywaniu dań. W kartach pracy znajdziecie słowniczek oraz dwa tematy: *A cookery book* (Książka kucharska) oraz *How is it made? Dish preparation methods*. (Jak to jest zrobione? Sposoby przygotowywania potraw).

**2) W rozdziale *A cookery book* znajdziecie pytanie o różnicę między słowem *kitchen* a *cuisine*:**

Kitchen is the place you cook. Cuisine is the food you make.

Słowo *kitchen* oznacza „kuchnię (pomieszczenie)”,  
np. *We have a very small kitchen* („Mamy bardzo małą kuchnię”).

Jeśli chodzi nam o „kuchnię (styl gotowania)” użyjemy słowa *cooking* albo *cuisine*  
np. *I like Chinese cooking/ cuisine* („Lubię chińską kuchnię”).

**3) Kolejnym Waszym zadaniem będzie dopasowanie rozdziałów w książce kucharskiej do odpowiednich potraw. Spróbujcie wykonać zadanie samodzielnie, a następnie sprawdźcie z odpowiedziami poniżej:**

- |                       |                                 |
|-----------------------|---------------------------------|
| 1. Cooking techniques | 2. Recipes                      |
| 3. Basic food groups  | 4. National and Ethnic cuisines |
| 5. Special Diets      | 6. Nutrition                    |
| 7. Ingredients        | 8. Equipment                    |

Termin **“Starters”** nie pasuje do żadnej kategorii.

**4) Rozdział 6.2.**

**Zadanie 1.**

**Moist-heat cooking methods** use water, liquid or steam to transfer heat to food. Common moist-heat cooking methods include: poaching, simmering, boiling, braising, stewing, pot roasting, steaming and en papillote (gotowanie na mokro).

**Dry-heat cooking methods** involve the circulation of hot air or direct contact to fat to transfer heat. Most often, this promotes the caramelization of surface sugars in foods. Common dry-heat cooking methods include: pan frying, searing, roasting, sauteing,

sweating, stir-frying, shallow- and deep-frying, grilling, broiling, baking and rotisserie cooking (gotowanie na sucho).

Zadanie 2 – odpowiedzi.

Dry heat cookery methods

Baking

steaming

Grilling

Roasting

Moist heat cookery

methods

Stewing

Boiling

Frying

barbecuing

Basting

5) Nauczcie się słownictwa dotyczącego metod gotowania (rozdział 6.2, zad. 2) na pamięć.

Have a nice day!

Pozdrawiam, Joanna Nowakowska

# 6

## Przygotowanie dań – przepisy *Preparing dishes – recipes*

### KEY TERMS – WAŻNE POJĘCIA

**beef** mięso wołowe

**casserole** zapiekanka, naczynie żaroodporne

**cuisine** kuchnia (potrawy)

**drizzle** skropić

**flake** płatek, wiórek

**juicy meat** soczyste mięso

**lamb** mięso jagnięce

**mutton** mięso baranie

**pork** mięso wieprzowe

**ramekin** zapiekanka z sera i tartej bułki

**rare / medium / well-done steak** stek  
krwisty / średnio wypieczony / dobrze wysmażony

**skillet** patelnia z długą rączką

**tender/tough meat** mięso miękkie / twarde

**timbale** zapiekanka

**toss** przewracać (np. naleśniki)

**utensil** przyrząd

**veal** mięso cielęce

## 6.1. Książka kucharska *A cookery book*

### ZADANIE 1.

Wy tłumacz różnicę pomiędzy słowami *kitchen* i *cuisine*.

*Explain the difference between the words: "kitchen" and "cuisine".*

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### ZADANIE 2.

Dopasuj tytuły rozdziałów w książce kucharskiej do odpowiednich potraw.

Jeden tytuł został podany dodatkowo i nie pasuje do żadnego rozdziału.

*Match the titles to the chapters in a cookery book. One of the titles has been provided additionally and does not match any chapter.*

Basic Food Groups • Starters • Cooking Techniques • Recipes •  
National and Ethnic Cuisines • Special Diets • Ingredients • Equipment • Nutrition

1. _____ 1) Baking 2) Boiling 3) Canning	2. _____ 1) Desserts 2) Meats 3) Cakes
3. _____ 1) Dairy products 2) Fruit 3) Cereals	4. _____ 1) African cuisine 2) British cuisine 3) Russian cuisine
5. _____ 1) Gluten-free 2) Low GI diet 3) Vegan	6. _____ 1) Antioxidants 2) Calories 3) Fats
7. _____ 1) Alcohol 2) Baking soda 3) Flour	8. _____ 1) Utensils 2) Pans 3) Kitchen tools

## 6.2. Jak to jest robione? Sposoby przygotowania potraw How is it made? Dish preparation methods

### ZADANIE 1.

Wykonaj poniższe polecenia.  
*Carry out the tasks below.*

- Describe the main differences between dry and moist heat cooking methods.

\_\_\_\_\_

- List the different cooking methods under dry and moist heat cooking methods.

\_\_\_\_\_

\_\_\_\_\_

## ZADANIE 2.

Wpisz brakujące słowa lub zwroty do podanych opisów sposobów przyrządzania potraw.

*Complete the text with the following words or phrases.*

frying • stewing • barbecuing • boiling • moist heat cookery methods • roasting •  
basting • grilling • dry heat cookery methods • baking • steaming

### Methods of Cooking

There are some basic methods of cooking: dry heat cookery methods and moist heat cookery methods.

1. \_\_\_\_\_

In these methods the food is left dry and heat is used to cook the food – the food cooks in its own juice or the water added to the food during its preparation and it evaporates during the heating process.

a) \_\_\_\_\_

In this method the food is put into an enclosed area where heat is then applied and the movement of heat within the space makes it get cooked.

b) \_\_\_\_\_

In this method water is added to a pot and then a stand is placed inside the pot, but the water level should be under the stand and not above it. There is no contact between the food and the water.

c) \_\_\_\_\_

Food is cooked over hot charcoal in an open fire

d) \_\_\_\_\_

The heat seals the outside part of the food and the juice inside cooks the food. It is mainly used when cooking fleshy food like fish, meat or chicken.

5. \_\_\_\_\_

In these methods liquid is used as a medium to cook the food

a) \_\_\_\_\_

This is the most common method of cooking and it is also the simplest one. With this method of cooking, enough water is added to food and it is then cooked over the fire.

b) \_\_\_\_\_

In this method food is cooked using a lot of liquid. Different kinds of vegetables are chopped, sometimes pieces of selected meat, fish or chicken are also chopped and added.

c) \_\_\_\_\_

In this method the food to be cooked must not have water dripping from it. This is because when water comes into contact with hot oil or fat, you will have the oil sizzling and spitting out of the pan, which could burn your skin if you are not careful. There can be two ways of this method: shallow and deep.



d) \_\_\_\_\_

It is usually associated with parties or picnics. It is most suitable for cooking meat cutlets, fish or chicken pieces. The food is usually marinated with spices and tenderizers before it is cooked. A sufficient amount of oil is heated up and the food is added. The food is then turned over a couple of times before it is dished out.

e) \_\_\_\_\_

This method of cooking is usually associated with roasting. The juice or liquid that comes out of the meat being cooked is spooned over the roast frequently while it is being roasted.

Źródło: [http://wikieducator.org/Different\\_methods\\_of\\_cooking](http://wikieducator.org/Different_methods_of_cooking) (dostęp: 3.01.2013).

## 6.3. Przepisy – sałatki

### Cooking recipes – salads

#### ZADANIE 1.

Uzupełnij przepisy podanymi czasownikami.  
Complete the cooking recipes with the verbs below.

refrigerate • serve • clean • combine • slice • halve

#### Quick, Easy-N-Fast Strawberry-Banana Salad Recipe

- 1 quart fresh strawberries, washed, cleaned and halved
- 4 or 5 ripe bananas, sliced
- 1 pint strawberry glaze

\_\_\_\_\_ and \_\_\_\_\_ the strawberries, \_\_\_\_\_ the bananas.  
\_\_\_\_\_ all ingredients and \_\_\_\_\_ to chill. \_\_\_\_\_ with  
whipped cream or prepared whipped topping if desired.

place • reduce • drizzle • simmer • combine • flake • cover • add • bring • cook •  
sprinkle • heat • discard • toss

#### Warm Salmon Salad

- 3 cups cubed red potatoes
- 4 cups diagonally sliced asparagus
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 1/2 pounds salmon fillet
- 2 teaspoons vegetable oil
- 8 cups gourmet salad greens
- 4 tablespoons sliced green onions
- 8 cherry tomatoes – quartered
- 2 tablespoons balsamic vinegar
- 2 tablespoons pesto basil sauce