# **Talk About Food and Cooking in English**

<https://www.youtube.com/watch?v=SlTrn13aez4&t=10s&ab_channel=OxfordOnlineEnglish>

1. Introduction [00:00](https://www.youtube.com/watch?v=SlTrn13aez4&t=0s) - [00:49](https://www.youtube.com/watch?v=SlTrn13aez4&t=49s)

2. Talking About Cuisines [00:50](https://www.youtube.com/watch?v=SlTrn13aez4&t=50s) - [03:52](https://www.youtube.com/watch?v=SlTrn13aez4&t=232s)

3. Talking About Cooking [03:53](https://www.youtube.com/watch?v=SlTrn13aez4&t=233s) - [07:51](https://www.youtube.com/watch?v=SlTrn13aez4&t=471s)

**1. INTRODUCTION**

**cuisines**

like – dislike

**cooking**

**meals**

eating habits

**2. TALKING ABOUT CUISINES**

00:52

**What kind of food do you like?**

I like a bit of everything, really.

I grew up in the UK, and you can get food from all over the world there.

My mum’s cooking is a combination of different cuisines: a bit of French, a bit of Italian, a bit of Indian, and so on.

01:06

**What’s British cuisine like?**

I know about fish and chips, but there must be more…

There is, but not that much.

There are a few famous dishes like shepherd’s pie or Sunday roast, but most people eat a mix of things.

**What about you?**

**What food do you like?**

01:21

I’m half Spanish, so when I was young we ate a lot of Mediterranean food at home.

Now, I live in Berlin, and it’s a pretty cosmopolitan place, so you can get all kinds

of food, like the UK, I suppose.

I’ve never really had much Spanish food.

**Is it similar to Italian?**

01:37

In some ways, yes.

They both use a lot of fresh ingredients, and there’s a lot of seafood, salads, and

so on. Pasta isn’t so common in Spanish cooking, though.

01:47

**What are some typical Spanish dishes?**

I’d be interested to try some.

I guess paella is quite well-known.

My personal favourite is a dish called albondigas, which is meatballs in a tomato sauce.

It’s simple, but so tasty.

02:00

**Sounds good!**

02:02

Here’s a question: **do you know the difference between the words ‘cuisine’, ‘dish’**

**and ‘meal’?**

‘Cuisine’ means the kind of food you find in a specific country or culture.

For example, you have Chinese cuisine, French cuisine, local cuisine, and so on.

‘**Cuisine’** means something like ‘cooking style’.

You can use the word ‘**food’** or ‘**cooking’** in the same way.

So, you can say ‘Chinese cuisine’, ‘Chinese cooking’ or ‘Chinese food’.

The meaning is very close.

A ‘**dish’** means something which is cooked or prepared.

Usually, a dish is made from different kinds of food.

A ‘**meal’** is food eaten at a specific time.

Most people eat three meals a day: breakfast, lunch and dinner.

**….. don’t just say ‘Vietnamese food is delicious.’**

03:18

**Give some more details!**

Say what kind of dishes are the best, or try to explain why you like it.

For example, you could say ‘Vietnamese food is delicious, because it uses fresh ingredients and it’s a little bit spicy, which I like.’

**3. ADJECTIVES TO DESCRIBE FOOD**

03:47

Next, **let’s look at how to talk about food you like – or don’t!**

03:55

**So, what do you think?**

Oh no!

This is ***terrible***!

Really?

First, you haven’t cooked the meat long enough.

It’s ***tough*** and really chewy.

You need to keep cooking it until it’s tender.

I cooked it for two hours, just like you said!

Yes, but you also have to check that it’s done!

Also, these vegetables are ***awful***.

They’re ***mushy*** because you’ve ***overcooked*** them.

They should be ***fresh*** and ***crunchy***.

Right…

04:23

What about the sauce?

It’s not bad, but it’s a little ***bland***.

A dish like this should be ***rich***, ***spicy*** and a little ***sour***.

While you’re cooking, don’t forget to taste it, and add more spices, or more vinegar,

or whatever it needs.

Hmm…

04:38

I’m a little scared to show you my dessert, now.

Ahh, wow!

This is ***amazing***!

Oh?

You mean it?

Yes!

It’s a perfect tart.

It’s ***crumbly***, but not ***dry***, which is a difficult balance to get right.

The fruit gives it a nice, ***tangy*** flavour.

Very ***tasty***!

|  |  |  |
| --- | --- | --- |
| **Flavour**  spicy  sour  sweet  bitter  rich  bland | **Texture**  mushy  soft  tough  chewy  tender  crunchy  crumbly  juicy | **Taste**  great  amazing  fantastic  tasty  delicious 🡪 REALLY  awful  terrible  disgusting |

**Now, a challenge for you: think about the last thing you ate.**

**Could you describe it?**

07:14

Talk about the flavour, the texture, and whether you liked it or not.

For a bonus, try to explain why you did or didn’t like it!

For example: ‘The last thing I ate was a lentil soup.

It was quite spicy, but a little bit mushy, because I overcooked the lentils.

I didn’t like it so much, because it was a little bland.

Lentils don’t have much flavour.’

**COOKING HABITS**

07:47

**Next, let’s see how you can talk about cooking habits.**

07:54

**Do you cook much?**

Sometimes.

I cook maybe twice a week, but I’m too busy to do more than that.

**What do you do the rest of the time?**

For lunch, I eat in the canteen at work.

In the evening, I generally get something from the supermarket, or get a takeaway.

I don’t like it, because I know it’s more expensive and less healthy than cooking for

myself, but I just don’t have the time.

08:16

**What about you?**

I make most of my meals.

I don’t cook every day, though.

I normally do a lot of cooking on Sunday, and then I have food for the week.

I take a packed lunch to work, and then eat leftovers in the evening.

That’s a good system!

I wish I could be so organised…

It helps that I have a market very close to my house.

They have great fresh produce, fish, meat… everything you need.

That means I don’t need to spend much time shopping.

Plus, I prefer eating home-cooked, fresh food.

If I don’t have food with me, I end up eating greasy fast food, and then I feel bloated

and gross.

Yeah, I’m the same way…

Think about the first question you heard in the dialogue: ‘**Do you cook much?**’

09:03

How would you answer this?

You could say something like: ‘I cook every day.’

‘I don’t cook much – maybe once or twice a week.’

09:16

‘I don’t cook.

09:17

I’ve never learned how!’

09:20

If you don’t cook, what can you do for food?

………………………………………….

…A **canteen** is a bit like a restaurant, but it’s run by a company for its staff, or

by a university for its students.

Canteens are usually cheap, or the food might even be free.

A **takeaway** means you buy or order the food from a restaurant, and then eat it somewhere Else, usually at home.

A **packed lunch** means you take food from home and eat it at work or school.

If you cook more than you can eat, the extra food is called ‘**leftovers’**.

…………………………..

**4. DESCRIBING HOW TO MAKE A DISH**

COOKING MOUSSAKA

10:37

Let’s look at our last point.

So, what do we do first?

First, we need to fry the aubergine and the potato.

While you do that, I’ll prepare the meat.

How are you going to do it?

It’s easy: you sauté onion and garlic, then add the meat to brown it.

Then you add the tomatoes and simmer it for fifteen minutes or so until the sauce thickens.

OK, what now?

Now we need to make the white sauce.

You know how to make white sauce?

I think so, though I’ve never tried it.

It’s butter, flour and milk, right?

Yes, but you need to be careful.

Add the milk very slowly, and stir the sauce continuously.

Otherwise, it can get lumpy.

Should I use a low heat?

Yes, as low as possible.

So, is that it?

Pretty much!

We just need to layer all the parts, sprinkle some grated cheese on top, and then bake it for half an hour.

What should I do, then?

Get a baking dish.

Put the potatoes in the bottom, then the aubergine, then the meat.

Add another layer of aubergine on top, then pour in the white sauce.

Is it ready?

Yeah, I think so.

It should be lightly brown on top.

Nice work – you made your first moussaka!

By the way, do you know what ‘moussaka’ is?

It’s a famous Greek dish.

It’s easy to find recipes online if you want to try making it.