Cooking and TV chefs

Task 1 – Useful utensils

Use a dictionary and find out what these kitchen utensils are.

Potato peeler	*Frying pan*	*Saucepan*	*Knife*	*Corkscrew*
Teaspoon	*Fork*	*Tablespoon*	*Sieve*	*Mixer / blender*
Bottle opener	*Scissors*			

Task 2 – Cooking survey

Find out who are the keen cooks in your class by doing this cooking survey on five people in your class. Write their names next to the numbers. Add a question of your own in the empty space.

	1 _____	**2_____**	**3_____**	**4_____**	**5_____**
Are you a good cook?					
What was the last meal you cooked?					
Have you ever had any cooking disasters?					
Who's the best cook in your family?					
What's your favourite meal?					
(add your question)					

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Task 3 – TV Chefs

In Britain there are lots of TV programmes about cooking and many of the TV chefs are now famous celebrities. Is it the same where you live? Answer the questions with a partner.

- In Britain there are lots of TV programmes about cooking and many of the TV chefs are now famous celebrities. Is it the same where you live? Answer the questions with a partner.
- Are there any cooking programmes on TV in your country?
- Are cooking programmes popular?
- Have you ever made a recipe that you saw on the TV?
- Do chefs on TV cooking programmes become famous in your country?
- Are there competitive cooking programmes on TV?
- Do you think being a chef is a good job? What are the advantages and disadvantages of being a chef?

Task 4 – Trends and television reading

Before you read the text, guess if the following statements are true or false.

- Cooking TV programmes are really popular in Britain at the moment.
- It's difficult to buy food from around the world in Britain.
- The number of cookery students in Britain is rising.
- More and more people buy ready prepared food in the UK.
- It is very unusual for British people to eat their dinner in front of the TV.

Trends and Television

Fusion cooking

Lifestyle programmes make up a large proportion of UK television programming with food and cookery shows becoming increasingly popular as celebrity chefs work to fuel the population's love of food. As a country recognised more for its Sunday roasts and cucumber sandwiches you may be surprised to know that cuisines and ingredients from around the world are widely available in our restaurants and markets and have influenced what we eat and how we cook.

Chefs with a newfound celebrity status promote a fusion of classic 'British' cooking with an international flair. Using traditional 'British' ingredients to create something as imaginative as 'Black pudding won tons', a recipe made famous by Lancashire born Andrew Nutter, and mussel, cockle and clam masala a recipe that gives a new twist to traditional British seafood featured in Rick Stein's

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‘Taste of the Sea.’

TV dinners

With the increased popularity of cookery and more chefs on TV there has been a rise in the number of students applying for courses at UK universities and colleges, such as those offered by the School of Culinary Art at South Trafford College.

The combination of cookery and education for entertainment was encapsulated by the programme Jamie’s Kitchen. Here celebrity chef Jamie Oliver conducted a social experiment to train 15 unemployed 16-24 year olds to be chefs whilst setting up a new restaurant at the same time. Both the programme and the experiment were a great success so much so that a catering company in Newcastle chose six unemployed youngsters who were given 12 months training and work experience in a busy café.

A renaissance

The reinvention of ‘British’ food means recipes go beyond the traditional meat and two veg. However our busy lifestyle and the availability of convenience foods mean we may not necessarily recreate the recipe from scratch in our own homes. Recent trends suggest that more and more people buy take away meals from the local Chinese or Indian restaurant to eat at home in front of the television. There has been a recent explosion in the ready meal market, especially chilled, with manufacturers offering everything from Lasagne to Pheasant Breast in Blackcurrant Sauce. Ready meals aren’t necessarily unhealthy - all the major supermarkets and manufacturers recognise the demand for ‘healthy’ meals and produce reduced fat alternatives. These meals satisfy the customer demand for the convenience of not cooking but without the high calorie and fat content usually associated with ready meals.

The UK’s obsession with food is reflected through television scheduling. Competitive cooking shows such as Celebrity Come Dine With Me where famous people host dinner parties for the other contestants are broadcast during prime time evening slots. Vintage celebrity chefs make popular viewing too. The BBC has recently shown a series called Delia Through The Decades, which celebrates the five-decade career of Delia smith, Britain’s queen of home cooking. In each episode Delia looks back on her favourite recipes from each decade and recreates some with a contemporary feel.

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Task 5 - Recipe

Recipe: Vegetarian Shepherd's Pie

Serves 4 people. Preparation time: 30 minutes. Cooking time: 20 minutes

Ingredients

For the vegetables:

1 tbsp vegetable oil
1 onion, finely chopped
1 clove of garlic, crushed
1 stick of celery, chopped
1 leek, halved and sliced
1 carrot, diced
420g can mixed beans, drained and rinsed
400g can chopped tomatoes
1 tsp dried mixed herbs
1 tsp tomato purée
salt and freshly ground black pepper

For the mashed potato topping:

700g floury potatoes, peeled and cut into chunks
150ml milk
85g cheddar cheese, crumbled

Method

1. Preheat the oven to 180C.

2. _____ the potatoes in a pan of lightly salted boiling water until tender.

3. Meanwhile _____ the oil add the onion, garlic, celery, leek and carrot and _____ gently for 10 minutes.

4. _____ the beans, tomatoes, herbs or chilli powder and tomato purée with 3 tbsp water. Season to taste and simmer for 5 minutes.

5. When the potatoes are cooked _____them and heat the milk to boiling point. _____ the milk over the potatoes and mash until smooth. Season to taste. ____ in half the cheese.

6. Spoon the beans and tomato mixture into an ovenproof dish and top with the cheesy mash. _____ over the remaining cheese.

7. _____ for 20 minutes until the topping is golden brown.

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- Look at the ingredients. Use a dictionary or ask your teacher to explain the meaning of these words:
  chopped / crushed / halved / sliced / diced / drained / rinsed / ground / peeled / cut / crumbled
- Work in pairs. Test each other on the new words by miming them to each other.
- Now look at the method and put these words into the spaces.

  Fry / heat / cook / drain / pour / sprinkle / cook / add / mix
- What do you think vegetarian shepherd's pie would look and taste like? Would you like to try it?

Task 6 – Write your own recipe

Write your own recipe below. If you're not sure about the exact ingredients or method you can be creative and invent them!

Include the name of the recipe, the ingredients and the method.

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