**Cooking Instructions**

**English Vocabulary**

The following verbs frequently appear when reading the cooking instructions in recipes.

**add:** To put ingredients together; to put one ingredient with the others.

**bake:** To cook in an oven by using heat.

**barbecue:** To cook foods (primarily meat) on a grill by using fire or hot coals.

**beat:** To mix quickly and continually, commonly used with eggs.

**boil:** To heat water until little bubbles form.

**break:** To separate into smaller parts by force.

**broil:** To cook meat or vegetables on a rack with an extremely high temperature.

**carve:** To cut meat into slices.

**chop:** To cut into small pieces, generally used with vegetables.

**combine:** To put two or more things together.

**cook:** To prepare food by heating it, so the food is not raw.

**crush:** To cause to separate or flatten by extreme force, often used with garlic.

**cut:** To separate or divide by using a knife.

**fry:** To cook by putting the food into extremely hot oil.

**grate:** To divide into small parts by rubbing on a serrated surface, usually used with cheese.

**grease:** To coat with oil or butter.

**grill:** To cook by putting the food on a grill; similar to barbecue.

**knead:** To press and stretch dough, usually used with making bread.

**mix:** To combine two or more things using a spoon, spatula, or electric mixer.

**measure:** To obtain an exact quantity.

**melt:** to make something become liquid through heating.

**microwave:** To heat up food within a microwave oven.

**mince:** to grind food, normally meat, into small pieces. A machine is often used to do this.

**open:** To remove the top from a can or jar.

**peel:** To take the skin off of fruits or vegetables.

**pour:** To transfer liquid from one container to another.

**put:** To place something in a particular position or location.

**roast:** To cook in the oven or over a fire.

**sauté:** To quickly fry food by placing it in hot oil in a frying pan.

**scramble:** To mix the white and yellow parts of eggs together while cooking them in a pan.

**slice:** To cut into thin, wide portions.

**steam:** To cook by placing the food above boiling water. Steam is the vapor that comes from hot water

**stir:** To mix liquid ingredients by moving a spoon around in a circular motion

**stir fry**: To cook small pieces of food by moving it quickly in hot oil

**wash**: To immerse food in water and make sure it becomes clean

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Health problems:

https://www.youtube.com/watch?v=Zm1KKcgQ7DM