In the kitchen

Types of food	
Fruit	cherry, date, plum, peach, apricot, lime, orange, lemon, grapefruit, pineapple, raspberry, blackberry, strawberry, redcurrant, blueberry, persimmon, watermelon, melon, cantaloupe, coconut, grapes, apple, pear, pomegranate, prunes (prugne secche)
Nuts	walnut, pine nut, almond, chestnut, pistachio, hazelnut, cashew, peanuts
Vegetables	radish, carrot, cloves of garlic, onion, shallot, leek, spinach, endive, lettuce, tomato, aubergine/eggplant, avocado, artichoke, asparagus, cabbage, cauliflower, brussels sprouts, cucumber, courgette/zucchini, marrow, pumpkin, fennel, celery, corn, mushrooms - cep, truffle - French beans, beetroots (barbabietole), green/red peppers
Pulses	lentils, beans, chickpeas, peas, broad beans, soya beans
Cereals	wheat, rye, rice, barley, oats
Dairy products	cheese, butter, yoghurt, cream
Meat	beef, pork, lamb, poultry - duck, goose, chicken, turkey
Game	pigeon, grouse, pheasant, rabbit, venison
Fish	trout, salmon, carp, cod, haddock, sole, anchovy, sardine, herring, tuna, swordfish, seabass (spigola)
Shellfish	crab, shrimp, oysters, prawns, mussels (cozze), clams (vongole), octopus, squid, calamari, cuttlefish
Herbs	sage, rosemary, marjoram, bay leave, caper, basil, thyme, fennel, parsley
Spices	cardamom, chilli, cinnamon (cannella), cloves, cayenne, juniper berries, cumin, coriander, pepper, saffron, sesame seeds, nutmeg, ginger, mustard (senape)
Other ingredients for recipes	flour, stock cubes, egg yolk, egg white, dried fruit, icing sugar

Kitchen equipment	
Utensils and appliances	pots, pans, saucepans, wooden spoons, charcoal for the grill, heat resistant glass, non-stick saucepan, pressure cooker, blender, baking tin (teglia per dolci), roasting tin (teglia per arrosti), bread board, chopping board, chopping knife (mezzaluna), grater, carving knife, kettle, corkscrew, frying pan, large cooking pot, tin opener, saucepan, bowl, food processor, scales, mould, scissors, ladle, spatula, peeler, rolling pin (mattarello), mortar and pestle, skimmer, colander, sieve, whisk, cookery book/cookbook, pantry (dispensa), oven, dishwasher, cloth/dusters (stracci), squeezer (spremiagrumi), toaster, sharp blade knives
Containers	glass , bottle, carafe, carton, can, jug, pot, cup of, box, jar, packet, bowl
Quantities	rasher, loaf, clove, lump, slice, bar, pinch, drop, twist,(of lemon) dash (spruzzo)
Weigths and measures	pint (pt), (0,568 l), gallon (gl)(4,55 l), ounce (oz)(28,35 g), pound (lb) (0,454 kg), stone (st)(6,35 kg)

Communicating	
Methods of cooking	bake (cuocere in forno *eg: bake in moderately hot oven, bake further 15 minutes or until chickens are browned and tender)*, boil, fry, deep fry, grill, roast, steam, drain (scolare) toast, remove from heat/return to heat, bring to the boil, poach, broil, cook on a brisk/slow fire, cook slowly/ just below boiling point, baste (cover regularly with melted fat), seal (rosolare), golden brown (rosolato), cook in a bain-marie, scald (scottare), sear (dorare), burn
Describing taste	creamy, delicious, rich, soft, crisp, crunchy, light, spicy, savoury, tasting, appetising, delightful, attractive, succulent, dainty, exquisite, gorgeous. Inferior, tough, hard, thick, weak (coffee), bony, heavy, bitter, greasy, salty, sour, tastless, flavourless, bland, stale, corked, watey, revolting, disgusting, appalling, overcooked, undercooked, smells off
Describing recipes Actions	- Stir - Toss - Fill - Cover - Decorate/garnish/ top up with - Mash potatoes (crush the potatoes into a pulp - Dice (cut into small squares), Slice, Grate, Peel, Cut into tiny pieces, Chop the bacon/meat, cut a few slits in chicken breasts and drumsticks - Pour - Beat, Scramble, Mix - Melt - Squeeze - Drain - Freeze - Add salt and pepper (season), flavour (aromatizzare) - Moisten - Lay - Butter (imburrare) - Strain (filtrare) - Dust (spolverare), Sprinkle the mixture, Drizzle a little ghee over chickens - Dress a salad - Knead the dough - Roll pastry/dough (spianare) - Brown/Fry/Sauté in butter/margarine together with onion/garlic/leek - Put the pan on the cooker - Continue to stir for… - Let it stand for… - Combine, mix well - Place ….in a baking dish, Brush inside and out with… - Turn chickens onto one side - Serves 4 - Using fingers gently ease all skin from chickens except from wings - Remove and discart skin *("Our chef will be showing us how to make delicious …. The ingredients are…". "Hello everybody! Today's recipe is economical and will serve 4….. Let's start by pre-heating our ovens. Set electric oves at 200. Firstly, let's wash…now using…Do it gently That's it…Now, for the most important part...That's it, That's perfect. Don't they look appetizing? For the final touch…By now our ovens are at the right temperature… Don't they smell delicious? I think I'll serve them with fresh baked, home-made bread").*

Making a shopping list	▪ What do we need? ▪ Any…left ▪ Run out of ▪ Some, plenty of, ▪ Anything else?
At work in the kitchen	▪ Can you peel the potatoes? ▪ Will you wash the vegetables? ▪ Would you pass me the colander? ▪ Be careful! The oil is hot! ▪ Could you remove the skin and bones from the fish, please? ▪ Stop waisting time and get on with you work! ▪ I've just been down to the store and we are out of flour ▪ If the milk isn't put in the fridge, it will go off ▪ If you're not sure of the quantity to use, look it up ▪ When I've prepared the sauce, you can take over and complete the dish ▪ I've explained this once already, but let's go over it to make sure you understand ▪ It looks very complicated, but you'll soon pick it up ▪ If you continue to beat the cream, it will turn into butter ▪ Don't put that bowl there: someone will knock it over ▪ The sauce is too sweet. you'll have to cut down on the amount of sugar you use ▪ We'll have to throw all that yoghurt out. It's out-of-date ▪ What a disaster! You've left out the yeast!