

# Cooking verbs and recipe words



June 2019. Kindly contributed by Kate Lindley, Kirklees College.

Search for Kate on <http://www.skillsworkshop.org>

Please refer to the download page for this resource on skillsworkshop for detailed curriculum links and related PDF worksheets.

## **Curriculum mapping**

This resource was written for ESOL learners and covers several aspects of the Adult ESOL curriculum (Levels E1, E2). Please refer to the download page of this resource on skillsworkshop.org in order to download the related PDF worksheets and a detailed list of ESOL links.

### **Adult ESOL curriculum**

<http://www.excellencegateway.org.uk/content/etf1194>

Also useful for **Entry Level 1 Reformed Functional Skills English**.

Subject content functional skills: English. DfE (Feb 2018).

<https://www.gov.uk/government/publications/functional-skills-subject-content-english>



stir

chop

add

heat

fry



sift

mix

drain

pour

grate





# Ferocious Fruit and Chocolate Fondue

It's tasty  
dessert for  
friends!



## Ingredients:

8 fresh strawberries  
2 bananas  
1/2 cup chocolate syrup

## Nutrition:

Recipe makes 4 servings  
Each serving counts as 1 fruit

## Safety:

Keep your fingers curled under while using the knife to avoid cutting your fingers.

## Directions:

1. Wash strawberries and peel bananas.
2. Remove green tops and cut strawberries into bite-sized pieces.
3. Cut banana into bite-sized pieces.
4. Place fruit on serving plate.
5. Measure 1/2 cup syrup into serving bowl.
6. Dip fruit in chocolate and enjoy!

from the kitchen of  
**Playnormous**



Recipe approved by the Children's Nutrition Research Center at Baylor College of Medicine

## Fruit Salad

### You will need:

- 2 bananas, peeled, and cut into bite size pieces
- 1 cup fresh strawberries, sliced or 1 package (10 ounces) frozen sliced strawberries
- 1 cup fresh orange slices or 1 can (11 ounces) mandarin oranges, drained
- 1 cup apple, chopped

### What to do:

1. Wash your hands and clean your cooking area.
2. Wash bananas, strawberries, oranges, and apples.
3. Peel bananas and oranges.
4. Cut all the fruit according to recipe.
5. Place fruit in a large bowl and mix.

Yield: 10 servings (1/2 cup each)

**High in Fiber &  
Vitamin C**



Depending on age, children can help chop or mix fruit. Talk to children about the names, color, and number of pieces of each fruit.

## Chocolate Cake

6 eggs  
250 grams dark chocolate (Nestlé™ is suggested)  
190 grams sugar  
3 Tbs flour  
125 grams unsalted butter

**Icing:**  
125 grams dark chocolate  
3 Tbs heavy cream or crème fraîche

Preheat the oven to temperature setting 7 (210° C or 425° F).

Melt the chocolate with 3 Tbs of water on a slow fire. When it is melted, add the butter. Meanwhile, beat the whites of the eggs until they form stiff peaks.

Take off the heat and add the beaten egg yolks, the sugar, and the flour. Then fold in the egg whites very slowly, so as not to crush them.

Pour the batter into a buttered nonstick mold and bake for about 40 minutes.

Unmold as soon as it comes out of the oven and let it cool.

**Icing:**  
Melt the chocolate with 3 Tbs of water. Add the heavy cream and stir to a smooth consistency.

After icing the cake, refrigerate it for 2 hours before serving.



# Green Monster Soup

It's a tasty  
winning  
recipe!



## Ingredients:

1 cup carrots  
1 cup zucchini  
1 cup yellow squash  
1/2 whole onion  
2 garlic cloves  
1 cup quinoa  
1 1/2 cups split peas (dried)  
8 cups vegetable broth  
1/4 tsp cayenne pepper (to taste)

## Safety:

Ask a parent or guardian for help when using the stove. Keep your fingers curled under when using the knife.

## Directions:

1. Wash and cut carrots, zucchini and squash into large pieces.
2. Dice onions and garlic cloves. Sauté in oil until soft.
3. In a large pot, combine all ingredients except quinoa and bring to a boil.
4. Continue to simmer on medium low for about 45 minutes or until peas are soft.
5. Meanwhile, prepare quinoa according to package directions. Set aside.
6. Place a scoop of quinoa in each bowl and ladle soup over the top. Sprinkle a few pieces of quinoa on top of soup to create monster scales and serve!

## Nutrition:

Recipe makes 5 servings  
Each serving counts as 2 vegetables

from the kitchen of  
**Playnormous**



Recipe created by RecipeLovers 2011 winner Allison L. "Lagard" of Coventry, RI

What is different between these instructions and regular sentences?

Add the eggs to the pan.  
Serve on toast.

Kate cooks eggs a lot.  
She loves them.

# Write instructions for your breakfast

You have only 10 minutes and then you can check with a partner.



Write a recipe for your favourite food.

