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**СБОРНИК
ТЕКСТОВ
ПО КУЛИНАРИИ**

**НА АНГЛИЙСКОМ
ЯЗЫКЕ**

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Допущено Министерством высшего
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ПРЕДИСЛОВИЕ

Настоящее пособие по английскому языку составлено из адаптированных текстов по вопросам питания, кулинарии и обслуживания. Пособие предназначается для учащихся средних специальных учебных заведений по специальности технология приготовления пищи. Оно может быть использовано для подготовки работников сферы обслуживания и специалистов смежных профессий.

Сборник состоит из трех частей, приложения и англо-русского словаря. Часть I Our Food содержит тексты о пищевых продуктах. Во II часть Cookery and Service входят тексты по приготовлению блюд главным образом отечественной кухни и сервировке стола. Технология приготовления блюд дана в трактовке английских авторов. III часть World's Cuisine and Catering включает статьи по проблемам питания и обслуживания в различных странах мира. Нумерация всех текстов сквозная. Расположены они в порядке нарастания языковых трудностей.

В приложение вошли уроки к текстам I части, меню, диалоги, памятка повара и тематические пословицы. Уроки построены по схеме:

1. Vocabulary—список слов, составляющих активный словарь текста.
2. Ex. 1 — фонетические упражнения.
3. Ex. 2 — упражнения на словообразование.
4. Ex. 3 — упражнение на беспереводное понимание интернациональных слов.
5. Грамматические темы.
6. Ex. — упражнение для закрепления пройденного материала и развития навыков устной речи.

В словарь включена общая и специальная терминология.

В работе над книгой авторы пользовались помощью специалистов по профилю пособия. Тексты с 24 по 34 (технология приготовления) подобраны и адаптированы И. И. Рушкевичем (Ленинград).

Авторы признательны рецензентам за ряд ценных критических замечаний и выражают благодарность товарищам, принявшим участие в работе над созданием книги.

Авторы

CONTENTS

Part I. Our Food

	<i>Page</i>
1. Sugar	7
2. Water	7
3. Salt	8
4. Tea	8
5. Cocoa and Chocolate	8
6. Milk	9
7. Cereals	9
8. Pasta	10
9. Vegetables	10
10. Potatoes	11
11. Cheese	11
12. Fish	12
13. Poultry	12
14. Meat	13
15. Fruit	14
16. Our Food	14
17. Cooking Meals	16
18. Proper Diet	16
19. Vegetarian Diet	18
20. Eating Out	19
21. Russian Caviar	19
22. Culinary Terminology	20

Part II. Cookery and Service

23. General	22
24. Russian Blini	23
25. S'chee	25
26. Grilled Salmon With Cold Cucumber Dill Sauce	28
27. Chicken Cutlets Kiev	29
28. Veal	32
29. Beef Stew	34
30. Pork	35
31. Vegetables	36
32. Salads	38
33. Garnishes	39
34. Seasonings	40
35. Desserts	43
36. Wines	44
37. Yeast Cooking	45
38. Formal Dinners	48

Part III. World's Cuisine and Catering

39. Eating Your Way Across Eastern Europe	51
40. An Englishman's View of Russian Food	53
41. Cooking the French Way	55
42. Foreign Food Centres in Britain	57
43. Wining and Dining in Stockholm	58
44. Tunisian Gastronomy	59
45. Ancient Traditions of China	61
46. Indian Cuisine	62
47. Invitation to Japanese Dishes	64
48. The Food Industry in Mexico	66
49. Training in Food Science and Technology (Canada)	67
50. Food Service System (U.S.A.)	68

Supplement

Exercises to texts 1—22	71
Dialogues	84
Chef's Guide	86
Menu à la Carte	89
Proverbs and Sayings	91
Vocabulary	93

Part I. OUR FOOD

1. SUGAR

People make sugar from the juice of sugar-cane or the roots of beetroot.

Sugar-cane grows in hot countries, well only in a soil that has a lot of lime in it. If the soil is good, people can get three harvests a year.

Beetroot grows in cool countries. There are two kinds of beetroot: red beetroot and white one. From white beetroot people make sugar. We call it beet sugar. When the roots are ripe they are dug out and sent to the factory. There the roots are washed, cut into pieces by slicers (machines with knives). Then the pulp is carried by a conveyor to a diffuser. The juice from it flows into tanks. It boils and flows to other tanks. Then the juice goes into centrifugal machines which extract sugar from it. This is beet sugar. It is dried and often made into little oblong pieces of sugar called lumps of sugar. Finally sugar is packed in tins and boxes and sent to towns and villages.

2. WATER

Water is the commonest of all substances and without it life is impossible. It exists in three states: ice, which melts at 0 degrees Centigrade, liquid, and steam when boiling at 100°C.

Water of the rivers and lakes is called fresh water, and that of seas and oceans is sea or salty water. Pure water is rarely found in nature: it is able to dissolve substances from the air, the soil and the rocks. By sedimentation, filtration and disinfection people purify water from bacteria, turbidity, etc.

Man can live as long as ninety days without food, but he ^{can't} _{live}

cannot live many days without water. More than half of the human body consists of water, which also forms a large part of the food we eat, especially vegetables and fruit.

3. SALT

Salt is one of the most common minerals used in everyday life. Primitive people that lived mainly upon raw meat did not need salt. Meat itself retained salts. When people passed on to the agricultural stage and began to raise crops, salt became a necessity. Bread and vegetables were not only improved in taste, but salt itself was required for the body's well-being.

The fact that salt could preserve food made it the symbol of lasting quality. To offer salt to somebody at one's table was a sign of friendship.

Common or table salt consists of two elements—sodium, a bright, soft metal, which takes fire in contact with water, and of chlorine, a greenish-yellow gas. It is called sodium chloride. Salt can be dissolved in water and obtained again unchanged by evaporating the water. It forms the greater part of the dissolved material in sea water and certain lakes.

4. TEA

When the mistress of the house in England offers her visitors a cup of tea, she sometimes asks, "Russian or English tea?"

"Russian tea" will be served in glasses and a slice of lemon will be put into it. "English tea" means very strong tea with milk in it. Tea-drinking is quite a tradition with the English. Tea is served in almost every house nearly at the same time, at 5 o'clock in the afternoon. On the table tea-cups on saucers and tea-spoons are laid. The milk-jug and the sugar-basin are also on the table. There are small plates with bread and butter, or bread and jam, or biscuits. Tea is ready. The hostess pours the tea into cups.

"Do you take milk?" "Yes, please."

"How many lumps of sugar?" "No sugar, thank you."

5. COCOA AND CHOCOLATE

Chocolate and cocoa powder are made from cocoa beans. The beans are roasted and passed through stone grinding mills, which change them to a thick liquid. The liquid is

passed through a press which extracts 70—80% of the cocoa butter. The rest of the butter remains in the cocoa. Then the mass is powdered and becomes cocoa.

In order to make chocolate the liquid from the grinding mill is put into a melanger. Then sugar and some cocoa butter are added. If milk chocolate is being made, milk is added. The mass is dried, heated and rolled on a stone plate for 72 hours. This process removes all unpleasant flavours. Finally the product is poured into moulds and cooled. Now it is ready.

6. MILK

One of the most important foods for human beings in general and children in particular is milk. Milk also serves as a basis for other important foods. We have, for instance, butter and many different kinds of cheese. Then milk itself is prepared in different ways specially for children and people in poor health, all of whom need greater care and attention than people in ordinary good health do.

Milk is also used in preparation of cakes, some kinds of bread and sweets. Milk chocolate, for instance, is greatly used by the explorers and others who go far from the places where people generally live, and who must carry the food they need along with them.

When milk has been dried, it becomes very light powder which is also used by those who need food that is light in weight. Besides milk powder, condensed milk is also produced and sold in tins. There is generally some sugar in condensed milk.

7. CEREALS

A typical grain is wheat which is the staple food in many countries. Wheat grows in the field. Combines are machines which cut the wheat and thresh the grain. Grains are the wheat's seeds. When the grain is separated from the husk, it is stored in barns, in silos or in elevators. Then wheat is transported to the flour-mills. There it is ground into flour. Bread and cakes are made out of this flour.

Grain is also used in brewing. It may also be pounded or milled and then sold in the form of groats. Groats are used in garnishes and can make a separate dish—porridge or gruel (kasha).

Other important cereals grown in the U.S.S.R. are: maize, (which is called corn in the U.S.A.), oats, barley, rye, rice, and buckwheat.

8. PASTA

The best known to you pastas are macaroni, vermicelli and spaghetti. There are also many other pastas which are called by Italian names given according to the shape or the district the pastas come from. Other countries, apart from Italy, have their forms of pasta, but in Italy it is part of the staple diet especially of working people. The making of pasta has been known for many centuries. The earliest mention of a dough of this kind is found in Chinese and Japanese cook books dating 3000—3550 B.C. But it was often made with rice instead of wheat flour.

Pasta can be made into a very substantial and tasty dish or combined with meat or fish in many different dishes. The smaller pasta such as vermicelli or the small alphabet letters are usually used as garnishes in soups.

Most pasta is made from a pure wheat flour which is mixed with water into an elastic dough, it is then cut or twisted into various shapes and sizes and dried until crisp and hard. Rice and potato flour can be used to form a pasta. In some cases pasta is mixed with eggs.

9. VEGETABLES

Vegetables take the larger part in our everyday fare. They are important not only for their nutritional value but for the influence they have on the whole process of digestion. They are rich in vitamins, carbohydrates and minerals. Vegetables and fruit are the main source of vitamin C. It should be noted that they differ greatly in their composition.

Potato is a "starchy food". Cabbage is rich in vitamin C, carrot in vitamin A. Onion and garlic can not only enhance the flavour of a dish but they are also known for their antibiotic properties. Radish, beetroot, horse-radish and lettuce intensify activity of the pancreas.

Vegetables are recognized practically by the cuisine of every country and are eaten not only as garnishes and accompaniment to meat and fish but as separate dishes too. The

best to cook are of course fresh vegetables but there are also pickled, dried, frozen and tinned ones. Remember that vegetables should not be cooked long before they are served because a great deal of vitamins is ruined especially when heated.

10. POTATOES

A mainstay of our diet since the beginning of the 18th century, when Peter I brought them to Russia, this is one vegetable that can be used at every meal not only as a savoury but also as a sweet. Potato is an excellent source of energy containing starch (up to 24%), carbohydrates, protein, calcium, vitamins B and C. There are more than 40 named varieties of potato grown in Europe. But we usually know them as reds and whites. Reds are good for boiling, roasting and baking. Whites are excellent for chipping and frying. They bake and mash well too.

Incorrect storing and cooking destroy a lot of their nutritional value. Potatoes should be stored in a dark, cool, airy place. Never store them in the refrigerator. Washed potatoes do not store as well as those that are unwashed. The best way to cook potatoes and retain the most food value is by pressure cooking or cooking in their skins. You should remember the following points: store correctly, peel thinly, cook with care, season to taste and serve hot.

11. CHEESE

A food for all occasions is cheese; it could also be said that there is a cheese for all occasions. In mythology we are told that cheese was invented in Greece.

It is difficult to say just how many cheeses there are. Not only have countries got their own, but also villages. Cheese can be made from cow, goat or ewe's milk, or a mixture of all three.

Cheese is rich in protein and supplies it nearly twice as much as an equal weight of uncooked meat or fish. It also supplies vitamin A, riboflavin and calcium. It is easily digested in its natural form, but prolonged cooking will make it more difficult to digest. Cheese is suitable for a main meal or a snack, it is a simple and economical solution for

family teas, lunch or supper. A selection of cheese, bread and wine and your party is off to a good start.

Attention should be paid when storing cheese. An ideal temperature is between 5 and 10°C. If you keep it in the frig, remember to remove at least an hour before eating. It should always be covered (particularly the cut sides) when not required. Foil and polythene are idea coverings.

12. FISH

Fish provides a most welcome change for any meal of the day. It is light, nourishing and with choice of sauces you may vary your fish menus without repetition for many meals. In its nutritional value fish is equal to meat, but it is much easier digested which is the chief advantage of the dish. Fish contains proteins from 13 to 23% and up to 33% oils which are rich in vitamins A and D.

Fish to be good must be very fresh and in season. The flesh should be firm and stiff, the gills red, and the eyes bright. There should be no unpleasant odour. In choosing cut fish, such as cod, halibut, salmon, etc. the flesh should have a close grain. If it looks watery and fibrous it is not good. Fish that is bruised or has the skin broken will not keep well. Remember that it is one of the foods that does not improve with hours of cooking, and if you want to remove fishy smells, add a little vinegar in the washing up water.

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13. POULTRY

Bird meat is one of the few foods in which there is little or no waste. All the meat—the bones, heart, kidneys and other parts can be used as a basis for broth or stock. Chicken livers are particularly tasty. All left-over pieces can be used either in omelettes, pies or stuffings. It is a very versatile food and can be prepared and served in many ways.

Poultry may be sautéed, fried, or deep-fried, braised, grilled or roasted, as well as stuffed or sauced. Each of these processes requires a particular type and size of bird, which may also be whole, halved, quartered or cut up. Chicken, of course, is the most adaptable poultry of all and it may also be boiled (simmered really). Most poultry is sold oven-ready, frozen or freshly killed. If the bird is frozen, it should

be completely thawed out before cooking. An oven-ready gosling should be thawed at room temperature for 24 hours. The neck and giblets should be removed, the bird washed and then a little salt rubbed into the skin.

14. MEAT

Stock-breeding provides us with meat and dairy-produce. Being a very high source of protein, meat plays an important part in our daily diet. Long ago man hunted and killed what he required for the next meal. Until quite recently butchers went to the markets to choose and buy their animals and slaughter their own meat. Today practically all meat is brought from a controlled centre run at much more hygienic lines. One of the big changes over the past few years has

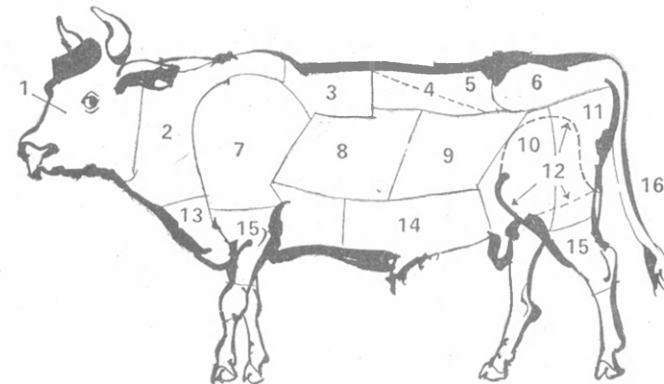


Fig. 1. Beef

1 — head; 2 — stricking piece; 3 — middle rib; 4 — sirloin; 5 — rump; 6 — aitchbone; 7 — top chuck with shoulderblade; 8 — short ribs; 9 — part of sirloin; 10 — silverside; 11 — part of aitchbone; 12 — round, buttock; 13 — brisket, chuck rib, bottom chuck; 14 — thin and thick flank; 15 — foreshank and leg; 16 — tail

been the increased consumption of pre-packed, frozen meat. The consumption of carcass meat has dropped. On the whole our individual consumption of meat is growing as the country rises to a higher standard of living. Not only this is true of the amount of meat eaten per person, but people begin to take better joints and cuts of meat.

The English have different words for the meat and the animal it comes from. This tradition dates back to the 11th

century when England was conquered by the Normans who spoke French. Meat of pig or swine is called pork, cow and ox-meat is beef, calf is veal, sheep is mutton. Meat of wild animals and fowl is called game. Meat of hen or cock is usually called chicken.

15. FRUIT

Fruit and berries make not only a good dessert but an accompaniment course too. Fresh fruit is used for making tarts, jams, jellies, ice-cream, etc. It is the main source of vitamins, acids, minerals and natural sugars. Much of vitamin C is contained in black currants, nuts, lemons, oranges and rose hip.

Pears, apples and oranges contain vitamins of the B group. Easily digested sugars (glucose and fructose) are found in grapes, cherries, plums, apricots, peaches, etc. Black currants and red currants are not only excellent fruit for tarts and puddings but can also be used for jams, jellies, and being rich in vitamin C are important from the health view-point. They have been eaten in Britain for a very long time and their medical properties for sore throats and winter colds are well known. Strained red currants juice is extremely useful to add to jam made with fruit low in natural acids or pectin. Strawberries are very popular in Britain. Eaten by themselves or with cream or ice-cream, they make a delicious finish to a meal. There are many different varieties grown in this country, all of them good but some more flavoursome than others. In the towns we rarely get freshly picked fruit. Dried, tinned and pickled fruit is also popular in the U.S.S.R.

Regions which have a Mediterranean climate are mostly producers of grapes and citrus fruits: oranges, tangerines, lemons, etc. Some fruit like banana grow in countries with tropical climate.

16. OUR FOOD

A. Nutrients

Let us take a look at the nutrients needed in our diet to nourish the body.

Proteins. These make and repair the body tissues and also supply some calories. Sources are meat, poultry, fish,

eggs, milk, cheese, some vegetables, especially pulses, lentils and beans.

Minerals. Some of these may be present in large amounts in the body, but the major ones are calcium, iron and sodium.

Calcium. This is essential for good development of bones and teeth, normal clotting of blood and function of muscles; obtained from milk, cheese, bread, flour, fish and green vegetables.

Sodium. All body fluids contain salt. Most of the necessary sodium is obtained from common salt.

Fats and oils. These are a concentrated source of heat and energy, measured in calories. Some of them also contain vitamins A and D. The sources are butter, margarine, cooking fats and oils, cheese and oily fish.

Carbohydrates. These also give heat and energy: starchy foods, flour, cakes, bread, potatoes, pulses, cereal of all kinds, sugar, honey, jam, chocolate, fruit and sweets.

Water is necessary for the normal action of the body. It carries the substances from one part of our body to another.

Roughage. This is the term applied to all indigestible matter in food, the part we cannot absorb into our body, mostly formed by fruit, vegetables, etc.

B. Vitamins

Vitamin A is necessary for normal growth and development of the body, particularly for good eyesight. Obtained from liver, butter, margarine, milk and its products, cheese, carrots, green vegetables, watercress and cod-liver oil.

Vitamin B is called a complex vitamin because there are many constituents: B₁, B₂, etc. This vitamin is necessary for good condition of the nervous system. Contained in yeast extracts, nuts, fruit, whole-grain flour and cereals.

Vitamin C increases resistance to infection and maintains a healthy condition of the skin. Obtained from black currants, rose hip syrup, lemon juice, soft fruits, such as strawberries, spinach, and watercress.

Vitamin D is concerned in the laying down of calcium essential for the structure of bones and teeth. Obtained from butter, fish, liver oils, etc. Although we get this vitamin from food, it can also be manufactured in our body with the aid of ultra-violet rays from the sun.

17. COOKING MEALS

Before having our meal we must cook our food. There are different ways of preparing it. We boil eggs, meat, fish, water, milk, etc. We roast meat. We say that the meat is underdone or overdone when it is too little or too much roasted (boiled). People fry eggs, fish, vegetables. We stew fish, meat, vegetables, fruit and stuff fish and poultry. We cook soup, rice, fruit and vegetables. Before cooking the latter we peel and pare them. We dress meat salad. We make breakfast, dinner, tea, coffee, cakes, etc. People bake bread. People put salt, sugar, pepper, mustard, spices into their food to make it salted, sweet, sour. Food may be fresh (good) or unfit for eating. Food may taste good or bad; it may be also tasteless.

The process of chewing and swallowing food is called eating. Everything that can be eaten is called edible (or eatable). We eat various food-stuffs: bread, fruit, vegetables, fish, meat, etc. We usually have three meals a day: breakfast, dinner and supper.

Before having a meal we have to lay the table. We may say we set it too. We spread the table-cloth and put on napkins. If it is breakfast, we have to take cups, glasses, saucers, tea-spoons, forks and knives, bread cut into slices on the bread-plate. We put some butter, salt, sugar, etc. on the table.

If it is dinner we have to put soup-plates and dinner-plates before each of the diners. The knife and the spoon are on the right-hand side and the fork on the left. The pepper-box, the salt-cellar, the mustard-pot are in the middle of the table.

18. PROPER DIET

Variety is an important element of a rational diet. For this reason the same dishes should not be prepared for several days in succession. Well prepared and well served food whets the appetite and is easier to digest. Wheat and rye bread, cereals, macaroni, peas and beans have the highest starch content. For proper balance more starch should be taken, than sugar. The normal daily consumption of sugar, including jam, candy and other sweets, should be 100 grams. Milk and other dairy products supply the calcium the body

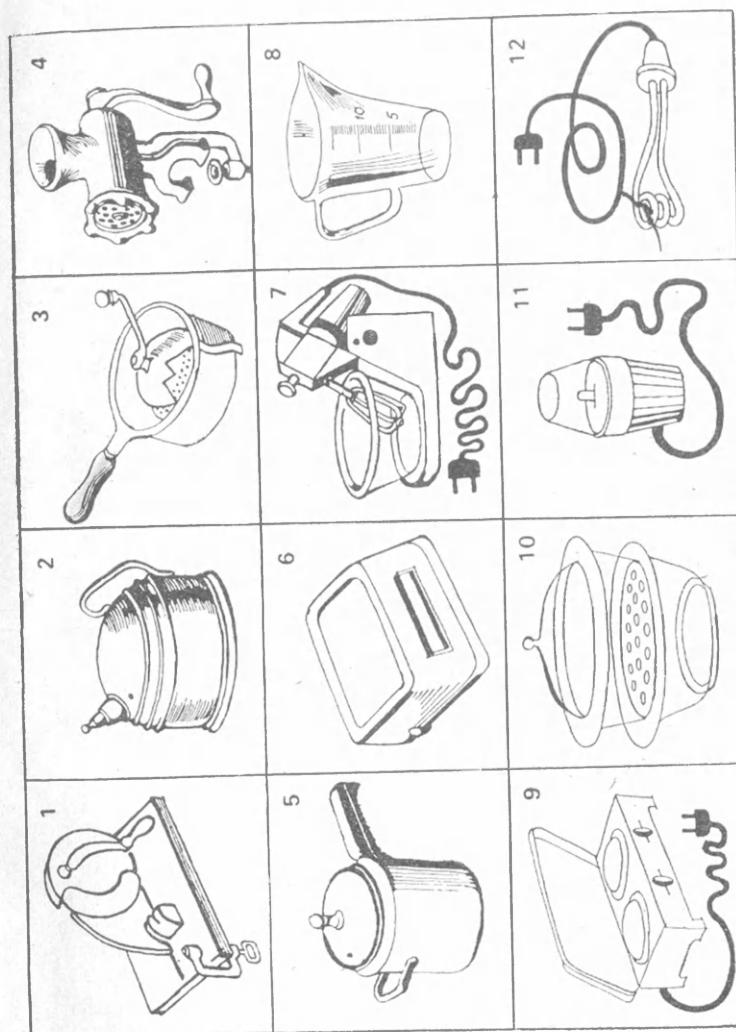


Fig. 2. Kitchen Equipment
 1 — bread slicer; 2 — kettle; 3 — mallet mincer; 4 — mincer; 5 — pressure cooker; 6 — scales; 7 — electric food mixer; 8 — measurer; 9 — electric cooker; 10 — glass ovenware (heatproof glass potato steamer); 11 — electric coffee grinder; 12 — immersion heater

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needs. The proportion of protein, fats and carbohydrates in the daily ration should be as follows: 14—15% protein, 30% fats and 55—56% carbohydrates.

Investigations of Soviet scientists have shown that it is most beneficial to have three or four meals a day at regular hours. In the morning, before the day's work begins, the organism should get a good "stoking"—approximately 25—30% of the entire daily nourishment; dinner should comprise 50%, and supper 20% of the day's diet.

✓ Foods richest in protein should be eaten in the morning and during the day. Breakfast, for example, may consist of a tomato salad, boiled pike perch with potatoes, buck-wheat porridge with milk, tea or coffee, bread, butter, eggs and cheese. Fish can be replaced by a meat dish, meat pie (pirozhki) for instance; instead of porridge, pot cheese with cream and sugar may be served. Grated raw carrot before breakfast may be recommended.

Dinner should be especially nourishing. If it includes a meat soup—borshch, noodle soup with meat, etc., — the main course may be prepared of cereals or vegetables. For example, a dinner can consist of meat borshch, potato dumplings stuffed with meat and served with tomato sauce, and cranberry mousse; or a vegetable cream soup, minced meat rolled in cabbage, and pancakes with jam. An appetizer should be served with dinner: herring with dressing, fish marinade, etc.

Light dishes are recommended for supper—baked vegetables, boiled macaroni with cheese, milk porridge, fried eggs. Sour milk should be served for supper.

19. VEGETARIAN DIET

There have always been many people who, for various reasons, do not eat meat. Maybe it is because they dislike the taste, or are not in favour of killing animals for food, and, of course, there may be health problems.

Anyway people throughout the world in India, China, America and other countries have eaten meals without meat and fish for centuries. Therefore it is quite natural that public catering does not remain indifferent to vegetarians and their diet. Apart from emotional problems there certainly are some scientific problems too. You must know that vegetarian dishes need not consist only of vegetables, fruit and plants.

It is a fact that the proteins of plants do not provide all the amino-acids which a human body needs. The lacto-vegetarians recognize this themselves by eating cheese, eggs and milk, all of which are foods providing animal proteins, just like muscle meat does.

As for the amino-acids provided by plant proteins, they are as good as those of animal proteins. It is the amino-acids missing in plant protein which are the great problem. Research is going on in many parts of the world to see if plants cannot be produced which will furnish proteins adequate to meet human needs.

That will be one way, among many others, in which we shall be able to meet the needs of vegetarians who live entirely on plant food. A certain type of anemia is common among them and is caused by the total absence of a particular amino-acid present only in animal foods.

20. EATING OUT

1 When people do not dine at home but at a restaurant or are invited to dine at their friends' or relatives' they are said "to be eating out". 2 To eat at home means "to eat in". 3 In all large cities there are plenty of restaurants, cafés, cafeterias (self-service dining-rooms), etc. 4 All the large hotels have dining-rooms or restaurants. 5 There you can have breakfast, dinner, lunch or supper. 6 Every restaurant offers you dinners "table d'hôte". 7 They are known as regular dinners. 8 It means that you are served with meals of several courses at a fixed price.

9 Dinners "table à la carte" mean such meals which are ordered course by course from the menu-card each dish separately. 10 Table d'hôte is cheaper than table à la carte. 11 The cost of meals varies according to the category of a restaurant. 12 Some people dance during the meal, others don't. 13 Each little party of guests has its own table.

21. RUSSIAN CAVIAR

A. Sturgeons

Caviar is extracted from fish of the sturgeon family—starred, ordinary, white and some others; since they are mainly found in the Caspian and the Sea of Azov, the U.S.S.R. produces 95 per cent of the world catch.

Sturgeons have been here for scores of millions of years. It is no exaggeration to say that sturgeon caviar is the oldest delicacy in the world. Colloquially this fish is known in our country as "red fish" because in Ancient Rus the word "red" was synonymous of "beautiful". The smallest of the family is the starred sturgeon which is caught for processing when it reaches 80 centimetres in length. The biggest is the white sturgeon (beluga) which is not used until it is 1.5 metres long. Fish that do not measure up to this length are let go. Great care is taken to remove them from the nets without damage. To ensure high-grade caviar the catch must be delivered live.

The sturgeons have one peculiarity: they can reproduce only in fresh water. When it is time for sturgeon to spawn it leaves the sea for the rivers. It takes the starred sturgeon 7 years to mature, the ordinary sturgeon 10—12 years and the white one about 15 years. They produce caviar only at these ages.

B. Caviar

We usually speak of the delicacy provided by sturgeons as "black caviar". Actually the highest grades are not black but light-grey or grey; black is a lower grade. The more ripe the caviar the bigger and lighter are its roe-corns and the better it tastes. Caviar contains protein up to 37%, about 30% oil, vitamins A, D and B, etc. White sturgeon caviar is considered to be the best. The two known kinds of caviar are pressed caviar and soft caviar. It tastes best when chilled and served in special containers with ice. Chefs decorate some salads with caviar and use it as garnish to many dishes. Served separately it rates high on the world list of hors d'oeuvres.

22. CULINARY TERMINOLOGY

French cuisine has always had great influence on that of other nations. Not surprisingly its terminology has come into world circulation and is used in English. Some terms are familiar to you for they are used in Russian too. The French divide their cuisine into three parts:

a) "cuisine regionale" — means that the dish has peculiarities of a certain region it comes from;

b) "cuisine bourgeoise" — common cuisine;
c) "haute cuisine" — refined cuisine of aristocrats.

Some French dishes are named after famous people or places they come from and therefore need no translation. Sauce Béchamel—is named after the author of the sauce; sauce Soubise—after a French general, etc.

To describe an excellent cook they have a special title—"Cordon Bleu". A person who eats too much is called a gourmand. A person who regards the quality of his food before its quantity is called a gourmet.

Pâté (or terrine)—the basic formula is always a mixture of minced meat in which lean meats such as veal, liver, poultry or game are blended with fat meat, usually in the form of belly pork, bacon or strips of back pork fat. The amount of seasoning, garlic, herbs, wine and spices they add is a matter of the chef's taste. Nowadays the terms pâté and terrine are both applied to a mixture of meat baked in an oven-proof dish.

Bouquet garni. When cooking French cooks very often put some herbs tied together—bouquet garni—into the pot. They remove it before serving.

Restaurant. In France, during the 16th century, a popular soup was called restaurant because it was supposed to have restorative properties. A chef who served this particular soup had the word printed above the door of this eating house and gradually the word acquired its present connotation.

Bistro, the French snack-bar, is evidently of Russian origin. It dates back to 1815, just after the Patriotic War of 1812 when Paris was full of Russian officers, diplomats and officials. Their dining motto was "Быстро!", and it gave a new name and a new trend into French gastronomy.

Part II. COOKERY AND SERVICE

23. GENERAL

Weights throughout the book are given in pounds and ounces. Capacity measures are given in Imperial pints and fractions of pints with small amounts in spoon measures. Liquid ingredients may also be given in cups. These follow the English measures, i.e. 1 pint equals 2 cups (U.S.A.— $2\frac{1}{2}$ cups).

All spoon measures refer to the British Standards Institution based on the $\frac{1}{2}$ -ounce table-spoon. The American standard measuring spoons are slightly smaller in capacity than the British ones. The proportion, however, is similar in that 3 American tea-spoons equal 1 table-spoon.

All measures are levelled off to the rim of the spoon.

Metric Equivalents

It is rather difficult to convert from English measures with absolute accuracy, but 1 oz. is equal to approximately 30 grammes, 2 lb. 3 oz. is equal to 1 kilogramme. For liquid measure, $1\frac{3}{4}$ English pints may be regarded as equal to 1 litre.

Comparative Stove Temperatures

Description	Gas Cookers	Electric Cookers
Very slow (cool)	Regulo Mark 0— $\frac{1}{2}$	93—121°C or 200—250°F
Slow or cool	1—2	121—149°C or 250—300°F
Very moderate	2—3	149—177°C or 300—350°F
Moderate	3—4	177—190°C or 350—375°F
Moderately hot	4—5	190—218°C or 375—425°F
Hot	6—7	218—232°C or 425—450°F
Very hot	7—9	232—245°C or 450—475°F

24. RUSSIAN BLINI

A. Blini v. Pancakes

To describe blini as small Russian pancakes tells only part of their story, for their distinction lies not so much in what they are as in what accompanies them. It would be unthinkable to serve blini to a Russian without butter, caviar and sour cream. Apart from the trimmings, the difference between Russian blini and pancakes as the English know them is not very great. Mainly blini are made with yeast which gives them their characteristic flavour, whereas grid-dle cakes are leavened only with eggs and, sometimes, baking powder. The cooking techniques are exactly the same. Blini are frequently made with buckwheat flour or a combination of it and white flours. The buckwheat flour tends to produce a heavier pancake but, if you like it, it may be substituted all or in part for the white.

B. Blini Batter

To Serve Eight or Ten

- $\frac{1}{4}$ pint of warm water
- $\frac{1}{2}$ ounce dry granular yeast
- scant $\frac{1}{2}$ pint milk at room temperature
- 5 ounces sieved flour
- 3 egg yolks
- $\frac{1}{2}$ tea-spoon salt
- $\frac{1}{4}$ tea-spoon sugar
- 3 ounces butter, melted and cooled
- 3 egg whites
- butter for frying
- $\frac{1}{2}$ pound butter, clarified and warm
- $\frac{3}{4}$ pint sour cream
- 1 large jar caviar, red or black (at least 8 oz.)

The batter for the blini may be made either in an electric liquidiser or by hand. However you make it, time the procedures fairly accurately, for the yeast, if it rises too long, will overferment and give the blini an unpleasant flavour. Moreover, remember that blini cannot be cooked ahead and reheated; they must be eaten directly as they are cooked or they are hardly worth eating at all.

C. Preparation of Batter

Prepare the batter about 2 and $\frac{1}{2}$ hours before you plan to serve the blini. Stir into $\frac{1}{4}$ pint of warm (not hot) water $\frac{1}{2}$ ounce dry granular yeast and let it stand until it dissolves, or about 5 minutes. Pour this into the liquidiser and add the milk, flour, egg yolks, salt, sugar, and melted butter. Blend at high speed for about 40 seconds; turn out the machine and, with a rubber spatula, scrape down flour clinging to the sides of the jar. Blend a few seconds longer, then pour the batter into a mixing bowl and cover it loosely with a kitchen towel. Let it rest for two hours at room temperature, preferably on the warm side. If your kitchen seems cool, place the bowl near a warm stove or radiator.

At the end of two hours the batter will have risen considerably and bubbled at the top. Now beat the egg whites, with a pinch of salt, until they are stiff, then gently but thoroughly fold them into the batter.

D. Blini Cooking

The most reliable way to cook blini is on a heavy cast-iron griddle. Have ready the bowl of batter, a small dish of softened butter, a pastry brush, a small ladle, and a large metal spatula.

Prepare a bowl of warm clarified butter, one of sour cream, and another of caviar, each with its own serving spoon. Try to have your plates hot, or at least warm.

Preheat the griddle over a medium flame for a few minutes. At all costs the griddle should be not too hot. A good test is to sprinkle the pan with just a little dry flour. The flour should brown after a few minutes. If it browns almost immediately, then the griddle is too hot. Ladle out enough batter to make blini about 3 inches in diameter, leaving enough space between them so that they can be turned easily. Cook until lightly browned on each side, turning them only once. Brush a little butter on the uncooked sides of the blini before turning them over.

Keep the blini warm as they are done in a very slow oven until you have accumulated a sufficient number. To serve, arrange three blini on each plate, and bathe them with a little of clarified butter. Drop a small mound of sour cream on each pancake and top with spoonfuls of caviar. Serve at

once. They may be served with cocktails, dry champagne or white wine, or, more traditionally, with small glasses of chilled vodka.

25. S'CHEE

A. Peasant Dish

We have chosen s'chee to represent soups here. For Russian peasant s'chee has been a mainstay of meal for countless generations. That s'chee, even now, is still the most popular soup in Russia is the true measure of its quality. In all its endless forms, s'chee is essentially a cabbage soup; its composition determined more often than not by whatever ingredients happen to be at hand. The following version, a particularly hearty one, is striking because it combines fresh cabbage and sauerkraut. Like so many long-cooking soups s'chee may be made well in advance.

Russians serve the meat cooked in the s'chee as a separate course after the soup. If you intend to do so, use fresh brisket; its flavour and texture are incomparable and stand up well under long, slow cooking. If you plan to serve the soup only, a more economical cut like chuck or shin will do quite as well.

To Serve Six or Eight

- 3 pounds brisket of beef or boneless chuck or shin of beef
- 3 pounds beef marrow bones cracked
- 1 large onion
- 2 carrots
- 1 parsnip
- 1 turnip
- 3 $\frac{1}{2}$ pints boiling water
- 3 pounds fresh tomatoes, peeled and coarsely chopped or
- 1 large tin tomatoes drained
- 1 $\frac{1}{2}$ table-spoons tomato paste
- 2 table-spoons salt
- 2 stalks celery, finely chopped
- 1 carrot, finely chopped
- 1 tea-spoon finely chopped garlic
- 1 pound sauerkraut, fresh or tinned
- 2 pounds shredded cabbage
- 4 table-spoons sugar

3 table-spoons strained lemon juice
4 table-spoons finely chopped fresh dill
 $\frac{3}{4}$ pint sour cream

Herb bouquet: 5 sprigs parsley, 2 leeks (white parts only), 2 celery tops, 2 bay leaves, 5 sprigs fresh dill (all tied together).

B. Step One

Preheat the oven to 500°F or Regulo Mark 10. In a large shallow roasting pan arrange, in one layer if possible, the meat bones and (all peeled but left whole) the onion, carrots, and turnip. Roast for 20 minutes on the middle shelf of the oven, turning the meat and vegetables from time to time so that their surfaces brown on all sides. Then, piece by piece, transfer everything to a large soup kettle and, into a small bowl, pour off all the fat left in the roasting pan. Save it.

Into the roasting pan pour the $3\frac{1}{3}$ pints of boiling water. With a metal spatula or large spoon, vigorously scrape up and mix into the water all the brown particles and every sediment clinging to the bottom and sides of the pan. Empty it into the soup pot. If the meat and vegetables are not quite covered, a little more water should be poured but not much if you want the soup to have character.

Start the pot cooking over moderate heat and, with a perforated spoon, remove the foam and scum that will persistently rise to the surface for quite a while. When the stock reaches the boil, turn the heat down to the barest simmer. Skim once more, then add the fresh or tinned tomatoes, the tomato paste, herb bouquet and salt. Partially cover the pot and simmer very, very slowly for about 2 hours, skimming whenever necessary.

C. Vegetable Ingredients

While the pot is boiling, get out the largest and heaviest pan, and in it heat 3 ounces of beef fat you put aside earlier. Add the chopped onions, celery, carrots and garlic, and fry them over low heat stirring occasionally until they barely colour—about 15 minutes. The sauerkraut goes into this pan next, but first wash it in a sieve under cold running water; the brine is very strong and if it is not washed away, it will obliterate the flavour of everything else in the s'chee.

After squeezing the washed kraut dry, handful by handful, chop it coarsely, and add it to the frying pan. Cook briskly for a minute or two, then lower the heat and mix in the shredded cabbage. Carefully stir all the vegetables together and cook over moderate heat until the cabbage begins to melt. At that point, reduce the heat again and half cover the pan. Add a spoonful of stock from the soup pot every 8 minutes or so to moisten the vegetables and let them slowly braise for about a half hour. Remove the pan from the heat and put it aside.

D. No Overcooking

When the soup in the pot has cooked for about 2 hours, with a perforated spoon remove all the vegetables and the bouquet and throw them away; they have served their purpose. In their place, add to the soup the waiting braised cabbage and vegetables. Stir in the sugar and lemon juice, bring the soup to a boil, then reduce the heat to the barest simmer. Cook, partially covered, for another hour and a half.

By then the s'chee should have reached its full flavour, and the meat should be tender but not falling apart. If, at any point before this, the meat seems in danger of overcooking, remove it from the pot and let the soup continue on its own. When the soup is done, turn off the heat and remove all the bones, but do not throw them away until you have dislodged every bit of their marrow and added it to the soup. Let the soup rest a while so that the fat will rise to the top. Skim off as much as you can and reheat the soup again before serving.

E. Serving

To serve the soup most effectively, pour it into a large, heated tureen and sprinkle over it 4 table-spoons of chopped fresh dill. At the table, ladle the s'chee into large soup plates (no cups for this!) and float a table-spoon of sour cream on each serving. Black bread or pumpernickel and butter (unsalted is best) are indispensable accompaniments.

To serve the meat as a second course, heat it in the soup, then carve it into thin, even slices. Sprinkle each slice with a little chopped dill, and serve with plain boiled potatoes or, the more traditional, steamed kasha or buckwheat groats.

Pass a tray of pickles, mustard, and, if you like it, a small bowl of freshly grated horseradish. Ice-cold beer would be a fitting beverage. For a substantial meal-in-one, the meat may be cut into small chunks and served directly in the soup.

26. GRILLED SALMON WITH COLD CUCUMBER DILL SAUCE

A.

More than most fish, salmon can be savoured at its best only if it is really fresh. Use frozen salmon if you must, but be certain it is thoroughly defrosted and patted dry with paper towels before you grill it; rubbing the fish with a little lemon juice as soon as it is defrosted may restore a little of its vanished bloom. The cold cucumber sauce served with the hot fish is an unexpected surprise to the palate.

To Serve Six or Eight

3 pounds fresh salmon, cut 1 inch thick steaks
3 ounces softened butter, in all
Salt
Freshly ground black pepper
Sauce: 5 ounces peeled, seeded and diced cucumber
 $\frac{3}{4}$ pint sour cream
3 table-spoons white-wine vinegar
1 tea-spoon salt
 $\frac{1}{2}$ tea-spoon cayenne
2 tea-spoons grated onion
3 table-spoons finely chopped fresh dill

B. Sauce

With a vegetable scraper, peel the cucumbers and cut them in half lengthwise. Run the tip of the tea-spoon down the seeded length of each cucumber half and scoop out and discard the seeds. Dice the halves into approximately one-quarter-inch cubes. If they seem overly moist, spread them out on a strip of paper towelling and pat them dry.

In a small glass, porcelain, or stainless-steel mixing bowl, combine the sour cream, vinegar, salt, cayenne, and

grated onion. Mix thoroughly, then gently stir in the chopped dill and the diced cucumber. Taste the sauce for seasoning; it will probably need more salt.

C. Grilling

Allow approximately 15 minutes to grill the fish. With a pastry brush, grease the hot grill rack with $\frac{1}{2}$ ounce of soft butter. Spread another $\frac{1}{2}$ ounce of butter on the fish, sprinkle lightly with salt and a few grindings of black pepper, and grill the salmon about 3 inches from the heat for about 3 minutes. Brush it again with another $\frac{1}{2}$ ounce of butter, and grill it 2 or 3 minutes longer, or until the surface of the fish is lightly browned.

Carefully turn the fish over, using two spatulas if necessary. As before, brush it with $\frac{1}{2}$ ounce of butter and season it with salt and pepper. Grill for 5 minutes, brush with butter again, then grill 10 minutes longer. The surface of the salmon should be quite brown and the flesh should be firm to the touch. Transfer it to a hot platter immediately, brush it with the remaining butter, and serve at once. Pass the cucumber sauce separately.

27. CHICKEN CUTLETS KIEV

A.

The repertoire of every serious cook should include at least one great virtuosic dish like Cutlets Kiev. Boned chicken breasts are pounded thin, rolled around nuggets of chilled, fragrantly seasoned butter, sealed with a coating of flour, egg yolks, and bread crumbs, and finally deep fried.

Complicated as this may sound, the cooked cutlets look disarmingly innocent when they appear and give no indication of the dramatic effect they are about to create. When pierced with a fork, the cutlets will release a stream of hot, aromatic butter which will rise in the air like a miniature geyser, drenching the guest unless he has been forewarned. In Chicken Cutlets Kiev, the standard method of deep frying is described; their coating a l'anglaise is no more than the conventional egg and bread crumb coating used for many deepfried foods, including the ordinary croquette.

To Serve Six

6 pairs of chicken breasts, $\frac{1}{2}$ to $\frac{3}{4}$ pound each, skinned, boned and pounded
6 ounces unsalted butter
1 tea-spoon lemon juice
 $\frac{1}{2}$ tea-spoon salt
1 tea-spoon dried tarragon or 1 table-spoon finely minced fresh tarragon
1 table-spoon finely chopped parsley
1 $\frac{1}{2}$ tea-spoons salt
4 egg yolks
2 table-spoons vegetable oil
2 ounces flour
2 $\frac{1}{2}$ ounces finely grated and sieved bread crumbs
2 $\frac{1}{2}$ pints oil for deep frying or 3 pounds vegetable shortening
Frozen chicken breasts will not do for Cutlets Kiev; they are too pulpy and will fall apart.

B. Herbed Butter

To prepare the herbed butter, first let it soften a bit, then cream it by beating it on an electric mixer, or by mashing it against the sides of a mixing bowl with a large wooden spoon. When the butter is perfectly smooth, beat 1 tea-spoon of lemon juice into it drop by drop, then add the minced garlic parsley, tarragon, and salt. But, if the butter is salted to begin with, do not add any salt at all. With a rubber scraper, gather up the seasoned butter and shape it into a ball. Wrap it loosely in waxed paper and refrigerate until it is firm. If you are in a hurry, a half hour in the freezer will do as well.

C. Pounding

One of the most important steps in making successful Cutlets Kiev is the pounding of the chicken breasts. Lay the chicken breast smooth side down, between two sheets of waxed paper about 4 inches wider all around than the breasts. Ideally the best implement with which to pound it is the flat of a butcher's cleaver. Lacking that, a wooden meat mallet, even a croquet mallet, or the bottom of a quart-

size beer bottle will do the job as well. However you pound the meat, do not pound paper thin. Flatten each breast to a thickness of about an eighth of an inch, and do not be concerned at their shapes and sizes; they can be trimmed later if you wish. More important are the torn holes which may appear in the meat after it is pounded. Slightly overlap the edges of the tear, cover this patch with waxed paper again, and gently pound it until the meat comes together. Chicken is a gelatinous meat and is easily mended when ragged or torn.

D. Assembling

When you are ready to assemble the cutlets, carefully peel the top layer of waxed paper from the first chicken breast. Sprinkle the breast with a $\frac{1}{8}$ tea-spoon of salt. Then turn it so that the wide end is towards you. On this end place about a table-spoon of the chilled butter. With the help of a small knife, lift the same wide end of the meat over the butter and roll up the breast around the butter, tucking in the sides as you go and eventually freeing the meat entirely from the bottom sheet of the paper.

The appearance of the cutlet at this point is not important, provided it is cylindrical and the butter is snugly enclosed in the chicken. Give the remaining breasts the same treatment, and line them up on a baking sheet or dish covered with waxed paper. If the cutlets seem soft, it is wise to refrigerate them for 15 minutes or so, or to put them into the freezer, until they are fairly firm again. At least an hour or two before you intend to cook and serve them, shape the cutlets and give them their coating a l'anglaise, as it is called, of egg and bread crumbs.

E. Coating a l'Anglaise

In a small bowl, break up the 4 egg yolks with a fork and slowly mix into them the two table-spoons of oil. Arrange separate mounds of flour and fine sieved bread crumbs on a long strip of waxed paper and proceed as following: dip a cutlet into the flour, and shake it gently free of excess flour. Holding the cutlet carefully cupped in one hand, with the other hand, pat and shape it into a long cylinder slightly pointed at the ends. Firmly press together any fissures that

To Serve Six

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6 ounces unsalted butter
1 tea-spoon lemon juice
 $\frac{1}{2}$ tea-spoon salt
1 tea-spoon dried tarragon or 1 table-spoon finely minced fresh tarragon
1 table-spoon finely chopped parsley
1 $\frac{1}{2}$ tea-spoons salt
4 egg yolks
2 table-spoons vegetable oil
2 ounces flour
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may appear at the meat, sealing them with a little more flour, if necessary. Now dip a soft pastry brush into the egg-yolk mixture, and paint the cutlets thickly with the egg, carefully filling in every crack, particularly at the ends. Finally roll the cutlets in the bread crumbs, and make sure there are no exposed surfaces left when you finish; for good measure, dip each end of the roll lightly in the crumbs again. As they are done, line up the breaded cutlets on fresh waxed paper on a baking sheet, and cover them lightly with more waxed paper. Refrigerate. If you carry out all these procedures thoroughly, the butter inside will not burst through when the cutlets are cooked.

F. Cooking

The actual cooking of the cutlets is not difficult, particularly in an electric deep fryer. The principle is the same as for all deep frying. A deep-frying basket and a 4—5 pint saucepan, containing the hot fat, in which the basket can be immersed will do almost as well as an electric fryer.

A half hour or so before you plan to serve dinner, preheat the oven to 250°F or Regulo Mark $\frac{1}{2}$ and on the centre shelf place an ovenproof platter lined with a double thickness of paper towelling. At the same time slowly heat the frying fat to a temperature of 370°F or Regulo Mark 5. Fry no more than 3 or 4 cutlets at the same time, otherwise the temperature of the fat will drop. Cook the cutlets about 4 minutes, or until they turn a deep golden brown. Remove them from the basket with kitchen tongs as they are done, and lay gently on the paper-lined platter.

When all the cutlets are done, they remain in the oven for 10 minutes or so, but not much longer; leave the oven door slightly ajar after the first 5 minutes.

Serve the Cutlets Kiev on a hot platter, surrounded with crisp fresh watercress. Baked buckwheat groats (kasha) combined perhaps with sautéed mushrooms would lend the proper Russian note.

28. VEAL

A.

Most national cuisines have their own way with slices of sautéed veal, but, whether you call them scallops in English, escalopes in French, schnitzel in German, or scaloppine

in Italian, they are essentially the same squares, rectangles, or circles of veal pounded to varying degrees of thinness and quickly sautéed. How they are sauced and what they are served with determines, finally, their particular category and distinction.

You will find in cookbooks of all sorts recipes for sautéed veal scaloppine with quick and easy pan sauces. The crucial

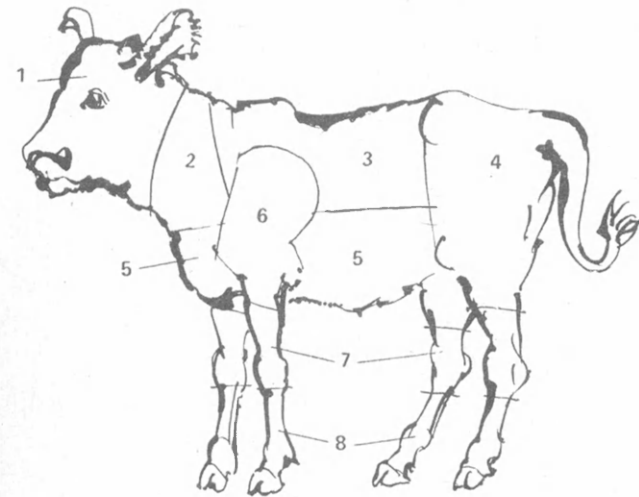


Fig. 3. Veal

1 — head; 2 — neck and scrag; 3 — back and loin with kidneys; 4 — leg of veal; 5 — top chuck and bottom chuck; 6 — shoulder of veal; 7 — shank; 8 — foot

point no matter what sauce is added is to pound and sauté the veal correctly. The quality of the veal is of the greatest importance to the success of this dish. Remember that the shade of pink in the veal determines its age; the younger it is, the paler and more tender it will be.

B. Veal Escalopes With Mushrooms

$\frac{1}{2}$ lb fillet of veal
Egg and breadcrumbs
Chopped ham
Lemon rind
Seasoning
Mushrooms

Have the butcher slice the veal fairly thin, and then beat it yourself on a wooden board with the rolling-pin until it is really thin. Cut it into small cutlets about 3 in. in diameter, and season these with pepper and salt, brush them over with beaten egg and toss in fine breadcrumbs with which a little finely-chopped ham and grated lemon rind have been mixed. Pat the escalopes, making them as smooth and neat as possible, and fry them in butter until a golden brown on both sides and thoroughly cooked. Rather keep turning them than let them cook too long on one side or you will make them hard.

Drain on kitchen paper until free from grease. Trim and wash the mushrooms. Peel them and cut in small thin slices, using the best of the stalks too. Put them in a small saucepan with a little butter, season with pepper and salt and fry gently for a minute or two, then add a little water, or stock, or wine if you like it, and cook for a few minutes longer when they will be ready to serve.

Arrange the escalopes in a circle on a hot dish, put the mushrooms in the centre, and pour the sauce in which they have been cooked around.

Spaghetti and cheese makes a delicious accompaniment to this dish, or a border of creamy mashed potatoes.

29. BEEF STEW

- 1 lb chuck steak
- 1 table-spoon flour
- 1/2 tea-spoon salt
- 1 table-spoon fat
- 1 small onion
- 1/2 green pepper
- Pinch marjoram or thyme
- 1 dessert-spoon chutney
- 1/2 cup stock or water
- 1/2 cup chopped tomatoes

Trim the steak and cut into pieces, and coat well with salted flour. Brown on both sides in hot fat, and sprinkle the rest of the flour over the meat while it is browning, stirring it well round in the fat. Add the sliced onion, chopped green pepper, herbs (if available), chutney (sweet, if possible), stock or water. Blend all smoothly. Lay the chopped tomatoes

on top of the stew and add a little more seasoning if necessary. Cover with a lid or plate and simmer very gently for about 1 1/2 hours until all the ingredients are cooked.

30. PORK

A.

Pork, a particularly succulent meat, rarely comes to our tables at its best; first because we cook it too long and second, because it is seldom cooked correctly. Though pork

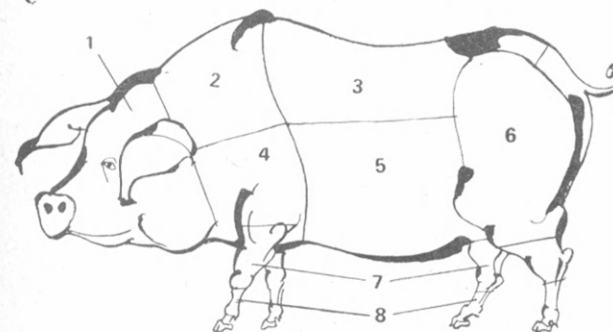


Fig. 4. Pork

1 - head; 2 - neck; 3 - back, foreloin and loin; 4 - shoulder of pork; 5 - pork and belly; 6 - leg of pork; 7 - shank; 8 - foot

can indeed survive a longer cooking time than other meats, it displays its true worth when it is cooked by moist heat (in other words, when it is braised) even if your final objective is a roast.

B. Meat Pudding

- 1 lb minced beef
- 1/2 lb minced pork (belly)
- 1 cup bread-crumbs
- 1/2 cup milk
- 1 egg
- 1 large onion, finely chopped
- Salt, pepper, anchovy

First allow the bread-crumbs to soak in the milk for about half an hour. Now mix all the ingredients well together.

Have ready a greased bread tin and put in the minced mixture. Cover the top with a couple of rashers of bacon. Put in a medium warm oven (about 300°F, Mark 2) and cook for about one hour. Serve with boiled rice, carrots and green beans.

31. VEGETABLES

A. Boiled Fresh Vegetables

The cooking of vegetables is a simple affair and, except for a few more complex braising and baking procedures, rather a matter of timing than anything else. Commonly used vegetables such as peas, French beans, corn on the cob, broccoli, asparagus, Brussels sprouts, cauliflower, and a few others should be cooked uncovered in plenty of boiling salted water, drained, and served immediately, dressed with melted butter, or a sauce of your choice.

Vegetables cooked in this fashion preserve their colour, freshness, and flavour to a remarkable degree. But they must be served at once: they will taste as if they had been subjected to the restaurant steam table if they are not.

B. Frozen Vegetables

Interestingly enough, frozen vegetables, before being packaged, are prepared in very much the same way. Technically known as blanching, the process is to plunge the vegetables briefly into boiling water, then into cold water to stop their cooking, then to freeze them immediately.

If you must use frozen vegetables, for the best results they should be defrosted before being cooked. Frozen peas, thoroughly defrosted, need only be heated for a few minutes with a little butter in a covered saucepan, seasoned with salt and pepper, and served. Cooking them in liquid for any length of time will destroy what little character they have. Frozen defrosted spinach, should be treated similarly.

Most other frozen vegetables, however, do require further cooking. Bring them to a boil in a little chicken stock or water and with at least $\frac{1}{2}$ ounce of butter, cover the pan and cook it over moderate heat until it is barely tender. Any liquid,

that remains in the pan should be boiled away rapidly with the pan uncovered; shake the pan constantly to keep the vegetable from sticking or burning. A wise precaution is to cook all frozen or fresh vegetables in enamel or stainless-steel saucepans, skillets, or casseroles. Many vegetables pick up a metallic taste from aluminium or iron pans, and some, particularly asparagus and artichokes, tend to discolour badly.

C. Braised Vegetables

We do not often braise fresh vegetables—that is cook or more literally, half-steam them in a little stock and butter in a covered pan, and then use the braising liquid, somewhat reduced, as a sauce. Although the braising process can hardly be compared in simplicity to tossing a vegetable into a pot of boiling water, there is still much to recommend it. Since the vegetables are cooked rather slowly, they are less likely to overcook. Moreover, they need not be rushed to the table the moment they are done, and may be kept warm for a reasonable length of time, or, when cold, reheated, even a day later with little if any loss of flavour. Onions, carrots, turnips, celery, leeks and chicory are particularly well after this kind of preparation.

D. Mashed Potatoes

To insure the proper texture and density of your mashed potatoes, choose a mealy baking potato in preference to any of the firmer varieties. Peel the potatoes and cut them into halves or quarters, but no smaller or they will absorb too much water and crumble as they cook. Drop them into 3 pints of salted boiling water and, with pot uncovered, let them boil steadily until they are tender. It is impossible to say how long this will take; your best gauge is to pierce the potatoes periodically with a small pointed knife. When the pieces are no longer resistant at the centre, they are done. Drain the potatoes at once in a colander, return them to the pan, and shake them over moderate heat until they are mealy and dry. Do not be tempted to ignore this step, for the success of the mashed potatoes is before you purée them.

An electric mixer (not a liquidiser) will do the pureeing most easily and effectively. You can also use a ricer or po-

tato masher and sieve. In any case, mash them into a bowl which you have first rinsed in very hot water and then thoroughly dried. Beat the purée until it is completely free of lumps, then beat into it a little at a time at least 4 ounces of soft butter. Sometimes earlier you will have heated and kept hot $\frac{1}{2}$ pint double cream (or single cream or milk, if you must). Beat this into mashed potatoes a table-spoon at a time, using more or less of the cream to give the potatoes the consistency you prefer. Ideally, the purée should be neither wet nor dry and should hold its shape lightly when scooped up in a spoon.

Now beat into it as much salt and pepper as you think it needs and serve the potatoes at once in a heated serving dish. Garnish them with whatever you like; chopped parsley, chives, dill, or basil-fresh, of course; or float a small well of melted butter in the centre. But whatever you do, serve the potatoes the moment they are ready. If it is absolutely necessary, they may be kept warm for a few minutes in a pan set over barely simmering water, but then the first bloom will be gone and they will never taste quite the same.

32. SALADS

The French divide salads into two large categories: first, the plain salad, or "salade simple", consisting of one or more fresh greens dressed with oil, vinegar, salt, and pepper, or a single cold cooked or uncooked vegetable similarly dressed; and second, the combination salad, or "salade composée", a mixture of various cold cooked or uncooked ingredients, dressed more elaborately.

The plain green salad is, of course, comparatively simple to prepare. It should contain only the choicest greens. Whatever you choose, make certain the greens are fresh, discard all imperfect outside leaves, and wash the greens thoroughly under cold running water. Shake them free of excess water, then dry them, literally leaf by leaf, with absorbent paper or kitchen towels. The importance of having salad greens bone dry cannot be stressed too strongly, for no matter how fine your dressing, it can be ruined by any extra moisture. Good fresh salad can form the basis for a meal. Not only is it cooling and light on a hot day, it also contains many of the ingredients important for good health and digestion.

33. GARNISHES

A. Kasha

Though rarely available in Great Britain, kasha or buckwheat groats is as indispensable to a Russian as pasta to an Italian. It is simple to cook, reheats perfectly, goes with almost anything and is a nutritional power house. Serve it in place of potatoes or rice, and specifically, as an accompaniment to Chicken Cutlets Kiev.

To Serve Four to Six

- 1 large egg
- 6 ounces whole-grain brown buckwheat groats
- 1 tea-spoon salt
- $\frac{3}{4}$ pint chicken stock, fresh or tinned
- 1 ounce butter or rendered chicken fat

Make certain the groats you buy are the whole-grain type, or your kasha will end up a gruel. With a fork, beat the egg in a large bowl only long enough for the yolk and white to combine. Pour over it 6 ounces of groats and salt, and stir thoroughly until all trace of the egg disappears. Transfer the groats to a small, heavy ungreased frying pan (enamel is best) and, over moderate heat, toast them until the grain begins to separate and give off a pleasant nutlike odour. Lift them frequently from the bottom of the pan with a spatula, for they are bound to stick during the first few minutes. Toast them as you like but make sure you do not burn them. Meanwhile, in a heavy 2-quart casserole, bring the $\frac{3}{4}$ pint of chicken stock to a boil. Stir into it slowly the toasted groats, add the butter or chicken fat, and cover the casserole tightly. Cook the kasha over the lowest possible heat for 15 minutes or until the buckwheat has absorbed all the stock and each grain is dry and separate. If you like, the groats may be baked for about the same length of time in a 350°F or Regulo Mark 4 oven, after you have brought the casserole to a boil on top of the stove. However you have cooked it, when it is done, fluff it up with a fork and serve. If it must wait, drape the uncovered casserole lightly with a kitchen towel and keep the kasha warm in a 250°F or Regulo Mark $\frac{1}{2}$ oven for as long as you like. As a matter of fact, the grains will be even drier and more separate after being subjected to this treat-

ment, for the towel will allow any excess moisture to evaporate and yet prevent the surface of the kasha from browning.

To reheat the kasha, place it in a colander which will just fit over a pan of boiling water. Cover closely with a towel, and from time to time turn the kasha up from the bottom of the colander so that it will steam through evenly.

Hot kasha makes a fine luncheon or supper dish when it is combined with lightly sautéed mushrooms and served with a bowl of cold sour cream sprinkled with fresh chopped dill. Or, stir some kasha into a clear soup as a garnish in place of rice.

B. Pasta

All pastas without exception are prepared in the same way: they are immersed in salted water (boiling) and cooked rapidly to the desired degree of tenderness. To cook one pound of pasta not less than 5 quarts of water should be taken. Exact timings for cooking are not possible, for each type of pasta must cook a different length of time. And timings suggested on boxes of pasta are not much help; they are almost always too long. The best gauge to follow is the size of the pasta. The standard varieties like the wiry vermicelli, the flat linguine, and thin tubular spaghettini and thicker spaghetti, vary enormously in their cooking times. Linguine takes, perhaps, half as much time to cook as spaghetti. And home-made noodles such as fettuccine or tagliatelle take even less time. On the other hand, really thick macaroni, and lassagne and pasta shells must be cooked for longer periods than are usually suggested on the boxes. The Italian term "al dente" (slightly resistant to the teeth) expresses the point to which all pastas should be cooked.

And most important of all, the pasta must be drained thoroughly. You will ruin any sauce, no matter how perfectly prepared, if there is any water left in the drained pasta.

34. SEASONINGS

A. Herbs

For centuries herbs have been used for the added flavour they give to food, but also in the preparation of medicines for their health-giving properties. There are in herbs certain

substances which, if taken daily, add greatly to the healthy functioning of the body.

Growing herbs is common practice in Britain. Most small gardens have their herb border or special corner. But in large cities people have to rely on their greengrocers.

B. Dried Herbs

There is a large selection of dried herbs available, under various brand names and these are equally good. Stews, soups, sauces, meats, vegetables or fish, even cakes, all benefit from the use of herbs. Here are a selection of herbs and their uses:

Basil. Can be added to soup, stews and sauces; put into tomato soup and all tomato dishes; excellent for spaghetti or rice dishes; in stuffing for poultry and with all game. Use with meat, beef, liver or fish. Add a pinch to mixture of other herbs for omelettes, pancakes or cheese soufflés.

Chevril. Use in green salads, potato salads, any egg dish, in boiled, buttered vegetables. Add to soup or stews toward the end of cooking. Use as a garnish like parsley.

Chives. Worked into butter, it is excellent with meat or fish; add to melted butter, pour over boiled potatoes, mix with scrambled eggs or omelettes, with cream or cottage cheese, etc.

Oregano. This is used a lot in Mediterranean cooking, tomato dishes, spaghetti, pizza, soups, tomato, lentil, stuffings, grilled meats, roast and chops.

Rosemary. Freshly chopped it can be added to jams or jellies. This is a herb which should be used with care. Can be used in cheese sauce, omelettes, soup such as minestrone; for strong-flavoured fish, salmon, halibut, with poultry and most meat dishes.

Sage. This is another which should be used sparingly because of its strong flavour. Used in cheese making, it can be added to a cheese omelette, beef, lamb or meat stew; add to meat sauces for stuffings or sausages, or in the water to cook fish.

Thyme. An important ingredient of "bouquet garni". Add to cottage or cream cheese, in tomato, split pea or bean soup. For stuffings, baked and grilled fish, braising or roasting beef, lamb or pork.

C. Spices

Flavouring is an essential factor in all food preparations. Very few foods or dishes are so tasty that they require no extra flavouring.

From the earliest age, until recent times, spices were a coveted luxury.

The Crusaders returning from distant lands carried the raw spices into their own countries—the flavours of the East were introduced into Europe.

Medieval cooks used very large amounts of spices and seasoning in almost every dish. Only those with money were able to use spices, as the price was way out of the reach of ordinary people. It is essential to retain the aroma of the spices, that are stored well usually in a stoppered glass jar. Always use in moderation—it is easier to add extra than try to eat or redeem a dish that is too heavily spiced. Whole spices should be added at the beginning of cooking and ground spices toward the end, except when making curries. Here is a list of spices and their uses.

D. Uses of Spices

Cardamon. The dried seeds and seed pods of a plant belonging to the ginger family. Equally good, used either whole or ground. The best comes from Ceylon. Used mainly in baking, it is also an ingredient of curry powder, in spiced mixtures for mulled wines, or with pork.

Allspice. The dried fruit of the tropical allspice tree. The prepared spice is dark reddish-brown. It is available both whole or ground. Use in brine for pickled herrings, boiled fish dishes, soups and stews, pickles. The aroma and taste is rather like a mixture of cloves, cinnamon and nutmeg.

Ginger. Prepared from the roots of the ginger plant. Sold both whole and ground in many varying qualities. Stem or root preserved in syrup, crystallised. The flavour is strong and biting. Use in cakes, biscuits, stewed fruit, meat dishes, puddings and drinks.

Curry powder. A spice mixture from India; can be bought ready-made or made up at home, usually from the following spices: red pepper, ginger, cinnamon, turmeric, cloves, car-

damon, nutmeg. Use with meat, fish, poultry, eggs, vegetables, and sauces. Can be either sweet, hot or mild.

Cayenne. The ground fruit of a shrub belonging to the potato family. Rust-red in colour, the spice is very strong and hot. Use carefully. Tobasco is the liquid form of cayenne. Use in meat stews, marinades, fish and vegetable dishes, casseroles.

Cinnamon. The inner bark of a tree of the laurel family. Has a powerful, sweet flavour. Bought either in stick or ground. Use in cakes, puddings, with apple sweets, heated spiced drinks.

35. DESSERTS

A. Russian Toffee

1 lb granulated sugar
1/4 lb butter
1 tea-cup cream
2 table-spoons water
Vanilla essence

Use either brown or white sugar for this recipe. Melt the butter, then add the sugar and water and stir over a gentle heat till boiling. Add cream and boil again, stirring all the time, until the mixture thickens and hardens when a little is tested in cold water. Remove from the fire, add about a tea-spoonful of vanilla essence, and when the mixture has stopped bubbling, pour into a greased shallow tin. When nearly set, mark in squares with a knife and when cold, break in pieces and store in a tin box.

Note: Take the pan off the heat before adding the cream. This is a very rich toffee and is excellent for storing in an airtight tin with a close-fitting lid.

B. Baked Semolina Pudding

2 oz semolina
1 1/2 pints milk
A pinch of salt
1 table-spoon sugar
A little flavouring
1 egg

Heat the milk in a lined saucepan, but do not let it boil. Sprinkle in the semolina, then simmer slowly until the semolina swells and thickens. Add the sugar and a little flavouring. Take the saucepan off the heat and when the contents have cooled a little, add the egg yolk, and lastly the white which has been beaten to a stiff froth with a pinch of salt. Pour into a well-greased pie-dish and bake in a moderate oven until brown and set. When ready, sprinkle with sugar and serve at once.

Note: If you want to make a little variety, some stewed fruit such as apples, can be put at the bottom of the pie-dish before you pour in the semolina.

36. WINES

Wine adds enormously to the enjoyment of good food. And with the advice of a reliable wine expert it is possible and convenient to keep a good selection of wines in stock. For short term storage use any cool, airy, and preferably dark place where the wines will be undisturbed. Table wines must always be laid on their sides so that all air is excluded. A basic stock might include some wines from each of the following groups.

Aperitive wines. Pale and medium sherry, dry Madeira, and fortified wines such as Dubonnet, Cinzano, Vermouth. Serve lightly chilled before the meal. Sherry or Madeira can accompany a consommé or meat soup. Served at room temperature in a small V-shaped glass. Sherry is also served at lunch, or at supper, or as a refreshment at any time. It is usually included with cocktails as an alternate choice.

Dry light white wines. Such as Chablis, Alsatan, Riesling and Sylvaner, Muscadet. Serve with oysters, hors d'oeuvre, cold food and egg dishes, always chilled.

Medium dry white wines. Such as White Burgundies and Graves. Serve cold with shellfish, fat or fried fish, or fish with sauces, with chicken or veal.

Roses. Such as the dry Tavel and not so dry Anjou rose. Serve with anything, preferably well chilled. Particularly useful for pork, cold dishes, chicken and pâtés.

Light red wines. Such as the majority of Clarets and Beaujolais wines, and red Loire wines. Serve at room temperature with roast and grilled meat, chicken, turkey or pâté, and with cream, mild or medium cheeses.

Robust red wines. From the Burgundy and Rhône areas. Serve at room temperature with strong flavoured food such as game, kidneys, wine flavoured casseroles, braised dishes, and strong cheeses.

Sweet dessert wines. Such as Sauternes, Barsac and sweet Champagne. Serve very cold with gâteaux, and rich sweets.

Champagne. Labelled "Brut" or "Sec" can be served lightly chilled, as an aperitive or to accompany the whole meal. Non-vintage champagnes are much cheaper than vintage and good value.

Brandy and liqueurs. They are for drinking after meals.

For the kitchen. Half bottles of sound but inexpensive red wine and medium dry white wine, and a bottle of cheap cognac brandy. For sweets and pastries a bottle of genuine Kirschwasser and an orange flavoured liqueur such as Grand Marnier or Cointreau. Jamaica Rum is useful too.

Serving wine. If more than one wine is served at a meal, the order is young before old and dry before sweet. Red wines benefit if the cork is drawn at least an hour or two before the wine is served. A bottle of table wine yields about 8 average size glasses, so allow one bottle for 3—4 persons.

When handling wine take care never to shake the bottle and when serving pour the wine gently into sparkling clean glasses. Never fill them more than two-thirds full for this allows the wine to be "swirled" gently in the glass so releasing its full "bouquet".

37. YEAST COOKING

A. Bread

Most countries use bread as we know it, or a form of bread. It is eaten at least three times a day. There are also yeast cakes such as Danish pastries, croissants or what the English call buns.

The first recorded bread was made by Egyptians. The grain was crushed between stones and then pounded by hand. It is very much easier today as we even have the flour graded for us. Bread making, in fact, any form of yeast cooking, is no more difficult than preparing a good meal.

Mix in the morning and leave to rise and then bake in the afternoon, or mix one day, store in cool larder and bake the following day. It is not essential for the mixture to be al-

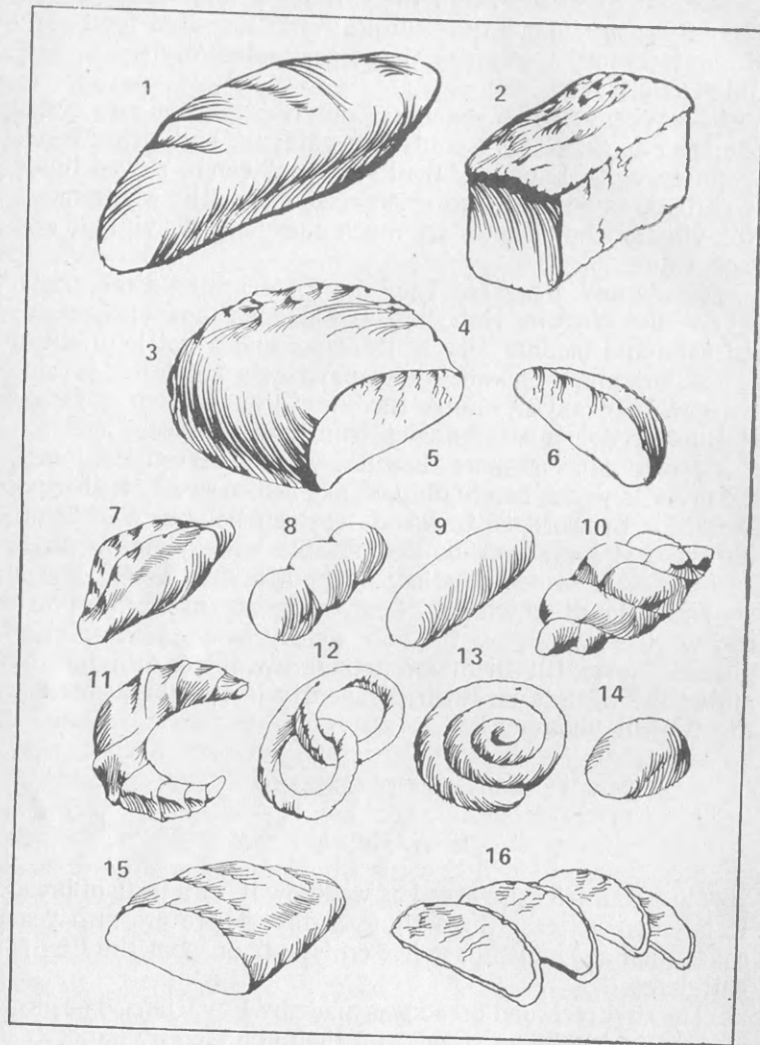


Fig. 5. Bread and Rolls

1 — bread (long loaf); 2 — whole-wheat bread; 3 — brown bread; 4 — bread crust; 5 — crumbly part; 6 — crust (heel); 7 — roll; 8 — large Vienna roll; 9 — kind of French roll; 10 — hard roll; 11 — croissant; 12 — pretzel; 13 — sweet cinnamon roll; 14 — small sweetish roll; 15 — milk roll, soft roll; 16 — rusks

lowed to rise in a warm place. This way you have to keep watching it in case it gets too warm and over-rises.

Cold rising is best because the dough becomes stronger the longer it is left and also has better keeping qualities. By stronger, it is meant that you are more able to pull the dough. This allows the yeast to blow larger bubbles and therefore produces a bigger loaf or cake.

B. Yeast

Since yeast is a plant of fungus it requires food and water to grow. These it obtains from the carbohydrates in the flour and the moisture used in making the dough. Under these conditions it grows rapidly and forms a harmless and tasteless gas which is responsible for the sponginess of the mixture. It also produces an alcohol which gives the smell and taste to freshly baked bread. Yeast is an ancient raising agent which was used until the invention of baking powder. The two main types which are used for baking are fresh baker's yeast and dried yeast. Fresh baker's yeast should only be bought in small quantities as it does not keep well. Stored in a sealed jar or polythene bag in a cool place it will keep from one to three days.

Baker's yeast can either be rubbed into the flour or mixed with a little milk when preparing the dough. Dried yeast is bought in tins or packets and can be stored for longer periods. It is in the form of small seeds and must be dissolved. It takes from 10 to 15 minutes to activate. You will require twice the quantity of fresh yeast as opposed to dried yeast, i. e. 1 oz fresh, $\frac{1}{2}$ oz dried. The type of flour depends on the sort of bread you want to make. The best results are obtained by using strong plain flour. Other types are wholemeal, wheat-meal, or stone ground. This is more expensive but has a good flavour.

Bread Dough

- 3 lb flour
- 1 oz sugar
- 2 oz fat
- 1 oz salt
- 2 oz yeast
- 1 $\frac{1}{2}$ pints warm water

Mix well together flour, fat, sugar and salt. When well mixed add the yeast dissolved in water, and mix until a firm dough is formed.

Place the dough in a pan, cover with a cloth and leave for one hour in a warm place to prove. Take from the pan, knead well on a table, making sure all gas has been expelled.

Place the dough back in the pan, cover and leave for further half hour then divide it into 1 lb pieces, mould into shapes to fit well greased tins. Allow to prove until they reach nearly to the top of the tin and bake at Mark 8, 450°F.

If the crust appears a little dull after baking, gently brush the top with a little melted fat, which will give the bread a most attractive appearance.

38. FORMAL DINNERS

A. Setting the Table

The one unbreakable rule is that everything on the table must be geometrically spaced: the centre-piece in the actual centre; the places at equal distances and all utensils balanced. Beyond this one rule you may set your table as you choose.

The distance between places at the table must never be short that guests have no elbow room and the waiters cannot pass the dishes properly. On the other hand, to place people a yard or more apart so that conversation has to be shouted is equally trying. About two feet from plate centre to plate centre is ideal.

B. Setting the Places

On the left of each plate, handle towards the edge of the table and prongs up, is put the salad fork; the meat fork is put next, and then the fish fork. The salad fork, which will usually be the third used, is thus laid nearest the plate. If there is an entrée, the fork for this course is placed between the fish fork and that for the roast, and the salad fork is left out to be brought later. On the right of the plate, and nearest to it, is put the silver or steel-bladed salad knife, or if the salad is one for which no knife is necessary, the knife nearest the plate is the meat knife; next the fish knife, the edge of each

toward the plate. Then the soup-spoon and then the oyster fork or grapefruit spoon. Not more than three knives and three forks belong on the table when it is set. Additional forks and knives may be put on the table during dinner as they are needed.

C. The Glasses

The goblet or tumbler for water is placed directly above the knives at the right of the plate; next to it at a slight distance to the right the champagne glass; in front and between these two, either the claret glass or the tall-stemmed glass for white wine. Then either in front of this or somewhat to the right again, the sherry glass. At the typical dinner three glasses in addition to the goblet is the maximum.

D. Napkin Should Be on the Plate

A dinner napkin folded square and flat is laid on each placed plate; very fancy foldings are not in good taste. Napkins are put at the side or across top of the plates only when it is necessary to put food on the table before seating the guests. The place-cards should be put on top of and in the centre of the napkin.

E. Dishes Presented at Left; Removed from Right

Although dishes must be always presented at the left of the person being served, and it is better that plates be removed at the left too, it is permissible, if more convenient, to remove them at the right. Glasses are poured and additional knives placed at the right but forks are put on as needed at the left.

F. Dessert Service

There are two methods of serving dessert. The first is to put the fork and spoon on a china plate. Some people further put a glass plate for ice-cream on top of this, but most use the china plate. After the dessert the fingerbowl is on a plate

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by itself. In the other service the entire dessert paraphernalia is put on at once.

When fruit is to be served, it is passed immediately after the dessert or ice-cream; and last are passed decorative sweets. Usually these include chocolates, caramels, candied oranges or whatever one chooses for decoration as well as taste.

Black coffee is never served at a formal dinner table, but is brought afterwards with cigarettes and liqueurs.

Part III. WORLD'S CUISINE AND CATERING

39. EATING YOUR WAY ACROSS EASTERN EUROPE

The history of the Socialist countries has had an effect on their cooking and eating habits. Housewives were in the past more interested in the filling aspect of food. Countries like Russia and Czechoslovakia have a very high starch content in their diet to this day.

Sour cream, or smetana, is used quite a lot — more so in the Soviet Union, but also in Hungary and Poland. Many dishes or foods from these countries have become famous throughout the world; Hungarian goulash and paprika, Prague ham and sausage, Polish soup and cold meats, Russian borsch and Beef Stroganoff. Bulgarian and Rumanian cooking at times has a slightly Eastern flavour, because of the old Turkish influence. Over the years there has been an increase in the importing of foods from the Socialist countries into the United Kingdom.

So that in most shops and supermarkets you can now get jams, tinned hams and other meats, soups, pickles, vegetables and many other products. It is comparable in price to that of other countries and of very high quality. In particular, jam is excellent — far better than many of the West products. The English very often buy Socialist-produced food in preference to other brands on the market because of its very high standard.

Hungarian Goulash

Stew Soup

1 1/2 lb beef cut into small cubes
6 oz chopped onion
3/4 oz Noble Sweet paprika

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6 oz chopped onion

3/4 oz Noble Sweet paprika

- 2 oz salt
- 1 1/2 oz fat
- 2 1/2 lb potatoes cut into cubes
- 1 tomato

Fry onion in fat to golden brown, remove from heat. When fat has stopped sizzling, add paprika. Add meat and replace saucepan on heat. Fry the meat, stirring continuously until most of the juice evaporates. Add 1 quarter water, salt, and let the meat boil. Just before the meat is tender, add the potatoes, replenish the water and boil until the potatoes are cooked. Add the chopped tomato before finally removing from the stove.

Rumanian Sour Soup

- One small chicken, or 2 lb veal or beef
- 2 sliced onions
- 1 large carrot
- 4 tomatoes
- 1 lemon
- A few chopped celery leaves
- 1 large green pepper
- Pinch of red pepper
- 1 tea-spoon chopped parsley
- Sprig of thyme, salt

Cut meat or chicken into small pieces. Put in a pan with cold water, bring to the boil and skim well. Add salt and vegetables (chopped small) and the red pepper. Simmer for about 2 hours, adding more water if necessary. Sprinkle on the chopped parsley, add a sprig of thyme when it is ready to be served. Add lemon juice to taste.

Polish Dumplings With Cherry Jam!

- 1 lb flour
- 1 egg
- 1/4 pint water
- 3 oz butter
- Cherry jam
- Salt

Knead flour, salt, egg and water into a paste. Roll thinly on floured board, cut into 4 squares and form triangles by sticking opposite edges together.

Put in slightly salted boiling water and cook until they come to the top. Serve sprinkled with a little sugar and hot butter.

40. AN ENGLISHMAN'S VIEW OF RUSSIAN FOOD

Smetana. First, the wonderful variety of milk products which you get in the Soviet Union. Here in Britain we have our milk, cream, cream cheese, and sometimes youghurt and a variety of hard cheeses.

In Russia there is a large variety of further products: a sort of dry, granulated cream cheese, called tvorog, thick sour cream called smetana, and several types of sour milk products of the youghurt type.

Perhaps my favourite Russian food product is smetana—thick sour cream. It can be used with almost anything: a dollop of it in the soup, a spoonful eaten with meat dish, and, as good as our own strawberries and cream, apples, sliced up small and eaten mixed with smetana. Smetana is also used on pancakes. It is, in fact, an almost universal sauce, flavouring, or, if you like, it can be drunk by the glassful with or without sugar.

Then, of course, caviar. In Britain caviar is a top-line luxury. In the U.S.S.R. it ranks as an equal with other delicatessen. Red caviar is used for children as we use cod liver oil. Its vitamin content is said to be especially high.

Soups. A real Russian soup is something so different from what we normally understand by the word that it is hard to understand in Britain that a real meal in Russia can consist of soup. But when you take into account that the soup can include a whole chicken leg, or a large slice of pork or other meat, as well as potatoes and other vegetables, even cabbage soup becomes something very different from anything which is normally made in Britain from the humble cabbage.

As regards green vegetables and fresh fruit, the whole of Northern Russia has a tradition very different from ours. Here, too, at least until modern methods of storage and refrigeration, fresh fruit and vegetables have always been very scarce throughout half the year. Hence, the popularity of pickled cucumbers, pickled cabbage, frozen apples; and, because cabbages do store comparatively well, cabbages have been the only fresh vegetables available in the winter months.

- 2 oz salt
- 1 1/2 oz fat
- 2 1/2 lb potatoes cut into cubes
- 1 tomato

Fry onion in fat to golden brown, remove from heat. When fat has stopped sizzling, add paprika. Add meat and replace saucepan on heat. Fry the meat, stirring continuously until most of the juice evaporates. Add 1 quarter water, salt, and let the meat boil. Just before the meat is tender, add the potatoes, replenish the water and boil until the potatoes are cooked. Add the chopped tomato before finally removing from the stove.

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About sweets. The English pudding is practically unknown in Russia. The most common third course in a Russian midday meal is kissel or compote. Kissel is jelly, but made with cornflour and not with gelatine. Compote is our good old stewed prunes and other dried fruits mixed, a fruit salad usually made from dried or bottled fruits. In summer, of course, it is made from fresh fruits.

On drinking tea. Every country has its own tea-drinking habits. In Russia tea is drunk very weak, with lemon.

Russian Dishes

The Moscow Central Restaurant in Gorky Street is a veteran establishment with old traditions. For over a century it has specialized in Russian dishes. In 1871, a baker Filippov opened a coffee-house. The menu featured Russian meat and other pies, fish patties and pancakes served with all kinds of delicacies.

They serve all these dishes today, and cook them according to the recipes that made Russian cuisine famous. Could anything be tastier than pancakes with fresh caviar or salmon? Who could resist the enticing fragrance of fish soup as clear as amber? Who would not like the taste of underdone steak garnished with mushrooms, baked sturgeon or veal in sour cream? What can be more refreshing on a hot day than an ice-cold Russian kvas (beverage made of rye bread and water) with horse-radish?

Orbiting Moscow

There is no doubt which is Moscow's top restaurant now. It is the one that is functioning at Ostankino on one of the world's tallest television towers. The full height of the tower is over 533 metres. It resembles the Post-Office tower in London and also has a revolving restaurant. Londoners call its restaurant Top of the Tower, but Muscovites are far more poetic: theirs is the Seventh Heaven.

In less than a minute a lift will take you up to the "cosmic" altitude of 300 metres. There are three decks to the restaurant which holds 240 sky diners. The decks are named GOLDEN, SILVER and BRONZE. Each has tables around transparent walls which are tripleglazed for warmth. There are luxurious carpets, conditioned air, soft lights and soft

music for comfortable relaxation. The menu includes many Russian specialities, tasty appetizers and dishes of game fowl. Meals are prepared in a ground-level kitchen and shot up into eating orbit by high-speed lifts. Pretty waitresses in their airline-style uniforms are by far not the least attraction of the place. Once every hour the cosmic diners in the three saloons of the Seventh Heaven can make a 360-degree sweep of the Moscow horizon enjoying the choicest dishes of Russian cuisine.

41. COOKING THE FRENCH WAY

"The secret of fine French food," said a famous gastronome, "is primarily the careful selection of the ingredients" and this is much in evidence when you watch a French woman shopping. She uses her eyes, nose and fingers, as well as her head, to check quality and compare values before she buys. Having obtained the best possible raw materials the art of the French cooks is then directed to bringing out their full flavour. And this is where a little patience and attention to detail in cooking is really beneficial for the dish. If, for instance, the recipe says, "dry the meat or chicken joints thoroughly before frying", it is important to do so for this aids the browning process and seals in the juices in the meat. It takes a little time but it achieves a purpose. Often a recipe will tell you "to reduce the liquid to half by rapid boiling" which is another typically French method of concentrating flavour and one that can make all the difference between a fine dish and a mediocre one. "Simmer" really does mean simmer — that is to say cooking just below boiling point so that only an occasional bubble breaks the surface of the liquid. There can be no compromise with time either. If a recipe says, "simmer for 4 hours", the flavour will be much better after 4 hours cooking than after 3, for only long slow cooking can achieve the right amalgamation of flavours to give the dish its character. This is especially so with French casserole dishes such as daubes, cassoulets and so on.

Rich food does not figure in French homes nearly as frequently as one might suppose, for one thing the cost is prohibitive and for another the French are quite as diet and health conscious as the rest of us. What most typifies good French cooking is high quality raw materials cooked simply but perfectly to enhance their natural flavour.

Eating the French Way

French meals are as varied in style and quality as those of any other country but they follow a general pattern which is quite different from that of any other country. Breakfast is scant (hot coffee with roll and butter and possibly a croissant), midmorning coffee and afternoon tea are rare events. The French concentrate their time and effort on two main meals, one at midday and another in the evening.

Perhaps the most noticeable difference about these meals is the absence of "meat and two veg" served together on one overcrowded plate. Instead several dishes are served one after the other as individual courses. The advantage of this system is that you really taste and appreciate the flavour and texture of each dish. Perhaps this is why the French cook with such loving care — they know their efforts will be savoured and enjoyed, and not merely consumed without comment. A mid-day family meal might start with a sliced tomato salad, to be followed by egg mayonnaise, a sauté of chicken or rabbit with potatoes, then a dish of vegetables, then cheese, followed by fresh fruit, tarte or gâteau, and finally black coffee. A red or white "vin ordinaire" and a mineral water would be drunk with the meal, unless it is an "occasion" when a wine or wines from a particular district or vineyard would be chosen. Two glasses are set for each place, one for wine and one for water. And of course crusty bread would be available right through the meal. Plates are changed between courses as necessary but the practical French reduce washing up by setting a knife rest known as a porte-couteau beside each place on which knives and forks are rested between courses. Fresh cutlery is used for cheese and dessert.

Cheese is always served before the sweet or fruit in France, and wine served with the main course is finished with cheese. Gravies consist of the meat juices to which a little butter or wine may be added but no thickening. Even in the best circles it is accepted that a good sauce or jus deserves to be mopped up with bread rather than washed. Green salads tossed in oil and vinegar dressing at the very last minute are served frequently, after or with the main course. If the main meal of the day is taken at midday, the evening meal will be simpler and lighter. Invariably it will begin with soup followed by an egg dish as an omelette or scrambled

eggs, or perhaps a gratin dish or a savoury tart; cheese or a salad followed by fruit would complete the meal.

42. FOREIGN FOOD CENTRES IN BRITAIN

There are three foreign food centres in London: the Norwegian, the Icelandic and the German Food Centre. It was interesting to hear that all these three countries had independently chosen London as the best place to start a new campaign to sell their food. Why should they have chosen London particularly? It is because here in Britain there is no standard of traditional excellence in cooking. Compared with food on the Continent, English food is already standardized, and, in general, rather dull and unimaginative. In a book of recipes I recently found the unkind description of the English way of cooking vegetables, "simply to boil them in salt water with little or no attempt to season them".

But now many British housewives do not even find time to boil fresh vegetables. They are deserting their homes and kitchens to go out and become money-earners. Unlike the French housewife who has a special French tradition to uphold, the English housewife is not ashamed to use frozen, canned or precooked food—simply because it saves time. So there is an enormous potential market here for well-flavoured prepared food, and foreign countries are launching planned invasions on the British kitchen.

These food centres all seem to follow the same pattern. They each have a shop, where producers' goods are displayed and sold, and a restaurant, where you can eat their special delicacies (you are served by natives who make you feel that you are being given "the real thing").

It seems a pity that, in order to have well-flavoured food, Britain must spend money on imports. However, anything which helps to convince the English that their food is tasteless deserves every encouragement.

Meals in England

The usual meals in England are breakfast, lunch, tea and dinner, or, in simpler houses, breakfast, dinner, tea and supper. Breakfast is generally a bigger meal than they have on the Continent, though some English people like a conti-

mental breakfast of rolls and butter and coffee. But the usual English breakfast is porridge (food made by boiling finely ground oats in water) or corn flakes with milk or cream and sugar (but no good Scotsman, and Scotland is the home of porridge, ever puts sugar in it), bacon and eggs, marmalade (made of oranges) with buttered toast, and tea or coffee. For a change you can have a boiled egg, cold ham, or perhaps fish.

They generally have lunch about one o'clock. At lunch time in a London café or restaurant one usually finds a mutton chop, or steak and chips, or cold meat, or perhaps fish with potatoes, salad and pickles, then a pudding or fruit to follow. Some people like a glass of light beer with lunch.

Afternoon tea you can hardly call a meal, but for the leisured classes it is a sociable sort of thing when people often come in for a chat with their cup of tea. But some people like to have the so-called high tea which is quite a substantial meal. They have it between five and six o'clock. In a well-to-do family it will consist of ham or tongue and tomatoes and salad, or a kipper, or tinned salmon, or sausages, with strong tea, bread and butter, then stewed fruit, or a tin of pears, apricots or pineapple with cream and custard and pastries or a cake.

In some houses dinner is the biggest meal of the day. Dinner time throughout England is around 7 o'clock in the evening.

But in a great many English homes the midday meal is the chief one of the day while in the evening they have a much simpler supper—an omelette, or sausages, sometimes bacon and eggs, or whatever they can afford.

43. WINING AND DINING IN STOCKHOLM

Stockholm seems to have followed the advice of that old saying about the way to a man's heart being through his stomach. Whatever a man or a woman either, for that matter, wants in the way of food, from a hamburger and a malted to a nine-course dinner to delight a gourmet, he'll find in Stockholm. If all you want is a quick lunch or a snack, you may try one of the more inexpensive kinds of eating places. A bar in Sweden is what you would probably call a cafeteria, and, except in very rare instances, it wouldn't sell anything stronger than beer, but the food is plentiful. A fairly recent

addition to the eating-out picture in Stockholm is the grill, where you can get various kinds of steaks and other grilled dishes. They normally serve beer and wine, but no hard liquor. Incidentally, the idea has caught on so well that nowadays some of the restaurants also have grills.

Then you'll notice along the streets establishments called konditori. These are coffee houses where you can have breakfast or a pick-me-up coffee break any time during the day and usually until quite late in the evening. They serve delicious pastries, soft drinks, juices and ice-cream too. Restaurants are usually open from 12 to 3 for lunch and from 6 to somewhere around midnight for dinner and supper. The cafeteria and grills almost invariably close earlier, at either 8 or 9. Normally the coffee houses are open all day until 9 or 10 in the evening, and some of them as late as midnight. At most of these places a 12-per cent service charge is added to the bill, and an additional 5-per cent tip will be enough. Then you should give the hat-check 50 öre.

44. TUNISIAN GASTRONOMY

Ways and Means

Located in the centre of the Mediterranean Basin this country has known many different civilizations. The people brought with them their own ways of cooking and eating. But there has already been Arab culinary tradition in existence before their arrival. The consequence is that today Tunisian food is quite a mixture with its white sauce à la française, spaghetti à l'italienne, and spicy sauces à l'orientale.

Like everybody else Tunisians have two meals a day and breakfast, a breakfast which varies according to individual taste: either white coffee, ordinary Turkish coffee or something more substantial. The food is not very spicy but well seasoned to make the mouth water. Generally a normal meal consists of two courses. Occasionally, it will be reduced to only one, or expanded to quite a few: a course prepared with sauce, a plate of pasta, together with an hors d'oeuvre to be eaten either at the beginning or during the meal.

Pork falls under religious interdict due purely to health reasons dictated by the generally hot climate of Moslem countries. As for wine, although it is beginning to be adopted, its use is still very limited: it is reserved for special occa-

sions and, generally speaking, excluded from everyday fare. In big cities gastronomy is a refined art. Their way of eating is again an art with precise and elaborate rules. Hospitality is sacred for Moslems from earliest times. Women of the house are not usually invited to the table, unless you happen to be in a modern household.

Hors d'Oeuvres

Tunisians usually have no fixed order for the courses that make up a meal. Dishes are served together with hors d'oeuvre—a variety of grilled or green salads, and a thousand side-dishes which stimulate the appetite: small bowls of olives, tuna fish, pickles, harissa, and pure olive oil. Cheese is not part of the menu; it is only used for breakfast, for children's snacks, and in the preparation of certain dishes. The same applies to butter.

Pastas

Pastas make an important part of cooking. You will see them at every table and at every meal, and in the most varied forms. Until quite recently Tunisian women made all their pastas at home after the harvest.

The favourite dish is the couscous. Made from a fine semolina, couscous cannot be cooked directly on the fire. It will only cook over steam, the steam of vegetables in it, and must have its own utensil, made for its own exclusive use.

They eat couscous all the year round and sometimes more than once a week, since it tastes different according to whether it is prepared with lamb, chicken, fish or simply with vegetables.

In spring, both kinds of couscous—since it can be made from thickly-ground barley as well as from the usual fine semolina—are accompanied by fresh butter-milk; melon is often served with it.

During Ramadan festival they eat mesfouf. This is a couscous steamed over plain water, eaten with finely granulated sugar, a little cold milk, and dates and dried fruit. Couscous is also a wedding dish, together with a whole roast lamb. There are some other pasta dishes like mhames, bourghoul and halelem.

Sauces

As for sauces Tunisians have a different one every day of the week—there are as many sauces as there are vegetables. They are made with potatoes, peppers, pickles or gumbos. Mushrooms are not known. A distinction must be made between the sauces proper—which, apart from vegetables, include meat, chicken or fish—and others having individual names. The tbikha, made from spinach, with chick-peas and green broad beans to improve its flavour, and the shakshouka, a surprisingly simple and delicious dish which can be prepared in a hurry when one cannot think what to cook: a spring and summer dish simple to prepare. It is just tomatoes, peppers and fresh onions thrown together into hot olive oil; add a few cloves of garlic, salt and some water. Sometimes they put eggs into it. Olive oil is, in fact, the foundation of Arab cuisine.

Soups

Soups are many and varied but Tunisians eat them only in winter, that is three months a year. They usually give soups some colour by using tomatoes as they do in all their cooking. Leblabi, one of the soups, is made by boiling chick-peas served in the water they were cooked, sprinkled with olive oil and seasoned with some spices and harissa (cayenne pepper paste). Don't forget to colour it with tomatoes.

45. ANCIENT TRADITIONS OF CHINA

Chinese traditional cuisine differs greatly from that of Europe and is well-known throughout the world for its versatile wholesome dishes and attractive service. Chinese cuisine is divided into regional cuisines of which 14 are internationally recognized. They all differ not only in ingredients of certain dishes but also in methods of preparing them. But everyone who dealt with Chinese cooks must have noticed one thing they have in common—their qualification and skill.

For centuries many generations of Chinese cooks cultivated and perfected dishes as well as methods of cooking, decorating, serving and storing. No wonder the popular Chinese saying has it: "There is no such thing as inedible food—there

are bad cooks". There are some common features of its cuisine as a whole which you might be interested to know.

Rice is the staple product and in South China it substitutes bread. In meat dishes meat constitutes 1/3 as to the garnish and vegetables. A certain quantity of ginger is added to almost any dish. Meat, poultry and fish is cut into pieces of the same size and shape as vegetables accompanying it. They use fresh, pickled and dried fruit and vegetables. Milk, butter, margarine and cheese are not used in traditional Chinese cuisine. Pork and poultry fats, sesame, cotton and maize oils substitute butter and margarine. Special attention is paid to the choice of colours for decorating dishes and slicing in general.

Spirits or wines are served with hors d'oeuvres and hot dishes, no drinks are served with soups. Green tea is served at the beginning or at the end of a meal. Desserts prepared from lotus, seeds, nuts, berries and fruit are served between hot dishes.

46. INDIAN CUISINE

A Wide Range of Curries

If the foreigner knows any Indian word, it is likely to be curry so we may as well begin with this well-known universal Indian dish, whose name covers the best in the country's cuisine.

Curry can be made with anything—meat, fish, eggs, or vegetables—and the only common denominators seem to be that the preparation is always fried in ghee (pure clarified butter) or a vegetable oil, that it is always more or less spiced according to the cook's fancy and that it is always served with rice.

What an Indian will find in his curry depends upon his wealth, the part of the country he lives in, and his religious persuasion. Hindus won't touch beef, Moslems feel the same about pork, and a fair percentage of the population is vegetarian of the strictest stripe, eating neither meat, fish, nor eggs.

Fortunately, there is a large variety of vegetables. Since all meat in India is bound to be spiced, you would do better to have yours in curry—not in grills since the latter, frankly, aren't very good. Best bets in this department are the numerous varieties of chicken or lamb curry. Beef curry in Bombay

or Calcutta is worth trying. Avoid anything called frithath unless you are a professional fire-eater. Fish, lobster, crab or shellfish curry is delicious. Vegetable or egg curries may seem a little tame after this rich and varied fare, but usually the Indians manage to make them more interesting than they sound by additions of coconut and judicious use of spices. There are vegetables in India you have never seen before and will never see again: no matter—most of them are quite tasteless in their natural state and are only rendered palatable through intelligent preparation.

Other Dishes

Not all meat dishes are curries though the concoctions known as vindaloo, doopiazza, and korma resemble it, at least for the outsider. The first is distinguished by a vinegar marinade, the second name means "two onions", but uses a great many more, and several in small pieces or molded into balls.

One of the most sumptuous meat dishes is a gift of the Moslems: the biriani. It is standard at V.I.P. receptions, large dinners and the like and it is devoutly to be wished that even the ordinary tourist will have the chance to taste one. The dish is usually prepared with chicken or lamb and whole, not ground, spices, the whole smothered with rice and elaborately garnished with almost any delicacy: oranges, grapes, pineapples, plums, etc. halved and placed on top of the rice. The biriani is then lightly sprinkled with sugar and rose water. Pulao is a slightly less complicated version of the biriani: particularly worthy of the gourmet is the sweet pulao made with coconut, almonds, mangoes and papayas among other mouth-watering things.

Meals

The beginning of your Indian meal may be soup, usually of a kind that is thoroughly familiar. An exception is Mulligatawhey soup which most people don't realize is Indian. Actually it is a sort of liquid curry—the same ingredients (chicken, lamb, spices, onions) are boiled instead of fried. After the soup course, everything, with the obvious exception of dessert, is served at the same time. The curry and the rice you can recognize but you will also be confronted with

something that looks like pea or bean soup. This is dhal made from lentils, split peas and the like; there are 101 varieties and the only thing to remember about dhal: it is not spicy or hot—at least not as spicy as the neighboring curry—and you'll be glad of it before the end of the meal! Also served at the same time will be vegetables—parboiled or raw-pickles or chutneys and curd. Chutneys are generally prepared with fruit or vegetables, vinegar and something closely resembling Worcestershire sauce. Two of the most delicious varieties are mint and mango chutney; but here again there will be as many varieties as there are "raw materials" and in as many different guises as the cook cares to dream up. As for pickles, they can be made with fruits like mangoes or limes as well as the more familiar vegetables. The curd has somewhat the same role to play as dhal, i.e. it is very soothing if your curry has made a particularly fiery effect. You may also find it on the menu as dahi.

The Indians love curds and manage to sneak them into the menu in ways that you don't expect, a priori. Vegetable dishes and salads, for instance, are more than likely served mixed with spices and beaten curds. In an Indian home such a mélange will be served at least once a day and it is not bad once you get used to the idea—*raita* (or *kalia* in Bengal) is the name of it when encountered on a menu.

47. INVITATION TO JAPANESE DISHES

Dishes in Wide Variety

"The human being is an animal that eats everything," it is said. In this sense, the Japanese may well be called extremely human. They consume all manner of food from all the corners of the earth, and perhaps their healthy appetite may be one source of their remarkable vitality.

This trend has become more pronounced with the expansion and speed-up of modern means of transportation. The Japanese eat every kind of Oriental and Occidental dish, to say nothing of their own foods. And ingredients for nearly all these foods are produced in Japan.

In that country today, you can taste not only regular French dishes, but also British, German, Italian, Russian and other Western foods, including American snacks and even the Viking dishes of Scandinavia. As for Chinese dishes, every

type of cuisines is available, including dishes peculiar to the various provinces of China, as well as the two major styles—that is, Peking and Canton.

Korean dishes are also highly popular with the Japanese public. Moreover, special restaurants for southern dishes—Indian, Indonesian and Polynesian—flourish in the big cities.

Ingredients of Japanese Dishes

With regard to Japanese food, few types have existed in that country since before the dawn of history. Almost all—even rice, a staple food—have come from across the seas and were completely acclimatized by the people.

In the cooking of fish and shellfish, Japan is literally unexcelled, partly because other nations have displayed less interest in these foods. Tempura, already world-renowned as a typical Japanese cuisine, was originally the imitation of Portuguese cuisine. But the Japanese have made it a representative dish of their country through the skilful use of a rich variety of fresh materials available in abundance. *Sukiyaki* has also won high acclaim among the gourmets of Western nations with a long history of cattle-raising, because the Japanese have succeeded in the production of superb beef through a special elaborate method.

A major characteristic of Japanese dishes, it may be said, consists in tasting fresh ingredients rather than their processing and cooking.

Bill of Fare

The simplest Japanese bill of fare is *ichiju issai*—that is soup and one dish plus boiled rice. This is mainly for breakfast. *Ichiju sansai*—namely, *ichiju issai* plus two more dishes—forms the basis of the Japanese meal. The three represent foods prepared by three different methods—to wit, raw food, such as *sashimi* (sliced raw fish), broiled fish or meat, and boiled foods, such as vegetables. With the addition of diverse variations, the number of dishes increases to seven or nine in the case of a banquet. In Japan today, however, meals centering on certain single dishes are more popular than such formal full-course ones. For instance, tempura and *sukiyaki* constitute independent meals. In recent years,

however, traditional dishes peculiar to various localities have won widespread popularity. Many restaurants in big cities collect fresh ingredients from all parts of the country and serve such traditional foods amid a suitable rural atmosphere exuded by special architecture.

If a foreigner visiting that country wishes to enjoy Japanese food, he should first try sukiyaki and tempura. These will never fail to satisfy the Westerner's palate and create a new lover of Japanese dishes. He may then proceed to enjoy the exquisite taste of formal dishes served with their attractive tableware. And if he takes a liking even to sushi (hand-rolled rice and raw fish) and rural food, then he may well be called a full-fledged appreciator of Japanese cuisine.

48. THE FOOD INDUSTRY IN MEXICO

Industrialization, in the broad sense, did not begin in Mexico until fairly recently. Twenty years ago, the country's economy was based chiefly on agriculture. Mexico was characteristically an exporter of raw materials and an importer of manufactured goods. Mexico's entry into the family of industrializing nations is generally thought to have occurred in 1945.

In food processing, industry development in Mexico is even more recent. In 1957, roughly 90% of the processed foods sold in Mexican supermarkets and food stores were imported. Dehydrated and other forms of dried, packaged foods were being marketed in a very limited way. Frozen foods were practically nonexistent, and the quality of the processed (mostly canned) foods of Mexican manufacture was uneven, often poor.

Presently, over 95% of all the processed items on the shelves are of Mexican origin. Variety here is quite great, and continually increasing.

The Mexican housewife can now choose from among a number of types and brands of ready-to-eat and quick-cooking cereals, instant puddings, cookies of all sorts, gelatin desserts, cake mixes, prepared baby foods, dried soup mixes, instant beverages, evaporated and condensed milks, spreads and mayonnaises, artificial colours and flavours, many varieties of cured and smoked products and, since just a short while ago, frozen foods.

Pasteurized homogenized milks, processed milk products and bakery goods are also available, not to mention an extremely wide variety of canned foods including fruits, vegetables and soups as well as jams, jellies and marmalades.

Much still remains to be done in the way of food industry development. The frozen food industry—other than the sizable shrimp operation producing chiefly for export—is still in its infancy. Although production of good canned meat and fish products has more than doubled since 1955, volume is not sufficient.

Quality-wise, the processed food products available in the country range from very good to poor. Label laws for packages and standards for grades of products are still lacking.

49. TRAINING IN FOOD SCIENCE AND TECHNOLOGY (CANADA)

The Research Branch of the Canada Department of Agriculture, to which the Food Research Institute belongs, is the largest organization in Canada's Public or Civil Service. Its research stations are distributed across Canada so that agricultural problems peculiar to specific regions may be solved; at five of these food research is conducted. In addition to the regional laboratories, there are seven research institutes of which five are located in Ottawa.

The research institutes are multidisciplinary in composition and exist for the solution of difficult problems of national interest. In the Food Research Institute problems of a general nature are selected so that the results of these investigations will benefit all food processors, dairymen, meat packers, etc. Its research is directed toward the reduction of food wastage through fundamental studies of the nature of quality in food and how quality is affected by processing and storage too. The underlying philosophy is that increased food production must be matched by increased knowledge of how to protect the aesthetic and nutritive value of the food and how to process it into attractive, stable and readily transported form.

The Food Research Institute employs 23 professionals and is divided into 7 sections—Carbohydrate, Dairy, Lipid, Microbiology, Processing, Protein and Storage. Current work includes research on the carbohydrate components of honey, royal jelly and potatoes; the quality of Cheddar and cottage

cheese; ecology and metabolism of useful and harmful microorganisms; the post-harvest physiology and storage of fruits and vegetables; the lipids of wheat flour, potato tuber and oilseeds; the development of new foods and processes; the improvement of processed food quality, and the proteins of milk and meat. Although essentially a research organization with no teaching function in its terms of reference, the Institute feels that it has an interim responsibility, through informal arrangements, to assist the Canadian food industry to obtain more highly qualified technical staff, and to provide post-graduate students in nutrition with an opportunity to conduct research on the effects of processing on the nutritive quality of food.

50. FOOD SERVICE SYSTEM (U.S.A.)

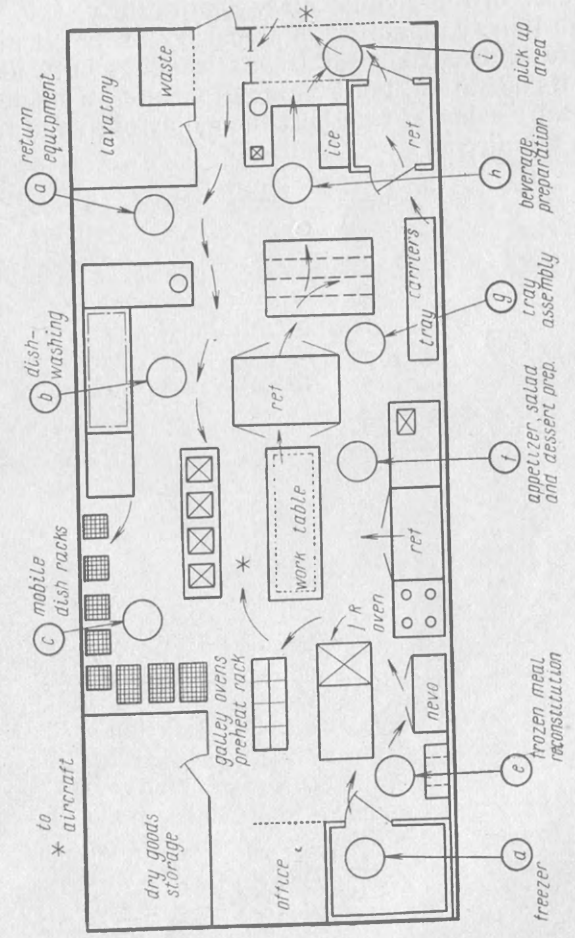
To illustrate the development of a food service system, here is the case history of a transatlantic airline with a frozen meal system.

The objective first considered was the development of a complete system involving on-board reconstitution of frozen meals. A study was made of the feasibility of converting the galleys from their present capability of holding and warming fresh food, to one of storing and rapidly reheating frozen meals. The cost of conversion, combined with the potential payload loss resulting from the projected increase in galley weight, made a total frozen meal program uneconomical at this time.

While such a system remains the ultimate objective of this airline, to be implemented with the acquisition of future aircraft, the study revealed the possibility of immediate savings, quality improvement and greater passenger service as well as increased operational flexibility by using frozen meals in some ground stations. Meals would be reheated on the ground and boarded hot in the usual manner. The layout of a new flight kitchen in connection with such a system is illustrated in Fig. 6.

Appetizers, salads, desserts and beverages are still prepared fresh, but the hot portion of the meal—normally the component requiring the greatest amount of floor space and equipment in the preparation area—is provided through the use of frozen meals packed to the airline's specifications by

Fig. 6 Floor Plan of Flight Kitchen Designed to Utilize Frozen Precooked Meals



the frozen food processor. To achieve maximum economy in meal procurement, the walk-in freezer holds more than a day's production from the frozen food plant.

The bulk of the hot meals are reconstituted in a Nevo Thermal Food Conditioner, a convection type hot air oven, capable of reheating 216 frozen meals in about 20 minutes. "Top-off" meals, for last minute passengers, are reconstituted in an infrared oven which heats up to ten meals in about four minutes. Hot meals are placed in preheated galley warming ovens for transport to the aircraft. Cold trays are made up on the day shift, and stored in tray carriers in the walk-in refrigerator in the pick-up area. Significantly, this kitchen, although it has a capability of preparing for the simultaneous departure of two 200-meal flights, requires only four workers in its operation. For evening departures, a single worker can reheat meals and transport the galley oven and tray carriers to the aircraft.

SUPPLEMENT

EXERCISES TO TEXTS 1—22

Lesson 1

Vocabulary: beet, cane, cool, cut, dig, harvest, juice, lime, lump, oblong, piece, ripe, root, slice, soil, sugar, tin

Ex. I. oo [u:] — cool, food, fool, proof, root, spoon, tool

ee [i:] — beet, cheese, degree, feed, leek, seed

ow [ou] — bowl, flow, grow, show, slow

Ex. II. a) sugar-cane, cane sugar, sugar-beet, beet sugar, sugar lump

b) made from dug out sent to
made into dug in sent by
made with dug up sent out
made of sent away

Ex. III. centrifugal, conveyor, diffuser, extract, final, machine, pack

1. Present Indefinite Passive
2. Participle II
3. One (слово-заместитель)

Ex. IV. 1. What do people make sugar from?
2. Under what conditions does sugar-cane grow?
3. Where does beetroot grow?
4. What kinds of beetroot do you know?
5. What beetroot is sugar made from?
6. Describe the process of making sugar from beetroot.

Lesson 2

Vocabulary: body, boil, common, consist, degree, dissolve, exist, find (found, found), fresh, liquid, melt, pure, purify, rarely, sedimentation, state, steam, turbidity

Ex. I. ea [i:] — eat, meal, meat, sea, steam, tea, veal
tion [ʃən] — attention, filtration, infection, plantation

a+l+cons. [ɔ:] — all, ball, call, salt, small

Ex. II. infection—disinfection, practical—impractical, possible—impossible

Ex. III. bacteria [bæk'tɪəriə], chemicals, filter, fruit, substance

1. Degrees of Comparison
2. Modal verb **can** (to be able to)
3. **That** (слово-заместитель)

Ex. IV. 1. In what states does water exist?
2. Where do we get water from?
3. Which water is called fresh?
4. How do people purify water?
5. What part does water play in our life?

Lesson 3

Vocabulary: crop, evaporate, improve, lasting, mainly, meat, need, obtain, offer, preserve, qualify, raise, raw, require, retain, soft, stage, taste, well-being

Ex. I. ture [tʃə] — agriculture, literature, mixture, nature, structure

i+gh [aɪ] — bright, high, light, right, sight, tight
aw [ɔ:] — law, paw, raw, saw, straw, thaw

Ex. II. a) green — greenish, pink — pinkish, red — reddish
b) nation — national, nature — natural, culture — cultural

Ex. III. contact, element, fact, material, pass, primitive, sandwich

1. Past Indefinite Passive
2. Reflexive Pronouns
3. Indefinite Infinitive Passive

Ex. IV. 1. What did primitive people eat?
2. What food contains salt?
3. When did salt become a necessity?
4. What elements does salt consist of?
5. Where is salt found in the U.S.S.R.?

Lesson 4

Vocabulary: almost, drink, jug, lay, mean, pour, quite, saucer, serve, strong, sugar-basin, tea-spoon

Ex. I. ea+d [e] — bread, head, instead, ready, steady
u [ʌ] — butter, cup, cut, lump, lunch, product, supper

au [ɔ:] — automation, cause, sauce, saucer, sausage

Ex. II. actor—actress, host—hostess, mister — mistress, waiter—waitress

Ex. III. biscuit ['bɪskɪt], coffee, jam, kerosene, lemon, visitor

Future Indefinite Passive

Ex. IV. 1. What is meant by Russian and English teas?
2. How is the table laid for tea?
3. How many lumps of sugar do you put in a glass of tea?
4. What else do you take with a glass of tea?

Lesson 5

Vocabulary: add, bean, flavour, grind, heat, melanger, milk, mould, in order to, powder, remain, remove, roast, roll

Ex. I. ow [aʊ] — brown, cow, down, fowl, powder
i+n(l)d [aɪ] — child, find, grind, kind, mild, wild
oa [ou] — boast, cocoa, coat, goat, oats, roast

Ex. II. changed—unchanged, cooked—uncooked, known—unknown, washed—unwashed

Ex. III. chocolate, cocoa, mass, product, press, per cent, process, soup

- | |
|--|
| 1. Participle I
2. Present Continuous Tense |
|--|

Ex. IV. 1. Describe the process of making cocoa powder.
2. How is chocolate made?
3. What kinds of chocolate do you know?

Lesson 6

Vocabulary: besides, care, carry, cheese, different, dish, in general, health, light (*a*), ordinary, particular, use, way, weight

Ex. I. **c+i, e, y** [s] — celery, cereal, cinnamon, citron, city, nice, space, cycle
c [k] — black, care, caviar, duck, snack

Ex. II. to administer—administration, to attract—attraction, to consume—consumption, to plant—plantation, to produce—production

Ex. III. basis, condense, general, human, limit, minute, restaurant

- | |
|---|
| 1. Present Perfect Passive
2. To do (глагол-заместитель) |
|---|

Ex. IV. 1. What food products are made from milk?
2. What animals do we get milk from?
3. What kinds of milk do you know?
4. What dishes can be prepared with milk?

Lesson 7

Vocabulary: barley, barn, brew, buckwheat, cereal, flour, garnish, grain, gruel, husk, oats, porridge, pound (*v*), rye, seed, store, thresh, wheat

Ex. I. **ew** [ju:] — mew, few, knew, new, stew
y [aɪ] — cycle, cyder, my, rye, thyme [taɪn], type
y [ɪ] — body, pastry, symbol, syrup, system, typical

Ex. II. to approve — to disapprove, to cover — to discover, to like — to dislike, to obey — to disobey

Ex. III. combine, form, garnish, kasha, maize, separate, silo

Modal verb may

Ex. IV. 1. What cereal is the staple food in your republic?
2. Where is grain stored?
3. What other cereals do you know?
4. What do we make from flour?

Lesson 8

Vocabulary: according to, course, crisp, dough, hard, mix, pasta, plain, shape, substantial, such as, various

Ex. I. **ph** [f] — alphabet, phone, photo, phrase, physical
g [dʒ] — age, digest, general, large, vegetable

Ex. II. final—finally, general—generally, practical—practically, special—specially, usual—usually

Ex. III. diet, inspection, Italy, Japanese, macaroni, rice, soldier, twist

Indefinite Infinitive Passive

Ex. IV. 1. What are the best-known pastas?
2. What is pasta to the Italian working people?
3. What books were the first to mention pasta?
4. What is pasta made from?
5. In what dishes is pasta used?

Lesson 9

Vocabulary: cabbage, carbohydrates, carrot, cuisine [kwi:'zi:n], differ, digestion, enhance, fare, garlic, horse-radish, influence, lettuce, nutritional, onion, pancreas [ˈpæŋkrɪəs], property, source, starch, tinned

- Ex. I. **ch** [tʃ] — cherry, Chinese, chipping, chunk, much, rich
sh [ʃ] — dish, kasha, shake, shin, short
- Ex. II. **class**—classify, **fort**—fortify, **intense**—intensify, **pure**—purify
- Ex. III. **accompaniment**, **activity**, **antibiotic**, **composition**, **intensify**, **radish**

Should в модальном значении

- Ex. IV. 1. What vegetables do you know?
 2. What are vegetables important for?
 3. What are they rich in?
 4. What vegetables are best for cooking?
 5. What vegetables are the source of vitamin D (C, A)?

Lesson 10

Vocabulary: air, bake, bring (brought, brought), destroy, mainstay, mash, meal, peel, plum, savoury, season (*v*), skin

- Ex. I. **ou+gh** [ɔ:] — bought, brought, thought, ought
a+r [ɑ:] — dark, mark, star, starch, start, tart
- Ex. II. **ability**—inability, **attention**—inattention, **complete**—incomplete, **convenient**—inconvenient, **correct**—incorrect
- Ex. III. **calcium**, **climate**, **correct**, **energy**, **favourite**, **method**, **protein**

The Gerund

- Ex. IV. 1. Who brought the potatoes to Russia?
 2. What dishes can be prepared from potatoes?
 3. What nutrients do potatoes contain?
 4. How many potato varieties do you know?
 5. Where should potatoes be stored?

Lesson 11

Vocabulary: cover, equal, ewe, lunch, prolong, riboflavin, snack, solution, suitable, supply, twice, wine

- Ex. I. **th** [θ] — broth, cloth, method, mythology, polythene
- Ex. II. **carry**—carries, **clarify**—clarifies, **supply**—supplies, **factory**—factories
- Ex. III. **economical**, **Greece**, **ideal**, **mixture**, **mythology**, **occasion**, **selection**

Infinitive в функции подлежащего при формальном подлежащем **it**

- Ex. IV. 1. What is cheese made from?
 2. What is cheese rich in?
 3. When do you serve cheese?
 4. How do you store cheese?
 5. What kinds of cheese do you know?

Lesson 12

Vocabulary: advantage, bruise [bru:z], change, choice, cod, choose (chose, chosen), equal, firm, flesh, gill [gɪl], grain, halibut, nourish, odour, oil, provide, salmon, smell, vinegar

- Ex. I. **au** [ɔ:i] — auction, autumn, cause, fault, sauce
- Ex. II. **to cook**—a cook, **to need**—a need, **to plant**—a plant, **to taste**—a taste
- Ex. III. **contain**, **fibrous**, **menu**, **repetition**, **sauce**, **season** (*n*)

Attributive Clauses

- Ex. IV. 1. Where do people catch fish?
 2. How do you choose fish?
 3. How do you cook fish?
 4. Describe the nutrients of fish.

Lesson 13

Vocabulary: bone, braise, domestic, duck, freeze (froze, frozen), giblets, gosling, grill, kill, kidney, oven, poultry, rub, sauté [sou'teɪ], simmer, skin, stock, thaw, versatile, waste

Ex. I. **our** [ə] — colour, favour, flavour, labour, savour
u+r [ə:] — burn, curve, turkey, turn

Ex. II. dirt—dirty, hunger—hungry, rain—rainy, starch—starchy, taste—tasty

Ex. III. adapt, liver, omelette, problem, quart, type

Conjunction **either ... or**

- Ex. IV.** 1. What poultry do you know?
2. By what is poultry distinguished from other meats?
3. How can one prepare poultry?
4. How should frozen birds be treated before cooking?

Lesson 14

Vocabulary: amount, animal, beef, butcher, calf, chicken, cock, consumption, cut (*n*), dairy, joint (*n*), market, ox, pork, produce, sheep, slaughter, stock-breeding, veal

Ex. I. **o+r** [ɔ:] — cork, fork, form, pork, port, short, sort

Ex. II. pre-cooked, pre-packed, pre-revolutionary, pre-school, pre-war

Ex. III. carcass, centre, control, French, hygienic, individual, salad

Indefinite Infinitive в функции прямого дополнения и обстоятельства цели

- Ex. IV.** 1. What is meat rich in?
2. Why is the consumption of meat growing?

3. How do Englishmen call the meat of swine (cow, calf, sheep)?
4. What meat is digested quicker?
5. What meat dishes do you prefer?
6. Give Russian equivalents for the English terms (See Fig. 1).

Lesson 15

Vocabulary: acid, apricot, cherry, currant, delicious, ice-cream, grapes, Mediterranean, nut, orange, peach, pear, pick, rose hip, strawberry

Ex. I. **cious** [ʃəs] — avaricious, conscious, delicious, precious
j [dʒ] — jam, jar, jelly, joint, joy, jug, juice, major

Ex. II. accompany—accompaniment, astonish—astonishment, develop—development, equip—equipment, improve—improvement, nourish—nourishment

Ex. III. banana, citrus, cream, enthusiastic, fructose, glucose, medical, pectin, pudding, tart, tomato, tropical

Participle Construction

- Ex. IV.** 1. Do you cook fresh fruit?
2. What is contained in fruit?
3. What vitamins are contained in different fruits and berries?
4. What berry is very popular in Britain?
5. Where is citrus fruit being cultivated?

Lesson 16

Vocabulary: a) blood, cake, clotting, develop, fluid, honey, iron, lentil, muscle, nutrient, pulse, repair, tissue, watercress, whole meal (bread), whole grain (flour), yolk
b) aid, condition, constituent, eyesight, measure, rays, roughage, spinach, ultra-violet, yeast

Ex. I. **sure** [ʒə] — leisure, measure, pleasure, treasure
gh [f] — cough, enough, laugh, rough, tough

- Ex. II. 'conduct — to con'duct, 'extract — to extr'act, 're-cord — to re'cord
- Ex. III. absorb, complex, concentrate, function, haemoglobin, major, manufacture, margarine, muscle, nervous, product, spinach, syrup

Indefinite Infinitive (Passive) —
часть составного глагольного
сказуемого

- Ex. IV. 1. What is protein (iron, fats, calcium) essential for?
2. What is protein (iron, calcium, sodium) obtained from?
3. What is vitamin A (B, C, D) necessary for?
4. What products is vitamin A (B, C, D) obtained from?

Lesson 17

Vocabulary: chew, dinner-plate, dress, edible, food-stuffs, fork, knife, mustard-pot, napkin, pepper, pound (*n*), salt-cellar, side, soup-plate

- Ex. I. ious [ɪəs] — curious, obvious, serious, various
- Ex. II. bottom—bottomless, friend—friendless, home—homeless, price—priceless, taste—tasteless, use—useless
- Ex. III. appetite, front, sausage, shilling, spices

Have to — в модалном значении

- Ex. IV. 1. How many meals a day do you have?
2. What are the ways of preparing food?
3. What do people roast (fry, stew, cook)?
4. What do we peel and pare before cooking?
5. What can you say about a dish after tasting it?
6. Give Russian equivalents for the English terms (Fig. 2).

Lesson 18

Vocabulary: appetizer, comprise, cranberry, dumpling, entire, grate, herring, include, mince, pancake, pea, pike perch, pot cheese, sour, stoking

- Ex. I. ssion [ʃən] — commission, discussion, mission, session, succession
- Ex. II. appear—reappear, arrange—rearrange, construct—reconstruct, heat—reheat, place—replace, read—reread
- Ex. III. balance, gram, marinade, mousse, organism, proportion, ration, rational, reason, recommend, regular

The Complex Sentence

- Ex. IV. 1. What is important in a rational diet?
2. What food is easier to digest?
3. What products have the highest starch content?
4. What is the daily ration of protein (fats, carbohydrates)?
5. Give your choice of dishes for breakfast (dinner, supper).

Lesson 19

Vocabulary: adequate, anyway, catering, China, furnish, miss, research, scientific, therefore, throughout, lacto-vegetarian

- Ex. I. ence [əns] — absence, difference, essence, magnificence, sentence
qu [kw] — adequate, equal, equipment, liquid, quality, quantity, quart, quite, squeeze
- Ex. II. appear—disappear, arm—disarm, continue—discontinue, like—dislike
- Ex. III. amino-acids, anemia, emotional, India, public, vegetarian

Relative Pronouns in Complex
Sentences

- Ex. IV. 1. Why don't some people eat meat?
 2. What food does a vegetarian diet consist of?
 3. What is usually missing in a vegetarian diet?
 4. What vegetarian dishes do you know?

Lesson 20

Vocabulary: cheap, cost, dine, eating in (out), guest, invite, prefer, relative, self-service, table à la carte, table d'hôte

- Ex. I. our [ɔ:] — course, four, pour, source, your
 Ex. II. done—overdone—underdone, loaded—overloaded—underloaded, paid—overpaid—underpaid
 Ex. III. café, cafeteria, category, cigar, goulash, fix, hotel, menu card

Nominative with the Infinitive

- Ex. IV. 1. What does the term "eating out" ("eating in") mean?
 2. Where can one eat out in a town?
 3. What do you know about dinners table à la carte (table d'hôte)?

Lesson 21

Vocabulary: caviar (pressed, soft), chill (*v*), ensure, grade, grey, hors d'oeuvre, live [larv] (*a*), low, roe-corn, spawn, sturgeon (starred, white)

- Ex. I. cial [ʃəl] — artificial, commercial, financial, social, special
 y [j] — yard, year, yeast, yellow, yes, yet
 Ex. II. dark-blue, dark-brown, dark-grey, light-blue, light-brown, light-grey
 Ex. III. caspian, chef [ʃef], centimetre, container, copeck, decorate, list, metres, million, press, special

Adverbial Clauses of Time and Condition

- Ex. IV. 1. What fish do we get caviar from?
 2. Where is sturgeon found in the U.S.S.R.?
 3. Where can sturgeon reproduce?
 4. What kinds of caviar do you know?
 5. How is caviar served?

Lesson 22

Vocabulary: blend, Cordon Bleu, gourmet, herb, origin, pâté, quantity, region, snack-bar, strip, tie

- Ex. I. ou [u:] — Goulash, mousse, rouble, soufflé [ʹsu:fler], soup
 ous [əs] — famous, fibrous, generous, herbivorous, prosperous
 Ex. II. air—airproof, bullet—bulletproof, fire—fireproof, oven—ovenproof, water—waterproof
 Ex. III. aristocrat, author, bouquet [ʹbuker], bourgeoisie [buəʒwa:ʹzi:], diplomat, gastronomy, gourmand, officer, patriotic, terminology

To have — для выражения действия, совершаемого не лицом, обозначенным подлежащим

- Ex. IV. 1. What does "Bouquet garni" mean?
 2. What is pâté?
 3. Into what parts do the French divide their cuisine?
 4. Give some terms from French culinary terminology.
 5. Give Russian culinary terms which have acquired international usage.

TEST PAPER

Make up a menu for any given group of tourists (1—3 day's stay) using "Menu à la Carte" and "Chef's Guide".

DIALOGUES

1

Waiter. Good morning, Mr. S.

Mr. S. Good morning. Bring me the menu, please.

Waiter. Here it is.

Mr. S. Some thick soup first, then a mutton chop with potatoes, carrots and green peas.

Waiter. Anything to drink?

Mr. S. Yes, a glass of tomato juice, please.

Waiter. Here is your soup.

Mr. S. Waiter, pass me the cruet, please, this soup needs more salt and pepper, it is tasteless, and there is no water on the table.

Waiter. Here you are. Anything else?

Mr. S. Yes, some dessert. Have you any sweet cherries?

Waiter. No, sir, but we have very fine strawberries.

Mr. S. If they are good, bring me some.

Waiter. Sugar and cream too?

Mr. S. Oh, yes; I don't like strawberries without sugar and cream.

Waiter. Very well, sir. Any coffee?

Mr. S. Yes, a cup of black coffee, please, and bring me the bill.

Waiter. Here you are.

Mr. S. How much is it?

Waiter. Three roubles twelve copecks.

Mr. S. Charge it to my hotel account, please.

Waiter. Very well, sir.

Mr. S. Thank you. Good afternoon.

Waiter. Thank you. Good day, Mr. S.

2

Mr. A. Is the table in the corner reserved?

Waiter. No, it is vacant.

Mr. A. All right, then I'll take it. Give me the menu, please.

Waiter. Here you are.

Mr. A. Is there any particular dish you would recommend?

Waiter. The beefsteak is very good tonight. We also have several good chicken dishes, if you like chicken, or maybe you prefer fish?

Mr. A. I think I'll try a steak. For vegetables, give me fried potatoes. I'd also like a tomato and cucumber salad. What appetizers have you?

Waiter. The appetizers are there at the top of the page. You can have...

Mr. A. Yes, I see. And I'll take tomato juice and mushroom soup.

Waiter. Anything else?

Mr. A. No, thank you. My bill, please. What does it come to?

Waiter. Two roubles ten copecks.

Mr. A. Here is a three rouble note, keep the change.

Waiter. No tipping here, sir. Here is the change ninety copecks.

Mr. A. Thank you, good night.

Waiter. Thank you, good night.

3

Mr. A. Good evening. Table for two, please.

Waitress. This way, please. Will you eat à la carte or do you want to have table d'hôte?

Mr. B. We are not in a hurry, let us see the menu.

Waitress. Here you are.

Mr. A. We'll have omelette for one, fried eggs for one, one steak and one chop.

Waitress. Any drinks?

Mr. B. A bottle of mineral water, a glass of orange juice and a glass of claret.

Waitress. Any vegetables? We've got cabbage, potatoes and carrots.

Mr. A. A little of everything, please.

Waitress. I'll repeat your order: omelette and steak for one; fried eggs and chop for one; a bottle of mineral water, a glass of orange juice and a glass of claret.

Mr. A. That's right.

Waitress. Separate bills or one bill?

Mr. B. One bill, please.

CHEF'S GUIDE

Nation	Like	Don't Like	Note
Americans (U.S.A.)	caviar, sardines, sprats, shashlik, fruit salads, ice-cream	fat meat, cabbage as a garnish	All drinks and water should be iced. Serve cream separately.
Bulgarians Yugoslavs	mutton, vegetables, seasoning, fish, brynza, wines, coffee, honey, almonds and nuts in pastry, pulpy juices, pilau, casseroles (minced meat, eggs, potatoes and tomatoes), stuffed paprika	old potatoes in summer, milk soups, borshch and s'chee, cutlets, cereal dishes	White bread only! Set meat soups with eggs, rice and little sour milk, vegetable soups with white wine, vinegar. Their cuisine has an Eastern flavour and resembles that of Armenians.
Czechs	lean pork without coating, beef fillet, salads with cream and mayonnaise	mutton, hot fish dishes, dog salmon caviar, minced meat	Add whipped cream into pastry.
Chinese Koreans	rice, beans, soybeans, pork, beef, poultry, fish, eggs, vegetables, pickles, tea (green), beer	milk and dairy produce (butter), herring, salmon, potato garnish, caviar, balyk, rye bread, mineral water, coffee and cocoa	No cream! Tea served at the beginning of a meal.
Englishmen	porridge (oats), natural meats (beefsteak and roast beef), thick soups and broths, vegetables, chips	dog salmon caviar, fish soups, cereal and pasta garnishes, sauces (with flour especially)	Cut meat into small pieces. End the meal with black coffee.

Finns	fish (salmon), boiled vegetables, egg dishes, milk	curd dishes, fried potato	Both white and rye bread is used.
Frenchmen	salads, sauces, soups consommé, meat, fresh vegetables, wines, seasoning, capers, olives, plaice	pork	Everything in small portions and separately. Serve cheese before dessert. Variety above all!
Germans	Fish, meats (poultry and game), boiled vegetables (potato and cabbage), ice-cream, thick soups	seasoning	Serve garnishes separately.
Hindoos	sweet tea with milk, pepper, garlic and onion, cereals and beans, heavily spiced and seasoned dishes	Beef!	Remember that many of them are Moslems and vegetarians.
Hungarians	pickles, sauces, seasoning, broths, cream, onion and pepper, 2nd course dishes on pork fat	fresh vegetable salads, mutton, herring, dog salmon caviar, buckwheat groats, kisels	Jars of iced water should be put on the table. Serve sauces separately.
Italians	pasta (spaghetti) with grated cheese and spiced sauce, butter, olive oil, cucumbers, crabs, capers, broths	fat pork, minced meats	White bread only!

Nation	Like	Don't Like	Note
Japanese	maine products, steamed rice, spiced sauces served separately, salads cucumbers, hot dogs, white bread, tea before meal	s'chee and pickled cabbage dishes, mineral water	Serve toast for breakfast. All dishes underlined. Are fond of Caucasian cuisine.
Latin Americans	grilled meat (beef with blood), rice (the only cereal) with butter, spaghetti with cheese, black coffee	1st course in general	No eating! Olive oil for salads. Garnishes served separately.
Mongolians	mutton, rice, dairy produce (yoghurt)	fish	Kazakh cuisine will suit them excellently.
Poles	salads with cream and mayonnaise, jellied fish, rassolnyk	mutton	Serve a hearty breakfast.
Rumanians	pork, beef, poultry, white bread	kisels, mutton, minced meat, flour sauces	Mineral water should be iced.
Swedes	vegetables (spinach), thick pea soup, haricot with pork, fish pate, blini with hot punch	rice and pasta	Fond of cold dishes in general. Put dill and sugar when ever possible.

ПОРЦИОННОЕ МЕНЮ

Фирменные и украинские блюда

Холодные закуски

Салат «Украина»
Салат «Киевский»
Ассорти по-украински

Колбаса домашняя
Сало-шпиг с чесноком

Горячая закуска

Закуска по-украински

Первые блюда

Борщ украинский
Рассольник с курицей

Юшка грибная

Вторые блюда

Осетрина по-украински
Судак «Украина»
Котлеты «Украина»
Биштекс по-украински
Полядвица из вырезки
Котлеты по-Киевски
Филе «Космос»
Вареники с творогом
Галушки запеченные

Холодные блюда

Масло сливочное
Икра зернистая
Икра кетовая
Икра паюсная
Семга (лососина)
Осетрина заливная
Осетрина с гарниром

MENU A LA CARTE

Specialties and Ukrainian Dishes

Hors d'Oeuvres

Salad "Ukraina"
Salad "Kievsky"
Assorted cold meat cuts
Ukrainian style
"Home-made" sausage
Pork fat with garlic

Hot Hors d'Oeuvres

Appetizer Ukrainian style

First Courses

Ukrainian borshch
Rassolnik-soup with chicken
Mushroom yushka

Second Courses

Sturgeon Ukrainian style
Pikeperch "Ukraina"
Cutlets "Ukraina"
Beefsteak Ukrainian style
Fillet Polyadvitsa
Chicken Cutlets Kiev
Fillet "Cosmos"
Ravioli stuffed with cheese
Baked dumplings

Hors d'Oeuvres

Fresh butter
Fresh caviar
Red Amur-caviar
Pressed caviar
Salmon
Jellied sturgeon
Sturgeon with garnish

Ассорти рыбное
Салат из крабов
Салат «Столичный»
Ветчина с гарниром
Колбаса копченая
Сыр
Ассорти мясное
Крабы в соусе в кокотнице
Жульен из дичи

Супы

Бульон с пирожками
Солянка рыбная
Солянка мясная

Суп-лапша с курицей

Вторые блюда

Осетрина паровая
Осетрина на вертеле
Судак по-польски
Филе, соус мадера
Бифштекс натуральный
Бифштекс с луком
Бефстроганов с картофелем

Лангет, соус мадера
Эскалоп из свинины
Котлеты телячьи натураль-
ные

Котлеты из филе кур
Котлеты бараньи нату-
ральные

Цыплята-табака
Индейка с соленьями
Шашлык по-кавказски
Яичница натуральная
Омлет натуральный

Сладкие блюда

Пломбир «Украина»

Мороженое «Сюрприз»

Assorted cold fish cuts
Crab salad
Salad "Stolichny"
Ham with garnish
Sausage, freshly smoked
Cheese
Assorted cold meat cuts
Crabs in sauce (hot)
Game julienne (hot)

Soups

Beef-tea with patty
Solyanka-soup of fish
Solyanka-soup of assorted
meat
Noodle-soup with chicken

Entrées

Boiled sturgeon
Sturgeon on a spit
Pike perch Polish style
Fillet in Madeira sauce
Plain beefsteak
Beefsteak with onions
Beef Stroganoff with po-
tatoes
Languette in Madeira sauce
Escalope of pork
Veal cutlets plain

Chicken cutlets
Mutton cutlets plain

Roasted chicken "Tabaka"
Turkey with pickles
Caucasian Shashlyk
Fried eggs
Omelette plain

Desserts

Plombiere ice-cream "Ukra-
ina"

Ice-cream "Surprise"

Яблоко в красном вине
Компот консервированный
Кисель клюквенный с мо-
роженым

Горячие напитки

Чай с лимоном
Чай с вареньем
Кофе с лимоном
Кофе по-восточному
Кофе с мороженым
Какао

Хлеб черный
Хлеб белый

Apples in red wine
Stewed fruit compote
Cranberry jelly with ice-
cream

Warm Drinks

Tea with lemon
Tea with jam
Coffee with lemon
Coffee oriental
Coffee with ice-cream
Cocoa with milk

Brown bread
White bread

PROVERBS AND SAYINGS

1. A watched pot never boils.
2. After dinner comes the reckoning.
3. As sure as eggs is eggs.
4. Better an egg today than a hen tomorrow.
5. Eat at pleasure, drink with measure.
6. Enough is as good as a feast.
7. Every cook praises his own broth.
8. First catch your hare, then cook him.
9. First come, first served.
10. Great boast, small roast.
11. Hope is a good breakfast, but a bad supper.
12. Hunger is the best sauce.
13. Keen as mustard.
14. Neither fish nor flesh.
15. One drop of poison infects the whole tun of wine.
16. One man's meat is another man's poison.
17. Scornful dogs will eat dirty puddings.
18. Tastes differ.
19. The nearer the bone, the sweeter the flesh.
20. The pot calls the kettle black.
21. The proof of the pudding is in the eating.
22. To have a finger in the pie.
23. To know on which side one's bread is buttered.
24. To make an omelet without breaking eggs.

25. To make two bites of a cherry.
26. Too many cooks spoil the broth.
27. To pour water into a sieve.
28. To throw a sprat to catch a mackerel.
29. What's sauce for the goose is sauce for the gander.
30. Who has never tasted bitter, knows not what is sweet.

VOCABULARY

A

agent ['eɪdʒənt] вещество, компонент; средство
 airtight ['eə'taɪt] герметический
 ajar [ə'dʒɑ:] приоткрытый
 à la carte [ɑ: lɑ: 'kɑ:t] заказные блюда
 à la provençale [ɑ: lɑ: prɒvɑ:ŋ'sal] по-провансальски
 alcohol ['ælkəhəl] спирт, спиртные напитки
 allspice ['ɔ:lspais] душистый перец
 almond ['ɑ:mend] миндаль
 à l'orientale [ɑ: lɔ:riən'tal] по-восточному
 anchovy ['æntʃeɪvɪ] анчоус, хамса
 aperitive [e'perɪtɪv] вина, подаваемые перед едой (типа вермут)
 appetizer [ˌæpɪ'taɪzə] закуска
 aroma [ə'roumə] аромат
 aromatic [ˌærou'mætɪk] ароматный
 artichoke ['ɑ:tɪtʃouk] артишок
 asparagus [æs'pærəʒes] спаржа
 assemble [ə'sembl] укладывать

B

bacon ['beɪkən] бекон, копченая свинина, жирная свинина
 bacteria [bæk'tɪəriə] бактерии
 bake [beɪk] выпекать, запекать
 baker ['beɪkə] пекарь
 barbecue ['bɑ:bɪkjʊ:] мангал; пикник с мангалом; блюдо, приготов-
 ленное на мангале
 basil ['bæzɪ] *бот.* базилик
 baste [beɪst] поливать мясо жиром во время жарения
 bathe [beɪð] окунать, погружать
 batter ['bætə] замес
 bay [beɪ] *бот.* лавр
 bean [bi:n] боб
 broad b. русский боб
 kidney b. фасоль

beat [bi:t] взбивать, сбивать
 belly ['beli] грудинка свиной туши; живот
 benefit ['benifit] извлекать пользу
 berry ['beri] ягода зерно кофе
 beverage ['bevəridʒ] напиток
 bill [bil] счет; клюв
 bill of fare меню
 biscuit ['biskit] сухое печенье; сухарь
 biting ['bitiŋ] острый (о блюде)
 bitter ['bitə] горький
 black-currant ['blæk'kʌrənt] черная смородина
 blanch [blɑ:ntʃ] бланшировать, обдавать кипятком
 boil [bɔil] кипеть
 b. away выкипать
 b. down уваривать
 b. over перекипать
 bone [baun] *n* кость; *v* снимать мясо с костей
 b. dry сухой
 border ['bɔ:də] оформление (гарнир)
 bouquet ['buket] букет, аромат
 bottle ['bɒtl] консервировать (фрукты)
 braise [breiz] тушить мясо
 brake [breik] перерыв (на завтрак, обед)
 brake down сортировать, разносить
 brandy ['brændi] коньяк, бренди
 breast [brest] грудинка
 brew [bru:] варить (пиво)
 brisk [brisk] игривый
 brisket ['briskit] грудинка говяжьей туши
 broccoli ['brɒkəli] брокколи, спаржевая капуста
 broil [brɔil] жарить на открытом огне
 broth [brɒθ] суп
 bulk [bʌlk] объем, масса (основная)
 bun [bʌn] сдобная булочка
 bunch [bʌntʃ] пучок
 burn [bɜ:n] гореть, поджарить

С

café ['kæfeɪ] кафе
 cafeteria [kæfi'tiəriə] столовая с самообслуживанием
 cake [keik] пирожное, торт
 calorie ['kæləri] калория
 can [kæn] *n* банка консервов; жестяная посуда; бидон; *v* консервировать
 canape [kæne'peɪ] бутерброд
 cannery ['kænəri] консервный завод
 canteen [kæn'ti:n] столовая (при заводе, учреждении и т.п.)
 capers ['keɪpəz] каперсы
 carcass ['kɑ:kəs] туша
 carbohydrate ['kɑ:bou'hɑ:dreit] углевод

cardamom ['kɑ:dəməm] кардамон
 carrier ['kæriə] тележка для посуды
 cartilage ['kɑ:tɪlɪdʒ] хрящ
 carving-board ['kɑ:vɪŋbɔ:d] разделочная доска
 casseroles ['kæsəroul] рагу; запеканка; кастрюля
 cassoulet [kɑ:su'leɪ] рагу с бобами
 catch (on) [kætʃ] догонять
 cater (for) ['keɪtə] обслуживать
 catering ['keɪtəriŋ] общественное питание
 caviar(e) ['kæviɑ:] икра
 fresh *c.* зернистая икра
 pressed *c.* паюсная икра
 soft *c.* кетовая икра
 cayenne [keɪ'en] красный стручковый перец
 celery ['seləri] сельдерей
 centrifugal [sen'trifju:ɡəl] *n* центрифуга; *a* центробежный
 cereal ['siəriəl] хлебный злак; крупа; каша
 champagne [ʃæm'peɪn] шампанское
 cheese [tʃi:z] сыр
 cottage *c.* творог
 pot *c.* творог
 chervil ['tʃɜ:vɪl] кервель
 chewing gum ['tʃu:ɪŋ ɡʌm] жевательная резинка
 chicory ['tʃɪkəri] цикорий
 chill [tʃɪl] охлаждать
 chip [tʃɪp] *n* тонкий ломтик (стружка); *v* нарезать соломкой
 chips [tʃɪps] чипсы; жареный картофель (нарезанный стружкой)
 chocolate ['tʃɒkəlɪt] шоколад
 choice [tʃɔis] *n* выбор; *a* отборный, лучший
 chuck [tʃʌk] лопаточная часть говяжьей туши
 chunk [tʃʌŋk] кусок мяса
 chutney ['tʃʌtni] пряная острая приправа
 cinnamon ['sɪnəmən] корица
 claret ['klærət] легкое красное вино
 clarify ['klærɪfaɪ] очищать
 clarified ['klærɪfaɪd] очищенное, топленое (масло)
 cleaver ['kli:və] большой нож мясника
 clotting ['klɒtɪŋ] свертывание крови
 clove [klaʊv] гвоздика; зубок чесночной головки
 coarse [kɔ:s] грубый
 coat [kəʊt] панировать
 coating ['kəʊtɪŋ] панировка
 cob [kɒb] кочерыжка кукурузного початка
 cock [kɒk] петух
 coconut ['kəʊkənʌt] кокосовый орех
 coffee-house ['kəfihaʊs] кафе
 colander ['kɒləndə] дуршлаг
 condense [kən'dens] сгущать, конденсировать
 consistency [kən'sɪstənsɪ] последовательность
 consommé [kən'sɒmeɪ] *фр.* концентрированный, ароматизированный бульон
 container [kən'teɪnə] сосуд
 content ['kɒntent] содержание

convection [kən'vekʃən] конвекция
conversion [kən've:ʃən] переход, превращение
cookery ['kukəri] кулинария, поварское искусство
cookies ['kukiz] печенье
Cordon Bleu [kɔ:dn 'blə:] *фр.* первоклассный повар (голубая лента)
cranberry ['krænbəri] клюква
cream [kri:m] сливки
sour c. сливки двойного сепарирования (48% жирности)
single c. одинарные сливки (18% жирности)
croissant [kru'sa:n] рожок, сдобная булочка
crop [krɒp] урожай; с/х культура; хлеб на корню
croquette [krou'ket] крокеты (шары из мяса, овощей и т.д.)
cruet ['kru:it] прибор для столовых специй
crusty ['krasti] хрустящий
cuisine [kwi:'zi:n] кухня (поваренное искусство)
culinary ['kulinəri] кулинарный
curd [kɑ:d] творог
cure ['kjʊə] коптить мясо с предварительной обработкой
curry ['kʌri] мясное блюдо с рисом и пряностями (плов)
curry powder индийский вид приправы
custard ['kʌstəd] заварной крем; фарш, драчена
customer ['kʌstəmə] посетитель, клиент
cutlery ['kʌtləri] столовый набор

D

daubes [dɔ:'beɪz] тушенья (тушеное мясо)
delicatessen [deli'kæ'tesn] продукты кулинарии (копченое мясо, рыба и т.д.)
dessert [di'zɜ:t] сладкое блюдо, десерт
dice [daɪs] нарезать в форме кубиков
dill [dɪl] укроп
dip (dipped, dipt) [dɪp, dɪpt] погружать, окуна́ть, обмакивать
discard [dis'ka:d] отбрасывать, выбрасывать (за ненадобностью)
dollop ['dɒləp] комок (порция сопутствующих продуктов)
drain [dreɪn] отцеживать
drape ['dreɪp] украшать
dress [dres] заправлять (салат)
dressing ['dresɪŋ] заправка (салата)
dumpling ['dʌmplɪŋ] клёдка

E

eat in ['i:t 'ɪn] есть дома
eat out ['i:t 'aʊt] есть в предприятиях общественного питания (в гостях)
ecology [i'kɒlədʒi] *биол.* экология
egg-plant ['egplɑ:nt] баклажан
egg white ['eg 'waɪt] белок яйца
elevenses [i'levnzɪz] второй завтрак

enhance [ɪn'hɑ:ns] усиливать (аромат)
ensure [ɪn'sʊə] обеспечивать, гарантировать
entrée ['ɒntreɪ] закуски, подаваемая перед основным мясным блюдом
envelop [ɪn'veləp] обертывать
envelope ['envɪləʊp] оболочка, обертка
ewe [ju:] овца
excellent ['eksələnt] превосходный, отличный
exude [ɪg'zju:d] выделять

F

fare [feə] стол (пища)
fettuccini [fetu'tʃɪni] *ит.* тонкая лапша
fibrous ['faɪbrəs] волокнистый
figure ['fɪgə] фигурировать
filler ['fɪlə] наполнитель, начинка, фарш
fillet ['fɪlɪt] говяжья вырезка, филе(й) из мяса, рыбы или птицы; окорок телятины
firm [fɜ:m] крепкий, твердый
fissure ['fɪʃə] трещина
flat [flæt] *n* плоская поверхность; *a* плоский
flesh [fleʃ] мясо (сырое)
float [flaʊt] всплывать, плавать
fluff [flʌf] взбивать
foam [fəʊm] пышная пена
foil [fɔɪl] фольга
fold [fəʊld] замешивать, загибать
fondue ['fɒndju:] блюдо из масла, яиц и расплавленного сыра
fortified ['fɔ:tɪfaɪd] крепленое (вино)
fragrance ['freɪgrəns] аромат
freezer ['fri:zə] холодильная установка (с очень низкой температурой охлаждения)
fresh [frefʃ] свежий
froth [frɒθ] пена
frost [frɒst] замораживать
fry [fraɪ] *v* жарить; *n* мальки рыбы
fryer ['fraɪə] жаровня
fungus ['fʌŋɡəs] гриб, грибок

G

galley ['gæli] камбуз (кухня)
gander ['gændə] гусак
gastric ['gæstrɪk] желудочный
gastronome ['gæstrənəʊm] гастроним (гурман)
gastronomy [gæst'rɒnəmi] кулинария
gâteau [gæ'təʊ] *фр.* торт
gauge ['gɛɪdʒ] *n* критерий, способ оценки; *v* измерять
gelatin [dʒelə'ti:n] желатин
gelatinous [dʒɪ'læti'nəs] студенистый
gill [dʒɪl] 1/4 пинты (=0,142 л)
gills [dʒɪlz] жабры

ginger ['dʒɪndʒə] имбирь
goblet ['gɒblɪt] бокал
gosling ['gɒzlɪŋ] гусенок
gourmand ['guəmənd] гурман (лакомка, обжора)
gourmet ['guəmeɪ] гурман (ценитель хорошей пищи)
grade [greɪd] *n* качество, сорт; *v* сортировать
grain [greɪn] зерно
granular ['grænjələ] зернистый, гранулированный
granulate ['grænjuleɪt] дробить
granulated sugar ['grænjuleɪtɪd] сахар-песок
grate [greɪt] *n* решетка; *v* тереть
gratin ['greɪtɪn] запеканка
gravy ['greɪvɪ] подливка (из сока жареного мяса), соус
greengrocer ['gri:n,grəʊsə] зеленщик
greens [gri:nz] зелень, овощи
griddle ['grɪdl] сковорода с ручкой
grill [grɪl] *n* рашпер; шашлык; *v* жарить на открытом огне
grill room ['grɪl rum] шашлычная
groats [grəʊts] крупа
gruel ['gruel] жидкая каша
gummy ['gʌmɪ] тягучий, клейкий

Н

halibut ['hælibət] палтус (рыба)
hamburger ['hæmbəʊə] рубленый шницель
haricot ['hærɪkou] фасоль
harissa [hɑ:'rɪsɑ:] *араб.* пастообразная приправа из красного перца
hat-check ['hæt'tʃek] гардеробщик
heartly ['hɑ:tlɪ] обильный (о еде)
heat [hi:t] разогревать, подогревать
herbivorous [hə:'bɪvərəs] травоядный
herbs [hɑ:bz] ароматические травы
herring ['herɪŋ] сельдь
homogenize [ˌhɒmə'dʒi:naɪz] гомогенизировать
hors d'oeuvre [ɔ:'də:vr] закуска, подаваемая перед первым блюдом
horse-radish ['hɔ:s,rædɪʃ] хрен
hot dogs ['hɒt 'dɒgz] сосиски
hotpot ['hɒt'pɒt] тушеное мясо с картофелем
hygienic [haɪ'dʒi:nɪk] гигиенический

И

ice [aɪs] замораживать
immerse [ɪ'mɜ:s] погружать, окуна́ть
implement ['ɪmplɪmənt] осуществлять
impregnate ['ɪmpregneɪt] пропитывать
inch [ɪntʃ] дюйм (=2,54 см)
infancy ['ɪnfənsɪ] младенчество
instant ['ɪnstənt] растворимый (о концентратах)
intake ['ɪnteɪk] потребление
interdict ['ɪntə'dɪkt] запрет-

J

joint [dʒɔɪnt] часть разрубленной туши
julienne [ˌdʒu:lɪ'en] *фр.* овощной суп
jus [dʒu:s] *фр.* сок

К

kasha ['ka:ʃə] каша (только гречневая)
kipper ['kɪpə] копченая селедка
kirchwasser ['kɪəʃ,va:sə] вишневая водка
knead [ni:d] месить

L

ladle ['leɪdl] *n* половник, черпак; *v* черпать
lacto-vegetarian [læk,tou'vedʒɪ'teəriən] вегетарианец, признающий молочную пищу
lasting ['lɑ:stɪŋ] прочный
lay [leɪ] класть, накрывать (на стол)
layer ['leɪə] слой
layout ['leɪaʊt] план, разбивка; оборудование
lb=pound [paʊnd] фунт (=453,6 г)
lean [li:n] постный
leaven ['levn] *n* закваска; *v* заквашивать
leavenings ['levnɪŋz] разрыхлители теста
leek [li:k] лук-порей
lentil ['lentɪl] чечевица
lethargic [le'θɑ:dʒɪk] вялый, апатичный
lime [laɪm] разновидность лимона; известь
line [laɪn] проводить линии
linguine ['lɪŋgwɪn] *ит.* лапша
lipid ['lɪpɪd] липоид
liqueur ['lɪkjʊə] ликер
liquid ['lɪkwɪd] жидкость
liquidizer [ˌlɪkwɪ'daɪzə] разжижитель
live [laɪv] живой
loin [lɔɪn] корейка (поясничная часть туши)
loose [lu:s] свободный
lotus ['lɒtəs] лотос
luncheon ['lʌntʃən] официальный завтрак

М

mainstay ['meɪnstet] основа
maize [maɪz] кукуруза
mallet ['mæɪlɪt] колотушка
malt [mɔ:lt] солод
malted ['mɔ:ltɪd] молоко с солодовым экстрактом
mango ['mæŋɡəʊ] манго
manufacture [ˌmænjʊ'fæktʃə] производить, перерабатывать
margarine [ˌmɑ:dʒə'ri:n] маргарин
marinade [ˌmæri'neɪd] *n* маринад; *v* мариновать
marine [mə'ri:n] морской
marjoram ['mɑ:dʒəɾəm] *бот.* майоран

marrow ['mærou] костный мозг
 m. bone ['mærou'boʊn] сахарная кость
 mash [mæʃ] разминать, протирать
 mayonnaise [ˌmeɪə'neɪz] майонез
 meal [mi:l] принятие пищи (завтрак, обед и т. д.)
 mealy ['mi:lɪ] рыхлый
 meat balls ['mi:t 'bɔ:lz] тефтели
 mediocre ['mi:diəʊkə] посредственный
 mélange [mei'la:ʒ] смесь
 melange(u)r ['mela:nʒə] *фр.* смеситель
 menu ['menju] меню
 metabolism [me'tæbəlɪzəm] *биол.* обмен веществ
 mill [mɪl] перемалывать, молот
 mince [mɪns] измельчать на машине (мясо)
 minestrone [ˌmi:neɪ'strɒneɪ] *ит.* суп из овощей с вермишелью и яч-
 менной крупой
 mixer ['mɪksə] взбивалка
 mixes ['mɪksɪz] пищевые полуфабрикаты (концентраты)
 moderate ['mɒdərɪt] средний, умеренный
 moisten ['mɔɪsn] увлажнять(ся)
 mold=mould [mould]
 mop [mɒp] осушать
 mould [mould] *n* плесень; форма; *v* отливать в форму
 mound [maʊnd] горка (порция)
 mousse [mu:s] мусс
 mouth-watering аппетитный
 mull [mʌl] подогревать вино с пряностями
 Mulligatawny [ˌmʌlɪgə'tɔ:nɪ] крепкий пряный суп
 muscle ['mʌsl] мышца
 mussel ['mʌsl] мидия (моллюск)
 mustard-pot ['mʌstəd'pɒt] горчицица

N

noodle ['nu:dl] лапша
 nowadays ['naʊədeɪz] в наши дни
 nutmeg ['nʌtmeg] мускатный орех
 nutrient ['nju:triənt] питательное вещество
 nutritionist [nju:'triʃənɪst] специалист по проблемам питания

O

oats [aʊts] овес
 oblong ['ɒblɒŋ] продолговатый
 obliterate [ə'blɪtəreɪt] уничтожать
 occasion [ə'keɪʒən] случай (особый)
 odour ['ɒdə] аромат, запах
 olive ['ɒlɪv] маслина, олива
 omelet(tc) ['ɒmlɪt] омлет
 one at a time ['wʌn ət ə'taɪm] по одному
 öre ['ɔ:re] мелкая монета в Швеции
 ounce [aʊns] унция (=28,3 г)
 oven [ˈʌvən] духовка, печь

ovenproof [ˌʌvən'pru:f] жароустойчивый
 oven-ready [ˌʌvən'redɪ] полуфабрикат
 overlap [ˌoʊvə'læp] перекрывать (заходить один за другой)
 oz=ounce [aʊns]

P

package ['pækɪdʒ] упаковка
 palate ['pælɪt] нёбо, вкус
 pale [peɪl] бледный
 pan [pæn] кастрюля, сковорода (любой мелкий сосуд)
 pancake ['pæŋkeɪk] оладья
 pancreas ['pæŋkriəs] поджелудочная железа
 papaya [pə'paɪə] папая (плод дынного дерева)
 paprika ['pæprɪkə] *венг.* красный перец
 parboil ['pɑ:bɔɪl] обваривать кипятком, слегка проваривать
 pare [pæə] срезать кожуру
 parsley ['pɑ:slɪ] петрушка
 parsnip ['pɑ:snɪp] пастернак посевной
 partake [pɑ:'teɪk] принимать пищу (есть)
 partly ['pɑ:tlɪ] частично
 pasta ['pɑ:stɑ:] *ит.* макаронные изделия
 pasteurize ['pæstəraɪz] пастеризовать
 pastry ['peɪstri] кондитерские изделия
 pat [pæt] похлопывать
 pâté [ˌpɑ:'teɪ] *фр.* паштет
 patty ['pæti] пирожок
 payload ['peɪləʊd] полезная нагрузка
 percentage [pə'sentɪdʒ] процентное содержание
 perforated spoon [pə:'fɔ'reɪtɪd 'spu:n] шумовка
 pickle ['pɪkl] рассол;
 pickles ['pɪklz] соленья, соленые (маринованные) огурцы
 pick-me-up ['pɪkmi:ʌp] легкая, освежающая закуска
 pike-perch ['paɪk,pɛ:tʃ] судак
 pinch [pɪntʃ] щепотка
 pineapple ['paɪn,æpl] ананас
 pizza ['pɪtsə] *ит.* пирог, ватрушка
 place-card ['pleɪs,kɑ:d] карточка, указывающая место гостя за столом
 plaice [pleɪs] камбала
 platter ['plætə] блюдо
 pod [pɒd] стручок
 polythene ['pɒlɪθi:n] полиэтилен
 point [pɔɪnt] фаза (стадия); точка; острие
 porcelain ['pɔ:slɪn] фарфор
 porte-couteau [ˌpɔ:t'kutoʊ] подставка для ножей и вилок
 pot [pɒt] кастрюля
 pot-cheese ['pɒt,tʃi:z] творог
 pound [paʊnd] *n* фунт (=453,6 г); *v* толочь
 preheat [pri:'hi:t] предварительно подогревать
 present [pri:'zent] представлять
 preserves [pri:'zɜ:vz] консервированные продукты
 process ['prəʊses] обрабатывать, перерабатывать
 processor [ˌprəʊ'sesə] специалист (фабрикант) по переработке продук-
 тов питания

prohibitive [prə'hibɪtɪv] высокая (о цене)
prolong [prə'lɒŋ] продлевать
prong [prɒŋ] зубец вилки
protein ['prəʊti:n] белок
prove [pru:v] производить расстойку (теста)
prunes [pru:nz] чернослив
pumpnickel ['ʌmpnɪkəl] нем. ржаной хлеб
purée ['pjʊərəi] п пюре; суп-пюре; у мять, протирать
purify ['pjʊəɪfaɪ] очищать

Q

quart [kwɔ:t] кварта (=1,14 л)
quarter ['kwɔ:tə] п четверть; у резать, делить на 4 части

R

rack [ræk] решетка
range ['reɪndʒ] п ассортимент; у иметь выбор
rank [ræŋk] занимать какое-л. место
rarely ['reəli] редко
rasher ['ræʃə] тонкий ломтик ветчины
ready-to-cook ['redɪtə'kʊk] пищевые полуфабрикаты
ready-to-eat ['redɪtə'ɪt] готовое к употреблению
reconstitution ['ri:kɒnstɪ'tju:ʃən] восстановление концентратов, замороженных и порошковых продуктов
recreation [,rekri'eɪʃən] развлечение, отдых
rectangle ['rek,tæŋɡl] прямоугольник
redeem [ri'di:m] исправлять ошибку
refinery [ri'faɪnəri] очистительный завод
Regulo Mark ['regjuloʊ 'mɑ:k] шкала теплового режима
relative ['relatɪv] относительный, сравнительный
renowned [ri'naʊnd] известный, прославленный
repair [ri'peə] исправлять, починять
replenish [ri'pleniʃ] пополнять
require [ri'kwaɪə] нуждаться (в чем-либо), требовать
resistant [ri'zɪstənt] упругий
restaurant ['restroʊŋ] ресторан
riboflavin [ri'boʊ'flævɪn] витамин роста (B₂)
ricer ['raɪsə] пресс-пюре (приспособление для приготовления пюре из овощей), протирочная машина
roast [roust] жарить, запекать
robust [rə'bʌst] крепкий
roe-corn ['rou,kɔ:n] икринка
roll [roul] п булочка из хлебного теста; у катать
rolling-pin ['roulɪŋpɪn] скалка
rose hip ['rouz hɪp] плод шиповника
rosemary ['rouzməri] розмарин
roughage ['rʌfɪdʒ] неусваиваемая часть пищевых продуктов
rump [rʌmp] огузок, крестец

S

saffron ['sæfrən] шафран
sage [seɪdʒ] шалфей

salmon ['sælmən] лосось
dog s. keta
saloon [sə'lu:n] салон
salt-cellar ['sɔ:lt-selə] солонка
sample ['sɑ:mpl] снимать пробу, дегустировать
sandwich ['sænwɪdʒ] бутерброд
sauerkraut ['sauəkraut] нем. квашеная капуста
sauté ['souteɪ] жарить в небольшом количестве жира
savour ['seɪvə] у привкус; у приправлять
savoury ['seɪvəri] п острая закуска; а острый (на вкус)
scaloppine [,skələ'paɪn] ит. эскалоп
scant [skænt] постный, скудный, легкий (завтрак), обезжиренный (о молоке)
scoop [sku:p] п совок; у черпать
scramble ['skræmbəl] сгрести
scrambled eggs ['skræmbld 'egz] яичница-болтуня
scrape [skreɪp] скоблить
scraper ['skreɪpə] скребок
scum [skʌm] накипь
seal [si:l] герметически закрывать
seasoning ['si:znɪŋ] приправа
sedimentation [,sedɪmən'teɪʃən] выпадение взвешенных частиц раствора (осадок)
self-service ['self'sə:vɪs] самообслуживание
semolina [,semə'li:nə] манная крупа
serving ['sɜ:vɪŋ] порция
sesame ['sesəmi] бот. кунжут (восточный)
set (with) [set] заправлять, размещать
settle ['setl] оседать, отстаивать(ся)
shank [ʃæŋk] баранья голяшка
shape [ʃeɪp] п очертания, форма; у придавать форму
sheet [ʃi:t] противень
shellfish ['ʃelfɪʃ] устрица; краб
shin [ʃɪn] говяжья голяшка
shortening [ʃɔ:tnɪŋ] комбиджир
shoulder [ʃouldə] лопатка (часть мясной туши)
shred [ʃred] шинковать
shrimp [ʃrɪmp] креветка
shrub [ʃrʌb] куст
side dish ['saɪd,dɪʃ] гарнир
sieve [sɪv] просеивать
silo ['saɪləʊ] силос
simmer ['sɪmə] кипятить на медленном огне
sirloin ['sɜ:lɔɪn] поясничная часть говяжьей туши (оковалок)
site [saɪt] местонахождение
sizable ['saɪzəbl] большой
sizzle ['sɪzl] шипеть
skillet ['skɪlɪt] небольшая кастрюля с длинной ручкой, сотейник
skim [skɪm] снимать накипь
slice [slaɪs] п ломтик; у нарезать ломтиками
slicer ['slaɪsə] овощерезка, хлебозрезка
smother ['smʌðə] укутывать
snack [snæk] легкая закуска

snack-bar ['snæk'ba:] буфет, закусочная
 snug [snʌg] аккуратный, скрытый
 sodium ['səʊdɪəm] натрий
 sole [səʊl] морской язык (рыба)
 soufflé ['su:flɛi] суфле
 sound [saʊnd] здоровый; неиспорченный; крепкий (бульон)
 soup-plate ['su:pplɛɪt] глубокая тарелка
 soy [sɔɪ] соя
 soya ['sɔɪə] соевый боб
 soy-bean=soya ['sɔɪbi:n] соевый боб
 spaghetti [spə'ɡetɪ] *ит.* спагетти
 spatula ['spætjʊlə] лопаточка
 spawn [spəʊn] метать икру
 speed-up ['spi:d,ʌp] ускорение; увеличение производительности труда
 spice [spaɪs] специя
 spinach ['spɪnɪdʒ] шпинат
 spreads [spredz] пастообразные продукты
 sprig [sprɪg] веточка
 sprinkle ['sprɪŋkl] кропить, посыпать, всыпать (осторожно)
 sprouts (Brussels) [sprauts] брюссельская капуста
 stalk [stɔ:k] стебель, черенок
 staple ['steɪpl] главный, основной (продукт)
 steam [sti:m] пар
 steam table ['sti:m teɪbl] стол с обогревом, паровой стол
 stick [stɪk] прилипать, приставать
 stock [stɔk] *п.* бульон для блюд; *в.* снабжать
 stock-breeding ['stɔk,bri:dɪŋ] животноводство
 strain [streɪn] отцеживать
 stream [stri:m] струя
 stuff [stʌf] фаршировать
 surgeon ['sɜ:rdʒən] осетр
 starred s. [stɑ:d] севрюга
 substantial [səb'stænʃəl] питательный, основательный (о еде)
 succulent ['sʌkjʊlənt] сочный
 sugar-basin ['ʃuʒə,beɪsn] сахарница
 sumptuous ['sʌmpʃəs] роскошный
 supermarket ['sju:pmɑ:kɪt] крупный магазин самообслуживания
 syrup ['sɪrəp] сироп

T

table-d'hôte ['tɑ:bl'dəʊt] дежурные блюда
 tableware ['teɪblwɛə] столовая посуда
 tagliatelli ['tʌljətɛli] *ит.* лапша (под соусом)
 tang [tæŋ] резкий привкус
 tarragon ['tærəʒən] *бот.* эстрагон
 tart [tɑ:t] торт, пирог
 tartle ['tɑ:tl] кекс
 tartlet ['tɑ:tlɪt] валован, корзиночка
 tear [tiə] врать
 technology [tek'nɒlədʒɪ] технология
 terrine ['terɪn] *фр.* миска, чашка

texture ['tekstʃə] *биол.* ткань, строение
 thaw [θɔ:] оттаивать
 thickening ['θɪkənɪŋ] желатинирующее вещество
 thyme [taɪm] *бот.* чебрец
 tin [tɪn] *п.* жестяная посуда, коробка консервов, форма для хлеба;
 в. консервировать
 tip [tɪp] *п.* кончик; чаевые; *в.* давать чаевые
 tissue ['tɪʃju:] *биол.* ткань
 toffee ['tɒfi:] ирис (конфета)
 top [tɒp] *п.* верхушка; *в.* покрывать, заканчивать
 top-off ['tɒp'ɒf] дополнительный
 toss [tɒs] подбрасывать, бросать
 toxic ['tɒksɪk] ядовитый
 trim [trɪm] обрезать, приводить в порядок, украшать
 trimmings ['trɪmɪŋz] обрезки, приправа, гарнир
 tuber ['tju:bə] *бот.* клубень
 tuck [tʌk] подгибать, подворачивать
 tun [tʌn] большая бочка (винная)
 tuna ['tu:nə] тунец (рыба)
 tunny=tuna ['tʌni] тунец
 turbidity [tə:'bɪdɪti] мутность
 tureen [tə'ri:n] супник
 turmeric ['tə:mərɪk] *бот.* куркума
 turnip ['tɜ:nɪp] репа

U

ultra-violet ['ʌltrə'vaɪələt] ультрафиолетовый
 underdo (underdid, underdone) ['ʌndə'du:] недожаривать
 utilization [,ju:tɪləɪ'zeɪʃən] использование
 unimaginative ['ʌnɪ'mædʒɪnətɪv] лишенный воображения, безвкусный
 uphold [ʌp'həʊld] поддерживать, поощрять

V

vanilla [və'nɪlə] ваниль
 vegetarian [,vedʒɪ'teəriən] вегетарианец
 vermicelli [və:'mɪ'seli] *ит.* вермишель
 vin ordinaire [vɪn 'ɔ:di'neə] *фр.* простое вино
 vintage ['vɪntɪdʒ] выдержанное, марочное (вино)
 V.I.P. (very important person) официальное лицо

W

washing up ['wɒʃɪŋ 'ʌp] мыть посуду
 wastage ['weɪstɪdʒ] отходы
 watercress ['wɔ:təkres] *бот.* водяной кресс, жеруха
 well-being ['wel'bi:ɪŋ] благополучие
 well-done ['wel'dʌn] хорошо прожаренный
 well-to-do ['wel'tə'du:] состоятельный, зажиточный
 whet [wet] возбуждать (аппетит)

whisk [wɪsk] *n* мутовка; *v* сбивать
whole meal [ˈhəʊl ˌmi:l] непросеянная мука
wit: to wit [wɪt] то есть, а именно

У

yard [jɑ:d] ярд (=91,44 см)
yield [ji:ld] урожай; выход продукта
yog(h)urt [ˈjɔʊə:t] кефир; кислое молоко

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СБОРНИК ТЕКСТОВ
ПО КУЛИНАРИИ
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