این فایل به همراه ویدیو آن برای استفاده ی رایگان زبان آموزان طراحی شده. انتشار آن با ذکر منبع بلامانع است

Favourite food cue card

8+ sample provided by Hadi Maroofi

Transcript

My favourite food is me mum's steak with its special dressing. As I mentioned earlier I'm a **foodie** who **is into** red meat so it's **no wonder** that my favourite meal is steak. It's not that I don't like fruits and vegetables. Undoubtedly vegetables **are a must when it comes** to cooking. **They are used** as both **side dish** when you want to **decorate** the dish and also **ingredient**, they really **come in handy** when you want to **get rid of** the unpleasant smell of meat. It's just that _**no offence**_ but a **vegetarian diet is not my type.**

Back to my steak, what I like about cooking it at home is my mother's secret formula of **seasoning** and **marinade which** she **puts into practice**. Based on **what I have seen** she uses variety of just common **spices** like **thyme**, **turmeric** and **paprika** but the result is a **miracle**! Her steaks **are second to none**.

However, **it hasn't always been** like this. I mean she **used to** cook meat until it was profoundly brown and **well-done**. And I was not a (and still am not a, and I don't think if I ever will be a) big fan of **tough** well done steak so I **would complain**. I don't know if my complaint had been **taken into account** or what but she **has manipulated** the **recipe** recently and **is making succulent** rare steaks. **Garnished** with mushroom **dressing** made with **fresh** parmesan cheese and **full-fat** cream and garlic which can tempt the toughest of men to break the diet.

I love how **tender** it is. **Apart from that** I love the taste of red meat **blended** with garlic **flavour**. You know it reminds me of heavens _ **as if I have died** once and **eaten** steak up there so that **I can relate**.

I **assist** her **every now and then** when she is cooking and I **have observed** any movement every **subtle** action she takes so many times, **yet I haven't been able to** make such steaks.

Lexis (vocabulary, collocations, fixed phrases and idiomatic language):

Foodie ➔ کسی که عاشق غذا هست

Side dish ➔ چیزی که همراه غذا سرو میشود

Decorate ➔ تزئین کردن

foodie

noun [C] (also **foody**)

UK /ˈfuːdi/ US /ˈfuːdi/

a person who loves food and is very interested in different types of food:

- *A box of these would make a lovely gift for a foodie.*
- *I am a foody, and I love cooking for myself.*

side dish

noun [C]

UK /ˈsaɪd ˌdɪʃ/ US /ˈsaɪd ˌdɪʃ/

side dish *noun* [C] **(PLATE OF FOOD)**

UK

(also **side order**); (US informal **side**)

in a restaurant, an extra dish of food, for example vegetables or salad, that is served with the main dish, sometimes on a separate plate

decorate

verb

UK /ˈdek.ə.reɪt/ US /ˈdek.ɚ.reɪt/

decorate *verb* **(MAKE ATTRACTIVE)**

B1 [T]

to add something to an object or place, especially in order to make it more attractive:

- *They decorated the wedding car **with** ribbons and flowers.*

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Ingredient ➔ مواد اولیه غذا درست کردن

ingredient

noun [C]

UK /ɪnˈgriːdi.ənt/ US /ɪnˈgriːdi.ənt/

B1

a food that is used with other foods in the preparation of a particular dish:

- *The **list of** ingredients included 250 g of almonds.*

Vegetarian ➔ گیاهخوار/گیاهی

vegetarian

adjective

UK /ˌvedʒɪˈteə.ri.ən/ US /ˌvedʒəˈter.i.ən/

(informal **veggie**)

B1

not eating or including meat:

- *vegetarian cooking/food*
- *a vegetarian dish/meal*

Diet ➔ رژیم

diet

noun

UK /ˈdaɪ.ət/ US /ˈdaɪ.ət/

B1 [C]

an eating plan in which someone eats less food, or only particular types of food, because they want to become thinner or for medical reasons:

- *I'm **going on** a diet next week and hope to lose ten pounds before Christmas.*
- *a **crash/strict/calorie-controlled** diet*

Seasoning ➔ معطر کردن غذا

seasoning

noun [C or U]

UK /ˈsiːzᵊn.ɪŋ/ US /ˈsiːzᵊn.ɪŋ/

a substance, especially salt or pepper, that is added to food to improve its flavour:

- *Taste the soup and adjust the seasoning, adding more salt or pepper as desired.*

Marinade ➔ مزه دار کردن غذا

marinade

noun [C]

UK /ˌmær.ɪˈneɪd/ US /ˌmer.ɪˈneɪd/

a mixture, usually containing oil, wine, or vinegar and herbs and spices, that you pour over fish or meat before it is cooked, in order to add flavour to it or make it tender:

- *Pour the marinade over the beef and leave it for 24 hours.*

Spice ➔ ادویه

spice

noun

UK /spaɪs/ US /spaɪs/

spice *noun* **(FOOD)**

B1 [C or U]

a substance made from a plant, used to give a special flavour to food:

- *Cinnamon, ginger, and cloves are all spices.*
- *Spices are widely used in South Asian cooking.*

Thyme ➔ آویشن

thyme

noun [U]

UK /taɪm/ US /taɪm/

a herb used in cooking

Yulia Gusterina/iStock/Getty Images Plus/GettyImages

Turmeric ➔ زردچوبه

turmeric

noun [U]

UK /ˈtɜː.mᵊr.ɪk/ US /ˈtɜː.mᵊr.ɪk/

a yellow powder, used as a spice to flavour particular foods, especially curry, and give them a yellow colour. It is made from the root of an Asian plant.

popovaphoto/iStock/Getty Images Plus/GettyImages

Paprika ➔ پودر فلفل پاپریکا

paprika

noun [U]

UK /ˈpæp.rɪ.kə/ /pəˈpriː.kə/ US /pæpˈriː.kə/

a red powder used as a spice to give a slightly hot flavour to food, especially in meat dishes

Anton Eine/EyeEm/GettyImages

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Miracle ➔ معجزه

Well done ➔کاملا پخته شده

Tough ➔ سفت

Complain ➔ انتقاد کردن

Recipe ➔ دستور پخت

Succulent ➔ آبدار

Garnish ➔ تزئین غذا

Dressing ➔سُس

Fresh ➔ تازه

Full-fat ➔ پرچرب

miracle

noun [C]

UK /ˈmɪr.ə.kᵊl/ US /ˈmɪr.ə.kᵊl/

B2

an unusual and mysterious event that is thought to have been caused by a god because it does not follow the usual laws of nature:

- *Jesus Christ was said to have performed miracles like turning water into wine.*

well done

adjective

UK /ˌwel ˈdʌn/ US /ˌwel ˈdʌn/

(of meat) cooked so that it is firm and has a grey-brown colour all the way through:

- *"How would you like your steak?" "Well done."*

B2

Tough food is difficult to cut or eat:

- *This steak is very tough.*
- *These apples have tough skins.*

complain

verb [I]

UK /kəmˈpleɪn/ US /kəmˈpleɪn/

B1

to say that something is wrong or not satisfactory:

- *Lots of people have complained **about** the noise.*
- *You're always complaining!*
- [+ that] *He complained **that** his boss was useless and he had too much work.*

recipe

noun [C]

UK /ˈres.ɪ.pi/ US /ˈres.ə.pi/

Image Source/GettyImages

B1

a set of instructions telling you how to prepare and cook food, including a list of what food is needed for this:

- *For real South Asian food, just **follow** these recipes.*
- *Do you know a good recipe **for** wholemeal bread?*

succulent

adjective • approving

UK /ˈsʌk.jə.lənt/ US /ˈsʌk.jə.lənt/

Succulent food is pleasantly juicy:

- *a succulent peach.*
- *a big piece of succulent steak*

garnish

verb [T]

UK /ˈgɑː.nɪʃ/ US /ˈgɑr.nɪʃ/

garnish *verb* [T] **(DECORATE FOOD)**

to decorate food with a small amount of different food:

- *Garnish the dish **with** parsley before serving.*

dressing

noun

UK /ˈdres.ɪŋ/ US /ˈdres.ɪŋ/

dressing *noun* **(SALAD)**

[C or U]

a liquid mixture, often containing oil, vinegar, and herbs, added to food, especially salads

A2

(of food or flowers) in a natural condition rather than artificially preserved by a process such as freezing:

- *fresh fruit and vegetables*
- *fresh fish/meat*
- *fresh coffee*

full-fat

adjective

UK /ˌfʊlˈfæt/ US /ˌfʊlˈfæt/

containing all of the fat that something naturally has, with none removed:

- *full-fat milk/cheese*

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Tender ➔ تُرد

Flavour ➔ عطر

Blended ➔ مخلوط شده

Assist ➔ کمک کردن

Subtle ➔ ظریف

C2
(of meat or vegetables) easy to cut or chew (= crush with the teeth):

• *My steak was beautifully tender.*

flavour
noun UK (US **flavor**)
UK /ˈfleɪ.vəʳ/ US /ˈfleɪ.və/

B1 [C or U]
how food or drink tastes, or a particular taste itself:

• *Add a little salt to bring out the flavour **of** the herbs.*
• *My fish was delicious but Charles' beef had almost no flavour (= did not taste of anything).*

blend
noun [C]
UK /blend/ US /blend/

C2
a mixture of different things or styles:

• *a rich blend of the finest coffee beans*
• *Their music is a blend of jazz and African rhythms.*

assist
verb [I or T] • formal
UK /əˈsɪst/ US /əˈsɪst/

B2
to help:

• *The army arrived to assist **in** the search.*
• *You will be expected to assist the editor **with** the selection of illustrations for the book.*

subtle
adjective • approving
UK /ˈsʌt.ᵊl/ US /ˈsʌt̬.ᵊl/

C2
not loud, bright, noticeable, or obvious in any way:

• *The room was painted a subtle shade of pink.*
• *The play's message is perhaps too subtle to be understood by young children.*

Be into sth/sb. ➔ به چیزی یا کسی علاقمند بودن

No wonder ➔ عجیب نیست

Be a must ➔ الزامی است

When it comes to ➔ وقتی بحث چیزی باشد

Get rid of ➔ از شر چیزی خلاص شدن

Come in handy ➔ به کار آمدن

No offence ➔ منظوری ندارم

Not to be sb's type ➔ مطابق با سلایق نبودن

Back to ➔ برگردیم به

Put sth. Into practice ➔ چیزی را عملی کردن

Be second to none ➔ رو دست نداشتن

Take into account ➔ در نظر گرفتن

Apart from that ➔ بجز اون

Every now and then ➔ چند وقت یکبار

I can relate ➔ میتوانم درک کنم

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GRAMMAR RANGE

Tenses

- Present simple
- Present progressive (continuous)
- Present perfect
- Past simple

Accompanied by:

- Used to + base form (past habits)
- Would + base form (past habits)
- As if + clause
- Passive
- Relative clause
- Be able to

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