



**Střední škola řemesel a služeb, Jablonec nad Nisou, Smetanova 66, příspěvková organizace**

Vzdělávací oblast: Jazykové vzdělávání a komunikace

Název: DESCRIBING FOOD

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Stručná anotace: Prezentace zaměřená na gastronomii, konkrétně charakteristiku potravin (masa, brambor, vajec, zeleniny).

Tento materiál byl vytvořen v rámci projektu  
Inovace ve vzdělávání na naší škole  
V rámci OP Vzdělávání pro konkurenceschopnost



INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

Describing food

# Describing food

If you work in a restaurant, the easiest way of helping guests to choose a meal is to give them your menu in their own language. If you don't have one of these, there may be difficulties. Then you need to describe the dishes on the menu.

For example:

# Steak can be:

## Raw (syrový) –

It is not roasted. Expect for special meals such as tartar steak, steaks are not served raw.

## Blue rare nebo very rare (velmi jemně propečený) –

it is sauted very quickly above the flame.

## Rare (jemně propečený, teplota středu 52 °C) –

It is dark brown from both sides. And it is also getting coloured inside. But it is still red inside.

## Medium rare (středně propečený, teplota středu 55 °C) –

it is dark brown outside. In the middle it is pink, which turns into grey and brown slowly near the surface.

## Medium (teplota středu 60 °C) –

it is still pink in the middle although the rest of the meat is grey and red and completely roasted.

## Medium well, (Medium well) done (teplota středu 65 °C) –

the whole meat is almost brown. There is only the rest of pink in the middle. It is not juicy anymore.

## Well done (teplota středu 71 °C) –

the meat is completely roasted and the edges are softly burnt. It is grey and brown in the middle.



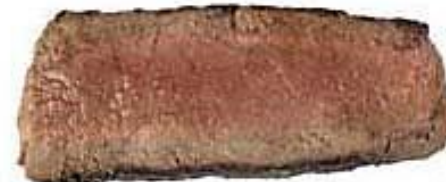
**Blue rare** (115F)- seared on the outside, completely red throughout. Meat remains gel-like in texture and difficult to chew; juices are not yet flowing freely.



**Medium** (134F) - seared outside, 25% pink showing inside. Much drier and tougher than *The Perfect Steak*, but still palatable.



**Rare** (120F)- seared and still red 75% through the centre. Once the heat transfer is completed during the resting period, this steak will achieve *The Perfect Steak* - tender & juicy.



**Medium well** (150F) - done throughout with a slight hint of pink. Past the point of no return.



**Medium rare** (126F)- seared with 50% red centre. Just passed the point of *The Perfect Steak*.



**Well done** (160F) - 100% brown. Waste of a good quality steak.

# Eggs can be:

Some of the most common preparation methods of eggs include:

**Scrambled eggs** is a dish made from beaten whites and yolks of eggs (usually chicken eggs). Beaten eggs are put into a hot pot or pan (usually greased) and stirred frequently, forming curds as they coagulate.

<http://www.life123.com/food/cooking-tips/scrambled-eggs/fluffy-scrambled-eggs-recipe.shtml>



**A fried egg** is a cooked dish commonly made using a fresh chicken egg fried whole with minimum accompaniment. They are traditionally eaten for breakfast in English-speaking countries, but may be eaten at other times of the day.



<http://vegan.sheknows.com/2010/11/02/vegan-fried-eggs/>

**Boiled eggs** are eggs cooked by immersion in boiling water with their shells unbroken.

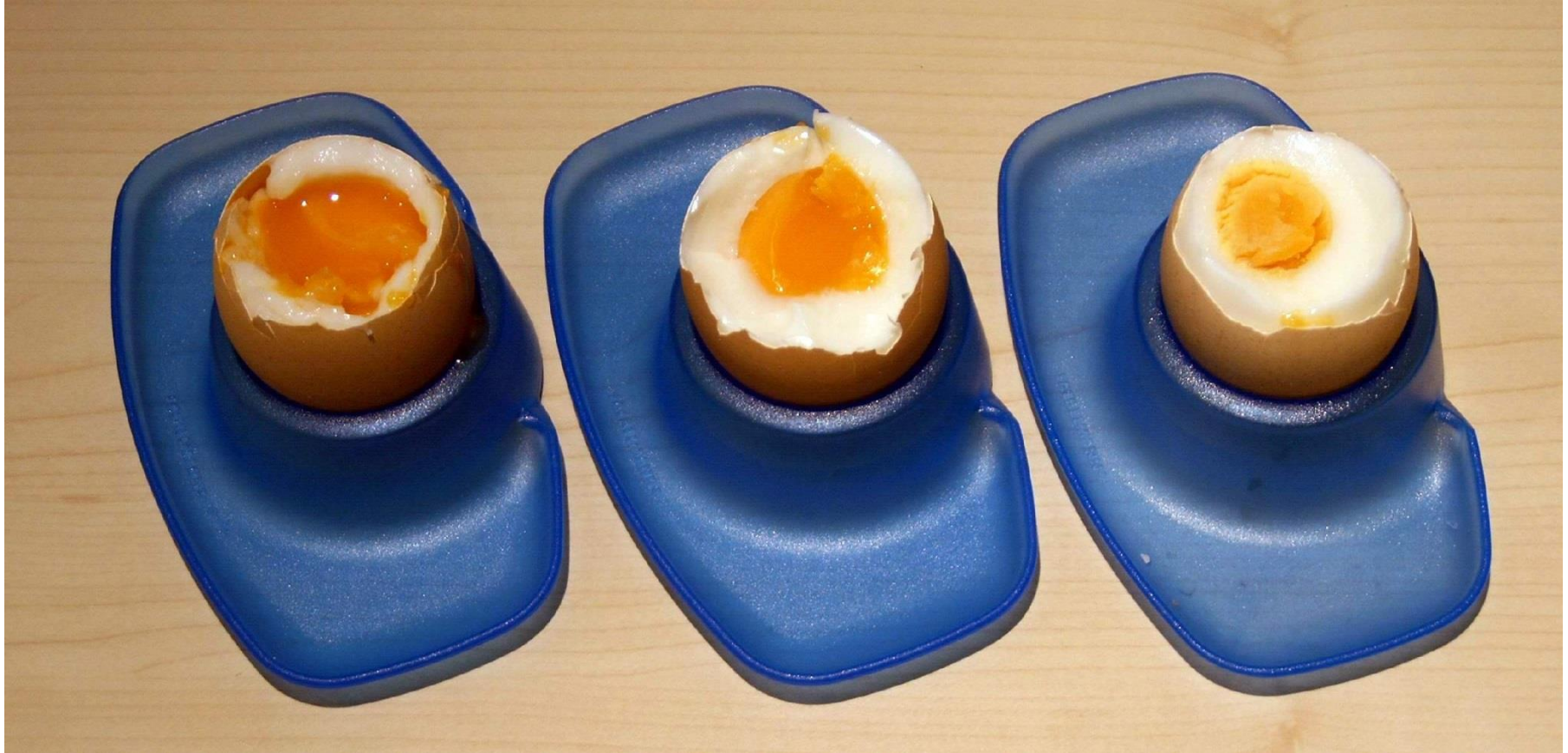
Eggs cooked in water without their shells are known as **poached eggs**, while eggs cooked below the boiling temperature, either with or without the shell, are known as **coddled eggs**.

**Hard-boiled eggs** are either boiled long enough for the egg white and then the egg yolk to solidify, or they are left in hot water to cool down, which will gradually solidify them, while a **soft-boiled egg** yolk, and sometimes even the white, remains at least partially liquid.

**The egg timer** was so-named due to its common usage in timing the boiling of eggs. Boiled eggs are a popular breakfast meal in many countries around the world.



Boiled eggs, increasing in boiling time from left to right



<http://en.wikipedia.org/wiki/File:Eier.jpg>

# Potatoes can be:

Potatoes are prepared in many ways:

skin-on or peeled,  
whole or cut up,  
with seasonings or without.

Most potato dishes are served hot,  
but some are first cooked, then served cold,  
notably potato salad and potato crisps.

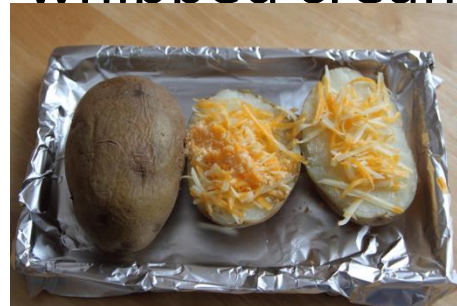


Common dishes are:

**mashed potatoes** which are first boiled (usually peeled),  
and then mashed with milk or whipped cream and butter;

**whole baked potatoes;**

**boiled or steamed potatoes;**



French-fried potatoes or chips;

cut into cubes and roasted;

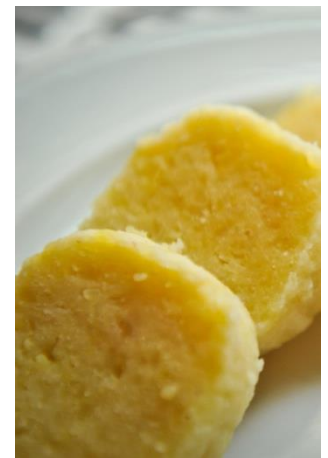
scalloped, diced, or sliced and fried  
(home fries);

grated into small thin strips and fried  
(hash browns);

potato pancakes



grated and formed into **dumplings**



# Meat can be:

fried



boiled



grilled



roasted



stewed



braised





# Vegetables can be:

peeled



grated



chopped



seasoned



picked



boiled



cut



stewed



pickled



baked



## common prepared foods



1. mustard
2. hot dog
3. baked beans
4. potato chips
5. pancakes
6. syrup
7. bun
8. pickle
9. hamburger
10. spaghetti
11. meatballs
12. salad dressing

13. tossed salad
14. beef stew
15. pork chops
16. mixed vegetables
17. mashed potatoes
18. butter
19. roll
20. baked potato
21. steak
22. cookie
23. sundae
24. taco

25. egg roll
26. strawberry shortcake
27. biscuit
28. french fries
29. fried chicken
30. pizza
31. jelly
32. (sunnyside-up) egg
33. bacon
34. toast
35. coffee
36. ice cream cone

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# Zdroje

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