



A future culinary traveller?



Weekly English Practice

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English
Coaching
Projects S.Coop.

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My culinary travels

ECP coach John has lived in a few countries. Here is a description of some of the wonderful dishes he has enjoyed and learned to cook on his travels

curry: generic name for spicy Indian food. Now the UK's most popular dish

aubergine: large egg-shaped vegetable. Black purplish skin and whitish inside

avocado: pear shaped leathery green skin with smooth oily green flesh

crash course: short intense course

jury out: When a final decision is delayed

flaky pastry: thin covering for dishes made from flour & water

stuffed vine leaves: A fruit or vegetable, especially a grape leaf or cabbage leaf, cooked with a filling of ground meat, herbs, or rice

Cooking is a big part of my life. I cook lunch and dinner every day and actually enjoy the challenge of inventing dishes and doing something different and exciting to keep the family interested in what they eat.

I started cooking when I was quite young. My mother and father both had to work in factories and were not able to get home for lunch. I was in charge of getting my sister's lunch. Looking back, I am not sure **curries** were appropriate for a seven year old girl but she seemed to enjoy them!

I left home at eighteen and had to fend for myself in the kitchen. I continued with my improvised curries but I really did not know how to cook. My first real education in the culinary arts came when I moved to London at 23. London, the cosmopolitan melting pot of many cultures and strange flavours. I first saw melons, **aubergines** and **avocados** in Green Street in the East End of London where I lived and they looked wonderful, problem was I had no idea what to do with them!

I lived with a strict vegetarian and unfortunately she was a terrible cook so I took responsibility in the kitchen. I bought the latest vegetarian cookbooks and did a **crash course** in meatless cookery. From those days I remember with fondness many a ratatouille, roasted aubergines, stuffed peppers and my nut pasta was a particular favourite.

I came to the Basque Country in the early 1990s and discovered many new dishes in a whole new culinary culture. In my early classes I used to ask students about food. The question "where is the best food in the world?" was invariably answered with one word "here". Students usually meant if not Alava then actually in their mother's house!

In my opinion, the greatest innovation of Basque cooking is the pintxo. Usually delicious but always surprising and inventive. While there are other wonderful dishes in the Basque Country and Spain such as potatoes, beans and chorizo, hake in parsley sauce with clams and the simple but classic Spanish omelette, the **jury** is still **out** on whether it is "the best food in the world".

On my travels I next ended up in Sarajevo, the capital of Bosnia where I really appreciated the cuisine of different peoples thrown together through great historical events. Bosnian food is influenced by a mixture of Slavic, Turkish and Austrian cultures. There is not enough space to list all the wonderful Bosnian dishes but my favourites are **ćevapi**, a sort of Bosnian kebab, and pita, which is a **flaky pastry** covering meat, potatoes, cheese and spinach.

In Saudi Arabia I discovered what was probably the forerunner of paella. A simple rice dish with chicken or goat cooked in a big pan over a fire in the desert. Arab cuisine also has wonderfully intricate salads. My mouth still waters when I remember the **stuffed vine leaves**.

Time to get in the kitchen to get cooking I think!

"Let's chat about that!"

Write your answers in an email and send them to your ECP coach!

- Can you cook? How well? If not, why not?
- Do you cook every day?
- What are your speciality dishes?
- What are your favourite Basque and Spanish dishes? And 'foreign' dishes?
- Who is the best cook you know?
- What are some of the advantages of cooking your meals at home? How about the disadvantages?
- If you had your own personal chef, what meal would you ask for most?



“iLook, iThink, iSpeak” Express yourself better!

English Pintxo Pote



“To pintxo or not to pintxo?”

That is the question.

“To socialise in English and have a good evening.”

That is not a question, it's a great idea!
Come to our English Pintxo Pote!

Thursday 10th November
@ 20.30 @ El Portalón
See you there!

English Pintxo Pote

Cooking vocabulary

add: To put ingredients together; to put one ingredient with the others.

bake: To cook in an oven by using heat.

barbecue: To cook foods (primarily meat) on a grill by using fire or hot coals.

beat: To mix quickly and continually, commonly used with eggs.

boil: To heat water until little bubbles form.

chop: To cut into small pieces, generally used with vegetables.

crush: To cause to separate or flatten by extreme force, often used with garlic.

cut: To separate or divide by using a knife.

fry: To cook by putting the food into extremely hot oil.

grate: To divide into small parts by rubbing on a serrated surface, usually used with cheese.

grill: To cook by putting the food on a grill; similar to barbecue.

measure: To obtain an exact quantity.

melt: To make something become liquid through heating.

microwave: To heat up food within a microwave oven.

mince: To grind food, normally meat, into small pieces. A machine is often used to do this.

peel: To take the skin off of fruits or vegetables

pour: To transfer liquid from one container to another.

roast: To cook in the oven or over a fire.

sauté: To quickly fry food by placing it in hot oil in a frying pan.

scramble: To mix the white and yellow parts of eggs together while cooking them in a pan.

slice: To cut into thin, wide portions.

steam: To cook by placing the food above boiling water. Steam is the vapor that comes from hot water

stir: To mix liquid ingredients by moving a spoon around in a circular motion

weigh: To measure the weight (grams or pounds) or something

Carrot and Orange Soup

A tasty recipe from UK chef Jill Weatherburn

Ingredients

- 2tbsp olive oil
- 1 large white onion, diced
- 4 stalks of celery, finely chopped
- 1kg carrots, peeled and chopped
- 1.7litres boiling water
- 2 vegetable stock cubes
- 1tsp caster sugar
- 3 oranges, juice and zest
- 200ml double cream
- black pepper to season

More recipes at <http://www.jillweatherburn.co.uk/>



Method

1. Heat the oil in a large saucepan and add the onions and celery then gently fry for 5 minutes until soft.further 5 minutes.
2. Add the carrots and continue to cook for a further 5 minutes.
3. Pour the boiling water into the pan with the crumbled stock cubes, sugar, juice and zest of the oranges,

cover and simmer for around 20 minutes or until the carrots are cooked.

4. Using a stick blender or food processor whizz up the soup until smooth.
5. Finally stir in the double cream and season with black pepper.

To serve the soup try pouring into large cups or mugs and garnish with some finely shredded orange zest.