

# COOKING WITHOUT A RECIPE

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**A video and listening based lesson**



**Video. Full Transcript.**

**Activity Sheets.**

**Recipe Template.**

**Discussion Questions.**

**Vocabulary. Answer keys.**



**Teaching  
Resources** 

# How To Cook Without A Recipe

## An NPR Video Lesson

When you're like starving and losing your mind, you need to just make a decision and that decision is going to be the thing that anchors this meal.

So the decision can be how much time you have. The decision can be what you're craving in terms of like I really want Mexican food right now. So you, you have to choose an anchor and make your decisions around that anchor.

Okay so let's go Vietnamese direction. What if we make like a big Vietnamese salad out of whatever you have in your fridge and that's going to be your dinner. The choice that we have made is based on these flavors. So we're going to turn to your vinegar shelf and we're going to pull down the rice wine vinegar and knowing that you know, we're going to pull out the carrots, the crunchy carrots and we're going to slice them thinly. Oh maybe you have radish? So we'll slice those thinly. We'll pour some rice vinegar and some salt and some sugar over there and let that sit. In the meantime, we'll find out ... oh do you have any protein that you can use? Is it tofu? is it fish? Is it um chicken? Is it meat? Is it pork? Oh, the rice noodles, those just get dunked in a pot of hot water. So let's put on a pot of water to come to a boil in the background while we're also washing our lettuces.

Oh we definitely want a big pile of herbs in this crunchy salad. That's going to be super vinegary and delicious. Oh wait, here we have cilantro and mint. Let's pull that out of the like back of the drawer, ooh it's kind of like yuck, we gotta get all the rotting stuff off. That's what happens in my fridge every time, get all the rotted ones off. Oh wait. Oh yeah. Oh i want something spicy in there. Here's some jalapeno. Oh maybe a little bit of ginger would be good. Oh wait, i forgot! What are the things that go in this like Thai Vietnamese flavors? I'm gonna pull up my ... you know cookbook. I'm gonna google this on the internet. I'm gonna do a little research while the water's coming to a boil.

Like this is how I do it. Is, I'm just sort of like piecing it all together and then in 15 minutes I've figured it out and oh my god i can't believe I made this thing and it tastes so good and i feel so happy and satisfied.

Listen and write down all the food ingredients mentioned.

Then listen again and check.

_____	_____	_____	_____
_____	_____	_____	_____



# COOKING TALK

Discuss. Debate. Decide.



1. What did you last cook? How did it turn out?
2. Do you like to cook? Why or why not?
3. Who is the best cook in your family? What dish do they make well?
4. Why don't more people cook at home? Give some reasons.
5. How do you usually decide what you'll have for dinner each evening?
6. What is your favorite recipe? Where did you get it from?
7. Do you own a cook book or a recipe book? How do you find recipes?
8. What was the first thing you ever made at home, by yourself?
9. What advice would you give someone just starting to learn to cook?
10. Which is more difficult, cooking for yourself or for many people? Why?
11. Do you ever watch cooking shows? Do you have a favorite?
12. Why do you think cooking is an important skill for everyone to learn?
13. Was your mother a good cook? What did you learn from her?
14. Is it true that women are always better cooks than men?
15. Would you advise someone to get a job as a cook? Why? Why not?
16. Do you have a cooking horror story?
17. Do you know a recipe for something "by heart"? Share it!
18. Safety. What accidents can happen while cooking?
19. What equipment and utensils should every kitchen have for cooking?
20. What are you going to cook, going to make tonight?



# RECIPE

## INGREDIENTS

**TITLE:**

**PREP TIME:**

**TOTAL TIME:**

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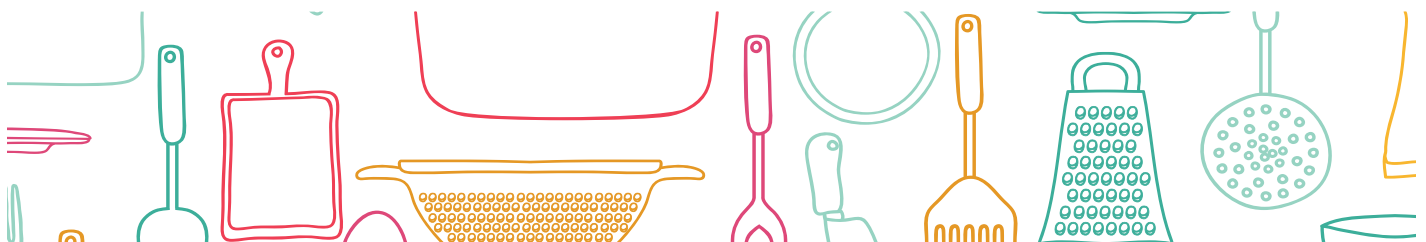
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**INSTRUCTIONS:**



# Cooking Verbs



In the kitchen, we do many things to prepare food and especially veggies.  
Look at the icons and write down the different ways we prepare food in the kitchen.

1 Look at the pictures and write the correct cooking verb.



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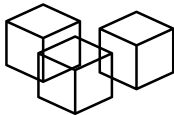
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2 Make a salad! What will you put in it? How will you prepare the ingredients?



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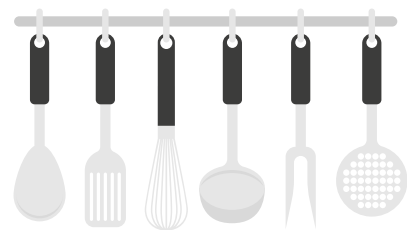
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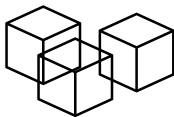
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Name: \_\_\_\_\_

# Food Verbs



Identify the correct cooking verbs. Then search for them in the box.



P F R E N C H F R I E S O  
I A R A K S V M O V A P M  
F R I E D C H I C K E N R  
Z H F Q G E Y U H J C B I  
A A C I S L U M S S Q H C  
H A M B U R G E R I U A E  
N S T E A K T O N C L S Q  
M H K J T S V Q S F A M W  
H A Z Z I P B R E A D K C  
B G M S C H E E S E S A E



# Cooking Verbs



In the kitchen, we do many things to prepare food and especially veggies.  
Look at the icons and write down the different ways we prepare food in the kitchen.

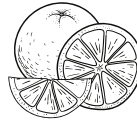
1 Look at the pictures and write the correct cooking verb.



wash / strain



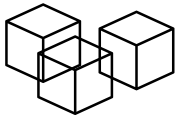
chop



slice



mash / smash



dice



peel



spread



blend



squeeze



grate



whip / whisk



stir

2 Make a salad! What will you put in it? How will you prepare the ingredients?



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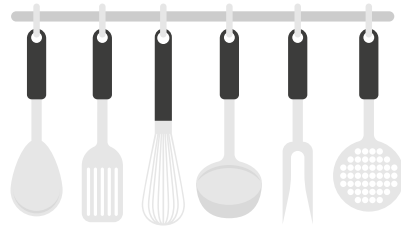
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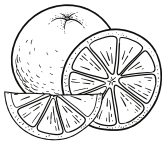
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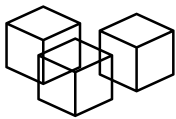
# Answer Key



Identify the correct cooking verbs. Then search for them in the box.



slice



dice



peel

P S L I C E H F R I E S O  
I A R A K S V M O D A P M  
F R M A S H H I C N E N C  
Z H F Q G R A T E E C B H  
A A C I S L U M S L Q H O  
S Q U E E Z E E R B U A P  
R S P E E L T O N W L S Q  
I H K J T S V Q S F A M W  
T A Z Z I P B R E A D S C  
S G M S C D I C E S A E H



chop



wash



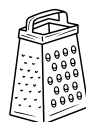
mash



squeeze



stir



grate



blend



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