

## How to cook veal

### Vocabulary

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

1. lard	a. a substance added to food to prevent it from decaying or spoiling.
2. since	b. products made from milk, like cheese, butter, and yogurt.
3. cattle	c. large animals raised on farms for their meat or milk.
4. preservative	d. a type of fat that comes from pigs and is used in cooking or baking.
5. fermentation	e. important nutrients that your body needs but cannot produce on its own.
6. vary	f. to provide something that is needed or wanted.
7. essential acids	g. the chemical breakdown of a substance by bacteria, yeast, or other microorganisms.
8. dairy	h. small, hard seed harvested for food, such as wheat, rice, or oats.
9. nutrition	i. from a specific time in the past until now.
10. grain	j. the process of providing or obtaining the food necessary for health and growth.
11. supply	k. to change or be different in some way.
12. flour	l. a powder made by grinding grains, nuts, seeds, or roots.

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

**yeast, dough, various, whole milk, vinegar, can, raw milk, impregnation, milling, carbohydrates**

She added a little \_\_\_\_\_ (1) to the salad dressing for extra flavor.

\_\_\_\_\_ (2) is the process of grinding grains into flour for baking bread.

There are \_\_\_\_\_ (3) ways to cook chicken, such as grilling, roasting, or frying.

\_\_\_\_\_ (4) are an important part of a balanced diet and provide energy.

\_\_\_\_\_ (5) is used in bread making to help the dough rise and become fluffy.

The \_\_\_\_\_ (6) should be kneaded well before letting it rise for the bread.

The meat was cooked with a special \_\_\_\_\_ (7) of herbs and spices.

She learned how to \_\_\_\_\_ (8) fruits and vegetables during the summer.

\_\_\_\_\_ (9) comes straight from the cow without any processing or pasteurization.

\_\_\_\_\_ (10) contains more fat compared to skim milk but has more nutrients.

## **Reading**

*Ex. 1. Read the text.*

### **How to cook veal**

Veal is the meat from a young cow. It is usually pink and very tender. The most popular way to cook veal is in a stew or casserole, but it can also be grilled or fried. In Italy, they often bread it and fry it to make the famous dish, veal Milanese.

If you want to cook a veal stew, first cut the meat into small pieces. Then heat some oil in a pan and add the meat. Cook for about 10 minutes until the meat is brown all over. Next, remove the meat and put it on a plate. Add some chopped onions, carrots, and garlic to the pan and cook for about 5 minutes until the vegetables are soft. Then add some flour and cook for another minute. After that, add some stock, a little at a time, stirring all the time. Put the meat back into the pan with any juice that has come out of it. Add some herbs like thyme and rosemary and season with salt and pepper. Bring to the boil, then reduce the heat and simmer for

about 1 hour and 30 minutes until the meat is tender. Finally, add some peas and cook for another 5 minutes.

If you prefer grilled veal, start by preheating the grill. Brush the meat with a little oil and season with salt and pepper. Put it under the grill, about 10 cm from the heat, and cook for about 4 minutes on each side. If you want it well done, cook it for a little longer. Take the meat out of the grill and let it rest for a few minutes before serving.

To make veal Milanese, first flatten the meat with a rolling pin. Then dip it in beaten egg and coat it in breadcrumbs. Heat some oil in a frying pan and cook the meat for about 3 minutes on each side until it is golden brown. Take it out of the pan and put it on a plate with some kitchen paper to remove any excess oil. Serve with some lemon wedges.

Veal is very versatile and can be cooked in many different ways. It is also delicious with cream and mushrooms, or with tomatoes and olives.

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

1. What is veal and how is it different from beef?
2. What are the popular ways to cook veal mentioned in the text?
3. Can you describe the process of making a veal stew as outlined in the text?
4. How would you prepare grilled veal according to the text?
5. What steps are involved in making veal Milanese?
6. Are there any specific herbs or seasonings recommended for cooking veal stew?
7. Why is veal considered versatile in terms of cooking methods?

## **Grammar**

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

1. the / 350 / preheat / to / Fahrenheit. / oven / degrees
2. to / your / is / dish / favorite / what / cook?
3. water / the / boil / before / pasta. / adding / the
4. ever / homemade / have / you / bread? / making / tried
5. meat / slicing / it. / let / before / the / rest