

Cooking Terms (A - F)

WARM UP Look at the pictures below. Describe the situation in each picture.

1.



2.



READING

Al dente - Pasta cooked until just firm.

Beat - To stir **rapidly** to make a mixture smooth, using a whisk, spoon, or mixer.

Blend - To thoroughly combine 2 or more ingredients, either by hand with a whisk or spoon or with a mixer.

Caramelize - To heat sugar until it **liquefies** and becomes a syrup ranging in color from golden to dark brown.

Core - To remove the seeds or tough woody centers from fruits and vegetables.

Cream - The butterfat portion of milk. Also, to beat ingredients, usually sugar and fat, until smooth and fluffy.

Cube - To cut food into small (about 1/2- inch) cubes.

Cut in - To mix fat into dry ingredients using a pastry blender, fork, or two knives, with as little blending as possible until fat is in small pieces. Usually refers to making pastry.

Dice - To cut food into very small (1/8-to 1/4-inch) cubes.

Dress - To **coat** foods such as salad with a sauce. Also, to clean fish, **poultry**, or game for cooking.

Flute - To make decorative **grooves**. Usually refers to pastry.

Fold - To combine light ingredients such as whipped cream or beaten egg whites with a heavier mixture, using a gentle over-and-under motion, usually with a rubber spatula.

COMPREHENSION

1. Which among these terms describes a pasta that has only been cooked till firm?
2. What does "caramelize" mean?
3. What is the difference between a cube and a dice?

Sautéed Tofu

WARM UP Look at the pictures below. Describe the situation in each picture.

1.



2.



DIALOGUE

Kaori : Wow! Your lunch today was very delicious! How did you make it?

Aki : I **sautéed** the tofu. I basically just heat oil in a pan and let it get hot. Once heated, I added the marinated tofu and **browned** each side for about 2 minutes. Then I lowered the heat to medium and sautéed for about 5 minutes. And before I forget, I also added the **marinade** and cooked it for another 5 minutes.

Kaori : Did you use oil-based marinades?

Aki : No, Kaori. Since tofu inevitably has liquid inside it, oil-based marinades are a no-go because oil and water will create a natural barrier between the tofu and the marinade. It will not penetrate the tofu. So instead, I put in citrus juice. Then I marinate it overnight. You can also try oil-free alternatives like soy sauce.

Kaori : Oh, that's why! I only cook plain tofu. By the way, is it necessary to marinate it overnight?

Aki : No, Kaori. If you're in a rush, give the marinade at least 30 minutes to work its magic.

Kaori : I see. Thanks, Aki!

COMPREHENSION

1. What exactly did Aki do with the tofu?
2. How long did she marinate the tofu?
3. Why are oil-based marinades not suitable for tofu?
4. True or False: It is important to marinate the tofu overnight.

ADDITIONAL QUESTIONS

1. What is your favorite tofu dish?
2. Have you tried marinating tofu? If yes, tell me about your experience. If not, would you like to try marinated tofu? Why or why not?