

## Cooking a perfect steak

### Vocabulary

*Ex. 1. Match the words with their definitions.*

1. dough	a. the process of preserving food by sealing it in jars or cans.
2. impregnation	b. a nutrient found in foods like bread, pasta, and rice that provides energy to the body.
3. yeast	c. a type of fungus used in baking to make dough rise.
4. fat	d. the process of soaking or saturating something with a substance.
5. milling	e. a mixture of flour, water, and other ingredients used to make bread or pastry.
6. various	f. a sour liquid made from fermenting alcohol, used in cooking and for cleaning.
7. whole milk	g. milk that has not been pasteurized or homogenized.
8. to can	h. milk that contains all its natural fat content.
9. carbohydrate	i. how heavy something is, measured in pounds or kilograms.
10. weight	j. different types or kinds of things.
11. vinegar	k. the process of grinding grains into flour or meal.
12. raw milk	l. a type of nutrient that is high in calories and can be found in foods like butter and oil.

*Ex. 2. Complete the sentences with the given words:*

**dairy, since, vary, fermentation, preservative, essential, acids, supply, nutrition, grain**

I prefer to use whole \_\_\_\_\_ (1) bread for my sandwiches.

The cooking times can \_\_\_\_\_ (2) depending on the type of pasta.

Fruits and vegetables are important sources of \_\_\_\_\_(3).  
Baking has become popular \_\_\_\_\_(4) the quarantine started.  
Grocery stores need to ensure a steady \_\_\_\_\_(5) of fresh produce.  
The \_\_\_\_\_(6) process gives kimchi its unique flavor.  
Adding salt is a common \_\_\_\_\_(7) method in cooking.  
Omega-3 fatty \_\_\_\_\_(8) are \_\_\_\_\_(9) for brain health.  
Many people have trouble digesting \_\_\_\_\_(10) products.

## **Reading**

*Ex. 1. Read the text.*

### **Cooking a perfect steak**

There are many different ways to cook a steak, but the most important thing is to start with good quality meat. It's worth paying more for a good piece of beef. The best cuts of beef for frying are rib-eye, sirloin and rump. You can also use fillet, but it's not as tasty.

Before you start cooking the steak, take it out of the fridge and leave it at room temperature for about 20 minutes. This makes sure that the meat cooks evenly.

Heat a heavy-based frying pan until very hot. If you don't have a heavy pan, the steak will stick to the bottom. Don't add any oil or fat - there's enough fat in the meat already. Season the steak with salt and pepper on both sides. When the pan is hot, put the steak in the pan and cook it for one minute on each side. This gives the steak a nice dark colour and seals in the juices.

Turn the heat down to medium and continue to cook the steak for the following times:

Rare: 1-2 minutes on each side

Medium rare: 3 minutes on each side

Medium: 4 minutes on each side

Well done: 5-6 minutes on each side.

To check if the steak is cooked to your liking, press it gently with the back of a spoon. The flesh should feel soft and springy if it's rare, slightly firmer and springy if it's medium rare, and firm and springy if it's well done. If you're still not sure, cut into the middle of the steak and take a look. The meat should be pink in the middle for medium rare, and there should be no pink for well done.

Take the steak out of the pan and put it on a warm plate. Leave it to rest for a few minutes before you serve it. This allows the juices to settle and makes the meat more tender. If you cut into a steak as soon as it's cooked, all the lovely juices will run out and the meat will be dry.

Serve the steak with chips and a green salad. Enjoy!

**Ex. 2.** *Answer the questions.*

1. Why is it important to start with good quality meat when cooking a steak?
2. What are the best cuts of beef for frying?
3. Why should you leave the steak at room temperature before cooking it?
4. How do you know when the pan is hot enough to cook the steak?
5. What is the purpose of cooking the steak for one minute on each side initially?
6. How can you determine if the steak is cooked to your desired level of doneness without cutting into it?
7. What is the benefit of letting the steak rest before serving it?

## **Grammar**

**Ex. 1.** *Put the words in the correct order.*

1. for?/ how/ cake/ the bake / I / should / long
2. help / vegetables? / chop / the / me / can / you
3. of / a / to / the / pinch / salt / soup. / add
4. slowly / the / pasta / sauce / and gently. / stir
5. do / you / prefer / or savory / dishes? / sweet