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RESTAURANT BUSINESS

ENGLISH TEXTBOOK

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### **Кнодель Л. В.**

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Данный учебник «Ресторанный бизнес» представляет собой самое полное специализированное учебное пособие по профессиональной подготовке специалистов по английскому языку в сфере ресторанного бизнеса. Он построен на основе самых современных данных по основным направлениям развития ресторанной отрасли.

Структура данного учебника такова – семь глав: история ресторанного дела, ресторанная служба, продукты и приемы пищи, кулинарное дело и диеты, поваренное искусство, европейская кухня (русская, украинская, английская), американская индустрия питания (кулинарное дело Северной Америки и Канады, Латинской Америки), Африканская и Азиатская кухня.

В учебнике большое количество аутентичных текстов на английском языке, разработанные упражнения, диалоги, схемы, цветные вкладыши.

Данный учебник позволяет быстро и легко усвоить профессиональную лексику и повысить свой уровень знания английского языка.

This textbook *Restaurant business* is the most complete specialized textbook for training specialists in English in the restaurant business. It is based on the latest data on the main directions of the restaurant industry development. In this we see the value and timeliness of this tutorial that will help on the one hand – to improve their English language skills, and on the other hand – to make better their knowledge in the professional field. The structure of this tutorial is – seven chapters: the history of the restaurant business, restaurant service, food and meals, business and culinary, diets, cookery art, European cuisine (Russian, Ukrainian, English), the American food industry (culinary business in North America and Canada, Latin America), African and Asian cuisine. In the book there is a large number of authentic texts in English, designed exercises, dialogues, charts, coloured inserts. This tutorial allows you to learn the professional vocabulary and improve their English language skills quickly and easily.

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## П Е Р Е Д М О В А

Во всем мире признана экономическая и финансовая важность индустрии туризма. Ресторанный бизнес занимает в этом секторе экономики важное место.

Ресторанный бизнес и сфера туризма – одни из самых перспективных отраслей экономики в мире. Эти отрасли очень разнообразны, включая гостиницы, курорты, рестораны и бары. Эта отрасль предлагает превосходные возможности для карьеры по всему миру для ответственных и квалифицированных людей.

Во многих странах этот сектор превратился в главную индустрию страны. Спрос на профессионалов, способных занять высокие посты и руководящие должности в этом секторе с каждым днем растет. Они должны не только хорошо владеть техникой управления предприятием, но и иметь такую подготовку и образование, которые позволят им с успехом превзойти конкурирующие предприятия сферы туризма.

Специализация «Ресторанное дело» строится на основе 4-х годичной модульной программы обучения, разработанной целенаправленно для тех студентов, которые хотят посвятить себя этой сфере и сделать в ней удачную карьеру в управлении ресторанным бизнесом и в туризме, и которая помогает им приобрести умения и навыки управления и знания в данной сфере.

Для этой программы характерно изучение английского языка в широком аспекте для того, чтобы свободно ориентироваться в своем профессиональном поле и сделать успешную карьеру в своей отрасли.

Лексико-грамматический учебник «Restaurant Business» создан для студентов профильных вузов и широкого круга работников ресторанной индустрии, которые хотят укрепиться в этой сфере в преддверии значительных международных событий.

Структура данного учебника такова – семь глав: история ресторанного дела, ресторанная служба, продукты и приемы пищи, кулинарное дело и диеты, поваренное искусство, европейская кухня (русская, украинская, английская), американская индустрия питания (кулинарное дело Северной Америки и Канады, Латинской Америки), Африканская и Азиатская кухня.

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Данный учебник является первой попыткой создания учебного пособия для профессиональной подготовки по английскому языку специалистов ресторанного дела. Учебник базируется на фундаментальном знании базового английского языка и является серьезным подспорьем для профессионального роста специалистов данной отрасли. Он рекомендуется в качестве спецкурса на специализированных факультетах туристического, ресторанного и гостиничного профиля.

# CHAPTER I. HISTORY OF RESTAURANT BUSINESS

## INTRODUCTION

The business of offering food in exchange for money dates back at least to medieval times. Travellers in need of food could grab something to eat at a roadside inn, and street vendors offered quick and simple fare in public marketplaces. Medieval inns differed from modern restaurants in that they tended to offer very limited eating options.

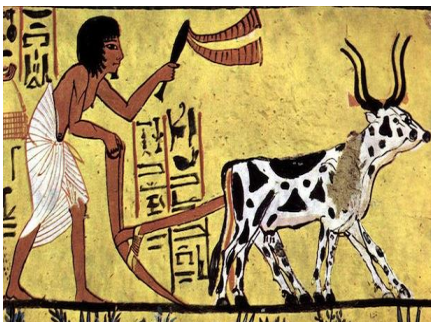
Everyone ate the same thing, they often ate it at the same time, whenever the cook was ready to serve it. A restaurant is a business establishment which prepares and serves food and drink to customers in return for money, either paid before the meal, after the meal, or with a running tab. Meals are generally served and eaten on premises, but many restaurants also offer take-out and food delivery services.

Restaurants vary greatly in appearance and offerings, including a wide variety of the main chef's cuisines and service models. A restaurant owner is called a restaurateur; derived from the French verb *restaurer* meaning *to restore*. Professional cooks are called chefs, with there being various finer distinctions, while prep staff and line cooks prepare food items in a more systematic and less artistic fashion. Most restaurants will have various waiting staff; in finer restaurants this may include a host or hostess to welcome customers and to seat them, together with a busboy and sommelier. Restaurants may be classified or distinguished in many different ways. The primary factors are usually the food itself (vegetarian, seafood, steak); the cuisine (Italian, Chinese, Indian, French, Thai) and/or the style of offering (tapas bar, a sushi train, a tastet restaurant, a buffet restaurant or a yumcha restaurant).

Beyond this, restaurants may differentiate themselves on factors including speed, formality, location, cost, service, or novelty themes (such as automated restaurants).

Restaurants range from inexpensive and informal lunching or dining places catering to people working nearby, with simple food served in simple settings at low prices, to expensive establishments serving refined food and fine wines in a formal setting. In the former case, customers usually wear casual clothing.

In the latter case, depending on culture & local traditions, customers might wear semi-casual, semi-formal or formal wear. Typically, customers sit at tables; their orders are taken by a waiter, who brings the food when it is ready. After eating, the customers then pay the bill. In recent times there has been a trend to create a number of travelling restaurants, specifically designed for tourists on such diverse places as trams, boats, buses, etc.





## Greece

In Ancient Greece and Ancient Rome, thermopolia were small restaurant-bars that offered food and drinks to customers. A typical thermopolium had little L-shaped counters, in which large storage vessels were sunk, which would contain either hot or cold food.

Their popularity was linked to the lack of kitchens in many dwellings and the ease, with which people could purchase prepared foods. Furthermore, eating out was considered a very important aspect of socializing.

## Roman world

In Pompeii, 158 thermopolia with a service counter have been identified across the whole town area. Alfred Edersheim in his *Life and Times of Jesus the Messiah* (1883) mentions the existence of restaurants in Alexandria and Jerusalem.

## Islamic world

Restaurants came into existence throughout the medieval Islamic world before doing so in China. The Islamic world had *restaurants where one could purchase all sorts of prepared dishes*. These restaurants were mentioned by Al-Muqaddasi in the late 10<sup>th</sup> century.

Restaurants in medieval Islamic Spain served three-course meals, which was earlier introduced in the 9<sup>th</sup> century by Ziryab, who insisted that meals should be served in three separate courses consisting of soup, the main course, and dessert.

The concept of the take-away restaurant was later developed by the Bengali Muslim entrepreneur Sake Dean Mahomed (1759-1851).

After migrating to England, he founded the Hindoostanee Coffee House in 1810. It was an Indian curry house that operated on George Street, Central London.

In **China**, food catering establishments which may be described as restaurants were known since the 11<sup>th</sup> century in Kaifeng, China's northern capital during the first half of the Song Dynasty (960-1279). With a population of over 1,000,000 people, a culture of hospitality and a paper currency, the city was ripe for the development of restaurants.

Probably growing out of the teahouses and taverns that catered to travellers, Kaifeng's restaurants blossomed into an industry catering to locals as well as people from other regions of China. Stephen H. West argues that there is a direct correlation between the growth of the restaurant businesses and institutions of theatrical stage drama, gambling and prostitution, which served the burgeoning merchant middle class during the Song Dynasty.

Restaurants catered to different styles of cuisine, price brackets, religious requirements.

Even within a single restaurant much choice was available, and people ordered the entree they wanted from written menus. An account from 1275 writes of Hangzhou, the capital city for the last half of the dynasty: The people of Hangzhou are very difficult to please.

Hundreds of orders are given on all sides: this person wants something hot, another something cold, a third something tepid, a fourth something chilled; one wants cooked food, another raw, another chooses roast, another grill. The restaurants in Hangzhou catered to many northern Chinese who had fled south from Kaifeng during the Jurchen invasion of the 1120s, while it is also known that many restaurants were run by families formerly from Kaifeng.

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Kaifeng's restaurants blossomed into an industry catering to locals as well as people from other regions of China. During the French Revolution, independent chefs began establishing eating-houses where customers could come in whenever they were hungry and choose food selections from a menu. This had not been possible in France until the time of the revolution because the guild system severely limited the offerings that any artisan could prepare, making it difficult for a single cook to serve something as simple as a meat pie, which used both the skills of the meat cook and the pastry cook.

Restaurants were named for a simple restorative broth that was popular in the earliest modern eating establishments. The public dining room that came ultimately to be known as the restaurant originated in France, and the French have continued to make major contributions to the restaurant's development. The first restaurant proprietor is believed to have been one, a soup vendor, who opened his business in Paris in 1765.

In the **Western world**, while inns and taverns were known from antiquity, these were establishments aimed at travellers, in general, locals would rarely eat there.

The modern idea of a restaurant – as well as the term itself – appeared in Paris around 1765 when Boulanger began to sell "restaurants" and other foods.

Restaurants constituted another sort (of eating establishment), a new one if we define them as places where one can order a meal from a range of choices at a range of times and eat it on the premises. Boulanger was originally a soup vendor and certain soups were known as restaurants – literally, *restoratives*.

Restaurants, as businesses dedicated to the serving of food, and where specific dishes are ordered by the guest and generally prepared according to this order, emerged only in the 18<sup>th</sup> century. According to the Guinness Book of Records, the Sobrino de Botin in Madrid, Spain, is the oldest restaurant in existence today. It opened in 1725.

There is, however, evidence that Henry III of France ate at the still-extant Tour d'Argent in 1582. Another claim to be the world's oldest restaurant is made by Stiftskeller St. Peter in Salzburg since the time of Emperor Charlemagne in 803 A.D.

The American restaurant business started off emulating the French restaurant business, seeing it as the epitome of taste and class. But American restaurants always focused on ingredients that were in abundance in the USA, such as the oysters of the Northeast.

As was fitting for a nation of immigrants, American food quickly began to diversify, with Chinese, Italian, Greek and other immigrants offering and adapting their food for a mainstream clientele. In the latter half of the twentieth century, the USA led the way in the consolidation of industrialization of restaurant and food service offerings with fast food chains and family dining franchises.

In the **USA**, it was not until the late 18th century that establishments that provided meals without providing lodging began to appear in major metropolitan areas in the form of coffee and oyster houses. The actual term *restaurant* did not enter into the common parlance until the following century. Prior to being referred to as *restaurants* these eating establishments assumed regional names such as *eating house* in New York City, *restorator* in Boston, or *victualing house* in other areas.

Restaurants were typically located in populous urban areas during the 19th century and grew both in number and sophistication in the mid-century due to a more affluent middle class and to suburbanization.

The highest concentration of these restaurants were in the West, followed by industrial cities on the Eastern Seaboard, with the lowest number of restaurants per person located in the southern states.

The Encyclopaedia defined restaurant as *a medical term; it is a remedy whose purpose is to give strength and vigour*. Thanks to Boulanger and his imitators, these soups moved from the category of remedy into the category of health food and ultimately into the category of ordinary food. Almost forgotten in the spread of restaurants was the fact that their existence was predicated on health, not gustatory, requirements.

The term *restaurant* first appeared in the 16th century, meaning *a food which restores*, and referred specifically to a rich, highly flavoured soup.

It was first applied to an eating establishment in around 1765 founded by a Parisian soup-seller named Boulanger.

The first restaurant in the form that became standard (customers sitting down with individual portions at individual tables, selecting food from menus, during fixed opening hours) was the *Great Tavern of London*, founded in Paris in 1782 by a man named Antoine Beauvilliers, a leading culinary writer and gastronomic authority who achieved a reputation as a successful restaurateur. He later wrote what became a standard cookbook, (1814).

Restaurants became commonplace in France after the French Revolution broke up catering guilds and forced the aristocracy to flee, leaving a retinue of servants with the skills to cook excellent food; whilst at the same time numerous provincials arrived in Paris with no family to cook for them. Restaurants were the means by which these two could be brought together – and the French tradition of dining out was born. A leading restaurant of the Napoleonic era was the *Very*, which was lavishly decorated and boasted a menu with extensive choices of soups, fish and meat dishes, and scores of side dishes.

Balzac often dined there. Although absorbed by a neighboring business in 1869, the resulting establishment *Le Grand Vefour* is still in business. The restaurant described by *Britannica* as the most illustrious of all those in Paris in the 19<sup>th</sup> century was the *Cafe Anglais* (the *English coffee-shop*) on the *Boulevard des Italiens*, showing for a second time the high regard that Parisians evidently had for London, England, and the English – at least when it came to naming their restaurants.

Restaurants then spread rapidly across the world, with the first in the USA (Jullien's *Restarator*) opening in Boston in 1794. The oldest restaurant with contiguous operation in the United States, *Union Oyster House* is also in Boston and has been open since 1826.

Most restaurants continued on the standard approach of providing a shared meal on the table to which customers would then help (*family style* restaurants), something which encouraged them to eat rather quickly. Another formal style of dining, where waiters carry platters of food around the table and diners serve themselves, is known as *Service à la russe*, as it is said to have been introduced to France by the Russian Prince Kurakin in the 1810s, from where it spread rapidly to England and beyond.

Many restaurants are small businesses, franchise restaurants are common.

There is often a relatively large immigrant representation, reflecting both the relatively low start-up costs of the industry (thus making restaurant ownership an option for immigrants with relatively few resources) & the cultural importance of food. There are 86,915 commercial foodservice units in Canada, or 26.4 units per 10,000 Canadians.

Fully 63% of restaurants in Canada are independent brands. Chain restaurants account for the remaining 37%.

Many of these are locally owned and operated franchises. The EU-27 has an estimated 1.6 m businesses involved in *accommodation & food services*, more than 75% of which are small and medium enterprises. The modern restaurant industry encompasses a wide variety of eating establishments ranging from upscale artisan eateries to chains and franchises with thousands of locations.

On one end of the spectrum, passionate chefs with skills and knowledge pay close attention to quality ingredients and sophisticated preparation techniques.

On the other end of the spectrum, restaurants with multiple locations buy pre-made menu items from food service warehouses, hiring chefs to prepare these dishes using carefully choreographed systems that leave little to chance.

In 1891, the YWCA of Kansas City, Mo., established what food-industry historians consider the first cafeteria. "The drive-in restaurant concept, where patrons are served food in their vehicles, dates back to pre-World War II. The concept reached its height of popularity in the early 1950's."

The first drive-in restaurant opened in Glendale, California in 1936.

Ray Kroc was the pioneer of the fast-food industry with his worldwide McDonald's enterprise (1954). "The founder and builder of McDonald's Corporation, proved himself an industrial pioneer no less capable than Henry Ford. He revolutionized the American restaurant industry by imposing discipline on the production of hamburgers, French fries, and milk shakes." In 1977, the first McDonald's *Happy Meal* was regionally tested in St. Louis. The first nationwide Happy Meal was served in 1979, part of a promotion called "Circus Wagon".

***Exercise 1. Analyze the information, which is in the highlight, and use it in practice.***

A restaurant is a business establishment which prepares and serves food and drink to customers in return for money, either paid before the meal, after the meal, or with a running tab. Meals are generally served and eaten on premises, but many restaurants offer take-out & food delivery services. Restaurants vary greatly in appearance and offerings, including a wide variety of the main chef's cuisines and service models.

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In the former case, customers usually wear casual clothing. In the latter case, depending on culture & local traditions, customers might wear semi-casual, semi-formal or formal wear.

Typically, customers sit at tables; their orders are taken by a waiter, who brings the food when it is ready. After eating, the customers then pay the bill.

For some time the travelling public has been catered for with ship's messes and railway restaurant cars which are, in effect, travelling restaurants. (Many railways, the world over, cater for the needs of travellers by providing Railway Refreshment Rooms [a form of restaurant] at railway stations.) In recent times, there has been a trend to create a number of travelling restaurants, specifically designed for tourists. These can be found on such diverse places as trams, boats, buses, etc. Professional cooks are called chefs, with there being various finer distinctions (sous-chef, chef de partie).

## EVALUATION OF A RESTAURANT

The earliest restaurants – the concept of selling food for profit go back to ancient times, with food vendors in the streets of Ancient Rome and China. Restaurant is a French term. Restaurant was once used to describe the rich bouillons served at taverns and public houses in France, to restore the spirits and relieve ailments.

Fast forward several centuries to the Middle Ages and the roadside inn is the earliest form of our modern day sit-down restaurant. Of course, the menu choices were strictly chef's choice and patrons had no choice but to dine family style.

After Louis XVI and Marie Antoinette lost their heads during the French Revolution, the French aristocracy crumbled and chefs, once employed by noble households, found themselves out of a job. So many of these displaced workers decided to open up their own establishments and offer prix fixe meals to the masses.

Eventually the French style of dining out spread to Great Britain and across the Atlantic to the United States. Through the Middle Ages up to 19th Century, restaurants transformed into fine dining establishments. Today, the restaurant industry is composed on many different concepts, from franchises to independent eateries.

The modern day restaurant as we know is credited to the French Revolution. Expansion of travel in the 19th Century brought about an increase in new restaurants both in Europe and the USA. The French Revolution is credited for the rise of fine dining.

Displaced chefs from aristocratic households opened new restaurants throughout Paris, offering gourmet dining to the masses.

By the 20th century, the rise of the franchise chain, influenced heavily by McDonalds, changed the history of restaurants. By the 21st century, a rising obesity epidemic led to a change in restaurant menus, resurgence of the farm-to-table movement.

The World's largest restaurant is in Syria. Bawabet Dimashq Restaurant, which translates to Damascus Gate Restaurant, has 6,014 seats and is located in Damascus, Syria.

The Oldest Restaurant in the United States is in Boston. The Union Oyster House has been serving up fresh oysters and more since 1826.

The World's Oldest Restaurant is in Spain. According to the Guinness Book of World Records Botin Restaurant in Madrid, Spain is the world's oldest operating restaurant, which has been in business since 1725. However, there are other restaurants that claim to be older than Botin, including Stiftskeller St. Peter in Salzburg, Austria, open since 803 and Zum Franziskaner in Stockholm, Sweden, open since 1421.



## RANKING OF RESTAURANTS

Restaurant guides review restaurants, often ranking them or providing information to guide consumers (type of food, handicap accessibility, facilities).

One of the most famous contemporary guides is the Michelin series of guides which accord from 1 to 3 stars to restaurants they perceive to be of high culinary merit.

Restaurants with stars in the Michelin guide are formal, expensive establishments; in general the more stars awarded, the higher the prices. The main competitor to the Michelin guide in Europe is the guidebook series published by Gault Millau.

Unlike the Michelin guide which takes the restaurant decor and service into consideration with its rating, Gault Millau only judges the quality of the food. Its ratings are on a scale of 1 to 20, with 20 being the highest.

In the United States, the Forbes Travel Guide (previously the Mobil travel guides) and the AAA rate restaurants on a similar 1 to 5 star (Forbes) or diamond (AAA) scale.

Three, four, and five star/diamond ratings are roughly equivalent to the Michelin one, two, and three star ratings while one and two star ratings typically indicate more casual places to eat. In 2005, Michelin released a New York City guide, its first for the United States. The popular Zagat Survey compiles individuals' comments about restaurants but does not pass an *official* critical assessment. In the United States Gault Millau is published as the Gayot guide, after founder Andre Gayot. Its restaurant ratings use the same 20 point system, and are all published online.

The Good Food Guide, published by the Fairfax Newspaper Group in Australia, is the Australian guide listing the best places to eat. Chefs Hats are awarded for outstanding restaurants and range from one hat through three hats.

The Good Food Guide incorporates guides to bars, cafes and providers.

*The Good Restaurant Guide* is another Australian restaurant guide that has reviews on the restaurants as experienced by the public and provides information on locations and contact details. Any member of the public can submit a review. Nearly all major American newspapers employ food critics and publish online dining guides for the cities they serve.

Some news sources provide customary reviews of restaurants, while others may provide more of a general listings service. More recently, Internet sites have started up that publish both food critic reviews and popular reviews by the public.

Restaurants range from unpretentious lunching or dining places catering to people working nearby, with simple food served in simple settings at low prices, to expensive establishments serving refined food and wines in a formal setting.

In the former case, customers usually wear casual clothing. In the latter case, depending on culture and local traditions, customers might wear semi-casual, semi-formal, or even in rare cases formal wear. Typically, customers sit at tables, their orders are taken by a waiter, who brings the food when it is ready, and the customers pay the bill before leaving. In finer restaurants there will be a host or hostess or even a *maître d'otel* to welcome customers and to seat them. Other staff waiting on customers includes busboys and sommeliers. Restaurants often specialize in certain types of food or present a certain unifying, often entertaining, theme. For example, there are seafood, vegetarian or ethnic restaurants. Generally speaking, restaurants selling food characteristic of the local culture are simply called restaurants, while restaurants selling food of foreign cultural origin are called accordingly, for example, a Chinese restaurant and a French restaurant.



Depending on local customs and the establishment, restaurants may or may not serve alcohol. Restaurants are often prohibited from selling alcohol without a meal by alcohol sale laws; such sale is considered to be activity for bars, which are meant to have more severe restrictions. Some restaurants are licensed to serve alcohol (*fully licensed*), and/or permit customers to *bring your own* alcohol. In some places restaurant licenses may restrict service to beer, or wine and beer.

Restaurant guides review restaurants, often ranking them or providing information for consumer decisions (type of food, handicap accessibility, facilities, etc).

In 12<sup>th</sup> century Hanzhou (mentioned above as the location of the first restaurant) signs could often be found posted in the city square listing the restaurants in the area and local customer's opinions of the quality of their food. This was an occasion for bribery and even violence. Today, restaurant review is carried out in a more civilized manner. One of the most famous contemporary guides, in Western Europe, is the Michelin series of guides which accord from 1 to 3 stars to restaurants they perceive to be of high culinary merit.

Restaurants with stars in the Michelin guide are formal, expensive establishments; in general the more stars awarded, the higher the prices.

**Exercise 1. Define the types of restaurant.**



## TYPES OF RESTAURANTS

Various types of restaurant fall into several industry classifications based upon menu style, preparation methods and pricing. Additionally, how the food is served to the customer helps to determine the classification.

Historically, *restaurant* referred only to places that provided tables where one sat down to eat the meal, typically served by a waiter. Following the rise of fast food and take-out restaurants, a retronym for the older *standard* restaurant was created, ***sit-down restaurant***.

Most commonly, *sit-down restaurant* refers to a casual dining restaurant with table service, rather than a fast food restaurant or a *diner*, where one orders food at a counter.

Sit-down restaurants are often further categorized, in North America, as *family-style* or *formal*. In British English, the term *restaurant* means an eating establishment with table service, so the *sit-down* qualification is not usually necessary.

Fast food and takeaway (take-out) outlets with counter service are not normally referred to as restaurants. Outside of North America, the terms fast casual dining restaurants, family style, and casual dining are not used and distinctions among different kinds of restaurants is often not the same. In France, some restaurants are called *bistros* to indicate a level of casualness or trendiness, though some *bistros* are quite formal in the kind of food they serve & clientele they attract. Others are called *brasseries*, a term, which indicates hours of service.

*Brasseries* may serve food round the clock, whereas *restaurants* usually only serve at set intervals during the day. In Sweden, restaurants of many kinds are called *restauranger*, but restaurants attached to bars or cafes are sometimes called *kök*, literally *kitchens*, sometimes a bar-restaurant combination is called a *krog*, in English a *tavern*.

Robert Appelbaum argues that all restaurants can be categorized according a set of social parameters defined as polar opposites: high or low, cheap or dear, familiar or exotic, formal or informal, and so forth. Any restaurant will be relatively high or low in style and price, familiar or exotic in the cuisine it offers to different kinds of customers, and so on.

Context is as important as the style and form: a taqueria is a more than familiar site in Guadalajara, Mexico, but it would be exotic in Albania.

A Ruth's Chris restaurant in America may seem somewhat strange to a first time visitor from India; but many Americans are familiar with it as a large restaurant chain, albeit one that features high prices and a formal atmosphere.

***Fast food restaurants*** emphasize speed of service. Operations range from small-scale street vendors with food carts to multi-billion dollar corporations like McDonald's and Pizza Hut. If table seating is available, ordering is not done from the table but from a front counter. Diners typically then carry their own food from the counter to a table of their choosing, and afterward dispose of any waste from their trays.

Drive-through and take-out service may also be available. Fast food restaurants are known in the restaurant industry as QSRs or quick-service restaurants.

***Fast casual restaurants*** are primarily chain restaurants, such as Chipotle Mexican Grill and Panera Bread. More of the food is prepared at the restaurant than is the case at fast food chains. Fast casual restaurants usually do not offer full table service, but may offer non-disposable plates and cutlery. The quality of food and prices tend to be higher than those of a conventional fast food restaurant but may be lower than casual dining.

A ***casual dining restaurant*** is a restaurant that serves moderately priced food in a casual atmosphere.



Except for buffet-style restaurants, casual dining restaurants typically provide table service. Casual dining comprises a market segment between fast food establishments and fine dining restaurants. Casual dining restaurants often have a full bar with separate bar staff, a larger beer menu and a limited wine menu. They are frequently, but not necessarily, part of a wider chain, particularly in the USA. In Italy, such casual restaurants are often called *trattoria*, and are usually independently owned and operated.

**Family style restaurants** are a type of casual dining restaurants where food is often served on platters and the diners serve themselves. In some regions, alcoholic beverages are not sold at family-style casual dining restaurants.

Fine dining restaurants are full service restaurants with specific dedicated meal courses. Décor of such restaurants feature higher-quality materials, with an eye towards the *atmosphere* desired by the restaurateur, than restaurants featuring lower-quality materials. The wait staff is usually highly trained and often wears more formal attire.

**Fine-dining restaurants** are almost always small businesses and are generally either single-location operations or have just a few locations. Food portions are visually appealing.

Fine dining restaurants have certain rules of dining which visitors are generally expected to follow often including a dress code. Most of these establishments can be considered subtypes of fast casual dining restaurants or casual dining restaurants.

**A brasserie** in the US has evolved from the original French idea to a type of restaurant serving moderately priced hearty meals – French-inspired *comfort foods* – in an unpretentious setting. Bistros in the US usually have more refined decor, fewer tables, finer foods and higher prices. When used in English, the term *bistro* usually indicates a continental menu. **Buffets** offer patrons a selection of food at a fixed price. Food is served on trays around bars, from which customers with plates serve themselves.

The selection can be modest or very extensive, with the more elaborate menus divided into categories such as salad, soup, appetizers, hot entrees, cold entrees, and dessert and fruit. Often the range of cuisine can be eclectic, while other restaurants focus on a specific type, such as home cooking, Chinese, Indian, or Swedish.

The role of the waiter or waitress in this case is relegated to removal of finished plates, and sometimes the ordering and refill of drinks. In Italy, a kind of semi-buffet is featured in either a *tavola calda*, serving hot foods, and a *tavola fredda*, which serves cold food. Either can be found in bars and cafes at meal times or in dedicated sites, sometimes with seating and service at a counter. **Cafes** are informal restaurants offering a range of hot meals and made-to-order sandwiches. Coffee shops, while similar to cafés, are not restaurants due to the fact. They primarily serve and derive the majority of their revenue from hot drinks. Many cafes are open for breakfast and serve full hot breakfasts. In some areas, cafés offer outdoor seating. A **cafeteria** is a restaurant serving ready-cooked food arranged behind a food-serving counter. There is little or no table service.

Typically, a patron takes a tray and pushes it along a track in front of the counter.

Depending on the establishment, servings may be ordered from attendants, selected as ready-made portions already on plates, or self-serve their own portions. Cafeterias are common in hospitals, corporations and educational institutions. In the UK, a cafeteria may also offer a large selection of hot food similar to the American fast casual restaurant, and the use of the term cafeteria is deprecated in favour of **self-service restaurant**.

**Coffeeshouses** are casual restaurants without table service that emphasize coffee & other beverages.

Typically a limited selection of cold foods such as pastries & perhaps sandwiches are offered as well. Their distinguishing feature is that they allow patrons to relax and socialize on their premises for long periods without pressure to leave promptly after eating, and are thus frequently chosen as sites for meetings.

A **destination restaurant** is one that has a strong enough appeal to draw customers from beyond its community. The idea of a destination restaurant originated in France with the Michelin Guide, which rated restaurants as to whether they were worth a special trip or a detour while one travelled by car in France.

Customers are seated as in a casual dining setting. Food items are prepared by the establishments for cooking on embedded gas stoves, induction cookers, or charcoal grills.

The customer has control over the heating power of the appliance. Despite the name, the **Mongolian barbecue** form of restaurant is not Mongolian, actually derived from Taiwan and inspired by Japanese. Customers create a bowl from an assortment of ingredients displayed in a buffet fashion. The bowl is then handed to the cook, who stir-fries the food on a large griddle and returns it on a plate or in a bowl to the consumer.

Mainly in the UK and other countries influenced by British culture, a **pub** (short for public house) is a bar that sometimes serves simple food fare. Traditionally, pubs were primarily drinking establishments with food in a secondary position, whereas many modern pubs rely on food as well, to the point where *gastropubs* are often essentially fine-dining establishments, known for their high-quality pub food and concomitantly high prices.

A typical pub has a large selection of beers and ales on tap.

Many restaurants specializing in Japanese cuisine offer the **teppanyaki grill**, which is more accurately based on a type of charcoal stove that is called *shichirin* in Japan.

Diners, often in multiple, unrelated parties, sit around the grill while a chef prepares their food orders in front of them. Often the chef is trained in entertaining the guests with special techniques, including cracking a spinning egg in the air, forming a volcano out of differently-sized onion slices, and flipping grilled shrimp pieces into patrons' mouths, in addition to various props. Also referred to as hibachi.

An **underground restaurant**, sometimes known as a **supper club** or **closed door restaurant**, is a social dining eating establishment operated out of someone's home, generally (though not invariably) bypassing local zoning and health-code regulations.

They are, in effect, paying dinner parties. They are advertised by word of mouth or guerilla advertising, often on Facebook, may require references to make a reservation.

An underground restaurant is known as a *guestaurant*, which is a hybrid between being a guest in a dinner party and a restaurant.

Underground restaurants are popular in Latin America, where they're known as either a *paladar* or a *restaurante de puertas cerradas* (closed door restaurant).

Depending on local licensing laws, they may or may not be illegal; either way, they've been built into the culture for decades, and often have higher standards than many licensed establishments. They are becoming increasingly popular in the U.S.

The attraction of the underground restaurant for the customer is to sample new food, often at low cost outside the traditional restaurant experience, which can be expensive and disappointing – underground restaurants have been described as *anti-restaurants*. They generally provide a more intimate, dinner party style experience.

For the host, the benefit is to make some money and experiment with cooking without being required to invest in a restaurant proper.

A **smokeasy** is a business, especially a bar or drinking venue, which allows smoking despite a smoking ban enacted as a criminal law or an occupational safety and health regulation.

The term is used to describe locations and events promoted by tobacco companies to avoid or evade bans on smoking.

A **speakeasy**, also called a **blind pig** or **blind tiger**, is an establishment that illegally sells alcoholic beverages. Such establishments came into prominence in the USA during the Prohibition era (1920-1933, longer in some states).

During that time, the sale, manufacture, and transportation (bootlegging) of alcoholic beverages was illegal throughout the United States. Speakeasies largely disappeared after Prohibition was ended in 1933, and the term is now used to describe retro style bars.

Speakeasies were numerous and popular during the Prohibition years.

Some of them were operated by people who were part of organized crime. Even though police and agents of the Bureau of Prohibition would often raid them and arrest their owners and patrons, they were so profitable that they continued to flourish.

The term *blind pig* (*blind tiger*) originated in the United States in the 19<sup>th</sup> century; it was applied to lower-class establishments that sold alcoholic beverages illegally.

The operator of an establishment (saloon or bar) would charge customers to see an attraction (such as an animal) and then serve a *complimentary* alcoholic beverage, thus circumventing the law. The name *speakeasy* was revived in the late 2000s in the USA, to refer to a legal, prohibition-themed cocktail bar, serving only classic cocktails.

The term has now expanded, to include all retro bars, and to non-Prohibition countries such as Australia (by 2010) and the United Kingdom (by 2012).

A **truck stop**, also known as a **transport cafe** in the United Kingdom and as a **travel center** by major chains in the USA, is a commercial facility, which provides refuelling, rest (parking), and often ready made food and other services to motorists and truck drivers.

Truck stops are usually located on or near a busy road.

Originally, the machines in U.S. **automats** took only nickels. In the original format, a cashier would sit in a change booth in the centre of the restaurant, behind a wide marble counter with five to eight rounded depressions in it. The diner would insert the required number of coins in a machine and then lift a window, which was hinged at the top, to remove the meal, which was generally wrapped in waxed paper.

The machines were filled from the kitchen behind. All or most New York automats also had a cafeteria-style steam table where patrons could slide a tray along rails and choose foods, which were ladled out of steaming tureens.

The automat was brought to New York City in 1912 and gradually became part of popular culture in northern industrial cities.

Horn & Hardart was the most prominent automat chain. In its heyday, recipes were kept in a safe, and described how to place the food on the plate as well as how to make it.

The automats were popular with a wide variety of patrons, including Walter Winchell, Irving Berlin and other celebrities of the era. The New York automats were popular with out of work songwriters and actors. The format was threatened by the arrival of fast food, served over the counter and with more payment flexibility than traditional Automats, in the Automats' core urban markets in the 1970s; their remaining appeal was strictly nostalgic.

Another contributing factor to their demise was inflation of the 1970s, making the food too expensive to be bought conveniently with coins, in a time before bill acceptors commonly appeared on vending equipment.

At one time there were 40 Horn & Hardart automats in New York City alone. The last one closed in 1991. Horn and Hardart converted most of its New York City locations to Burger Kings. At the time, the quality of the food was described by some customers as on the decline.



A **bouchon** is a type of restaurant found in Lyon, France, that serves traditional Lyonnaise cuisine, such as sausages, duck pate or roast pork. Compared to other forms of French cooking such as nouvelle cuisine, the dishes are quite fatty, and heavily oriented around meat. There are around 20 officially certified traditional bouchons, but a larger number of establishments describing themselves using the term.

Typically, the emphasis in a bouchon is not on haute cuisine, but rather, a convivial atmosphere and a personal relationship with the owner.

The tradition of bouchons came from small inns visited by silk workers passing through Lyon in the seventeenth and eighteenth centuries. According to Le petit Robert this name derives from the 16<sup>th</sup> century expression for a bunch of twisted straw.

A representation of such bundles began to appear on signs to indicate restaurants, and by extension the restaurants themselves became known as bouchons.

The more common use of *bouchons* as a stopper at the mouth of a bottle, and its derivatives, has a different etymology. While many bouchons are now oriented strongly towards the tourist market, with increased prices and less traditional fare as a result, a typical meal in a real bouchon costs around €12-15 as of 2012.

**Cuisine:** typical items in the bouchon repertoire include:

**Soup:** tripe soup, pumpkin soup

**Salads and cold entrees:** chicken liver salad, pig's head cheese, groins moulinhuile, marinated herrings, salade Lyonnaise (lettuce with bacon, croutons, and a poached egg)

**Hot entrees:** chicken liver cake, boudin (sausage, usually served with warm apples)

**Offal:** andouillette (pork offal sausage), assorted offal gratin

**Fish:** stingray, quenelles (fish dumplings), grilled fillets

**Meat:** coq au vin, pot au feu (pot roast), chicken thighs stuffed with morels

**Vegetables:** cardoon à la moelle (in bone marrow), barboton, paillasson de Lyon

**Cheese:** Saint-Marcellin, Saint-Felicien, Rigotte de Condrieu

**Desserts:** walnut pie, lemon meringue pie, caramelized apples, bugnes de Lyon (miniature beignets)

**Exercise 1. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 2. Characterize the culinary art.**

Culinary art is the art of cooking. The word *culinary* is defined as something related to, or connected with, cooking or kitchens. A culinarian is a person working in the culinary arts. A culinarian working in restaurants is commonly known as a cook or a chef. Culinary artists are responsible for skillfully preparing meals that are as pleasing to the palate as to the eye. Increasingly they are required to have knowledge of the science of food and an understanding of diet and nutrition. They work primarily in restaurants, fast food chain store franchises, delicatessens, hospitals and other institutions.

**Exercise 3. Specify the economics in the food industry.**

As of 2008, there are approximately 215,000 full-service restaurants in the USA, accounting for \$298 bn, and approximately 250,000 limited-service (fast food) restaurants, accounting for \$260 bn.

There are 86,915 commercial foodservice units in Canada, or 26.4 units per 10,000 Canadians. By segment, there are: 38,797 full-service restaurants, 34,629 limited-service restaurants, 741 contract & social caterers, 6,749 drinking places. Fully 63% of restaurants in Canada are independent brands. Chain restaurants account for the remaining 37%, many of these are locally owned and operated franchises.

One study of new restaurants in Cleveland, Ohio found that 1 in 4 changed ownership or went out of business after one year, and 6 out of 10 did so after three years. (Not all changes in ownership are indicative of financial failure.) The three-year failure rate for franchises was nearly the same. In some cases, supposed national dishes are similar to urban legends, especially when relating to countries that are exotic from the perspective of another country; the popularity of fried spiders in Cambodia and dogs in Korea is largely overestimated in the West.

Urban legend-like national dishes can turn into a self-fulfilling prophecy, as demonstrated by the example of the Scottish deep-fried Mars bar, which is believed to have become at least moderately popular after English media circulated the story of its existence.

## EATING PLACE DEFINITIONS

*Eating place* – a building where people go to eat

*buffet* – a small cafe at a bus or railway station

*cabaretta* – restaurant or club where there is cabaret

*carryout* – a takeaway meal or restaurant

*carvery* – a restaurant where meat is cut for you at a table in the restaurant

*coffee bar (house)* – a small cafe where you can have hot drinks and cakes

*coffee shop* – a place in a hotel or department store, where drinks, light meals are served

*coffee shop* – an informal restaurant that serves drinks and cheap meals

*commissary* – a restaurant in a large organization, especially in a film or television studio

*cybercafe* – a cafe with computers so that customers can use the Internet

*diner* – a small restaurant that sells simple cheap food resembles a dining car

*drive-in* – a restaurant where you can have a meal without leaving your car

*grill (grillroom)* – a restaurant that serves mainly simple food, especially grilled food

*hole-in-the-wall* – a very small shop or restaurant

*Internet cafe* – a cafe where people can pay to use the Internet, send emails etc.

*joint* – a restaurant, bar, or club, especially one that is cheap and not very nice

*pavement cafe* – a restaurant with tables and chairs outside on the pavement

*pop-up* – a restaurant, shop that opens for a short time in a surprising location

*chophouse (steakhouse)* – a restaurant that sells mainly steak

*tandoori* – an Indian restaurant, especially one that uses the tandoori method of cooking

*teahouse* – a small restaurant, especially in Asia, where tea and cakes are served

*transport cafe* – a cheap restaurant next to a main road, used especially by truck drivers

*trattoria* – an Italian restaurant, especially one that is simple and informal

*truck stop* – an area with a restaurant beside a major road where truck drivers stop

*wine bar* – a place where you can drink wine and eat a meal

*sandwich bar* – a restaurant or take-away food shop that primarily sells sandwiches

*automat* – a fast food restaurant served by coin(bill)-operated vending machines

*bistro* – a small informal restaurant; serves wine

*brasserie* – a small restaurant serving beer and wine as well as food; usually cheap

*brewpub* – a combination brewery and restaurant; beer is served along with food

*pub* – an establishment for the sale of beer and other drinks, and sometimes also food

*cafe (coffee bar, -shop, coffeehouse)* – a small restaurant where drinks and snacks are sold

*cafeteria* – a restaurant where you serve yourself and pay a cashier

*canteen* – restaurant in a factory; where workers can eat

*greasy spoon* – a small restaurant specializing in short-order fried foods

*hash house* – an inexpensive restaurant

*lunchroom* – a restaurant (in a facility) where lunch can be purchased

*tea parlour (-house, -room, -shop)* – a restaurant where tea and light meals are available

*tavern* – bar or pub. *taverna* – a small Greek restaurant or cafe

*mobile canteen* – a restaurant outside; often for soldiers or policemen

*rotisserie* – a restaurant that specializes in roasted and barbecued meats

*pizzeria* – a restaurant that serves pizza

*pizza parlour* – a shop or a restaurant where pizza is sold

**Exercise 1. Add some information & make up a small report and give a talk in class.**



## CAREERS IN CULINARY ARTS

There are a wide variety of opportunities in the culinary arts profession. Below is a non-exhaustive list at some opportunities available to those interested in working as culinary professionals.

- **Chefs and cooks** – Work directly with the preparation at food for service in various establishments including full-service restaurants, catering facilities, institutional dining, corporate dining, and various other venues. It has been recorded that 54% of all culinary art professionals are female.

- **Dining Room Service** – the profession of managing a restaurant. Associate, bachelor, and graduate degree programs are offered in restaurant management by community colleges, junior colleges, and some universities in the United States.

- **Food and Beverage Managers** – manage all food and beverage outlets in hotels and other large establishments

- **Food and Beverage Controllers** – purchase and source ingredients in large hotels as well as manage the stores and stock control.

- **Consultants and Design Specialists** – works with restaurant owners in development of menus, layout and design of dining room and establishing cosina protocols.

- **Salespeople** – introduce chefs and business owners to new products and are able to demonstrate the proper use at equipment. They may sell any range at products needed in the industry from various food products to equipment.

- **Teachers** – train future culinary professionals with their experience in the classroom.

- **Food Writers and Food Critics** – establish a public contact with the public on food trends, chefs and restaurants. Many write for newspapers, magazines and some publish books. Notables in this field include Julia Child, Craig Claiborne and James Beard.

- **Food Stylists and Photographers** – work with magazines, books, catalogs and promotional and advertising to make them visually appealing.

- **Research and Development Kitchens** – develop new products for commercial manufacturers, they can also be test kitchens for publications or others can be kitchens for restaurant chains or grocery chains.

- **Entrepreneurship** – many culinarians develop their own business with examples including restaurants, bakeries, specialty food manufacture (chocolates, cheese).

The occupation outlook for chefs, restaurant managers, dieticians, nutritionists is good, with *as fast as the average* growth. Increasingly a college education with formal qualifications is required for success in this field.

### Food service & Food safety

The foodservice industry encompasses those places, institutions, and companies responsible for any meal prepared outside the home. This industry includes restaurants, school & hospital cafeterias, catering operations, and many other formats. The companies that supply foodservice operators are called foodservice distributors. Foodservice distributors sell goods like small wares (kitchen utensils) & bulk foods. Some companies manufacture products in both consumer and foodservice versions. The consumer version usually comes in individual-sized packages with elaborate label design for retail sale. The foodservice version is packaged in a much larger industrial size.

It often lacks the colorful label designs of the consumer version. The foodservice industry is one of the largest employers in the United States.

Food safety is a scientific discipline describing handling, preparation, and storage of food in ways that prevent foodborne illness. This includes a number of routines that should be followed to avoid potentially severe health hazards. Food can transmit disease from person to person as well as serve as a growth medium for bacteria that can cause food poisoning.

Debates on genetic food safety include such issues as impact of genetically modified food on health of further generations and genetic pollution of environment, which can destroy natural biological diversity.

In developed countries, there are intricate standards for food preparation, whereas in lesser developed countries, the main issue is simply the availability of adequate safe water, which is usually a critical item. The foodservice industry is emerging from one of the leanest periods in its history. With tepid revenue growth, a trend that may outlast the recession, foodservice manufacturers are tightening their belts and putting trade spending squarely in the crosshairs.

In the U.S. foodservice industry, the number and types of players are proliferating and foodservice manufacturers are struggling to manage a newly complex network of distributors, partners and promotional programs.

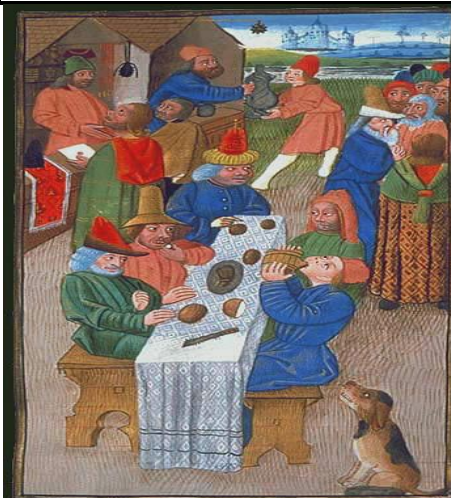
Between the manufacturer and the operator (of restaurants, institutions, catering services and others) is a large and growing group of middlemen. Local distributors are potentially moving to the regional level. Mid-tier distributors are joining buying groups.

Operators are forming group purchasing organizations (GPOs) to increase their leverage over manufacturers. Each one wants a discount via trade marketing funds, because each claims to *own* the operator. Amid this increasingly complex route to market, the current or future roles of the various players are not at all clear

**Exercise 1. Digest information briefly in English.**

**Exercise 2. Transfer the given information from the passages onto a table.**

№	Activity			
	Restaurant	Where	When	Score
1.				





## REGULATORY AGENCIES

### European Union

The parliament of the European Union (EU) makes legislation in the form of directives and regulations, many of which are mandatory for member states and which therefore must be incorporated into individual countries' national legislation. As a very large organization that exists to remove barriers to trade between member states, and into which individual member states have only a proportional influence, the outcome is often seen as an excessively bureaucratic *one size fits all* approach.

However, in relation to food safety the tendency to err on the side of maximum protection for the consumer may be seen as a positive benefit. The EU parliament is informed on food safety matters by the European Food Safety Authority. Individual member states may also have other legislation and controls in respect of food safety, provided that they do not prevent trade with other states, and can differ considerably in their internal structures and approaches to the regulatory control of food safety.

### United Kingdom

The UK Food Standards Agency is the body responsible for food safety policy and legislation, with enforcement carried out by *Food Authorities* which are the local authorities and, in respect of imports, port health authorities. The Agency provides guidance and information to food businesses as well as enforcement bodies, and mounts publicity campaigns aimed at informing the public about food safety.

The official control of food is governed by criminal law, with the main primary legislation in the form of the Food Safety Act 1990. There is a raft of subordinate regulations, many of which implement European Union directives and regulations, prescribing requirements for hygiene, limits for contaminants, controls over the use of additives, and labelling requirements, together with other matters related such as food quality and authenticity.

Regulatory control by food authorities is based on inspection of premises supplemented by sampling of food for analysis by public analysts (chemical analysis for contaminants etc.) and food examiners (microbiological examination for bacteria).

### United States

The Food and Drug Administration publishes the Food Code, a model set of guidelines and procedures that assists food control jurisdictions by providing a scientifically sound technical and legal basis for regulating the retail and food service industries, including restaurants, grocery stores and institutional foodservice providers such as nursing homes.

Regulatory agencies at all levels of government in the USA develop or update food safety rules in their jurisdictions that are consistent with national food regulatory policy.

According to the FDA, 48 of 56 states and territories, representing 79% of the U.S. population, have adopted food codes beginning with the 1993 edition.

In the United States, federal regulations governing food safety are 15 agencies sharing oversight responsibilities in the food safety system, although the two primary agencies are the U.S. Department of Agriculture (USDA) Food Safety and Inspection Service (FSIS), which is responsible for the safety of meat, poultry, and processed egg products, and the Food and Drug Administration (FDA), which is responsible for virtually all other foods. FSIS inspection program personnel inspect every animal before slaughter and each carcass after slaughter to ensure public health requirements are met.

## **State & local regulation**

A number of U.S. states have their own meat inspection programs that substitute for USDA inspection for meats that are sold only in-state. Certain state programs have been criticized for undue leniency to bad practices. However, other state food safety programs supplement, rather than replace, Federal inspections.

For example, state health departments have a role in investigating outbreaks of food-borne disease bacteria. Health departments promote better food processing practices to eliminate these threats. Restaurants and other retail food establishments fall under state law and are regulated by state or local health departments.

Typically these regulations require official inspections of specific design features, best food-handling practices, and certification of food handlers. In some places, a letter grade or numerical score must be prominently posted following each inspection. In some localities inspection deficiencies and remedial action are posted on the Internet.

### **Australia**

Australian Food Authority is working toward ensuring that all food businesses implement food safety systems to ensure food is safe to consume in a bid to halt the increasing incidence of food poisoning, this includes basic food safety training for at least one person in each business. Smart business operators know that basic food safety training improves the bottom line, staff take more pride in their work; there is less waste; and customers can have more confidence in the food they consume.

Food Safety training in units of competence must be delivered by a Registered Training Organization (RTO) to enable staff to be issued with a nationally-recognized unit of competency code on their certificate. Generally, this training can be completed in less than one day. Training options are available to suit the needs of everyone.

Training may be carried out in-house for a group, in a public class, via correspondence or online. Basic Food Safety Training includes:

- Understanding the hazards associated with the main types of food and the conditions to prevent the growth of bacteria, which can cause food poisoning.
- The problems associated with product packaging such as leaks in vacuum packs, damage to packaging or pest infestation, as well as problems and diseases spread by pests.
- Safe Food handling includes safe procedures for each process such as receiving, re-packing, food storage, preparation and cooking, cooling and re-heating, displaying products, handling products when serving customers, packaging, cleaning and sanitizing, pest control, transport and delivery.
- Catering for customers who are particularly at risk of food-borne illness, including allergies and intolerance.
- Correct cleaning and sanitizing procedures, cleaning products and their correct use, and the storage of cleaning items such as brushes, mops and cloths.
- Personal hygiene, hand washing, illness, and protective clothing.

People responsible for serving unsafe food can be liable for heavy fines under this new legislation, consumers are pleased that industry will be forced to take food safety seriously.

***Exercise 1. Choose the key phrases that best convey the gist of the information.***

***Exercise 2. Draw up some dialogues and carry them on with your classmate in class.***

***Exercise 3. Read the information & pick up the essential details in the form of quick notes.***

## CONSUMER LABELING

### United Kingdom

Food stuffs in the UK have one of two labels to indicate the nature of the deterioration of the product and any subsequent health issues.

**Best before** indicates a future date beyond which the food product *may* lose quality in terms of taste or texture amongst others, but does not imply any serious health problems if food is consumed beyond this date (within reasonable limits).

**Use by** indicates a legal date beyond which it is not permissible to sell a food product due to the potential serious nature of consumption of pathogens. Leeway is sometimes provided by producers in stating **display until** dates so that products are not at their limit of safe consumption on the actual date stated. This allows for the variability in production, storage and display methods.

### United States

With the exception of infant formula and baby foods which must be withdrawn by their expiration date, Federal law does not require expiration dates. For all other foods, except dairy products in some states, freshness dating is strictly voluntary on the part of manufacturers. In response to consumer demand, perishable foods are typically labeled with a **Sell by** date. It is up to the consumer to decide how long after the Sell by date a package is usable.

### Food quality

Food quality is the quality characteristics of food that is acceptable to consumers.

This includes external factors as appearance (size, shape, colour, gloss, and consistency), texture, and flavour; factors such as federal grade standards (e.g. of eggs) and internal (chemical, physical, microbial). Food quality is an important food manufacturing requirement, because food consumers are susceptible to any form of contamination that may occur during the manufacturing process. Many consumers also rely on manufacturing and processing standards, particularly to know what ingredients are present, due to dietary, nutritional requirements, or medical conditions (e.g., diabetes, or allergies). Besides ingredient quality, there are also sanitation requirements. It is important to ensure that the food processing environment is as clean as possible in order to produce the safest possible food for the consumer. Food quality also deals with product traceability, e.g. of ingredient and packaging suppliers, should a recall of the product be required.

### Menu engineering

Menu Engineering is an interdisciplinary field of study devoted to the deliberate and strategic construction of menus. In general, the term *menu engineering* is used within the hospitality industry (specifically in the context of restaurants), but can be applied to any industry that displays a list of product or service offerings for consumer choice.

Typically the goal with menu engineering is to maximize a firm's profitability by subconsciously encouraging customers to buy what you want them to buy, and discouraging purchase of items you don't want them to buy. Fields of study, which contribute most to menu engineering include: Psychology (Perception, Attention, Emotion / Affect); Managerial Accounting (Contribution Margin and Unit Cost Analysis); Marketing & Strategy (Pricing, Promotion); Graphical Design (Design Layout, Typography). Perception & Attention – Visual perception is inextricably linked to how customers read a menu.

Most menus are presented visually (though many restaurants verbally list daily specials), and the majority of menu engineering recommendations focus on how to increase attention by strategically arranging menu categories within the pages of the menu, and item placement within a menu category. This strategic placement of categories and items is referred to as the theory of *sweet spots*.

**Managerial Accounting**

The thought is, the customer is most likely to remember the first and last things they see/read on a menu – hence, sweet spots on a menu should be where the customers looks first and last. To date, there is no empirical evidence on the efficacy of the sweet spots on menus. Ceteris paribus, the primary goal of menu engineering is to encourage purchase of your most profitable items, and to discourage purchase of your least profitable items.

To that end, the firm must first calculate the cost of each item listed on the menu. This costing exercise should extend to all items listed on the menu, and should include all categories of cost associated with each item should reflect all costs incurred because of that item. Optimally item costs should include: food cost (including wasted product and product loss), incremental labor (e.g. cost in in-house butchering, pastry production or prep), condiments and packaging. Only incremental costs/efforts should be included in the item cost. After an item's cost and price has been determined (see pricing in the Marketing section), evaluation of an item's profitability is based on Item Contribution Margin.

**Marketing (Price & Promotion)**

By using guest demand (the menu mix) and gross profit margins, the relative performance of each menu item is determined, and assigned one of the following terms:

**Stars** are extremely popular and have a high contribution margin. Ideally Stars should be your flagship or signature menu item.

**Plow Horse or Cash Cows** are high in popularity but low in contribution margin. Plow horse menu items sell well, but don't significantly increase revenue.

**Puzzles** are generally low in popularity and higher contributions. Puzzle dishes are very difficult to sell, but have a high profit margin.

**Dogs** are low in popularity and low in contribution margin. Basically they are difficult to sell and when you do they are not all that profitable.

The **National Restaurant Association** is a restaurant industry business association in the United States with 60,000 member companies, representing a total of more than 300,000 restaurants. It operates the National Restaurant Association Educational Foundation.

The association was founded in 1919. The association develops food safety training and certification program for restaurant employees. It also offers scholarships to foodservice and hospitality management and culinary students, and runs a national program for high school students. It runs an annual restaurant and hospitality industry trade show in the U.S. in Chicago and conducts research about the restaurant industry in the U.S.

**Exercise 1. Transfer the given information from the passages onto a table.**

№	Activity			
	Notion	Where	When	Score
1.				

## JUST BECAUSE IT LOOKS BAD DOESN'T MEAN IT'S GOOD

Not many people get as excited as I do about books of obsolete restaurant reviews.

I especially like *The New Orleans Underground Gourmet*. In the revised 1973 edition reviewer Richard H. Collin zapped a few well-known tourist places as well as some less expensive restaurants which had *little or nothing to recommend them* in order to *spare the reader's time and stomach*. He produced enjoyable reading for anyone inclined to find humor in bad reviews. Thank you, Richard H. Collin, for writing honestly instead of turning out publicity puffs. Please note that this post is not meant to suggest or imply anything at all about any currently operating restaurants & certainly not about New Orleans restaurants in general.

***The Court of Two Sisters*** – "The food ranges from horrible to inedible. The restaurant relies on the fame of New Orleans cooking and the beauty of the French Quarter to perpetuate nothing less than a systematic outrage against all who enter its doors."

***Napoleon Restaurant*** – "The menu is pseudo-French with parenthetical notes after specialties saying "Try me" ... On a recent visit a special treat was the addition of canned fruit cocktail served in the wineglass with the St. Emilion ordered for dinner. More fruit cocktail later turned up on a main-dish plate of gray tough veal. Astonishing!"

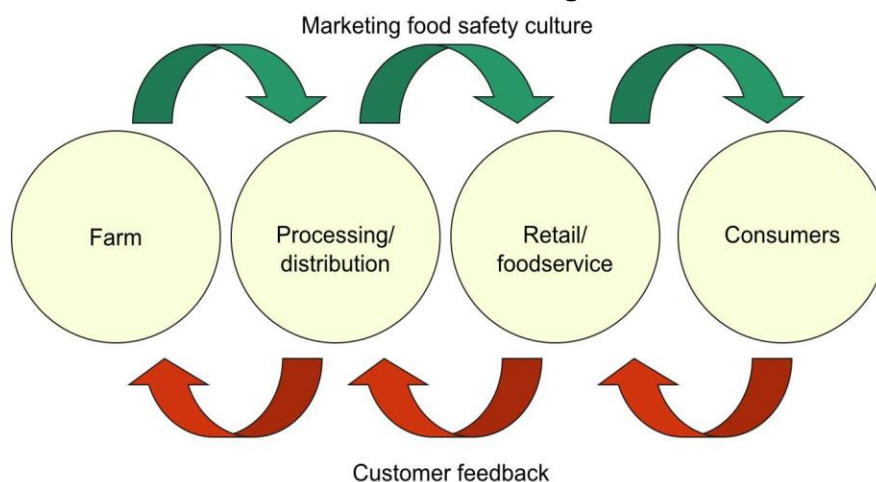
***Marco Polo Restaurant*** – "A combination of the worst of two cuisines that deserve better: Italian and Chinese. The food is equally bad from either menu. Poor Marco Polo! Little did he dream on his return from Italy from China in 1295 that someone would build him a monument like this in 20th century New Orleans."

***Pete's Spaghetti House*** – "A strong contender for the worst-food-in-New-Orleans award. Steak in a garlic butter sauce (raw chopped garlic and butter) and spaghetti imprisoned under a heavy red sauce are equally atrocious."

***Ben's Pizza*** – "Ben is the king of prefab pizza, turning out more of the horrible little things than anyone else in town with a whole bank of miniature heating ovens. Is it better to eat these pizzas quickly before they become unglued or to let them cool, put them aside, and pick up a hamburger on the way home?"

***The Smokehouse*** – "This is a strong contender for the title of Worst Restaurant in New Orleans. For years the Smokehouse has been giving barbecue a terrible name in the city, with its miserable mystery meat and serve-yourself sauce in tiny paper containers".

***Carlos Restaurant*** – "Slices of packaged white bread, margarine, cans of condensed milk on the table, and a luncheon special that is sold out by 1 P.M. are examples of why not every restaurant in New Orleans that looks bad is good."



## TOPICAL VOCABULARY

**eat** – есть; поглощать, поедать

to eat crisp – хрустеть, есть с хрустом

to eat heartily (voraciously) – есть с аппетитом *Syn. consume, devour, dine, gobble gorge, sup, wolf*

eat away – съедать, пожирать

to eat away at one's nerves – действовать на нервы, изводить

eat in – питаться дома; столоваться по месту работы

Are we eating in tonight? – Мы сегодня ужинаем дома?

eat out – питаться вне дома

Let's eat out tonight, I'm too tired to cook. – Давай сегодня пойдем в какой-нибудь ресторан, я слишком устала, чтобы ещё готовить.

eat off – есть за чей-л. счёт He's been eating off his brother for weeks. – Он уже несколько недель живёт за счёт своего брата.

eat up – 1) съесть всё до конца *Syn. raven, gobble up* 2) ранить чьи-л. чувства

Is something eating her up? She seems worried. – Её что-то беспокоит? Она выглядит взволнованно.

to eat out of smb.'s hand – безоговорочно подчиняться кому-л.

to eat smb. out of house and home – объедать, разорять кого-л.

to eat one's dinners (terms) for the bar – учиться на юридическом факультете; готовиться к адвокатуре

I'll eat my boots (hat, head). – Даю голову на отсечение. What's eating you? – Какая муха тебя укусила? to eat the ginger – брать всё лучшее, снимать пенки

to eat one's words – брать назад свои слова

to be eaten up with – умирать от (любопытства)

to eat humble pie – смириться, проглотить обиду, покориться; унижаться

to eat one's heart out – кусать локти, смириться с незавидное участью,

Eat your heart out, Europe. American beauty rules. – Умойся слезами, Европа.

Сегодня в моде *красота по-американски*.

to eat away – съедать, пожирать

to eat boiled crow – быть заставленным, вынужденным что-л. сделать

to eat fully – есть досыта to eat like a horse – много есть

to eat till one is full – есть до отвала

to eat salt with smb. – 1) быть чьим-л. гостем 2) быть нахлебником у кого-л.

to eat the ginger – брать всё лучшее, снимать пенки, сливки

to eat up the clock – тянуть время

**eatability** – съедобность, пригодность в пищу *eatable* – съедобный

**eater** – едок; a heavy eater – славный едок; a light eater – плохой едок

**eating** – принятие пищи; еда *Syn. meal*

eating behavior – поведение во время еды

eating habit – особенность, привычка, манера питания

**beer** and skittles – развлечения, забавы to be in beer – быть выпивши

beer chaser – *прицеп* (стакан пива вслед за виски)

beer goggles – состояние алкогольного опьянения

**Exercise 1. Analyze the vocabulary notes and remember them.**

## SUZANNE, LODI



That is perched overlooking long sloping green terraces on the east side of Seneca Lake. It was perfect from start to finish. The food was beautiful and delicious. I especially liked that the flavors came from the food itself rather than an overload of butter, cream, and salt. (Not that I don't love all those bad things.) This came through very strongly in the warm asparagus soup.

The wine, the best of the local wineries, was excellent also.

The pleasant yet simple dining room had a charming European feel to it. Suzanne is worth a trip out of your way. In the mid-19<sup>th</sup> century there was only one American restaurant with a worldwide reputation, Delmonico's in New York City.

A Tribune reporter wrote in the 1840s that Delmonico's represented the sole example of an *expensive & aristocratic* restaurant which was "equal in every respect, in its appointments and attendance as well as the quality and execution of its dishes, to any similar establishment in Paris itself". Consequently the name Delmonico was worth gold. In the middle of the century it began to crop up everywhere. The best known of the *other Delmonicos* was one in San Francisco. It came by its name honestly since it was established by Cyrus Delmonico, an Italian-Swiss relative of the New York Delmonicos. He opened his restaurant in 1850, selling it two years later to Giocondo Giannini.

In 1850 Delmonico's in San Francisco occupied the second floor of a frame house whose lower floor held a market selling beef, Sandwich Islands squashes, and \$2 cabbages. The narrow room whose walls and ceiling were covered in white muslin held two rows of tables. Even though modest in appearance it was considered one of the best and most expensive eating places in a town where provisions were scarce and miners carried gold in their pockets. Breaded veal cutlets went for \$1 and lobster salad was \$2. With wine, a full meal could easily cost the princely sum of \$5.

There continued to be a Delmonico's in San Francisco into the 20th century though how much continuity it had with the 1850s establishment I don't know. After the turn of the century it was classed with other eating places designated as *French restaurants* (meaningfully enclosed in quotation marks) or *so-called French restaurants*, which everyone knew meant that upstairs rooms were available for sexual liaisons. Delmonico's, along with Marchand's, the Poodle Dog, the Pup, and Tortoni's, were the object of a shakedown by public officials who held up liquor licenses until protection money was paid. What is interesting about most of the Delmonico restaurants that populated the West and other parts is that a proprietor could be of any nationality as could the fare.

Many had cuisine that might be described as ethnically indeterminate, as is illustrated by a menu from San Diego's turn-of-the-century Delmonico which features roast beef, roast pork, or roast mutton served with fried potatoes, bread & butter, coffee, supplemented by baked beans, omelets, ham & eggs, oysters, and pie.

### **Between courses: Beard at Lucky Pierre's**

In the summer of 1953 James Beard was cook and manager at a casual hamburger and hotdog eatery on the island of Nantucket. It wasn't your everyday hamburger joint.

The hamburger rolls were made on the premises. And some highfalutin snacks, such as lobster soufflé, local sausage in puff pastry, and handmade chocolate rolls by Rudolph *the omelet king* Stanish, came out of the kitchen.

Beard contributed Swiss onion tarts and salads with fresh picked corn. Also unusual was the place's name – the meaning of which will not be explained here. It was certain to raise a few eyebrows and may suggest why, according to a strangely puzzled Beard, "The natives resent the off-Islanders. We have had reports that we take dope and have sex orgies in the middle of Lucky Pierre's all the time". Evidently they got over their misgivings, though, because later he writes, "They are all finding out that they can bring the children ... that we are specializing in respectability and good food."

Beard viewed his summer at Lucky Pierre as an experiment. He believed the East Coast was ripe for a new type of specialty, gourmet hamburgers of the sort found in California. He considered opening his own restaurant specializing in such fare. "If it goes the way I think it will, we shall take our lives in our hands and start the same thing here in New York", he wrote to his good friend and cookbook co-author Helen Brown.

His dream of running a restaurant where "there is money to be made by the wheelbarrow load" did not materialize. Lucky Pierre was popular but it had a gravel floor which the Nantucket board of health declared unsanitary and this somehow led to its downfall. The advertisement shown here appeared at just about the exact time was stepping off the ferry, in the June 22, 1953, edition of *This Week in Nantucket*.

### **Basic fare: spaghetti**

In the 1890s, it was considered daring to go to an Italian restaurant and eat spaghetti.

The restaurants were not in affluent neighborhoods and some middle-class people worried (largely needlessly) about how clean they were. Non-drinkers didn't approve of the *red ink* (wine) that came with the spaghetti. Some women felt it was not ladylike to eat spaghetti in public. Then there was the garlic, which was considered seriously foreign by many Americans. But others, especially offbeat types – artists, musicians, and free spirits known as *bohemians* – loved the whole experience: spaghetti, wine, garlic, low prices, and the friendly atmosphere found in most Italian places.

The future of spaghetti belonged to them. Italian pastas were not really new in this country. Thomas Jefferson brought several cases back from Paris in the 1780s and when he ran out he imported a piece of equipment for making macaroni (as all pastas were known then). Macaroni occasionally shows up on menus before the Civil War.

In 1844, the Cafe Tortoni, a French restaurant in NYC, featured stewed beef with macaroni. Pastas were growing popular enough by 1888 to be manufactured in the United States, made of durum wheat grown in the Dakotas.

The bohemian fad for spaghetti grew stronger in the early 20<sup>th</sup> century, particularly in lower Manhattan and San Francisco. Diners flocked to Gonfarone's in Greenwich Village.



Despite its low prices, the restaurant made money because a 50-cent dinner with a complimentary glass of wine cost but pennies to put on the table – about 2 cents for the spaghetti and a few cents for a carafe of the red California claret bought by the barrel, 40 or 50 at a time.

In 1904 short story writer O. Henry swelled the fame of the spaghetti restaurant with *A Philistine in Bohemia*. The story involved a poor, unsophisticated daughter of a rooming house keeper who is taken out to a restaurant called Tonio's by one of her mother's boarders.

When they arrive at the restaurant he disappears, later to emerge from the kitchen as the chef who is warmly greeted by the regular diners who regard him with awe.

Spaghetti sauces in the early Italian restaurants often were made of a brown sauce mixed with tomato sauce. The whole dish sprinkled with freshly grated Parmesan cheese.

The brown sauce was made with thickened beef broth, sauteed mushrooms, and sometimes truffles and chicken livers.

By around 1910, spaghetti had spread to restaurants run by non-Italians. It might appear on menus as *Spaghetti Italienne* or as *authentic Italian* if garlic was used, perhaps a warning to avoiders. On the other hand, bland American-style spaghetti quickly became a regular in cheap cafés and on cafeteria steam tables.

In *home-cooking* places, such as Foster's on South Wabash in Chicago, it joined a mélange of 25-cent dishes like ham with macaroni, creamed eggs on toast, corn fitters with maple syrup, clam chowder, and baked beans. Spaghetti, Italian continued as a staple restaurant dish during successive decades, in speakeasies of the 1920s, Depression dives and diners, and a variety of restaurants during the meatless months of World War II.

Next, came pre-cooked meatballs and prepared sauces in the 1960s & 1970s, which meant even virtually kitchenless restaurants could serve spaghetti. Its cheapness and the fact that children like it also made spaghetti a favorite of family restaurants and the basis of chains such as the Old Spaghetti Factory, the original of which was started in Portland OR by a Greek immigrant in 1969.

### **Famous in its day: The Maramor**

Imagine a restaurant management style diametrically opposed to Gordon Ramsay's (as he takes command in nightmarish kitchens on TV), and you might well be picturing how Mary Love ran her restaurant, The Maramor in Columbus, Ohio.

Mary was a home economist who had previously managed the tea room at the F & R Lazarus department store in Columbus. Single, 29 years old, and a lodger in a family's home, she opened a small place in 1920.

Not much later, she married Malcolm McGuckin and for a few years they lived in California where he ran a Wills Sainte Claire auto dealership. Malcolm was president of the company, which also included a candy shop, while Mary, mother of four by 1928, managed the restaurant. She believed in supervising employees in a non-conflictual way. Mary's style of management, which Whyte characterized as the *open-minded exploratory approach*, stressed listening, participation, and sensitivity to others' feelings.

"Make sure there is no personal embarrassment to any individual", she insisted. Also, "Guide the meeting so that an ... overemotional person does not take the reins".

In 1941 Mary described to a home economics conference how she ran her kitchen.

She avoided frying and stressed the nutritional properties of food, preparing fresh vegetables to retain flavor and vitamins.

Each day her planning department presented the production manager with the day's menus, while a weighing and measuring specialist prepared trays with complete ingredients for every dish. The trays were given to the cooks, along with detailed instructions for cooking.

"This", Mary said, "helps them to keep their poise and self-respect through the working day, a cook with poise and self-respect has a better chance of turning out a good product". Thanks to testimonials from theatrical personalities appearing in plays in town, such as Helen Hayes and Alfred Lunt and Lynn Fontanne, the restaurant earned a national reputation.

Lunt & Fontanne, who ate there often, were so pleased with the restaurant's *Lamb Luntanne* that they declared in the guest book that The Maramor was "the best restaurant in America". Hayes, a queen in *Victoria Regina*, praised the Maramor's vichyssoise, calling it *A soup to a queen's taste*. Gertrude Stein and Alice B. Toklas may have eaten at The Maramor during their 1934 visit to Columbus.

It seems likely that Alice was referring to it when she wrote: "In Columbus, Ohio, there was a small restaurant that served meals that would have been my pride if they had come to our table from our kitchen. The cooks were women and the owner was a woman and it was managed by women.

The cooking was beyond compare, neither fluffy nor emasculated, as women's cooking can be but succulent and savoury". Duncan Hines named The Maramor one of his favorite eating places in an early 1947 interview, singling out its incomparable stewed chicken: "The chicken is as delicate in flavor, tender, the dumplings light as thistledown, cooked in the rich, creamy gravy". In 1945 the McGuckins had sold the restaurant to Maurice Sher and moved to California, so it's not clear exactly whose stewed chicken Hines meant. In 1948 the restaurant was listed in *Gourmet's Guide to Good Eating*.

The Shers operated the restaurant until 1969. Next, it had a short run as a music venue, the Maramor Club. The building was razed in 1972.



### **Subtle savories at Nucleus Nuance**

There doesn't seem to be much written about the restaurant side of this jazz nightclub, so here goes. First, why the goofy name? I don't know but I'll guess based on my knowledge of 1960s counterculture. It's not supposed to make sense. As a protest against conformist bourgeois society 1960s rebels named their businesses, bands, and children with groovy words that defied everyday logic but suggested deep mystical truth.

Regulars, though, called it *the Nucleus*, which seems to make a lot of sense for a source of good food and good music.

In 1969 Rudy Marshall, as chef, and Prince Forte, as maitre d', opened NN at 7267 Melrose Avenue in Los Angeles, serving "subtle savories for the discerning palate".

According to their own account which appeared on the back of a 1983 menu, a couple of years before moving to this location they had operated a *health-conscious cafeteria*, which managed to attract regulars such as Howard Hughes.

Throughout its tenure, until it closed ca. 1993, the Nucleus remained committed to organic food. Marshall, once a cook at the Aware Inn, followed the Inn's moderate approach to healthy cuisine, which permitted meat eating. One of the Nucleus's specialties, *Ra*, *The Untouchable* ("Prime ground lean steak, mixed with chopped mushrooms, cheddar cheese, black olives, bell peppers and onions"), was reminiscent of the *Swinger*, a burger served at the Aware Inn during Marshall's stint in the kitchen. It's likely that "Ra" was kin to an earlier NN incarnation called the *Evolution Burger*.

In 1979, Nucleus acquired new partners, the Venieros, who introduced fine vintage California wines, hooked up the restaurant with the Garlic Festival, and expanded the premises. Evidently, though, it remained unbeautiful. According to the Los Angeles Times in 1976, the dining room was windowless and "The front door leads you down a long corridor that makes you think you've walked in the back door by mistake".

In 1988, it sounded pretty much the same. A review by Alan Richman describes the entrance as "a nightmare, a series of twists & turns along a gloomy cinder-block passageway", adding that the uninviting exterior was "white cinder-block, the front door solid black, the overhead awning worn out". (He liked the place once he got settled.)

However, face it, jazz clubs are supposed to look like that – and, unlike NN, many of them have horrendous food to boot. Appearances aside, with new partners the Nucleus began to build its reputation as a venue, which attracted stars such as Herbie Hancock.

Joni Mitchell was frequently seen in the audience and commemorated the Nucleus in paintings. The menu expanded but kept old favorites such as The Ra, Salmon Souffle, Delectable Duckling ("with our incomparable papaya-cranberry sauce"), Oak Grove Cheese & Walnut Loaf (vegetarian, with curry sauce), and Lady Jana (carob mousse).

In the first edition of *The Best of Los Angeles* (1984), a guide by France's Gault Millau team, NN was named as the best place in town for salmon souffle. "We eat in restaurants several times a week and yet know very little about their history. I plan to dip into my archive of research and images every so often to present a little tidbit that highlights aspects of our American restaurant culture. Let me know your thoughts."





### **Between courses: where's my butter?**

In the early 1950s middle- and upper-income people in cities of 25,000 or more were surveyed about their restaurant habits. People with lesser incomes and those living in rural areas and small towns were excluded because they were considered to be infrequent restaurant patrons. Thirty-five percent of those surveyed reported eating a restaurant lunch or dinner, or both, four to seven times a week. About one-third of the respondents also volunteered complaints, some of which follow: "There was a lot of noise in the kitchen".

"One of the waitresses was mopping the floor all the time".

"A fellow beside me happened to have a choking spell and told me the whole story of how it happens once in a while". "The vegetables were canned".

"They don't serve butter with the meals".

"There was no one to greet us when we entered; we had to find a table ourselves".

"The tablecloth was dirty and the waiter was grouchy".

"The waiter's cuffs were in the food and perhaps his thumb in the soup".

"The waitress was flirting with my escort".

"The waitresses talked about each other when they had time".

"They started to turn off the lights before we left".

### **Taste of a decade: restaurants, 1810-1820**

The nation has begun to grow westward though settlement is still mostly along the coast. Seven cities exceed 10,000 in population in 1810, rising to eight over the decade.

In the largest city, commerce is on the rise, yet by mid-decade there are only eight hotels and five banks. Pigs run free in the streets. The defeat of Britain in the War of 1812-1815 does not cause an immediate end to British influence on public eateries, though there are a few French restorators. Beefsteaks are popular and oysters are served almost everywhere. Alcohol flows freely. Most eating-places are drinking places & boarding houses as well. Board can include lodging or not – some people pay a weekly or monthly fee simply for meals.

### **Highlights**

1810 – With close to 34,000 inhabitants Boston, the nation's fourth largest city, has almost 50 victuallers who run either cook shops where householders take food to be cooked or places where cooked food is served on the premises. There are also five confectioners, one restorator (Jean Gilbert Julien), three taverns, three coffee houses, and seven wine shops, some of which serve cooked food.

1811 – Robert Wrightson, owner of the Union Coffee House in Boston, advertises for "a young Woman to do Kitchen Work". He has recently opened a hotel near Cambridge where, he promises, he will stock the finest Champagne, Madeira, Sherry, Port, and London Brown Stout. Also on tap: bowling alleys and "Dinners and other Refreshments provided at the shortest notice".

1814 – In Newport RI, N. Pelichan announces he has opened a Victualling House and is ready to serve "good Beef-Steaks, Oysters, Turtle-Soups, etc. with Pastries, Wines and all kinds of Spiritous Liquors, of the very best quality". He looks forward to hosting dinners and suppers for men's clubs and societies which make up a good part of the dining public.

1815 – On July 17 Hannah Julien, who has run Julien's Restorator since the death of her husband Jean ten years earlier, informs the public that she will be serving a *fine green turtle* that day. In Salem MA, John Remond, who is black and from the West Indies, runs a restorator where he prepares soups, green turtles, cakes, wafers, French rolls, other delicacies.

1817 – Boasting that he has cooked for wealthy men as well as President James Madison, Henry F. Doyhar promises to furnish breakfasts, dinners and suppers at his Washington, D.C. fruit and pastry shop *on the shortest notice*. Evidently, he has a billiard table on the premises because a few months later he receives a pardon from President James Monroe for keeping it without a license. Meanwhile, over in Georgetown William Collins lures epicures with *the richest gravies, finest jellies*, York, Cove, and Nantiquoke oysters, canvassback ducks, and "every article that will serve to embellish a supper, and give gaiety and animation to the repast".

1818 – For a day of recreation, Philadelphia families head to Greenwich Point Tavern on the Delaware River. They order a meal or simply graze on turtle soup and ice cream, which are prepared every Sunday. If they become bored they take a boat ride across the river to Gloucester Point on the New Jersey side.

1819 – A New York oyster cellar on Chatham Street fills up around 9 p.m. with patrons who drop by for fried, stewed, or raw oysters washed down with their favorite alcoholic beverages. A visitor describes the interior: "There were several tables in little boxes, covered with cloths not very clean.

Having broken castors, filled with thick vinegar and dirty mustard, together with knives and forks not very tempting in their appearance". He is critical of the age of the patrons (too young), their appetites (too big), and the times (too extravagant).

#### **Between courses: nutburgers & orangeade**

Had S. J. Perelman not gone to Los Angeles to write for the movies – including the Marx brothers' *Horse Feathers* – we might never have known his reaction to LA's larger-than-life animals and shoes, etc., housing restaurants that served food he found hilariously weird. In a 1934 series of absurdist essays called *Strictly From Hunger* he portrays his introduction to the *Plushnick Studio* and his efforts to obtain a meal along Hollywood Boulevard. In a Pig'n Whistle cafe he orders an avocado salad, which the server covers with walnuts and chocolate sauce. He decides to order something else. She suggests the special nutburger. *Hamburger with chopped nuts*, she offered helpfully.

*Double ball of vanilla on the side*. "What would a man drink with that I muttered averting my eyes". "Well, how's about a Mammoth Malted Milk?" He faints.

Next, he goes to "a pink-and-blue shack whose neon lights told me that it was Burp Hollow, Home of the Realistic Ten Cent Hot Dog.



My head began to swim again and I hurried on". After passing up Bamboo Isle (*Strictly Kosher Turkey Sandwiches, Fifteen Cents*), he heads to what was probably Mother Goose. "Finally, in an eatery built in the shape of an old boot I was able to procure a satisfying meal of barbecued pork fritters and orangeade for seventy-five cents. Charming platinum-haired hostesses in red pajamas and peaked caps added a note of color to the scene, and a gypsy orchestra played Victor Herbert on musical saws".

In a 1936 photo series called *Chamber of American Horrors*, for which he wrote captions he describes Mother Goose as a place where "Inside, kiddies from six to sixty, most of whom are indistinguishable from each other, gnaw sizzling steaks and discuss their movie favorites".

Other eating-places included in the Chamber were the Toed Inn ("tasty combinations of avocado and bacon, pimento and peanut butter"), the Laughing Pig Barbecue Pit ("Etched in red and blue neon lights against the velvety southern California night, it can be seen and avoided for miles"), and the Pup ("The most ravenous appetite fades before this elaborate cheese dream").

### **BILL DARDEN & HIS BUSINESS**

Company founder Bill Darden opened his first restaurant, The Green Frog, at age 19.

From the beginning, Bill's restaurants focused on quality and service. With a passion for seafood, it was only a matter of time before Bill and his team opened the first Red Lobster in Lakeland, Fla., in 1968. By the early 1970s, the company expanded throughout the Southeast, establishing Red Lobster as the leader among seafood and casual dining restaurants. "Our biggest competition back then was the kitchen stove", said Joe Lee, a key member of that early crew who later went on to become CEO and chairman, leading the company through much of its growth. As it reached more parts of the country, Red Lobster continually introduced guests to fresh dishes that quickly became favourites, with many guests getting their first taste of calamari, snow crab and Key lime pie here – not to mention the fact that it is where popcorn shrimp was invented.

In 1995, after decades of success and growth, Red Lobster, together with Olive Garden & later Bahama Breeze, became part of Darden Restaurants, with Joe at the helm until 2005, when he turned the reins over to current CEO and Chairman Clarence Otis.

Over the years, our passion for seafood and delicious experiences has kept Red Lobster evolving. Our menu has grown and changed with our guests' tastes and our ability to bring the best of the sea to your table. The atmosphere has evolved to keep up with the times and to provide our guests a comfortable place to dine, enjoy and celebrate. But even as Red Lobster continues to grow, we remain dedicated to the standards of excellence and excitement for the sea that inspired Bill Darden in the first place.

Today, there are more than 680 Red Lobster locations in the United States and Canada.

Our reputation as seafood experts is known the world over. We're still as excited as ever to give you a great meal and feed your passion for seafood.

***Exercise 1. Analyze the information, which is in the highlight, and use it in practice.***

***Exercise 2. Transfer the given information from the passages onto a table.***

№	Activity			
	Event	Where	When	Score
1.				



***Exercise 3. Remember the special vocabulary.***

public eating place – место общественного питания

outdoor eating place – кафе (ресторан) на открытом воздухе

to find the best eating place – найти самое лучшее место, где можно поесть

to run a successful eating place – управлять успешным кафе или рестораном

public catering enterprise – предприятия общественного питания

barroom – бар, закусочная; буфет (в гостинице)

eating house – закусочная, столовая

eatery (caff) – столовая; забегаловка, закусочная

eating joint – закусочная, столовая

staff restaurant – столовая для персонала

non-commercial restaurant – ресторан для сотрудников фирмы, или ресторан, доход которого идет на благотворительные цели)



factory cafeteria – заводская столовая

diner – закусочная, построенная и оформленная по типу вагона-ресторана

dining car – вагон-ресторан

luncheonette (lunchroom) – буфет, закусочная (легкая закуска, легкий завтрак)

buffet – буфет, буфетная стойка (на вокзале, в аэропорту)

estaminet – маленькое кафе

snack bar – столовая, бар, буфет, закусочная

bean wagon – *забегаловка* (маленький дешевый ресторанчик без столов)

beanery – дешёвый ресторанчик, закусочная; столовка (место, где среди прочих блюд обычно подают фасоль)

barrelhouse – кабак, трактир с постоянным двором или ночлежкой

Jazz reigns happily and completely in the barrelhouse regions. – В кварталах дешёвых пивных счастливо и беспредельно царствует джаз.

The cost per meal with tip (that is, breakfast, lunch, or dinner) is highest in eating places classified as having atmosphere/specialty, followed by family-type restaurants, cafeterias and coffee shops. – Стоимость еды вместе с чаевыми (то есть, завтрака, обеда или ужина) выше всего в тех местах, которые предлагают особую атмосферу или экзотику, затем идут рестораны семейного типа, кафе и кафетерии.

## Five Keys to Food Safety



### Keep clean

- ✓ Wash hands properly before handling food and often during food preparation.
- ✓ Wash hands properly after going to the toilet.
- ✓ Cover the wounds or cuts on hands or arms properly with waterproof plasters.
- ✓ Wash and clean all surfaces, utensils and equipment used for food preparation.
- ✓ Protect kitchen areas and food from insects and pests.



### Separate raw food and ready-to-eat food

- ✓ Store ready-to-eat foods at upper compartments to prevent it from being contaminated by the drippings of raw food.
- ✓ Use separate knives and cutting boards for raw foods (like raw meat) and ready-to-eat foods (like sashimi).
- ✓ Cover or wrap food properly to prevent cross contamination.



### Cook food thoroughly

- ✓ Cook food thoroughly, especially meat, poultry, eggs and seafood.
- ✓ Reheat leftover food to 75°C or above before consumption and discard all leftovers if there is still food remained.
- ✓ Consume cooked food within two hours.



### Keep food at safe temperatures

- ✓ Do not leave cooked food at room temperature for more than two hours.
- ✓ Keep cold dishes and perishable foods such as meat, milk and egg products in refrigerator at below 4°C.
- ✓ Keep hot food in heating containers (above 60°C) prior to serving.
- ✓ Thaw frozen food under refrigeration.



### Use safe water and raw materials

- ✓ Buy raw materials from reputable shops or licensed premises.
- ✓ Select fresh and wholesome foods.
- ✓ Use potable water to clean raw materials.
- ✓ Wash fruits and vegetables thoroughly, especially if eaten raw.
- ✓ Do not use food beyond its expiry date.



## TOPICAL VOCABULARY

to **consume** – съедать, поглощать (о еде)

to **devour** – жадно есть; глотать, давясь

He devours books one after another. – Он глотает книги одну за другое. His eyes devoured her. – Он пожирал её глазами.

devoured by guilt – терзаемые чувством вины

to **swallow** – глотать, проглатывать

to swallow nervously (hard) – нервно сглотнуть

to drink smth. at one swallow – выпить что-л. одним глотком

I took a swallow of brandy. – Я глотнул бренди.

to **gulp** (down, back) – быстро глотать, хватать (пищу), (не разжёвывая)

to take a gulp – сделать глоток at (in) one gulp – одним глотком, залпом, сразу

She swallowed the whole spoonful at one gulp. – Она проглотила целую ложку одним махом.

to **dine** at a restaurant / out – обедать в ресторане

to dine in – обедать дома

to dine off / on fish and fresh vegetables – есть рыбу со свежими овощами

to dine off gold plates – есть с золотых блюд

The saloon is capable of dining 118 passengers. – В салоне могут одновременно обедать 118 пассажиров.

wine and dine – наслаждаться дорогими винами и изысканными блюдами

**gobble** (down / up) – есть жадно, быстро; пожирать

gobble up – поглощать, требовать расхода в больших количествах

to **raven** – испытывать сильную жажду, аппетит; желание (чего-л.)

to **shark** – жить за чужой счёт; паразитировать

**gorge** – еда, прием пищи; глотать; есть досыта, насыщаться

to cast the gorge at – с неприятием смотреть на предлагаемую пищу

to gorge oneself on sweets – наесться конфет

to **glut** – удовлетворять потребности

a glut of wealth – несметное богатство

economic glut – перепроизводство, затоваривание, застой

to **satiated** – пресыщать He was satiated with fame. – Он пресытился славой.

to satiate smb.'s appetite (desire, lust for power) – удовлетворить чей-л. аппетит (желание, жажду власти)

the consumer is assumed never to be satiated with goods – предполагается, что потребитель никогда не достигает насыщения при потреблении благ

to **sup** – отхлёбывать, прихлёбывать; ужинать

He began to sup his porridge. – Он начал понемногу есть свою кашу.

to sup sorrow – хлебнуть горя to sup on / off smth. – есть на ужин что-л.

neither bite nor sup – не пивши, не евши

(a) bit / bite and (a) sup – небольшое количество еды и питья

3) глоток to drink at a draught – выпить залпом

to feel the **draught** – чувствовать холодок, предвидеть неблагоприятные перемены

to **sip** – пить маленькими глотками, потягивать, прихлёбывать; отведывать

to **gulp** gulp down (back) – хватать (пищу); заглатывать, проглатывать (не разжёвывая)

*Exercise 1. Analyze the vocabulary notes and remember them.*

*Exercise 2. Transfer the given information from the text onto a table. The beginning is done.*

№	Famous Restaurants			
	Names of restaurants	Year	City	Specialty
1.	Greenwich Point Tavern	1818	Philadelphia	turtle soup and ice cream





## TOPICAL VOCABULARY

**restaurant** – ресторан

grill-room – зал в ресторане; ресторан; гриль-бар (где мясо и рыба жарятся при публике)café – кафе, кофейня

coffee-room – кафе, столовая в гостинице

tea-shop – чайная

tea-garden – кафе или ресторан на открытом воздухе

taverncook-shop (tavern, eating-house) – столовая, харчевня

soup-kitchen – бесплатная столовая (где выдается суп беднякам и безработным), походная кухня

soup-ticket (meal ticket) талон на обед

chaikhana – чайхана (чайное заведение в Средней Азии)

tea-house (lunchroom) – чайный домик (в Китае, Японии); кафе, закусочная

steak house – ресторан, специализирующийся на мясных блюдах

juice-joint – бар или клуб, где подаются либо только алкогольные, либо только безалкогольные напитки

knick-knack – обед, прием, банкет (устраиваемый вскладчину)

quick service – быстрое обслуживание

Thanksgiving dinner – обед в честь Дня благодарения (праздник в память первых колонистов Массачусетса, отмечается в последний четверг ноября)

Swedish Board – шведский стол

snack-bar serving patties – пирожковая

self-service restaurant – самообслуживание

spit and sawdust – общий бар (в кабаке, пивной, таверне и т. п.)

floor show – представление среди публики (в ночном клубе, ресторане, кабаре)

luncheon – обед (обычно в полдень в середине рабочего дня), ленч

buffet car – вагон-буфет, вагон-ресторан

**clientele** – 1) клиентура, клиенты *Syn. clientage, customers*

2) постоянные посетители; покупатели, заказчики *Syn. patronage*

waiter (waitress) – официант(ка)

headwaiter (maotre) – метрдотель

barman – бармен

customer – посетитель, заказчик, покупатель, клиент, завсегдадай

chef (a cook) – шеф-повар

steward (a person who works in the kitchen) – управляющий; эконом; дворецкий

gourmet (person who knows good food and beverages) – гастроном, гурман *Syn.*

*gastronome(r), epicure*

glutton – обжора; гурман, любитель поесть; страстно увлеченный человек, ненасытный человек

gormandizer – обжора *Syn. glutton, guttler, wolf*

gourmand – гурман, лакомка; знаток изысканных блюд и напитков

**menu** – меню *Syn. bill of fare*

What's on the menu? – Что в меню?

Let's look through the menu first. – Давайте сначала посмотрим меню.

Is there no fish on the menu? – Разве в меню нет рыбы?

menu-card – карта блюд, меню

**order** — заказ порционного блюда (в ресторане и т. п.)

to give (place, put in) an order – заказывать

to make out (write out, request, call for, ask for, book, engage) an order – делать заказ

to fill an order – заполнять бланк заказа

to take an order – принимать заказ

Has the waiter taken your order? – Официант принял Ваш заказ?

to cancel an order – отменить заказ

rush order – срочное требование

formal order – официальный заказ

order account – счет заказов

order amount – сумма заказа

Let's order dessert when the waitress comes back. — Когда официантка вернется, давайте закажем десерт.

I ordered up two ham sandwiches. – Я заказал два бутерброда с ветчиной.

to be fully engaged with orders – иметь кучу заказов

to order dinner à la carte – заказать порционное блюдо

to order dinner table d'hôte – заказать комплексный обед

to order (take) something for the first (second) course – заказать что-то на первое, второе ...

**taste** – вкус (как одно из чувств, как само ощущение, как свойство чего-л.)

to your taste – на ваш вкус

tasty – вкусный; tasteless – безвкусный

bitter to the taste – горький на вкус

bitter taste – горький вкус / привкус

to leave a taste – оставить какой-л. вкус

The fruit left a pleasant taste in my mouth. – Во рту остался приятный вкус от фрукта.

mild taste – мягкий вкус / привкус

nice (pleasant taste, sweet) taste – приятный вкус / привкус

sour taste – кислый вкус / привкус

strong taste – сильный привкус, стойкий вкус / привкус

Give me a taste of the pudding. – Дайте мне кусочек пудинга.

to have a taste of skin-diving – иметь представление о плавании под водой

a first taste of success – первый успех (в жизни)

tastes differ – о вкусах не спорят

the food tastes of garlic – в пище чувствуется привкус чеснока

the food tastes good – вкусная еда

This root vegetable tastes slightly of lemon. – Этот корнеплод имеет легкий привкус лимона.

to taste something – попробовать что-то

to treat to something – угощать чем-то

for the main course – на второе

How about another taste in your glass? – Тебе налить еще немного выпить?

Would you like a taste? – Еще выпить хотите? He wanted a taste to test it for quality. – Он хотел взять героин для пробы, чтобы проверить его качество No, I don't give tastes. — Я на пробу ничего не даю.

Let's hit the leeky store for some taste. – Пойдем в винный магазин и купим вина.  
I need some taste right now – Я бы сейчас выпил немного виски. Whatever the deal is I want a taste. – Какая бы там сделка ни была, я хочу своей доли.

a bad taste in one's mouth (a bad (или nasty) taste in one's (или the) mouth) – неприятное впечатление; отвращение (с to leave)

Then the CIA's infiltration of student groups and university faculties left a bad taste in my mouth. – То, что в студенческих группах имелись агенты ЦРУ, возмущало и оскорбляло меня.

every man to his taste (every man to his taste (everyone to his own taste, tastes differ, there is no accounting for tastes)) – у каждого свой вкус; о вкусах не спорят, на вкус и цвет товарищей нет

*Everyone to his taste!* said Harriet, who always delivered a platitude as if it was an epigram. – У каждого свой вкус, – сказала Гарриет, которая любила изрекать банальности с таким видом, будто это блестящие остроумия.

give smb. a taste of one's quality – проявить, показать себя

galvanic taste – проба на язык

a matter of taste – дело вкуса

to **taste** – 1) пробовать (на вкус); отведать

I haven't tasted anything of the kind. – Никогда я не ел ничего подобного.

2) иметь вкус, привкус

The chicken tastes good. – Курица вкусная.

The soup tastes of onions. – В супе очень чувствуется лук.

**tasting** – дегустация *Syn. wine tasting* tasting room – дегустационный зал

free tasting – бесплатная дегустация

flavours – вкусовые особенности вина

expressive – выразительный (о богатом вкусе и букете вина, с хорошо различимыми, выраженными компонентами) *Syn. open wine, bouquet*

**food stuffs** – продовольствие, продукты питания, съестное, пища, еда *Syn. eatable, food, edible, eatables, viands (еда, кушанье, яство)*

victuals – еда, пища; съестные припасы, провизия, продовольствие

victualer – поставщик продовольствия; трактирщик, ресторатор

victualler – поставщик продовольствия

licensed victualler – трактирщик, имеющий патент на продажу спиртных напитков б) владелец ресторана

victualling – снабжение продовольствием

victualling-yard – продовольственный склад

food products – пищевые продукты, продовольственные товары

food shortage – недостаток, нехватка продовольствия

food-deficit nation – страна, в которой не хватает продовольственных ресурсов

**food** – пища, питание, провизия, продовольствие, продукты питания

to cook (prepare) food – готовить еду

to heat (reheat) food – разогревать еду

to bolt (gulp down) food – глотать пищу

to eat food – есть, кушать

to swallow food – глотать пищу

appetizing (delicious, tasty) food – вкусная еда

coarse food – грубая пища  
exotic food – экзотическая пища  
fine food – хорошая еда  
heavy food – тяжелая пища  
light food – легкая пища  
nourishing (wholesome) food – здоровая пища  
plain (simple) food – простая пища  
rich food – жирная пища  
spicy food – острая пища  
frozen food – замороженная пища  
gourmet foods (delicatessen) – деликатесы, пища для гурманов  
foodie – любитель готовить еду, гурман  
health food – здоровая пища  
scraps of food – пищевые крошки  
food value – питательность  
kosher food – кошерная пища  
finger food – пища, которую едят руками  
junk food – пища, богатая калориями с низкой питательной ценностью  
canned food – амер. консервы (в жестяных банках)  
preserved food – консервированные продукты, консервы  
food rationing – карточная система (распределения продуктов)  
tinned food – брит. консервы (в жестяных банках) *Syn. fare, board*  
food additive – добавка к пищевым продуктам  
food supplements – пищевые добавки  
food allergy – пищевая аллергия  
food analog – заменитель пищевых продуктов  
food intake – прием пищи

Let's take food with us and have a picnic on the river. – Давайте возьмем с собой еду и устроим на реке пикник.

The food was crook. – Питание было отвратительным.

baby (infant) food – продукт для детского питания

staple foods – основные пищевые продукты питания (мясо, молоко и др. продукты животноводства, мучные продукты, овощи, фрукты)

fattening foods – обезжиренная пища

genetically modified food – генетически измененный продукт

food legislation – продовольственное законодательство (законодательство о пищевых продуктах, регулирующее вопросы их производства, контроля качества и распространения)

food adulteration – фальсификация продуктов питания (добавление в пищу ингредиентов, опасных для здоровья человека)

genetically modified food – генетически измененный продукт

**snacks** – закуски *Syn. bite, lunch; hors d'oeuvres, appetizer*

snack – легкая закуска      entree – закуска на банкете

Let's go somewhere for a snack. – Давайте поедем куда-нибудь перекусить.  
to fix a snack – приготовить легкую закуску

between-meal snack – перекус (прием пищи между основными приемами, например, между обедом и ужином)

midnight snack – полуночный прием пищи

party snacks – праздничные закуски

snack cake – амер. пирожное snack food – амер. закуска

cold collation – холодная закуска light snack – легкая закуска

for the last bit, as a titbit, for a taste – на закуску

fish snacks – рыбные закуски

to take (have) a snack (lunch) (to eat, drink (with), have (with) – закусывать

to have some vodka with one's herring – закусывать водку селедкой

## **fish** – рыба

baked fish – печеная рыба

fresh fish – свежая рыба frozen fish – мороженая рыба

broiled (fried) fish – жареная рыба dried fish – сушеная рыба

freshwater fish – пресноводная рыба

saltwater fish – морская рыба

smoked fish – копченая рыба

tropical fish – тропическая рыба

filleted fish – рыбное филе

fish and chips – рыба с жареным картофелем

bouillabaisse – тушеная в воде или в белом вине рыба

crayfish – рак; лангуст

kipper – копченая селедка

breem – лещ

perch – окунь

carp – карп

pike – щука

cod – треска

tuna – тунец

herring – селедка

sturgeon – осетрина

plaice – камбала

sheat-fish – сом

crab meat – крабы

zander – судак

sprats – шпроты

sardines – сардины

salmon – семга, лосось

Siberian salmon – кета

humpback – горбуша

white sturgeon / beluga – белуга

burbot (eel-pot) – налим

pike-perch – судак

smelt – корюшка

plaice (flounder, sole) – камбала

sheat-fish (cat-fish) – сом

alaska pollack – минтай

snout-beetle – слоник

roach – плотва

hake (mulsette, stockfish, whiting) – мерлуза

white salmon (cartilaginous fish) – белорыбица

## **caviare** – икра

beluga caviare – белужья икра

osetrova caviare – осетровая икра

pressed caviar – паюсная икра

red caviar – красная икра

caviare to the general – слишком тонкое блюдо для грубого вкуса

caviare sandwich – бутерброд с икрой

## **fish courses** – рыбные блюда

fish aspic – заливное из рыбы



sturgeon in aspic (in jelly / jellied) sturgeon – заливная осетрина  
stuffed pike (ling, muskellunge, pickerel) – фаршированная щука  
perch in marinade – окунь под маринадом  
crayfish (sea crayfish, spiny lobster) – рак; лангуст  
kippered herring (kipper) – копченая селедка  
lampreys in mustard sauce – миноги в горчичном соусе  
sprats in oil – шпроты в масле  
herring and vegetables – селедка с овощами  
marinade herring – маринованная селедка  
marinade eel – маринованный угорь  
as slippery as an eel – скользкий как угорь  
cod liver – печень трески

**fishery products** – рыбные продукты

shrimps – креветки  
jumbo shrimps – крупные креветки  
shrimp cocktail – салат из креветок  
crabs – крабы  
lobsters – омары  
squids – кальмары  
fish assorted (assorted fish, fish assorty) – рыбное ассорти  
smoked oysters – копченые устрицы  
steamed clams – тушеные моллюски  
cod-liver oil – рыбий жир

**cold meat dishes** – холодные мясные блюда

frills – деликатес  
junk – ломоть lump – кусок  
pâté (Fr.) / pasty – паштет  
cold pork – буженина  
boiled tongue – отварной язык  
jellied tongue – заливной язык  
balyk – балык  
brisket (bacon) – грудинка  
meat-jelly and horseradish sauce – мясной студень с хреном  
cold cuts – тонкие ломтики вареного мяса, подаваемые холодными  
to jerk – заготавливать (хранить) мясо в виде длинных тонких вяленых кусков  
ham – ветчина  
(smoked) sausage – (копченая) колбаса; сосиска  
frankfurters – сосиски  
chain-sausage – сардельки

**poultry** – домашняя птица

**fowl** – птица

**chicken** – цыпленок **broiler** – бройлер **duck** – утка **goose** – гусь **turkey** – индейка

**poultry courses** – блюда из домашней птицы

cold-roast chicken – холодная жареная курица или цыпленок  
cold-roast duck – холодная жареная утка  
cold-roast goose – холодный жареный гусь

light or dark meat – белое и красное мясо курицы  
turkey with all the trimmings (special things served for Thanksgiving) – индейка с гарниром или салатом  
chicken curry – цыпленок с карри  
creamed chicken – курица со сливками  
chicken mole (Mexican: chicken in a sauce) – цыпленок в соусе  
breast of chicken – куриная грудка  
game (wild birds or animals) – дичь  
drumstick (leg of turkey) – ножка домашней птицы (курицы или индейки)  
wishbone (breast bone of turkey) – грудка индейки  
rope's nose – гузка жареной птицы

**salads** – салаты; винегрет; всякая всячина, смесь  
crab salad – салат из крабов  
fish salad – рыбный салат  
tomato and cucumber salad – салат из помидоров и огурцов  
mixed green salad – салат из свежих овощей  
Waldorf salad – Вальдорский салат  
vegetable salad – овощной салат  
Russian salad – винегрет  
to dress a salad with sour cream or mayonnaise – заправить салат сметаной или майонезом  
tossed salad – наскоро приготовленный салат

**greens, potherbs** – зелень  
finely cut herbs – мелко порубленная зелень  
green meat – зелень, овощи  
verdure – зелень (овощи)  
parsley – петрушка  
dill (fennel ) – укроп  
celery – сельдерей  
spinach – шпинат  
lettuce – салат  
hearts of lettuce – кочерыжка салата  
a head of lettuce – пучок салата  
crisp lettuce – кудрявый салат  
iceberg lettuce – кочанный салат  
leaf lettuce – листовой салат  
greens cutter – машина для нарезания зелени

**spices** (spicery, kitchen herbs) – специи, пряности  
horse radish – хрен  
horse radish sauce – хрен приготовленный  
mustard – горчица; mustard-pot – горчицница  
pepper-box – перечница  
May I trouble you for the pepper? – Передайте, пожалуйста, перец.

**salt** – соль; salt-cellar – солонка  
Pass me the salt, please. – Передайте мне соль, пожалуйста.  
salty – соленый; oversalted – пересоленный undersalted – недосоленный

like a dose of salts very quickly indeed – очень быстро, стремительно

vinegar – уксус

apple (cider) vinegar – яблочный уксус

wine vinegar – винный уксус

vinegary (acetous, acetic) – уксусный

pepper (paprika) – перец

black pepper – черный перец

hot pepper – острый (жгучий) перец

red pepper cayenne) – красный перец

dash of pepper – щепотка перца

ground pepper – молотый перец

allspice – душистый перец

capsicum – стручковый перец

cinnamon – корица

clove – гвоздика

sprinkled with cinnamon – посыпанный корицей

curry – карри (острая приправа); блюдо, приправленное карри (рис, мясо)

to curry (to flavour, prepare with curry) – готовить блюда с карри

spicy – ароматичный, пикантный

dressing (stuffing) – приправа, подлива, соус (к рыбе, салату)

a salad dressing – приправа к салату

stuffing – начинка

flavouring (seasoning, relish) – заправка; приправа; специя; привкус

**relish** – (приятный) вкус, привкус, запах, приправа, соус, гарнир, закуска (особенно острые или пряные) *Syn. appetizer, hors d'oeuvre*

pear relish – аромат груши

to **relish** – а) получать удовольствие, наслаждаться б) иметь вкус, привкус

His fine taste taught him to relish the beauties of Virgil and Cicero. – Благодаря своему утонченному вкусу он научился наслаждаться произведениями Вергилия и Цицерона. The supper relished quite as well as any I ever ate in the Old Country. – Ужин на вкус был практически таким же, как обычная еда, которую я всегда ел у себя на родине.

flavouring – приятный привкус

**soups** – супы

broth – похлебка, мясной отвар, бульон *Syn. clear soup, bouillon (broth, consomme)*

beef broth – говяжий бульон

chicken broth (consommé) (Fr.) – куриный бульон

clear broth – прозрачный бульон

Scotch broth – перловый суп

broth culture – бульонная культура

Your broth has grown cold. – Твой бульон остыл.

clear soup with toast – бульон с гренками

chicken cream soup – протертый суп из кур

vegetable soup – суп из овощей

vegetable cream soup – протертый суп из овощей

chicken noodle soup – куриный суп-лапша

chicken vermicelli soup – куриный суп с вермишелью

beef-tea – крепкий бульон из говядины  
cabbage soup (shchi) – щи  
celery soup – суп с сельдереем  
tomato soup – томатный суп  
bisque – раковый суп  
sorrel soup – щавельные (зеленые) щи  
borsch(t)( red-beet) soup – борщ  
dauerkrut soup – щи из свежей капусты  
sauerkraut soup – кислые щи  
rassolnik – рассольник (суп с солеными огурцами)  
mushroom soup – грибной суп  
pea-soup – гороховый суп  
milk soup – молочный суп  
thick soup – густой суп  
thin soup – жидкий суп  
onion soup – луковый суп  
ox-tail soup – суп из бычьих хвостов  
set soups – заправочные супы  
fat soups – жирные супы  
non-fat (lean) soups – нежирные супы  
purée (Fr.) – суп-пюре  
cream soup – протертый суп  
consomme – консоме (разновидность супов)  
clear consomme – прозрачный консоме  
to eat soup – есть суп  
to make soup – готовить суп  
soupy – похожий на суп  
creamed tuna (fish, carrots) – крем-суп из мяса тунца (моркови)  
bowl (cup) of consomme – чашка, тарелка, порция консоме  
jellied consomme – желеобразное консоме  
clam chowder – густая похлебка из рыбы, моллюсков, овощей и свинины

**cook** – кухарка, повар,стряпуха

to cook – а) готовить, стряпать б) твориться, (тайно) готовиться

Everyone in the office has been whispering this morning. – I'm sure there's something cooking. – Этим утром в офисе все перешёптываются. Я уверен: скоро что-то произойдёт.

to cook down – остывать, остужать

to cook up (cook, concoct) – стряпать, жариться, вариться (о еде)

**cooking** (concoction, cooking) – кулинария; стряпня

cook-ware – кухонная утварь

cooker (stove, range) – кухонная плита; печь

gas cooker – газовая плита

electric cooker – электрическая плита

cook-book (cooking-book) – книга о вкусной и здоровой пище

cook-galley (room, cabin) – камбуз

cook-general – прислуга, выполняющая обязанности кухарки и горничной

cook-house – походная (судовая) кухня cooked (boiled) – вареный, кипяченый

**course** – блюдо

a three-course dinner – обед из трех блюд

plat du jour (standing dish) – дежурное блюдо

cold dish – холодное блюдо

to dish – класть на блюдо

Today we're having a dinner of four courses. – Сегодня у нас обед из 4 блюд.

for the first (second) course – на первое (второе)

What vegetable courses have you today? – Какие сегодня овощные блюда?

**dessert** – десерт, сладкое (блюдо) for dessert – на десерт

dessert-spoon – десертная ложка

sweet dessert wine – десертное вино

What's for dessert? – Что на десерт?

Are we going to have any dessert today? – Сегодня будет что-нибудь на сладкое?

**breakfast** – утренний завтрак

to eat (have/take) breakfast (lunch) – завтракать

to make (prepare) breakfast – готовить завтрак

continental breakfast – «континентальный завтрак», легкий утренний завтрак

full breakfast – полноценный завтрак

tiffin – второй завтрак

light morning meal – легкий завтрак

square/hearty meal – плотный завтрак

hurried breakfast – завтрак на бегу

nutritious breakfast – питательный завтрак

wholesome breakfast – полезный завтрак

substantial breakfast – плотный завтрак

What did you discuss at breakfast? – О чем вы говорили за завтраком?

for breakfast – на завтрак at breakfast – за завтраком

to sit down to breakfast – садиться завтракать

**lunch** – второй завтрак; ленч

set lunch – комплексный обед

to have/take lunch – обедать (в середине рабочего дня)

business, working lunch – обед с деловым партнером

at lunch – на обеде buffet luncheon – легкий завтрак

They were all at lunch. – Они все были на обеде.

box lunch – обед фабричного изготовления в упаковке

early bird lunch – амер. цены для "ранней птицы" (скидка в ресторанах, кафе для людей, завтракающих или обедающих раньше общепринятого времени)

picnic lunch – пикник

power lunch – амер. деловой обед

to lunch out – обедать в ресторане

**supper** – ужин light supper – легкий ужин at supper – за ужином after supper – после ужина

for supper – на ужин

to make (prepare) supper – готовить ужин

to serve supper – подавать ужин

to take (have) supper – ужинать

**meal** – принятие пищи; еда

fixed meal – комплексный обед  
stand up meal – закуска на ходу, стоя  
at meal-times, during a meal, while eating – во время еды  
big (heavy, decent, hearty, solid, square, sumptuous) meal – обильная еда  
light (small) meal – лёгкая еда  
simple meal – простая еда  
skimpy meal – скудная пища  
main meal – основной приём пищи  
to cook (fix, prepare) a meal – готовить еду  
to have a meal – есть  
to make a meal of soup – приготовить суп  
to order a meal – заказывать еду  
to serve a meal – подавать еду

meal voucher – курсовка на питание (оплаченная в турбюро)

You must have a good meal in the morning. – Тебе нужно утром хорошо поесть. She was quietly shelling French-beans for her dinner. – Она мирно чистила фасоль к ужину.

merry meal – что-то приятное sorry meal – что-то неприятное

**dinner** – обед robust dinner – сытный обед at / during dinner – за обедом

dinner companion – сотрапезник

What shall we have for dinner? – Что у нас будет на обед?

dinner bell – звонок к обеду

dinner break – обеденный перерыв

dinner set – обеденный сервиз

dinner-party – гости к обеду

to cook dinner – варить обед

dinner party – званый обед

set meal – комплексный обед

for dinner – на обед, к обеду in the morning – до обеда

in the afternoon – после обеда dinner-time – час обеда

to have dinner / lunch (dine) – обедать

to dine out – обедать не дома

diner – обедающий dinner (lunch) – обеденный

dining-room (dinner) table – обеденный стол

dinette (dining alcove, corner) – обеденный уголок кухни

to give a dinner – устраивать званый обед *Syn. banquet*

You can get a good dinner at this canteen. – В этой столовой можно хорошо пообедать. You should not read at dinner. – За обедом не читают. Shall we ask him to dinner? – Мы пригласим его на обед?

meagre dinner – постный обед

scratch dinner – обед, приготовленный на скорую руку; импровизированный обед

dinner table – обеденный стол dining room – столовая

dinnerware (dinner ware) – столовая посуда; столовое серебро

dinner clothes – одежда для обеда; закрытое вечернее платье; смокинг (официальная или полуофициальная одежда для званых обедов)

dinner dress – (женское) платье для (званого) обеда (обычно закрытое, длинное, с длинными рукавами или жакетом)



dinner dance – обед с балом (торжественный ужин, по окончании устраивается бал)  
dinner jacket – смокинг (пиджак для вечерних приёмов из чёрной шерстяной ткани с атласными отворотами; надевается с чёрными брюками, белой сорочкой и чёрным галстуком-бабочкой)

black tie – пиджак для обеда

dinner lady – женщина, подающая обед в школе

dinner pail – ёмкость для обеда рабочего, который он берет с собой

dinner stop – остановка на обед Вплоть до первых десятилетий XX в. поезда делали такую остановку на определенных станциях, где был ресторан. Стоянка поезда не превышала 15 минут.

railroad eating house – привокзальная столовая Первая такая столовая была открыта коммерсантом Ф. Гарви в 1873 на станции Топика железной дороги *Атчисон – Топика – Санта-Фе* в Канзасе. К 1901 число их достигло 47. Славилась быстрым обслуживанием и вкусной пищей. Просуществовали до 1928.

**elevens (elevenes)** – (разг.) легкий завтрак около 11 часов утра

**beets (beetroot)** – свекла

marinated beets – маринованная свекла

**radish** – редиска bunch of radish – пучок редиски

black radish – редька

**pumpkin (gourd, squash)** – тыква

squash – общее обозначение для плодов из семейства тыквенных (кабачок, тыква, патиссон) (нижеозначенные синонимы обозначают разные виды тыквенных, однако могут употребляться и как синонимы друг друга) *Syn. pumpkin, gourd, summer squash, winter squash*

**pepper** – перец

chilis rellenos (Mexican: stuffed peppers) – фаршированный перец

**carrot** – морковь

**swede (rutabaga)** – брюква

**turnip** – репа

**tomato** – помидор; *персик* (о женщине или девушке)

tomato juice – томатный сок tomato paste – томатная паста

beef (beefsteak) tomato – бычье сердце (сорт помидоров)

cherry tomato – *черри* (сорт помидоров с плодами маленького размера, образующими гроздь)

plum tomato – сорт помидоров с плодами сливовидной формы

**egg-plant (aubergine, guinea pumpkin)** – баклажан

**oil berry (olive)** – маслина, олива

**garlic** – чеснок

clove of garlic (garlic bulb, hop) – зубок чеснока

whiff of garlic – чесночный запах

broad-leaved garlic – лук медвежий, черемша

garlic press – чеснокодавилка, чесночница

**vegetable marrow (squash)** – кабачок, авокадо

**onion** – лук, луковица

bulb (large) onion – лук репчатый

to onion – приправлять луком, добавлять лук

spring onion(s) – зелёный лук *Syn. scallion*

wild leek – дикий лук leek – лук-порей

**celery** – сельдерей

**peas** (pl) – горох marrowfat – горох мозговой

pea pod – стручок гороха chick-pea – горох турецкий

split peas – лущеный горох

frozen peas – замороженный зеленый горошек

**mushrooms** – грибы

chopped mushrooms – рубленые грибы

to pick mushrooms – собирать грибы

edible mushroom – съедобный гриб

mushroom sauce – грибной соус

to mushroom up (out) – расти как грибы; быстро распространяться

to grow (grow, spring up) up like mushrooms – расти как грибы

**potatoes** – картофель (potato – картофелина) *Syn. murphy, praties*

batata – сладкий картофель

fried (boiled, baked) potatoes – жареный, варёный, печёный картофель

potatoes baked in their jackets (skins) – картофель, запечённый в мундире

chipped (French-fried) potatoes – картофель фри

mashed potato (potatoes) – картофельное пюре

to peel potatoes – чистить картошку

new potatoes – молодой картофель

chip – ломтик поджаренного картофеля

to bake potato – печь картофель

to fry potato – жарить картофель в масле

fried potatoes (chips) – жареный картофель

to mash potato – делать пюре

mashed potatoes (potato mash) – картофельное пюре

to peel potatoes – чистить картофель

baked (chipped, French-fried) potatoes – картофель фри

hash brown potatoes – пережаренный картофель

**potatory** – а) характерный для пьяного б) склонный к пьянству

potatory prowess – пьяная удаля

potatory tendency – склонность к пьянству

**cucumber** – огурец

as cool as a cucumber – невозмутимый, спокойный, хладнокровный

pickled cucumbers – маринованные огурцы

salted cucumbers – соленые огурцы

as good as new; in prime condition; fresh as a daisy – как огурчик

**cuke** (gherkin) – корнишон, огурчик

**cabbage** – капуста head of cabbage – качан капусты

red cabbage (Scotch kale) – краснокочанная капуста

savoy cabbage – савойская капуста

white cabbage – белокочанная капуста

sauekraut – кислая капуста

pickled (salted) cabbage – квашеная капуста

cabbage lettuce – салат кочанный  
salad-oil – капуста провансаль  
cauliflower – цветная капуста  
broccoli – капуста спаржевая  
Brussels sprouts – брюссельская капуста  
laminaria, sea kale – морская капуста  
celery cabbage – капуста китайская  
pickled cabbage with salad-oil – капуста провансаль  
green / garden stuff – овощи

**fruit** – плод, фрукты, плоды

They grow here different fruits. – Здесь выращивают разные фрукты.

soft (fleshy) fruit – ягода без косточки (клубника, малина); сочный плод

crude fruit – незрелый плод

stewed fruit – компот

fruit salad – сладкое блюдо из фруктов;

fruit piece – натюрморт с фруктами

canned (tinned) fruit – консервированные фрукты

citrus fruit – цитрусовые

dried fruit – сушеные фрукты

fresh fruit – свежие фрукты

frozen fruit – замороженные фрукты

luscious fruit – сладкие фрукты

ripe fruit – зрелые фрукты

tropical fruit – тропические фрукты

unripe fruit – незрелые фрукты

candied fruits – цукаты

crystallized fruits – кондированные плоды

windfall fruit – падалица

stone fruit oil – масло из косточковых плодов

large fruits – семечковые и косточковые плоды

fruit drop – конфетка; леденец *Syn. barley sugar, candy, nicy, lollipop*

fruit drops – пат, мармелад *Syn. jujube, fruit jelly, fruit jellies*

forbidden fruit – запретный плод (в прямом и переносном значении)

small (passion) fruit – ягодные кустарники; ягоды; плоды, результаты

the fruits (product, result) of one's labor – плоды труда

to bear fruit – приносить плоды, давать результаты

to bear (reap) the fruits of smth. – пожинать плоды чего-л

fruit grower – плодовод, садовод

**to fruit** – давать плоды, плодоносить, ультивировать, разводить

I have not fruited those sorts of strawberries. – Я никогда не занимался разведением этих сортов клубники.

fruitful – плодотворный, плодородный; fruitless – бесплодный

fruity – похожий на фрукты (по вкусу, запаху); с ароматом винограда (о вине)

fruit and berries – фрукты и ягоды (группа пищевых товаров)

fruit salad – фруктовый салат

fruit-sugar (fructose, glucose) – фруктоза; глюкоза

fruition (enjoyment) – пользование какими-л. благами

to bring smth. to fruition – осуществлять

to come to (reach) fruition – исполняться

fruiting season – период плодоношения

**fruitless** – бесполезный; бесплодный

fruitless negotiation – бесплодные переговоры

fruitless (hopeless) task – безнадежное дело / предприятие

brandied fruit (peaches) – фрукты (персики) высокого качества (первого сорта)

It is fruitless to go to him for help. – Бесполезно обращаться к нему за помощью.

Fruitty Pebbles *Фруитти пелблс* – Товарный знак сухого завтрака [cold cereal] для детей из смеси кукурузной крупы, сахара, пищевых красителей и вкусовых добавок в форме мелкой гальки; выпускается фирмой "Поуст".

**fruity** – 1) фруктовый, с фруктовым эффектом, с добавлением фруктов

fruity hopefulness on someone's face – искренний оптимизм на чьем-л. лице

2) сохраняющий вкус и аромат винограда (о вине)

**pine-apple** (anasas) – ананас; пособие по безработице

sliced pineapple (anasas) – слоистый ананас

**pomegranate** – гранат

**kiwi fruit** – киви

**berry** – ягода; икринка, зернышко икры; зерно (кофе, пшеницы); мясистый плод (помидор, банан и т. п.)

The Berry comprises all simple fruits in which the pericarp is fleshy throughout. – К ягодам с точки зрения ботаники относятся все обыкновенные фрукты, у которых мясистый перикарпий. I went with herds of school-girls nutting and berrying. – Я шел вместе с группами школьниц, собирающих орехи и ягоды. Are these berries eatable? – Эти ягоды съедобны? Let me stop at the liquor store for some berries. – Дай я зайду в тот винный магазин купить вина

brown as a berry ((as) brown as a berry) – очень темный, загорелый,

Well, well, you're brown as a berry. – Ишь, как загорела! Прямо шоколадная стала.

**strawberry** – клубника

strawberry jam – клубничное варенье

strawberry bed – грядка с клубникой

strawberry jelly – клубничное желе

strawberry ice-cream – клубничное мороженое

wild strawberry – лесная земляника

strawberry blond(e) – рыжеватая блондинка

strawberry leaves – *земляничные листья*, титул герцога название по эмблеме в виде земляничных листьев на герцогской короне

**raspberry** – малина

raspberry cane – малинник, кусты малины

raspberry-yard – малинник

to give smb. the raspberry – выразить, пренебрежение по отношению к кому-л.

red bilberries – брусника

bog bilberry (blueberry) – голубика *Syn. bog whortleberry, great bilberry*

blackberry – черника, ежевика *Syn. dewberry, bramble*

blueberry pie – пирог с черникой (брусникой, голубикой)

cranberry – клюква  
currant – смородина black currant – яерная смородина  
red currant – красная смородина white currant – белая смородина  
currant jelly – смородиное желе  
gooseberry – крыжовник  
gooseberry fool – кисель из крыжовника со взбитыми сливками

**apricot** – абрикос

In England in a few favoured southern localities, standard apricots are a possibility. – В Англии в некоторых южных районах могут произрастать обычные сорта абрикоса.

apricot jam – абрикосовый джем  
apricot kernel oil – косточковое абрикосовое масло  
apricot plum – абрикосовая слива

**apple** – яблоко apple-quince (quince) – айва

apple of discord – яблоко раздора  
apple of one's eye – зеница ока (a person or thing that is very precious or much loved)

Most of our best apples are supposed to have been introduced into Britain by a fruiterer of Henry the Eighth. – Считается, что все лучшие сорта яблок были ввезены в Великобританию торговцем фруктами при Генри Восьмом.

This territory has become an apple of discord between two countries. – Эта территория стала яблоком раздора для двух стран.

the Big Apple – New York City

The Big Apple is filled with young kids trying to get into show biz. – Нью-Йорк полон молодых людей, пытающихся сделать карьеру в шоу-бизнесе

apple dumpling – яблоко, запеченное в тесте

apple jelly – яблочное желе

apple pie – яблочный пирог

apple-pie order – образцовый, полный порядок

apple-pie bed – кровать, застеленная таким образом, что невозможно вытянуть ноги (проделка, распространенная в английских школьных интернатах)

apple sauce – яблочное пюре

In the kitchen Mrs. Chilperic was urging the apple sauce through the moulin. – На кухне миссис Чилперик толкла яблочное пюре.

I pulled a squeeze-tube of apple sauce out of its receptacle and parked it in front of me. – Я вытащил из коробки тюбик яблочного пюре и водрузил его перед собой.

apple vinegar – яблочный уксус

apple-brandy (applejack) – яблочная водка

apple-cart – тележка с яблоками

applejack – пирог с яблочной начинкой

she's apples – all is going well

**orange** – апельсин

blood orange – королек (сорт апельсина и хурмы)

clove (noble, mandarin orange, tangerine) – мандарин

navel orange – апельсин с рубчиком, навель

orange-chip – апельсиновый цукат

orange-quarter – апельсиновая долька; четверть апельсина

Blenheim orange – крупный сорт десертных яблок

to squeeze (suck) an orange – выжимать сок из апельсина; использовать до конца, полностью; выжать всё, что можно;

orange pekoe – оранж пеко (сорт черного чая)

squeezed orange – *выжатый лимон*, ненужный больше человек

orange chip – апельсиновый цукат

**persimmon (ebony)** – хурма

**plum** – слива, изюм

French plum – чернослив

stewed prunes – тушеный чернослив

plum cake – кекс с изюмом (а также часто с цукатами)

plum duff – пудинг с изюмом

plum jam (plum cheese) – сливовый джем

plum jelly – сливовое желе

plum pudding – 1) рождественский пудинг 2) пудинг с изюмом; со сливами

**peach** – персик clingstone peach – персик с неотделяющейся косточкой

peach jam – персиковый джем

peach jelly – персиковое желе

**cherry** – вишня

cherry jelly – вишневое желе sweet cherry – черешня

cherry brandy – вишневая наливка, вишневый ликер; вишневка

**pear** – груша

to go pear-shaped – to go wrong The plan started to go pear-shaped.

**grapes** – виноград

bunch of grapes – гроздь винограда

seedless grapes – виноград без косточек

sweet grapes – сладкий виноград

sour grapes – зелёный виноград; притворное равнодушие к ч.-л.

table grapes – столовый виноград

wine grape – технический, винный виноград

black grapes – чёрный виноград

grape jelly – виноградное желе grape juice – виноградный сок

grape sugar – виноградный сахар, глюкоза

grape-cure – лечение виноградом

to pick grapes – собирать виноград

to press grape – давить виноград

These grapes are great. – Какое превосходное вино.

the grapes are sour (the grapes are sour (sour grapes)) – зелен виноград (выражение из басни Эзопа)

But because we cannot satisfy the desires of our hearts – why should we cry *sour grapes* at them? – Но если мы не можем удовлетворить желания нашего сердца, зачем же кричать *зелен виноград*?

the grapes of wrath – гроздь гнева

grapey – оранжерея для винограда

Grape Nuts *Грейп натс* – Товарный знак сухого завтрака [cold cereal] из смеси пшеницы и солодового ячменя с минерально-витаминными добавками; первоначально (с 1897) выпускался фирмой *Поуст* теперь *Крафт фудс*.



**grapefruit** (grape-fruit, pomelo) – грейпфрут

pink grapefruit – розовый грейпфрут

seedless grapefruit – грейпфрут без косточек

white grapefruit – желтый грейпфрут

a grapefruit section – долька грейпфрута

**melon** – дыня                      water-melon – арбуз

juicy melon – сочная дыня    ripe melon – зрелая дыня

raisins – изюм              seeded raisin – изюм с косточками

seedless raisin – изюм без косточек

prunes – чернослив

**lemon** – лимон

Won't you have a slice of lemon in your tea? – Хотите в чай ломтик лимона?

lemon rind – лимонная кожура

The juice of lemons yields citric acid. – Сок лимона содержит лимонную кислоту.

**nuts** – орехи

walnut – грецкий орех

peanut (earth-nut, ground-nut, monkey-nut, goober) – арахис (земляной орех)

nutshell – скорлупа ореха

kernel of a nut – ядро ореха

(nut)crackers – щипцы для орехов

to haul over the coals – разделявать под орех (отругать кого-л.)

salted peanuts – соленый арахис

to get smth. for peanuts – купить что-л. за бесценок

it is not peanuts – это не мелочь

to be off one's nut – slang mad, crazy, or foolish.

pumpkin seeds – тыквенные семечки

Cashew nut (hazel(nut)) – лесной орех

nutmeg – мускатный орех

almond – миндаль

coconut (nut coke) – кокосовый орех

filbert – американский лесной орех

corn cob (the hard part of an ear of corn) – кукурузное зернышко

shredded coconut – дробленый плод или семя кокосовой пальмы

hops – плоды хмеля, пиво, опиум

**egg-dishes**

egg – яйцо

raw egg – сырое яйцо

bad (addled, rotten) egg – тухлое яйцо

boiled egg – вареное яйцо

soft(lightly)-boiled egg – яйцо всмятку

hard-boiled egg – яйцо вкрутую

bacon (ham) and eggs – яичница с беконом

fried eggs – яичница-глазунья

to poach eggs – варить яйца-пашот (без скорлупы в кипятке)

poached egg – яйцо пашот

scrambled eggs – яичница-болтуня

addled / rotten egg – тухлое яйцо  
to boil eggs – варить яйца  
to fry eggs – делать яичницу  
to hatch (incubate) eggs – высиживать яйца  
fried eggs – яичница-глазунья  
to beat (whisk) eggs – взбивать яйца  
to candle eggs – проверять свежесть яиц на свет  
to lay eggs – нести яйца  
to eggs – взбивать яйца  
good egg – молодец, молодчина! отличная штука!  
to whip eggs into a froth – взбивать яйца до получения пены  
omelette – омлет

**sandwich** – бутерброд *Syn. bread and butter*  
cheese sandwich – бутерброд с сыром  
ham sandwich – бутерброд с ветчиной  
grilled(toasted)-cheese sandwich – тост с сыром  
to make a sandwich out of – сделать бутерброд из (чего-л.)  
cheese sandwich – бутерброд с сыром  
corned-beef sandwich – бутерброд с солониной  
double-decker sandwich – двойной бутерброд  
egg sandwich – бутерброд с яйцом  
open-face sandwich – бутерброд с открытым верхом  
sandwich shop – закусочная  
tomato-and-lettuce sandwich – бутерброд с помидором и салатом

**toast** – ломтик хлеба, подрумяненный на огне; гренок  
as warm (hot, etc.) as toast – теплый (горячий), как гренок  
toast and ale – гренки с пивом  
on toast – поданный на гренке  
Toast a slice of bread brown on both sides. – Поджарь ломтик хлеба с обеих сторон до появления корочки.  
to toast smb. – пить за кого-л.  
to toast to the best – выпить за лучшее

**marmalade** – повидло, джем, конфитюр (из апельсинов или лимонов)

**pancake** – блин, оладья (из пресного теста на яйцах; по традиции подаются с лимоном и сахаром на сладкое в последний день Масленицы)

I think there is nothing like pancakes. – По-моему, нет ничего лучше блинов.

**sugar** – сахар

castor sugar – сахарная пудра  
a lump of sugar – кусочек сахара  
to produce sugar – производить сахар  
to refine sugar – очищать, рафинировать сахар  
as sweet as sugar – очень милый, очень приятный  
cane sugar – тростниковый сахар, сахароза  
confectioner's (icing) sugar – сахарная пудра  
crude sugar – неочищенный сахар  
granulated sugar – сахарный песок

lump sugar – колотый, пилёный сахар; кусковой сахар

to sugar off – добывать кленовый сахар

I haven't put any sugar into your tea. – Я не положил тебе в чай сахара.

Have you enough sugar? – Сахара достаточно?

sugar solution – сахарный раствор; сироп

sugar pie – Canadian; an open pie with a brown sugar filling;

sugared – made sweeter or more appealing with or as with sugar;

sugar the pill (medicine) – to make something unpleasant more agreeable by Adding something pleasant the government stopped wage increases but sugared the pill by reducing taxes.

**sugary** – а) сахарный, сладкий *Syn. sweet, honied* б) сахаристый льстивый, лживый

sugary smile – приторная улыбка

sugariness – слащавость, лесть *Syn. treacle, flattery*

sugarplum – круглый леденец; подарок; взятка

sugarcoated pill – таблетка, покрытая сладкой оболочкой

**sweets** – конфеты, сладости; *Syn. sweet-stuff, sweet stuff, confection*

You'll put on pounds and pounds if you eat all that sweet stuff, duckie. – Дорогая, ты же сильно прибавишь в весе, если съешь все эти сладости.

sweet (sweeties, sweetie candies) – сладости (карамельные изделия, конфеты)

candy (lollipop, fruit-drop) – леденец hard candy – твердый леденец

Eskimo pie – эскиммо (мороженое)

chocolate candy – шоколадная конфета

cotton candy – сладкая вата

**candy** – леденец *Syn. lollipop, fruit-drop*

candy bar – амер. конфета *Syn. sweet, bonbon*

chocolate candy – шоколадная конфета

cotton candy – сладкая вата

candy floss – карамель; сахарная вата

hard candy – твердый леденец

a piece of candy – конфета; леденец

candies – конфеты candied fruit (peel) – цукаты

candy store – кондитерская *Syn. confectionery, sweet-shop*

**caramel** – карамель; жжёный сахар

to caramelize – карамелизовать *Syn. caramelize*

creme caramel – крем-карамель (десерт из запечённой смеси взбитых яиц, молока и сахара)

caramel apple – яблоко в карамели (яблоко в карамельной оболочке, обычно на палочке. Часто такая закуска продается с лотков на массовых мероприятиях.)

**chocolate** – шоколад; (pl) шоколадные конфеты

bar of chocolate – плитка шоколада

dark (plain) chocolate – тёмный, горький шоколад

milk chocolate – молочный шоколад

hot chocolate (горячий) – шоколад (напиток)

to drink hot chocolate – выпить горячего шоколада

chocolate chips – шоколадная крошка; мелкие кусочки шоколада в форме капелек, используются для кулинарных целей

chocolate chip cookies – печенье с шоколадной крошкой, с кусочками шоколада

chocolate vanilla ice cream – пломбир шоколадно-ванильный.

Наряду с ванильным [vanilla ice cream] и клубничным [strawberry ice cream] – наиболее популярный сорт пломбира

**confection sweets** – сласти

**fancy cakes** – пирожное *Syn. pastry, sponge cake, tart*

**honey** – мед; сладость; голубчик; голубушка; милый(ая); а) медовый б) сладкий как мёд

to gather honey – собирать мёд

as sweet as honey – слаще мёда

**ice cream** – мороженое.

Two ice-cream (ices), please. – Пожалуйста, две порции мороженого.

to make ice cream – делать мороженое

chocolate ice cream – шоколадное мороженое

strawberry ice cream – клубничное мороженое

vanilla ice cream – ванильное мороженое

ice-cream cone – мороженое в вафельном стаканчике

**jam** – джем

jam (confiture, conserve(s); preserve(s)) – варенье

jam-jar (pot) of jam – банка для варенья

cherry jam – вишневое варенье

home-made jam – домашнее варенье

jam tart – пирог с вареньем

to jam (preserve) – варить варенье

jam (fruit butter) – повидло

to spread jam (on bread) – намазывать джем (на хлеб)

apricot jam – абрикосовый джем

grape jam – виноградный джем

peach jam – персиковый джем

plum jam – сливовый джем

red raspberry jam – малиновый джем

strawberry jam – клубничный джем; перен. вкусность, вкуснота

I thought you wouldn't find it all jam! – Я думал, что тебе не понравится!

real jam – сленг. пальчики оближешь; удовольствие, наслаждение

**cereals** – крупы; амер. блюдо из круп, злаков (напр., каша, хлопья)

cereal crop – зерновая культура

cold cereal – сухой завтрак

cereal grain – хлебный злак

buckwheat – гречневая крупа

buckwheat cakes – гречишные оладьи

buckwheat porridge – гречневая каша

**millet** – пшено, просо, пшеничная каша

millet beer (ale) – буза (напиток)

**oatmeal** – овсяная крупа, толокно

**rice** – рис

rice field – рисовое поле

to mill (winnow) rice – просеивать рис

brown rice – шелушенный рис  
polished rice – полированный рис  
quick-cooking rice – рис быстрого приготовления  
wild rice – цицания водяная, канадский рис *Syn. paddy*

**semolina** – манная крупа

semolina pudding – манный пудинг

**porridge (oats – Am.)** – овсяная каша (из овсяной крупы или геркулеса, на воде; на завтрак с маслом, молоком и сахаром; в Шотландии считается национальным блюдом)

Do you put sugar in your porridge? – Вы кладете сахар в овсяную кашу?

rolled oats – овсяные хлопья

**corn-flakes** – кукурузные хлопья, корнфлекс (к завтраку с молоком и сахаром)

table-corn – сладкая кукуруза

popcorn – жареные кукурузные зерна

**macaroni** (pl macaronis, -ies) – макароны

**noodles** – лапша, лентовидные макаронные изделия

**turkey wheat** (Indian corn) – маис, кукуруза

**vermicelli** – вермишель

**wheatgerm oil** – проросшая пшеница

**cheese** – сыр

a cheese – головка сыра, круг сыра

cream cheese (cottage cheese) – творог *Syn. curds*

cheese spread (processed cheese) – плавленый сыр

pot cheese – брынза

cream cheese – сливочный сыр

grilled (toasted, smoked) cheese – копченый сыр

semi-soft cheese – не очень острый сыр

grated cheese – тертый сыр

hard cheese – твердый сыр

mild (soft) cheese – мягкий, неострый сыр

sharp cheese – острый сыр

green (sapsago) cheese – молодой, зеленый сыр

Swiss cheese – швейцарский сыр

cheese cubes – кубики сыра

cheese fondue – сырное фондю (расплавленный и подогреваемый на столе сыр, в который макают кусочки хлеба)

cheese sandwich – бутерброд с сыром

cheese-cake – творожный пудинг, сладкая сдобная ватрушка

cheeseburger – чизбургер

plum cheese – сливовый джем

lemon cheese or curd – a soft paste made from lemons, sugar, eggs, and butter, used as a spread or filling

**dairy** – молочные продукты

dairy produce (products, foods) – молочная продукция

dairy butter – сливочное масло

goat milk – козье молоко

a skin on boiled milk – пенка на молоке



watery milk – жидкое молоко  
milk and water – разбавленное молоко  
coir – кокосовое молоко  
fresh milk – парное молоко  
unbottled milk – разливное молоко  
skim / skimmed milk – снятое молоко  
pigeon's milk – птичье молоко  
dried milk – сухое молоко  
whole milk – цельное молоко  
condensed milk – сгущенное молоко  
sour milk – кислое молоко  
sour clotted (bonny-clabber, tyre, clabber, curdled) milk – простокваша

**cream** – сливки

table-cream – сливки к кофе  
sour cream – сметана *Syn. smetana*  
clotted cream – топленые сливки  
light (coffee, table) cream – нежирные сливки (18-30% жирности)  
whipped cream – взбитые сливки, крем и т. п.  
evaporated milk – сгущенное молоко без сахара  
fortified milk – витаминизированное молоко  
cow's milk – коровье молоко  
goat's milk – козье молоко  
non-fat milk – обезжиренное молоко  
pasteurized milk – пастеризованное молоко  
curd(s) (cottage cheese) – творог  
baked milk – топленое молоко  
sour baked milk (ryazhenka) – ряженка  
k(o)umiss – кумыс (напиток из кобыльего молока)  
powdered milk – молочный порошок

**oil / butter** – масло

butter – (коровье, сливочное масло)  
buttered toast – поджаренный хлеб с маслом  
buttermilk – пахта *pats of butter* – куски масла  
to churn (cream, make) butter – сбивать масло  
to spread butter (on bread) – намазывать масло на хлеб  
apple butter – амер. яблочное повидло  
peanut butter – ореховое масло, ореховая паста  
prune butter – масло из чернослива  
salted butter – соленое масло  
sweet butter – сладкое масло  
whipped butter – сбитое масло  
fresh butter – свежее масло  
rancid butter – прогорклое масло  
a pat, stick of butter – кусочек сбитого масла, кружочек сбитого масла  
to fry in butter – жарить на масле  
oil d'olive (olive oil) – оливковое масло

oil of palm – пальмовое масло  
vegetable oil (fat) – растительное масло  
corn oil – кукурузное масло  
coconut oil – кокосовое масло  
oil of cloves – гвоздичное масло  
refined oil – рафинированное масло  
mustard oil – горчичное масло  
sunflower-seed oil – подсолнечное масло  
melted butter – топленое масло  
attar of roses – розовое масло  
suet (fat, lard) – сало  
salted pork fat (slab bacon) – шпик  
suet – сало (натуральное говяжье / баранье)  
lard – топленое свиное сало  
shortening – жиры (для сдобного печенья)  
margarine – маргарин      mayonnaise – майонез

**sauce** – соус

mushroom sauce – грибной соус  
apple sauce – яблочное пюре  
barbecue sauce – пряный острый соус для жаркого  
piquant sauce – пикантный соус  
cranberry sauce – клюквенный соус, клюквенное варенье  
soy sauce – соевый соус  
steak sauce – соус для мяса  
tomato sauce – томатный соус  
white sauce – белый соус  
gravy – мясной соус  
thick gravy – густой соус  
watery gravy – жидкий соус  
salad dressing – соус к салату  
mint sauce – мятный соус  
filling – начинка  
sauce (gravy) – соус (мясной)

**juice** – сок

vegetable juice – овощной сок  
lemon juice – лимонный сок  
grapefruit juice – грейпфрутовый сок  
orange juice – апельсиновый сок  
apple juice – яблочный сок  
fruit juice – фруктовый сок  
juice squeezer (extractor) – соковыжималка

**coffee** – кофе

black coffee – черный кофе  
strong coffee – крепкий кофе  
white coffee – кофе с молоком  
ready-ground coffee – молотый кофе

instant coffee – растворимый кофе  
robust coffee – крепкий кофе  
coffee break – перерыв на кофе  
coffee mate – низкокалорийный заменитель молока или сливок  
white coffee – кофе с молоком  
coffee hour – встреча за чашкой кофе; перерыв на кофе (в офисе)  
coffee-and – кофе с чем-нибудь (с выпечкой: булочкой, пирожным, пончиком)  
coffee-grounds – кофейная гуща  
coffee-klatsch (kaffeeklatsch) – встретиться за чашкой кофе; заниматься сплетнями и пересудами (за чашкой кофе)

**cocoa** – какао

**tea** – чай

flower tea – цветочный чай  
China tea – китайский чай  
Ceylon tea – цейлонский чай  
strong tea – крепкий чай  
weak tea (cat-lap) – слабый (жидкий) чай  
limeleaf tea – липовый чай  
hot tea – горячий чай  
iced tea – чай со льдом  
mint tea – чай с мятой  
herbal tea – чай, настоянный на травах  
Russian tea – чай с лимоном (подается в стаканах)  
scented tea – ароматический чай  
tile tea (break-tea, brick-tea) – кирпичный плиточный чай  
tea bag – чайный пакетик  
tea tree oil – чайное масло  
tea-things – чайная посуда  
tea-board (tea-tray) – поднос  
tea-caddy (caddy, canister) – чайница  
a cup of tea – чашка чая  
a glass of tea – стакан чая  
to brew (make) tea – заваривать чай  
to drink (have) tea – пить чай  
to grow tea – выращивать чай  
tea party (tea-fight) – званый чай  
afternoon (high, meat) tea – плотный ужин с чаем  
tea-break – короткий перерыв на чашку чая  
tea-time – время вечернего чая  
five o'clock tea – послеобеденный чай  
tea-head (hash-head, pot-head) – любитель травки (человек, более или менее регулярно покуривающий марихуану)  
tea wagon (tea-trolley) – сервировочный столик на колесиках (для чая или легкой закуски)  
tea-biscuit – печенье к чаю  
tea-bread (tea-cake) – булочка (кекс) к чаю

tea-cloth – чайная скатерть/салфетка; полотенце для чайной посуды  
picking – сбор чая  
tea drawing – щепотка чая для заварки  
tea with milk – чай с молоком

**water** – вода

drinking (potable) water – питьевая вода  
boiling water – кипящая вода; кипяток  
sweet water – пресная вода  
clear (fresh) water – чистая вода  
hot (cold) water – горячая / холодная вода  
tepid (warm) water – тёплая вода  
contaminated water – заражённая вода  
distilled water – дистиллированная вода  
heavy (soft) water – тяжёлая (мягкая) вода  
holy water – святая вода  
ice water – ледяная вода  
mineral water – минеральная вода  
rain water – дождевая вода  
rose water – розовая вода  
stagnant water – стоячая вода  
toilet water – туалетная вода  
to add water (to smth.) – добавлять воду (во что-л.)  
to boil water – кипятить воду  
to drink water – пить воду  
to sip water – пить воду маленькими глотками  
to pour water – лить, наливать воду  
to spill water – разливать или проливать воду  
to splash water – разбрызгивать воду  
to sprinkle water – кропить водой  
to chlorinate (fluoridate) water – хлорировать (фторировать) воду  
to distil water – опреснять воду  
to filter (purify) water – отфильтровывать, очищать воду  
to soften water – смягчать воду  
to pollute water – загрязнять воду

After the flood our basement was under water. – После наводнения цокольный этаж нашего дома оказался затопленным. Children should drink only boiled water. – Дети должны пить только кипяченую воду.

mineral water – минеральная вода  
soda water – содовая вода  
water of life – живительный напиток (о спиртном)  
bubbly water – *шипучка*, игристое вино (шампанское)

Too much bubbly water... was responsible for the breach of the rules. – Слишком много "шипучки" было выпито... Отсюда и нарушение правил.

**cuisine** – кухня, кулинарное искусство

**appetizing** (appetitive) – аппетитный; вкусный

That pudding looks so appetizing. – Этот пудинг на вид такой вкусный.

They are not appetitive to the eye. – Они не аппетитны на вид.

**appetite** – аппетит

to appetize – возбуждать аппетит *Syn. give appetite*

to whet one's appetite – возбуждать чей-л. аппетит

to work up an appetite – нагулять аппетит

to satisfy one's appetite – удовлетворить чьи-л. потребности, утолить голод

to curb (spoil, take away) one's appetite – испортить аппетит

good appetite – хороший аппетит

healthy (hearty) appetite – здоровый аппетит

ravenous appetite – волчий аппетит

voracious (insatiable) appetite – прожорливость, ненасытность

gargantuan appetite – зверский аппетит

appetite comes with eating – посл. аппетит приходит во время еды

**appetitive** – 1) имеющий аппетит; перен. охваченный желанием, стремлением

2) вызывающий аппетит, аппетитный

They are not appetitive to the eye. – Они не аппетитны на вид.

**appetizer** (hors-d'oeuvre – Fr., snack) – закуска; то, что возбуждает аппетит; рюмка спиртного перед едой

**luncheonette** (luncheon) – легкая закуска

**bitter** – горький bitter as gall / wormwood – горький как полынь

It was bitter cold. – Было очень холодно.

bitter almond – горький миндаль

**delicious** – восхитительный; очень вкусный

delicious food – бесподобная еда

delicious feeling – восхитительное чувство

Thank you for a delicious meal. – Спасибо за вкусное угощение.

a delicious joke – презабавная шутка

It's the most delicious salad I've ever had. – Более восхитительного салата я еще никогда не ел.

These pastries are delicious. I shall take another. – Эти пирожные очень вкусные. Я возьму еще одно.

**eatable** (edible, nice) – съедобный eatables – food

edible, eating – годный для еды

eating – используемый для еды

stodge – тяжелая еда

**excellent** – отличный, превосходный

The steak is excellent. – Бифштекс отличный.

Excellent! Way rad! – Клево! Потрясно!

**fresh** – свежий

They have fresh bread every morning at the bakery. – Каждое утро в пекарне свежий хлеб.

fresh-ground coffee – только что смолотый кофе

fresh meat – свежее мясо

fresh fruit – свежие фрукты

fresh bread – свежий хлеб

fresh strawberries – первая клубника

fresh butter – несоленое масло

fresh water — пресная вода

fresh table-cloth – свежая скатерть

to make a fresh start – начать все заново

to fresh smb. up – взбодрить кого-л.

fresh caught fish – недавно пойманная рыба

to be fresh out of smth. – только что закончиться (о запасах)

We're fresh out of eggs. – У нас опять нет яиц.

It was so good to taste fresh meat and fresh water again. – Как приятно снова почувствовать вкус свежего мяса и пресной воды.

**overdone** – пережаренный **underdone** (half-done, raw) – недожаренный

The steak is too much underdone. – Бифштекс слишком сырой.

**sour** – кислый; прокисший

sour bread – кислый хлеб

sour apples – кислые яблоки

sour grapes – зеленый (кислый) виноград

to taste sour – быть кислым на вкус

to turn (become) sour – прокиснуть

to go sour – стать неприятным или неприемлемым; не удался

to sour on – питать отвращение, испытывать неприязнь

**stale** – черствый stale cheese – заветренный сыр

stale meat – мясо с душком

**stuff** – всякая всячина

Apples, oranges, this kind of stuff. – Так, апельсины, яблоки, всякое такое.

**to cater for** – обслуживать кого-то; любить (употребляется в вопросительных и отрицательных предложениях) *Syn. to be fond of; to like*

Do you care for fish? – Вы любите рыбу?

**to clear the table** – убирать со стола

Will you clear the table? – Убери со стола.

Please help your mother to clear off. – Помогите маме убрать со стола.

to clear the dishes – убирать посуду со стола

When you've finished your meal, please clear up the kitchen. – Когда поедите, приберитесь в кухне.

to clear the water by filtering – очистить воду с помощью фильтров

clear one's mind of – идиом. постараться забыть что-л.

to wait on (upon) – обслуживать

to lay the table for two (three, four, etc.) – накрыть стол на 2, 3, 4 ... человека

**to cook** – стряпать; жарить(ся), варить(ся)

cook up (cook, concoct) – стряпать

Mother is cooking dinner. – Мама готовит обед.

well-cooked – хорошо приготовленный

to cook (fix, prepare) a meal – готовить еду

**to bake** – печь, выпекать to bake bread выпекать хлеб

to bake pastry – печь пирожные

My bread is baked in my own oven. – Я делаю хлеб в своей собственной печи.

**to be hungry** – хотеть есть, быть голодным

to allay (alleviate, appease) one's hunger – утолять голод



to gratify (satisfy) one's hunger – утолять голод  
ravenous hunger – волчий голод to die of hunger – умереть от голода  
to be faint from hunger – умирать от голода

The traveller hungered for his native land. – Путешественник истосковался по своей родине.

to hunger for (after) – сильно желать  
I'm **hungry** as a hunter. – Я голоден как волк.

**hunger** for knowledge – жажда знаний

**to be thirsty** – хотеть пить

I'm ever so thirsty. – Мне ужасно хочется пить.

thirsty – испытывающий жажду; вызывающий жажду

Slices of the thirsty ham – ломтики ветчины, от которой хочется пить

to experience thirst – испытывать жажду

to quench (slake) one's thirst – утолять жажду

excessive thirst – усиленная жажда

unquenchable thirst – неутолимая жажда

unquenched thirst – неутоленная жажда

thirst for money – жажда наживы

**to boil** – кипеть, кипятить, выкипать, варить

The kettle is boiling. – Чайник кипит.

The milk has boiled over. – Молоко убежало.

boiled meat – отварное мясо

to boil up – подогревать еду

The water has been boiling away for ten minutes. – Вода кипит уже десять минут.

The water had all boiled away and the pan was burnt. – Вода вся выкипела, и сковорода пригорела. The soup is nearly cold, I'll boil it up again for you. – Суп почти остыл, я его тебе подогрею.

**to cut** – резать, нарезать

Cut me a piece of bread. – Отрежь(те) мне кусок хлеба.

Cut the cake. – Разрежь пирог.

Ida allowed Mr. Quest to cut her some cold boiled beef. – Ида позволила мистеру Квесту нарезать ей холодную отварную говядину.

The knife does not cut. – Нож не режет.

The meat cuts easily. – Мясо легко режется.

to cut one's finger – порезать себе палец

We must cut this bottle tonight. – Мы должны сегодня прикончить эту бутылку.

to cut and come again – есть с аппетитом

**to feed** – питать(ся) feed – кормление, питание

She's had a good feed. – У нее хорошее питание.

to be off one's feed разг. – не иметь аппетита

We feed mainly on vegetables in summer. – Летом мы питаемся главным образом овощами. I am off my feed. – У меня нет аппетита.

to feed five mouth – кормить (содержать) пятерых

He is so weak that he cannot feed himself. – Он настолько слаб, что не может сам есть. I feel so fed up this morning. – Сегодня мне почему-то на все наплевать.

I'm fed up with you, go away. – Я сыт тобой по горло, убирайся.

**to fry** – жарить fry-up – жарка

to do (have) a fry – жарить

fryer – а) тот, кто жарит б) посуда для жарки

I shall fry the fish. – Я буду жарить рыбу.

Fry an egg for me. – Пожарь мне яичницу.

We can fry up some of these pieces of meat for our lunch. – Мы можем часть этого мяса пожарить на завтрак.

fryer – а) тот, кто жарит (рыбу); сосуд для жарки (рыбы); мн. рыба, предназначенная для жаренья; амер. цыпленок, годящийся для жарки

**to grill** – жарить (на гриле)

grill (gridiron) – мясо-(рыба)-гриль (жаренные на рашпере мясо & рыба); гриль-бар

**to have** – есть, пить (с существительными, обозначающими пищу)

Do you have tea or coffee for breakfast? – Вы пьете на завтрак чай или кофе?

I won't have any porridge. – Не буду есть кашу.

to have no tooth for fruit – не любить фрукты

to have a sweet tooth – быть сластеейной

**to help** – раздавать, угощать

May I help you to another cake? – Позвольте вам предложить еще пирожное.

Help yourself! – Угощайтесь! Help yourself to some more pie, please. – Берите, пожалуйста, еще пирога.

**to treat** – угощать treat (feast, refection, collation) – угощение, пиршество

He gave the usual treat for the degree of doctor in divinity. – Он устроил традиционный банкет в честь получения докторской степени по теологии.

**helping** – порция

May I have another helping of porridge? – Можно взять еще (порцию) каши?

**to lay** – накрывать

to lay the table – накрывать на стол; *Syn. to set the table*

**to make smb's mouth water** – разжигать чей-то аппетит

my mouth waters – у меня слюнки текут useless mouth – дармоед

**to pass** – передавать

Pass me the brown bread, please. – Передайте мне, пожалуйста, черный хлеб.

**to peel** – снимать корку, кожицу, шелуху

to peel an orange – очищать апельсин

to peel the skin off a pine-apple – чистить ананас

I'll peel the potatoes myself. – Я сам (а) почищу картофель.

to peel the label off the can – сорвать этикетку с консервной банки

As you peel away the onion skin, you find another skin underneath. – Когда снимаешь кожуру с луковицы, под ней еще одна.

**to put one's nose in the manger** – наваливаться на еду

**to put on the nosebag** – поесть, перекусить (на работе)

nosebag – торба, завтрак (который рабочий берет на работу); еда, пища

the precise time the family get the nose-bag on – точное время, когда семья садится есть

**to put smth to one's lips** – пригубить, попробовать что-то

**to pour out** – наливать

Pour me out a cup of tea. – Налей(те) мне чаю.

Would you like me to pour out the tea? – Хочешь еще чаю?

**to roast** – жарить(ся); печь(ся)

to give smth. a good roast – хорошо прожаривать (что-л.)

The meat was roasting in the oven. – В духовке жарилось мясо.

You've made a fire fit to roast an ox. – Ты развел такой костер, что на нем можно быка целиком зажарить.

to roast a potato in ashes – запекать картофель в золе

to roast coffee-beans – жарить кофейные зерна

roast beef – ростбиф (поджаренный кусок говядины, вырезанный из хребтовой части туши)

roast veal (veal roast) – жареная телятина, жаркое из телятины

chuck roast – жаркое из цыплёнка

pot roast – тушёное мясо

rib roast – жаркое на рёбрышках

to make a roast – приготовить жаркое

to give smth. a good roast – хорошо прожаривать (что-л.) в) кусок мяса, пригодный для жарки или приготовления жаркого

blade roast – мясо на ростбиф

blade rib roast – кусок толстого края (лопаточная часть)

**to serve** – подавать

They served us a delicious fish soup. – Нам подали великолепную уху.

it will serve – 1) это то, что нужно 2) этого будет достаточно

as occasion serves – когда представляется случай

serve no purpose – никуда не годиться

to serve round – обносить кругом (блюда)

Would you be so kind as to help serve the drinks round (our guests)? – Не поможет ли вы обнести гостей напитками?

to serve with – подавать; снабжать to serve a customer – обслуживать клиента

**to spit** – жарить (на вертеле) spit and polish – внешний вид; идеальная чистота

the fire where pork chops were sizzling and spitting – огонь, где с шипящим и плюющим звуком жарились кусочки свинины

spit chips – испытывать сильную жажду

**to spread** – намазывать

to spread the cloth on the table – накрыть стол скатертью

to spread jam on crackers – намазать крекеры вареньем

Will you spread some butter on my bread for me? – Пожалуйста, намажь мне масла на хлеб.

**to sprinkle** (besprinkle) – посыпать (with - чем-л.)

Sprinkle the salad with salt. – Посолите салат.

And sprinkle it lightly with pepper. – И слегка посыпьте перцем.

**to stew** – варить(ся), тушить(ся);

stewed meat – тушеное мясо

Stew the vegetables in the meat juice to make them tasty. – Чтобы овощи были вкусными, потушите их в мясном соусе.

The tea is stewed. – Чай перепарен.

to leave/let to stew in one's own juice – варить в собственном соку

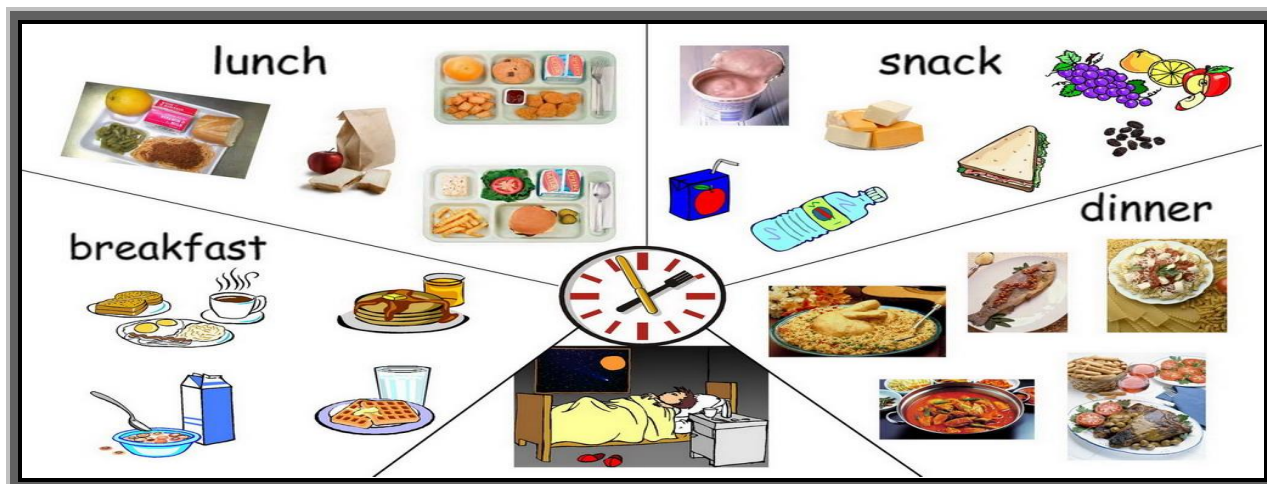
**to stuff** – фаршировать

stuffed pepper – фаршированный перец green (garden) stuff – овощи

Stuff the rabbits and roast them. – Начините фаршем тушки кроликов и зажарьте их в духовке. This Scotch is good stuff. – Это отличное виски. Do you call this stuff beer? – И это пойло ты называешь пивом? Don't stuff the food into your mouth. – Не набивай рот. He's stuffing you with silly ideas. – Он забивает тебе голову дурацкими идеями. Don't stuff her head with that nonsense. – Не забивай ей голову этой ерундой. Stuff the rabbits and roast them. – Нафаршируйте тушки кроликов и зажарьте их в духовке.

**Exercise 1. Analyze the topical vocabulary, learn it by heart and make up sentences with it.**

**Exercise 2. Describe the picture below.**



## MAIN COURSES

### Fish dishes

boiled pike-perch Polish style – судак отварной по-польски

halibut in white sauce – палтус в белом соусе

fish-ball (noisette) – рыбная тефтеля (котлета)

fried cod, pike-porch, bream – жареная треска, судак, лещ

steamed sturgeon – паровая осетрина

a strip of fish / a piece of fish – кусок рыбы

fish cream – рыбная паста, рыбный паштет

### Meat dishes

**meat** – мясо

bit (piece) of meat – кусок мяса

meat (beef) rolled – рулет

minced (ground) meat – мясной фарш; mince – фарш

**beef** – говядина

**mutton** – баранина     **liver** – печень     **pork** – свинина

**beefsteak** – бифштекс

juicy steak – сочное мясо

tender steak – мягкое мясо

tough steak – жесткое мясо

well-done steak – хорошо приготовленное мясо

rump steak – вырезка (часть мясной туши);

roast steak (rumpsteak) – ромштекс; бифштекс

to broil (grill) a steak – жарить бифштекс

to like one's steak medium – любить бифштекс с кровью

porterhouse (club) steak (beefsteak) – бифштекс (из филейной части говяжьей туши)

leathery steak – бифштекс, жесткий как подошва

veal and chips – жареная телятина с жареным картофелем

grilled meat – мясо, жареное на рашпере

stewed meat – тушеное мясо

rare meat – жареное мясо (с кровью)

well done – хорошо приготовленный

roast beef – ростбиф

to make a roast – приготовить жаркое

chuck roast – жаркое из цыпленка

lamb roast – жаркое из баранины

pork roast – жаркое из свинины

pot roast – тушеное мясо

rib roast – жаркое на ребрышках

veal roast – жаркое из телятины

beef stew – тушеная говядина

Irish stew – тушеная баранина с луком, картофелем и густой подливкой

mulligan stew – амер. блюдо из тушеного мяса, рыбы, овощей и т. д. (любых продуктов, которые есть под рукой)

blade roast – мясо на ростбиф

entrecôte – антрекот

fillet – филе

goulash – гуляш

cutlet / rissole – котлета (рубленая)

steamed rissoles – паровые котлеты

chop (chop cutlet) – отбивная котлета (натуральная)

veal chop (braded veal) – телячья отбивная

pork chop – свиная отбивная

mutton chop – баранья отбивная

braised (stewed) beef – тушеная говядина

chopped meat – рубленое мясо

hamburger – гамбургер

mutton chop (lamb) – баранья отбивная (молодая)

hot-pot – тушеное мясо с картофелем в горшочке  
stuffed cabbage-rolls – голубцы  
roast rubbish in sour cream – жареный кролик в сметане  
casseroled chicken – запеченный цыпленок  
ragout (stew) – рагу pilaw (pilau) – плов  
roast veal – жаркое из телятины  
roast (meat) – жаркое  
meat casserole – мясная запеканка  
shish kebab (cubes of meat on a skewer) – кебаб на вертеле  
steak and kidney pie – пирог с мясом и почками  
pot roast – тушеное мясо в горшочке  
special pot-roast – жаркое в горшочке  
french fry – французское жаркое  
pope's eye – жирная часть бараньей ноги  
roast meat and vegetables – жаркое с овощами  
underdone – недожаренный  
overdone – пережаренный  
languette with mashed potatoes – лангет с картофельным пюре  
shnitzel – шницель  
quenelles – кнели  
croquette – крокеты  
suckling(-pig) – поросенок  
scallop – эскалоп  
meat balls – биточки  
kidney pie – запеканка из телячьих почек  
liver in sour cream sauce – печень в сметанном соусе  
boiled tongue and green peas – отварной язык с зеленым горошком  
hot dog – булочка с горячей сосиской в соусе  
dish of brains – мозги (блюдо)  
meat-ball – фрикаделька, тефтелька  
blood pudding (sausage) – кровяная колбаса  
to casserole – запекать (о еде)  
to bake a casserole – готовить запеканку  
meat casserole – мясная запеканка  
vegetable casserole – овощная запеканка; запекать (о еде)  
casseroled chicken – запеченный цыпленок  
grilled sirloin – филе на гриле  
ground sirloin – фарш из филейно части  
after meat – после еды  
before meat – перед едой  
at meat – за едой, за столом  
blade roast – мясо на ростбиф  
blade rib roast – амер. кусок толстого края (лопаточная часть); ростбиф

### **Poultry**

roast chicken – жареный цыпленок  
roast duck and apples – жареная утка с яблоками

roast partridge with cranberry sauce – жареная куропатка в клюквенном соусе  
hazel-grouse – рябчик  
wood-grouse – тетерев  
wood-cock – вальдшнеп  
roast goose and sauerkraut – жареный гусь с квашеной капустой  
roast turkey and mixed vegetables – жареная индейка со сложным гарниром  
black-cock – глухарь  
pheasant – фазан  
quail – перепел

**Beverage** – напиток

alcoholic beverage – алкогольный напиток  
carbonated beverage – газированный напиток  
intoxicating beverage – хмельной напиток  
non-alcoholic beverage – безалкогольный напиток

**strong (hard) drinks** – крепкий, спиртные напитки

alcoholics – алкогольные напитки  
cognac – коньяк  
Armenian cognac – армянский коньяк  
Georgian cognac – грузинский коньяк  
Moldavian cognac – молдавский коньяк  
Cognac *Five Stars* – коньяк *Пять звездочек*  
Cognac "O.C." (very old) – коньяк выдержанный  
Cognac "K.C." (old) – коньяк (старый)  
Ashberry in Cognac – рябина на коньяке (рябиновая настойка)  
brandy – бренди, коньяк  
Calvados (apple-brandy, applejack) – яблочная водка, кальвадос  
aqua-regia (nitrohydrochloric acid) – царская водка  
paddy – ирландское виски  
anisetto – анисовая водка  
tequila – мексиканская водка, текила  
sacramental wine – церковное вино  
rum – ром hot toddy (rum with lemon juice) – ром с лимонным соком  
rum swizzle (rum with bitters) – ром с горькой настойкой  
shrub – напиток из фруктового сока и рома  
bottled beer – пиво в бутылках  
fruit (liqueur) brandy – настойка (общее понятие)  
cherry brandy – вишневая настойка  
liqueur – ликер  
fruit liqueur – наливка (алкогольная) *Syn. ratafia, ratafee*  
Cherry-Ratafia – вишневая наливка  
Plum-Ratafia – наливка сливянка  
Ratafia of Cranberries – наливка клюквенная  
fruit cordial – наливка безалкогольная  
shandy – пиво + имбирь  
toddy – пунш, тодди *Syn. punch* пальмовый сок (перебродивший)  
Irish whisky (poteen) – ирландский виски



Scotch whisky – шотландский виски  
straight whisky – неразбавленный виски  
mountain dew – виски  
to age whisky – выдерживать виски  
to distill whisky – дистиллировать виски  
to produce whisky – производить виски  
blended whisky – разбавленный виски  
aquavitaе – водка, крепкий спиртной напиток  
gin – джин, можжевельниковая настойка gin and tonic

### **Grape wines**

a) table dry wines – столовые сухие вина  
dry white wines – белые сухие столовые вина  
dry red wines – вина сухие красные  
table wine – столовое вино  
thin wine – слабое вино; разбавленное вино  
red wine – красное вино *Syn. vin rouge*  
white wine – белое вино *Syn. vin blanc*  
aged wine – выдержанное вино  
matured wine – зрелое вино  
sweet wine – сладкое вино *Syn. vin doux*  
vintage wine – марочное вино, вино высшего качества  
young wine – молодое вино  
adulterated wine – фальсифицированное вино *Syn. cidre*  
cheap wine – марочное вино  
dessert wine – десертное вино  
wine of the country – местное вино  
home-made wine – домашнее вино  
jug wine – дешевое вино (продается в больших бутылках) *Syn. pop wine, plonk*  
dago red – дешевое красное вино  
b) strong grape wines – крепленые вина  
fortified wine – крепленое вино  
Madeira – мадера  
sherry – херес  
vermouth – вермут  
cahors – кагор  
portwine – портвейн  
c) sweet dessert wines – сладкие десертные вина  
Muskat – мускат  
Tokai – токай  
Pinot Noir – Пино Нуар  
Merlot – Мерло  
Cabernet – Каберне  
Champagne – шампанское (semi/demi/half) sweet – (полу) сладкое  
sparkling – игристое  
wine punch – винный пунш  
bamboo juice – вино

### **Aperitive wines**

aperitif – аперитив  
vodka – водка  
Dubonnet – Дюбоне  
Cinzano – Чинзано  
Martini – Мартини  
Aperol – Апероль

### **Weak alcoholic drinks**

beer – пиво  
light beer – светлое пиво  
dark beer – темное пиво  
medovukha – медовуха  
zbiten – сбитень  
Adam's ale – вода (шутл.)  
to be in beer – быть выпивши  
beer chaser – "прицеп" (стакан пива вслед за виски)  
beer on draught – бочковое пиво, пиво в розлив

### **Cocktails**

original cocktails – оригинальные коктейли  
a) layer cocktails – слоистые коктейли  
knickenbein – кникенбайн  
champerol – чемпероль  
pousse-café – пус-кафе  
b) crusta – краста  
digestive cocktails – деджестивы  
gin and French – коктейль с джином и сухим вермутом  
aperitive cocktails – коктейли-аперитивы  
old-fashioned – Старомодный  
Manhattan – Манхаттан  
flips, smashes, cordial, oyster, frapé, mist and sour group – флипы, смэши, кордиаль, оyster, фрапе, мист и коктейли группы *caуэр*

### **Soft drinks (non-alcoholic)**

orangeade – оранжад  
lemonade – лимонад  
soda-water – содовая  
pepsi-cola – пепси-кола  
coca-cola – кока-кола  
squash (fruit drink) – фруктовый напиток  
orange squash – апельсиновый напиток  
mineral water – минеральная вода

**drink** – а) питье, напиток б) алкогольный напиток

iced drink – напиток со льдом  
weak drink – слабый напиток  
to fix (make, mix) a drink – приготовить напиток  
ardent (potent, stiff, strong) drink – крепкий напиток  
fizzy drink – брит. газированный напиток

soft drinks – безалкогольные напитки

still drink – а) нешипучий напиток *Syn. beverage*

to drink oneself drunk – напиться

to drink oneself sleepy (heavily, tittle, tope) – напиться и заснуть

to drink oneself to death – упиться до потери сознания

to drink oneself into incoherence – упиться до невменяемости

He drank himself into oblivion. – Он напился до невменяемого состояния.

to drink like a fish – сильно пьянствовать

to drink away – пропивать

pitcher-man – пьяница

hard (heavy) drinker – горький пьяница *Syn. tippler, drunkard, toper*

to be on the drink – быть в запое

in drink – в пьяном виде, пьяный

to take to drink – стать пьяницей

to drink hard – *Syn. booze, bib, drink*

to drink at a draught – выпить залпом

to drink deeply – пить запоем

to drink with flies – пить без компании, в одиночестве

hangover – похмелье

booze – общее название спиртных напитков, спиртное, возможны сленговые варианты, напр. бухло; водка, виски, спирт, самогон, пиво

On his way home he drops into a pub, and gets some booze. – По пути домой он заходит в паб пропустить стаканчик.

on the booze – в запое

to booze up – пьянствовать

The men spent the whole evening in the pub boozing up. – Весь вечер они сидели в баре и пили.

to bib – пить, пьянствовать, выпивать *Syn. tittle, booze, drink heavily, drink hard*

Tom drank the whole of his father's fortune away. – Том пропил все отцовское наследство. Some people try to drink their sorrows away. – Некоторые люди пытаются утопить свое горе в вине. It is easy to drink away a whole night. – Пить всю ночь напролет? Да запросто!

to drink down – выпить залпом

Drink your medicine down, it's good for you. – Выпей лекарство, от него тебе станет лучше.

to drink dry – выпить до дна, выпить без остатка

I could drink the sea dry. – Я страшно хочу пить.

to drink in – жадно впитывать, упиваться

The students sat round their teacher, drinking in his words of wisdom. – Ученики расселись вокруг учителя и жадно пили разливаемый им напиток мудрости.

They drank in every word of the lecture. – Они впитывали каждое слово лекции.

Let us drink to the happy pair. – Давайте выпьем за счастье молодых.

to toss back – пить; много выпить

to toss down – осушат

to toss down one glass after another – осушать бокал за бокалом

to toss off a drink – выпить одним глотком

to toss up – наскоро приготовить (еду)  
a tall drink – высокопарный, высокий, напыщенный тост  
to drink a toast (in honour of a person or an occasion) – тост  
a dash of bitters (a few drops) – несколько капель горькой настойки  
on the house (courtesy of the house, no charge) – за счет заведения (о подаваемой выпивке, еде и т.п.) a drink on the house – бесплатная выпивка  
to stay on the same (to continue with the same drink) – продолжать пить один и тот же напиток

corn whiskey – кукурузное виски, кукурузный самогон

Название закрепилось за дешевыми грубыми сортами виски в период "сухого закона", когда виски было часто самогонным (moonshine). До этого так называли любой бурбон (bourbon)

Where's that jug of roasting-ear wine? – Где этот жбан с бормотухой?

**Bakery** – булочная, пекарня

pastry – мучные кондитерские изделия

small loaf – булка

**bread** – хлеб

a slice (peice) of bread – тонкий ломоть хлеба

a loaf of bread – буханка хлеба

batch – количество хлеба, выпекаемое за раз

rusk – сухарь (сладкий)

white (wheat) bread – белый хлеб

brown bread – черный хлеб, серый хлеб из непросеянной муки (в Англии); темный хлеб из пшеницы или ржи, смешанной с кукурузой

baguette – длинный французский хлеб

rye-bread – ржаной хлеб

stale bread – черствый хлеб

home-made bread – домашний хлеб

wholemeal bread – пеклеванный хлеб

sitnik – ситный хлеб

fresh (newly)-baked bread – свежий хлеб

crust of bread – корка хлеба

bread-crumb – мякиш; мн. хлебные крошки; мн. панировочные сухари

bread and butter – хлеб с маслом

stale (old,musty) bread – лежалый хлеб

mouldy bread – заплесневелый хлеб

to bake bread – печь хлеб

to toast bread – поджаривать хлеб

to break bread with – делить кусок хлеба с (кем-л.)

corn bread – хлеб из кукурузы, маисовый хлеб

leavened bread – хлеб, сделанный из дрожжевого теста

sliced bread – нарезной хлеб

unleavened bread – церк. опреснок, просфора; маца

wheat bread – хлеб, сделанный из пшеничной муки

bread-line – амер. очередь безработных за бесплатным питанием

bread-winner – кормилец (себя, своей семьи)

**Pastry** – кондитерские изделия; пирожное

home-made pastry – домашняя выпечка

to bake (make) pastry – печь пирожные

puff pastry – брит. изделия из слоеного теста

pastry-cook – кондитер *Syn. confectioner, pastrycook*

short pastry – песочное пирожное

patty (pasty) – пирожок

baking – выпечка, печенье

shortbread (pastry; cookie, biscuit) – сухое печенье

sweet biscuit – сладкое печенье

cream biscuit – печенье с кремом

tea biscuits – печенье к чаю

ship's biscuit (cracker, zwieback, hardtack, sea-biscuit, dried crust; rusk) – сухарь

soda cracker – крекер, галета

**pie** – пирог, пирожок амер. торт, сладкий пирог

What do you say to a bit of this pie? – Не хотите ли немного этого пирога?

to bake a pie – испечь пирог

a piece (slice) of pie – кусок пирога

wedge of pie – треугольный кусок пирога

blueberry pie – пирог с черникой (брусникой, голубикой)

cherry pie – пирог с вишнями

as American as (tom) apple pie – (традиционный для американского образа жизни) яблочный пирог. Американский как яблочный пирог; обычно выпекается круглой формы, открытый или полуоткрытый

a piece, a slice of pie – кусок пирога

wedge of pie – треугольный кусок пирога

shepherd's pie – пастуший пирог (картофельная запеканка с мясом) пастушья запеканка (картофельная, с мясным фаршем и луком)

apple pie – шарлотка, пирог с яблоками

chocolate cream pie – шоколадный торт с кремом

key lime pie – пирог с лаймом (со сгущённым молоком)

patty (meat pie) – пирог с мясом мясной пирожок

mince pie – сладкий пирожок с начинкой из изюма, миндаля и пр.

pecan pie – ореховый пирог

pie crust – пирог с глазурью

Eskimo pie – эскиммо (мороженое)

pudding – пудинг; plum pudding – пудинг с изюмом

snap – сухое хрустящее печенье

**tart** – пирог (с фруктами, ягодами или вареньем), домашний торт; фруктовое пирожное; пирожок с открытой фруктовой начинкой

tart – шоколадное, фруктовое пирожное

stone ground wheat crackers – амер. крекеры из муки грубого помола

napoleon – слоеное пирожное

flaky / puff pastry – слоеное тесто

roll – сдобная булочка to bake rolls – печь булочки

rings (bread-rings) – бублики *Syn. public*

rolls – булочки (городские и т.п.)

hamburger roll – булочка для гамбургера

jelly roll (амер.), Swiss roll (брит.) – рулет с вареньем, швейцарский рулет

He sat down to his rolls, eggs, and coffee. – Он сел за стол, чтобы отведать булочек, яиц и кофе.

cinnamon (sticky) bun – булочка с корицей

bun (scone) – сдобная булочка с изюмом

cinnamon, sticky bun – булочка с корицей

bun-fight (tea-fight) – чай, чаепитие *Syn. tea-party*

**cake** – пирожное, торт, кекс

snack (fancy) cake – пирожное

gem (stones) – пресная сдобная булочка

plum-cake – кекс

macaroon, ratafee, ratafia – миндальное печенье

shortbread, shortcake – рассыпчатое песочное печенье

shortbread (shortcake) – песочное печенье

sponge cake – бисквитный торт; plum-cake – кекс

to bake a cake – испечь торт

to frost cake (ice a cake) – замораживать торт / пирожное

birthday cake – именинный торт

chocolate cake – шоколадный торт

honey cake – медовый торт

layer cake – слоеный торт

wedding cake – свадебный торт

sponge-cake – бисквит, бисквитный торт

trifle – бисквит, пропитанный вином и залитый сбитыми сливками

fancy cake – пирожное

pastry filled with custard (eclair) – заварное пирожное (эклер)

to bake (make) pastry – печь пирожные

to bake a pie – испечь пирог

to bake a cake – испечь торт

to frost (ice) a cake – замораживать торт (пирожное)

jumble – круглая сдобная пышка (наподобие нашего *колечка*; амер. коржик, посыпанный лимонными цукатами и сладким миндалем)

Welsh rabbit – гренки с сыром toast (sippet) – гренки

frosted cookies – глазированные булочки (печенье)

steamed puddings – пудинг на пару

wholewheat – приготовленный из цельного зерна

cookie – домашнее печенье, булочка

fortune cookie – амер. небольшое печенье (особенно часто такие подают в китайских ресторанах), в котором запечена бумажка с поговоркой, предсказанием

baking (batch) – выпечка, печенье

snap – сухое хрустящее печенье

good appetite! – хлеб да соль!

brownie – шоколадное пирожное с орехами

chantilly (cream puff) – пирожное со взбитыми сливками  
frangipane – пирожное с миндальным кремом  
summer pudding – бисквитное пирожное с ягодами  
baked pudding – пудинг, запеканка, десерт, сладкое блюдо  
hasty pudding – мучной заварной пудинг  
crouton – гренки в супе  
kickshaw – лакомство, лакомое блюдо  
tortillas (round pancakes made of corn dough) – оладьи из кукурузного теста  
enchiladas (Mexican: stuffed tortillas) – фаршированные маисовые лепешки  
powdered sugar – сахарная пудра  
frosting – глазирование, глазировка  
cakes and ale – веселье

## Ware

dinnerware (foodware, tableware) – столовая посуда  
laying (serving) – сервировка (действие)  
table appointments – убранство стола  
dish – вид довольно глубокой кухонной посуды: тарелка, миска, плошка  
a chafing dish – жаровня, электрическая кастрюля  
dirty dish – грязная посуда  
plastic dish – пластмассовая посуда  
to do (wash, rinse, dish up) dish – мыть посуду  
dish-washer (scullion) – посудомоечная машина  
frying machine – фритюрница  
meat grinder (hasher, mincing machine, meat-chopper, mincer) – мясорубка  
fruit-knife – нож для фруктов meat-chopper – нож для мяса  
fish-slice – широкий прямоугольный кухонный нож для рыбы  
fish-strainer – металлический дуршлаг для вынимания рыбы (из кипятка)  
pepper mill – перцемолка  
dash of pepper (pepperbox, pepper-pot, pepper shaker) – перечница (сосуд для хранения перца-приправы)  
salt shaker – солонка с отверстиями в крышке  
steak knife – острый столовый нож, часто с зубчиками  
soup bowl – супница  
soup ladle – разливательная ложка, половник  
soup mix – суповой набор soup-plate – глубокая тарелка  
taster – а) прибор, с помощью которого берется небольшая часть пробуемого продукта а) дегустационный шампур б) дегустационный бокал (мелкий серебряный с рифленным дном для дегустации вин)  
wine-cooler – ведро со льдом для охлаждения вина  
wineglass (goblet, tall wine) – бокал, рюмка, фужер  
wine-glassful – винный фужер, бокал (как мера емкости)  
goblet – бокал, кубок set of dish – сервиз  
dish-cloth – кухонное полотенце; тряпка для мытья посуды  
napkin (serviette; tissue paper) – салфетка  
absorbent paper – косметическая салфетка  
tea-cloth – чайная салфетка салфеточка – doily



**flatware** – мелкая или плоская посуда (блюда, тарелки, блюдца и т. п.; в отличие от кастрюль, мисок, чашек, кувшинов и т. п.) *Ant. hollow-ware*; амер. столовые приборы (ножи, вилки и ложки)

spice setting – столовый прибор на одну персону

silverware – изделия из серебра, столовое серебро

stainless steel ware – изделия из нержавеющей стали

**casserole** – блюдо, миска, сотейник, кастрюля (из жаропрочного материала);

блюдо, приготовленное в такой посуде и подаваемое в ней на стол;

chafing dish – электрокастрюля (для подогрева пищи на столе); электротермос; жаровня *Syn. brazier*

tableware – столовая посуда

glassware – стеклянные изделия, стеклянная посуда

tall wine glass – бокал, рюмка, фужер *Syn. goblet, wineglass, the rocks*

frosted glasses – покрытые инеем бокалы

water pitcher – кувшин для питьевой воды

cold container – переносной холодильник

thermos bottle (bottle for keeping things warm) – термос

portable bar – переносный бар

buffet – буфет (для посуды); горка (для серебра, фарфора);

buffet table – буфет, буфетная стойка

an old-fashioned buffet – старомодный буфет, старинный буфет

roaster roasting pan – жаровня *Syn. brazier*; молочный поросёнок *Syn. suckling pig*

electric roaster – электрический гриль

roasting loss – у жаривание

**Exercise 1. Analyze the topical vocabulary and learn it by heart.**

**Exercise 2. Remember the phrases.**

To put new wine in old bottles – втискивать новое содержание в старую форму Good wine needs no (ivy) bush. – Хороший товар сам себя хвалит.

wine and dine – наслаждаться дорогими винами и изысканными блюдами

to wine and dine prospective clients – угощать потенциальных клиентов

**Exercise 3. Translate the words and word-combinations.**

**chocolate soldier** – a person who mistakenly believes that he or she is very powerful, important, or impressive

**chocolatier** – a person or company that makes or sells chocolate

to drink hot chocolate – выпить горячего шоколада

chocolate (cocoa) liquor – шоколадный ликер

to have a finger in the **pie** – a) to have an interest in or take part in some activity  
b) to meddle or interfere

**apple of one's eye** – a person or thing that is very precious or much loved

bad **apple** – a person with a corrupting influence

**dinner theatre** – театр и ужин. Театр, ставящий мюзиклы (musical) и легкие комедии. В стоимость билета входит также стоимость буфета, парковки и других услуг. Обычно рассчитан на 150-1000 мест.

**Exercise 1. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 2. Add some information & make up a small report and give a talk in class.**



## ADDITIONAL EXPRESSIONS

Breakfast may consist of... – Завтрак может состоять из...	
Lunch may include... – Второй завтрак может включать...	
Dinner consists of... – Обед состоит из...	
Menu includes (consists of)... – В меню имеется...	
For the first (second) course. – На первое (второе) блюдо.	
What do you recommend? – Что Вы посоветуете взять?	
What's your favourite dish? – Какое Ваше любимое блюдо?	
Where can we get a quick meal? – Где можно быстро поесть?	
I am hungry; I am starving. – Я голоден. I am satisfied (full). – Я сыт.	
What's the house speciality? – Какие у Вас фирменные блюда?	
The meal is delicious (tasty). – Все очень вкусно.	
Have a pleasant meal! Enjoy! – Приятного аппетита.	
To your health! – За Ваше здоровье!	
I am an immense (great) eater. – У меня хороший аппетит.	
I am a small eater. – У меня плохой аппетит.	
I'd like to have a bite (a snack). – Я бы хотел перекусить.	
Neither meat nor drink had passed his lips all day. – За весь день он куска не проглотил.	
I'll die from overeating. – Я умру от обжорства.	
Cake is fattening. – От торта толстеешь.	
How is it prepared? – Как это приготовлено?	
This meat dish is perfectly cooked. – Это мясное блюдо прекрасно приготовлено.	
It is underdone, overdone, half-done. – Оно не дожарено, пережарено, не доварено.	
What would you advise me to take for the first course?	Что вы посоветуете мне взять на первое?
What meat course have you today?	Какие мясные блюда сегодня?
What does the bill come to?	Сколько я вам должен по счету?
I'll pay the bill if you don't mind.	Я заплачу, если вы не возражаете.
Let's go Dutch.	Давайте заплатим пополам.
I can't go without soup.	Я не могу обойтись без первого.
I disagree with me.	Мне от этого нехорошо.
Please lay another plate at this table.	Принесите еще одну тарелку на этот стол.
It's our cook's speciality.	Это лучшее блюдо повара.
Good appetite!	Приятного аппетита!
It doesn't taste good.	Это не вкусно.
What cold dishes have you?	Какие закуски у вас есть?
Would you kindly move to another table?	Не могли бы вы пересесть за другой столик?
Will you dine à la carte or you take table d'hôte.	Вы хотите порционные блюда или комплексный обед?
I feel like eating.	Я хотел бы перекусить.
Let's have a coffee or cocoa with bread and butter sandwich.	Давайте выпьем кофе или какао с хлебом и маслом.
I feel like a drink./ I'd like something to drink.	Я хочу что-то попить.
Let's have a drink at a bar.	Давайте заглянем в бар.

Take some of cold fish dishes.	Возьмите что-то из холодных рыбных блюд.
Would you like some sprats with lemon?	Не хотите ли шпроты с лимоном?
I have not yet chosen.	Я еще не выбрал.
If you don't mind, I'll come a few minutes later.	Если вы не возражаете, я подойду через несколько минут.
What Ukrainian dishes can you recommend me?	Какие украинские блюда вы нам порекомендуете?
That is too much for me.	Это слишком для меня.
That's quite enough.	Этого достаточно.
This soup is called <i>Shchee Sutotchny</i> .	Этот суп называется щи "суточные".
Perhaps, you would like to have some meat for example, ...	Может вы возьмете что-нибудь из мясного, например, ...
Bring me (two, three steaks) a beefsteak a-la-Anglaise (well done, chopped).	Принесите мне бифштекс по-английски.
Make certain that it isn't overdone.	Проследите, чтобы он не был пережарен.
Now I suggest some poultry for the second course.	Я предлагаю вам взять на второе что-нибудь из птицы.
Have a portion of turkey (chicken, goose, duck).	Возьмите порцию индейки (курицы, гуся, утки).
Have you ever eaten this dish?	Вы когда-нибудь ели это блюдо?
I advice you to try it.	Я советую вам попробовать.
I don't eat any meat.	Я не ем совершенно мяса.
What farinaceous foods have you on the menu today?	Что у вас есть сегодня из мучных блюд?
I prefer it not so strong but hot.	Я предпочитаю не крепкий, но горячий.
What wine shall we have?	Какое вино будем пить?
Have you any wine in small bottles?	У вас есть вино в маленьких бутылках?
We have half a litre bottles (three quarter of a litre bottles, one litre bottles).	У нас есть бутылки по 0,5 л (0,75 л; 1,0 л).
I can bring you 200 grammes of wine in the decanter.	Я могу принести 200 гр. Вина в графине.
I don't take strong drinks.	Я не пью крепких вин.
What is the alcohol percentage of this wine?	Какой крепости это вино?
This wine is 16 per cent.	Крепость этого вина 16 градусов.
May I fill you glass?	Разрешите налить Вам?
What kinds of wine are considered to be best with you?	Какие вина считаются у вас лучшими?
How much is champagne per glass?	Сколько стоит бокал шампанского?
A glass of champagne costs ...	Бокал шампанского стоит ...
Will you pay your bill, please?	Разрешите получить с вас?
How much is it altogether?	Сколько я должен?
I'll bring your change in a minute/	Сейчас я принесу сдачу.
Change \$100 note for me, will you?	Разменяйте для меня \$100 пожалуйста.
Certainly, in what notes, please?	Конечно, какими купюрами?

**Exercise 1. Analyze the additional expressions and learn them by heart.**

## UNIT II. UTENSILS & EQUIPMENT

### BAR EQUIPMENT

1. Types of glasses	2. Miscellaneous	3. Food items
brandy snifter	bitters shaker	cherries (maraschino)
Champagne	Blenders	cream
Cocktail	bottle opener	eggs
Highball	corkscrew	grenadine (red flavouring)
Liqueur	ice crushers	lemons
Manhattan	ice tongs	olives (green)
measuring glasses	jiggers	onions (small)
mugs (beer)	lemon squeezer	oranges
old-fashioned	ponies	powdered sugar
shot glass	punch bowl	sugar
steins (tankard)	shakers	
Tom Collins	spoons	
various wine glasses	strainers	
whiskey on the rocks	straws	
	swizzle stick	





## TABLE SERVICE

1. Linen (or substitutes)	2. Glassware	3. Spoons
napkins (linen, paper)	beer	cereal
place mats (linen, paper, plastic)	bowls	cream
tablecloth	champagne	demitasse
	cocktail	dessert
<b>4. Chinaware</b>	fruit cup	ice tea
(dishes)	goblet (water)	soup
bowls	ice tea	sugar
berry bowls	pitchers	tablespoon
sugar bowls	sherbet	teaspoon (variety)
soup bowls	trays	
cups	water tumbler	<b>5. Serving pieces</b>
coffee	Wine glasses	cake fork
demitasse	<b>6. Silverware</b>	carving knife & fork
soup	(stainless steel)	cheese server
tea	Bowls	gravy ladle
Plates	Pitchers	jelly spoon
bread and butter	Platters	melon knife
dessert	serving dishes	pie server
dinner	Trays	salad dressing ladle
fish	<b>7. Flatware (cutlery)</b>	salad fork & spoon
luncheon	knife (plural knives)	serving fork
saucer	butter	serving knife
service (cover or place)	butter spreader	serving spoon
	carving knife	





### Gadgets, Utensils and Other Equipment



Vegetable Peeler



Microplane Grater



Box Grater



Garlic Press



Juicer



Timer



Potato Masher



Pastry Scraper



Instant Read Thermometer



Mixing Bowls



Prep Bowls



Fine Strainer



Colander



Plastic Cutting Boards



Wooden Cutting Board



Balloon Whisk



Silicon Spatulas



Tongs



Ladle



Slotted Spoon



Metal Spoon



Wooden Spoon



Turning Spatula



## PROVERBS & IDIOMS

**Appetite** comes with eating – посл. аппетит приходит во время еды

### Apple

An **apple** a day keeps the doctor away – "кто яблоко в день съедает, у того доктор не бывает"

the rotten **apple** injures its neighbours – посл. паршивая овца все стадо портит

That's all **apple** sauce! – Ерунда все это!

to upset smb.'s **apple**-cart — расстраивать чьи-л. планы

**apple**-pie order – образцовый порядок

to cry **barley** – просить пощады, перемирия

### Bean

to give **beans** – вздуть, наказать кого-л.

get **beans** – разг. быть наказанным, избитым

old **bean** – сленг старина, дружище

not to have a **bean** – не иметь ни гроша

not worth a **bean** – гроша ломаного не стоит

every **bean** has its black – посл. и на солнце есть пятна

he found the **bean** in the cake – ему посчастливилось, повезло

to know **beans**, to know how many **beans** make five – знать что к чему

like **beans** – во всю прыть

hill of **beans** – пустяки

to spill the **beans** – выдать секрет, проболтаться; расстроить чьи-л. планы; попасть в глупое положение, в беду

like being up against a brick (pointless, useless) – как об стену **горох**

in days of yore – при царе Горохе

**broth** of a boy – славный парень, молодец

### Berry

I'm nearly a hundred **berries** to the good. – У меня почти сто зеленых наваров He was a thousand berries out. – Он потерял на этом деле тысячу зеленых.

### Bitter

to get one's **bitters** – получить по заслугам

that which is **bitter** to endure may be sweet to remember – иногда бывает приятно вспомнить то, что было тяжело переживать

it was **bitter** cold – было очень холодно

**bitter** as aloes ((as) bitter as aloes (gall, wormwood)) – горький, как полынь My life is as **bitter** as wormwood. – У меня горькая, беспросветная жизнь.

that which was bitter to endure may be sweet to remember иногда бывает приятно вспомнить пережитую боль

who has never tasted **bitter**, knows not what is sweet – не отведав горького, не узнать и сладкого

### Breakfast

laugh before **breakfast** you'll cry before supper – посл. рано пташечка запела, как бы кошечка не съела

dog's **breakfast** – беспорядок, неразбериха

He can't make head or tail of it... It's a complete dog's **breakfast**. – Он никак не может в этом разобраться... Невероятная каша. I am very sorry but the place looks like a dog's **breakfast**. – Я весьма сожалею, но в квартире такой беспорядок – черт ногу сломит.

### **Butter**

to have one's bread **battered** for life – быть материально обеспеченным на всю жизнь  
bread **battered** on both sides – благополучие, обеспеченность  
daily **bread** (hog and hominy; lifeblood) – хлеб насущный  
fine (kind, soft) words **butter** no parsnips – посл. соловья баснями не кормят

### **Bread**

**bread** and cheese – простая или скудная пища

all **bread** is not baked in one oven – люди разные бывают

to know which side one's bread is **battered** – быть себе на уме

**bread** and butter – средства к существованию

**bread-and-butter** – 1) детский, отроческий, мальчишеский, девический

2) будничный, обыденный, прозаический

these little, beardless, **bread-and-butter** politicians – эти мелкие незрелые политики

**bread** and scrape – последний кусок (хлеб с тоненьким слоем масла)

**bread** battered on both sides – взаимовыгодные сделки, благоприятные обстоятельства

**bread-and-butter** letter – амер. письмо, с благодарностью за гостеприимство

to put smb. on **bread** and water – сажать на хлеб и воду

to limit oneself to **bread** and water – садиться на хлеб и воду

to live on **bread** and water, to go hungry – сидеть на хлебе и воде

to live from hand to mouth – перебиваться с **хлеба** на воду/квас

There is nothing he likes better than doing smth. – его **хлебом** не корми, только

дай делать что-л.

to break **bread** with smb. – пользоваться чьим-л. гостеприимством

to eat the **bread** of affliction – хлебнуть горя

to **support** oneself – есть свой **хлеб**

to **live off** smb. – есть чужой **хлеб**

to make one's **bread**, to earn one's living – зарабатывать себе на хлеб

to deprive smb. of a livelihood – лишать кого-л. куска **хлеба**

to take the **bread** out of smb.'s mouth – отбить у кого-л. хлеб

to eat smb.'s salt – быть у кого-л. **на хлебах**; быть чьим-л. гостем

to be a dependant, to live at smb. **else's expense** – жить на чужих хлебах

not be worth one's salt – даром хлеб есть

Good appetite! – **Хлеб** да соль!

### **Bun**

to get a **bun** on – разг. опрокинуть рюмочку, другую; выпить

to take the **bun** – разг. получить приз, занять первое место, быть лучше всех

It takes the **bun**. – разг. Это превосходит все; это невероятно.

### **Cabbage**

my **cabbage** – дорогой; дорогая; солнышко, лапочка

This wasn't the drawing-room, my **cabbage**; at least not in my time. – Эта комната, моя дорогая, не была гостиной. По крайней мере, в мое время.

He's loaded with **cabbage**. – Денег у него полно A coke binge can cost a lot of **cabbage**. — Чтобы закайфовать от кокаина, нужно много денег. The little **cabbage** spoke up for her generation. – Молодая девушка выступила в защиту своего поколения.

### Cakes

**cakes** and ale – веселье

you cannot eat your **cake** and have it too – посл. один пирог два раза не съешь; нельзя совместить несовместимое

to go (sell) like hot **cakes** – раскупаться / продаваться нарасхват

to take the **cake** – получить приз, занять первое место; быть лучше всех

That takes the **cake** – Это превосходит все. Вот это да!

### Candy

**candy** man – пушер, дилер (продавец наркотиков) *Syn pusher, dealer*

a **candied** tongue – льстивые речи, сладостные речи

eye **candy** – нечто симпатичное, привлекательное, приятное глазу

This is a great, comprehensive, encompassing game with enough eye **candy** to make anyone happy. — Это замечательная, детально проработанная, захватывающая игра, в которой достаточно красиво сделанных элементов, чтобы все остались довольны.

like taking candy from a baby (like taking **candy** from a baby (from a blind man или from a child)) – "всё равно что отнять конфету у ребёнка" (о низком, подлом поступке) I'm not a good liar. Wish I were! And then, too, it doesn't. Seem fair with him; like taking candy from a child. – Я не умею лгать. А жаль. Потом это как-то нечестно по отношению к нему – все равно что ребенка обидеть. This **candy** is powerful stuff – Это сильный наркотик. She was sort of **candy**. – Она немного заторчала.

### Carrot

to dangle a **carrot** before smb. (smb.'s nose) – соблазнять кого-л

But Ringwall mustn't be allowed to have such treasonable thoughts. I've been wondering whether we ought not to dangle a few **carrots** in front of his nose. – Нельзя допустить, чтобы у Рингуолла появлялись такие крамольные мысли. Не следует ли чем-нибудь приманить его?

like a **carrot** to a donkey – соблазнительная приманка

Flattery is to him like a **carrot** to a donkey. He follows the lead at once. – Лесть для него что капуста для козла. Уж очень он на нее падок.

**carrot-and-stick** policy – политика кнута и пряника

### Cherry

a bite at the **cherry** – шанс, возможность

another / a second bite at / of the **cherry** – ещё один шанс

two bites at / of the **cherry** – двойная возможность

People get just one bite at the **cherry** of human life. – Человек живёт один раз.

a bowl of cherries беззаботное существование She added: "Life has certainly not been a bowl of **cherries**." – Она добавила: "Конечно, жизнь не была беззаботной".

the **cherry** on the cake – лакомый кусочек; изюминка; главное достоинство

Being in the final is the cake and winning will definitely be the **cherry** on the cake. — Выйти в финал большая удача, а победить в финале – предел мечтаний. The picture quality is superb, but the **cherry** on the cake is the fantastic price. Buy it now! – Качество картинки – превосходное, но главное достоинство – фантастически выгодная цена. Купите прямо сейчас!

to make two bites of a **cherry** – прилагать старания к очень легкому делу

## Cheese

**cheese** it – Замолчи! Перестань! Брось! Беги! Удирай! Let's **cheese** it, I can hear the police coming. – Бежим, полиция.

to get the **cheese** – потерпеть неудачу

quite the **cheese**, that's the **cheese** – как раз то, что надо

big **cheese** – важная персона, 'шишка'

The big **cheese** is giving everyone a bonus at the end of the year. – В конце года шеф каждому выделяет премию I was the big **cheese** behind the wheel – Когда я сел за руль, то почувствовал себя важной шишкой.

hard **cheese** – прискорбная ситуация, неудача; не повезло

"Oh, I say", said Scott-Hamilton in a tone of sympathy. "Have you been ill?" "Chest". I tapped my ribs in an offhand manner. "Hard **cheese**" murmured the younger brother. – Разве ты был болен? – Сочувственно спросил Скотт-Хамильтон. — Грудь простудил. – Я небрежно похлопал себя по ребрам. – Какая неудача, – пробормотал младший брат. I think it's hard **cheese** on Tony. — Я думаю, Тони нелегко приходится.

the king's **cheese** goes half away in parings – есть много охотников до *казённого пирога*

to **cheese** off – надоедать; злить, раздражать

I'm **cheesed** off with this endless waiting for buses. – Я сыт по горло этими бесконечными ожиданиями на автобусных остановках. It's the way winter goes on and on that **cheeses** me off about this place. – Что меня здесь удручает, так это зима, которой конца-краю не видно. It's the way winter goes on and on that **cheeses** me off about the place. – Меня угнетает зима. Она здесь, кажется, никогда не кончается.

as different as chalk and **cheese** – совершенно не похоже, ничего общего

It is really very surprising that a man like you should fall so deeply in love with a girl like Margaret Dauncey... She has beauty and grace and sympathy. But your characters are more different than chalk and **cheese**. – Приходится только удивляться, что вы влюбились в такую девушку, как Маргарита Донси... Она хороша собой, изящна, добра. Но, право же, ваши характеры диаметрально противоположны.

## Chocolate

Get me some of that **chocolate** if you can. – Достань мне этого гашиша, если сможешь.

**chocolate**-box – красивый, но скучный (о картинах, пейзажах); конфетный, слащавый

as happy as a **clam** (at high tide) – рад-радешенек; счастливый, довольный  
(to live) in **clover** – как сыр в масле

## Cook

too many **cooks** spoil the broth – посл. у семи нянек дитя без глазу

to **cook** with electricity (gas, radar; cook on the front / top burner) — 1) преуспеть

Many a student... figured that... Thurman Arnold was **cooking** with gas. – Многие студенты... считали, что... Тарман Арнольд изрядно преуспел.

2) действовать, рассуждать верно, правильно

"You're **cooking** on the front burner, Mac", I replied... – Ты рассуждаешь совершенно правильно, Мак. – ответил я...

to **crack** (solve) smth. just like that – щелкать как орехи

## Corn

**corn** of salt – крупинка соли **corn** of black pepper – горошинка чёрного перца

coffee **corns** – кофейные зерна

to tread on smb's **corns** – наступить на мозоль, задеть чувства

to acknowledge the **corn** – признать правильность чьего-л. утверждения; признать свою вину, свою неудачу

As I understand it, your conclusion is that you'd marry me if I hadn't a cent and if I wasn't getting fat. No, no; I'm not joking. I acknowledge the **corn**, and that's just my way of boiling the matter down and summing it up. – Если я верно понял, вы для себя решили, что вышли бы за меня замуж, если бы у меня за душой не было ни цента и я не стал бы толстеть... Нет, нет, я не шучу. Я ухватил вашу мысль, а это только моя манера переварить ее и подвести итоги.

**corn** in Egypt – изобилие, обилие чего-л. (продуктов, яств)

One and five an hour instead of eightpence ha'penny was **corn** in Egypt – or would be if you got it all the time. – Шиллинг и пять пенсов в час вместо восьми с половиной пенсов – это же манна небесная, если, конечно, так будут платить все время.

to feed smb. on soft **corn** – льстить, говорить комплименты кому-л

He replied that I need not try to feed him on soft **corn** that way. – Он ответил, что не надо так льстить ему.

## **Cream**

to **cream off** – забирать лакомый кусок, снимать пенки разбить, полностью разрушить

The best students were **creamed off** by the grammar schools. – Классические средние школы отобрали лучших учеников. Ring roads must be built to **cream off** the heavy industrial traffic. – Кольцевые дороги должны быть построены для того, чтобы на них можно было перевести движение грузовиков и других крупных транспортных средств. He **creamed** the car on the turnpike. – Он всмятку разбил свою машину на автомагистрали. We'll **cream** 'em next week. – Мы им покажем что по чем на следующей неделе. He threatened to **cream** me. – Он пригрозил избить меня. Boy, did I **cream** that exam! – Я запросто сдал этот экзамен.

the **cream** of society – сливки общества

to skim the **cream** from (off) smth. – снимать сливки с чего-л.

the **cream** of the joke – соль шутки (или рассказа)

Don't be so impatient. I haven't come to the **cream** of the joke yet. – Не будьте так нетерпеливы. Вся соль шутки еще впереди.

## **Cucumber**

as cool as a **cucumber** – невозмутимый, спокойный, хладнокровный

## **Curry**

to **curry** favour – заискивать, подлизываться

to give someone **curry** – задать перца (наказать, отругать, сделать выговор)

## **Cut**

**Cut** it out! – разг. Перестаньте! Бросьте!

to **cut** it too fat – разг. "действовать энергично", перестараться

to **cut** fine – находиться в узких рамках (по времени, ресурсам и т.п.)

to **cut** to the quick – задеть за живое, глубоко задеть (чью-л. чувства)

to **cut** dead – игнорировать, не замечать

to give a **serve** — сделать выволочку, устроить головомойку; обойтись с кем-л. грубо, жестоко *Syn. criticize, reprimand*

## Dinner

After **dinner** comes the reckoning. — Любишь кататься, люби и саночки возить.

**dinner** without grace — брачные отношения до брака

after dinner sit a while, after supper walk a mile — "после обеда посиди, после ужина милю пройди"

With a **dinner** basket like that, he must have a devil of a time buying clothes. — С таким животом ему, наверное, трудно подобрать себе одежду.

to hand (pass, turn) in one's **dinner**-pail — умереть

## Egg

a bad **egg** — что-л. не оправдавшее ожиданий; неудача, провал;

a bad character ...this case was turning out a pretty bad **egg** for me. — ...это мое дело явно кончится полной неудачей.

better an **egg** today than a hen tomorrow — "лучше яйцо сегодня, чем курица завтра"; ≈ не сули журавля в небе, а дай синицу в руки

the curate's **egg** — нечто несколько подпорченное, но не совсем негодное This curate's **egg** of a film was directed by John Frankenheimer. — Эту дрянную картину, хотя и не лишенную отдельных достоинств, поставил Джон Франкенхаймер.

She's a real bad **egg**. — Она настоящая сволочь. You're not such a bad **egg** after all. — Ты ведь не такой уж плохой человек, в конце концов. That dumb **egg** has put his foot in it again. — Этот охламон опять ляпнул лишнее. He's a swell **egg**. — Он парень что надо. He was really a tough **egg** terrible to get along with. — Он действительно был крутым парнем, с которым было трудно поладить.

as full as an **egg** — битком набитый

to crush in the **egg** — подавить в зародыше, пресечь в корне

to have an egg on one's face — быть в неудобном положении

to teach your grandmother to suck **eggs** — не учи учёного; яйца курицу не учат

Good **egg**! — Вот это здорово! Bravo!

Tommy is such a **good egg** that everybody wants to be his friend. — Томми такой славный малый, что друзей у него хоть отбавляй.

heir suspicions **egged** them to cruelty. — Подозрения толкнули их на жестокость.

to **egg on** — подбивать на (что-л.)

They **egged** the crowd on to riot. — Они подстрекали толпу к неповиновению.

to lay an **egg** — сбросить бомбу; с треском провалиться (о выступлении, спектакле)

The plane duly laid an **egg**. I was crouched alongside a wall. The bomb landed on the other side of the wall. — Немецкий бомбардировщик сбросил бомбу. Я прижался к стене, бомба упала по другую сторону этой стены.

They opened in a movie house in Seattle, and laid one of the biggest **eggs** in the history of the Marx Brothers, if not all show business. — Представление проходило в помещении кинотеатра в Сиэтле и окончилось таким провалом, которого еще не было не только в жизни братьев Маркс, но и в истории американского варьете. I hear he laid an egg with the 5000 Club last night. — Говорят, что Манчестер сел в калошу, выступая вчера вечером в клубе "5000 членов".

to put all one's **eggs** in one basket (to stake everything on a single venture)

He was left with **egg** on his face. – Он оказался в дурацком положении.

to teach one's grandmother to suck **eggs** – учить, поучать старших; учить кого-л. делу, которое он хорошо знает (учить учёного)

There's always about a million young women just out of college who want to teach their grandmothers how to suck **eggs**. – Их миллион, этих молодых женщин, только что окончивших колледж и желающих учить своих бабушек уму-разуму. "Teach your grandmother to suck **eggs**", said Luke, "We know all about that". – Яйца курицу не учат, – сказал Люк. – Все это нам давно известно.

fry your **eggs** – идиом. занимайтесь своим делом

## Fish

queer (odd) **fish** – странный тип, чужак

to drink like a **fish** – пить не просыхая

all's **fish** that comes to his net – посл. доброму вору все впору; он ничем не брезгует

to have other **fish** to fry – иметь другие дела

to make **fish** of one and flesh of another – относиться к людям неровно, пристрастно

A pretty kettle of **fish**! разг. – Веселенькая история! Хорошенькое дело!

neither **fish** nor flesh, neither fish nor good red herring (neither fish, flesh nor fowl)

– ни рыба ни мясо; ни то ни се

**fish** story – "охотничий рассказ"; преувеличение, небылицы

feed the **fishes** – утонуть; страдать морской болезнью

to **fish** for compliments (an invitation) – напрашиваться на комплименты (на приглашение)

to **fish out** – доставать; вытаскивать (из кармана)

He **fished out** a coin from his pocket. – Он выудил из кармана монетку.

to **fish up** – находить

The proof was **fished up** from some old papers. – Доказательства нашли в каких-то старых бумагах. Where did you fish that idea up? – Где ты откопал эту идею?

to **fish** or cut bait – амер. сделать выбор, не откладывая в долгий ящик; принять то или иное решение

to be in one's **element** (to feel right at home) – чувствовать себя как рыба в воде

packed like **sardines** – как сельди в бочке

you may go farther and **fare** worse – посл. от добра добра не ищут

## Food

to **feed** with empty hopes – кормить завтраками

**food** for thought (reflection) – пища для размышления, для ума

to become **food** for fishes – утонуть

to become **food** for worms – умереть

## Fruity

unusually **fruity** political scandal connected with bribery – чрезвычайно непристойный политический скандал, связанный со взяточничеством

**frumenty** – сладкая пшеничная каша на молоке с корицей

## Goose

to cook smb.'s **goose** – расправиться с кем-л.; погубить кого-л.

to cook one's (own) **goose** – погубить себя

## Gooseberry

to find a baby under a **gooseberry** bush – найти ребенка *в капусте*

to give smb. the **raspberry** – выразить пренебрежение по отношению к кому-л.

to play old **gooseberry** – опустошать, разорять; сеять панику, смуту

**gooseberry** bush – используется в ответе на задаваемый детьми вопрос "Откуда берутся дети?"

as green as a **gooseberry** – очень неопытный (молодо-зелено, зелёный юнец)

His name was Green, and he was as green as a **gooseberry**. – Фамилия его была Грин, и он был, под стать фамилии, зеленым юнцом.

like old **gooseberry** – изо всех сил, стремительно, отчаянно

You should have a tea-stick... and lay on like old **gooseberry**. – Вам бы следовало взять палку... и хорошенько отдубасить собак.

out of (off) one's **gourd** – ненормальный, сумасшедший; безумный

Man, is that guy ever **grape** shot! How can he get that way? – Ну этот парень и напился! Как можно нажираться до такого состояния?

## Honey

**honey** is sweet, but the bee stings – мёд сладок, да пчёлка жалит

sweet as **honey (sugar)** – сладкий как мед; прелестный, очень нежный

He smiled at me. Have you ever noticed what a wonderful smile he's got. It's as sweet as **honey**. – Ларри улыбнулся мне. Вы заметили, какая у него чудесная улыбка? Просто очаровательная. 3) льстивый, неискренний; слащавый

**honey** is not for the ass's mouth – слишком тонкое блюдо для грубого вкуса; понимает как свинья в апельсинах

## Jam

to get into **jam** – попасть в переплёт

I thought you wouldn't find it all **jam**! – Я так и думал, что тебе не понравится!  
There's no **jam** anywhere in town. – Кокаина в городе не достать.

to have (got) **jam** on it – жить в достатке, преуспевать

Compared with most of us he's got **jam** on it. – По сравнению с большинством из нас он катается как сыр в масле. He is always complaining about the difficulty and hardship of his lot, but compared with most of us he's got **jam** on it. – Он все время жалуется на свою горькую долю, но по сравнению с большинством из нас он, право же, преуспевает. We'll have to **sandwich** the meeting between lunch and the opening ceremony. – Мы должны провести встречу в промежутке между обедом и церемонией открытия.

to make a very good **job** of it – сделать что-л. хорошо

## Junket

**junket** – пирушка, празднество, празднование

to go on a **junket** – ехать на пикник

## Lemon

The **lemon** tea is fresh and good. – Лимонный чай освежающий и вкусный.

To lemon – to hand smb. a **lemon** — надуть, обмануть кого-л.

The effect of this on consumers is too many **lemons** or part **lemons** coupled with near impossibility of obtaining redress from the manufacturer. – Результат всего этого



для потребителя – слишком большое количество ненужных вещей и практическая невозможность получить какое-либо возмещение от производителей.

The answer is a lemon. – Ответ неудовлетворительный. The answer at first seems to be a **lemon**, but they're at least the sort of questions that make one think. – Вначале ответ показался неудовлетворительным, но это были, по крайней мере, вопросы, которые требовали размышления.

glasses of water, sugared and **lemoned** – стаканы воды с сахаром и лимоном

**lemon law** – закон о недоброкачественной продукции

Положения некоторых законов, требующие от производителя выплачивать потребителю полную компенсацию за недоброкачественные изделия, "ремонт которых не может быть произведен в разумные сроки".

Законы действуют в некоторых штатах США) Pennsylvania's Automobile Lemon Law is designed to protect Pennsylvania consumers from unsafe & defective new cars. – *Лимонный* автомобильный закон штата Пенсильвания направлен на защиту потребителей Пенсильвании от ненадежных и неисправных новых автомобилей.

### **Lunch**

out to **lunch** – чокнутый, спятивший, не от мира сего free **lunch** – халява

there's no such thing as a free **lunch** – бесплатный сыр бывает только в мышеловке

### **Marrow**

Personal liberty is the **marrow** of the American tradition. – Свобода личности – основополагающий момент американской традиции.

to the **marrow** of one's bones – до мозга костей; до глубины души

be chilled (frozen) to the **marrow** – продрогнуть до костей

I am chilled to the **marrow** waiting about on this platform; let's try to get a cup of tea. – я продрог до костей на этом перроне. Неплохо было бы выпить чашку чаю.

to the **marrow** of one's bones – до мозга костей; до глубины души;

Cauchon: "...but what will it be when every girl thinks herself a Joan and every man a Mahomet? I shudder to the very **marrow** of my bones when I think of it." – Кошон: "...что будет, если каждая девушка вообразит себя Жанной Д'Арк, а каждый мужчина – Магометом? У меня мурашки по коже бегут при одной мысли об этом." ...he was content to the marrow of his bones. – ...Фрэнсис был вполне доволен своей семейной жизнью. He was a conservative to the **marrow** of his bones. – Это был консерватор до мозга костей.

### **Meal**

to make a **meal** of it – перестараться, переусердствовать, переборщить; хватить через край

He wasn't satisfied with saying a few words in reply. He had to make a **meal** of it. – Он никогда не отвечал коротко, любил разводить тусы на колесах. I don't mind you bringing a few friends in to play, but let's not make a **meal** of it. – Я не возражаю, если ты приведешь к себе поиграть несколько друзей, но не весь же двор. She wasn't satisfied with saying a few words in reply. She had to make a **meal** of it. – Она не ограничилась несколькими словами в ответ. Ей нужно было произнести целую речь. The chairman is certainly making a **meal** of his farewell speech. – Председатель решил нас доконать своей прощальной речью Going to a different play every night is, I consider, making a **meal** of it. – Ходить каждый вечер на новый спектакль, это, по-моему, чересчур.

## Meat

a book full of **meat** – занимательная книга

a novel with **meat** – роман с глубоким содержанием

There's not much **meat** in this argument. – В этом аргументе мало сути.

One man's **meat** is another man's poison – посл. что полезно одному, то вредно другому

to be **meat** and drink to smb. – доставлять большое удовольствие кому-л.

to cut (slice) the **melon** – распределять прибыль; делить добычу; распределять дополнительные дивиденды между пайщиками (отсюда melon-cutting распределение дополнительных дивидендов между пайщиками)

It is controlled by a little group of insiders who followed the custom of... cutting *melons* for the insiders, while at the same time crushing labor-unions... – Концерн Моргана контролируется небольшой группой заправил, которые по традиции... распределяют дивиденды среди пайщиков и одновременно борются с профсоюзами...

## Noodle

He sang songs in a **macaroni** of Russian and English. – Он пел песни на смеси русского и английского. *Syn. medley*

**noodle** – обычно noodles лапша, паста; балда, дурень, олух, простак *Syn. simpleton, dope;*) башка, голова *Syn. head, noddle*

He's sick in the **noodle**. – У него с головой не все в порядке That's using your noodle. – Это ты хорошо придумал. It's a sheer waste of time talking to that noodle. – С этим болваном бесполезно говорить.

## Nut

a hard **nut** to crack – крепкий орешек; не по зубам; трудная задача; трудный человек

**Nuts!** разг. – Великолепно!

to be **nuts** – быть сумасшедшим, сойти с ума;

разг. очень нравиться; доставлять большое удовольствие

**Nuts!** – Чушь! Ерунда! Да что вы говорите?! Идите вы к чёрту! Вот чёрт! (служит для выражения недоверия или досады)

**Nuts!** If you think I believe you you're wrong! – Чушь собачья! Если думаешь, что я тебе верю, то сильно заблуждаешься! Oh **nuts!** I forgot my wallet. – Вот чёрт! Я кошелёк забыл. He's **nuts** about her. – Он без ума от неё. My computer went **nuts** on me. – Мой компьютер стал выдавать мне какую-то ерунду.

You're **nuts** if you think I care. – Если ты думаешь, что я переживаю, то ты настоящий дурак. The whole idea is just **nuts**. – Это идиотская мысль от начала до конца. Nuts! I dropped my keys – Черт! Ключи уронил. Nuts! You don't know what you're talking about – Ну и мур! Ты сам не знаешь, что говоришь. Nuts! – Тьфу, гадость!

to be dead **nuts** on – разг. очень любить; знать как свои пять пальцев; быть в чем-л. большим знатоком, мастером

Get Merlin on our side; he's **nuts** on this game. – Надо включить Мерлина в нашу команду – он прекрасный игрок. The boy could read, write, and was **nuts** on figures. – Мальчик умел читать, писать и прекрасно считал.

(smb. / smth.) очень интересоваться кем-л. или чем-л., очень любить кого-л. или что-л., помешаться на ком-л. или на чём-л.

Michael's such dead **nuts** on her that he's getting dull... – Майкл так в нее влюблен, что даже поглупел... He told me not to be late, because his captain's dead **nuts** on sitting down to meals at the right time. – Теренс просил меня не опаздывать, потому что капитан любит садиться за стол вовремя. ...don't get comin' late in the mornin's, Ole Nimrod's dead **nuts** on that. – ...старайтесь не опаздывать по утрам на работу, а то старый Нимрод просто помешался на дисциплине.

to be nuts to smb. – очень нравиться кому-л., быть по душе кому-л.

To edge his way along the crowded paths of life, warning all human sympathy to keep its distance was what the knowing ones call **nuts** to Scrooge. – Скрудж совершал свой жизненный путь в одиночестве, отстраняя всякое проявление участия.

to be off one's **nut** – спятить, рехнуться, свихнуться

People would think you're off your **nut**. – Люди подумают, что ты рехнулся. She just sat there and got more and more off her **nut**. – Она сидела и все больше балдела. Are you **nuts** or what? – Ты что, совсем рехнулся? He must be **nuts**. – Он, наверное, спятил. He's nuts about her. – Он без ума от неё. You must think I'm clean off my **nut**. – Don't blame you if you do – but I'm not. – Должно быть, вы думаете, что я спятил. Я не виню вас, но я, слава богу, в своем уме.

to drive smb. **nuts** (crazy) – сводить кого-л. с ума

"Comb your hair back, Perry, it's driving me nuts", Drake complained. – Причеши волосы, Перри. Спятить можно от твоей прически, – пожаловался Дрейк.

for **nuts** – совсем, совершенно

He can't dance for **nuts**. – Он совсем не умеет танцевать. My dad can't play bridge for **nuts**. – Мой отец совсем не умеет играть в бридж.

I can't do it for **nuts**. – У меня никак не получается. He can't shoot it for **nuts**. – У него ни за что не выйдет for nuts (только в отрицательных предложениях) She did one good thing - the dumb girl in that Russian play. But she can't speak for nuts; you're following the sense of her words all the time. – Ей удалось только одна роль – немой девушки в русской пьесе. Дикция у нее ужасная. Когда она говорит, невозможно уследить за смыслом. For one thing, I'm quite sure Reggie can't act for **nuts**... – В одном я уверена: Реджи совершенно не умеет играть...

to go **nuts** – спятить, рехнуться

I'll go **nuts** if I have to wait any longer. – Я с ума сойду, если мне еще придется ждать. They decided he must be going **nuts**. – Они решили, что он тронулся. I was going **nuts** trying to find an answer. – Я с остервенением пытался найти правильный ответ. "Sometimes I think I'll go **nuts**, staring at those things." – Он выглянул из окна пивной и посмотрел на уходящие в небо горы; казалось, они теснили Ванкувер к морю. – Мне другой раз кажется – погляжу-погляжу на эти громадины и свихнусь.

a hard (tough) **nut** (to crack)) – орех не по зубам, "твёрдый орешек" (о трудной задаче, о человеке, с которым трудно справиться)

Withers was a harder **nut** to crack than he'd thought. – Сделка показала, что Уизерс был не таким простаком, каким считал его Тони.

"We are just off to a deal with the tightest skinflint in Wales..." – Мы собираемся заключить сделку с самым скупым человеком в Уэльсе... – Да, это твердый орешек, – согласился Гарет.

to **nut out** smth. – обмозговать что-л.

I asked him how he **nutted up** the idea. – Я спросил его, как ему кажется идея.

Use your **nut**. – Шевели мозгами. She hit him one on the **nut**. – Она дала ему по башке. He's a tough **nut**. – Он крутой парень.

he who would eat the **nut** must first crack the shell – не разгрызёшь ореха – не съешь и ядра; без труда не вытащишь и рыбку из пруда.

to do one's **nut** – прийти в ярость

When your father sees the damage you've done to his car he'll do his **nut**. – Когда отец увидит, что ты сделал с его машиной, он рассвирепеет. I'm doing my **nut** because the doc says I may be impotent for the rest of my life. – Я в ужасе, потому что врач сказал, что я могу остаться импотентом на всю жизнь.

## **Onion**

to be off one's **onion** – сойти с ума, спятить

the only **onion** in the stew – единственный человек или предмет, который принимается во внимание

to know one's **onions** – хорошо знать свое дело; знать что-л. назубок

He is a man who knows his **onions**. – Он хорошо разбирается в своей работе You enjoy yourself better with people who know their onions about women. – Гораздо веселее с людьми, которые знают толк в женщинах. What's the use of caution when you know your **onions**? – Зачем осторожничать, когда ты в этом деле спец?

Otto: "...Good luck to the old girl – she knows her **onions**!" – Отто: "... Желаю удачи Гильде. Она умно поступила, уйдя от нас". "Nonsense", said Sammy. "What's the use of caution when you know your **onions**?" – Вздор, – сказал Сэмми. – К чему осторожность, когда нам все ясно? ...you enjoy yourself better with people ... who know their **onions** about women. – ...вам лучше общаться с людьми ... которые знают, как угодить женщине.

to be off one's **onion** – рехнуться, спятить

a squeezed **orange** – *выжатый лимон*, ненужный больше человек

## **Oats**

to feel one's **oats** – 1) быть весёлым, энергичным, жизнерадостным

2) чувствовать свою силу, значительность

to smell one's **oats** – напрячь последние силы (приближаясь к цели)

to sow one's wild **oats** – вести разгульную жизнь, вступать в беспорядочные сексуальные отношения (обычно в молодом возрасте)

to be off one's **oats** – недомогать, прихварывать; потерять аппетит

## **Oyster**

to close / dumb as an **oyster** – нем как рыба

as like as an apple to an **oyster** – совершенно различный

the world is my **oyster** – в мире много разных возможностей

## **Paddy**

to be in a **paddy** – быть в ярости

to put smb. in a **paddy** – привести кого-л. в бешенство

to come the **paddy** over – надувать, одурачивать

## **Pea**

as like as **peas** (two peas in a pod)) – похожи как две капли воды

From their cruel jaws to their bushy tails they were as like as **peas** in their likeness to timber-wolves. – Эти собаки с могучими челюстями и пушистыми хвостами были точным подобием волка.

## Potato

Was it conceivable that any man, even to oblige a future brother-in-law, would cough up the colossal sum of two hundred **potatoes**? – Разве можно себе представить, что кто-нибудь, пусть даже ради того, чтобы оказать услугу своему будущему шуруну, раскошелится на такую колоссальную сумму как двести тысяч долларов?

hot **potato** – щекотливая тема; неприятный вопрос

to drop smth. like a hot **potato** – отказаться, отступиться от чего-л.

Everyone can see how the boss looks when he handles a hot **potato**. – Все могли видеть, как выглядит шеф, когда он решает какой-нибудь щекотливый вопрос. I sure don't want to have to deal with that hot **potato**. – Это такое кляузное дело. Я не хотел бы им заниматься. This hot **potato** was whizzed to London by teleprinter. – Эта тревожная новость была моментально передана в Лондон по телепринтеру.

to hold one's **potato** – запастись терпением, не волноваться

Now let me beg of the gentleman to hold his **potato**. – Я прошу джентльмена не горячиться. I have served the Department for thirty-five years and have been an Ambassador for ten. I have taken my share of hardship posts, and been tossed my quota of hot **potatoes**. – Я проработал в Государственном департаменте тридцать пять лет и десять из них был послом. Я получил свою долю назначений в "гиблые места" и никогда не отказывался от неприятных поручений.

not (quite) the clean **potato** – подозрительная, тёмная личность

small **potatoes** – пустяки, мелочи, что-л. не стоящее внимания

... the girls I met in Australia and America seemed very small **potatoes** to me in comparison with her. – ...девушки, которых я встречал в Австралии и Америке, в подметки ей не годятся. To the Judge Europe was small **potatoes** compared to the Fourth Congressional District... – Для судьи Европа – пустяки в сравнении с четвертым избирательным округом... These short-term borrowings are "small **potatoes**" compared with the hundreds of millions of long-term bonds held by the great Eastern insurance companies... –

Эти краткосрочные займы – сущая мелочь по сравнению с долгосрочными облигациями на сотни миллионов долларов гигантских страховых компаний Востока.

мелкота, мелюзга, мелкие людишки; мелкая сошка

## Peach

She's a real **peach**. – Она настоящая красавица. Someone must have peached on us! – Кто-то, похоже, настучал на нас! She really was a **peach** – Она была прелестной девушкой. You're a **peach**. I'm sorry I've given you so much trouble. – Ты хороший человек. Прости, что я тебе доставил столько хлопот. That movie was a **peach**. – Это была потрясающая картина. What a **peach** of a car! – Какая клевая тачка! The exam proved a **peach**. – Экзамен оказался легким. She **peached** on him. – Она на него наябедничала. He **peached** to the headmaster. – Он накапал директору. The woman was about to play false and to **peach** the rest. – Эта баба была готова предать и заложить остальных.

## Pass

Let that **pass**. – Не будем об этом говорить.

to **pass** on the torch – передавать знания, традиции

to get smth. for **peanuts** – купить что-л. за бесценок

He will **pepper** his son. – Он задаст перцу сыну.

## Pie

**Pie in the sky** – журавль в небе (желаемое, но маловероятное событие)

**Pie in the sky** – "пирог на том свете", рай на небесах, пустые посулы

Do not be deceived into throwing away a decent offer in pursuit of **pie in the sky**. – Не дайте ввести себя в заблуждение и не отбрасывайте скромное предложение ради журавля в небе.

to cut a **pie** – вмешиваться во что-л.

By gosh, Aunty... you had better not cut that **pie**... – Ей-богу, тетушка... вам бы лучше не вмешиваться в это дело...

as good (nice) as **pie** – очень хороший, милый; благоденственный; паинька

Then they brought my clothes. Everyone was just as nice as **pie**. – Затем мне принесли мою одежду. Все были очень любезны. Let her alone and in five minutes the storm will be over, and she as good as **pie** again. – Оставьте ее в покое, через пять минут буря кончится и она опять станет милой и спокойной.

### **Pitcher**

the **pitcher** goes often to the well, but is broken at last – посл. повадился кувшин по воду ходить (тут ему и голову сломить); не все коту масленица

**pitchers** have ears – идиом. и у стен есть уши

little **pitchers** have wide/ long ears – шутил. кое-кто слишком любит подслушивать; кое у кого слишком длинные уши (говорится детям, о детях)

### **Plum**

to speak with a **plum** in one's mouth – иметь характерное для высших слоёв общества произношение

to wait for the **plums** to fall into one's mouth – ждать, что сливы сами в рот посыплются; ждать, что поднесут всё на блюдечке

to **plum** the plum-tree – предоставлять государственные должности за политические услуги

to pick (pull) the **plums** out of (the pudding) – отобрать для себя лучшее (оставив другим то, что похуже); *снимать пенки*

Gwin... went out there as a political adventurer, determined to pull the prize **plum** out of the pie! What does he know about California? – Гвин... этот авантюрист, отправился в Калифорнию, чтобы нажить себе политический капитал. А что он знает о Калифорнии? That's a real **plum** of a job. – Это не работа, а настоящая лафа. That appointment was quite a plum. – Это было шикарное назначение.

### **Porridge**

not to earn salt to one's **porridge** – практически ничего не зарабатывать

to do (one's) **porridge** – отбывать срок

to keep one's breath to cool one's **porridge** – помалкивать, не соваться с советом

to make a **porridge** – спутать, перепутать

### **Prune**

**prunes** and prism – жеманная манера говорить, жеманство, манерность

to **prune** the budget – урезать бюджет

Is there any way we can prune the costs down still further? – Мы можем как-нибудь сократить расходы?

to **prune** away all ornamentation – убрать все украшения

Your letter would be better if you **pruned** away some of those unnecessary adjectives. – Твоё письмо было бы лучше, если бы ты убрал некоторые лишние прилагательные.

### **Pumpkins**

some **pumpkins** – важная персона, важная птица

He is some **pumpkins**. – Он большой начальник. He can fool 'em into believing he's some **pumpkins**. – Он так им заморочил голову, что они думают, что он невесть кто. That chick is some **pumpkins!** – Какая клевая чувиха! Isn't this little gadget really some **pumpkins?** – Отличная штука, не правда ли?

### **Rum**

He feels **rum**. – Ему не по себе.

**rum** fellow – чудака **rum** start – удивительный случай

**beer** and skittles – праздные развлечения

one's daily **bread** (hog and hominy, lifeblood) – хлеб насущный

to swallow a **cookie** – "проглотить приманку", принять подарок и тем самым оказаться в долгу у дарившего

### **Salt**

to take a story with a grain of **salt** – отнестись критически, с недоверием

to earn one's **salt** – не даром есть свой хлеб

"...he an't [= isn't] a bad clerk." "A very good one", said Anthony. "Well! He an't a dear one at all events", observed Jonas, "and he earns his **salt**, which is enough for our look-out." – ...а конторщик он неплохой. – Очень хороший, – сказал Энтони. – Да и недорого обходится, – заметил Джонас, – во всяком случае, даром свой хлеб не ест, а больше мы с него и не спрашиваем.

to eat **salt** with smb. – быть чьим-л. Гостем; быть нахлебником у кого-л.; быть в зависимом положении

to sit above the **salt** – сидеть на верхнем конце стола; занимать высокое положение в обществе

to sit below the **salt** – сидеть на нижнем конце стола; занимать весьма скромное положение в обществе

not worth one's **salt** – никчёмный, не стоящий того, чтобы ему платили

**salt** of the earth – соль земли; лучшие, достойнейшие люди

true to one's **salt** – преданный своему хозяину

worth one's **salt** – хороший, достойный, не зря получающий деньги

Any player worth his **salt** would love to play for his country. – Каждый уважающий себя игрок должен радоваться возможности сыграть за свою страну.

Attic **salt** – *аттическая соль*, тонкое остроумие (Atticum. Древнегреческая область Аттика славилась остроумием своих жителей)

in the **soup** – в затруднении; в беде

to hit the **spot** (to be exactly right) – попасть в точку

### **Relish**

to do smth. with great **relish** – делать что-л. с большим удовольствием

Hunger is the best **relish**. – Голод - лучший повар. I don't **relish** confronting him. — Я не люблю ему противоречить. I don't relish the idea. – Я не в восторге от этой идеи.

The supper **relished** quite as well as any I ever ate in the Old Country. – Ужин на вкус был практически таким же, как обычная еда, которую я всегда ел у себя на родине.

### Roast

to roast – высмеивать, насмехаться, издеваться (над кем-л.)

If we were to **roast** him it might hurt our business. – Если бы мы подняли его на смех, это бы только всё испортило.

подвергать суровой критике; порицать, осуждать

I was **roasted** for falling asleep in a deck-chair during play. – Мне влетело за то, что я заснул в шезлонге во время пьесы. These films have been **roasted** by most critics. – Большинство критиков раскритиковали эти фильмы. The movie has been **roasted** by most critics. – Большинство критиков раскритиковало фильм. They roasted him when he retired. – Его провожали на пенсию со смехом и шутками.

to be **roasted** alive – пропадать от жары, "изжариться"

### Roost

rule the **roost** (most) – задавать тон, хозяйничать, распоряжаться, заправлять делами; верховодить, командовать, повелевать, руководить

And he added suddenly: "I'm not easy. If I'd realized how that chap Elderson ruled the **roost**, I doubt if I should have come on that Board." – И Сомс внезапно добавил: – Я не вполне спокоен. Bet she rules the **roost**. – Вот уж не хотела бы быть на месте ее мужа. Она ведь заправляет всем в доме.

Its aim has been to make possible the creation of *federal* states in which feudal and tribal reaction would play a key role, and British imperialism would be left, in effect, to rule the **roost** from behind the scenes. – Они решили добиваться создания в Африке "федеральных" государств, в которых ведущая роль принадлежала бы реакционной феодальной и племенной верхушке, а фактическую власть негласно осуществляли бы английские империалистические круги.

I feel like a **steak** (I would like a steak) – Я хотел бы стейк.

### Stew

in a **stew** – весь в поту, в тревоге, в смятении, как на иголках

She is in an everlasting **stew**. – Она все время как на иголках.

I never was in such a **stew**. – Никогда еще мне не было так жарко.

### Strawberry

That's a fine **strawberry** on your snoot. – У тебя уже нос красный от пьянства. Do you know where I can get strawberries at this time of year? – Ты не знаешь, где можно сейчас достать калики?

### Stuff

Do you call this **stuff** butter? – Неужели вы называете эту дрянь маслом?

**stuff** (a variety of things) – продукты, напитки виски

This is the sort of **stuff** to give them. – Только так и надо поступать с ними; они не заслуживают лучшего обращения.

He was on the **stuff**. – Он сидел на игле.

to knock the **stuffing** out of smb. – сбить спесь с кого-л.; ослабить, изнурить кого-л. (о болезни и т. п.)

**stuff** today and starve tomorrow – разом густо, разом пусто



You'll put on pounds and pounds if you eat all that sweet **stuff**, duckie. – Дорогая, ты же сильно прибавишь в весе, если съешь все эти сладости.

## **Sugar**

The bishop **sugared** the request with his smile. – Епископ смягчил своё требование улыбкой.

all **sugar** and honey – *сахар медович* (о неискреннем человеке)

Joe: "...how do you women get that way – all **sugar** and honey one minute and the next minute tearing and spitting like wild cats?" – Джо: "...как это вы, женщины, можете так себя вести: то источаете медовые речи, а то вдруг шипите и царапаетесь, как дикие кошки?"

not made of **sugar** – не сахарный, не растаю "...how do you feel?.. Wet?" General Cummings grinned. "It's all right", he shouted, "you're not made of **sugar**". – ...как вы себя чувствуете?.. Промокли? Генерал Каммингс ухмыльнулся. – Все в порядке, – крикнул он. – Не сахарные, не растаем.

She dropped some **sugar** cubes. – Она заглотила ЛСД.

**sugar** daddy – богатый пожилой поклонник

"Listen, who's back of this baby? " "Search me – may be a phoney!" "Phoneys don't hire these diggings, or put on al this side." "They might – with the right **sugar** daddy. " – Послушайте-ка, что это за беби? Кто она и что она? – Понятия не имею! Наверно, какая-нибудь аферистка! – Аферистки не снимают такие хоромы и не напускают на себя столько важности. — Они все могут, был бы только подходящий старикан-покровитель.

Stop giving them **sugarcoaled** knowledge. – Что ты им все разжевываешь?

to **sugarcoat** – 1) покрывать сахаром, засахаривать 2) приукрашивать

## **Tart**

**tart** words – колкости

to be/sit on **top** of the world – быть на седьмом небе

to be at the **top** of the ladder / tree – занимать видное положение

## **Toast**

had on **toast** – сленг. обманутый

to have smb. on **toast** – сленг. иметь власть над кем-л.

One wrong move and you are **toast**, buddy. – Одно неверное движение, и ты – труп, приятель.

to have smb. on **toast** – иметь власть над кем-л.; обмануть кого-л.

Mrs. Parker-Jennings: "You know just as we do that the last thing we want is a scandal, and you've got us on **toast**." Миссис Паркер-Дженнингс: "Вы знаете не хуже нас, мы сделаем все, чтобы избежать скандала. Мы у вас в руках."

to be on our **toes** (to be alert) – быть на чеку

## **Treat**

to **treat** as – относиться, рассматривать

to **treat** as a joke – относиться как к шутке

become a mere **vegetable** – прозябать, жить растительной жизнью

## **Water**

to carry /draw **water** in a sieve – решетом воду носить, толочь воду в ступе

to carry **water** on both shoulders – двурушничать, вести двойную игру

deep **waters** – большое беспокойство или горе; затруднительное или опасное положение

to get into deep **water(s)** – попасть в тяжёлое или опасное положение

He was getting into deep **waters**. He was taking chances, privately, which might get him into trouble some day – in fact did. – Занимаясь темными делами, он запутывался все больше; ничем хорошим это кончиться не могло – и не кончилось.

to be in deep **water** – тревожиться; находиться в тяжёлом положении

These are deep **waters**... Be cautious and think twice. – Это дело серьезное... Будьте осторожны и хорошенько все обдумайте.

raw a lot of **water** (draw a lot (lots) of **water**) – быть влиятельным человеком; быть важной персоной, "шишкой"

The old man's a little tough. They say he draws a lot of **water**. – Старик немного грубоват. Но говорят, он здесь важная шишка.

fire **water** – *огненная вода*, спиртные напитки (выражение возникло в языке индейцев)

I'd come to the party to try and forget, but the fire **water** I was consuming only tended to make me morbid. – Я пришла на этот вечер, чтобы забыться. Выпила чего покрепче, но настроение от этого совсем испортилось.

to fish in troubled **waters** – ловить рыбу в мутной воде

In 1845, England and France fishing in troubled **waters** took a hand in the war... – В 1845 году Англия и Франция, надеясь половить рыбки в мутной воде, приняли участие в военных действиях...

to flow like **water** – рекой литься (о вине); рекой течь (о деньгах)

Money is going to flow like **water** and the labs are going to be asked very nicely to work for the military... – Деньги потекут к ним рекой, лабораториям будет вежливо предложено работать только для военных действий...

to get into hot **water** – попасть в беду (по своей вине); *влипнуть* втянуть кого-л. в беду

The young ladies'll get into hot **water** if they go round with Bill Gough. – Барышням не миновать беды, если они будут водиться с Биллом Гаугом. We'll both get into hot **water** if we're found out. – Нам обоим, конечно, нагорит, если пронюхают о нашей проделке.

to get into hot **water** – попасть как кур во щи

The project is dead in the **water** for the time being – Проект пока положили под сукно The whole company is dead in the **water**. – Эта компания терпит крах

to be in smooth **water** – преодолеть трудности, затруднения, препятствия, достичь "тихой пристани"

Be in hot **water** ...at last they had turned the corner of their lives and were in smooth **water**. – ...Наконец-то в их жизни наступил перелом и все затруднения кончились.

to be in low **water** – быть без денег, сидеть на мели

to have **water** on the brain (have (got) water on the brain) – быть безмозглым; не все дома

What's the use of asking Tommy's opinion. He's got **water** on the brain. – Какой смысл спрашивать мнение Томми? У него давно размягчение мозгов.

It won't hold **water**. – Это не выдерживает никакой критики. Your theory doesn't hold water. – Ваша теория не выдерживает никакой критики.

like **water** off a duck's back – как с гуся вода

a lot of **water** has flowed under the bridge since (a lot of /much) **water** has flowed (gone, passed или run) under the bridge(s) since) – много воды утекло с тех пор, как

much **water** runs by the mill that the miller knows not of – вокруг нас происходит много такого, о чём нам и невдомёк

no safe wading in an unknown **water** ((it's) no safe wading in an unknown water (wade not in unknown waters)) – не зная броду, не суйся в воду

pour cold **water** on smth. (pour (throw) cold **water** on (over) smth.) – возражать против чего-л.; отнестись прохладно к чему-л.; отбить охоту делать что-л. – охлаждать, умерять пыл, рвение (окатить кого-л. холодной водой)

still **waters** have deep bottoms (still water runs deep) – тихие воды глубоки; в тихом омуте черти водятся

You look so dreadfully close. Still **waters** run deep. I feel you've got a secret life full of terrific things. – А ты у нас такая тихоня. Ну да в тихом омуте черти водятся. Уверена, что ты ведешь двойную жизнь и у тебя масса всяких ужасных тайн.

too much **water** drowned the miller – хорошенького понемножку

**water** bewitched – водичка, слабый чай

of the first **water** – чистой воды (о бриллианте); чистейшей воды;

исключительный, редкий, редкостный

in smooth **water** – преуспевающий

written in **water** – недолговечный, преходящий (о славе и т. п.)

**Exercise 1. Analyze the proverbs and idioms.**

**Exercise 2. Remember common expressions.**

in season – вовремя, в удобный момент; в стадии зрелости

to get (come) around to it (have time to do it) – находить время

a while ago – недавно the while – в то время как

for a good while – на довольно долгий срок for a while – на время

a short while – недолго a long while – долго

it is not peanuts – это не мелочь

purified water – очищенная вода

sanitary – санитарный, гигиенический

leftovers (food not used when served the first time) – остаток (еды)

to eat (use) up left-over – использовать излишек

to cube ice – колоть лед на кубики

well-chilled – хорошо охлажденный

choice (special, very good) – выбор (особый, очень хороший)

pitcher-meat – съедобный (о еде), питьевой (о воде)

well-blended with – хорошо смешанный с чем-то

to pop out – внезапно удалиться

to spill over – перетекать, распространяться

topped with – покрытый чем-то

for nuts – совсем

in the egg – в зачаточном состоянии

in the prime of life – в полном соку

**Exercise 3. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 4. Put each word into its correct place in the passage below.**

animals    bowl    chopsticks    daily    spoons    plants  
 die    energy    europeans    grow    play    people  
 healthy    knives    left    man    plates    mouth

Food is one of our most important ... needs. It gives us ... to work and ... .It makes us grow, and keeps our bodies strong and ... . Without food, we ... . All living things – plants, ... and man – need food to live and ... . But only ... make their own food. They also provide food for animals and ... . Customs influence the ways ... eat.

Most Americans and ... eat from individual ... using ..., forks, and ... . Arabs use only their ... hands to spoon foods from a central ... . Chinese and Japanese use ... to pick up food from a small bowl held close to the ... .

**Exercise 5. Remember idiomatic expressions.**

flash of lightning - бокал джина

tot - а) маленькая рюмка (вина и т. п.) б) глоток спиртного

spotty dog - варёный пудинг с коринкой

smash - алкогольный напиток из воды, сахара, мяты с добавлением льда

mints - продукты (чаще всего сладости), приправленные мятой

sea breeze - морской бриз (название коктейля из водки, грейпфрутового и клюквенного сока)

tip up - платить (за выпивку)

spot - небольшое количество, небольшая порция чего-л. (еды, питья и т. п.)

купюра достоинством в столько-то долларов five- / ten-spot — пятёрка, десятка

mount - ударять в голову (о вине)

**Exercise 6. Translate the sentences into Russian.**

John: "...I wouldn't for a moment suggest that there'll be anything between you, but it's inevitable that ordinary persons should think there was". Constance (as cool as a **cucumber**): "I've always thought that ordinary... persons had more sense than the clever ones are ready to credit them with." She immediately threw cold **water** on the proposition. His fire was put out; she had thrown cold **water** on it. I understand she rather poured cold **water** on that idea. This morning they were all back on their jobs, the Chinese cook and all. There they were, as cool as **cucumbers**; you would have thought they owned the place. I saw the Monster's head." "Weren't you terribly thrilled?" "Not a bit. I was as cool as a cucumber."

## Food Idioms

Idiom	Meaning
handed to someone on a silver platter	receive without working for something
hard nut to crack	difficult to understand (often a person)
a couch potato	someone who just sits on the couch watching TV.
one smart cookie	a very intelligent person
piece of cake	very easy

## SUBSTITUTION PATTERNS

1. Where do you usually have your **dinner**?  
breakfast  
supper  
lunch  
afternoon tea

On week-days I have it at the school **canteen**.  
at a cafe  
at home  
at my grandmother

2. What shall we take for **lunch**.  
dinner  
the first course  
dessert

I'd like to take some **soup**.  
bacon and eggs  
a pork chop  
a glass of apple juice

3. Help yourself to some more **apple-pie**, please.  
salad  
coffee

Oh, thanks, I wouldn't mind.

4. What is your favourite dish?  
I'm fond of **fried fish and chips**.  
marmalade jam  
lamb chop  
apple pie  
porridge

5. Pass me the **mustard**, please.  
the salt  
the pepper  
a knife

Here you are, Paul.

6. Shall I treat you some **bacon and eggs**, Ann?  
water-melon  
gooseberry-pie

Thank you, I'll take some.  
I'll have just a little to taste.  
I've had enough.  
I'm not longer hungry.

7. May I trouble you for **a glass of water**, please?  
a slice of bread  
a spoon  
the pepper

Here it is, Kate.

8. Well, how do you find **the soup?**  
the meat

It is **excellent.**  
Delicious  
not bad  
too cold  
a bit overdone (underdone)

9. What **meat course** have you today?  
first courses  
vegetable courses  
cold dishes  
sweet courses

I can recommend you **mutton chop** with vegetables.  
roast chicken  
new potatoes

10. What if we take some fish for lunch?

No, I wouldn't as I have had it in the morning.  
I don't care much for it.  
it doesn't look very appetizing.  
it's too much for me.  
I'm not very hungry.

**Exercise 1. Do substitution patterns.**

**Exercise 2. Translate the explanation into English.**

**Cranberries** – клюква выращивается на плантациях на склонах, сбор механизирован: потоком воды спелые ягоды смываются на лотки. Популярны соки и другие напитки на ее основе. Ежегодно американцы съедают 400 млн. фунтов клюквы, из них 80 млн. фунтов в День Благодарения [Thanksgiving Day] (обычно в виде соуса (cranberry sauce)).

**Exercise 3. Translate the explanation into English.**

**Nuts** – орехи. В стандартный ассортимент супермаркета (supermarket) в США входят грецкие орехи, арахис, миндаль и кешью. Продаются как отдельно для кулинарных целей в разнообразном виде (целые, половинками, настроганные, раздробленные и т.п.), так и готовыми закусочными наборами

**Exercise 4. Translate the explanation into English.**

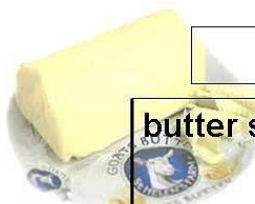
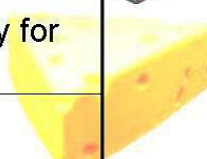
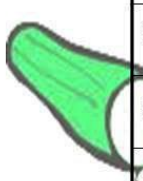


**Chocolate chip cookies** – печенье с шоколадной крошкой. Изготавливается как в домашних условиях, так и промышленным способом. Считается, что рецепт был изобретен примерно в 1930 Wakefield, Ruth, хозяйкой массачусетской гостиницы Toll House Inn. Рецепт был приобретен фирмой Nestle Co. Inc., и к 1939 печенье Nestle Toll House Morsels стало популярно по всей стране. Chips Ahoy!



**Exercise 5. Match the idioms and their definitions.**

chew the fat	●	●	To talk in a relaxed manner
Salt of the earth	●	●	To give someone a small piece of
white bread	●	●	A positive result from an action
In hot water	●	●	Ordinary and safe
eat your heart out	●	●	longing or envy
throw someone a bone	●	●	In trouble
bear fruit	●	●	Someone who is reliable
cream of the crop	●	●	The best of a group

## Food Idioms

Idiom	Meaning
 butter someone up	be extra nice to someone (usually for selfish reasons)
 cheesy	silly
 cool as a cucumber	very relaxed
 cream of the crop	the best
 (don't) cry over spilled milk	get upset over something that has happened and cannot be changed

## Food Idioms



Have one's cake and eat it =  
Have everything you want

Use your noodle = Use your brain



Cheese someone off = Annoy someone

Butter someone up = Flatter someone



## SHORT CONVERSATIONS

*I'm dying* for a drink of water, it's so sultry today.  
But there's the bar over there, and you can order some lemonade or juice.  
That's right, how could I *overlook it*?  
So, come on.

---

Here's a cafe. Would you like to go in and have lunch?  
But it's *too early for lunch*.  
Oh, no, it's never too early for lunch.  
*I'm hungry as a hunter*.  
You are always hungry.  
Not always, only *at lunchtime*.

---

What shall we order for dinner?  
I leave the choice to you.  
Good, then we'll have some olives, salad and caviar, clear soup, lamb chops and coffee.  
I'd add *a piece of cake* if you don't mind.

---

What kind of breakfast do you usually take in the morning?  
I never want any breakfast. Just a cup of tea and a piece of toast. What about you?  
I don't eat much either. Just some corn flakes, and an egg, and coffee, and toast with jam and butter.  
Oh, I'd call that *a huge breakfast*. Looking at you one wouldn't say you eat so much.

---

Here is the menu. What would you like for supper?  
I'd like beefsteak with fried potatoes, tomato salad and black coffee.  
Would you like some wine?  
I'd like a glass of cognac. Can you bring me 5-star cognac?  
All right, sir. Just a moment.

---

Would you like some hors d'oeuvres?  
What hors d'oeuvres have you?  
We have *a great choice of hors d'oeuvres*: vegetables salads, meat salads, cold meat and cold fish.  
I'd like chicken salad and jellied fish. What fish have you?  
We have jellied sturgeon with horseradish.  
All right.

---

I'd like some broth with patty. Have you chicken broth?  
Yes, we have.  
And bring me a pork chop for the second course. Are they good?  
They are not good today. They are fat. Take chicken *cutlets a la Kyiv* or mutton chops. Would you like some wine?  
Bring me mutton chop and a glass of wine, please.  
All right. Just a moment, sir.



**Exercise 1. Learn the conversations by heart and carry them on with your classmate in class. Render the contents of the conversations in Indirect Speech in English. Translate the conversations paying attention to italic phrases.**

**Exercise 2. Remember some useful notes.**

When taking an order, or making notes on what a client tells you, always double check that you've noted things down right. This also gives the clients a chance to make sure they haven't made any mistakes. And to change their mind if they want to. Make sure you sound as friendly and helpful as possible.

**Exercise 3. Fill the blanks in this dialogue.**

- Are you ready to order, sir?
- Yes. I'd like a steak, please.
- Certainly. How \_\_\_\_\_?
- Medium rare, please. And can I have it with rice instead of French fries?
- Yes, of course. Would \_\_\_\_\_?
- Yes, a mixed salad would be nice.
- Fine, sir, and would \_\_\_\_\_.
- Oh, yes. Let's see \_\_\_\_\_. What's the soup of the day?
- Today we have cream of asparagus – it's made with fresh asparagus.
- Good. OK, I'll have that.
- And would \_\_\_\_\_?
- No, I'll have a beer, I think. Do you have local draught beer?
- No, I'm afraid not. Would \_\_\_\_\_?
- Yes, OK, never mind. That'll be fine.
- So, that's a medium rare steak with rice and a mixed salad. And cream of asparagus soup to start with. Is that right?
- Yes, that's right. And can I have some bread, please?

**Exercise 4. Note some phrases, which can be useful.**

- Are you ready to order?
- Would you like an appetizer?
- And to follow...?
- I'm sure you'll enjoy that – it's delicious.
- May I recommend the.....? It's one of the chef's specialities.
- ... is a local speciality, I can recommend it.
- And what would you like to drink?
- So that's.....(and check you've noted everything down correctly) – is that right?
- So that's one ..., one ... . And two ... – is that right?
- Enjoy your meal!

**Exercise 5. Translate the explanation into English.**

**The curate's egg** – нечто несколько подпорченное, но не совсем негодное. (В английском юмористическом журнале *Панч* в 1895 г. был помещён анекдот о помощнике приходского священника, получившем от епископа тухлое яйцо и заявившем, что часть яйца оказалась превосходной).

**Exercise 6. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 7. Add some information & make up a small report and give a talk in class.**

## WORDS & PHRASES

**Cover:** plate, dinner plate, soup plate, bread-plate.

**Set:** knife, table knife, dessert knife, cake knife, caviar knife fork, fish fork, table fork, spoon, table spoon, tea spoon, coffee spoon, dessert spoon, jar, pitcher, water-jug, decanter, glass, vodka glass, Madeira glass, white wine glass, champagne glass, salt-cellar, mustard-pot, pepper-pot, coffee-pot, tea-pot, tray, frying pan, table-cloth, flower vase, fruit vase.

**Cakes:** roll, rings, cakes, pasty, fancy cakes, puffcake-layer, short nutcake, fruit cake, chocolate cake, sponge cake, biscuits, candy, fritters merveilles, almond cake.

**Soups:** clear soup, broth, chicken, noodle pea, cabbage, mushrooms, potatoes, borshch, shchee, rasolnik, rice, egg, borshch with pampusky, okroshka, solyanka, new cabbage snchee, milk

**The second dishes (meat):** rolled ham, semismoked sausage, cold pork (baked pork noodle soup, milk rice soup, meat potatoes soup, cold beet soup.), fried liver, shashlyk Karsky style, pork, frankfurters fried, small hunter sausage, hot dog, pizzas, hamburger.

**The second dishes (fish):** zander fried on a pan, steamed sturgeon, pike stuffed with vegetables, fried perch in sour cream, trout in sour cream, boiled beluga, cod fried.

**Poultry:** chicken a la cutlets (fried, boiled, roasted), chicken "Tabaka", black-cock in sour cream, partridge fried, hen fried, turkey roasted on a spit, rabbit roasted (boiled, spitted).

**Exercise 1. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 2. Add some information & make up a small report and give a talk in class.**

**Exercise 3. Read the text «The Browns give a dinner-party» and render its contents.**

This evening the Browns have invited some friends to dinner. It is just a small dinner-party for four of their friends: Mr and Mrs Carter and Mr and Mrs Macdonald.

The guests arrive at about half past seven and are shown into the sitting room where Mr Brown pours drinks for them. Sherry is the most popular wine in England; men usually prefer dry sherry, but women prefer sweet. At eight o'clock Mrs Brown says that dinner is ready, and they move into the dining room. Mary Brown does all the cooking in her house. She is always a little worried in case something goes wrong, but this evening everything goes well and the guests make many kind remarks about her cooking.

There are four courses: soup, fish, meat and a sweet, which is pudding today. Cheese and biscuits and coffee will be served after the sweet. The conversation at table is lively and interesting. Mrs Brown will not let the men talk about trade and politics all the time; when she thinks anyone is getting tired, she changes the subject. She is very good at getting people to talk in an interesting way, and there is always plenty of laughter at her dinner table. Mr. Brown often wonders how his wife can manage to make sure that all her guests enjoy themselves, and at the same time the dinner is well served.

But then, he has known for a long time that his wife is a very clever woman!

When dinner is over they go to the sitting room. For a while the ladies sit and talk while the men stand about smoking their cigars and talking business. At about eleven the MacDonald decide they must go, as they have to get back to London. The Carters offer to run them to the station in their car. So all the guests leave together. Mr and Mrs Brown see them off at the garden gate.

The guests thank their hosts for a pleasant evening and drive off.

**Exercise 4. Draw up some dialogues and carry them on with your classmate in class.**

## FOOD & BEVERAGE

Good service, which includes a friendly attitude and a timely delivery of the food or drink ordered, is the key to guest satisfaction and sales success in the food and beverage department. In addition to increasing sales, good service ensures that the guest has a favorable experience and will want to return.

Food servers who share with guests their knowledge of the food, its ingredients, and preparation time (as well as the specialties of other property restaurants) add to guest involvement in the property, which can increase profits. A good sales approach by the server also results in spending less time answering questions, thus avoiding guest irritation.

Food and beverage service offers practically unlimited opportunities to make use of suggestive selling techniques. It is imperative that food servers offer enticing suggestions that describe a delicious item: "Have you tried our award-winning cheesecake, topped with fresh strawberries and a dollop of whipped cream?" is much more effective than "Would you care for anything else?"

A food server can give the guest a choice of two or more items and state why the guest should choose one of them. For example, "Would you like a shrimp cocktail to start or would you prefer our freshly made onion soup? The shrimp arrived just this morning and are absolutely fresh, and the onion soup is excellent – the chef prides himself on making the best onion soup in the city."

Suggestive selling benefits guests, food servers, and the property alike, as it can lead to increased guest satisfaction, increased tips for servers, and increased revenues. Cross selling can also be used by food servers.

Room service personnel can suggest the dinner special in the main dining room or a special breakfast buffet for busy business travelers. A food server in the gourmet restaurant can ask guests if they have tried the *traveler's lunch* in the coffee shop.

These soft-sell techniques are excellent methods of raising revenues and exposing guests to facilities they might not have tried (and might later recommend to friends).

Service personnel fall into two basic categories: guest-contact employees and back-of-the-house employees. A great deal of guest interaction is usual for the valet parking staff, door attendants, bell staff, housekeepers, while guest contact is not as pronounced with maintenance crews and back office personnel. Service employees with a great deal of guest contact have excellent opportunities for suggestive selling.

If the hotel is near an airport, the hotel's limo drivers can sell the hotel's facilities and the local area as they drive guests from the airport to the property. A valet parker can welcome guests and ask if they have tried a particular property restaurant. A bellperson can promote the property's restaurants, lounges, laundry and valet services, and other amenities as guests are shown to their rooms.

As guests leave, the door attendant or valet parker can suggest they return for a promotional event or special hotel package. In all of these guest contacts, it is important that the service staff be sincerely friendly without being pushy.

While employees who have less guest contact may be limited in their selling capacities, they *sell* the hotel by their appearance, attitude, and attention to small details. A friendly greeting from a pool attendant and the cheerful attitude of the maintenance crew can help make a guest's stay memorable.

***Exercise 1. Analyze the information, which is in the highlight, and use it in practice.***

**Exercise 2. Choose the right variant.**

1. You shouldn't eat so many sweets; they're ... for you.  
a) bad b) disagreeable c) unhealthy d) unsuitable
2. My aunt could tell fortunes from tea ... .  
a) buds b) grounds c) leaves d) seeds
3. Would you ... the salt, please? a) carry b) deliver c) give d) pass
4. This avocado ... rather hard. a) feels b) senses c) smells d) tastes
5. Oranges are said to be ... for me but I don't much like them.  
a) appetizing b) good c) healthy d) nourishing
6. "What would you like to drink. Miss Delicate, some ... or something stronger?"  
a) brandy b) cider c) sherry d) whisky
7. In the jar there was a ..., which looked like jam.  
a) material b) powder c) solid d) substance
8. Pork chops are one of my favourite ... .  
a) bowls b) courses c) dishes d) plates
9. These are ... potatoes, not the end of last season's.  
a) fresh b) new c) ripe d) young
10. Light ... were served during the interval.  
a) drinks b) foods c) meals d) refreshments
11. In Mrs Conservative's ..., it is essential to eat a big breakfast.  
a) confidence b) idea c) opinion d) principle
12. They arrived so late for the meal that the food was ... .  
a) dried b) hard c) lost d) spoilt
13. I usually ... white coffee for breakfast.  
a) consume b) eat c) have d) take
14. In England they eat apple ... with pork.  
a) cream b) custard c) pudding d) sauce
15. A cool drink ... him after his long hot journey.  
a) recovered b) refreshed c) relaxed d) rested

**Exercise 3. Match the method of cooking with its definition.**

1. baking	a. cooking in steam; used for puddings, fish, etc.
2. boiling	b. the term used in meat cookery by which the meat is first browned, then has a small quantity of water added
3. braising	c. cooking meat or fruit in a small amount of water and its own juices
4. frying	d. cooking foods in enough water to cover them, at a temperature lower than 100°C
5. roasting	e. cooking in fat; used for chips, doughnuts, etc.
6. simmering	f. the food is placed in the oven; used for preparing cakes, breads
7. steaming	g. is done by placing the food in the oven or over coals and cooking until it is tender; used for cooking meats
8. stewing	h. cooking foods in enough water to cover them, at 100°C



**Exercise 4. Digest the information «Catering Industry in Great Britain» briefly.**

Catering industry in Great Britain differs rather from the one in Ukraine. In the light of economic circumstances the catering industry in Great Britain is considerably changing. Now it includes branches, which can be divided into profit making, industrial feeding and institutional catering establishments. The catering industry is a service industry, which is spread all over the country in order to serve the largest numbers of consumers.

There are essentially two main service system. First is when the consumer comes to the caterer. It happens in hotels, restaurants and canteens of different types. It is the profit-making side of the industry. A measure of the quality of the food served can be the size of the financial profit or loss. In this sphere every type of convenience food will be pressed into use, the emphasis being on the simplest cooking methods.

In hotels and restaurants a more ambitious menu can be served, but again using convenience foods, which require the minimum of cooking equipment, and cooking skill. In this case skill is required in presentation and service of the dish.

The second is when the caterer takes the food to the consumer as in catering for hospital patients and old people, as in the school meals service. In this case the food is transported in a form, which will not deteriorate with a minimum of skill required for its regeneration. There the precooked chilled (2-5°C) or precooked frozen (-18°C) food can be used. In this system no cooking skills are required for reheating. All dishes on the menu are reheated to 80°C in 25 minutes. That's why the only skill required is to operate the reheating oven.

**Exercise 5. Make up a dialogue «In a Restaurant». Use the following phrases.**

1. There's a table for two in the corner. 2. Here is the waitress. 3. Have a look at the menu. 4. Can I take your order? 5. We'll have two roast-beefs and ... 6. I'm afraid we'll have to change our order. Lamb chops with vegetables twice, please. 7. I would recommend fish. 8. I'm a poor eater. Just bring me some ham. 9. What about the dessert? 10. I'm fond of ice cream. 11. Everything is delicious. 12. Waitress, the bill, please. 13. I don't like the dinner at all. 14. I would like to order the banquet for 15 people. 15. I'm a good eater. Bring me something more. 16. I recommend you grill-fish.

**Exercise 6. Make up a small report and give a talk in class.**

**Exercise 7. Add some information & make up a small report and give a talk in class.**

**Exercise 8. Choose the right variant.**

1. Mr Connoisseur opened the bottle of wine and let it ... for one hour.  
a) breathe b) relax c) remain d) sit
2. Mrs Proper told her son it was impolite to ... his food so greedily.  
a) digest b) gobble c) nibble d) stuff
3. When I entered the room, the children were ... over the last orange.  
a) consulting b) discussing c) participating d) squabbling
4. How about a glass of orange juice to ... your thirst?  
a) quash b) quell c) quench d) quieten
5. Although she was trying to slim. Miss Greedy found the ice cream with fruit and whipped cream quite ... .  
a) imperative b) inevitable c) irresistible d) pulling
6. Have a ... of brandy, it will make you feel better.  
a) bite b) sip c) swallow d) touch
7. Peanuts are both cheap and ... .  
a) alimentary b) curative c) nutritious d) remedial
8. Mrs Hospitable had prepared a ... meal with six courses to celebrate our arrival.  
a) generous b) lavish c) spendthrift d) profuse
9. Mr Fatty wants to slim, so he should avoid eating ... foods such as bread or potatoes.  
a) fatty b) greasy c) spicy d) starchy
10. My parents have a ... arrangement to meet for dinner once a fortnight.  
a) deep-seated b) durable c) long-standing d) usually
11. Many Asian countries still rely on rice as the ... food.  
a) capital b) staple c) superior d) winning

**Exercise 9. Read and try to understand the following menu.**

Appetizers and soups	Entrees
Soup of the day Cream of asparagus soup Melon with port wine Six oysters Smoked salmon Waldorf salad Grilled sardines with lemon juice & garlic	Grilled fillet steak served French fries Pan-fried trout served with tagliatelle Venison steak with pepper sauce served with roast potatoes Veal schnitzels served with new potatoes Grilled lamb chops served with saute potatoes

**Exercise 10. Read the passage and title it.**

The cost of meals varies according to category, from 10 pounds to 100 pounds. All spirits, foreign or home-produced are dear. English cooking does not enjoy a good reputation. The vegetables, always boiled, are tasteless; and potatoes, which replace bread, appear at every meal. In ordering bread, it is best to specify "white" or "brown." There is an endless variety of cakes, but they sometimes come as a shock to the overseas palate. It useless to expect wine at every meal: all wine is imported and very expensive. But there is beer of all kinds and of quality well worth tasting.

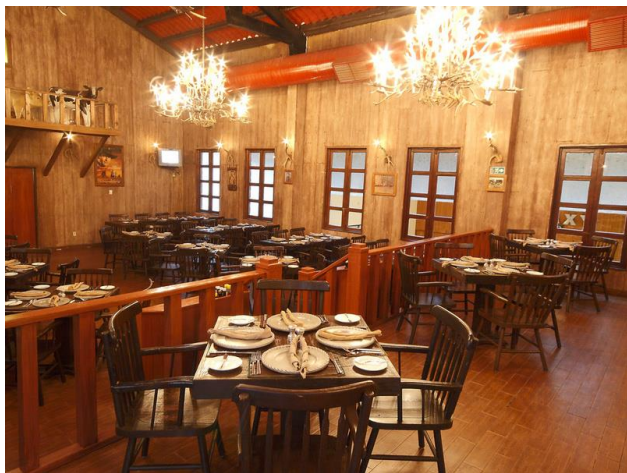
**Exercise 11. Make up a small report and give a talk in class.**



**Exercise 12. Translate the passage into English.**

**Harvey girls** – *девушки Харви*. Молодые девушки, работавшие официантками в железнодорожных столовых (railroad eating house), которых Ф. Харви набирал на Восточном побережье страны, переправлял на Запад. Для них предусматривалась особая подготовка и специальная форменная одежда – длинные темно-синие платья с широкой юбкой, длинные белые фартуки с *крылышками* и крахмальные накладки на голову.

В годы строительства крупнейших железных дорог их миграция была чрезвычайно велика, и по этому поводу существовала шутка, что Харви *обеспечил Запад не только едой, но и женами*.







- **Meal Rentals:** May include tables, chairs, dance floor, plants, tabletop (china, flatware, glassware, linens, chargers), bar glassware, serving equipment, salt/peppers, etc.

It should be clear whether table and chair setup and take-down is included. Most rental companies do not automatically include setup and take-down in the rental charges.

- **General menu considerations:** Clients may have specific dietary or religious needs to consider. These include Kosher, Vegetarian, Vegan and food allergy requests. Increasingly, clients are interested in food sustainability and food safety.

- **Hors d'oeuvres:** it should be clear if these are passed or stationary. Most caterers agree that three or four passed items are appropriate for the one-hour period prior to a meal.

- **Labour:** varies from caterer to caterer, but generally speaking, an event will have a Lead/Captain/Event Manager, a Chef, perhaps a Sous Chef or Kitchen Assistant, Wait staff and Bartenders. The labor on a plated dinner is generally much higher than the labor on a buffet, because a plated dinner involves double the china, and usually a minimum of three served courses, plus served coffee. Simply put, there's a lot more to do. To do it properly requires roughly 10 to 50% more staff. On a large event, this can be substantial, especially if overtime or doubletime applies.

- **Service Charge:** Sales Tax, Some quotes will include lighting, liquor permit, fire permits, draping, florals, valet and coat check. Many venues discreetly get a *cut* of the catering bill. Caterers are contractually committed to not disclose this fee specifically in their contracts with the clients. Therefore, catering will sometimes cost substantially more at one venue versus another. Also, caterers must compete with illegal operators.

A legitimate caterer will have a business license and a health permit both showing the address of the place from which they do business.

In addition, many caterers will provide partial catering services in addition to full-service. Partial catering can include cooking and delivery of prepared foods, pre-cooked dishes for pickup at the caterer's location, and cooking, delivery and setup without service.

In many cases partial catering can be an excellent and economical option to full-service catering. Increasingly, restaurants are providing catering menus and services in addition to their regular menus. Restaurant catering can be either on-site or off-site, depending on the services offered.

A **box lunch** is a lunch consisting of a sandwich, chips, fruit and a dessert. A box lunch is typically prepared by a caterer and dropped off to a location for a client's dining needs. Box lunches are used primarily in the corporate arena for working lunches when they do not have time to take a break from their meeting yet still need to eat.

A box lunch order is placed with a caterer a couple of days before the delivery date and is a cheaper way to go instead of a full sit-down lunch. The box lunch option is strictly a drop-off service and does not offer any type of wait staff or cleanup.

The caterer's only job is to prepare and deliver the food. In some cases, the caterer can set up the food, which means placing the individual cartons on a table or another area that is easily accessible to the clients. A box lunch is prepared for each person, so that they have all of their food in one container. This makes for very quick efficient service. Caterers can offer a variety of sandwiches such as: The box lunch will also include an individual pack of chips/crisps, a piece of fruit and a dessert such as a Cookie or a Brownie. Drinks such as sodas, waters and juices will be dropped off by the caterer in individual containers.

But may or may not be included in the box lunch itself. The idea is for the clients to be able to grab their box and a drink and go. The boxes or bags should be visibly marked with the type of sandwich included or grouped together for easy identification.

The individual bags and boxes allow guests to dispose of their trash at their leisure and keep everything neat and clean. If a company is holding their lunch meeting in a conference room, it is necessary that they can clean up easily.

Every individual can simply place all of their trash back into the box or bag to clean up. The latest in off site catering services is Vegan catering.

The box lunch will also include an individual pack of chips/crisps, a piece of fruit and a dessert such as a Cookie or a Brownie. Merchant ships often carry Catering Officers – especially ferries, cruise liners and large cargo ships. In fact, the term *catering* was in use in the world of the merchant marine long before it became established as a land-bound business.

### **Active vocabulary**

Catering, atmosphere, professional event, table settings, decorations, food, supplies, food service industry, caterers, clients' senses, satisfying.

### **Exercise 1. Choose the keywords that best convey the gist of the information.**



## DIALOGUE «BOB'S FIRST CUSTOMER»

Bob's tables are on the Rendezvous terrace. He is taking orders from three very young ladies. They are laughing and whispering.

- Bob: What would you like to order, please?
- Bet: I don't know yet, but I don't care for the *specials* today. I don't like either croquettes or ragout. I'm going to order à la carte.
- Els: *Chicken croquettes*? What are they?
- Bob: They are made out of chicken and potatoes, they are – well.
- Ros: I don't like leftovers. What's this *cheese souffle* like?
- Bob: It's very good. It's cheese. Well – it's a souffle.
- Ros: How is it made? Is it melted over toast?
- Bob: No, I don't think so. I'll find out.
- Els: Is this ham mousse good?
- Bob: Yes, it is.
- Els: Is the *sauteed kidney cooked in the oven*?
- Bob: I don't think so. I'll ask her headwaiter.
- Bet: I've *made up my mind*. I'd like hors d'oeuvres – pate de foie gras. Is the pate made here, or is it canned?
- Bob: We make our own pate de ... de ... de. It's very good.
- Ros: What are mushrooms au gratin?
- Bob: They are very good mushrooms. I think they're served with a white sauce.
- Bet: For dessert, I'll have *fromage* and *crackers*. Let me see what kind you serve.
- Els: What is the bombe glace?
- Bob: Just a minute. I'll have to ask the headwaiter. (Bob hurries away, and the girl's laugh.)
- Ros: We really were very naughty to that nice young waiter. Here comes the headwaiter. We'd better be serious. I'm sure he knows his French. (Bob goes to another table. A man has just come in from the swimming pool. He has on bathing trunks and a bathrobe. He is barefooted.)
- Bob: Excuse me, sir, but in the Rendezvous Restaurant all men must wear pants, a shirt and jacket.
- Man: Bring me a menu. I'm hungry.
- Bob: Well, sir. I have to obey orders. I was told not to serve a guest if he isn't properly dressed.
- Man: What's wrong with a bathrobe? I've got more clothes on than those girls.
- Bob: Just a minute, sir. (The headwaiter arrives.)
- H.: I'm sorry, sir. We can't serve you here. If you go to the pool, we'll send you your lunch out there.
- Man: But I like to eat with people. I don't want to eat it in my room.
- H.: I must insist, sir. Please don't make me call the detective. If you put on a pair of pants, a shirt, and a jacket, we'll be pleased to serve you here.
- Man: (Angry) I'm going to report you to the general manager.
- H.: (To Bob) And you had better study your menu book.

**Exercise 1. Learn the dialogue by heart and carry it on with your classmate in class. Render the contents of the dialogue in Indirect Speech in English. Translate the dialogue paying attention to italic phrases.**

**Exercise 2. Analyze the information, which is in the highlight, and use it in practice.**

## COMMON FRENCH EXPRESSIONS

- à la carte** – dish on the menu but not part of a set dinner;
- à la mode** – as in pie à la mode (pie with ice cream); in a certain style;
- aperitif** – an appetizer (an alcoholic beverage or food);
- aspic** – a savory meat or fish jelly, used to garnish or to make a mold for meat or fish;
- au gratin** – baked with a topping of bread crumbs (with cheese) and browned in the oven;
- becharnaise sauce** – sauce made with eggs, shallots, wine, herbs and vinegar;
- bechamel sauce** – a fairly thick white sauce made from butter, flour and milk;
- bisque** – thick soup, usually made from shell fish;
- bombe glace** – ice cream, often with crystallized fruits, molded in a round dish;
- brochette** – small pieces of meat served on skewers;
- buffet** – a long table laid with cold dishes where guests help themselves;
- canapes** – small pieces of bread or pastry filled with an appetizer and served hot or cold;
- casserole** – a dish of meat and vegetables, cooked for a long time in the oven;
- Chateaubriand** – a choice thick steak, broiled;
- compote** – fruit stewed gently in a syrup;
- connoisseur** – a judge of good food and wine;
- coq au vin** – sauteed chicken cooked with herbs, bacon and onions in wine;
- crpes suzettes** – thin pancakes, coated with a sauce made of oranges & liqueurs, set alight with brandy when served;
- croquettes** – balls of meat or fish, covered with crumbs and fried in fat;
- croutons** – small fried cubes of bread served with soup;
- cuisine** – food, cooking in general; haute cuisine – the finest cooking;
- demitasse** – *half cup*, a small cup, usually of black coffee;
- eclair** – a pastry case filled with plain or flavored cream, and iced;
- entree** – a course before the main course in a large dinner, or the main course in a simple meal;
- filet mignon** – a piece of boneless meat, usually a steak, broiled or fried;
- fondue** – *melted*, as in cheese fondue fromage – cheese;
- gourmet** – a connoisseur of good food and wine;
- hollandaise sauce** – a sauce made from eggs, milk, onion and vinegar;
- hors d'oeuvres** – relishes or small dishes served as appetizers before the main course;
- liqueur** – a flavored alcoholic beverage, served at the end of dinner;
- meringue** – the whites of eggs, whipped, mixed with sugar and baked;
- mousse** – smooth creamy dish from eggs, served chilled; a sweet dish, but can be made of fish;
- parfait** – a frozen dessert (ice cream with a topping);
- pate de fois gras** – goose liver paste, served on canapés, with toast, or in various recipes;
- pousse cafe** – a drink of several liqueurs;
- pureed** – food passed through a sieve or mill until it is smooth and soft in consistency;
- ragout** – a thick stew soupe de jour – the special soup of the day;
- rissoles** – balls of chopped meat, often coated with breadcrumbs, fried gently until brown;
- roast beef au jus** – beef cooked in the oven, served with its own juice;
- sauteed** – fried lightly in a small amount of fat;
- souffle** – a light frothy dish from eggs, butter, flour & milk, served straight from the oven.
- table d'hote** – special dishes on the menu; the opposite of à la carte;
- vinaigrette** – dressing made from oil and wine vinegar, often flavored with herbs or garlic.



**Exercise 1. Read the narration and answer the questions.**

Many French words and phrases are used in English and American recipes and menus. During the seventeenth and eighteenth centuries, the nobles and courtiers in England spoke French and adopted French customs and "la grande cuisine".

For several centuries French cuisine has been considered the best of Western civilization. France became noted for its culinary and during the reign of Louise XIV. It was during his reign that silver forks were included in place settings. (Before then everyone used to bring his own fork when invited out to dinner.)

1. What people in the Western world are best known for their excellent cooking? 2. Why are there so many French words relating to cooking in the English language? 3. What language did the English court speak besides English? 4. Before there were forks on the table, what did people do?

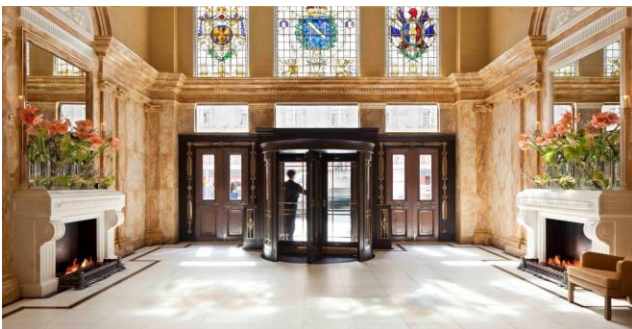
**Exercise 2. Read the narration and answer the questions.**

The reputation of a hotel depends upon three things: room, food beverages, and service.

All employees realize the importance of correct, prompt, and polite service. Knowledge, training, experience and courtesy are necessary for a good job. Waiters and waitresses receive training and experience before they are given responsible positions. Sometimes they are busboys or assistants. They often get experience in the employees' cafeteria or in small cafes.

Some people take courses in bar and restaurant work in special schools. All bar and restaurant employees must know proper table settings, techniques for service and foods and beverages. Headwaiters supervise the training of new people and promote the most efficient.

1. What is meant by *experience*? 2. How does a waiter or waitress get experience? 3. What is meant by *techniques of service*? 4. How can a waiter or waitress get a promotion? 5. What does the reputation of a hotel depend upon? 6. What do all employees realize? 7. What are necessary for a good job? 8. Who receives training and experience before they are given responsible positions? 9. Who takes courses in bar and restaurant work in special schools? 10. What must all bar and restaurant employee know proper?



**Exercise 3. Choose the right variant.**

1. I am very fond of eating ... onions with cold beef.  
a) frozen b) pickled c) preserved d) salted
2. As the cake was delicious, Mr Sweettooth had a second ... .  
a) amount b) course c) cut d) helping
3. Potatoes are the ... diet for many European peoples.  
a) bulk b) majority c) staple d) sum
4. "Were you told to get dinner ready?" "No, I did it of my own ... ."  
a) accord b) desire c) idea d) will
5. Can't I ... you to another piece of cake?  
a) convince b) persuade c) pull d) tempt
6. "Do you like raw vegetables?"  
"Well, it ... what kind of vegetables."  
a) depends b) expects c) matters d) minds
7. The meat is rather tough so you have to ... it for a long time.  
a) bite b) chew c) eat d) swallow
8. Pass me the salad ..., please.  
a) dressing b) sauce c) seasoning d) spice
9. Make sure everyone gets a(n) ... share of the cake!  
a) fair b) just c) own d) same
10. Don't put any cream on my wild strawberries, I prefer them ... .  
a) natural b) ordinary c) plain d) simple
11. After the guests had left we were allowed to eat the ... cakes.  
a) additional b) left c) missed d) remaining
12. "I have brought you a cup of tea and a piece of cake, Grannie."  
"Thank you. That was ... of you."  
a) brave b) gentle c) nice d) sympathetic
13. Do you think it is possible to ... on nothing but fruit?  
a) eat b) enjoy c) live d) make
14. There is ... of cake for everyone.  
a) enough b) much c) plenty d) some
15. Eating ... in Poland are changing because of the increasing standard of living.  
a) behaviour b) habits c) methods d) ways
16. Mrs Proper always tells her child not to talk with his mouth ... .  
a) full b) open c) together d) wide
17. I have been eating honey so my fingers are ... .  
a) dirty b) sticky c) wet d) yellow
18. If you saw how they ... cattle, you would never eat meat again.  
a) die b) kill c) murder d) slaughter
19. A good way of ... food is keeping it in a fridge.  
a) enduring b) extending c) preserving d) prolonging
20. It's a Mexican ... but I can't remember what it is called.  
a) especial b) specialty c) specialization d) specializing

**Exercise 4. Learn the dialogue by heart and carry it on with your classmate in class. Render the contents of the dialogue in Indirect Speech in English. Translate the dialogue paying attention to italic phrases.**

## DIALOGUE

### «THE HEADWAITER INSTRUCTS NEW WAITERS »

The headwaiter & a small group of young waiters are in the new Fiesta Salon.

H. Boys, you've seen the schedule on the bulletin board. We're very busy today, we'll all have to be on our toes. You, Bob and Dick, will work with three other waiters in the French Salon. There's a small luncheon for about twenty men – à la carte service. The rest of you will help here at the inauguration of this new salon. There'll be about 200 important people.

Bob Sir, can't I work here too, please?

H. I'm sorry, Bob, but we need you in the French Salon today. We've already made out the assignments, and each waiter has arranged tables for the new men. In the French Salon there will be one waiter for four guests. Here there'll be two regular waiters to each table. You men will help them. The luncheon here will be buffet style, served on long tables on that side of the room.

Bill The buffet, sir – is it like the cold buffet on the menu?

H. No, Bill. This is a special buffet, an informal luncheon buffet, where a variety of food will be placed on long tables. The banquet waiters will stand behind the tables & help the guests. At this type of buffet the guests take their plates & choose the food they want. If they want anything else, you get it. You clear the tables. The banquet waiters will pass desserts, and bar waiters will serve wine and champagne. They also serve the drinks as the guests arrive.

Bill Pardon me, sir. What do we put on the tables?

H Let's set them now. They've already put on the linen – the tablecloth and napkins.

Bob These napkins are larger than those in the coffee shop.

H. Yes, they're dinner napkins. Fold them properly like this. (He demonstrates.)  
The tableware and flatware for this room are in the sideboard.

Bob What about the glassware?

H. That's in the sideboard also. We'll need water goblets, and both wine and champagne goblets. Put the wine glass on the right of the water glass and the champagne on the right of the wine glass.

Bill Here's the silverware. It looks dirty, sir.

H. Yes, it does. Go get a steward. They haven't polished the silver. We won't need soup spoons, fish cocktail forks, or demitasse spoons. Put on the salad forks, luncheon forks, butter & luncheon knives, two teaspoons. Use the crystal salt & peppershakers, & crystal ashtrays. The centrepiece of each table is a red, white, green floral arrangement in a crystal bowl.

Bob Do we put on any dishes now?

H. Yes, put on the bread and butter plates. In this room we use the white china with gold rim. Put on bowls for nuts & mints. Bill, your special job will be to take care of the water goblets. Put a napkin on your left arm to wipe the pitcher. Don't lift the glass, don't make it too full.

Bob (To headwaiter) Do we put the dishes on at the left side of the guest and take them off at the right?

H. That's a good question. Yes, we use the European style here. But always watch the arm of the guest. Never cross a guest's arm. He may raise his hand and hit your dish. How long have you been here?

Bob I just came last week, sir.

H. You're a good man. Be alert & learn all you can.

**Exercise 1. Learn the dialogue by heart and carry it on with your classmate in class.**

## A VARIETY OF BARS

There is a new cocktail bar not far from our house. My friends and I go to the bar to have a good time. The bar is built in modern style. The walls are painted blue and green and you've got the impression that you are on the seashore. You can listen to the light music. It's comfortable & cosy in the bar. You can have cold snacks, various sandwiches, aromatic black coffee, rum, liqueurs, aperitif wines and cocktails; in hot weather – cooling beverages, juices, cocktails, ice cream, in cold weather – punch and grog.

There are rich sweets, pastry, pastry-cakes, chocolates, nuts, cigarettes and fruit in season (fresh fruit in summer and autumn, frozen in winter and spring). My friends & I are sitting in comfortable armchairs. The barman is standing behind the counter and serving the visitors. It's very hot and the visitors are drinking cooling juices, cocktails and mineral water.

Some visitors are eating ice cream. What do you know about cocktails? They are aperitifs, digestives and original. Aperitif cocktails are served before the meal. They are: Old-fashioned, Manhattan, Martini and Cinzano. These cocktails improve the appetite.

The digestives are: flips, smashes, cordial, oyster, frapé, mist and cocktails of *sour* group. They are served after the meal and help to digest our food. The original cocktails are layer – knickenbein, champerol, pousse-café and crusta. In hot weather it's recommended to drink *sour*. It's a pleasant cooling cocktail, which quenches our thirst. It has much lemon juice in it. Some cocktails are decorated with fruits: lemons, oranges and berries.

People drink most cocktails using straws. When you drink *through a straw* it's called *a long drink* when you drink at a gulp – *a short drink*. If you feel hungry you can go to the grill-bar and taste their special dishes: grilled sausages, fish grilled or fried, chicken on a spit or *Tabaka*, spicy shashlik (usually it's pieces of mutton roasted on a spit), beefsteak and bastoorma. You can have black coffee and beverages. In the near future we are going to have new kinds of bars: salad bars, fruit bars, milk bars, express bars, snack bars, beer bars, disco bars. We've got milk and beer-bars but their assortment will be improved. Now a few words about each of them.

**Salad Bars** are equipped with a special counter with an open refrigerating vegetable show. There are: cut lettuce, cucumbers, tomatoes, radishes, spring onions, olives, hard-boiled eggs, boiled potatoes, carrots, beetroot, brown onions, dill, parsley, celery, cabbage, sauerkraut and also boiled meat, fish, sausage, cheese, cottage cheese and so on.

In separate dishes there are: butter, sour cream, mayonnaise, oil, vinegar, mustard, salt, pepper, granulated sugar, horseradish sauce. Each visitor puts vegetables, meat, fish or both, dressings and sauces in his salad-dish to his own taste. These bars represent one of the variants of *Swedish Board*.

**Fruit Bars.** It's a new type of bar in our social catering. There are many juices, up to fifteen, electric mixer for milk cocktails, electric coffeepot, and samovar. Customers may have tea, coffee, buns, cakes, pies etc.

**Milk Bars.** Great attention should be paid to milk bars. They can recommend a wide choice of milk products and beverages. Customers can taste milk noodles home style, noodle pudding stuffed with apples, Russian blini with butter or thick sour cream, pies, curd items, cheese sticks, butter, cheese and sausage, sandwiches, milk and cream shakes. Many dishes are made in the presence of customers. Milk bars will be built close to big dairy shops.



**Express-Bars** are arranged at the railway stations, hotels, in the shopping centres. Their aim is to serve the customers as quick as possible. The assortment is the following: sandwiches, baking items, pastry, milk products.

**Snack Bars** are intended for quick service of customers at the counter.

The assortment is minced or plain beefsteak, entrecôte, roast chicken, duck or goose, cooling beverages, juices, cocktails, coffee.

**Beer Bars** sell bottled and unbottled beer, mineral and fruit water.

There are no strong drinks on sale. Cheese, salted, smoked, dried fish, chipped potatoes, biscuits, small dried rings (sooshki), dried crusts, olives, stuffed eggs, shrimps go nicely with beer. You can also have sandwiches, cold and hot snacks.

**Disco-Bars** work in the evening. Their halls should be decorated beautifully. Young people come to these bars to have a good time, to dance, to listen to the music, to see the performance. Disco-bars should be equipped with modern musical apparatus and large screens for demonstrating slides. They should also have a television set, video tape-recorders, and special devices producing light effects. Cooling and mixed drinks, snacks and hot dishes are on the menu.

For dessert guests can have strawberry, apricot, peach and nut ice cream.

**Exercise 1. Name the bars in your native town and describe them.**

**Exercise 2. Learn the dialogue by heart and carry it on in class.**

#### **A Restaurant Kitchen**

- Hurry up, Chef! I have 12 customers, and they all want today's special. Some of them have been waiting for 15 minutes. They're getting upset.
- I know, I know, but I only have two hands. You'll have to help me.
- Help you? That's not my job. I'm a waitress, not a cook.
- Well, one of my assistants is off today, and the other is out sick.
- Oh, O.K. What do I do first?
- Well, start putting the meat on the plates, and I'll finish these vegetables.
- O.K. Is that enough meat?
- Hmm. That's a little too much. Take some off.
- What about potatoes?
- Oh, put on plenty of potatoes — they're cheap — and lots of peas.
- All right. Can I take them out now?
- Have you put the gravy on yet?
- Huh? Oh, no, I haven't. Where is it?
- Here it is.
- Oh, there isn't enough gravy.
- There's plenty in that pot over there.
- Here? O.K. I've got it.
- Fine. Now you can begin taking the plates out to the customers.
- Whew! They're hot!
- Well, use a dishtowel. And don't carry too many plates. You might drop them.
- Oh, I won't drop them. I've never dropped a plate in my life!
- (Crash!)

**Exercise 3. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 4. Remember that.**

A **restaurant** is a place where you can eat a meal and pay for it. In restaurants your food is usually served to you at your table by a waiter or waitress. A commercial establishment where meals are prepared and served to customers.

A **restaurateur** is a person who owns and manages a restaurant. The word restaurateur is taken directly from the French form. He is a person who owns and manages a restaurant. **Restaurant car** is a railway coach in which meals are served (dining car). A restaurant car is a carriage on a train where passengers can have a meal.

**Exercise 5. Put each word into its correct place in the passage below.**

afterno	bacon	syrup	juice	lunch	meals	menu
chocola	continental	English	morning	rolls	second	supper

**Meals**

Most people eat three ... a day – breakfast, ... and dinner. Some eat a fourth meal, ... late at night. ... tradition provides an extra light meal served in the late ... . Its basic ... usually includes tea and special teacakes or cucumber sandwiches. Meals vary in different countries. ... in the United States may include fruit or fruit ..., coffee, toast, and a choice of cereal or ... and eggs. Many persons like pancakes with maple ... for breakfast. ... Europeans sometimes have an early breakfast of ... and coffee or hot ... and eat a ... breakfast later on in the ... .

**Exercise 6. Read the text and explain your attitude to the Swedish Board.**

The service food system of *the Swedish Board* type is a great advantage for the guests – they needn't wait for the waiters and checks. Breakfast is served from 8 to 10, dinner from 12 to 15, supper from 6 to 8. As a rule supper is arranged for conferences, congresses and symposia. Various juices, fresh cucumbers, tomatoes, salads, cereals, meat, milk & egg dishes, butter, pancakes, cheesecakes & pastry are recommended for breakfast.

Fish assorty and fresh vegetables, fish in marinade, jellied fish, meat assorty, and Russian salad, herring in dressing, mixed green salad can be recommended for appetizers for dinner. For soups guests can have clear soup and toast or patty, borshch or vegetable soup.

In season – okroshka or cold beetroot soup. For the main course – fried fish and chips (chipped potatoes), plain beefsteak and vegetables, poultry or game dishes.

For a sweet we can recommend ice cream with jam, fresh and stewed fruit, tea with lemon, black coffee, mineral water and special beverages. Before dinner iced water is served. Fresh and red caviar, spicy fish snacks – sprats, salt-sprats, sardines; hot & cold smoked fish, ham, jellied tongue, cold meat cuts & roast chicken, turkey, hazel grouse, suckling-pig; soda-water, mineral water, lemon squash, juices & special cooling beverages are served for supper.

The assortment of appetizers, dishes & beverages should be various. The guests should taste a little of each dish. National traditions & other peculiarities should be taken into account. The Swedish Board is placed in the centre of the hall; the tables for four guests are near the walls. The plates with snacks and other dishes are served in the centre of the Swedish Board (and also sets for taking food). The snack-plates are served near the edge. The guests come up to the Swedish Board, take the snack-plates, make choice of the appetizers, dishes & cooling beverages and take their seats at the tables. For dessert a separate table is arranged close by. The waiter can help the guests if necessary. The guests can buy vodka, wines, cigarettes, beer, coffee, mineral water & pastry for cash money.

**Exercise 7. Complete the sentences with the words in the brackets in the correct form.**

**Design of a Food Service System**

Traditionally, the food service industry has (rely) upon low cost labour, often (unskill). With the (rapid) rising increase in labour costs the food service industry is now (embark) on a (vigor) search for methods of (sharp) increasing (work) productivity. A trend is now (emerge) in food service toward separation of preparation from service and toward (centralize) mass production of food for later reconstitution and service. The industry is (become) (concentrate) with longer-term storage than heretofore, and with the preservation methods (require) to accomplish this. Canned, frozen and dehydrated products are among those, which can be used, (provide) that they are formulated and packed to suit the needs of hotels, restaurants. These objectives are (coordinate) for minimum labour and optimum customer satisfaction, quality and cost control. The Menu always comes first, for it determines kitchen layout and place requirements, equipment, (package), labour and even decor.

**Exercise 8. Remember how to say in English.**

Аня: Послушай, Катя, я проголодалась.

Ann: I say, Kate, I am rather hungry.

Катя: И я тоже. Пойдем в "Макдональдс".

Kate: So am I. Let's go to McDonald's.

А.: Хорошо. Петя с Ниной были там на этой неделе. Они в восторге.

A.: All right. Pete and Nina have been there this week. They are delighted.

(Девушки подходят к ресторану "Макдональдс")

(The girls come up to McDonald's.)

К.: Боже мой! Какая очередь!

K.: Dear me! There is a long line!

А.: Не беспокойся. Очередь идет быстро. Мы простоим не более получаса.

A.: Don't worry! The line goes quickly. It'll take us half an hour or so.

Девушка за прилавком: Добрый день! Что желаете заказать?

Girl: Good afternoon. What would you like to order?

К.: Что бы вы могли нам порекомендовать?

K.: What could you recommend?

Д.: Вы можете у нас пообедать или взять отдельно закуски и напитки.

G.: You can have your dinner or some separate appetizers and beverages.

А.: Сегодня не будем обедать.

A.: No dinner today.

Д.: Тогда рекомендую двойной чизбургер, жареный картофель и наше фирменное мороженое "Санди".

G.: Then I can recommend you double cheeseburger, fried potatoes and our special ice cream "Sunday".

А.: Это подойдет.

A.: That'll do.

К.: Я бы хотела попробовать пирожок с яблоками и чай. Я не буду брать картофель.

K.: I'd like to taste an apple pie and tea. No potatoes for me.

Д.: С чем вы хотите мороженое?

G.: How do you want your ice cream?

К.: Мне с шоколадным сиропом.

K.: With chocolate syrup for me.

А.: Мне, пожалуйста, с клубничным.

A.: I want strawberry syrup, please.

(Девушка компонует заказ и ставит все на поднос. Катя и Аня берут поднос и занимают свободный столик у окна.)

(The girl makes up the order and puts everything on the tray. Kate and Ann take the tray and occupy a vacant table by the window.)

**Exercise 9. Translate the text into English.**

1. В нашем институте хорошая столовая с самообслуживанием. 2. Она открыта с 8 утра до 10 вечера. 3. Столовая помещается в главном здании нашего института. 4. Это большой светлый зал, там много столов и стульев. 5. Столы покрыты белыми скатертями. 6. На каждом столе есть меню. 7. Когда мы приходим в столовую, мы оставляем пальто и шляпы в гардеробной (cloak-room), затем входим в зал. 8. Мы смотрим (examine) меню и выбираем блюда, которые будем есть. 9. Обед обычно занимает у нас 15-20 минут. 10. Обеды в нашей столовой хорошие и недорогие, поэтому я часто обедаю в столовой, а завтракаю и ужинаю дома. 11. Как вам нравится мороженое? – Оно чудесное. Давайте возьмем еще. 12. Доктор советовал вам есть больше фруктов. Выполняйте его советы, и вы скоро поправитесь. 13. Позвони мне, скажем, между двумя и тремя. К этому времени я уже пообедаю, и мы сможем пойти погулять. 14. Я так хочу пить! Сегодня очень жар. 15. Передайте мне, пожалуйста, сахарницу. – Пожалуйста.

**Exercise 10. Read the text and explain your tastes.**

Many of our students have dinner at our Institute canteen. Ours is a self-service canteen. It means there is no waiter or waitress to wait on us, and we get the dishes ourselves. First we buy tickets at the cash-desk. Then one of us goes to the buffet to get some appetizers (entrees), another gets the soup, a third – the second course. We needn't buy bread since there are platefuls of black and white bread on each table. At our canteen we can have dinner table d'hôte – usually cheaper than á la carte – when you order each dish separately from the menu card.

Sometimes we dine table d'hôte, but as a rule we choose different dishes.

For appetizers we take salad, sauerkraut, sometimes herring or caviar. Of all possible soups I prefer cabbage soup with meat or sour cream. My friend usually has noodle soup, or rice soup with meat or potatoes. There is a great choice of second courses at our canteen: fried fish with potatoes, roast meat, cutlets, beefsteaks, rumpsteaks, chops, pancakes with sour cream, and what not.

I always have buckwheat porridge with whatever dish I order. My friend, on the other hand, prefers vegetables, especially potatoes. For dessert we usually take cranberry jelly, compote, tea with lemon, ice cream or fruit: apples, tangerines, etc.

Sometimes when we stay at the Institute quite late we go down to the dining room or up to the refreshment room to have a bite (to have a snack) – it is usually a sandwich with tea, or milk, or coffee, or cocoa. Some students have their breakfast at the Institute too. As a rule they have buckwheat porridge, rice porridge, sausages, eggs, cream, milk, coffee or tea. Our dining room is quite neat and clean; the tables are covered with white tablecloths. On the tables there are knives, forks, spoons (table-spoons and tea-spoons), glasses, saltcellars, pepper and mustard pots.



**Exercise 11. Choose the right variant.**

1. What are you cooking? It ... good.  
a) feels b) flavours c) smells d) sniffs
2. The dish had a very interesting taste as it was ... with lemon.  
a) flavoured b) pickled c) seasoned d) spiced
3. Can you tell the ... between Coca-Cola and Pepsi-Cola?  
a) alteration b) change c) difference d) variety
4. The apple was so ... that he put some sugar on it.  
a) bad b) juicy c) ripe d) sour
5. Snake meat tastes ... to chicken.  
a) alike b) equal c) like d) similar
6. The local wine is rather rough, but you'll soon ... a taste for it.  
a) accept b) adopt c) develop d) receive
7. It tasted so ... of mint that the other flavours were lost.  
a) forcefully b) fully c) hardly d) strongly
8. The apples had become so ... that we had to throw them away.  
a) overripe b) poisonous c) rotten d) green
9. That milk smells ... .  
a) acid b) bitter c) sharp d) sour
10. The sauce would be more ... if you had put more garlic in it.  
a) taste b) tasteful c) tasteless d) tasty
11. I'm afraid that the herring we had for supper has given me ... .  
a) indigestion b) indisposition c) infection d) sickness
12. The delicious spread of sweets made the child's mouth ... .  
a) cold b) dry c) water d) wet
13. Please put some more water in my coffee, because it is too ... .  
a) black b) dense c) strong d) thick
14. I loved the ice cream, but the cake was a bit too sweet for my ... .  
a) appetite b) desire c) flavour d) liking
15. If there is one thing I don't like, it is ... tea.  
a) delicate b) light c) pale d) weak
16. I wouldn't eat those gooseberries if I were you, they don't look ... to me.  
a) formed b) ready c) ripe d) underdone
17. The dinner was excellent; the dessert was particularly ... .  
a) delicious b) desirable c) flavoured d) tasteful
18. Her pastry is as light as a ... .  
a) breath b) cloud c) feather d) leaf
19. Those vegetables are very tasty; I'm sure you would like them if you only ... them.  
a) examined b) proved c) tested d) tried
20. The sight of so many sweets made the children's mouth ... .  
a) drip b) moisten c) water d) wet
21. "Another cup of coffee?" "No, but thanks ... ."  
a) all the same b) for all c) not at all d) you for all
22. Is this ... water?  
a) drink b) drinking c) potted d) swallow

**Exercise 12. Explain the quote: on the Continent people have good food; in England they have good table manners.**

**Exercise 13. Define types of meals in the hotels and translate it into English.**

**OB (only bed)** – только постель, т.е вы заплатите только за жилье, без питания

Питание по меню – ограниченное число блюд из меню.

**A-la carte** – меню, в котором каждое блюдо указано с ценой.

**BB (bed & breakfast)** – постель и завтрак (в стоимость проживания включен только завтрак – шведский стол). Дополнительное питание – за отдельную плату в ресторанах и барах отеля

**HB (half board)** – полупансион (в стоимость проживания включен завтрак и ужин – шведский стол), бесплатный чай, кофе, вода на завтрак

**HB+ (half board +, extended half board)** – расширенный полупансион - завтрак и ужин (шведский стол), а также алкогольные и безалкогольные напитки местного производства весь день

**FB - full board** - полный пансион – завтрак, обед и ужин (шведский стол).

**FB+, EXTFB – full board +, extended half board** – расширенный полный пансион – завтрак, обед и ужин (шведский стол), а также напитки (в ряде отелей пиво и вино) во время приема пищи

**Mini all inclusive** – полный пансион с напитками местного производства не только во время еды, но в ограниченном количестве

**ALL, AI – all inclusive** – все включено – это завтрак, обед и ужин (шведский стол). В течение дня предлагаются напитки (местного производства (алкогольные и безалкогольные) в неограниченном количестве плюс дополнительное питание (второй завтрак, полдник, поздний ужин, легкие закуски, барбекю в барах отеля и т.п.)

**all inc** – питание в течение дня, включая напитки местного производства

**ultra all inc** – питание в течение дня, включая импортные напитки

**max all inc** – питание в течение дня, включая импортные напитки и дополнительные услуги

**Continental Breakfast** – континентальный завтрак – легкий завтрак, состоящий из кофе или чая, сока, булочки, масла и джема.

**English breakfast** – английский завтрак – полный завтрак, обычно включает сок, яичницу, тосты, масло, джем и кофе (чай).

**American breakfast** – американский завтрак – аналогичен континентальному завтраку, включает различные нарезки и горячие блюда.

**HcAI (high class all inclusive)** – все бесплатно, кроме магазинов, телефона, врача, парикмахерской, некоторых водных видов спорта и подводного плавания.

**BRD, Brunch (Breakfast+Lunch) dinner** – это завтрак, плавно переходящий в ранний обед или ужин. Включает в себя вино, пиво и безалкогольные напитки местного производства, встречается на горнолыжных курортах

**UAL, UAI – ultra all inclusive** – все включено – ультра – завтрак, поздний завтрак, обед, полдник и ужин (шведский стол). Достойный выбор сладостей, десертов, всевозможных закусок, а также широкий выбор напитков местного и импортного производства.

**Exercise 14. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 15. Add some information & make up a small report and give a talk in class.**





## DIALOGUE «AT DINNER»

- The table is laid. Come along, both of you, and let us begin. It's high time to have dinner.
- I'm ready; I feel quite hungry.
- So am I. *I could eat a horse.*
- Well, we haven't got a horse for you, but what we have got is quite nice. Your favourite dishes will *be served* today.
- What are they? I've got so many.
- For the first course we shall have chicken soup, and rissoles with mashed potatoes for the second.
- And for dessert?
- I've got stewed fruit with cake.
- Oh, that's wonderful! It's a pity you don't make stewed fruit more often. May I go and get it now?
- Don't be so impatient. Wait till we've finished the second course. Where is the salt, please?
- Alec, pass the *saltcellar* to Father, please.
- Why don't you *help yourself to some salad*, Alec?
- You know I don't like salad of any kind.
- Here is your soup.
- Thank you, Mother. May I trouble you for *a piece of bread*?
- Brown or white?
- Brown, please. The soup is *delicious* today! It smells lovely, mum. May I have *another helping*?
- Certainly, dear, I want you to have a good meal. Any more soup for you, Father?
- No more, thank you. Where are the napkins?
- They are in *the sideboard drawer*. I always forget to put them out.
- Never mind. Alec will fetch them, won't you?
- Here are the napkins, Dad.
- Hand me your plate, dear, I'll give you some rissoles. Will two rissoles do?
- Yes, Mum... And now may I have stewed fruit with cake, which has been promised?
- Take it from the fridge. I put it there to cool.
- Oh, apricots and cherries.
- Thank you, dear, for a most delicious dinner.
- Now Alec, I want you to help me clear the table. These plates, spoons, knives and forks must be taken to the kitchen. This breadbasket, the saltcellar and mustard pot must be put into the sideboard.
- I've done all that, Mum. What else?
- Take the tablecloth and fold it neatly. Then put the chairs straight and sweep the room. That's a good boy!

**Exercise 1. Learn the dialogue by heart and carry it on with your classmate in class. Render the contents of the dialogue in Indirect Speech in English.**

**Exercise 2. Translate the phrases with the keyword «salt».**

To rub salt into the (or someone's) wound; the salt of the earth; to sit below (above) the salt; to take something with a pinch of salt; not worth one's salt; worth one's salt; put salt on the tail of; with a grain of salt; true to one's salt; to eat salt with smb.; to earn one's salt.



**Exercise 3. Choose the right variant.**

1. Having ... the table, Mrs Goodhousewife called the family for supper.  
a) completed b) laid c) ordered d) spread
2. Aunt Betty gave me a ... of her homemade strawberry jam.  
a) bottle b) can c) pot d) tin
3. Yvonne ... the cups and two of them broke.  
a) dropped b) fell c) let fall d) spilt
4. It wasn't my ... that the plate broke.  
a) blame b) error c) fault d) mistake
5. I put the milk ... back to the fridge.  
a) flask b) holder c) jug d) vase
6. Dinner will be served ... but we have time for a drink before then.  
a) actually b) currently c) lately d) presently
7. Put the lid back on the tin so that the biscuits ... crisp and fresh.  
a) become b) bring c) get d) stay
8. Just put the dirty dishes in the ... . We'll wash them up later on.  
a) bath b) bucket c) sink d) tub
9. The plate was right on the ... of the table and could have been knocked off at any moment.  
a) border b) edge c) margin d) tip
10. When you pour the coffee, be careful not to ... it in the saucer.  
a) lead b) spill c) spit d) trip
11. Please give me two ... of bread.  
a) crumbs b) flakes c) lumps d) slices
12. She ... her automatic cooker to cook the meat for seven o'clock.  
a) arranged b) put c) set d) timed
13. My sister likes to ... the table, but she doesn't like to wash dishes.  
a) lay b) lie c) make up d) sit
14. I can't ... the sound of a knife scraping on a plate.  
a) bear b) suffer c) support d) sustain

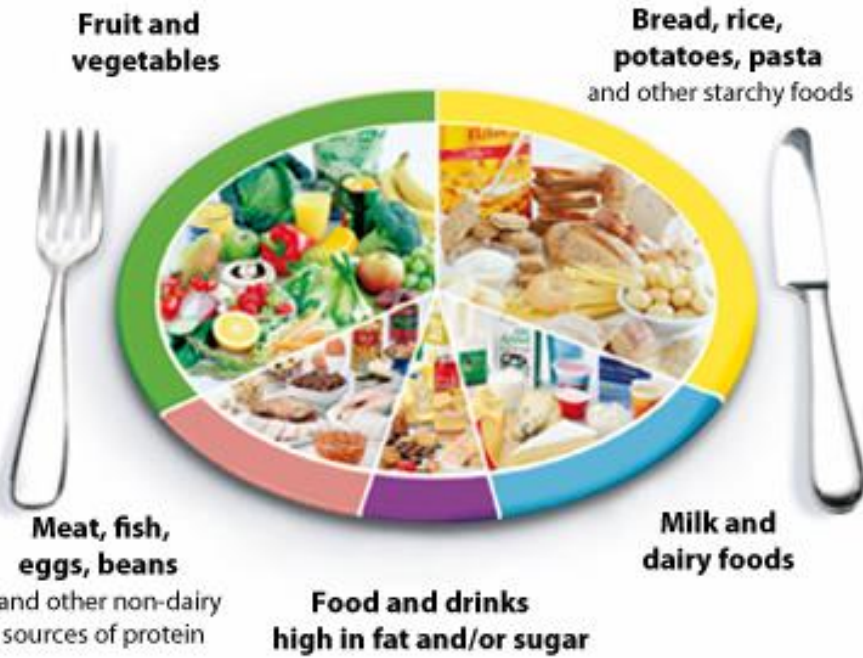
**Exercise 4. Translate phrases in the brackets «Mediterranean diet endorsed» into English.**

Further claims that a Mediterranean (диета) is good for you are published today by Greek (исследователи), who say that a (диета) high in fruit, (овощи), and (оливковое масло) and low in (мясо) and (молочные продукты) allows for a healthy (старость). (Исследователи) looked at 12 men and women aged over 70 in three Greek villages, measuring (прием пищи) and other (стиль жизни) factors during 1988 and 1990, and returned in 1993 to look at the numbers who had died.

Writing in the British Medical Journal, (исследователи) say that those villagers who ate a traditional (диета) had a 17% reduction (в случае смерти) compared to those who did not. (Диета) is given as a high intake of (оливковое масло), moderate alcohol consumption, high (потребление) of legumes (beans and pulses), cereals, (овощи) and fruits, and low consumption of meat and (молочные продукты).

**Exercise 5. Remember that.**

**Diet** – a specific allowance or selection of food, prescribed to control weight or in disorders in which certain foods are contraindicated: a salt-free diet a 900-calorie diet; I'm going on a diet.



**Exercise 6. Choose the right variant.**

<b>1. Herbs:</b>	artichoke	bay leaf	chicory	garlic
	marjoram	marrow	mint	oregano
	rosemary	sage	thyme	turnip
<b>2. Spices:</b>	cayenne pepper	chilli	cinnamon	ginger
	horseradish	pimento	nutmeg	vanilla
	vinegar	white pepper		
<b>3. Pasta:</b>	lasagne	macaroni	macaroons	
	pies	ravioli	spaghetti	
<b>4. Poultry:</b>	boar	chicken	duck	goose
	hen	turkey		
<b>5. Shellfish:</b>	cockerel	prunes	cockles	mussels
	lobster	shrimp	crab	oyster
	kipper	prawns		

**Exercise 7. Choose the right variant.**

- My Grannie presented me with four ... of homemade cranberry sauce.  
a) bowls b) dishes c) jars d) jugs
- "How much sugar would you like in your tea. Miss Sweetie?" "Five ... please."  
a) fragments b) lumps c) parts d) squares
- That fish smells terrible! Throw it in the ... .  
a) bin b) rubbish c) sink d) waste-paper basket
- Mr Strange poured the tea from his cup into his ... and then proceeded to drink it.  
a) bowl b) dish c) plate d) saucer
- When you've washed up, ... the plates before you put them away.  
a) clean b) dry c) dust d) sweep
- Don't put your hand on the hot stove, or you'll ... yourself.  
a) burn b) cook c) fry d) grill
- Sometimes it is very difficult to get the ... out of a wine bottle.  
a) cap b) cork c) lid d) plug
- Do be careful not to ... your tea on your white dress, darling.  
a) drip b) filter c) leak d) spill
- Let's have a cup of tea. Put the ... on.  
a) cooker b) electricity c) kettle d) tea pot
- Put the ... back on the biscuit tin, otherwise the biscuits will go soft.  
a) cap b) fastener c) lid d) top
- Be careful, this knife is very ... .  
a) acute b) blunt c) hard d) sharp
- Don't ... the jug right up, otherwise you'll spill it when you pick it up.  
a) feel b) fell c) fill d) full

**Exercise 8. Choose the right variant.**

1. Be careful not to ... the tray too much or the glasses will slide off.  
a) bend b) incline c) tilt d) twist
2. Mr. Clumsy tripped and sent the whole pile of metal plates ... to the ground.  
a) clattering b) pattering c) tinkling d) thudding
3. She ... the tablecloth carefully and put it away in a drawer.  
a) bent b) creased c) folded d) pleated
4. There was a sharp ... and the plate broke into two pieces.  
a) bang b) crack c) crash d) noise
5. Separate the eggs and then beat with a ... .  
a) wick b) whip c) whisk d) wipe
6. These silver spoons need ... .  
a) buttering b) painting c) polishing d) varnishing
7. Sweep the ... off the tablecloth before you put it away.  
a) crumbs b) dirt c) dust d) rubbish
8. You should always ... the plates with clean water after you have washed them.  
a) damp b) rinse c) soak d) wet
9. He-rubbed his finger round the ... of the glass.  
a) ledge b) lip c) rim d) tip
10. A food mixer is a very useful ... to have in the kitchen.  
a) gadget b) instrument c) scheme d) tool
11. The refrigerator was ... with food.  
a) affluent b) bloated c) crammed d) full
12. We buy a month's supply of meat and keep it in the ... .  
a) cabinet b) container c) freezer d) holder
13. No thank you, I don't ... sugar in tea.  
a) drink b) put c) take d) use
14. Would you like me to ... the tea?  
a) drain b) drip c) pour d) spill

**Exercise 9. Insert prepositions and post-verbal in the passage «English Tea».**

It will probably surprise you to learn that when the mistress ... the house ... England offers ... her visitors a cup ... tea, she sometimes asks: *Russian or English tea?* ... *Russian tea* the English mean tea ... a slice ... lemon... it. *English tea* means very strong tea ... milk ... it. Tea drinking is quite a tradition with the English. Tea is served ... almost every house ... ... the same time, ... 5 o'clock ... the afternoon. ... the table the teacups and saucers, with the teaspoons, are laid. The milk-jug and the sugar-basin are also ... the table. There are small plates ... bread and butter, or bread and jam, or biscuits. Tea is ready. The hostess pours the tea ... the cups.

"Do you take milk?" "Yes, please."

"How many lumps ... sugar?" "No sugar, thank you," or "Two lumps, please."

"Help yourself ... some bread and jam," or "Have some toast and honey." "But one cup ... tea is not enough. "Would you like another cup?" "Yes, please," or: "Half a cup, thank you." "But if you have enough, you answer: "No more, thank you."

**Exercise 10. Make up the dialogue from the text and carry it on in class.**

**Exercise 11. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 12. Add some information & make up a small report and give a talk in class.**

## DIALOGUE «BREAKFAST»

Mr. A. Shall we have our breakfast in this cafe?  
Mrs. A. Well, I don't mind. They serve very good meals here. (*In the cafe*)  
Mr. A. A table for two, please.  
Waiter Yes, sir. Right this way. What will you have for breakfast this morning?  
Mrs. A. I think I'll start with some grapefruit juice and mushroom omelette to follow.  
Waiter I'm sorry, ma'am. We aren't serving mushroom omelette.  
Mrs. A. Then I'll take cheese omelette. What about you?  
Mr. A. I think I'd better take three-minute eggs.  
Waiter Will you take any juice?  
Mrs. A. Oh, orange juice will do for me.  
Waiter Will you have tea or coffee?  
Mrs. A. Tea and some fruit tart  
Waiter How do you like your tea?  
Mrs. A. Middling, please.  
Mr. A. So, it's one tea. And it's coffee for me.  
Waiter Black or white?  
Mrs. A. With hot milk, please, and some cheesecake.



Waiter Here's your breakfast.  
Mr. A. Thank you. Please bring the check.

## DIALOGUE «BREAKFAST INTO MY ROOM, PLEASE»

- Come in, please. Let me help you. Did you have a good journey?
- I am pleased to meet you.
- Where have you come from?
- From England.
- Do you want to stay at our hotel?
- Yes, I do. I am very hungry now. Tell me please, at what time do they begin service in the restaurant?
- The restaurant is open at 9 p.m.
- And till what time?
- Till 12 p.m.
- May I have my breakfast (dinner, supper) in my room?
- Yes, of course. You may order breakfast to be served in your room. What is the number of your room?
- The number of my room is 345.
- At what time do you want to have breakfast?
- At 9 a.m., please. When do you take orders?
- From 8 o'clock in the morning till 11 o'clock in the evening. The waiter will bring your breakfast to you. We began serving breakfast from 8 o'clock in the morning. Don't forget that breakfast will be served from 8 to 10 o'clock a.m.
- Thank you very much.
- Not at all.

**Exercise 1. Learn the dialogues by heart & carry them on with your classmate in class.**





## DIALOGUE «BREAKFAST IS THE MEAL I ENJOY MOST »

Jack & Mrs Wells

- Good morning, Mother! Did you sleep well?
- Very well, thank you. Would you like a glass of orange juice to start your breakfast with?
- That'll be very nice. Are the oranges sweet? I had a very sour one at Anne's yesterday evening.
- These are very sweet. I asked the grocer to send me really ripe ones. They're Spanish.
- Is Father not down yet?
- He'll be down soon. He's got a sore throat.
- Oh, I'm sorry. The coffee smells good. I think breakfast is the meal I enjoy most. Fruit juice, eggs and bacon, hot toast and coffee. I don't know how people in Europe can be satisfied with a cup of coffee and a roll.
- We do eat big breakfasts compared with people in France, don't we? But I soon got used to light breakfasts when I was studying in Paris.
- You've never told me about that. When were you studying in Paris?
- A long time before you were born. It was before I met your father. I was studying art.

## DIALOGUES «IN A CAFE »

Waiter & Guest

- Good morning, Miss!
  - Good morning!
  - What would you like for breakfast?
  - Breakfast for four, please. Will you bring us two milk omelettes, two cheese omelettes, four sour creams, buns and strong tea, please?
  - How many cups of tea?
  - Four, please.
  - Here is your breakfast. Good appetite!
- 
- Good morning, ma'am! What would you like for breakfast?
  - What can you recommend?
  - I can recommend you cornflakes, fried eggs, baked pudding of curds, buns, cherry jam, tea, coffee, and cocoa.
  - All right. Will you bring me cornflakes, eggs up, a fruitcake and white coffee, please?
  - You are welcome. Good appetite!
  - How much do I pay?
  - Five dollars.
  - Here you are. Thank you.
  - Thank you. You are always welcome.

**Exercise 1. Learn the dialogues by heart and carry them on with your classmate in class. Render the contents of the dialogues in Indirect Speech in English.**





## DIALOGUES «DIETARY BREAKFAST»

- Good morning, Sir! What would you like for breakfast?
- I'd like something light I'm on a diet.
- I see. First of all, I can recommend you porridge, a soft-boiled egg, fresh cottage cheese and middling tea.
- Thank you. Will you bring me porridge, one soft-boiled egg, cottage cheese and middling tea.
- Very good, Sir.

### The Guests are in a hurry

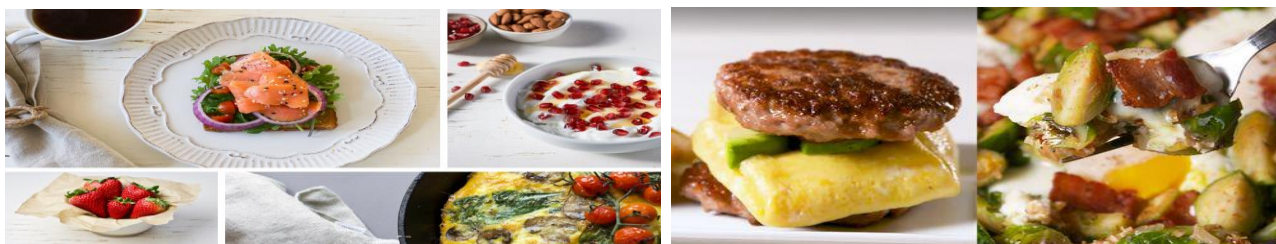
- Sorry, we're very much in a hurry. Breakfast for two, please. Can we have something quicker to your taste?
- Just a moment, please! Two sour creams, two helpings of boiled sausages, two black coffees and open curd tarts.
- Fine! We'd like to pay the bill right now.
- \$20, please.
- Here you are. Keep the change.
- Thanks. Come again.

- 
- Good morning! Are you ready to order, ma'am?
  - Oh, yes. I'd like English breakfast. We'll begin with porridge.
  - Sorry, ma'am. We have no porridge today. I can recommend you cornflakes.
  - All right. Then cornflakes, bacon and eggs, orange marmalade, butter, toasts, juice and coffee.
  - What kind of juice?
  - Apple juice for me, please.
  - How do you want coffee?
  - White. Two lumps of sugar, please.
  - Very good, ma'am. (To Mrs B.) What would you like ma'am?
  - Cherry juice, to begin with, fried eggs, a caviar sandwich and tea, please.
  - How do you want your tea?
  - Much sugar and slice of lemon.
  - Very good, ma'am. (*Waiter serves their breakfast*).
  - Here you are. Good appetite!

**Exercise 1. Learn the dialogues by heart and carry them on with your classmate in class.**

**Exercise 2. Read the passage «Breakfast at the Restaurant Arbat» and translate it.**

They serve breakfast from eight to ten. For breakfast they usually serve butter, an omelette, cottage cheese, hard-smoked sausage, ham, rolls, jam, black and white coffee, brown and white bread. This morning our breakfast is delicious. It consists of soft caviar, well-boiled eggs, cold-smoked sturgeon, butter, fancy-cakes and coffee, black and white, bacon and eggs, orange marmalade, toasts, orange, apple cherry, juice, boiled sausages, porridge, a soft-boiled egg, fresh cottage cheese and a caviar sandwich and middling tea.





## DIALOGUE «SETTING THE TABLE»

It is 6:00 a.m. the waitresses are setting their tables for breakfast. Joe, a busboy, goes to his station.

- Good morning. You're the new waitress, aren't you?
- Yes, I am. My name is Lucy Grey.
- Welcome to our coffee, I'm Joe Cort, the busboy here. This is my station, too.
- Oh, good. This is my first day, and I'm nervous. Will you please help me?
- Certainly. I'll get the place settings. (He carries the place settings on a large tray.) Here, Lucy, put these placemats on the table. We use these for breakfast and another kind for luncheon and dinner.
- How pretty – green and white.
- The napkins are green and white also. Put them on the left.
- They're paper napkins.
- Yes, but they're large and soft – like cloth. Here's the silverware. (He hands her knives, forks, and spoons).
- Are these real silver?
- No, they aren't. They're stainless steel. No, Lucy, don't put the forks on the right.
- Oh, yes, I know. I put the forks on the left, don't I? Give me the glasses, please. I put them above the knife. Is that right? (She places the sugar bowl, the saltshaker, and the peppershaker in the centre of the table.)
- Look, Lucy. This glass is dirty. I'll get another one.
- (Pointing to another table) There are ashtrays on that table, and there's a vase of flowers, too. I'll get some for my tables. (Lucy returns with ashtrays and vases of flowers.)
- Oh, Lucy! Look at your uniform! It's dirty!
- Oh, my goodness! The water from the flower vase spilled on my apron! Oh, what will I do?
- You'll have to change your apron.
- (To waitresses) Girls, are your tables ready? A group of tourists is coming in early. They're going on a tour, and they'll want quick service.
- Oh, dear! What will I do? I have to set two more tables!
- Don't worry. I'll set the tables. Hurry and change your apron. You can't wear a dirty uniform in this coffee shop. And Lucy ...
- What?
- Smile, Lucy.

**Exercise 1. Learn the dialogue by heart and carry it on with your classmate in class.**

**Exercise 2. Translate the text «Baked mushroom and potato pie» into Russian.**

Cut potatoes into thin slices, slice mushrooms and an onion. Cook the onion in butter until tender but not coloured; slice cheese. Put a layer of potato in a shallow proof dish, cover it with half the mushrooms, then all the onion and cheese, topped with the remaining mushrooms and potato. Season well between the layers with salt and pepper.

Pour in a little of the cream and dot the remaining butter over the top. Bake in oven for about 45 minutes, or until the potatoes are cooked and the top is golden. Pour in the rest of cream during cooking. Garnish with chopped chives. Serves four.

**Exercise 3. Choose the right variant.**

1. Be careful how you ... that jug; it will break very easily.  
a) hand b) handle c) operate d) pour
2. I see we've ... coffee — do you mind drinking tea?  
a) done without b) gone off c) run out of d) turned out
3. I had a ... of soup for lunch.  
a) bowl b) dish c) glass d) saucer
4. This knife is terribly ... . It won't even cut a piece of cheese.  
a) blunt b) flat c) sharp d) thick
5. We shall have to use that glass as we are a cup ... .  
a) few b) less c) minus d) short
6. I couldn't open the wine as I didn't have a ... .  
a) cork- screw b) cork-driver c) lever d) screwdriver

**Exercise 4. Read the narration and answer the questions.**

We usually eat three meals a day. We eat breakfast in the morning. Some people like a light breakfast. Others prefer a hearty meal. People in the United States eat lunch at midday and dinner in the evening. Dinner is the big meal of the day. On Sundays and holidays they often eat dinner in the afternoon. A dinner may also be a formal occasion.

If a person eats a big lunch in the afternoon, he perhaps will not want a big dinner. Then later he will eat supper. Supper is usually a light meal. Often after a dance, the theatre, or the movies people have supper.

1. When do you have breakfast – in the morning, in the afternoon, in the evening, or at night?
2. Is dinner a light meal or a big meal?
3. When do people eat supper?
4. Do you prefer a light breakfast or a hearty breakfast?
5. At what time do you usually eat breakfast? Lunch? Dinner? Supper?
6. Are there many formal dinners at the restaurants in the hotel?
7. When do people in the United States eat lunch?

**Exercise 5. Read the narration and answer the questions.**

Doctors advise people to eat a good, well-balanced breakfast, especially if they work. The *continental breakfast* is a light breakfast. French people usually have rolls and coffee. Many other people prefer sweet rolls. English people eat hearty breakfast. They usually prefer tea with milk and sugar to coffee. Russians like lemon in their tea. The Chinese drink green tea. American men often have ham or bacon and eggs and coffee. Nowadays most people order some kind of fruit with breakfast

1. What, in your opinion, is a *well-balanced* breakfast?
2. Is a continental breakfast enough for a hard-working person?
3. What kind of fruits do people order most often for breakfast?
4. Do most people who come to your restaurant prefer tea or coffee for breakfast?
5. What do you like for breakfast?
6. When do you usually eat breakfast?
7. At what time do most guests come for breakfast?



## DIALOGUE «AN EARLY BREAKFAST FOR TOURISTS»

The hostess & her assistants greet the ladies.

- Host. (Smiling) Good morning, ladies. Your tables are ready. This way, please.
- Lucy (Helping to seat the guests) Good morning. Here are the menus. (Joe fills the glasses with ice and water.)
- M. B. Oh, you can speak English. How nice for us.
- Lucy A little. We have English classes here at the hotel.
- M. B. (To Joe) Please take out the ice. I never drink ice water.
- Lucy May I take your order, please?
- M. B. Let's see. We don't have a lot of time. What are you going to order, Alice?
- M. A. I'm not hungry in the morning, but I'm very thirsty. I'd like a large glass of orange juice. Is it fresh, frozen, or canned?
- Lucy It's fresh, madam. We serve only fresh orange juice.
- M. A. That's fine, and a sweet roll, and coffee. Would you mind bringing me another glass of ice water? By the way, is the water purified?
- Lucy Oh, yes. The water here is safe to drink. (To Joe) Please bring the water pitcher. (To the next lady) What would you like to order, madam?
- M. C. I don't know yet. Bring me a cup of tea first.
- Lucy With cream or lemon?
- M. C. With milk, please. May I have it right away? I do miss my early morning cup of tea when I travel.
- Lucy (To Joe) Please get this lady's cup of tea now. Joe. (To Mrs. Carr) Do you want anything else?
- M. C. Yes, two soft boiled eggs – three minutes – toast, and marmalade.
- Lucy Buttered or dry toast?
- M. C. Buttered, whole-wheat toast.
- Lucy: (To the next lady) What would you like to order?
- M. D. I'm not feeling well this morning. I don't want very much – just a little cereal. What kind do you have?
- Lucy Do you want cooked or dry cereal?
- M. D. Cooked, I think. It's easier to digest, isn't it?
- Lucy: Oatmeal or cream of wheat? How about a nice bowl of cream of wheat with warm milk?
- M. D. That's fine. Only a small portion, not very much. My stomach isn't very strong.
- M. B. Girls, we must hurry. We ought to leave in half an hour. It's 6:30 now.
- Lucy Are you ready to order, madam?
- M. B. This plate of assorted fresh fruits in season – what kind of fruits are there now?
- Lucy Oranges, pineapple, bananas, cantaloupes, figs, strawberries and papaya are in season now.
- M. B. "Papaya" – what's that?
- Lucy It's a delicious tropical melon.
- M. C. It's very good, Sally. We had it in Hawaii last year. It's good for the digestion.
- M. B. Bring the fruits, except the pineapple. Don't you have any fresh peaches?
- Lucy I'm sorry. They're not in season now. We have stewed prunes and applesauce.
- M. B. No, I prefer fresh fruit, and – let me see – bacon, crisp, and two poached eggs.
- Lucy Anything to drink?
- M. B. American coffee – Oh, no, I'll change that to tea. (Lucy leaves.)

**Exercise 1. Learn the dialogue by heart and carry it on with your classmate in class.**

**Exercise 2. Insert prepositions and post-verbal where necessary.**

1. I have dinner ... one o'clock. 2. My son's breakfast consists ...porridge, a glass ... tea or coffee and some sandwiches. 3. What will you take ... dessert? - I'm fond ... ice cream, if they have it I'll order some. – As ... me, I prefer fruit ... ice cream. My throat is weak and I'm subject ... colds. 4. May I treat you ... this delicious fish-jelly or offer you another helping ... salad? Thank you. I think I'll trouble you ... a little fish. 5. ...breakfast we had no time to eat properly. 6. The usual time ...dinner is one o'clock, but of course, it may be half an hour earlier or later. 7. Dinner was followed ... coffee served ... small cups. 8. Meat is often served up ... vegetables. 9. Where is my spoon? It is ... the drawer ... the sideboard over there. 10. Health depends ... good food, plenty ... exercise, fresh air and sound sleep. 11. Mother is always angry ... Father when he sits ... breakfast ... his morning newspaper. 12. Don't eat so much meat. Leave some room ... dessert. 13. The evening meal goes ... various names in England. 14. I always forget to put ... the salt ... the table. 15. When I was learning to cook, my dinners were not very good ... first. 16. Let's look through the menu-card ... first and then call the waitress.

**Exercise 3. Continue the dialogues.**

- I like to go to a self-service canteen. You just pick up a tray and walk along a big counter where all kinds of food are placed ready, with the prices clearly marked.
- You take what you want, or rather what you can afford, and pay the cashier at the end of the line. Then you take your tray to a little table, sit down and have your meal.
- But I prefer ...

---

Don't go to the canteen around one o'clock if you want to avoid the rush. That's when these places are mostly crowded.

- All right. I'll ...

- 
- Why aren't you eating your porridge?
  - For one thing, it's stone cold, mummy. And, anyway, I'm not very keen on porridge.
  - You must eat it up. It's good for you.
  - But why can't I have ...

**Exercise 4. Learn the dialogue by heart and carry it on with your classmate in class.**

**Render the contents of the dialogue in Indirect Speech in English.**



## DIALOGUE

### «MR. BROWN HAS BREAKFAST WITH HIS CHILDREN»

- Hostess (greeting Mr. Brown, Peter, a young teenager, Mary, about ten, & John, about 6) Good morning. A table for four? Follow me, please, over here.
- John Mommy didn't come with us. She's going to eat breakfast in bed.
- Mary May we sit near the window? I like to watch people in the streets.
- Hostess Of course. There's an empty booth over there.
- Lucy (Smiling, handing them menus) Would you like to look at the menu.
- Mr. B. I don't need one. I always order the same – ham, two fried eggs, a stack of wheat cakes and coffee. We'll all begin with a large glass of orange juice.
- Mary Well, I don't want rice krispies. We usually eat those at home. We're trying to win a prize. If we save fifty coupons we can get a plastic air-chair.
- Lucy An air-chair? What's that?
- Mary It's a round chair. You blow it up with air. It'll be great for TV or the beach. Wait a minute. I want something different for breakfast.
- John Peter, what this *con-tin-ent breakfast*?
- Peter It's a continental breakfast, John – rolls and coffee.
- Mr. B. You want more than that, son. Why don't you order a nice...?
- John Look! Is that watermelon over there? That's what I want – watermelon.
- Lucy Yes, watermelons are very good. Don't you want anything else – waffles with syrup or honey?
- John What's a waffle?
- Mary You know, John. We have them at home. They're in squares.
- Lucy They're like pancakes, only not fried.
- John: Yes, waffles. You know everything I like, don't you?
- Peter I'm going to have French toast, sausages, and hot chocolate.
- Mary Mushroom omelette, raisin muffins, and malted milk for me. I like malts.
- John So do I, please. (Lucy repeats the orders. Soon Joe brings the tray of food. Lucy serves the food to the guests.)
- Peter Is this French toast? It doesn't look like French toast.
- Lucy Oh, no. It's cinnamon toast. There's a mistake. I'm sorry. I'll change it.
- Peter Oh, no. Don't change it. It looks good.
- Mary My hot chocolate is cold.
- Lucy (Looking at her order book) Don't you want malted milk?
- Mary Oh, yes, of course. I'm sorry.
- Mr. B. (To Lucy) Miss, this cup isn't clean. This looks like lipstick on the rim.
- Lucy I'll get a clean cup right away. (At that moment Joe passes. He is carrying a tray full of dishes.)
- John (Jumping up quickly) Look! A parade! (John's head hits Joe's tray. Joe grabs the tray with both hands, but a few glasses fall. One glass breaks.)
- Mr. B. Son, don't get excited. You must always look before you leap. Now, don't cry, John. It's all right. (The hostess comes to the Browns' table. She talks to Joe.)
- Mr. B. Please don't blame the busboy. It wasn't his fault. My son hit the tray. I'll pay for the damage.
- Host. It's all right, sir. Don't worry. Sit down & enjoy your breakfast.

**Exercise 1. Learn the dialogue by heart and carry it on in class. Render the contents of the dialogues in Indirect Speech in English.**

**Exercise 2. Read the narration and answer the questions.**

Mrs. Brown decides to eat breakfast in her room. She calls room service and orders tea and toast. Room service suggests a glass of mixed fruit juice and a warm Danish roll. Mrs. Brown likes the suggestion. In a very short time a waiter brings the food on a small table. The table looks very attractive. There's a bowl of fresh flowers on it. Mrs. Brown signs the check and gives the waiter a tip. There is an extra charge for room service. A person may place an order for breakfast with room service the night before.

1. Does room service usually make suggestions to guests ordering a meal? 2. Describe the table from room service? 3. Is there usually a menu in the hotel room? 4. Does the room service waiter bring the food on a tray or a cart? 5. Why is there an extra charge for room service? 6. How much does a guest usually tip for room service?

**Exercise 3. Choose the right variant.**

1. The ... for making this pudding are clearly written on the packet.  
a) directions b) explanations c) preparations d) ways
2. The main ... of this drink are wine, vodka and orange juice.  
a) components b) compositions c) ingredients d) parts
3. Their last cook was better than their ... one.  
a) current b) former c) instant d) latter
4. ... that cold meat into neat, thin pieces.  
a) sandwich b) slash c) slice d) slit
5. Mr Butterlover spread the butter ... on his bread.  
a) broadly b) deeply c) highly d) thickly
6. Coming from the kitchen was a wonderful ... of cooking.  
a) odour b) perfume c) scent d) smell
7. Our cook is quite ... of cooking a meal for twenty-four people.  
a) capable b) clever c) efficient d) expert
8. I like my eggs soft ... not hard.  
a) boiled b) cooked c) steamed d) watered
9. The meat must be cooked in the ... for one hour.  
a) grate b) grill c) oven d) stove
10. I don't like my steak cooked too long. I like it...  
a) burnt b) raw c) underdone d) well done
11. Try some of this cake, which I... especially for you.  
a) browned b) fried c) made d) roasted
12. Her sole... in the hotel kitchen was peeling potatoes.  
a) job b) profession c) role d) work





## CONVERSATIONS

<p>Have you decided on something, sir?          Yes. Haddock and chips for me, please.          How about the sweet?          No sweet. Just coffee.</p>	<p>May I take your order, sir?          I'll just take a small salad, please.          Do you want any sweet?          Apple pie and custard would be nice.</p>
<p>Another piece of meat pie?          No thanks, really. I'm on a diet.          Please, do. You've hardly eaten anything.          It's delicious, but I don't think I ought to.</p>	<p>Can I take your order, sir?          Yes, I'd like to try the steak, please.          And to follow?          Ice cream, please.</p>
<p>You are a very light eater, Jane.          Yes, I'm afraid my eyesight is bigger than my appetite.          How do you take your tea, with milk or without?          I like mine strong, and some milk, please, but no sugar.</p>	<p>How about a nice cup of tea before you go?          Yes, I'd love one.          How do you like it?          A strong one with three spoons for me, please.</p>

**Exercise 1. Learn the conversations by heart and carry them on in class.**

**Exercise 2. Render the main idea of the text «Oysters for the house» in English.**

On a very cold day, a man travelling on horseback came to a country inn, and, after leaving his horse in the stable, went in. He was longing to warm himself, but the room being full of people, he could not get near the fire. On seeing this he said to the innkeeper: "Please, give oysters to my horse!"

"Why, your horse will never eat oysters!" said the innkeeper surprised.

"Do as I ask you, please!" replied the traveller.

The people hearing this ran out immediately to the stable to see the horse eat oysters. The traveller having now the whole room to himself, took the best seat near the fire. After a few minutes the innkeeper returned, crying out, "I was sure that your horse would not touch the oysters, and he didn't!" "Never mind," replied the traveller. "In that case I suppose I must eat them myself. Give them to me!"

**Exercise 3. Fill in the blanks with articles where necessary.**

1. I don't like ... mineral water, I prefer ... cup of ... tea. 2. Is there anything to your liking on ... menu? 3. She is going to cook ... fish soup for ... dinner. 4. What can you recommend for ... first course? 5. ... meat is just to my liking. 6. What do you usually have for ... second course? 7. ... cheese was fresh and tasty and he ate it with appetite. 8. At ... dinner we sat far from each other and could not talk. 9. After ... dinner sit a while, after ... supper walk a mile. 10. Who is coming to ... tea? 11. I had ... supper at the hotel restaurant. 12. For ... breakfast I had ... boiled egg and ... cup of ... strong tea. 13. But ... most popular place "for a drink and a chat" has been and still is ... famous English pub with its cosy and friendly atmosphere. 14. People go to pubs not only for some beer or whisky, but to meet their friends and they often spend ... whole evening there till closing time.

**Exercise 4. Read the information & pick up the essential details in the form of quick notes.**



**Exercise 5. Choose the right variant.**

1. This limejuice needs ... before you can drink it.  
a) diluting b) dissolving c) softening d) watering
2. Unsalted butter is best for this recipe but, ... that, margarine will do.  
a) except b) failing c) for all of d) given
3. Put the salt in the water and let it ... before adding the pasta.  
a) dissolve b) melt c) mix d) soften
4. Before mixing, ... the whites of the eggs.  
a) divide b) free c) part d) separate
5. This is a cut of meat, which ... itself to long cooking.  
a) adapts b) lends c) offers d) suits
6. If you don't lift that saucepan carefully, it will spill and you may ... yourself.  
a) cut b) peel c) scald d) skin
7. Please look in the refrigerator and see if the jelly has ... .  
a) curdled b) hardened c) set d) stiffened
8. Dried vegetables are easy to use if you remember to ... them overnight.  
a) bathe b) dampen c) soak d) water
9. The recipe says to use butter, but as we've run out we'll have to ... with margarine.  
a) do away b) do it up c) make do d) make up
10. She ... the butter very thinly over the bread.  
a) covered b) knifed c) scattered d) spread
11. Put the cake into a strong box, or it might get ... in the post.  
a) clubbed b) crushed c) smoothed d) splashed
12. You should ... the fat from the meat before you cook it.  
a) carve b) slice c) shave d) trim
13. Put the whites of five eggs into a basin, and beat them until they are ... .  
a) hard b) rigid c) solid d) stiff
14. Mr. Hospitable ... a few slices off the joint for his guests.  
a) bit b) carved c) chopped d) tore
15. "What a delicious cake. I didn't know you could cook so well." "I can't. It's just a ... ."  
a) flattery b) flop c) fluke d) fortune
16. Butter is covered with special paper so that no ... can get through.  
a) cream b) grease c) oil d) paste
17. He ... the soda into his whisky.  
a) sprayed b) sprinkled c) squeezed d) squirted
18. I don't like my steak cooked too long. I like it... .  
a) burnt b) raw c) underdone d) well done
19. Try some of this cake, which I ... especially for you.  
a) browned b) fried c) made d) roasted
20. Her sole ... in the hotel kitchen was peeling potatoes.  
a) job b) profession c) role d) work



**Exercise 6. Choose the right variant.**

1. She had just ... the shell of the hard-boiled egg and was starting to peel it.  
a) burst b) cracked c) fractured d) shattered
2. Add the grated ... of two lemons to the cake mixture.  
a) bark b) crust c) rind d) skin
3. When you have cracked the eggs, put the ... in the rubbish bin.  
a) coverings b) covers c) shells d) skins
4. He always eats the soft parts of the bread and leaves the ... .  
a) bark b) crust c) edge d) shell
5. Would you ... some onions for me, please?  
a) chip b) chop c) crack d) split
6. I'll cook the potatoes if someone will ... them first.  
a) peel b) skin c) strip d) uncover
7. You will have to ... those peas before you cook them.  
a) burst b) peel c) shell d) skin
8. Will you ... some cheese to put in this sauce?  
a) chop b) grate c) grind d) powder
9. Rain and sun had swelled the pea ... so that the peas inside were ready to be cooked.  
a) husks b) pods c) rinds d) shells
10. Put the orange ... in the wastebasket, not on the floor!  
a) peel b) rind c) shell d) skin
11. Six oranges, two grapefruits and a small ... of grapes, please.  
a) bunch b) cluster c) group d) heap
12. Don't forget to take the ... out of the cherries when you cook them.  
a) grounds b) nuts c) seeds d) stones
13. A traditional English breakfast consists of at least two eggs and several ... of bacon.  
a) rashers b) slices c) slivers d) strips
14. The second ... of cakes turned out much better than the first.  
a) batch b) bunch c) group d) set

**Exercise 7. Read the dialogue on breakfast and play it out in class.**

- What do you take in the morning, tea or coffee?
- I always take tea. And you, do you also drink tea?
- No, in the morning I prefer a cup of coffee.
- How many lumps of sugar do you take in your coffee?
- I usually take two lumps of sugar and have my coffee with milk or cream. Do you take milk with your tea?
  - In the morning I do, but in the afternoon I prefer a glass of strong tea with a slice of lemon.
  - What do you eat with your tea?
  - Well, I have some bread and butter or some buttered toast.
  - Do you eat anything substantial in the morning?
  - Oh, yes, I do. You see, I don't like to take a substantial lunch at my office and therefore I usually have either some ham and eggs or some cereal in the morning. Sometimes for a change I can have one or two boiled eggs, or a slice of cold meat. I am not very particular about what I eat as long as it is eatable.

**Exercise 8. Digest the information on the luncheon briefly in English.**

It was twenty years ago when I was living in Paris. I had a small flat and I was earning very little money. She had read a book of mine and had written to me about it. I answered, thanking her, and then I received from her another letter in which she asked me if I would give her a little luncheon at Foyot's. Foyot's is a restaurant at which French senators eat and I had never thought of going there.

But I was flattered and I was too young to say "no" to a woman. I answered I would meet her at Foyot's on Thursday at half past twelve. She was not as young as I expected. She was in fact a woman of forty. I was frightened when the menu was brought, for the prices were a great deal higher than I had expected. But she said, "I never eat anything for luncheon. I never eat more than one thing. I think people eat too much nowadays. A little fish, perhaps. I wonder if they have any salmon."

Well, it was early in the year for salmon and it was not on the menu, but I asked the waiter if there was any. Yes, they had a beautiful salmon. I ordered it for my guest.

The waiter asked her if she would have something while it was being cooked. "No", she answered, "I never eat more than one thing. Unless you have a little caviar." I knew that caviar was very expensive and I could not afford it, but I could not tell her that, I told the waiter to bring caviar. For myself I chose the cheapest dish on the menu and that was a mutton chop.

Then came the question of drink. "I never drink anything for luncheon", she said. "Neither do I", I answered quickly. "Except white wine", she went on. "What would you like?" I asked her. "My doctor won't let me drink anything but champagne."

I ordered half a bottle. I said that my doctor had not allowed me to drink champagne. "What are you going to drink, then?" "Water."

She ate the caviar and she ate the salmon. She talked of art and literature and music. But I wondered what the bill would come to and whether I had enough to pay it. I knew exactly how much money I had and if the bill came more I decided that I would put my hand in my pocket and with a dramatic cry get up and say my money had been stolen. If she had not money enough to pay the bill, then the only thing to do would be to leave my watch and say I would come back and pay later.

At last she finished. "Coffee?" I said. "Yes, just an ice cream and coffee", she answered. So I ordered an ice cream and coffee for her.

"You know, there's one thing I believe in", she said, as she ate the ice cream. "One should always get up from a meal feeling one could eat a little more."

"Are you still hungry?" I asked. "Oh, no. I'm not hungry, you see, I don't eat luncheon. I have a cup of coffee in the morning and then dinner, but I never eat more than one thing for luncheon. You see, you've filled yourself with a lot of meat and you can't eat any more. But I've just had a snack and I shall enjoy a peach."

The bill came and when I paid it I found that I had only enough for a very small tip. Her eyes stopped for a moment on the three francs I left for the waiter and I knew that she thought me mean. But when I walked out of the restaurant I had the whole month before me and not a penny in my pocket. "Follow my example", she said as we shook hands, "and never eat more than one thing for luncheon."

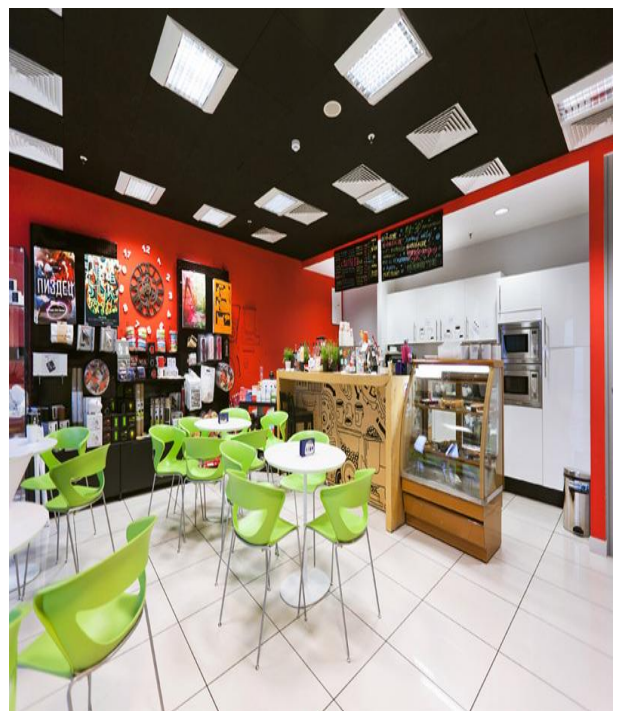
"I'll do better than that", I answered, "I'll eat nothing for dinner tonight."

"Humorist!" She cried, jumping into a cab. "You're quite a humorist."

But I have had my revenge at last. Today she weighs about three hundred pounds.







## DIALOGUE «PICNIC LUNCHEON FOR TOURISTS»

While the ladies are eating breakfast, their guide is talking to the hostess about the picnic lunches.

Guide & Hostess & Mr. Brown (later)

- Are the box lunches ready for the ladies going on my trip? They're eating breakfast now, aren't they? I gave the manager their orders yesterday.
- Everything O.K. I just saw the box lunches in the kitchen. I checked the number and have the order here. The assistant chef does a good job with picnic lunches. He wrapped the sandwiches and cake in separate plastic bags. He made everything attractive and neat. People are fussy about cleanliness, you know.
- They were fussy about these orders, too. No one ordered the same thing. Everyone wanted something different. (The hostess asks the busboy to bring out the boxes.)
- Here they are. The cook wrote the contents on each box. There are two sandwiches in each box: ham and cheese, chicken salad, tuna fish, peanut butter and jelly, and roast beef with mustard.
- What about the box for the lady on a special diet?
- The head chef took charge of her lunch himself. He prepares all her meals according to her doctor's instructions. Her name is on the box.
- Isn't there anything else besides sandwiches?
- Of course, the usual – devilled eggs, pickles, two salads in plastic cups – cold slaw and fruit jelly – a big red apple, an orange, and a slice of mocha cake.
- That sounds good. What about the drinks?
- The usual – assorted fruit juices, ginger ale, cola drinks, bottled water. Nobody wanted a thermos of hot drinks. Would you like beer for yourself?
- No, thanks. I never drink while I'm driving. Are the bottles in the cold container?
- Yes, everything's ready, and everybody's ready, too. I'll have the boys put the food in the bus. Your car's near the entrance, isn't it?
- Yes, here's the key. (Patting his stomach) Oh, I ate too much. I won't want any lunch after that big breakfast steak and hash brown potatoes. May I have a toothpick?
- (Passing a toothpick container) Take several. Goodbye and good luck. Have a good time! (Mr. Brown signals to the hostess.) Yes, sir, what may I do for you?
- The children are going to visit the zoo today. Could you fix a lunch for them to take along?
- Yes, indeed, sir. What time will they be leaving?
- In about an hour. They got up early this morning. They want to go sightseeing. The housekeeper recommended a very nice maid to go with them. The guide from the tourist agency here is taking them.
- That's fine. We'll fix up a basket for five. What would they like?
- Can we have hamburgers? And hot dogs and cake?
- We'll prepare a lot of goodies for you, nice surprises in your basket.

**Exercise 1. Learn the dialogue by heart and carry it on with your classmate in class. Render the contents of the dialogue in Indirect Speech in English. Translate the dialogue paying attention to italic phrases.**

**Exercise 2. Add some information & make up a small report and give a talk in class.**

**Exercise 3. Read the information & pick up the essential details in the form of quick**

## DIALOGUE «THE COFFEE BREAK»

At the end of the first meeting of their convention, the men decide to take a coffee break.

Mr. Adams & Mr. Carr & Mr. Brown & Mr. Davis & Lucy

- A. That was a longer session than usual. Old J.S. surely was going strong, wasn't he?  
The best idea was yours, Carr – the coffee break.
- C. I don't know. I wasn't listening. But I need more than coffee this morning. I didn't have any breakfast, did you?
- B. I certainly did. The children woke up about six o'clock. I took them for an early breakfast and sent them off to the park. As usual, they ate a bigger breakfast than I.
- C. When is the next meeting?
- A. It's a luncheon meeting in the new salon. J.S. invited a few local businessmen.
- B. And a few government officials will also be coming.
- L. Good morning, gentlemen. What would you like? Do you want a menu?
- C. Yes, that's a good idea. But first, what do you suggest for a hangover?
- L. Most people order tomato juice with lemon or vinegar, a dash of hot sauce or catsup.
- C. That should make me feel better. I couldn't feel worse.
- D. Isn't it after eleven? It's beer time for me. Do you have draft beer?
- L. Yes, we do, sir. We have draft and bottled beer.
- D. Bring me draft, please, dark if you have it. I prefer dark to light.
- A. Please bring me an English muffin, toasted, with marmalade, and American coffee.
- B. I'll just have a cup of coffee. What happened to you, Carr?
- C. We went to a nightclub in the hotel, I drank the local beverage. It's more powerful than the drinks at home. The show was great. (Lucy returns with the men's orders & puts bowls of cheese wafers & potato chips on the table.) Where's my menu? I want to order something .
- L. Oh, dear. I'm sorry. I'll get right now.
- A. This cup is cracked. I don't like to drink out of a cracked cup. It's not sanitary.
- L. I'm very sorry. I'll get another right away.
- D. We'd like to go on a sightseeing tour this afternoon. Can you come along to help us?
- L. I'm sorry, sir. I have to work late today.
- D. Will you be working later than six o'clock?
- C. Come on, tell us about the city. You speak more fluent English than Davis here.
- D. We'll pay you for your time. We'll come here about six o'clock.
- L. Excuse me. (Lucy runs to the hostess. She begins to cry. The hostess goes to the table.)
- H. Is everything all right, gentlemen? Would you like anything else?
- D. Yes, we'd like an English-speaking guide. Can you come with us?
- H. I'm sorry, sir, but I always go home after work. I have to take care of my children.
- C. How many children do you have?
- H. I have twins, fourteen years old.
- D. You don't look older than fourteen yourself.
- H. Thanks. There are English-speaking guides in the travel agency here.
- C. I'm sure you're prettier than they are.
- H. Thank you, but I'm not a guide.
- B. But you are a good hostess. Please ask the nice little waitress to bring me another cup of coffee. Make it a little lighter, please.



## DIALOGUE «LET'S GO TO THIS RESTAURANT»

*Fred came on a short visit to London and was staying with his friend Robert. One morning they went to a museum. At 12.30 they were hungry and decided to have lunch.*

- R. Let's go to this restaurant. I think waiters serve customers here and it's a pleasant change from a self-service restaurant or from a cafeteria. Here is a table. (They find the menu on the table and begin to study it.)
- W. Good afternoon. Can I take your order, gentlemen?
- F. I'll have a veal cutlet, fried potatoes and green peas.
- R. I'll have mushroom soup, roast beef and potatoes.
- W. Thank you. (In a few minutes.)
- R. How is your cutlet, Fred?
- F. It is delicious. I hope your roast beef is all right too?
- R. Yes, very good indeed.
- W. Would you like to order dessert now?
- F. I think I'll have a cake and a cup of black coffee.
- R. I'll have cheese and ice cream, although probably they won't go very well together. And bring us the bill, please.
- W. Yes, sir.

**Exercise 1. Learn the dialogues above and below by heart and carry them on in class.**

**Render the contents of the dialogues in Indirect Speech in English.**

**Exercise 2. Read the narration and answer the questions.**

Nowadays it is the custom to give employees a little time off from work during the morning. They take a *coffee break* for a snack & beverage. A coffee break increases the efficiency of working people. Many do not eat proper breakfast, they are glad to have a snack later in the morning. When ladies give a party before noon, they call it a *brunch*, a combination of breakfast & lunch. They serve their guests both breakfast & luncheon dishes.

1. Why is a coffee break good for working people? 2. What do people usually eat or drink during their coffee break? 3. What do ladies serve at a brunch? Is the coffee break a custom in this country? 4. Is it good for one's health to eat between meals?

**Exercise 3. Read the narration and answer the questions.**

Hotel people who work "backstage" seldom meet the public, but they serve the guests indirectly. The catering department must be efficient if the hotel is to make a profit. The word *cater* means *to supply*, it's the responsibility of this department to supply good & beverages.

The purchasing agent buys the food and beverages and keeps a record of everything that is delivered to the hotel – fresh fruits and vegetables, fresh poultry and fish, good meats, staple foods and canned goods, and beverages.

1. What is the duty of the purchasing department of catering service? 2. Who checks the food as it is delivered? 3. What are the duties of the head store man? 4. Who keeps a record of the food that is in storage? 5. Who serves the guests indirectly? 6. What does it mean to work *backstage*? 7. Must the catering department be efficient if the hotel is to make a profit? 8. What does the word *cater* mean? 9. What is the responsibility of this department? 10. Who buys the food and beverages?

**Exercise 4. Read the information & pick up the essential details in the form of quick notes.**

## DIALOGUES «AT THE LUNCH COUNTER»

- How do you do! What kind of sandwiches do you have?
- We have ham, cheese, bologna, lettuce and tomato, lettuce and bacon, bacon and eggs, tuna fish, chopped egg, cream cheese and olive.
- I believe I'll have the cream cheese and olive. The olives come chopped up in the cream cheese – don't they?
- That's right. How do you want that sandwich – on white, rye, or whole wheat bread?
- On white bread please. Also, don't put any mayonnaise on the lettuce.
- Are you having anything to drink?
- I'll have a glass of milk. No, maybe you'd better make that a coca-cola instead.
- (Attendant, calling to sandwich man at rear of counter) One cream cheese and olive on white. One coke coming up! (To customers) Who's next, please.
- I guess I am. May I see a menu, please? Do you serve any hot dishes?
- (Attendant, handling second customer the menu) The hot dishes are there on the first page. We have soup, veal cutlet, hamburg plate, hot roast beef, frankfurters and sauerkraut...
- What is this hot pork sandwich with vegetables?
- That's roast pork on white bread with gravy over the top. It's very nice. For vegetables we have string beans, baked beans, carrots and peas, coleslaw. Which would you like?
- I'm not sure whether I want the roast pork. I don't suppose you have a breakfast menu. This is really my breakfast. I work at night and get up late mornings.
- Our breakfast specials go off at eleven o'clock. I can give you orange juice and an order of fried eggs. Would you prefer something like that?
- I believe I would. I don't have much appetite at this time of day.
- Do you want a small or large orange juice?
- Small, please. Toast comes with that order, doesn't it?
- Yes, toast and marmalade. How do you want your eggs – turned over?
- Sunny side up, please. And bring me a cup of coffee without cream.
- (Attendant, turning to next customer) I believe you're next, Sir.
- I want two lettuce and tomato sandwiches and tuna fish to take out. Also two coffees and one chocolate malted milk.
- Do you mind stepping down to the end of the counter? The fellow down there will take care of you. He handles all the orders to go out. (To next customer) You order, Sir?
- What kind of soup do you have?
- We have chicken soup and also tomato and rice.
- Are they canned soups or do you prepare them fresh?
- They're fresh soups. Our cook prepares them every day.
- Then give me a bowl of the chicken soup. How's that veal cutlet with tomato sauce that you have on the menu? Then bring me an order of that also.
- (Attendant, setting down bowl of soup before customer) Did you want to order dessert now?
- Say, this plate is wet.
- That's your chicken soup, Sir.
- What kind of chicken soup do you call this?
- It's chicken consomme. It's clear soup without vegetables.
- It's also clear that it's without any chicken. Do you mind changing it?

**Exercise 1. Learn the dialogue by heart and carry it on with your classmate in class.**

## I'D LIKE TO HAVE LUNCH

- Good afternoon. I'd like to have lunch. Are there any vacant seats?
- Sorry, don't speak so fast. Will you repeat it slowly?
- Are there any vacant seats?
- Yes, there are. Will you join these gentlemen?
- All right. Where can I wash my hands? And then I'd like to buy newspapers. Where can I do it?
- There is a lavatory downstairs to the right. And the newsstand is on the ground floor too.
- Thank you. I'd like to telephone. Is there a public telephone near your restaurant?
- Yes, there is. There is a telephone in the lobby of the restaurant. You may use it.
- Thank you.
- What would you like for lunch?
- I'd like to have some salad, meat solyanka soup and steamed carp.
- Would you like to have a drink?
- Have you port or madeira?
- We have very good Crimean port.
- All right, a bottle of port, please.

***Exercise 1. Analyze the menu of Palm Beach cafe.***

<b>Snacks</b>	Home-made hamburger with French fries and salad Freshly made sandwiches with a choice of fillings Woldorf salad Our special Club sandwich
<b>Desserts &amp; cakes</b>	Chocolate mousse Profiteroles with chocolate sauce Fresh fruit salad Apple pie with whipped cream Carrot cake Black Forest cherry cake
<b>Drinks</b>	Espresso, cappuccino or filter coffee Indian, China or green tea Iced tea or coffee Freshly squeezed orange or grapefruit juice Thick chocolate, vanilla or strawberry ice cream milkshake Homemade lemonade



## DIALOGUES «LUNCH»

Mr. A. I'm pretty hungry. How about going to the cafe?

Mr. B. I don't mind. It's time to have lunch.

*(In the cafe)*

Mr. A. What shall we take?

Mr. B. Oh, there is a fine choice of dishes. I think I'll start with noodle soup and boiled tongue with mashed potatoes to follow.

Mr. A. As for me I'm not going to take any soup today.

Waiter Will you have meat or fish, sir?

Mr. A. I think, I'll have some fish.

Waiter: Which do you want: carp, steamed sturgeon or boiled pike-perch?

Mr. A. Well, steamed sturgeon will do.

---

Waiter Here's your lunch.

Mr. A. Thank you. There is no fish fork.

Waiter Sorry, sir. Just a minute. Here is a fork.

---

Waiter Will you have any dessert?

Mr. B. Oh, yes. What do you say to baked apples?

Mr. A. Well, I don't mind.

Waiter So, baked apples for two.

Mr. B. Right.

---

## GUEST & WAITER

- Good morning. Is this table vacant?
  - Good morning, miss. Sorry, but this table is occupied. And that table is vacant. This way, please. Take a seat.
  - Thank you. Give me the menu, please.
  - The menu is on the table. What would you like for breakfast?
  - I'd like some porridge, a glass of orange juice, bread and butter.
  - Sorry, miss, but porridge is not very good. Take boiled eggs or fried sausage.
  - Are the eggs fresh?
  - Yes, they are very fresh. Take eggs. Would you like hard or soft boiled eggs?
  - Bring me two soft-boiled eggs, sour-milk or kefir and a glass of orange juice and some fruit, apples or apricots.
  - The apricots are sour.
  - Bring me apples and tea with lemon.
  - Just a moment, miss.
- 
- Well, anything else, sir?
  - Thank you. Everything is all right, but ... This steak, it's overdone and rather tough.
  - I'm terrible sorry, sir.
  - And ... the cabbage, it's simply uneatable. As to the soup, it was stone cold.
  - Oh, I'm very sorry. Perhaps I should take the steak back?
  - I'm afraid you'll have to.

- 
- Good afternoon, madam. Good afternoon, sir.
  - Good afternoon. Oh, is this table vacant?
  - No, it isn't. This table is occupied. But that table is vacant. Take seats, please.
  - Thank you. Give us the menu, please.
  - Here is the menu. Would you like some salad?
  - We'd like tomato or cucumber salad, some ham and some herring. Is tomato salad tasty?
  - Yes, it is.
  - Bring us tomato salad, please. We'd like chicken cream soup, meat or game.
  - Would you like boiled or fried meat?
  - I'd like fried meat.
  - All right, sir. Would you like some wine?
  - We'd like some red dessert wine. Is it good?
  - No, it isn't, sir. Take white dry wine. It is good.
  - All right. And bring us some brown bread, please.
- 

- Waiter!
  - Yes, sir. Can I have your order?
  - Will you please bring me the menu?
  - Of course. Here you are.
  - Oh, you have quite a long list of dishes. Well, what would you recommend for the first course?
  - You mean soups? I think there is nothing like chicken soup. It's our cook's (chef's) speciality.
  - Indeed? All right: chicken soup. What kind of grill would you recommend?
  - Oh, if you'll enjoy it. Well, what about the sweet, sir? A cup of coffee, cakes, apple juice, ice cream?
  - Just bring me a glass of juice and a cake, please.
- 

- May I sit here?
- Yes, you may sit at this table or that one if you prefer.
- Can I see the menu?
- Here it is, sir. Will you order now?
- Yes, I'm short of time. I'd like to have this, then this and this.
- You mean the steak, don't you? How do you want it, rare medium or...
- Quite rare, please. As for the vegetables, I'd like some potatoes, cabbage and carrots.
- Do you want your coffee black or with milk?
- Very strong black, please.

***Exercise 1. Reproduce the dialogues in class.***



## DIALOGUES «LUNCH»

### Mr. A & Waiter

- Good afternoon.
  - Good afternoon, sir.
  - What time's lunch here?
  - Lunch is served from 12 to 2.
  - Have you any vacant tables?
  - This table by the door is free. Will you take a seat?
  - Thank you. What can we have for a good meal?
  - Our restaurant offers a varied menu of specials: mixed appetizers, broiled sturgeon, liver on a spit or beef-stew.
  - Could we have poultry or game?
  - Just a minute, I'll see.
- 

- I can offer you chicken schnitzel *Intourist*, pheasant, quail or partridge.
  - I think, we'll have pheasant.
  - Very good. Any dessert, sir?
  - Well, tea and coffee cakes. Please serve us quickly.
  - Don't worry. You'll be served in no time.
  - Thanks.
- 

- Good afternoon, sir. Will you have table d'hôte or à la carte?
- À la carte, please.
- Here's the menu. Some appetizer, sir, to begin with?
- Yes, julienne.
- Any soup, sir?
- I think, fish solyanka.
- Sorry, sir, fish solyanka isn't served today. I can offer you chowder (fish soup) or meat solyanka.
- Well, chowder, please.
- What will you have for the second course?
- Let me see. Perhaps veal scallop (scaloppine).
- What vegetables would you like?
- Brussels sprouts, green peas and chips.
- Any wine, sir?
- I think, vintage Bordeaux wine will go nicely with veal.
- Very good, sir.



## DIALOGUE «A FALSE SIGNATURE»

- Mary Are you going to *work at the counter* with us, Lucy?
- Lucy Just for an hour. I was working at those tables near the window, but the manager closed that area for a little while.
- Mary This is the best place to work. We get the biggest tips here. People are usually *in a hurry*, and we *give quick service*. The customers like to speak English to us, too. Here comes a rich-looking gentleman. Why don't you wait on him, please?
- Lucy (Bringing a glass of ice water) Good morning. What would you like, sir?
- Man Can you bring me a lunch menu? It's early for lunch, but I have to go to a meeting.
- Lucy Just a minute. I'll see. (She returns with the menu.)  
The special for today is beef stroganoff. Oh, there are two other specials – chicken curry with rice, and lamb chops with mint sauce.
- Man What's beef stroganoff? Is it good?
- Lucy Yes, it's very good. It's like a stew, with cubes of meat in a very good sauce.
- Man I'll have that with a half-bottle of rose wine.
- Lucy Do you want soup or salad?
- Man The hearts of lettuce salad.
- Lucy *What kind of dressing* – thousand island, mayonnaise, or French dressing?
- Man French dressing. And also bring me a shrimp cocktail.
- Lucy Would you like to order dessert now or later?
- Man I'll have the *French apple pie* – a la mode, and coffee. (The man eats his lunch hurriedly.) Please bring me my check. Here, I'll sign it. (He writes the name "Roland Blake".)
- Lucy Please write your room number, Mr. Blake. (She immediately takes the check to the cashier. The cashier calls the main desk. The man *finishes his coffee, leaves a big tip*, and walks past the desk.)
- Cashier One moment, sir. Do you have your room, key?
- Man No, I don't. I left it at the desk. (The cashier dials the main desk and also another number.)
- Cashier I'm sorry, sir. Your key isn't in the box.
- Man Then I left it in the room.
- Cashier Is this your signature, sir? Do you have any *identification – travellers, checks, credit cards*, or your passport? (A house detective comes to the desk.)  
(To house detective) Would you please check this man's room number? He signed his name *Ronald Blake*, but I know that Mr. Blake just left the restaurant with friends. He signed the *bill*. This is his signature. (He shows the detective Mr. Blake's signature on the check.)
- Man But I couldn't have signed it. I was in a meeting.
- Cashier Mr. Blake came in for *a coffee break* with some other men.
- Man I won't say anything more.
- Detective Yes, you will. You'll tell the police why you forged a signature, and you won't be coming here soon again. Say, I used to see you around other hotels & bars, didn't I?

**Exercise 1. Learn the dialogue by heart and carry it on with your classmate in class. Render the contents of the dialogue in Indirect Speech in English. Translate the dialogue paying attention to italic phrases.**



## DIALOGUE

### «A BUSINESS LUNCHEON IN THE FRENCH SALON»

*The men of the Continental Company are meeting with a few guests for a business luncheon in the French Salon. As they enter, waiters serve cocktails from a portable bar.*

#### Mr. Owen & Mr. Kuhn & Mr. Gold & Bob & Barman

- O. I'm glad you could, Mr. Kuhn. Let's relax with a drink. What's your favourite on a warm day?
- K. I think I'll cool off with *a tall drink*, a Tom Collins.
- O. That's a good idea. (To the waiter) A Tom Collins for this gentleman. Make mine a vodka Collins. Mr. Gold, what will you have?
- G. I'll join you for a drink, Mr. Owen, but it will have to be milk. Business hasn't been good lately, and neither have my ulcers.
- O. Aren't you feeling O.K. on this trip?
- G. Oh, yes. As soon as I arrive at this hotel, I always call the public relations director. She has cool milk sent to my room. A pitcher of fresh milk is sent several times a day. *You can't complain about the service here, can you?*
- Bob (To barman) Make another martini. One guy said you put sweet vermouth instead of dry vermouth in his martini. Give me a Tom Collins and a vodka Collins. I mixed up those drinks and gave two guys the wrong drinks. Also a bourbon on the rocks and three daiquiris.
- Barman You'll have to be careful in a crowd like this. But I'm sure that I put dry vermouth in that martini. Did the man drink it all anyway? Perhaps he just wants another. Pass these snacks around. (The waiter passes salted peanuts, pumpkin seeds, smoked oysters and cheese cubes.)
- O. Gentlemen, as president of the Continental Company, *I welcome you*. Let's all drink to a successful meeting and continued good relations.
- (The men lift their glasses and drink a toast.)*
- Bob (To Mr. Owen) Sir, if you'd like to order your starters we'll get them ready for you.
- O. Fine, while we're drinking, you can prepare them. Let's have a look at the menu. When we've finished our cocktails, we'll sit down at the table. Mr. Kuhn, the waiter has brought luncheon menus. *What would you like for a starter? You have a choice of appetizers or soup*
- K. Marinated herring looks good to me.
- G. (To waiter) What kind of sauce does the avocado cocktail have?
- Bob Any kind you wish, sir. It usually comes with a tomato sauce.
- G. If the sauce has garlic, don't put it on. I'm allergic to garlic. It poisons me.
- Bob Shall I have the chef fix you an avocado in the shell?
- G. *That's a good suggestion*. You're *a clever waiter*, young man. Oh, wait. I see fresh corn soup on the menu. Please change my order. I'd rather have a bowl of soup than the avocado.
- O. Waiter, I think we'll have time for another round before we eat.

**Exercise 1. Learn the dialogue by heart and carry it on with your classmate in class. Render the contents of the dialogue in Indirect Speech in English. Translate the dialogue paying attention to italic phrases.**

## DIALOGUE «A BUSINESS LUNCHEON»

The headwaiter greets the men as they enter the French Salon. Mr. Owen sits at the head of a long table, and Mr. Kuhn sits at the foot. Waiters serve them the first course. The wine waiter brings wine lists.

Mr. Owen & Mr. Kuhn & Mr. Gold & Bob & Headwaiter, & Waiter & Wine waiter

- O. (To Bob) This isn't what I ordered. I want a crab cocktail.
- Bob I'm sorry, sir. I thought you said lobster.
- G. Look here, waiter. There's a hair in my corn soup. Take it away.
- Bob Oh, no, sir. Just a minute. I'll ask the headwaiter if that's a hair.
- H. (Looking at the "hair") Sir, let me explain. Fresh corn soup is made from corn cut off the cob. That's a piece of brown corn silk, not a hair.
- G. Oh, so it is. A piece of corn silk. Well, I'll eat the soup. There's nothing better than fresh corn soup.
- O. How about sharing a Chateaubriand with bearnaise sauce? What do you say?
- K. I usually like a good juicy steak. But today I think I'll have the Dover sole.
- O. And I'll have roast beef with Yorkshire pudding and a mixed vegetable salad.
- Bob A mixed vegetable salad with hollandaise sauce? (To Mr. Kuhn) The same for you, sir?
- K. With hollandaise sauce? That has eggs in it, doesn't it? I'm allergic to eggs. They make me sick. Better make mine a chef's salad with oil and vinegar, to be on safe side.
- Bob (To Mr. Gold) And you, sir?
- G. I'll have creamed chicken. Tell the chef to give me only white meat — the breast, and the artichoke hearts.
- W. Now sir, with your chicken, you'd like a good dry wine — Chablis, or a Riesling? Perhaps you like smooth white Burgundy, a Meursault? (Mr. Gold shakes his head.) Would you like a light flowery wine, say a spicy Pouilly-Fume or a delicious Vouvray? (Mr. Gold shakes his head.) Then you might like a fruitier wine from late-picked grapes, very well with your creamed chicken. (Mr. Gold continues to shake his head.) Well, then, how about a vinrose? Most people like that.
- G. They all sound good, and I know them all from years ago. I've drunk them all. But I'm afraid I must drink milk.
- W. (To Mr. Owen) With your beef, sir, a Chambertin or Cote-d'Or Burgundy?
- O. Chambertin, vintage 1959, if you have it.
- W. (To Mr. Kuhn) And you, sir?
- K. How about domestic wines? Would you recommend one?
- W. Yes, indeed. We have some fine local wines. One very much like Chablis will be fine with your fish.
- K. I'll try that. I always like to sample local beverages. You'll bring it well chilled, won't you?
- W. Yes, sir. I'm sure you will be pleased.

**Exercise 1. Learn the dialogue by heart and carry it on with your classmate in class. Render the contents of the dialogue in Indirect Speech in English. Translate the dialogue paying attention to italic phrases.**

**Exercise 2. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 3. Add some information & make up a small report and give a talk in class.**

**Exercise 4. Read the narration and answer the questions.**

Wine, made from the grape, adds much to the pleasure of dining. Some guests, connoisseurs (people who know about good wines) are particular about the selection and vintage. Food and beverage managers are concerned about the proper storage and serving. And a chef's main interest in wine is in connection with cooking. A few rules that are usually followed in serving wines are:

- white wines, well-chilled, are served with fish, chicken, pork (white meat);
- red wines are served at room temperature with red meats – beef, lamb, and game;
- rose wines, well-chilled, can be served with all meats and fish, and are excellent for buffets and picnics;
- never serve a sweet wine before a dry one;
- champagne, well chilled, may be served with any course, at any time of day.

1. What are wines made from? What does the word *connoisseur* mean? 2. Why are there white, rose, and red wines? 3. What does "vintage years" refer to? 4. What is the usual rule for serving white wines? 5. What is the usual rule for serving red wines? 6. What is the usual rule for serving rose wines? 7. When would you serve champagne?

**DIALOGUE «IN A CAFE»**

**Waiter & Mr. A. & Mr. B.**

W. Good afternoon, sir.

A. Good afternoon. Lunch for two, please.

W. What can I offer you, sir?

A. Well, I don't know. I think, we have some hors d'oeuvre.

W. For hors d'oeuvre I can offer you fresh or red caviar, sprats, sardines or salmon and red cabbage salad.

A. What do you think about it?

B. I think, I begin with some salmon and salad and then some roast mutton with red current jelly and green peas. What about you?

A. I start with a beefsteak underdone, chips and cauliflower.

W. Do you want some dessert, sir?

A. Well, I think – fruit salad.

W. And do you take any cheese?

B. No, thanks, we have some dessert and finish up with some black coffee.

A. By the way, what do we have to drink?

B. Oh, beer for me. A pint of light beer.

W. Very good. And you?

A. Some claret, please.

B. Waiter! Bring us a pack of Russian cigarettes and the bill. Here is a five-pound note.

W. Two pounds change.

B. Right. Thank you.

W. Thank you.

**Exercise 1. Learn the dialogue by heart and carry it on in class. Render the contents of the dialogue in Indirect Speech in English.**

**Exercise 2. Read the narration and answer the questions.**

Guests in a hotel usually sign their checks in the dining room and bars. It is impossible for waiters and cashiers to know all the guests in a large hotel.

However, the bar and restaurant cashier check the signature and room number with the front cashier. If a guest does not have an identification card, the cashier cannot accept his signature. If the hotel is very busy, a dishonest person may try to sign the name of a guest. That's called *forging a signature*. The cashier who accepts a signed restaurant check is responsible if the signature is false or *forged*.

1. Is it customary for hotel guests to pay cash for their meals and drinks or to sign for them? 2. How can a restaurant cashier be sure a signature is not false? 3. If a person shows a room key, does that prove he is a guest? 4. Have you ever taken a bad check? 5. Who has to pay if this check is bad?

**Exercise 3. Digest the text «Dinner at a restaurant» briefly in English.**

Yesterday was my day out. My friend Nick and I had dinner at the restaurant. At one o'clock we were at the "Metropol". The waiter showed us in and we took a table by the window. The waiter brought us the menu and recommended some appetizers and dishes. For a snack we had soft caviar, jellied tongue and mixed green salads.

The snacks looked very appetizing. Then Nick had chicken rice soup. I ordered beeftea and a meat patty. For the main course we had fried pikeperch and new potatoes.

Our dinner was delicious. For a drink we ordered special lemon beverage and for dessert pears, oranges and ice cream. The waiter served us very well. We paid the bill, thanked the waiter and left the restaurant-hall. We had a hearty meal. I think the meals at the "Metropol" are very good. Then we went to the bar for coffee and cigarettes. Some guests ordered rich sweets, nuts and cocktails.

**Exercise 4. Title the dialogue and carry it in class.**

Pete It's dinnertime. I feel hungry.

Mike Let's go to the "Metropol". They serve table d'hôte dinners in a small hall. Yesterday, I dined there.

Pete What did you have for dinner?

Mike For a snack I had fresh cabbage salad, meat potato soup, rissole and vegetables, and berry kissel for dessert.

Pete How much did you pay?

Mike Twenty dollars.

Pete All right. Let's have table d'hôte dinner today.

**Exercise 5. Learn the dialogue by heart. Render the main idea of the dialogue in Indirect Speech in English.**



## DIALOGUES «RESTAURANT RESERVATION»

- Hello. Savoy Restaurant.
- Good afternoon. This is Ivanov from Export-import Department. We would like to make arrangements with you for a small dinner party for tomorrow night.
- Very good, sir. How many people do you expect?
- Then I think the Rose Room would be the most appropriate. I suggest one long table, nine on each side, with one at each end. That would leave *plenty of* space for a little bar *to be set up for* your drinks.
- That sounds fine. I like the idea of the little bar.
- What would you like to order for dinner?
- Well, I was thinking of, say, *a four-course affair* with wines and champagne.
- Then I'd suggest hors-d'oeuvre or turtle soup, sole or omelette, beef fillet or roast duckling. Add for dessert ice pudding.
- Good. It suits my taste admirably.
- And what about the wines?
- If we are having soup, I think we'll take a dry sherry. For the *main course* a red wine definitely and then *finish up* with champagne. That's all. Anyway I think that would be *roughly* what I have in mind.
- Good. What time do you wish to begin?
- 7 for 7.30.
- Thank you very much, Mr. Ivanov. Goodbye.
- Goodbye.

- 
- Let's drop in here. This restaurant is famous for its service.
  - Waiter! Is this table vacant?
  - You're welcome, sir.
  - Shall we have *any appetizers* for the beginning?
  - I think we will. I'd like to have fish in jelly. *It's delicious.*
  - As for me, I'd like some salad and caviar.
  - And what shall we have for a drink?
  - Orange juice and mineral water.
  - Shall we begin with the starters?
  - I don't want to.
  - Tell us, please, what *meat courses* are there on the menu?
  - There is beefsteak with mushrooms and rissoles.
  - Are there any *fish courses* on the menu?
  - Of course! Stuffed fish, salmon. Besides, there's roast chicken and chops.
  - What side dish shall we order?
  - I think cauliflower and green peas.
  - Waiter, bring us one stuffed fish, two salmons, two beefsteaks with mushrooms and one veal chop. Two coffees.
  - Would you like ice cream to coffee?
  - Yes, please.
  - Here you are. Good appetite.

**Exercise 1. Learn the dialogue by heart. Render the main idea of it in Indirect Speech.**

## DIALOGUES «THE RESTAURANT HALL»

### Waiter & Guest

- Good afternoon. Would you like to have dinner? There are many *vacant seats* in that hall now. *Where do you prefer to sit?*
- I'd like to sit near *the dance-floor*.
- Go to that hall, please... Oh, sorry, but there are no vacant seats near the dance-floor or the fountain. Sit at this table near the stage. It is very comfortable here.
- Thank you very much.
- The menu is on the table. *Make a choice*, please. I'll *come over to you later*.
- All right. Is there music tonight?
- No, there isn't. We have no orchestra on Tuesday.
- Will you put these flowers into vase?
- With pleasure. Just a moment... Shall I put the vase in the middle of the table?
- Do, please. Thank you. I'd like to take beefsteak. *What do you serve with it?*
- We serve it with onions or eggs.
- Bring me a beefsteak with onions. Can you give me a glass of water now?
- Of course, I can, here is the water.

- 
- Waiter, *come over here*, please.
  - What's the matter?
  - This beefsteak *is overdone*. Change it, please.
  - Sorry, sir. I'll change it. Do you like beefsteak *well done or underdone?*
  - I'd like English beefsteak.
  - Sorry, I don't understand you.
  - Underdone beefsteak, please.
  - All right, sir.

**Exercise 1. Learn the dialogues by heart and carry them on with your classmate in class. Render the contents of the dialogues in Indirect Speech in English. Translate the dialogue paying attention to italic phrases.**

**Exercise 2. Choose suitable remarks.**

- |  |   |
|--|---|
| <ol style="list-style-type: none"><li>1. Usually I have a big dinner.</li><li>2. We must have meat every day.</li><li>3. Bob eats very little. He drinks hard.</li><li>4. I cook every day for my family.</li><li>5. Homecooking is better and less expensive.</li></ol> | <ol style="list-style-type: none"><li>1. That's good for your health.</li><li>2. How good of you!</li><li>3. You are wrong.</li><li>4. It's very bad for his health.</li><li>5. I agree with you.</li></ol> |
|--|---|



**Exercise 3. Reply to the waiter.**

1. You are being served, aren't you? 2. Do you like your tea strong? 3. The steak is just to your taste, isn't it? 4. You have ordered salad for two, haven't you? 5. Do you still need the wine list? 6. You don't seem to like the cutlet. Shall I change it? 7. Shall I lay another place, madam? 8. Shall I add the bill to your hotel bill, sir? 9. Will you have the strawberries with sugar, madam? 10. Will you eat table d'hôte or a la carte? 11. Do you like coffee with sugar or without it? 12. Do you like coffee with milk? 13. Do you like tea with lemon? 14. Do you like red or white wine? 15. What cuisine do you like?

## DIALOGUE «PLEASE, DON'T SPEAK SO FAST»

### Guest & Waiter

- Do you speak German?
- No, I don't. I don't speak German. I speak English a little.
- That's good. Do you serve this table?
- Yes, I do. Take a seat, please. What would you like to have?
- Have you poultry? I'd like some turkey.
- Please, don't speak so fast. I don't understand you. Repeat it, please.
- I'd like to have some turkey.
- Sorry, we have no poultry today. I can recommend you some braised beef. It is very well cooked.
- All right. Then I'd like to have some appetizer. What appetizers have you?
- We have many kinds of salads, assorted fish and meat.
- Bring me some crab salad, please.
- Anything for dessert?
- Have you whipped cream?
- Sorry, we haven't. Take Turkish coffee with cream or tea with pastry.
- I don't like pastry. Have you biscuits?
- Yes, we have, but I recommend you to take some apple pie. It is very fresh and tasty today.
- All right. A cup of Turkish coffee and some apple pie. How much should I pay?
- You should pay 50 roubles. Here is the bill.
- Here are 100 roubles.
- Here is the change. Thank you.

**Exercise 1. Learn the dialogue by heart and carry it on in class. Render the contents of the dialogue in Indirect Speech in English.**

**Exercise 2. Read the narration and answer the questions.**

Many people have to be careful about their food. It's sometimes difficult for them to travel. However, nowadays they can make arrangements with the hotel to prepare the kind of food they are able to eat. Some people who are ill or who are allergic to certain foods or spices have special menus prepared. Others, who have to watch their weight, avoid fattening foods. A few people, those who are vegetarians, never eat meat, poultry or fish.

1. Why do many people have to be careful about their diets? 2. Do many people ask waiters about the ingredients of certain dishes? 3. What are common allergies people complain about? 4. Is it a good idea for a person who is on a special diet to make arrangements about his food before he comes to the hotel? 5. How does he do that? 6. What is a vegetarian?





## DIALOGUE «I WOULD LIKE TO ORDER DINNER»

- I would like to order dinner. May I see the manager?
- Shall I ask for the headwaiter?
- Do, please.
- I'm at your service. What would you like to have?
- I would like to order dinner.
- If you please, for how many person?
- For between 20 and 25.
- When do you have dinner?
- On the 10<sup>th</sup> of August.
- At what time?
- At 6 o'clock in the evening.
- How much are you going to spend on it?
- I want it at the rate of 100 roubles per person.
- At what rate all in all?
- I want it at the rate of 2500 altogether. Tell me, pl, will the orchestra be playing on that day?
- Yes, from 7 till 12 p.m.
- May I have a look at the dining room?
- Sure, come along. We'll have a table laid for you in the main hall.
- No, we wouldn't like this.
- Then, I can offer you a separate hall for 25-30 persons.
- May I see it?
- Certainly, will you follow me?
- Yes, it's quite comfortable.
- How would you like your dinner: set for a banquet or a la fourchette?
- For a banquet, please.
- How do you like the table to be arranged, in the letter "U", "T" or in the straight line?
- In the straight line, please.
- Let us draw up the menu. Here's an approximate list of dishes for your dinner. Perhaps would you like to add anything?
- Yes, add some more meat dishes, please.
- Delete anything?
- Take away some of the wine, please.
- Let's reduce vodka and add some champagne.
- That's all right.
- Have some garnished roast beef, ham and cucumbers or assorted meat.
- Assorted meat, please, six portions.
- All right. Would you like to pay up now or make a deposit?
- I shall make a deposit.
- Very well, I shall make out a bill for you.
- Thank you very much.
- Don't mention it.

***Exercise 1. Learn the dialogue by heart and carry it on with your classmate in class.***

***Exercise 2. Render the contents of the dialogue in Indirect Speech in English.***

***Exercise 3. Translate the dialogue paying attention to italic phrases.***

## DIALOGUE «WHAT CAN YOU OFFER ME FOR DINNER?»

### Waiter & Guest

- Good afternoon. This way, please. Take a seat at the table near the window.
- Good afternoon, sir. Sorry, but I'd like to sit at that table.
- That table is reserved.
- All right. What can you offer me for dinner?
- I can offer you fresh caviar and butter and game salad "Stolichny". For the first course I take meat solyanka soup or borshch.
- I'd like some cabbage soup.
- All right, then take borshch or shchee and for the second course I can recommend you game or poultry.
- I'd like blackcock. Have you roasted blackcocks?
- Sorry, sir, we have no blackcocks, but we have good partridges with cranberry jam.
- Bring me a plate of borshch and a partridge. What garnish have you?
- We have potatoes, carrot, green peas and cauliflower.
- Bring me some cauliflower, please.
- Would you like anything to drink?
- What mineral or fruit water have you?
- We have Borzhomi, Narsan and Moscow mineral water.
- A bottle of Borzhomi, please.
- Anything for dessert?
- For dessert, I'd like ice cream with chocolate.
- All right. Just a moment.

***Exercise 1. Learn the dialogue by heart and carry it on with your classmate in class.***

***Render the contents of the dialogue in Indirect Speech in English. Translate the dialogue paying attention to italic phrases.***

***Exercise 2. Answer the questions.***

1. Where do people go if they want to eat out? 2. Is going to a restaurant a usual thing with young (middle-aged, old) people? 3. How many meals do you have each day? 4. What do you usually order for the first (second, third) course? 5. What do customers generally do while waiting for their meals to be served? 6. Have you ever eaten (tasted) a British national dish? 7. When dining in a restaurant, do you have dinner a la carte or do you order table d'hôte? 8. In what case do you leave the choice of dishes to the waiter (your friend)? 9. Have you ever been on a diet? 10. Which restaurants in your town are famous for good food and service? 11. Why people do sometimes like to celebrate their birthday (or other events) in restaurants? 12. Do you always eat at home or do you sometimes eat out? 13. What is the difference between a regular and an ordinary self-service restaurant (cafeteria)? 14. Which is generally less expensive? 15. What choice of appetizers do you usually have in your refreshment room? 16. What do you usually order for vegetables? 17. What do you usually order for dessert? 18. Have you ever eaten oysters? 19. Was it at a restaurant? 20. Are the national dishes served in the restaurant? 21. Why are they opening so many self-service cafeterias throughout country nowadays? 22. Do you like Russian or Ukrainian dishes? 23. Do you like Japanese or China dishes? 24. Have you ever eaten the Mediterranean seafood dishes? 25. Do you like Russian or Ukrainian dishes? 26. What restaurants in your town serve French cuisine?

## DIALOGUE «AT THE RESTAURANT»

Two young men from our country – George and Peter were in London. Peter had come to London on a mission, while his friend George was a member of the staff of our Embassy. They made an appointment for the evening to go to the theatre. It was about 6 p. m. when they met, and both were rather hungry.

- Say, Peter, don't you think it's time to have a bite?
- Well, no, not a bite, but a good solid meal, as I am awfully hungry.
- All right, I feel just the same as you do. Let's go to some restaurant. By the way, there is a good restaurant near our Embassy. You can get a decent meal there and they don't charge very much.
- Lead the way; I'll go wherever you take me, for I am quite a stranger here.
- Very well, that's settles it then. Come along!

*(The two friends enter a small but inviting-looking restaurant, leave their coats & hats in the cloakroom & enter the hall. They go up to a vacant table. A waiter approaches them.)*

- This table isn't taken, is it?
- I am sorry, Sir, but it has been reserved by phone.
- Oh, well, it doesn't matter; we'll sit at another table then. Bring us the bill of fare, please.
- Her it is, Sir!
- Well, Pete, shall we *dine à la carte*, or will you have a table d'hôte?
- Oh, let's have our dinner *à la carte*.
- Very well. Say, waiter, where is the *wine list*?
- Here you are, Sir!
- Bring us a bottle of claret, please. (Turning to Peter) Well, Pete, what will you have?
- I should like a hors-d'oeuvre first, and then some chicken soup, after which fish with mashed potatoes, then some mutton with *red currant jelly* and *Brussels sprouts*. It is supposed to be a typical English dinner I believe, isn't it?
- Well, more or less. I think I'll order the same, only as I'm rather *fed up with* mutton, I'll have a beefsteak with fried potatoes and cauliflower instead. And what about dessert?
- Let me see, I think *stewed fruit* would do me nicely.
- And the same would do for me.
- Very well, gentlemen. (Takes the order and departs.)

*(After a while the dinner is served and they begin to eat.)*

- Well, Pete, how do you like the food here? I hope you are not disappointed.
- On the contrary, I find the fish and the meat, which they serve us quite *delicious*, although the vegetables are rather tasteless. They are not quite to my liking, not enough flavour in them. Pass me the salt, please.
- Here you are!
- Thanks.
- Not at all. May I trouble you for *a piece of bread*?
- Certainly. Here is the bread tray, help yourself.
- Thank you.
- Don't mention it. Well, I've had my fill. The stewed fruit is not bad. I like it.
- Well, now, when we are through with our dinner we can order some coffee, smoke and have a nice chat.
- Is smoking allowed here?

- Yes, of course. May I have a cigarette? Mine have run out.
- Certainly. (Offers him his cigarette case.)
- Thanks very much. The matches are on the ashtray.
- Thanks. Say, George, have you ever been invited to a formal English dinner?
- Of course I have. I've been to several dinner parties.
- I suppose it's considered *a special honour* to be invited to a formal dinner party, isn't it?
- Well, it's not so much the honour as it is the tradition connected with the dinner. You see, first you receive a written invitation in which you are notified of the date and exact time of the dinner. This invitation you must also answer in written form. Then you must come to dinner at the exact time and, of course, dressed accordingly. It is considered *a breach of etiquette* to come to a dinner-party *ahead of time* or more than ten minutes later than it was appointed, or not, suitably dressed (*The waiter brings them coffee, cream and sugar*).
- I suppose *table manners* and *customs* are quite different here from those in other countries. Are the English very particular about these things?
- Rather. Table manners are one of their strong points. But really unless you violate the general rules of etiquette your table manners will be considered quite good, and then again, the British always make allowances for foreigners.
- Well, you might give me some *hints on* what I must be careful about.
- I certainly will. First of all, never sit at the table sideways, always sit facing the table. Don't stretch your feet far out under the table, but try to keep them under your chair. Keep your elbows off the table. Don't talk with your mouth full. Chew and swallow your food first, and then talk. Don't use a spoon for what can be eaten with a fork. Remember, the forks are placed in the order in which they are to be used (salad fork, fish fork, meat fork, etc.) and last but not least, never forget to say *thank you* for every favour or kindness shown to you. Then don't turn your back to one person for the purpose of talking to another; don't talk across the person seated next to you. Don't forget that the woman sitting at your right has the first claim upon your attention and she should not be neglected, however old or unattractive she may be.
- Well, that's very *instructive*. Thank you very much. But don't you think that, as a rule, we observe the same manners in our country too?
- Oh, I suppose we do. One more point. Don't fail to rise when the ladies leave the table. Remain standing until they have left the room and only then sit down again if you intend to remain and smoke. Nobody says thanks after dinner. You may express your pleasure at visiting the house while leaving and that's all. Well, Pete, I think it's time to make a move, or we'll be late for the theatre. (Beckoning to the waiter) Let's have the bill, please.
- Here it is, gentlemen. (*They pay the bill, tip the waiter, get their coats and hats from the cloakroom and leave the restaurant.*)

**Exercise 1. Learn the dialogue by heart and carry it on with your classmate in class.**



## DIALOGUES

- Let us make haste and *buy tickets for dinner*.
  - All right, but don't let us run.
  - Please read the menu card aloud.
  - Shall we *dine à la carte or table d'hôte*?
  - What have they got for table d'hôte?
  - Cabbage soup with meat, fried fish with mashed potatoes and cranberry jelly.
  - No. That won't do for me.
  - I don't think I'll have it either. I could do with a beefsteak, chicken soup with noodles and ice cream for dessert. What about you?
  - I'll take cabbage soup with sour cream, boiled meat with buckwheat porridge and compote.
  - Very good. Let us be going (get going).
  - You go and get the soup and I'll *go over to the buffet* to see what they have got there. Would you like *an appetizer*?
  - I shouldn't mind.
  - Here I got some sauerkraut for myself. Will you have any?
  - No, thanks. I don't care for sauerkraut. I'll get myself some *vegetable salad*.
  - The chicken soup is delicious today.
  - The cabbage soup is delicious too.
  - My meat is quite tender today. Yesterday it was rather tough for my taste and I had to exchange it for cutlets.
  - There is no more white bread on the table. Let us ask the waitress to bring us some.
  - I'd like to have another helping of jelly.
  - Go ahead. We have another seven minutes to go before the bell goes. As for me I am *perfectly satisfied* (full).
  - No, I'd rather not. We must have some time for a smoke. Besides if we are hungry we can go to the *refreshment room* for a bite at five o'clock when we are free before our last lecture.
  - Help yourself to cigarettes!
  - No, thank you, I will not smoke now. I must *drop in at the library*.
- 
- It's dinnertime but I have not got my lunch yet.
  - Where do you usually have dinner?
  - At the restaurant just opposite our office. You can have *a regular three-course dinner* there till 5 o'clock.
  - Is the restaurant expensive?
  - Not at all, you can quite well afford to have dinner there every day.
  - Do you have anything to drink at dinner?
  - Of course. Sometimes I take some beer, but more often mineral water.
  - What can one order there?
  - For the first course I usually have chicken broth, fish or cabbage soup, for the second – veal cutlets with green peas and stewed carrots or fried potatoes; for desert you can order an ice cream, stewed fruit or tea with lemon and a cake.
  - *Does dinner take you long*?
  - Not more than half an hour.





## DIALOGUE «THE LADIES DINE EARLY»

The ladies are having an early dinner in the coffee shop. They have just returned from a sightseeing tour. Mrs. Adams & Mrs. Grey & Mrs. Davis & Lucy

- A. (To waitress) You work long hours, don't you? You waited on us this morning, didn't you?
- L. Yes, madam, I did. But today I'm working a broken shift. I came at six this morning and left at ten. This evening I'm working four hours.
- A. I wouldn't like that shift. I think it would be better to work eight hours straight. We want just a light dinner this evening. We're very tired after a long sightseeing tour. I don't think it's a good idea to eat a heavy meal when you're tired, do you?
- G. I'd like to feed the baby first, if you don't mind. I brought him downstairs for a change. I want to feed him myself. I have his food here.
- L. Would you like a highchair for him?
- G. Yes, please. He'll be more comfortable. Here are three cans of baby food. Will you have these two heated, please? One is lamb and one is green peas.
- L. Do you want this one heated too?
- G. No, that's fruit – applesauce and apricots. Just open it and put it in a little dish.
- A. Do you always give him canned food?
- G. No, he has fresh food at home, but these are very convenient for travelling. This is powdered milk. Tell the chef to mix it with purified water, please. Does he know how it's done?
- L. Yes, he does; I saw him mixing powdered milk for another baby this morning. And he always uses purified water. Don't worry, we'll fix the baby a good dinner.
- G. Fine. And would you bring him a toasted crust to chew on?  
(Lucy goes out and returns with the baby's dinner.)
- L. Here you are, Mrs. Grey, this special heater will keep the bottle warm. And if you run out of cans, you can get them here. We always have plenty of baby food.
- G. Thank you. I've been sure to bring enough, because I know what he likes. But I can see you know how to look after babies here.
- L. Would you like to order now?
- D. I don't have to look over the menu. I already know what I'm going to eat.
- G. You have to watch your diet, don't you?
- D. Yes, since I've had diabetes I haven't travelled much. But before we came here, we wrote to the hotel and sent them my diet list, I order just what's on my diet, and everything's been fine.
- A. I watch my diet too, but not for the same reason. Whenever I go on a trip, I gain weight. Then after I return home, I diet. I've already put on five pounds.
- G. (To the baby) Johnny, here's a nice crust. (To Lucy) Where's the milk?
- L. Oh, I'm sorry. I forgot it. I'll get it right away.
- D. Just a minute. You can take my order now, please. I want a small grilled ground sirloin. Don't bring me hamburger. Tell the chef it's for Mrs. Davis. He knows I must have lean meat.
- L. Yes, madam, the ground sirloin. Do you like your steak rare, medium, or well done?
- D. I like it medium rare, but not too rare, just pink inside. And bring me string beans, without butter, just plain, and fruit jelly.



- L. And you, madam?
- A. Cottage cheese and sliced tomatoes, yoghurt, and black coffee for me.
- G. Bring me the grilled sirloin with mashed potatoes.
- L. Do you want mustard or meat sauce?
- G. Mustard, please. And make my steak medium.
- A. Please change my order. I'm going to have the grilled sirloin too, well done, with scalloped potatoes au gratin. (She sees a pastry tray nearby.) Don't those French pastries look good! Let's have one of those with our coffee!
- D. Don't tempt me! It's not on my diet!

**Exercise 1. Learn the dialogue by heart and carry it on in class. Render the contents of the dialogue in Indirect Speech in English.**

**Exercise 2. Answer the questions.**

1. Why does the first customer insist on getting ground round steak rather than hamburger? 2. Why was she interested in seeing the seventeen pounds of meat in one piece? 3. Is hamburger generally less expensive or more expensive than round steak? 4. What other kinds of steaks are there besides round steak? 5. Where does "beef" come from: a pig, a cow, or a sheep? 6. What do we call the meat, which comes from a young sheep? 7. From an old sheep? 8. From what animal do we get bacon? 9. What do we call the man who works in a meat-market? 10. What different kinds of meat do we often use in making sandwiches? 11. What is your favourite meat dish? 12. Do you eat little or much meat? 13. How is "roast" beef or "roast" pork normally prepared? 14. Which are more expensive today: lamb chops or pork chops? 15. How many pounds of meat did the third customer in the above dialogue ask butcher to cut off for her in one piece?

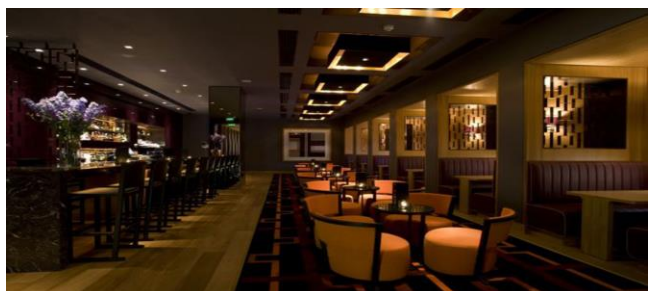
**Exercise 3. Ask and answer.**

<b>What would you</b>	like	for breakfast?
	suggest	for dinner?
	recommend	for the first course?
	advise	for the second course?
		for dessert?
		for the sweet?
		for the dessert?
		for lunch?
		for supper?



**Exercise 4. Choose the right variant.**

1. The food my mother cooks is plain but ... .  
a) delicacy b) savoury c) tasteful d) wholesome
2. The food they serve here is excellent because they have a fine ... .  
a) chef b) cooker c) headwaiter d) stove
3. Game pie is the ... of the restaurant.  
a) originality b) particularity c) singularity d) speciality
4. Miss Forgetful must remember to put the dinner invitation in her ... .  
a) agenda b) diary c) journal d) record
5. Two ... beers, please.  
a) cold b) freezing c) frozen d) icy
6. Waiter, can I see the ... please?  
a) card of wines b) list of wines c) wine list d) wine menu
7. All the food in this little restaurant is ... .  
a) handmade b) home-based c) home-made d) self-made
8. What would you like for your first ...? There are a lot of interesting things on the menu.  
a) course b) dish c) meal d) plate
9. I enjoyed the dessert so much that I had a second ... .  
a) helping b) load c) pile d) sharing
10. By the time we got to the town, all the restaurants had ... .  
a) close b) over c) shut d) stopped
11. The food was badly cooked and I was most ... with it.  
a) angry b) annoyed c) dissatisfied d) happy
12. Can I see the manager? I wish to ... about the terrible food I've been served.  
a) complain b) criticise c) disapprove d) inquire
13. Mr Impatient ... to the headwaiter about the slow service.  
a) argued b) complained c) disputed d) questioned
14. The management is not ... loss or damage to customers' property.  
a) in charge of b) liable to c) responsible for d) worrying for
15. The ... at that new restaurant is excellent.  
a) attention b) attending c) care d) service
16. A new restaurant has opened here, which specializes in French ... .  
a) cook b) cuisine c) feeding d) kitchen
17. I really don't like the way meals are ... here.  
a) dished b) eaten c) helped d) served
18. I enjoy eating here because the staff are so ... .  
a) angry b) helpful c) subservient d) waiting
19. Mr Discontent wanted to complain to the waiter but was afraid of making a(n) ... .  
a) act b) drama c) play d) scene



## DIALOGUE «AT A RESTAURANT»

- May I take your order, Sir?
- I haven't seen a menu yet. May I have one, please?
- I'm sorry. I thought that the hostess who seated you had given you a menu. (Waiter hands menu to customer) Here is one, Sir.
- There are so many different dishes listed that it is hard to decide.
- The a la carte dishes are on the left. The regular dinners are on the right-hand page.
- I'll have the regular dinner. I'm pretty hungry. With the regular dinner I get appetizer, soup, and so forth. Isn't that the idea?
- Yes, Sir. They include appetizer, soup, salad, and choice of dessert, tea or coffee.
- Is there any particular dish you would recommend?
- The roast beef is very good tonight. We also have several good chicken dishes, if you like chicken. We have roast chicken with dressing, southern-fried chicken, and chicken livers in casserole...
- I'm not very fond of chicken.
- How about fish? Fish is one of the specialties of the house. We have filet of sole, flounder, and baked shad.
- What is this minute steak that's on the menu?
- It's a small steak cooked over a grill. Of course, it's not a porterhouse or tenderloin steak. But it's steak. I believe it must be a cut of round steak. It's pounded flat with something heavy in order to make it tender.
- I think I'll try that. For vegetables, give me french-fried potatoes and stewed corn.
- How do you want your steak – rare, medium, or well done?
- Well done, please. What salad do I get with the dinner?
- You have a choice of lettuce and tomato or cucumber and beets. You also have a choice of appetizer and soup. What appetizer would you like to have?
- What appetizer do you have?
- The appetizers are at the top of the page. You can have shrimp cocktail, fresh fruit cocktail, tomato juice, and clam juice, antipasto...
- I'll have the fruit cocktail. I'll also have the cream of mushroom soup and the lettuce and tomato salad.
- What kind of dressing would you like on your salad: French, Russian, and mayonnaise?
- French dressing, please! That steak won't take long to prepare, will it? I'm pretty hungry.
- It will be ready as soon as you finish your appetizer and soup.
- (Waiter brings appetizer, soup. Later serves salad, steak etc. Returns at conclusion of meal.) Are you ready to order dessert, Sir? How did you find your steak?
- Oh, it was not difficult. I just moved aside one of the french-fried potatoes and there it was hiding underneath.
- You mean it was rather small. I warned you that it wasn't a porterhouse or sirloin steak.
- I really wasn't half-bad. I was only kidding.
- But why didn't you call me over and say something about it? I could take it back to the kitchen and brought you something else.
- The fact that I was so hungry probably made it seem smaller than it really was. What do you have for dessert?

- We have pie, chocolate pudding, rice pudding, ice cream, French pastry, chocolate layer cake...
- What kind of pie do you have?
- Apple, peach, pineapple, custard, pumpkin, mince...
- I'll have peach pie a la mode and coffee.
- Here is your check, Sir. You can pay the cashier on your way out.

## DIALOGUES «DINNER AT THE RESTAURANT»

### Pete & Ben & Waiter

- I say, Ben, how about having dinner together?
- Well, it's just the right time. They serve good meals here and the prices are *quite reasonable*.
- I've already reserved a table. Come along!
- What shall we take?
- You know what I'd like? A typical English dinner.
- O.K., then. What about a juicy piece of roast beef, just *slightly underdone* and Yorkshire pudding.
- All right. I'll try that.
- Good. That's settled then. We'll have roast beef to begin with and *Yorkshire pudding* to follow.
- Very good. Any drinks, sir?
- I wouldn't mind having a brandy.
- Well, brandy and coffee for two.

- 
- Waiter, *how much is our bill?*
  - One pound and ten pence.
  - Here's *a five-pound note*.
  - Three pounds and ninety change.
  - Right. Thanks.
  - Thank you.

- 
- Good evening, sir. Are you alone?
  - Good evening. Yes, I'm alone.
  - Would you like to sit over there, sir? Near the window.
  - Yes, thank you. May I look through the menu?
  - Of course. Here it is... Have you decided yet, sir? May I *take your order*.
  - Mmm... As a starter I'd have a tomato juice... Oh, no. I'll have the onion soup.
  - O.K. How about the main course, sir?
  - I'm not sure... Perhaps you can help me?
  - Oh. If I were you, sir, I'd have a steak in wine sauce. Moreover, it's the speciality of the day.
  - All right. I'll have the steak.
  - What would you like with the steak, sir?
  - A salad and some mashed potatoes, please.
  - Would you like something to drink?
  - Er... yes. Some mineral water, please... And could I see the wine list?
  - Of course. Here it is, sir.
  - Mmm... I'll have some French red wine.

- Waiter!
- Yes, sir... Do you want the bill?
- Yes. How much is it?
- Seven (pounds) twenty-five (pence), sir.

**Exercise 1. Learn the dialogues by heart and carry them on in class.**

**Exercise 2. Choosing a meal from the menu; make remarks concerning the reason why you take or refuse a particular dish.**

Because I am fond of it.  
 It's my favourite dish.  
 I can't go without soup.  
 I eat meat only once a day.  
 I'd like to have something substantial.  
 I'm faint from hunger.  
 I've never tasted it.  
 They are too expensive.  
 I can't stand the very small of it.  
 My mouth waters whenever I see it.

**Exercise 3. Make up sentences with the suitable parts adding your own sentences to them.**

Have you any reason for	calling for the headwaiter?
Do you find any difficulty in	paying the hotel bill in advance?
There any possibility of	reserving the table for four?
I insist on	settling the account now?
I object to	having dinner at eight o'clock?
It's no use	tipping the waiter?
	counting the bill once more?
	ordering dinner a la carte?
	serving the champagne cold?
	leaving the bar so early?
	serving mineral water to every meal?
	cancelling the order?
	serving red wine?
	serving rose wine?
	serving white wine?
	having breakfast at 10 o'clock?
	paying the hotel bill right now?
	reserving the table for two?

**Exercise 4. Transfer the given information from the passages onto a table.**

№	Activity			
	Notion	Where	When	Score
1.				

**Exercise 5. Remember how to say English phrases.**

Вы не проголодались?

О, да.

А я очень хочу пить.

Не хотите ли стакан апельсинового сока?

Спасибо, с удовольствием. Мне очень нравится апельсиновый сок.

А я предпочитаю яблочный сок.

Все соки полезны для здоровья: томатный, яблочный, абрикосовый, ананасный.

Я люблю ананасы больше всего.

Что мы возьмем?

Обед из трех блюд, я думаю.

Что же, Вы выбирайте.

Начнем с салата, затем куриный суп, рыба и жареный картофель (соломкой).

Я думаю, я возьму зеленый горошек, фрукты и чашку чая без сахара.

Что позволяет Вам диета?

Немного мяса или рыбы, яйца, немного сыра или молока, много овощей: зеленый салат, капуста, помидоры, огурцы, лук, совсем немножко картофеля, много фруктов. Никаких пирожных, мороженого, шоколада и очень мало соли.

Бьюсь об заклад, Вашему продюсеру нравятся только стройные актеры и актрисы.

О, да, в самом деле. Мне приходится быть на диете. Я живу не только для того, чтобы есть, а ем для того, чтобы жить.

Вкусы бывают разные, конечно.

А Вы вегетарианец?

Думаю, никто из нас не вегетарианец.

Хороший ростбиф намного вкуснее водянистых овощей.

Должен признаться, люблю вкусную еду, иногда пиво, жизнерадостных людей, театры и веселую музыку.

Вы, таким образом поддерживаете форму?

Да. Мой девиз: "Ешь вволю, пей в меру и наслаждайся жизнью, как она есть".

Я вижу, Вы не фанатик здоровья.

Советы нашего врача совершенно другие. Не ешьте хлеб и масло. Принимайте два холодных душа в день. Делайте побольше

Aren't you hungry?

Oh, yes, we are.

And I'm awfully thirsty.

Would you like a glass of orange juice?

Thanks, I'd love one. I like orange juice very much.

And I prefer apple juice.

All juices are good for health: tomato, apple, apricot, pine-apple, juice.

I like pine-apples best of all.

What shall we have?

The three-course meal, I suppose.

Well, you choose.

Let's start with salad, then chicken soup, fish and chips.

I think, I'll have some peas, fruit and a cup of tea without sugar.

What does your diet allow you?

Well, a little meat or fish, eggs, some cheese or milk, a lot of vegetables: lettuce, cabbage, tomatoes, cucumbers, onions, very few potatoes, a lot of fruit. No cakes, no ice cream, no chocolate and very little salt.

I bet your producer likes only slim actors and actresses.

He does indeed. I have to be on a diet. I don't live to eat but I eat to live.

Tastes differ, of course.

Are you a vegetarian?

I think, none of us is a vegetarian.

Good roast-beef is much tastier than watery vegetables.

I must confess I like good food, an occasional beer, cheerful people? Theatres and lively music.

Is this your keep-fit programme?

Yes, it is. My motto is: "Eat at pleasure, drink with measure and enjoy life as it is".

You're not a fitness fanatic, are you?

The advice of our doctor is quite different. Don't eat bread and butter. Take two cold showers a day. Do

работы по дому. Перестаньте пить. Бросьте курить. Тренируйте свое тело.  
 Короче говоря, кто рано ложится и рано встает, здоровье, богатство и ум наживет.  
 Сколько раз в день Вы едите?  
 Я ем четыре раза в день: легкий завтрак, ленч, обед, самая плотная еда, и холодный ужин. Как правило я не ем сладостей. От них полнеют.

Вы когда-нибудь пробовали мексиканские блюда?  
 Нет. Я никогда не был в Мексике.  
 Что Вы думаете об острой пище?  
 Я избегаю ее. Я предпочитаю все в натуральном виде.

plenty of housework. Stop drinking. Give up smoking. Train your body.  
 In short, early to bed and early to rise makes a man healthy, wealthy and wise.  
 How many meals a day do you have?  
 I have four meals a day: a light breakfast, lunch, dinner – the heaviest meal, cold supper. As a rule, I don't eat sweets. They are fattening.  
 Have you ever tasted Mexican dishes?  
 No, I haven't. I've never been to Mexico.  
 What do you think of spicy food?  
 I avoid it. I prefer everything natural.

**Exercise 6. Make up short conversations, giving remarks of the food you have just eaten.**

**Model: Well, how was it?**

The soup was delicious but as to steak, it was	a bit overdone.
The meat	excellent
the cutlets	first-class
The fish	quite eatable
The liver	tender
The cabbage	too cold (hot)
The salad	highly seasoned
The chicken	badly cooked
The noodle soup	not very fresh
The carp	overdone
The coffee	salty

**Exercise 7. Make up dialogues.**

- Let me help you to some ... cheese  
 A. Shall I cut you some ... pudding  
 Help yourself to some ... apple-pie  
 Shall I treat you to some ... water-melon
- Thank you, I will take some.  
 B. Just a little, if you please.  
 Thank you, I have enough.  
 No. I'm not a big eater.  
 Quite a small piece, please.

**Exercise 8. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 9. Transfer the given information from the passages onto a table.**

№	Activity			
	Notion	Where	When	Score
1.				



## DIALOGUE «I'D LIKE TO ORDER DINNER»

### Lady & Headwaiter

- I'd like to speak to *Headwaiter*.
- I'm Headwaiter. I'm at your service. What would you like?
- I'd like to *order dinner*.
- For how many persons?
- We are 15. We'd like to have dinner on the third of June on Saturday.
- Sorry, but Saturday is the six of June.
- No, today is the 25<sup>th</sup> of May. And it is Monday. So the 1<sup>st</sup> of June is Monday too. The 3<sup>rd</sup> of June is Wednesday and Saturday is the 6<sup>th</sup> of June.
- Yes, that is. So it is the 6<sup>th</sup> of June. I can offer you a small hall for 15 persons. It is very *comfortable*. May I show you to the hall?
- Oh, yes. It is very comfortable here.
- What would you like for dinner? Make a choice, please.
- So, chicken salad, 5 portions; jellied sturgeon, 6 portions; red and fresh caviar, 3 portions; *tongue with pickles*, 3 portions; assorted cold meat, 4 portions; then *julienne* for all of us; chicken broth with patties for the first course, roasted turkey and one omelette and one fillet, sweet and roasted almond.
- All right.

**Exercise 1.** Learn the dialogue by heart and carry it on in class. Render the contents of the dialogue in Indirect Speech in English. Translate the dialogues paying attention to italic phrases.

## DIALOGUES «LIGHT SUPPER AT A CAFE»

### Waiter & Guests

- What can I do for you?
- We'd like *light supper*. What can you *recommend*?
- I can recommend you boiled veal, boiled pike-perch Polish sauce, boiled tongue, steamed meat balls, cauliflower and mashed potatoes, freshly-made tea and cheesecakes.
- Bring us two helpings of steamed meatballs and mashed potatoes, *middling tea* and cheesecakes.
- Very good, ma'am.

### At a Dietary Restaurant

- What would you like, ma'am?
- *I'm on a diet*. What can you recommend for breakfast, dinner and supper.
- Oh, quite a lot. First of all, porridge, cornflakes, fresh cottage cheese, soft-boiled eggs, fresh butter, white bread, middling tea, rusks.
- Thank you very much. What would you recommend for dinner?
- I'd recommend you milk or cream soup, then boiled lean meat or fish, boiled vegetables or mashed potatoes, kissel, stewed fruit. For supper you can have steamed meat balls, white bread and butter, middling tea; sour milk or kefir before going to bed.
- Thanks a lot. I'm your *regular guest* now. I'll begin with porridge, soft-boiled eggs, white bread and butter and a cup of tea.
- Very good, ma'am. *I'll serve you in no time*.

## Supper at a Restaurant

- Good evening, ladies and gentlemen. This way, please. Does this table suit you? It's near the orchestra.
- Yes, it suits us very well.
- Take your seats, please. Here is your menu and wine list. Make your choice.
- What shall we begin with? The *choice is really rich* today.
- I think we'd begin with red caviar, and then salmon, sardines in oil, jellied poultry and tomato and cucumber salads.
- I'd like herring and pickles (pickled cucumbers).
- Let's order hard-smoked sausage and stuffed pike.
- All right. What about the hot dishes? I'd recommend veal scallop, mutton chops, pike-perch Polish style or fried sturgeon.
- Lamb chops for me, please.
- O.K. Make an order to your taste. What about wines? I think we'd take vodka "Stolichnaya" and a good dry wine for ladies.
- What dry wine for us.
- I'd drink Armenian cognac. Well, bring us four helpings of red caviar, salmon, two sardines in oil, one herring, pickled cucumbers, hard-smoked sausage, one stuffed pike, one jellied poultry and four tomato and cucumber salad.
- Very well. What would you like for a drink?
- Vodka "Stolichnaya", Armenian cognac "Five Stars" and vintage white dry wine, please. Then veal scallop, pork chop, lamb chop and pike-perch Polish style.
- Very well. I'll serve you in no time.

**Exercise 1. Learn the dialogues by heart and carry them on in class. Render the contents of the dialogues in Indirect Speech in English. Translate the dialogues paying attention to italic phrases.**

### **Exercise 2. Complete the statements.**

- The table was laid only for three, that's why ...
- They have run out of ice cream, ...
- Strawberries were not on the menu, ...
- They cannot cook beefsteak at this restaurant, ...
- Fried meat disagrees with me, ...
- The cutlets were highly seasoned, ...
- I like to have my coffee strong, ...
- As far as I know, shashlyk is garnished with onions and dresses with spicy sauce, ...
- This apple-pie is delicious, ...

### **Exercise 3. Choose suitable remarks.**

- |   |              |
|---|--------------|
| 1. I usually drink milk or fruit cocktails in hot weather.          | I hope so.   |
| 2. Kate often goes to the bar for coffee and ice cream.             | So do I.     |
| 3. Aperitive wine and cocktails improve the appetite.               | So does Liz. |
| 4. We are going to have different kinds of bars in the near future. | So do they.  |

**Exercise 4. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 5. Add some information & make up a small report and give a talk in class.**

**Exercise 6. Read the information & pick up the essential details in the form of quick notes.**

**Exercise 7. Answer the questions.**

1. Do you want some salmon (sprats)? 2. Some more fruit salad (ice cream)? 3. May I offer you some porridge (corn flakes)? 4. Have you got any cigarettes (sandwiches)? 5. Do you serve any tables in this hall? 6. Have you got any beer? 7. Can you give me some claret? 8. Would you like some salmon or sturgeon? 9. Do you take any hors d'oeuvre (vegetables)?

**Exercise 8. Insert prepositions where necessary.**

1. May I trouble you ... the fruit salad? Certainly. Here it is. 2. Can I have the menu ... a minute? 3. May I change salmon ... sturgeon? Certainly, you can. 4. What do you think ... it? I think, I begin ... a beefsteak underdone. 5. Bring me a bottle ... claret, please. 6. Lunch ... three, please. 7. ... hors d'oeuvre I can offer you sprats or sardines. 8. A pint ... light beer ... me, please. 9. I want a piece ... fruitcake. 10. So, that makes tea ... two.

**Exercise 9. Translate the dialogues into English.**

▪ Послушайте, бармен. Мы бы хотели закусить и выпить коктейль-аперитив и хорошее марочное вино.

▪ Я бы рекомендовал вам бутерброды с черной и красной икрой, сырокопченую колбасу, ветчину и канане с сыром, семгу с лимоном, мясное ассорти, заливной язык и наши фирменные блюда: блины с икрой, жульен и фирменное блюдо из дичи.

▪ Прекрасно. А как насчет коктейля и вина?

▪ Марочный коньяк, вермут, мадера, токай, фирменные коктейли "Старомодный", мартини, чинзано.

▪ Принесите нам, пожалуйста, пять бутербродов с красной икрой и пять с черной, разные другие бутерброды на ваш вкус, три заливных языка, два мясных ассорти, пять порций семги, бутылку вермута и два "Старомодных". Да, еще пачку сигарет и минеральную воду, пожалуйста.

▪ Что-нибудь фирменное после вина?

▪ Ну конечно. Я думаю, фирменное из дичи для всех.

---

▪ Дама: Мне хотелось бы заказать у Вас обед.  
▪ Официант: Пожалуйста. На сколько персон?  
▪ Нас будет 20-25 человек.  
▪ Как Вы хотите устроить обед: сидя за столом или стоя?  
▪ Сидя за столом, пожалуйста.  
▪ Давайте составим меню. Вот примерное меню обеда: масло сливочное, икра зернистая, лососина с лимоном, осетрина заливная. Не желаете ли что-нибудь добавить?

▪ Да, добавьте, пожалуйста, что-либо из мясных закусок.

▪ Возьмите ростбиф с гарниром, ветчину с огурцом или ассорти мясное.

▪ Ассорти мясное, пожалуйста. А вино сократите, пожалуйста.

▪ Давайте сократим водку и добавим шампанское. Вы будете вносить всю сумму сразу или внесете аванс?

▪ Я внесу аванс.

▪ Хорошо, я Вам сейчас выпишу квитанцию.

▪ Благодарю Вас!



**Exercise 10. Translate the dialogues into Russian and compare them with ones above.**

- Guest: look here, barman. We'd like to have some snacks, aperitifs cocktails and a good old wine.
  - I'd recommend you soft and red caviar sandwiches, hard-smoked sausage, ham and cheese canapé, salmon and lemon, meatassorty, jellied tongue and our specialties: blini with caviar, julienne and fancy game dish.
    - That's fine. What about cocktails and wine?
    - Vintage cognac, Vermouth, Madeira, Tokay; cocktails Old-Fashioned, Martini, Cinzano.
    - Bring us five red caviar and five soft caviar sandwiches, all kinds of sandwiches to your taste, three jellied tongues, two meatassorty, five salmons, a bottle of Vermouth and two Old-Fashioned. Yes, and a pack of cigarettes and mineral water, please!
      - Any specialties after drinks?
      - Why, of course. I think, game dishes for all.

- 
- Lady: I would like to order dinner.
  - Waiter: If you please, for how many persons?
  - For between 20 and 25.
  - How would you like your dinner: set for a banquet or a la fourchette?
  - For a banquet, please.
  - Let us draw up the menu. Here's an approximate list of dishes for your dinner: butter, soft caviar, salmon with lemon, sturgeon in jelly. Would you like to add anything?
    - Yes, add some more meat dishes, please.
    - Have some garnished roast beef, ham and cucumbers or assorted meat.
    - Assorted meat, please. Take away some of the wine, please.
    - Let's reduce vodka and add some champagne. Would you like to pay up now or make a deposit.
      - I shall make a deposit.
      - Very well, I shall make out a bill for you.
      - Thank you.

**Exercise 11. Learn the dialogues by heart and carry them on in class.**

## DIALOGUE

### Mr. A. & Mrs. A. & Waiter

- Mr. A. There are two of us.  
W. Yes, sir. Right this way. Here is the menu.  
Mr. A. What do you want for dinner this evening?  
Mrs. A. Cream of tomato and oysters.  
W. I'm sorry, madam. Oysters are not in season.  
Mrs. A. Well, then I want a nice lamp chop.  
Mr. A. Bring us cream of tomato, a lamp chop, a steak and fried potatoes.  
W. How do you want your steak?  
Mr. A. I like mine rare.  
Mrs. A. Make my chop medium. Aren't we ordering a salad, John?  
Mr. A. Oh, yes. Bring us a mixed green salad.  
W. What do you want to drink, sir?  
Mr. A. Bring us a bottle of champagne.  
Mrs. A. Aren't you drinking cognac?  
Mr. A. No, I want to taste some Soviet champagne.  
Mrs. A. That's right. And a bottle of cream soda or lemonade.  
Mr. A. Yes, of course. *(The waiter brings the first course.)*  
Mr. A. The soup's good, but it needs salt.  
Mrs. A. Here it is. Do you want pepper too?  
Mr. A. No thanks. Pass me a patty, please.

*(The waiter brings the second course.)*

- W. Here's your chop, ma'am. And your steak, sir.  
Mr. A. Ah, my steak is delicious. It's just right.  
Mrs. A. So is my chop. It is very tender. *(Later the waiter returns.)*  
W. What do you want for dessert?  
Mr. A. No dessert for me.  
Mrs. A. I want small pancakes with strawberry or raspberry jam.  
W. May I offer you bananas, pineapples or tangerines?  
Mr. A. Well, I think, give us a pineapple. And please bring the check.  
*(The waiter brings a pineapple and a bill.)*  
W. Here you are, sir.  
Mr. A. Thank you.  
W. Thank you very much, sir.

**Exercise 1. Learn the dialogue by heart and carry it on with your classmate in class.**



## DIALOGUES «I'M IN A HURRY»

- Good afternoon. Take off your coat and hat and leave them at the cloakroom.
  - Where is the cloakroom?
  - It is to the right of the entrance.
  - Thank you. And where can I wash my hands?
  - There is a lavatory next to the cloakroom.
  - All right. Thank you.
- 

- The menu is on the table. Make a choice, please. I am at your service. What would you like?
  - I am in a hurry. Serve me quickly, please.
  - Don't worry. I'll serve you very quickly.
  - I'd like some sprats in oil or smoked sausage and then for the first course bring me rassolnik, and for the second course I'd like veal or lamb escalope with mashed potatoes.
  - Sorry, we have no escalopes today, but we have very good pilaff.
  - All right. And bring me a bottle of white dry Georgian wine.
  - Just a minute, sir.
- 

- Here is the wine. May I open the bottle?
- Do, please. And pour out the wine.
- Anything else? Anything for dessert?
- Nothing else, thank you. Can I pay in dollars?
- No, you can't. You should go to the exchange-office and change your money.
- Where is the exchange-office?
- It is on the ground floor in the lobby.

**Exercise 1. Learn the dialogues by heart and carry them on with your classmate in class. Render the contents of the dialogues in Indirect Speech in English.**

**Exercise 2. Make up short dialogues using the following patterns.**

a)

- |  |
|--|
| <ul style="list-style-type: none"><li>– Aren't you ordering tea or coffee?</li><li>– Oh, yes. Bring us white coffee, please.</li></ul> |
|--|

vegetables – chips and red cabbage, juice – grapefruit juice, fruits – bananas and tangerines, jam – raspberry jam, hors d'oeuvre – mixed green salad, soup – cream of tomato, dessert – small pancakes

b)

- |  |
|--|
| <ul style="list-style-type: none"><li>– Aren't you ordering beefsteak?</li><li>– No, I want to taste some boiled sturgeon.</li></ul> |
|--|

chips – cauliflower, red currant jelly – cranberry jelly, pudding – fruit salad, salmon – oysters, bananas – pineapples, sprats – sardines, lamb chops – steak underdone.

c)

- |  |
|--|
| <ul style="list-style-type: none"><li>– Aren't you drinking claret?</li><li>– No, I want to taste some port.</li></ul> |
|--|

lemonade – cream soda, port – cognac, cognac – champagne, mineral water – white wine, grapefruit juice – peach juice, coffee – chocolate

**Exercise 3. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 4. Add some information & make up a small report and give a talk in class.**

## DIALOGUES «DINNER»

### Mrs. A. & Waiter

- Is this table disengaged, waiter?
- Sorry, ma'am, it is reserved. Won't you sit on the terrace?
- All right, we'll take this table. May I have the menu?
- Here you are. Will you take á la carte?
- Well, I don't know. What do you think about it?
- I think, I'll have some salad "Stolichny" and then entrecôte or rumpsteak with string beans and carrots. What about you?
- I'll start with some of marinated herring and to follow chicken croquettes.
- Any dessert (sweets), ma'am?
- Well, I think — lemon jelly with whipped cream.
- Very well, ma'am.

### Waiter & Mr. A. & Mrs. A.

- Good evening. Table for two?
- Yes, please. Give us a table by the window.
- This way, please. Do you wish to dine á la carte or will you take the table d'hôte?
- I think, we'll have á la carte.
- There is a wide choice of specialties on the menu.
- Well, I'll start with trout in aspic and mushroom soup to follow.
- As for me I'll have some crab salad and then languette.
- Any dessert, ma'am?
- Oh, yes, pancakes stuffed with apples and some black coffee.

- 
- Here is your dinner.
  - Thank you. Our bill, please.
  - Here's your check.
  - Can we pay in cash?
  - Yes, certainly.

### Mrs. A. & Mrs. B. & Waiter

- What time is dinner served?
- Between 2 and 4, ma'am.
- Can we have a good meal?
- Oh, yes, of course. There is a large choice of special dishes on the menu.
- Is there any dish you can recommend?
- Mushroom solyanka is good here.
- What do you say to that?
- Oh, no soup for me. I'll have pressed caviar and hazel-hen fillet.
- Very good. I'll have olives, mushroom solyanka, broiled lamb steak and vegetables, of course.
- What else, please?
- I think orangeade and ice cream.
- Well, I don't mind. Chocolate and strawberry mixed.
- So, that makes two ices.
- Right.

**Exercise 1. Learn the dialogues by heart and carry them on with your classmate in class.**



## DIALOGUE «DINNER»

- Mr. A. Shall we have our dinner in this restaurant?  
Mrs. A. Well, their cooking is good. (*In the restaurant*)  
Waiter What would you like to start with?  
Mr. A. Mushrooms in sour-cream and vegetable soup, please.  
Waiter Will you have the second course to follow?  
Mr. A. Oh, yes. What kind of poultry can you recommend?  
Waiter Steamed chicken fillet or boiled chicken with rice.  
Mr. A. Steamed chicken fillet, please.  
Mrs. A. As for me I'd rather take some cauliflower with bread crumbs (in rusk sauce).  
Waiter Sorry, ma'am, we aren't serving cauliflower today. Will you take carrots in milk sauce?  
Mrs. A. All right, carrots in milk sauce and steamed chicken fillet to follow.  
Mr. A. What about having iced coffee?  
Mrs. A. That's just what I want.  
Mr. A. So, two iced coffees, please.  
Waiter Very good, sir.

**Exercise 1.** Learn the dialogue by heart and carry it on with your classmate in class. Render the contents of the dialogue in Indirect Speech in English.

**Exercise 2.** Remember how to say English phrases.

- |  |   |
|--|---|
| Бармен даме: Я к вашим услугам, мадам.<br>Что желаете?               | Barman to Lady: I'm at your service, ma'am. What would you like?        |
| Д.: Я бы хотела чашечку кофе. Какое вино вы бы рекомендовали к кофе? | L.: I'd like a cup of coffee. What drinks can you recommend for coffee? |
| Б.: К кофе мы подаем ром, коньяки и ликеры.                          | B.: For coffee we serve rum, cognacs and liqueurs.                      |
| Д.: Тогда ром, пожалуйста. А как насчет сладкого?                    | L.: Then, rum, please. What about pastry?                               |
| Б.: У нас большой выбор пирожных, тортов и пирожков.                 | B.: We've got a big choice of fancy-cakes, tarts and patties.           |
| Д.: Пожалуйста, слоеное пирожное.                                    | L.: A layer-cake, please.   |
| Б.: Хорошо, мадам.   | B.: Very good, ma'am.   |



## CONVERSATIONS

### «GOOD SERVICE WITH ROOM SERVICE»

At the end of a long afternoon's meeting, a few men go to Mr. Adams' room.

Mr. Adams & Mr. Blake & Mr. Carr & Waiter

B. What a day! How about giving us a drink?

A. I'm going to call room service for set-ups right away. There's half a bottle of scotch and almost a full one of bourbon. Do you want anything else?

B. If you don't mind, I'd like a martini.

C. Do you have bitters for an old-fashioned?

A. I'll order some. (He calls room service) Please send set-ups for three people to suite 425 – glasses, six bottles of soda, two ginger ales, Angostura bitters, a bucket of ice... and, oh yes, a pitcher of martinis... no, not a large one, only enough for about three drinks.

*Room service (on telephone): Would you like something else – whiskey, brandy, or ...*

A. No, thanks. I think we have enough for now.

*The room service waiter soon arrives with set-ups on a cart. He mixes the drinks and hands them to the men.*

A. Here, waiter. The old-fashioned is mine.

B. Waiter, are you sure this is a martini? It doesn't taste right to me. It's very weak.

W. Yes, sir. I saw the bartender fix it myself. He used the best brands of gin and vermouth.

A. Let me taste it. (Sipping the drink) Blake, you're crazy. There's nothing wrong with this drink. It's strong enough. If you don't want it, I'll drink it myself.

B. Give it back, Adams.

C. (To waiter) It won't rain tonight, will it?

W. It may, sir. It's the beginning of the rainy season.

C. Then we'd better stay in the hotel.

A. That's all for now, waiter. Here, I'll sign the bill. The service charge is included, isn't it? Let's see. It's fifteen per cent, isn't it? (He hands the waiter a tip.)

W. Thank you, sir. If you want anything else, we are at your service.

C. I don't know how you feel, but I'm getting hungry. Some good Italian spaghetti would hit the spot.

A. Yeah, I agree about eating, but I feel like a good steak.

*There's a knock at the door. Mr. Adams opens it, and another room service waiter wheels in a cart with a big tray of assorted cold cuts, cheese, and rolls.*

A. Well! What's this? Is this on the house? Who sent this up?

W. This is suite 425, isn't it? That's the number on the order.

A. Yes, but I didn't order food. Just a minute. I'll call room service. (Talking to room service) There must be some mistake. A waiter has just brought a trayful of cold meats... Yes, this is suite 425. No, I'm sure that I did not order food. I did order set-ups for three a while ago. That's all. Wait a minute: (To his friends) You guys didn't order this stuff, did you?

B. (Coming out of the bedroom) What? You mean the cold cuts? Yes, I thought we'd like a snack, so I ordered a little something. (He helps himself to a couple of pieces of salami from the tray.)

A. A little something? Look at the bill – twenty bucks for cold cuts and cheese!

- B. So what? I'll sign the bill. (To waiter) Give me a pen.
- W. I'm sorry, sir, but the man who occupies the room has to sign the bill.
- C. Use your credit card, Blake.
- B. Will you accept my credit card?
- W. Surely, sir. Please sign your name on the bill also. (*He compares the signature. Then he looks at the date on the card.*) I'm sorry, sir, but the date has expired. This is February and your card expired in January.
- A. Here, waiter, I'll sign the bill. I didn't know the order was given. Now, can you recommend a good place for dinner, one with a good floor show?
- W. Have you seen the show in the Fiesta Room, our new night club? There's a good show there now with a star from Las Vegas.
- C. Let's go now. I'm hungry – and I want neither cold meat nor cheese.
- B. (*Pouring another martini*) But the cold cuts – they're good!
- A. Help yourself, Blake. I still feel like a steak. (*The two men leave.*) And Blake – close the door when you get through.

**Exercise 1. Learn the conversations by heart and carry them on with in class. Render the contents of the conversations in Indirect Speech in English.**

**Exercise 2. Read the narration and answer the questions.**

Room service is an important part of the food and beverage department. Waiters are on duty twenty-four hours a day. Guests usually give their calls to room service by telephone. The receptionist who takes the order gives it to a waiter to fill.

Sometimes room service waiters serve cocktail parties or dinners in the rooms or suites. Part of the duty of room service is to make suggestions to guests. Room service personnel are salesmen as well as waiters. Guests like to converse with waiters in their rooms, and they feel comfortable if the waiters can speak their language.

1. How do guests get in touch with room service? 2. Are there sometimes menus and beverage cards in the rooms? 3. In most hotels can a guest order a meal anytime during the day or night? 4. What is the usual charge for service to a guest's room? 5. What services are included in *room service*? 6. How can a waiter help the guest?

**Exercise 3. Explain the notion on malnutrition.**

Food supplies energy to the body. There are many involuntary body activities for functioning of which any person needs a certain amount of foods. Physical activity increases the demand for energy and foods. But too little or too much of nutrients over some months lead to ill health or malnutrition. The body can adapt to little dietary intakes, by reduced physical activity. The result of too low an intake of food is undernutrition, and, in extreme cases, starvation. It results from a poor diet in developing countries.

Besides there are some diseases resulting from malnutrition. One of them is anaemia. It results from too little an intake of minerals or vitamins. Obesity (great fatness) is also a form of malnutrition, because it leads to ill health.

Malnutrition – lack of proper nutrition, caused by not having enough to eat, not eating enough of the right things, or being unable to use the food that one does eat; lack of adequate nutrition resulting from insufficient food, unbalanced diet, or defective assimilation. If someone is suffering from malnutrition, they are physically weak and extremely thin because they have not eaten enough food.

**Exercise 4. Supply the correct tense-forms of the verbs.**

- What time (to be) lunch here?
- Lunch (to serve) from 12 to 2.
- This table by the window (to be) free. You (to take) a seat?
- Our restaurant (to offer) a varied menu of specials. I think, we (to have) quail.
- Please (to serve) us quickly. (to worry). You (to serve) in no time.

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▪ You (to have) table d'hôte or á la carte? Á la carte, please. I (to think) fish soup. Sorry, sir, fish soup (not to serve) today. You (to take) fish solyanka? Well, fish solyanka, please.

- What you (to have) for the second course?
- Perhaps chicken croquettes.
- Any wine, sir? I think, vintage Bordeaux wine (to go) nicely with chicken.

**Exercise 5. Supply the correct prepositions.**

A young man was going on a voyage, which was to last a week. He knew that they served very good meals ... the voyage. Actually, there were four meals every day. ... breakfast they usually served fish ... potatoes. Lunch was ... one and consisted ... three courses. Dinner came ... 6; it started ... soup, then there was fish, salad, cheese and dessert. There was also a small supper ... 10. You could pay ... every meal before you had it, or ... all the meals ... advance, which was cheaper. The young man decided to pay ... the whole week and did so. Lunch came. He wasn't very hungry and he ate only some meat and fruit. He felt very bad ... this meal and when it was time ... dinner he couldn't go and have it ... the next four days he had only bread and water, but ... Saturday he had a cup ... tea and cake and ... Monday he ate some chicken soup. He felt the ship ... Tuesday and when it was going away he thought, – "There she goes, there she goes ... all the food I've paid ... and haven't had."

**DIALOGUES «DINNER (ROOM SERVICE) »**

Mrs. A. Can I have dinner in my room?

Ch.-M. Certainly, ma'am. Ring the bell for a waiter; he'll take your order.

Mrs. A. Thank you.

Ch.-M. Not at all.

---

Waiter Good afternoon, ma'am. What can I do for you?

Mrs. A. I'd like to have dinner, but *I'm on a diet*.

Waiter: I can offer you lettuce or mixed green salad, clear soup (broth) and then steamed meatballs with *sour-cream sauce* or *pancakes* stuffed with *cottage cheese*.

Mrs. A. Well, I'll take steamed meatballs with boiled potatoes and green peas.

Waiter: And will you have any *dessert*?

Mrs. A. I think apple fritters and tea.

Waiter Very good, ma'am.

**Exercise 1. Learn the dialogues by heart and carry them on with your classmate in class. Render the contents of the dialogues in Indirect Speech in English. Translate the dialogues paying attention to italic phrases.**

**Exercise 2. Read the information & pick up the essential details in the form of quick notes.**

**Exercise 3. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 4. Supply the correct tense-forms of the verbs.**

- What time (to be) breakfast? At 8.30, as usual.
  - I'm afraid, we (to be) late. Oh, no, we're just in time.
  - I (to have) some kefir and pot cheese.
  - I (to begin with) buckwheat grits.
- 
- We (to have) our breakfast in this cafe? Well, I don't mind. They (to serve) very good meals here.
  - What you (to have) for breakfast? I think I (to start with) some grapefruit juice and then cheese omelette.
  - You (to take) iced coffee or coffee?
  - Iced coffee, please.
  - How you (to like) your tea? Middling, please.
- 
- There (to be) a fine choice of dietary dishes. I (to begin with) vegetable soup.
  - You (to have) meat or fish, sir?
  - I think, I (to have) some fish.
  - Which you (to want) carp or sturgeon?
  - Well, steamed sturgeon (to do).
  - What you (to say) to baked apples?
  - Well, I don't mind.
- 
- We (to have) our dinner in this restaurant? Well, their cooking (to be) good.
  - I (to begin) with clear soup.
  - You (to have) the second course?
  - Oh, yes, steamed chicken fillet, please.
  - Sorry, ma'am, we (to serve) chicken fillet today. You (to take) boiled chicken? All right, boiled chicken and carrots in milk sauce.
- 
- You (to pass) me the sponge cake, please? Certainly. Here it is.
  - You (to have) honey or jam? Honey, please.
  - You (to take) apple or cherry pie? Cherry pie, please.
  - I (to pass) you some more baked apples? Yes, just a little, please.
  - I (to give) you a little more cheese tart? Yes, please.
  - I (to bring) you another helping of tea? No, thank you.

**Exercise 5. Learn the dialogues by heart and carry them on with your classmate in class.**

**Render the contents of the dialogues in Indirect Speech in English.**



**Exercise 6. Fill in the blanks with following words and word combinations.**

- What time is breakfast?
- At eight, ... .
- I'm afraid, we are late.
- Oh, no, you're ... .
- What shall we take?
- A cup of coffee ... and then buckwheat grits and ... .
- ... an almond cake?
- Well, I don't ... .
- So, that ... two almond cakes.
- Right.

---

to begin with, as usual, pot cheese, to make, how about, just in time, to mind

---

- A table ... , please.
- Yes, sir. Right this way. What will you have for breakfast ...?
- I'll ... orange juice and ... to follow.
- ... you?
- I think, ... take three-minute eggs.
- Will you have tea or coffee?
- Tea and some ... .
- How do you like your tea?
- ... , please.

---

what about ..., this morning, I'd better ..., to start with, for two, mushroom omelette, middling, and fruit tart

---

- There is ... dietary dishes on the menu.
- I'll begin with ... and boiled tongue with ... to follow.
- I'll have some ... .
- Which do you want ... or boiled pike-perch with ...?
- Well, boiled pike-perch will do.
- Here's your lunch.
- Thank you. There is no ... .
- Sorry sir. ... . Here's a fork.
- Will you have any ... ?
- Oh, yes. ... for two.

---

dessert, a fine choice of ... , noodle soup, Polish sauce, mashed potatoes, just a minute, fish, iced coffee, steamed sturgeon, a fish fork





**Exercise 7. Supply suitable prepositions where necessary.**

- What time is breakfast?
  - ... nine, as usual.
  - We're just ... time.
  - What shall we take?
  - A cup ... of tea to begin ... and then farina, I suppose.
  - No cereals ... me, I'll have some pot cheese.
  - How ... an almond cake?
  - Well, I don't mind.
- 

- A table ... two, please.
  - Yes, sir. What will you have ... breakfast ... this morning?
  - I think, I'll start ... some grapefruit juice. What ... you?
  - Oh, orange juice will do ... me.
  - Will you have tea or coffee?
  - Coffee ... me.
  - Black or white?
  - ... hot milk, please.
- 

- How ... going ... the cafe?
  - Well, it's time to have lunch.
  - What shall we take?
  - Oh, there is a fine choice ... dietary dishes. I think, I'll start ... noodle soup and boiled tongue ... mashed potatoes to follow.
  - As ... me, I'll have boiled pike-perch ... Polish sauce.
  - What do you say ... baked apples?
  - Well, I don't mind.
- 

- What would you like to start...?
- Mushrooms ... sour cream, please.
- What kind ... poultry can you recommend?
- Boiled chicken ... rice.
- As ... me I'd rather take some cauliflower ... breadcrumbs (... rusk sauce).
- Sorry ma'am, we aren't serving cauliflower today. Will you take carrots ... milk sauce?
- All right.





## DIALOGUES «AT THE RESTAURANT»

- Mrs. A. *I wonder* if the restaurant is open now?  
Mrs. B. I think, it's too early. Lunch isn't served till 12 noon.  
Mrs. A. So, we have still more than half an hour *at our disposal*. (*At the restaurant*)  
Mrs. A. Could we have a real Russian meal?  
Waiter Certainly, ma'am, there is a wide assortment of Russian specialties on the menu.  
Mrs. A. Well, I think, we'll have *assorted cold meat cuts* and then fish soup.  
Waiter: I'm sorry, ma'am. We haven't got fish soup today. May I offer you fish solyanka (soup made of fish, onions, tomatoes, spices, pickles and olives)?  
Mrs. B. No, thank you. This is too spicy.  
Waiter: Would you like rahssawlneek (soup made of beef kidneys, sorrel, potatoes, onions and pickles) or sauerkraut shchee (thick soup made of meat broth and sauerkraut)?  
Mrs. B. Rahssawlneek'll do us.  
Mrs. A. What about *the main course*?  
Waiter We've got some Russian specialties if you like: veal in sou-cream, baked sturgeon and the famous *Russian blini with caviar*.  
Mrs. A. Well, veal in sour-cream, please.  
Mrs. B. And have you got any native beverages?  
Waiter Yes, ma'am, ice-cold Russian kvas (beverage made of rye bread and water).  
Mrs. B. We'll try some of this popular Russian drink.  
Waiter Very good, ma'am.

- 
- Mr. A. Good evening. There are two of us.  
Waiter Good evening, sir. This way, please. Here's the menu.  
Mrs. A. Will you have any soup today?  
Mr. A. Oh, no, I'm not very hungry. I think, I'll have *stuffed eggplants* and fillet on a spit.  
Waiter Sorry, sir. We haven't got fillet today, I can offer you *broiled lamb* on skewers. It's very tasty indeed.  
Mr. A. Well, I'll try it. *What about you*?  
Mrs. A. I'd like a typical local dish.  
Waiter Charcoal grilled lamb or veal, ma'am.  
Mrs. A. Oh, no meat for me, I prefer *vegetable dishes*.  
Waiter Musaku (eggplants, chopped meat, onions, flour and eggs, baked in layers) is our famous dish.  
Mrs. A. Well, I'll begin with musaku and sweet fruit soup to follow.  
Waiter Any drinks, sir?  
Mr. A. A bottle of *semi-dry champagne*, please.  
Waiter Very good, sir.

**Exercise 1. Learn the dialogues by heart and carry them on with your classmate in class. Render the contents of the dialogues in Indirect Speech in English. Translate the dialogues paying attention to italic phrases.**

## DIALOGUES «IN THE CAFE»

### Mrs. A. & Mrs. B. & Waitress

- This is a nice place.
  - Shall we sit at that table over there?
  - Yes, that'll do fine.
  - This café is very popular.
  - Oh, here's the waitress.
  - Two coffees, please. Would you like some biscuits or a cake?
  - No, thank you.
  - Right. Just the coffee then, please. (*The waitress comes with the coffee*)
  - I like my coffee black.
  - I don't like coffee without milk. Waitress! You haven't brought us any milk.
  - Sorry, ma'am. Here's the milk.
  - May I have one of those delicious looking cakes from the trolley?
  - But of course! Which would you like?
  - The chocolate cake looks good. I'll try some of that.
  - What about you, ma'am?
  - None for me thank you.
- 

Mr. A. A table for two, please.

Waiter Yes, sir. Right this way.

Mr. B. What shall we have today?

Mr. A. I'm afraid we don't know much about the special dishes.

Waiter Can I help you?

Mr. A. Yes, please. Is there any dish you can recommend?

Waiter Oxtail soup is very good here.

Mr.A. Well, let's start with soup.

Waiter What do you say to saddle of mutton with red currant jelly or roast beef?

Mr. B. I think, we'll taste some saddle of mutton.

Mr. A. And for dessert we'll have Roly-Poly.

Waiter What will you drink, sir?

Mr. A. Half a pint of beer in a tankard, please.

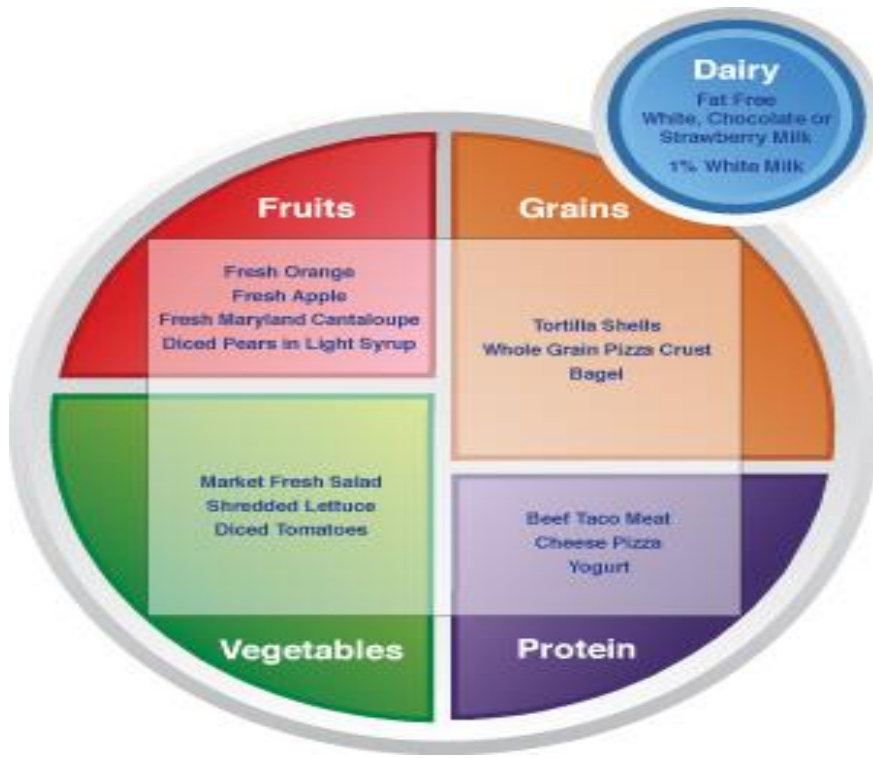
Waiter Very good. And you, sir?

Mr. B. May I have a Martini cocktail?

Waiter Certainly, sir.

**Exercise 1. Learn the dialogues by heart and carry them on with your classmate in class.**





## UNIT II. DRINKS & BEVERAGES

### INTRODUCTION

A **drink** is a liquid substance which is specifically prepared for human consumption (drinking). It is often called a **beverage**, although this definition excludes water. Drinks can be divided into various categories such as "hard" (alcoholic beverages), "soft" (non-alcoholic beverages), fruit or vegetable juices, and hot drinks such as coffee and hot chocolate. In addition to fulfilling a basic biological need, beverages form part of human culture. An alcoholic beverage is a drink that contains ethanol, commonly known as alcohol (in chemistry the definition of *alcohol* includes many other compounds).

Beer has been a part of human culture for 8,000 years. In many countries, drinking alcoholic beverages in a local bar or pub is a cultural tradition.

A non-alcoholic drink is one that contains little or no alcohol. This category includes low-alcohol beer, non-alcoholic wine, and apple cider if they contain less than 0.5% alcohol by volume. Fruit juice is a natural product that contains few or no additives.

Citrus products such as orange juice and tangerine juice are familiar breakfast drinks.

Grapefruit juice, pineapple, apple, grape, lime, and lemon juice are also common.

Coconut water is a highly nutritious and refreshing juice. Many kinds of berries are crushed and their juices mixed with water and sometimes sweetened.

Raspberry, blackberry and currants are popular juices drinks but the percentage of water also determines their nutritive value. Juices were probably the earliest drinks besides water. Grape juice allowed to ferment produces wine. Orange juice and coconut water remain by far the most highly consumed juices.

Fruits are highly perishable so the ability to extract juices and store them was of significant value. Some fruits are highly acidic and mixing them with water and sugars or honey was often necessary to make them palatable. Early storage of fruit juices was labor intensive, requiring the crushing of the fruits and the mixing of the resulting pure juices with sugars before bottling. Vegetable juices are usually served warm or cold.

Different types of vegetables can be used to make vegetable juice such as carrots, tomatoes, cucumbers, celery and many more. Some vegetable juices are mixed with some fruit juice to taste better. Many popular vegetable juices, particularly ones with high tomato content, are high in sodium, and therefore consumption of them for health must be carefully considered. Some vegetable juices provide the same health benefits as whole vegetables in terms of reducing risks of cardiovascular disease and cancer.

A hot drink is any beverage which is normally served heated, by the addition of a heated liquid, such as water or milk, or by directly heating the drink itself.

An **alcoholic beverage** is a drink that contains ethanol. Alcoholic beverages are divided into three general classes for taxation and regulation of production: beers, wines, and spirits (distilled beverages). They are legally consumed in most countries around the world. More than 100 countries have laws regulating their production, sale, and consumption.

Alcoholic beverages have been consumed by humans since the Neolithic era; the earliest evidence of alcohol was discovered in Jiahu, dating from 7000-6600 B.C.

The production and consumption of alcohol occurs in most cultures of the world, from hunter-gatherer peoples to nation-states. Alcoholic beverages are a source of food energy.

Wine is a fermented beverage produced from grapes. Wine involves a longer fermentation process than beer and also a long aging process (months or years).

Sparkling wine can be made by means of a secondary fermentation.

Beverages called *fruit wines* are made from fruits such as plums, cherries, or apples.

The kind of fruit must be specified on the label.

Fortified wine is wine, such as port or sherry, to which a distilled beverage (brandy) has been added. Fortified wine is distinguished from spirits made from wine in that spirits are produced by means of distillation, while fortified wine is simply wine that has had a spirit added to it. Many different styles of fortified wine have been developed, including port, sherry, madeira, marsala, commandaria, the aromatized wine vermouth. Beer is a beverage fermented from grain mash. It is made from barley or a blend of several grains. If the fermented mash is distilled, then the beverage is a spirit.

In the alcoholic beverages industry, **congeners** are substances produced during fermentation. Congeners are responsible for most of the taste and aroma of distilled alcoholic beverages, contribute to the taste of non-distilled drinks. It has been suggested that these substances contribute to the symptoms of a hangover. An apéritif is any alcoholic beverage served before a meal to stimulate the appetite while a digestif is any alcoholic beverage served after a meal, in theory to aid digestion. Fortified wine, liqueur, and dry champagne are common apéritifs.

Because apéritifs are served before dining, the emphasis is usually on dry rather than sweet. Since ancient times, people around the world have been drinking alcoholic beverages. Reasons for drinking alcoholic beverages vary and include:

- Being part of a standard diet.
- Medical purposes.
- Relaxant effects.
- Euphoric effects.
- Recreational purposes.
- Artistic inspiration.
- Putative aphrodisiac effects.
- Happiness.

Examination and analysis of ancient pottery jars from the neolithic village of Jiahu in the Henan province of northern China revealed residue left behind by the alcoholic beverages they had once contained. This drink, as of now, precedes the evidence of grape wine from the Middle East by more than 500 years. Wine's first appearance dates from 6000 B.C. in Georgia. Evidence of alcoholic beverages has also been found dating from 3150 B.C. in ancient Egypt, 3000 B.C. in Babylon, 2000 B.C. in pre-Hispanic Mexico, and 1500 B.C. in Sudan. Distilled alcoholic beverages were first recorded in Europe in the mid-12th century. By the early 14th century, they had spread throughout the European continent.

### ***Active vocabulary***

Dinks, beverages, alcogol, alcoholic beverages, to contain, wine, strong drinks, to precede the evidence, grape wine, the neolithic village, ancient pottery jars, to reveal, to serve, before a meal, fortified wine, to vary, to be responsible, production, consumption.

## DIALOGUE

### Mr. Jones at the bar. Barman & Mr. Jones

- How are you this evening?
- Not so good. I'm afraid *I'm catching a cold*.
- The weather hasn't been very good. This is a bad time of the year for colds. It's chilly in the morning, hot in the afternoon and windy at night.
- Is there a *drugstore* nearby?
- Yes. There's one about a block and a half away. As you go out the front entrance, turn right. Go across Pine Street and walk east for about half a block. But if you need medicine for a cold, I have something that will help you.
- What do you recommend?
- I've cured many colds with a hot toddy of rum and lemon.
- O.K. You're the doctor. My father used to say that was good for colds, too. Give me your medicine. But the way, where's the crowd tonight?
- It's always quiet on Sunday. People go to the movies or church, or out of town. Here you are.
- Thanks. This is nice and warm. What's that you're stirring now?
- It's called *rum swizzle*. I've put in a dash of Angostura bitters so I have to stir. We also put bitters in pink gin to make it pink.
- Yes, I know. They use it a lot in the tropics, in soups and sauces for *flavouring*. They say it comes from the bark of a tree in Venezuela. The recipe is a family secret. Say, whose pretty drink is that?
- It's for that lady who just came in. It's called a *pousse cafe*, made from several liqueurs. Each liqueur has a different weight and one sits on the top of the other.
- It looks like a rainbow. Doc, you can give me toddy when you get around to it. Your medicine is helping me. I feel better already. I'm not a connoisseur, but I'd say this is choice rum. You have a lot of *sugar cane* in this country, don't you?
- Yes, and we do have good rum. In your country bourbon is the favourite drink, isn't it?
- In the South it is. I hadn't drunk it before I went to Kentucky. They say it was first made there. It's distilled from corn, isn't it?
- Yes. All whiskeys are distilled from grains. The Scotch use barley and the Canadians use rye. Russians use several things for vodka – wheat, rye, corn, and potatoes.
- A lot of people are drinking vodka these days. They say it doesn't leave an odor on the breath. I guess it's not as bad as beer for odor. What gives beer its flavour?
- Flowers from hops. You've seen hop vines, haven't you?
- Sure. I had seen those before I knew about beer. You have to know a lot to be a good bartender, don't you? I've been watching you measuring and mixing, and putting drinks in different kinds of glasses. (Pointing to the glasses on the shelves) Do you use all those glasses – the tall ones, the short ones, the slender ones and wide ones?
- Of course. Each drink has its own particular glass. Ours is an old profession. Men had made alcoholic drinks before they knew how to cook. Would you like another?
- No more, thanks. I'm beginning to feel sleepy. I'm going to go to bed. I believe your medicine has cured me. See you tomorrow.

**Exercise 1. Learn the dialogue by heart and carry it on with your classmate in class. Render the contents of the dialogue in Indirect Speech in English. Translate the dialogue paying attention to italic phrases.**

## DIALOGUE «A CHAMPAGNE FAREWELL»

Mr. Jones & Miss Burton & Mr. Morton & Waiter Bill

- W. Good afternoon, sir. What would you like to have this afternoon?
- J. Nothing right now. I'm waiting for a friend. Here she comes. (To Miss Burton) I was afraid you couldn't make it.
- B. I'm sorry I was late, but we had a long meeting. Mr. Morton said he would come soon. Are you all ready to go?
- J. Yes, but I'd like to stay longer. Now I understand why so many people come to this hotel. Besides being comfortable, it has excellent service. Your people are hospitable and courteous. They make guests feel happy to be here.
- B. Thank you. I'm glad you feel that way. That's just what our manager had been talking about. What especially has impressed you?
- J. I think the friendly attitude of everyone. When I go into the bars and restaurants the waiters and waitresses are not only efficient, they are friendly. Of course, the food is good, too, but a restaurant is more than just a place to eat. It's a place where we go to enjoy food and drinks. It's the pleasant atmosphere that makes this hotel popular.
- B. Tell that to Mr. Morton. That's his theme song.
- J. Well, for example, last night. I was alone, so I went into the bar. The bartenders here not only make good drinks but they're good guys. When they're not busy, they talk to us. Last night we had fun. There was a man from Japan, one from Mexico, and one from Sweden. Each ordered the special drink of his country.
- B. That's interesting. Could the bartender make what they ordered?
- J. Oh, sure. He gave the Japanese sake; the Mexican tequila; and the Swede, aquavit. We were an international group.
- B. What did you order? Oh, here comes Mr. Morton.
- M. (Shaking hands with Mr. Jones) Since you're leaving this afternoon, we'd like to give you a proper send-off. Here comes the boy with champagne.
- J. Thank you. I was just telling Miss Burton how much I had enjoyed your hospitality. The waiter, Bill, tries to open the champagne bottle. He takes off the wire and foil. Then he jerks the cork. It pops out with a loud noise.
- B. Oh, dear! The cork hit that man's arm, and the champagne is spilling all over.
- M. (Jumping up) What – what – what's happened? I've been hit!
- M. I'm very sorry. The waiter was opening a bottle of champagne and used too much force. Does your arm hurt?
- M. (Laughing) Well, I'd rather be hit by a champagne cork than a bullet. I've been in a war, and I know!
- M. I'm very sorry. What would you like for the pain? Please order whatever you gentleman's order. (Bill returns with another bottle of champagne.)  
(To Bill) Look, Bill, when you open a bottle of champagne, grasp the cork with your thumb and finger, like this. Turn the bottle slowly with your other hand. Try to prevent the cork from popping out and the wine from overflowing. Now pour it slowly. Let's drink to *bon voyage* and a return visit, Mr. Jones.

**Exercise 1. Learn the dialogue by heart and carry it on with your classmate in class.**

**Exercise 2. Render the contents of the dialogue in Indirect Speech in English.**



**Exercise 3. Read the narration and answer the questions.**

We know that alcoholic beverages have a long history. People of all eras have had some kind of liquor or "spirit". Pictures of early Egyptians show that they had distilling apparatus. The literature of both Greeks and Romans tells how they made wine and consumed great quantities. We know that they planted grapes all over Europe. Nowadays each country has its favourite beverages. The English prefer Scotch and gin. Many Americans prefer bourbon. The French are known for their excellent wines and champagnes. Mexicans like tequila, pulque, and mescal, all made from the maguey cactus.

1. What does the word *spirit* refer to? 2. What is meant by distilled liquor? 3. Where do we learn about the history of wine? 4. What kind of alcoholic beverages do the people of your country prefer?

**Exercise 4. Supply the words «much» and «many».**

1. English cookery is not bad, but there is not ... variety in it. 2. With the exception of breakfast meals in England are ... the same as in other countries. 3. ... people like to begin with porridge. 4. ... people, who go out to work, find it impossible to come home for lunch. 5. In a great ... English homes the midday meal is the chief one of the day, and in the evening they have the .. simpler supper. 6. I'm afraid we don't know ... about the special dishes. 7. Waiter, how ... is our bill? \$30, please.

**DIALOGUES «IN THE BAR »**

Mr. A. Good evening.  
Waiter Good evening, sir. What can I do for you?  
Mr. A. Could we have after dinner drinks?  
Waiter Certainly, sir. The night bar is in the cellar.  
Mr. A. Thanks.  
Waiter Not at all.

-----  
Waiter What would you like to drink, gentlemen?  
Mr. A. Gin and tonic with lemon for me, please.  
Mr. B. The same for me.  
Mr. C. Mine's a whisky, please.  
Waiter Soda or water?  
Mr. C. Just with ice, please.  
Mr. A. Cigarettes?  
Mr. B. No, thanks. I don't smoke.

**Exercise 1. Learn the dialogues by heart and carry them on with your classmate in class. Render the contents of the dialogues in Indirect Speech in English.**



**Exercise 2. Fill in the blanks with necessary questions or remarks.**

I	II
A table for four, please.	Oh, here's the waitress. Tea for two, please.
...	...
I'm afraid we don't know much about your national cuisine.	Oh, here's the waitress. Tea for two, please.
...	...
Yes, please. Is there any dish you can recommend?	No, thank you.
...	Waitress, you haven't brought us any milk.
...	...
Half a pint of beer, please.	May I have one of those delicious looking cakes from the trolley?
...	...
May I have a brandy?	The sponge cake looks good. I'll try some of that.
...	...
III	IV
We'd like a typical English dinner.	Good evening.
...	...
All right. We'll try that.	Could we have after dinner drinks?
...	...
Yorkshire pudding, please.	Thanks.
...	...
I wouldn't mind having a brandy.	Gin and tonic with lemon for me, please.
...	...
The same for me, please.	Mine's a whisky, please.
Waiter, how much is our bill?	...
...	Just with ice, please.
Here's a five rouble note.	...
...	No, thanks. I don't smoke.
Right. Thanks.	

**Exercise 3. Read the passage and title it.**

Cider is the English wine. It has been a favourite drink in England for more than a thousand years. Cider is made from apples. The special kinds of apples, which are best for making cider often have unusual names: Slack-Ma-Girdle, Cluster, Yarlinton Mill. They grow in the west of England, especially in Somerset.

The apple harvest is from September till December, when the fruit is crushed. The juice ferments and, next spring, the cider-makers mix juices from different kinds of apples, to make exactly the right taste. Nowadays, cider is made in factories.

Most of these are in the west of England, especially in Somerset – near the apple farms. People in Britain drink more than twenty million gallons of cider a year. This is not as much as beer, but cider is becoming more popular all the time, and a lot of it is sold in other countries. There is an old English saying: "An apple a day keeps the doctor away". We can say: "And a cider each night keeps him out of sight".

**Exercise 4. Make up an outline of the text and render the main idea of it.**

**Exercise 5. Make notes of your new knowledge about drinks.**

**Exercise 6. Discuss the main ideas of the text.**

Café is not only an establishment of *mass catering*. For many people it is a place where they can meet their friends and have a chat over a cup of fine coffee.

Some old cafes got the reputation of profession clubs. There are cafes, which are attended exclusively by artists or musicians, authors or members of Parliament.

Hundreds of superb poems and newspaper articles were written at a table of the café. When in Paris, E. Hemingway used to write his essays and stories in one of the small cafes on Montmartre.

*What can you say about these features of cafes in contrast to restaurants? What do they have in common and what separates them? What is your idea of the cafe?*

In different countries there are different restaurants customs, one of which concerns mealtimes. A customer entering a British restaurant at 6 p.m. will not get any substantial meal because dinner is not served till 7 o'clock, and tea has been over (to say nothing of lunch which ended as early as 2 p.m.). In our country the guest has evident advantages as he can have hot meal at any time he chooses to visit a restaurant: from 9 o'clock in the morning till midnight.

*Which rules do you find more suitable for you? What other traditions and customs are these English meal hours based on?*

Eating in a restaurant is eating in public, which means the strict observance of a certain code of etiquette known as *Table manners*. The main aim of these rules is to help people avoid ugliness. While at table you must not make noise, you should pay attention to what you are doing and try to throw food particles over the floor, table or yourself. If food has been taken into your mouth, you must swallow it, no matter how much you dislike it. There are many other rules of the Table code.

*What rule do you know? Is the table etiquette useful and necessary?*

*Tastes differ* – the equivalents of this saying are found almost in every language, for people have different tastes. And in the first place this statement displays in food. Besides individual tastes there are also common tastes of a nation established by history and customs. A Frenchman will wallow a fried frog with great pleasure, but a Russian will not touch it no matter how hungry he is. Pigs are not eaten in Moslem countries though Europeans are fond of pork. A sandwich of raw minced veal is a delicious dish for a German while in other countries raw meat is not served. Americans would not like Russian kasha while the Russians will not say oysters is a delicacy for them. As regards seasoning it is different too. Meals in oriental countries are usually highly spicy. To prove the saying one may cite scores of other cases.

*What do you know about meal customs in different countries? What explanations can you give to these facts?*



## A VARIETY OF STRONG DRINKS

Over the thousands of years a divine origin of *wine* had not been giving rise to any doubts for people, who got to know its properties. In most of ancient cultures Gods presented a truthful drink to a man as a melancholy medicine.

Wise men of ancient times considered that it helped to reveal the secrets of being.

In all parts of the world people learned to make heady drinks, and today our shop suggested tasting the South African, New Zealand and Argentine high-quality wines.

The order and way how the drinks are served and their good combination with the appetizers and dishes play a great important role for a pleasant perception and the correct estimation of the taste and the aromatic qualities of wines.

**White table wines** should be drunk with fish dishes, different kinds of cheese, light meat dishes – game, chicken. Apples also go well with white wines. To the fat meat dishes and appetizers such as ham, sausage, fat0red wines are served.

In Italy wines are so exuberant that after a squall in the Mediterranean Sea their sprouts are coming from under the clefts on the pavements. The diversity of local sorts of grapes is much bigger than in any other country. In Appeninsky Peninsula there are no famous wine-making regions, it is possible to say only of the provinces.

However, the truthful drinks make a serious share of export. And when Italy gives a general representation of the wine-making *picture*, France will face a competitor.

French wine-making sprang from the Roman Empire times. It got a special development in connection with the spreading of Christianity. In the poem *Battle of Wines* composed in the 13<sup>th</sup> century about 70 sorts of French wine are mentioned!

Though in the second half of the 20<sup>th</sup> century the production of truthful drinks was threatened with disappearance, today French wines are appreciated as the best in the world: thousands of people arrive here to master a wine-making science. The *ancestors* of the fortified **fragrant wines** were widespread all over the ancient world. Then from different countries the Venetian merchants brought to Italy a great number of spices – a new *impulse* to the perfection of vermouths preparation.

At the end of the 18<sup>th</sup> century in Italy there were founded Cinzano and Martini firms, at the end of the 19<sup>th</sup> one – Campari firm. These companies up till now have been making happy the connoisseurs of *grass wines* with high-quality products. Liqueurs can be drunk with water or with ice, they can be perfectly combined practically with any drinks: vodka, gin, whisky, cognac wines, milk, and hot chocolate, ice-cream and with fruit juices.

The taste of **alcoholic cocktails** with the addition of Baileys, Sheridan's and Mozart has got the notes of noble bitterish astringency. But the real gourmets are not embarrassed by a piquant taste and the excessive sweetness of *liqueur*, therefore they drink it per se.

Dozens of another strong drinks with the centuries – old history alike, liqueurs originally were planned to be the medicinal agents, it were the monks who in the remote monasteries were producing them. The main distinguishing feature of these strong sweet liquors is their universality: liqueurs can be drunk per se, they also perfectly do for making the cocktails, therewith, and these highly flavoured sweetened spirits are widely used in cookery and in the production of confectioneries.

**Tequila** became popular at the Olympic Games in Mexico City in 1968, and in 1874 Mexican producers got permission for the usage of the name of this drink on a world-wide scale.

Nowadays at the markets there is *tequila boom*. Interest in the Latin American culture, which is famous for its brilliance and relaxedness, has called forth an unprecedented attention to the agave drink itself that brings up an association with a merry and carefree pastime. In the process of its development **gin** has been changing: originally it was sweetish with a little bit coarse taste.

Then due to the strict quality control & the perfection of the production technology its taste lost excessive sweetness and became more dry, fragrant and refined. Besides that, the drink acquired a one remarkable property – easiness at drinking.

That is a historical way the gin has gone to become a high-quality drink and the product number one in any bar. Nowadays **rum** is the most fashionable drink in the world. Its history began in ancient India. The first record of strong alcoholic liquor produced from sugarcane was made even earlier than 300 years B.C., during the Indian campaign of Alexander III of Macedon. It is generally accepted to serve rum in glasses of the *old-fashioned* style, with thick walls and even thicker bottom, and certainly with ice. This drink can also be supplemented with a slice of lemon.

***Exercise 1. List the reasons of why people like whisky.***

Whisky strength and palette of aromas have won *the hearts* of many countries and given birth to a great number of the most popular hard liquors in the world the nineteen ones are whisky brands!

Scotch and Irish sorts are the most known. Representatives of each of them insist on the historical leadership concerning the beginning of this production. The Macallan is the elite Scotch single malt whisky; it is a peculiarity that for its production is one sort of barley – exclusively Golden Promise – is used. A noncomparable reputation of the drink has been built up by the best experts for almost two centuries.

The Macallan is an object of the national pride, export of this drink is very profitable for the treasury of Great Britain, and its production is of old high-quality and diversity traditions. If in 1820 John Walker did not found a grocery-wares and spirituous liquors sale firm in a little Scotch settlement Kilmarnock, the world would never know and see the elite and special Johnnie Walker Whisky.

Nowadays this trade mark is known as one of the most famous all over the world. Along with Hennessy Cognac and the best French wines, the unique sorts of Johnnie Walker Whisky – that are distinguished by their unique bouquet and amazing taste qualities – have won the world. Whisky is the oldest strong alcoholic beverage in the world, which is made by distilling fermented cereals, the basic of them are: barley, rye, wheat and maize. Sorts of this drink number hundreds of names – single malt whisky, grain whisky and blended whisky, blended de luxe one – each of the indicated types has got hundreds of brands. Excellent whisky of the famous Ballantine's and Dewar's brands will certainly suit the tastes of the real connoisseurs.

The good whisky has got an absolute, sort and a little bit sweetish taste with a complex burning spicy aftertaste, in which malt and nut-flavoured tones are felt.

An accepted description of this drink aroma is as follows: a powerful, but strict in contrast to a cognac one, with predominance of malt, vanilla and sherry tints. At the beginning of its history whisky had a high value due to the healing properties. But pleasure that people were taking in this drink quickly brought popularity to it.

***Exercise 2. Analyze the information, which is in the highlight, and use it in practice.***

**Exercise 3. Explain the narration «competence» in contents.**

Strong drinks should be taken with competence. White dry and rose wines are served chilled, but not frozen, red ones – at temperature 6-8 degrees Celsius. If there are different types of "truthful nectars" on the table, in the first place light and young wines are tasted, stronger and sweeter ones come next.

Cognac decorates any meal. And it is necessary to choose the right glass: traditionally for cognacs the low ball-shaped ones are used, but the tulip-shaped forms are also accepted. A glass should be filled with the noble drink not more than for 20-25 milliliters and warmed up by palms during 8-10 minutes. It is considered that a cigar goes ideally with cognac: they are supplementing each other and placing the taste emphases. Etiquette observance will deepen the pleasure of any drink tasting: be it vodka, liqueur or tequila.

**Exercise 4. Read the information and explain why «Cognac is a liqueur of the gods».**

*Cognac is a liqueur of the gods* – thus, Victor Hugo dotted his i's and crossed his t's.

A character of the novel *Gone with the Wind* Scarlett could not live without this drink. In Soviet times it was the synonym of the world *luxury*.

There is something noble in the very process of this elixir tasting. Being given life in the middle of the seventeen century in France, cognac enjoyed popularity among the upper class of the society due to the combination of strength and refinement.

Cognac is considered to a taste of the sun reflected in grapes. It can not be drunk at one gulp, and after it is impossible to get a bite at once. Divine symphony of taste, which is *performed* by every sip of the noble drink in the mouth, makes heart stop beating and listen to every note and every sound of its taste gamut.

Remy Martin, Frapin and Meukow – without false modesty these brands can be labeled as the most bright representatives of the noble cognac family. A definite advantage of cognac over the other strong liquors lies in the wide gamut of its aromas and in the constancy of the quality, which it has the traditions and special rules of the development to thank for: coming from a vine to a glass in a taster's hand. Martell and Courvoisier trade marks are considered one of the best that is favoured by the unique technologies of the noble drinks production based on the longer period of ripening and the special blending.

Activity of the Camus enterprise is concentrated on the production of goods of the exceptionally high gamut. For over four generations the responsibility for the development & sampling of the valuable product has been reserved by the Camus family, the reputation of cognac directly depends on the talent, taste and the acute sense of smell of the head of the family. Traditionally only one member of the family has got right to make the final combinations of the noble drink. Cognac is a unique product that differs from other kinds of alcoholic beverages with its concept. In 1863 Jean-Baptiste Camus was willing to get out of trade control of those times and decided to set up his own production, so that soon he was given one of the most valuable vineyards of that land. The founder of the new Camus brand determined the accurate proportions and combinations on his own and set the strict criteria that each of the cognacs had to satisfy.





**Exercise 5. After reading the information give your point of view on the contents.**

The popularity of champagne at courts of French kings brought prosperity to the Moët & Chandon brand. Among the famous customers of this Maison du Vin were Marquise de Pompadour and Napoleon Bonaparte, in honour of his friendship with Jean-Remy Moët the Brut Imperial champagne was given its name. The peculiarity of drinks of this brand is a harmonious soft taste. Until now Moët & Chandon has remained an official supplier of the Royal courts in Europe.

Once Marquise de Pompadour said that champagne was the only wine, having tasted which every woman could remain beautiful. A drink of the emperors and adventures, a favourite of bohemia and aristocracy, pathos alike and careless one at the same time – it is an irreplaceable attribute of any holiday all over a civilized world. Champagne creates a special mood, gives solemnity to a party, and emphasizes the significance of the event. In the whole world it is known as the “King of wines”.

**Exercise 6. Explain the score of the title «A Gift to the Connoisseurs».**

Sparkling wines from Artyomovsk Winery are produced by traditional method (pouring into bottles from the very beginning). Due to this they save its refined classical taste. Only two years ago the winery began to produce a new wine trademark Krimart. This family consists of several blends: White Extra-Brut, Rose Brut and Red Brut. During this period its popularity has become unbelievable. Merits of Krimart products become well-known to more and more people. A wide range of sparkling wine of Artyomovsk Winery has been replenished with a new chef-d’oeuvre – Krimart white brut Zero. A natural high-quality product has appeared as a result of the Artyomovsk winemakers hard work and the improvement of technological processes of many years. Today, in Ukraine it is only the Artyomovsk Winery that has got all the facilities to produce sparkling drinks without addition of sugar. That is why a new product exposing the plenitude of taste and natural harmony of wine is an exclusive one. Sparkling drinks with a sign “zero” are considered to be a visiting-card of any Maison du Vin. Therefore the creation of Krimart Zero is a bold and ambitious project of the highly skilled specialists of Artyomovsk Winery that demonstrates a virtuosic, brought to perfection craftsmanship of the Ukrainian winemakers. Krimart Zero is certainly going to attract attention of true gourmets.

**Exercise 7. Translate the explanation into Russian.**

**Sparkling wine** – a wine made effervescent by carbon dioxide gas, introduced artificially or produced naturally by secondary fermentation.

**Cava** – a Spanish sparkling wine produced by a method similar to that used for champagne.

The macabeu, parellada and xarello are the most popular and traditional grape varieties for producing cava. About 95% of all cava is produced in the Penedes area in Catalonia. In the past, cava was referred to as *Spanish champagne*. Today it is defined by law as a “quality sparkling wine produced in a designated region”

**Chardonnay** – a white grape originally grown in the Burgundy region of France, throughout the wine-producing world; 2) any of various white wines made from this grape.

**Exercise 8. Translate the explanations into English.**

**Vin effervescent** – игристое вино (насыщается углекислым газом в ходе вторичной ферментации, проводимой в бутылках или специальных резервуарах, при открывании дает обильную пену, давление в бутылке составляет 6 атм; к этой категории относится шампанское).



**Vin tranquille** – спокойное вино в противоположность игристому, практически не содержащее углекислого газа (давление в бутылке – менее 0,5 атм.) *Syn. still wine, vino tranquillo, vino tranquilo*

**Champagne** – Шампань – самая северная французская провинция, известная производством игристых вин и давшая им свое имя. Главные города, где сосредоточено производство – Реймс и Эперне. Шампанское – знаменитое игристое вино из французской провинции Шампань, в производстве которого используется *шампанский* метод вторичной ферментации в бутылках; основные сорта винограда для изготовления шампанского – Шардоне, Пино Менье и Пино Нуар; только вино, произведенное в провинции Шампань, может содержать на своей этикетке слово *champagne*.

Игристые вина регионов Франции и других стран имеют отличные названия; ежегодно в Шампани вырабатывается и продается 30-32 млн. бутылок шампанского.

**Secondary fermentation** – вторичная ферментация в производстве шампанского в бутылках, которая вызывает накопление углекислого газа, повышающее давление в бутылке, появление пены, что собственно и делает шампанское игристым вином.

**Pinot Meunier** – Пино Менье – красный сорт винограда, широко распространенный во французской провинции Шампань и, соответственно, используется в изготовлении шампанских вин наряду с двумя другими сортами – Пино Нуар и Шардоне.

Пино Менье выгодно отличается от этих двоих тем, что более приспособлен к неблагоприятному климату некоторых территорий Шампани и дает более высокие урожаи, и тем, что сообщает винам более насыщенный фруктовый вкус и более выраженную кислотность; этот сорт в ограниченных количествах выращивается в Германии и Австралии (где из него делают спокойные вина).

**Pinot Noir** – 1) Пино Нуар – красный сорт винограда, который послужил основой репутации красных бургундских вин, кроме Бургундии выращивается также и в других местах (Эльзас, Жюра) и вообще широко распространен в Европе и Австралии; в производстве белого вина он используется для создания шампанских вин типа *белое из черного*). *Пино Нуар* – сортовое название вин из этого сорта; молодое вино из Пино Нуар часто имеет запах и аромат нежных красных летних фруктов и ягод, через несколько лет он приобретает ароматы шоколада, слив, фиалок, трюфелей и *дымка*.

**Grand Marque** – Гранд Марк, великая марка, неофициальный французский термин, употребляемый в отношении лучших винных домов-производителей шампанских вин; сегодня в Шампани зарегистрировано всего около 7000 производителей, и среди этого изобилия существует очень небольшая группа (около десятка марок), которая считается элитной – *Тэтенже, Болянже, Моет е Шандон, Рюинар* и др. – это великие марки.

**Exercise 9. Read the information & pick up the essential details in the form of quick notes.**

**Exercise 10. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 11. Choose the keywords that best convey the gist of the information.**

**Exercise 12. Transfer the given information from the passages onto a table.**

№	Activity			
	Drinks	Where	When	Score
1.				

**Exercise 13. Describe the various sorts of vodka.**

Quality is one of the most important criteria for the choice of any goods. It is of special importance for the alcoholic drinks and vodka, first of all. Usually for the production of this strong drink at the majority of alcoholic beverage factories water-alcohol mixture undergoes the filtration and extra purification through a cal-quartz column. Vodkas of the world-known Level, Grey Goose and Imperia trade marks are the crystal-clear drinks with a soft taste.

In 2008 *Nemiroff Holding Company* celebrated the 10<sup>th</sup> anniversary of *Vodka Ukrainskaya Medovaya s Pertsem* (Ukrainian Pepper Vodka Honey Smoothed), that made Nemiroff brand globally famous and became a national symbol of Ukraine.

This drink was created due to the founder of Nemiroff Stepan Karlovych Glus. He developed the idea of creation and the very recipe of the drink, combining two most popular vodka tastes – honey and pepper.

*Honey vodkas* and famous *Pertsovka* for many centuries have been popular authentic Slavonic drinks, but nobody over such a long period has tried to combine these two seemingly incompatible components – soothing honey and burning pepper. After few years of hard work a tiny Ukrainian town Nemyrov witnessed origination of famous *Ukrainskaya Medovaya Pertsem*. For over 10 years of its existence *Ukrainskaya Medovaya Pertsem* has created a new category of *flavoured vodkas* at the alcohol markets of Eastern Europe, inter alia, in Russia and Ukraine.

With its unique taste it has won the hearts of the inhabitants of Western Europe and the USA. Nowadays, this drink is exported to 55 countries of the world.

In different states this *delicious nectar* is served in really different ways, sometimes even exotic for the Slavic mind. The recent tendency in this field was offered by Scottish barmen: a glass of chilled vodka is served with strawberry in vanilla icing sugar. Nemiroff *Ukrainskaya Medovaya Pertsem* has won numerous top awards of the world.

Among them there are the medals of the international tasting competitions and exhibitions held in Russia, Poland, Kazakhstan, the USA, the UK, Germany, as well as *The Highly Recommended* appraisal for quality and taste characteristics by the Chicago Drinks Testing Institute. The experts believe that the secret of success of this drink lies in the innovative recipe and stable perfect quality of vodka. The key elements of this product are exclusively natural ingredients: the chili pepper delivered from India, honey (buckwheat honey) with a slightly bitter flavour, lot plant used in medicine, Premium Class alcohol and the artesian water with the unique composition.

**Exercise 14. Remember the information.**

**Varietal wine** – сортовое вино (изготавливается из одного сорта винограда, название которого обычно присваивается вину); **vin de cepage pur** – вино из чистого сорта, из одного сорта винограда.

Examples of grape varieties commonly used in varietal wines are Cabernet Sauvignon, Chardonnay and Merlot. Similarly, the term *varietal* can be used to describe cider made from a single variety of apple, tea made from a single variety and preparation, or to describe particular subspecies of coffee. To hand smb. a **bouquet** (throw bouquets at smb.) – восхвалять кого-л., расточать похвалы, отпускать комплименты кому-л., превозносить кого-л.

**Bouquet-rich wine** – вино с богатым букетом. The aperitif has a faint bouquet of almonds. A Sicilian wine with a light red colour and a bouquet of cloves.

## CONVERSATION «BARTENDERS' TROUBLES»

After leaving Mr. Adam's room, the men go to a nightclub in the hotel, stop at the bar.

Mr. Adams & Mr. Carr & Waiter & Barman

- A. We shouldn't have left Blake alone, should we? It really wasn't very nice.  
C. It wasn't very nice of him to order *a tray of food* without telling you, either.  
B. Good evening, gentlemen. What's your pleasure this evening?  
A. I'm going to stay on the same – a scotch highball. (The men order, and the barman serves them their drinks.)  
As we came in we saw two men leaving with hotel guards. What happened?  
B. Nothing much. Those men became noisy and were rude to me. They had too much to drink before they came, and they insisted that I serve them. When I refused, they became unhappy.  
A. That's your privilege, isn't it?  
B. It's not only my privilege, but it's my duty. We have a good client here, and we maintain high standards. I can't have *disorderly* people *ruin our reputation*. Besides, these men weren't guests of the hotel. They've been here before, and they'll come back when they're more sober.  
C. Let's have another one before we go to dinner. When does the floorshow begin?  
B. In about a half hour. You don't want to miss it. The singer is really great. Would you like to order while you are finishing your drinks? I'll send for a waiter.  
W. (Coming from the dining room with menus) Here are the menus, gentlemen.  
A. I don't need a menu. I feel like a steak. I'd like a good broiled T-bone, rare. Do you guarantee it will *be tender*?  
W. Yes, indeed, sir. All our beef is imported from the finest packinghouse in the world. We also have filet mignons, sirloins, and New York cuts.  
C. Let's both have T-bones and *French fries*. Make mine broiled too, well done. We ought to have our vitamins or something green. Are the *fresh vegetables* well cleaned?  
W. Yes, indeed. They are washed in an antiseptic solution. Would you like a fresh green salad with Roquefort dressing?  
C. That's fine for me. Do you want the same, Adams?  
A. Yes, I – look what's coming. (As Mr. Carr turns, he knocks over his drink.)  
C. (To barman) Oh, darn. Look what I've done!  
B. Don't worry. There's plenty more. I'll make you another – on the house. Your dinner will be ready soon, gentlemen. The *floorshow* comes on in about fifteen minutes.

**Exercise 1. Learn the conversation by heart and carry it on with your classmate in class.**



## CONVERSATION «THE GENERAL AT THE NIGHT CLUB »

### Mr. Carr & Mr. Adams & General & Waiter & Headwaiter

- (*Mr. Carr is tasting his wine*) Chambertin is good wine, waiter, but this doesn't taste right. I think it tastes of cork. (*To Adams*) How's yours?
- I ordered Margaux. It's the best I've had in a long time.
- (*Waiter, pouring out a little Chambertin in a glass to sample it*) Let me see, sir. Yes, you're right. It does taste of cork. I can't understand it, because I opened a new bottle for you. Perhaps it wasn't stored properly. I'll get another bottle. (*He brings another bottle and offers some to Mr. Carr.*)
- Ah! This is perfect. Thank you.
- (*Headwaiter, coming to their table*) Is everything satisfactory, gentlemen? Are the steaks to your liking?
- Yes, they're very good. May I have some more sour cream on my baked potato? And bring some meat sauce, not a hot sauce, just the regular.
- I'll have the waiter bring them. May I have the pleasure of making crepes suzettes for your dessert? I use Grand Marnier and Benedictine in the sauce.
- Personally, I'd rather drink the Grand Marnier straight.
- While we're watching the floorshow. I think we'd rather drink than eat. I'll stay on scotch. Send me a Drambuie.
- Brandy and Benedictine, yes, sir. I'll give the bar your orders. By the way, gentlemen, the general at the next table thinks that he has met you. He asked me to invite you to join him and his friend for a drink.
- Thank you. Ask the general and his friend if they will be our guests. (*The headwaiter brings over the general and his friend, who introduce them. They all shake hands.*)
- General, what would you and your friend like to drink?
- Cognac will be fine, won't it, John? (*The bar waiter brings a bottle of cognac to the table. Just then the lights go off. A spotlight is turned on the stage, which is dark. The curtains, which are black, part, a glamorous singer appears. Only her white face & golden hair can be seen.*)
- Marvellous! Bravo! (*After the applause, she drops her coat and steps forward. She is dressed in a tight-fitted sparkling gold dress.*)
- She's the most beautiful singer that I've ever seen. I've been here every night since she arrived. You Americans surely know Miss Lorraine, don't you? Can't you invite her to your table?
- Of course we've heard of her, but we don't know her. She's the one who we saw in Las Vegas, isn't she, Carr?
- I think so. They all look alike to me.
- (*To the waiter*) Waiter, after this song, go up to the stage and tell Miss Lorraine that the general commands her to join us at the end of her first show.
- (*Waiter, returning, with a red face*) I'm sorry, general. Miss Lorraine said that she wasn't in the army, and that she never obeys commands.
- Good for her! I like a woman who shows spirit. Waiter, get her an orchid right now before the first show ends.
- But, General, it's almost eleven o'clock. All the flower shops are closed! Where can I get an orchid?
- That's your problem. Don't you obey orders, either? Find a beautiful fresh orchid and give it to her with my compliments.

## CONVERSATION «THE FORMAL BANQUET OF THE CONVENTION»

Members of the conference and their wives enter the banquet room, and waiters carrying large trays offer them aperitifs and canapés.

Mr. Brown & Bob & Mrs. Brown & Jack & Headwaiter

- What do we have here?
- (Bob, pointing to glasses on his tray) Dubonnet, sparkling cider, and martinis. On that table over there is a very good rum punch.
- I think I'll have the punch. It looks so pretty with strawberries floating on top.
- No highballs?
- Yes, sir. I'll get you whatever you want.
- John, from this assortment of canapés you can find something you like – cheese wafers, pate, caviar, and ...
- None of that for me. You know I don't like to eat before a big meal.

*The guests chat and drink for a little while until the president suggests that they go into the dining area and find their place cards.*

- Here are our places, John, right in front of the centrepiece. Thank you.
- Is that a Christmas tree with all those silver streamers?
- It looks like one, but those streamers are made from crystallized sugar and there are French pastries inside. It's very unusual. What's the matter, John?
- I wish I were more comfortable. You know I never like to wear a tuxedo. Blake over there doesn't have on a tux.
- Look at the waiters. They're all wearing tuxedo jackets and a bow tie like yours. Our waiter certainly looks well groomed, doesn't he? That's one thing I've noticed about the waiters and waitresses in this hotel. They always look neat and clean. I like to see waiters with white gloves, don't you? Here comes the soup.
- I don't know what this is.
- It's Vichysoise, sir.
- I think hot soup is better than cold. What else is on the menu? I can't read the fine print without glasses.
- Snails in garlic butter, guinea hen under glass with wild rice, braised endive, heart of palm salad, and croquembouche.
- Oh, good. We can eat the centrepiece!
- I'd change it all for steak and potatoes.
- John, stop complaining. It's a pity you don't like French cuisine, but I see that you're enjoying the wine.
- I would if I could get a refill. Where's the wine waiter?
- I'll get him right away. *(At the end of the meal, Bob serves coffee in demitasse cups.)*
- Don't you like the coffee, sir?
- The coffee is all right, but the cups are too small.
- I'll keep your cup filled, sir. *(Mr. Brown takes out a cigarette.)*
- Here's a match, sir — may I give you a light? I'll put the ashtray closer. Would you like some mints or salted nuts?
- No, thanks, but I would like some of that champagne if the waiter ever comes this way.
- I'll get you some, sir.

*Just as the music begins, there is a crash at the end of the table. The headwaiter hurries over.*

- What happened, Jack?
- A man took two glasses off my tray and unbalanced it. The glasses fell and broke.
- You should never allow anyone to help himself from a tray. Besides, you were carrying that tray on your fingertips. Always carry a heavy tray on the palm of your hand.

*After the entertainment, Mr. Adams makes a brief speech and the guests begin to leave.*

- Shouldn't you leave a tip?
- I thought I'd give that fine young waiter a three-dollar tip, but only two dollars to that lazy wine waiter. (He gives the waiters their tips.)
- Thank you, sir; it was a pleasure to serve you. But sir, we usually get five dollars for a banquet.
- (*Headwaiter, hearing Jack's last remark*) Jack, come over here. (*Aside to Jack*) This will be your last tip in this hotel. Report to the personnel department in the morning.

**Exercise 1. Learn the conversation by heart and carry it on with your classmate in class.**

**Render the contents of the conversation in Indirect Speech in English. Translate the conversation paying attention to italic phrases.**

**Exercise 2. Read the narration and answer the questions.**

Tipping, that is, giving a small amount of money for service, is an old custom. The French call a tip a *pourboire*, meaning *for a drink, to show appreciation for good service*.

*Nowadays, however*, guests in hotels are expected to give tips to all persons who give them service – roommaids, floormen, bellmen, valets, housemen, as well as waiters and waitresses, captains, headwaiters, barmen, and busboy.

The usual amount for waiters is from 10% up to 15% of the bill. However, if a waiter has given exceptional service or has done extra favours, he should be compensated in proportion to his service. Even though the tip is sometimes included in the bill, the employees expect additional gratification in some cases. A guest will use his good judgment and tip in accordance with the service received.

1. Do the guests give larger tips if they receive extra service? 2. Should an employee expect an extra tip if the tip is included in the bill? 3. Should an employee ask a guest for a larger tip? 4. Do some waiters receive bigger tips than other waiters? Why?

**Exercise 3. Read the text «*Birthday party at a restaurant*» and describe your birthday.**

Next Sunday is my birthday. I'll be 25. I'm going to invite my close friends to the restaurant. I hope we'll have a nice supper party. I'll reserve a table in advance. We'll have à la carte and specialties: soft and red caviar, salmon, stuffed pikeperch, jellied tongue and vegetable salads. Roast duck with apples and sturgeon on a spit will follow the appetizers.

For a drink we are going to have champagne, Russian vodka and special cranberry beverage. Strawberry ice cream, black coffee, melon and peaches – for dessert. The young waiter Mikhailov will serve our table. We'll dance, talk and have a good time. I'm sure our supper-party will be a success and my guests will be pleased.



## CONVERSATION

### «THANKSGIVING DINNER AT A RESTAURANT»

The headwaiter greets the Brown family as they enter the dining room.

The Brown family & Headwaiter & Waiter

- H. You have reservations, haven't you?
- Mr. B. I believe so. I asked the captain at the desk downstairs *to make reservations* for five. The name is Brown – J. R. Brown.
- H. (*Checking his list*) A table for five, Mr. Brown. Right this way. There's a nice table in this corner that has a good view, and it's not too close to the orchestra.
- Mary (*Looking around*) This is a pretty room, isn't it, Peter? I like the red walls and crystal lamps. Peter, look at the *red napkins* on the plates.
- John Mommy, look at these big plates!
- Peter Those are serving plates, John. They don't put food on them. They put dishes, like cocktails and soups on them.
- W. (To John) Would you like a cushion put on your chair to raise you higher?
- John Oh, no. I always sit on a chair like Peter. I won't *spill anything*.
- W. Would you like cocktails before dinner, sir?
- Mr. B. Not today. But send a wine list. Mrs. Brown and I will *have wine with dinner*.
- W. With the special turkey dinner today we are serving very fine Beaujolais. Would you prefer another kind?
- Mr. B. No, that's fine, whatever you suggest.
- Mrs. B. (Looking at her menu) Well, isn't this nice. We can have a Thanksgiving dinner even though we aren't home. There's turkey with all the *trimmings* – giblets, chestnut stuffing, and cranberries.
- John What's *stuffing*, Mommy?
- Mrs. B. That's what we call dressing, John.
- John That's what I like – dressing.
- Peter (To waiter) Could you please bring me *a drumstick*?
- W. A drumstick?
- Peter Yes, the leg, please.
- John I'd like a wishbone. I always used to get the *wishbone* at Grandma's. Mommy, I wonder if Grandma misses us.
- Mrs. B. I suppose she does, John. But let's enjoy our good dinner here.
- W. (To Mrs. Brown) What would you like *for a starter*?
- John What's a "starter"?
- W. (Explaining to John) You start the meal with *appetizers*, like a shrimp cocktail, oyster patties, jellied consommé or ...
- John That's what I want – jelly.
- Mrs. B. It isn't jelly, John. It's cold broth.
- Mr. B. I think we all want the fruit cocktail, don't we? (To John) John, please sit quietly.
- John Daddy, may I go to the bathroom?
- Mr. B. (To waiter) Where is the men's room, please.
- W. It's near the entrance, just across the hall.
- Peter Come on, John. We'll find it.
- Mary (*Looking over the menu*) What will we have for dessert? Mince pie or pumpkin pie?



W. (Smiling) You may decide that later. (To Mrs. Brown)  
Does madam want light or dark meat?

Mrs. B. A little of both please. And I'd like the sweet potatoes instead of mashed potatoes.

*(The boys return and the waiter serve the dinner. A wine waiter brings a bottle of wine and pours a glass for Mr. Brown to test.)*

Mr. B. Yes, indeed, this is very good wine. *(He sets his wineglass on the table. Peter reaches for his father's glass of wine and upsets it.)*

Peter Oh, I'm sorry! I just wanted to see what it tasted like.

Mary Oh, my! It's all over the tablecloth!

W. Just a minute. I'll clean it up. *(To Mr. Brown)* Would you like to go out and put some cold water on your trousers, sir? A little wine was spilled on them.

Mr. B. I suppose I'd better. Peter, be thankful that we're in a restaurant and not at home!

John It's nice here, but I'd rather be at Grandma's.

**Exercise 1. Learn the conversation by heart and carry it on with your classmate in class. Render the contents of the conversation in Indirect Speech in English. Translate the conversation paying attention to italic phrases.**

**Exercise 2. Read the narration and answer the questions.**

Many people do not know the names of specific wines. However, it is useful to remember the following: Bordeaux wines are dry and delightful with most any food.

They are not too heavy, not too light, and usually not too expensive. Red burgundy wines are rich, heavy wines. They are served at room temperature and they are perfect for steaks, roasts and even duck. Hock is a general term for light German wines.

Outstanding white wines come from France, Germany and Yugoslavia, and they are delicious served at cool temperatures. A dry Spanish sherry is a good aperitif or may be served with soup. A sweet sherry may be served with dessert. French vermouth is an aperitif, but an Italian one is sweet and may be served with dessert or after dinner. Port wine is quite heavy and is usually drunk after dessert.

1. Do you think most people know a great deal about wine? 2. What kind of wine is Bordeaux? 3. What kind of wine is Burgundy? 4. What country does the original sherry come from? 5. When do you recommend a port wine to be served? 6. What wine do you prefer? 7. How can you divide wines? 8. What wine can you drink with fish? 9. What wine can you drink with meat? 10. What wines do you drink as aperitif? 11. What person deals with wine? 12. Where do outstanding white wines come? 13. How are they served? 14. How are sherry served? 15. What is a good aperitif?

**Exercise 3. You'll hear three people talking about their work. Match the comments to the person who says them. They are: wine waitress; barmaid; restaurant manager.**

Alcohol makes 20% of people behave badly. Asking noisy customers to be quiet. Explaining what things are. Hard work, late nights, long shifts. Being busy.	Large orders cause delays for other tables. Meeting people from other countries. Not being too close to the customers. Recommending drinks. Dealing with complaints.
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What do you think is the worst (best) thing about each person's job?

## DIALOGUE

### «A SPECIAL DINNER AT THE «INTOURIST" RESTAURANT»

Last night we had a special dinner at the *Intourist* restaurant.  
The headwaiter showed us in.

- Mr.A. Hallo. Table for three, please.  
Waiter Good evening, sir. *W'd* you like to have a drink in the bar first?  
Mr.A. *What a good idea!*  
Waiter This way, gentlemen. Now *what would you like?*  
Mr.A. A Scotch for me, I think. *What about you?*  
Mr.B. Well, I think the same.  
Mr.C. Sherry, please.  
Waiter Two whiskies and one sherry, sir. Very good. Here's the menu.  
Mr.A. Now, let's see. What do you want *to start off with?*  
Mr.B. Well, the crab salad is very good, the *shrimps* are not bad.  
Mr.C. I think the crab salad.  
Mr.B. Right, three *crab salads*. What about the meat course?  
Mr.A. You know what I'd like? Poultry or game.  
Mr.B. Well, then. What about the *stewed hare?*  
Mr.C. All right. Let's try that.  
Mr.A. Good. So, we have crab salad followed by stewed hare.  
Waiter Very good, sir. What vegetables would you like?  
Mr.A. Oh, roast potatoes and *Brussels sprouts*, I think. What about you?  
Mr.B. Well, I have the sprouts but I don't think I want the potatoes.  
Waiter Very good, sir. Your table's ready.  
Mr.A. O.K. Thanks a lot.  
Waiter Any coffee, sir?  
Mr.A. Yes, of course. Black, please. The bill, please.  
Waiter Fourteen dollars altogether.  
Mr.A. Thank you.  
Waiter Thank you.

**Exercise 1. Learn the dialogue by heart and carry it on with your classmate in class. Render the contents of the dialogue in Indirect Speech in English. Translate the dialogue paying attention to italic phrases.**

**Exercise 2. Read the narration and answer the questions.**

Brandies and liqueurs are often served after dinner. However, brandy may also be served as a highball with soda or ginger ale.

The best-known brandy, cognac, comes from the district of Cognac in France. Popular French liqueurs, such as *Creme de Menthe (mint-flavoured)*, *Creme de Cacao (chocolate-flavoured)*, *Cointreau (citrus-flavoured)*, and *Grand Marnier (Orange-flavoured)*. Other countries produce special brandies and liqueurs.

1. When are liqueurs usually served? 2. What is the best-known French brandy? 3. What liqueurs are most frequently asked for? 4. Where does cognac come? 5. What are popular French liqueurs? 6. What countries produce special brandies and liqueurs?

**Exercise 3. Read the narration and answer the questions.**

In bars and restaurants people pay bills in various ways. Hotel guests may sign the bill, giving their room number. If the waiter doesn't know the guest, he asks for identification. Many travellers use credit cards or travellers checks. The cashier of the bar or restaurant carefully checks the signature. He may refuse to accept the credit card if the signatures are not alike. He also checks the date that the card expires to see if it is still valid. He makes a record of the number of the card, the date, and the amount. Sometimes guests include the tip on the credit card. A few guests still pay cash.

1. How many ways can people pay their bills? 2. Does cashier ever refuse to accept a credit card? If a credit card has expired, is it valid? 3. What information does a cashier write down when a guest presents a credit card? 4. Does a waiter or a cashier prefer to receive cash or credit cards?



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## UNIT III. FAST FOOD

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### INTRODUCTION

This three-month-old restaurant has attracted attention because it is a restored, one hundred fifty-years-old mill. The decor is charming and warm in an Early American, country style. Although the tables and chairs are modern reproductions, there are enough authentic antique pieces at the entrance and on the walls to avoid the fake Disneyland look of some restorations. The menu is also very American, though it is a bit too traditional for my taste. The menu also is very extensive, which always worries me because a large menu often means a large freezer. Although my dinner companions and I chose some things from the regular menu, we usually chose one of the day's specials.

The most delicious main course we tried was the country stew, which consisted of potatoes, carrots, peas, mushrooms, very tender beef, and – surprise! – Some smoked pork sausage. Because top quality beef was used, it was unusually good. Among other well-prepared main courses was the fried chicken because it wasn't cooked before and then re-heated. It was fresh and crisp. The vegetables that came with the main courses were fresh but overcooked.

The only exception was the string beans, which were green and crisp. Because the main courses are so large, there is really no need for an appetizer or soup. But for big eaters, I can recommend the mixed salad. The clam chowder was tasty because it was homemade, but it had no special distinction. The oysters on the half-shell were nicely served on a bed of ice, although I would prefer to have a better sauce for them.

If you can still eat dessert after all this plus rather good homemade bread and creamery butter, try the apple pie. The apples were juicy and firm and the pastry was light. It's hard to judge the service at this friendly restaurant. Because it was so crowded when I went, usually at 8 o'clock, service was slow.

The Reservation system doesn't always work. On one occasion, someone took our reservation for dinner but didn't have it when we arrived. This kind of thing can damage a restaurant's reputation, although its food may be good.

#### ***Exercise 1. Read the extract and explain table manners.***

Good table manners avoid ugliness. As rules of table manners are made to avoid ugliness. To let anyone see what you have in your mouth is offensive, so is to make a noise and to make a mess is disgusting. On the other hand there are a number of things in table etiquette that are merely unreasonable and silly. Fingers or forks?

All juicy or soft fruit or cake is best eaten with a fork. If you are able to eat a peach or ripe pear with your fingers and not smear your face, let the juice run down, or make sucking noises, you are one in a thousand who may continue to do so. **But if you** cannot eat something – no matter what it is without getting it all over your fingers, you must use a fork, and when necessary, a spoon or knife. Elbows are never put on the table while one is eating. Don't encircle a plate with the left arm while eating with the right hand. Don't push back your plate when finished. It remains exactly where it is until whoever is waiting on you removes it. Don't lean back and announce, "I'm through." The fact that you have put your fork or spoon down shows that you have finished. Don't ever put liquid into your mouth if it is already filled with food.

**Exercise 2. Read the text «New Fast Food Chain arrives» and explain the title of it.**

The Nashville Superburger chain, which started in the Tennessee city six years ago, opened its first store here last weekend on Commerce Street between Grant and Taylor Streets.

I was interested to see the connection between Nashville, the capital of country music, and hamburgers. Would the burgers be Southern fried? Would they be served on biscuits or with grits? Would they be shaped like guitars?

Well, I've been there twice and didn't find any real difference between Nashville Superburgers and McDonald's, Burger King, or Wendy's. The place was so brightly lit that I wished I had brought my sunglasses. Once I got used to the light, I liked the green and orange decor, usually found in health food places. Because those colours mean yoghurt and alfalfa sprouts, I felt good and almost healthy about having fast food.

Plus, the place was spotlessly clean – almost antiseptic. Although there were long lines, service was incredibly fast. The menu is limited to a variety of hamburgers, and the prices are reasonable. I had the *Super-Duper-Burger*, which was served with lettuce and tomato. Although the meat itself was rather gray and tasteless, the *secret relish* made it passable. The French fries were the best I've ever eaten at a fast food restaurant.

Everybody seemed to be drinking milkshakes, and although I usually shy away from them in fast food places I felt I should try one. It was thick and sweet – and there was probably not one drop of natural milk in it. Even though these may be low in cholesterol, I want whole milk, real ice cream, and natural flavourings in my milkshakes. Although I am as concerned as anyone else about health, I'll fight the cholesterol battle somewhere else. Nashville Superburger is a sure bet when you're downtown and in a hurry. I was in and out in ten minutes. It reminded me of a highway filling station.

**Exercise 3. Fill in the blanks with prepositions where necessary.**

1. I always have coffee ... breakfast. 2. My wife is always angry ... me when I sit ... dinner ... a newspaper. 3. He is ... the habit of smoking while reading. 4. A very nice concert followed ... the lecture. 5. Custard is a traditional dish made ... milk, eggs and sugar. 6. You'd better start ... a glass of tomato juice. 7. I can recommend you some fruit ... dessert. 8. I like sardines ... toast. 9. The meal is usually begun ... a soup. 10. Salad dressing is poured ... the salad to season it. 11. Dessert is the last course ... a good dinner. 12. It may consist ... hot sweets, cold sweets or cake ... a cup ... coffee, fruit, ice cream or cheese. 13. Pies and puddings are very popular ... England. 14. What did you discuss ... breakfast? 15. Laugh ... breakfast you'll cry ... supper. 16. What shall we have ... dinner? 17. ... dinner comes the reckoning. 18. What did they discuss ... supper? 19. What was served ... supper? 20. They were all ... lunch.

**Exercise 4. How do you think: What will people eat in future?**

Eating habits change from generation to generation. Before scientists learned about vitamins and other ingredients of food, people believed in eating large quantities of food and didn't pay attention to a balanced diet. A good 18<sup>th</sup> century meal consisted of as many as twenty courses. The Romans were famous for their great feasts and big appetites.

In the year 2100 people's eating habits may be just as surprising but in a very different sort of way. Probably there will be an end to food, as we know it today. Meals as we know them may become the thing of the past. Food and vitamins will be taken in the form of capsules, tablets and pills. Maybe this idea is not very pleasant but it may be the answer to food shortages and world famine.

**Exercise 5. Retell about the development of the McDonald's chain in Ukraine.**

McDonald's is a joint Russian-Canadian restaurant, which was opened on the 31<sup>st</sup> of January 1990. It is situated in Pushkin Square in the centre of Moscow.

The seating capacity of the hall is seven hundred seats. Coming into the restaurant hall you go to the main counter, get the illustrated menu-card and a girl (a young man) recommends you dishes, beverages, milk cocktails and dessert.

You make your choice, pay the money, take the tray with your dishes, beverages, and dessert and occupy any vacant table. The service is quick and excellent.

The quality is first-class! What's on the menu? For a snack you can have *Big Mac* – minced beefsteak made from plain beef, sliced lettuce latuk, brown onions, a slice of cheese and pickled cucumbers. All this is placed in a bun.

Fillet of fish – delicious white fillet of Atlantic cod in dried bread. Single or double hamburger made from plain beef, slices of pickled cucumbers and brown onions, single or double cheeseburger also made from plain beef of high grade quality, slices of cheese and pickled cucumbers. For a drink you can order cooling beverages – *Coca-Cola*, *Coca-Cola Light* (made without sugar for diabetics), *Spright* and *Fanta*.

There are milk cocktails, thick and nourishing, with chocolate, strawberry and vanilla syrup. If you like you can have dinner consisting of *Big Mac*, fried crisp potatoes and refreshing beverage. For a change you can have double cheeseburger or if you care for fish – fillet of fish. For dessert you can taste *Sunday*. It's a soft ice cream poured with hot chocolate, hot caramel or cooling strawberry syrup. There is also tea and delicious apple pies. Welcome to McDonald's!

**Exercise 6. Explain your attitude to fast food.**

The McDonald's hamburger company is going into the airline catering business. A Swis charter plane will be painted in the McDonald's colours, some cabin staff will wear McDonald's outfits, and the inflight food, instead of the customary cold collation, will be Big Macs and chicken McNuggets.

The service will be introduced on April 1, which initially led some people to suspect an April Fool trick, but the company and its Swis airline collaborator, Crossair, confirmed yesterday that the project is no hoax. It will serve charter routes from Geneva and Zurich to popular European holiday resorts.

In line with the McDonald's practice of prefixing products with "Mc", the 161-seater MD83 jet will be known officially as the McPlane. Its fuselage will be painted to depict the McDonald's golden arches, and the cabin seats will be upholstered in bright red leather. McPlane's interior will seek to create the atmosphere of a McDonald's high street outlet, complete with *Have a nice day* greetings from the cockpit.

Reto Meister, a Crossair spokesman, said yesterday: "The whole appearance of the plane will be of a McDonald's restaurant". He did not know if the cabin-drinks-trolley would be replaced by a milkshake dispenser. Chips, or *fries* as McDonald's call them, have been ruled out because of the danger of using a deep-fat fried. Crossair is a subsidiary of Swissair, and 80% of its normal passengers are businessmen. Mr Meister said the service would be limited, initially, to one holiday charter route.

**Exercise 7. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 8. Add some information & make up a small report and give a talk in class.**

## EATING OUT

*We treat you right. Have it your way. We love to see you smile. Your way, right away. Taste the difference fresh makes. A fresh take on fresh taste.*

There are just a few of the slogans various fast food companies have used over the years to attract customers. With commercials featuring cheerful music and catchy jingles broadcast on the radio and television, fast food companies rely on sophisticated marketing to convince consumers that their food offers to the best taste and value, or is the most fun to eat. Much of the marketing of fast food is specifically targeted to children.

Of course, the goal is for children to see a restaurant's advertisements, and then persuade their parents to take them there. With children in mind, McDonald's features Ronald McDonald, a clown, and Taco Bell introduced a talking Chihuahua dog.

Fast food restaurants frequently offer a free toy with every purchase. A similar but more alluring type of promotion is to offer a set of toys, which requires more than one purchase to acquire the complete set. Some companies now have attractive playgrounds with swings, slides, and balloons as integral parts of their restaurants, so children can eat and play at the same place. To attract adults, fast food marketing campaigns emphasize the method of food preparations are *Two for price of one* or *Buy one at the regular price and get a second one free!* Restaurants sometimes offer a large serving for the same price as a small one.

One company boasts that their hamburgers are tastier because they are charcoal-broiled, not fried. Another competitor claims that one of their sandwiches can be ordered in 1,024 possible ways; a figure based on the number and combination of condiments available.

There have been innumerable contests at fast food restaurants, with the expectation that customers will feel hungry as well as lucky. Prizes can range from a free hamburger or drink to an all expenses-paid vacation. Whether by gimmicks or giveaways, marketing in the fast food industry is crucial because it helps companies distinguish themselves from competitors that offer almost exactly the same type of meals. Fast food has grown remarkably, not only in the USA, but also around the world. Restaurant chains represent a multi-billion dollar industry that shows no sign of slowing down. Innovations in operations and products have kept the industry growing and led to speeding up the pace of contemporary life.

From its inception, fast food has lived up to its name. This service reduced the cost of operating a restaurant and established relatively low prices. Now we see *drive up* service. Customers can order, pay and leave without turning off the motors of their cars.

Many eat as they drive. All the major fast food chains now sell breakfast to hungry people in a hurry. Chains have sought new markets other than the traditional roadside ones. Now we see fast food counters inside amusement parks, shopping centers, movie theatres, airports, schools, even a few hospitals. For many people, however, fast food has become symbolic of a fast-paced lifestyle that is neither natural nor healthy.

An organization called *Slow Food* was established in Italy in 1986 to oppose fast food and its assembly-line approach to cooking and eating.

*The Slow Food* manifesto, endorsed in Paris in 1989 by delegates from 15 countries, states, "We are enslaved by speed and have all succumbed to the same insidious virus: Fast Life, which disrupts our habits, pervades the privacy of our homes and forces us to eat fast Foods". To fight the negative connotations of fast food, many companies now emphasize the word *fresh* in their advertising and use the term "quick service" to describe their operations.

1. Have it your way. – Пусть будет по-вашему.
2. Giveaway – распродажа.



**Exercise 1. Choose the keywords that best convey the gist of the information.**

**Exercise 2. Analyze Japan as a fast-food market.**

Fast food was not common in Japan, when Kentucky Fried Chicken decided to enter the market. Japan is a rich, populous country of some 120 million, 90% of whom consider themselves middle class. Japan is the restaurant capital of the world, with one eating establishment for every eighty-one people.

In recent years, with income rising and leisure time more plentiful, the industry bloomed. Fast food in particular has proved inordinately popular growing by a factor of six in the last ten years. Chicken is popular in Japan anyway, and KFC's chicken tasted a little like yakitori, the broiled chicken on a stick that is one of Japan's most popular dishes. As in other countries, KFC varied the menu to accommodate local tastes.

The Japanese aren't thrilled about mashed potatoes and gravy, which are common in both The USA and Australia, so they switched to French fries. When the Japanese consumers found the cole slaw (cabbage salad) too sweet, KFC cut the sugar in half.

The company catered to Japanese preferences in other ways, too. Smoked chicken, yogurt, and fish and chips, for example, all adorn KFC's Japanese menus.

**Exercise 3. Answer the questions.**

1. How often do you eat restaurant food rather than home cooking? 2. Have your habits changed recently? Why? 3. Do you eat in fast-food restaurants? If so, how often? If not, why? 4. Do you eat breakfast, lunch, dinner, or snack in fast-food restaurants? 5. Do you think that fast-food is junk food (high-calorie, low-nutrition food) or healthy food? 6. When you travel, do you patronize fast-food restaurants? Why or why not? 7. What do you like to eat at MacDonalds? 8. What kind of fast-food restaurants chains do you know? 9. Which of them are in Ukraine? 10. What do you think about the the problem?

**Exercise 4. Explain business principle: listen to the customer.**

Stew Leonard elicits opinions from his supermarket customers through monthly customer interviews, called focus groups, and a suggestion box. Every day over 100 suggestions are received, typed up, and distributed to the appropriate departments. He tries out many of these suggestions, even if they seem unlikely.

According to Mr. Leonard, two recent successes came from customer ideas put into the suggestion box. One was to sell strawberries loose, like tomatoes, in the big flat trays from the farms, not in plastic one-pint (0,55 liter) baskets. The produce manager said that if the strawberries were set out loose, people would eat them and the leftovers would never sell. He turned out to be right, but customers who can choose strawberries individually will drop them into plastic bags without watching the total and some will buy twelve dollars worth. Sales tripled. Then there were the turkey dinners.

They were selling them with vegetable and stuffing fresh but refrigerated, and roasting just three turkeys a day in the store's kitchens to keep up with demand.

A customer suggested selling them at the hot-food-bar, a growing part of the business; so he did, and demand jumped to twenty-one turkey a day. But some customers said they did not like paying \$2,99 a pound for the gravy mixed in, or that the gravy had too many calories. Other said there was not enough gravy. So he started putting the gravy on the side and demand rose to more than fifty turkeys a day.

**Exercise 5. Read the information & pick up the essential details in the form of quick notes.**



**Exercise 6. Find additional information about the history of pizza and give it out.**

Pizza Hut was recently opened in Kutuzovsky Avenue in Moscow.

We invite you to visit our Pizza Hut. There are excellent products in our assortment for making pizza of several kinds. We recommend you to taste our delicious Pan Pizza, rich and tender baked from our fresh rich pastry.

Each pizza is covered with our special tomato sauce and two layers of cheese *Motzarella*. We can offer you nine kinds of special pizza (three-sized each). Small pizza is for one customer, medium – for two, large – for three or four. After choosing the size you should choose the kind of pizza. We've got our special filling-toppings.

There is a great variety of toppings on our menu. Our famous pizza Super Supreme is covered with six toppings. We recommend you our refreshing beverages: Pepsi, Diet Pepsi, beer and wines to your taste! And don't forget about our delicious garlic toast, soups and salads. While you are waiting for your pizza you can have a drink and a snack.

After the waitress brings you a snack-plate you can go to the salad-bar and choose whatever you like: sliced fresh cucumbers, tomatoes, lettuce, radishes, onions, carrots, spring onions & so on (you have the right to visit the salad-bar once only). After the salad, please, taste our garlic toast made from freshly baked bread slices covered with tasty garlic butter here is your pizza. We hope you'll have a good time. We work hard to improve the quality of our dishes and service: Pizza Hut was first opened in 1958 in the USA. Now there are over 7,000 restaurants of the kind in more than 54 countries of the world.

**Exercise 7. Read the text and explain what means «eating out».**

Although the English do not eat out as much as other Europeans do, there are many kinds of restaurants in England. Some of them are traditional restaurants where a waiter serves customers, and others are self-service restaurants. There are small restaurants & cafes, which are very popular & crowded, especially during the lunch-hour, but it is getting more and more expensive to have meals there.

*Eat Out!* Features international locations, concepts, and designers that deal with the world of food in a timely and surprising way. On the one hand, the book sheds light on current trends and future developments in restaurant design. It presents an extensive selection of locations with a design spectrum varying from glamorous to minimalist, from romantic to high-tech. On the other hand, *Eat Out!* examines in detail the different concepts that this variety of restaurants uses to create unique dining experiences. It also documents unconventional events and installations in which shared food experiences are created by eating together in extraordinary places or by unusual serving methods.

At self-service cafeterias a customer serves himself, and he can get a meal more quickly and less expensively there, than in other types of restaurants.

**Exercise 8. Add some information and give a small report in class.**

McDonalds Once Featured a Grilled Pineapple Sandwich. Even McDonalds, the franchise that all other franchises are modelled, has had its fair share of menu flops.

In the 1960s, McDonald's CEO Ray Kroc ran a pineapple *hula burger* during lent, in select areas with a high catholic population. The sandwich featured a sesame seed bun, and grilled pineapple ring topped with a slice of American cheese. Understandably, the Hula Burger didn't last long, never making it nationally.

Starbucks is a Chain but not a Franchise. All franchises are chain restaurants, but not all chains are franchises. Case in point, Starbucks. Starbucks is one of the biggest chains in the entire world. But, unlike McDonalds, which is the largest chain in the world, Starbucks is owned by the same company, not a group of Franchisees.

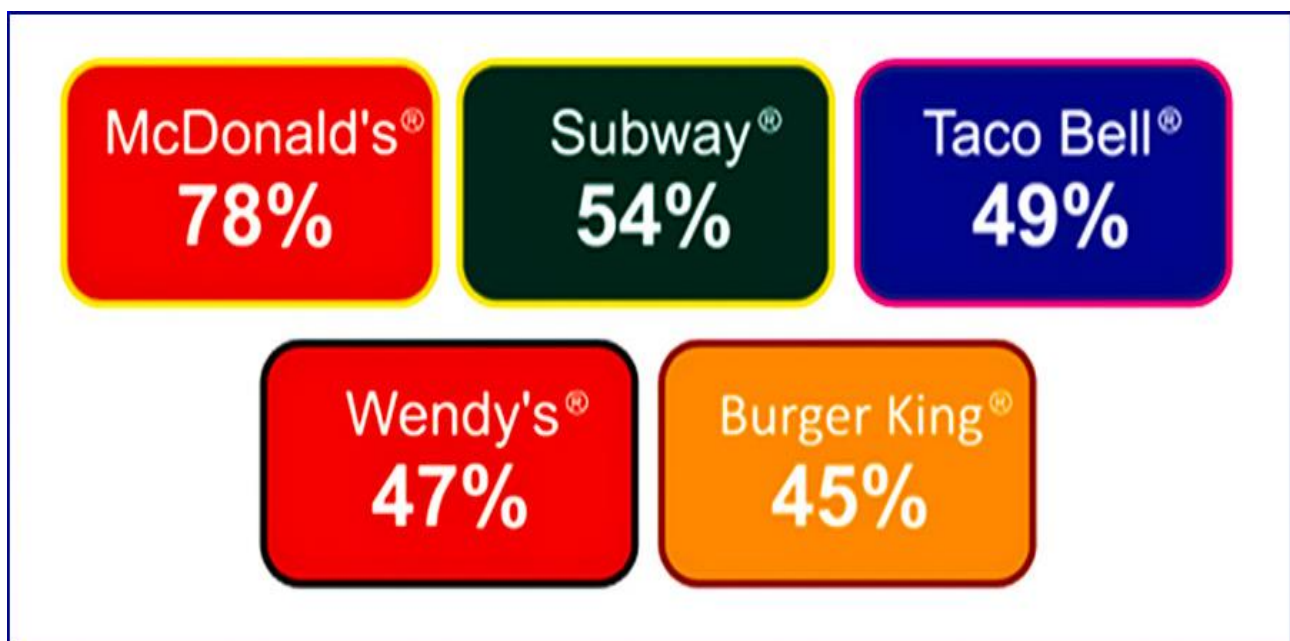
The World's most expensive burger costs \$5000. There are plenty of expensive burgers out there. The 666 Food Truck in New York City offers a burger with truffles, foie gras and Himalayan salt for \$666. Paris, Las Vegas offers a \$777 Kobe beef burger, which contains a Maine lobster, caramelized onions, imported Brie cheese, crispy prosciutto, 100-year aged Balsamic vinegar. But the most expensive burger? It goes to Fleur de Lys at Mandalay Bay, Las Vegas, which offers an astounding \$5000 burger.

The Average American Spends \$2505 Eating Out. According to the USDA, Americans spend just over \$2500 eating away from home. A bonus, Americans drop \$8 billion on dining on just Valentine's Day. How much of it is at your restaurant?

**Exercise 9. Memorize the expressions & proverbs & say in what situations you might use them.**

- To stew in one's own juice – вариться в собственном соку.
- To serve somebody with the same sauce – отплатить тем же.
- To save one's bacon – спасти свою шкуру.
- To make mincemeat of – уничтожить, превратить в котлету.
- Out of the flying-pan into fire. – Из огня да в полымя.
- Great boast, small roast. – Много шума, мало дела.

**TOR RESTAURANTS USED FOR BREAKFAST LUNCH DINNER**



**Exercise 10. Read the text «The Way forward» and explain the title.**

Lately there has been considerable upheaval within the food and flavour industries.

Private marketing departments are interested in naturalness of their products, and, wherever possible, they try to remove the so-called *additives*.

Food additives are the substances which may be added in small amounts into the food to perform a special function. They fall into some categories: those which are added to prevent food from spoilage and those which are added to enhance the texture, flavour or appearance of food. Television programmes telling them that they should be changing their diets continually bombard consumers. The use of flavourings must satisfy the consumer's expectations, a natural taste and a health image – fruit flavours for low-fat products and cream, caramel and chocolate. Before considering which way the flavour industry should develop it is worth to saying that there are only two classes of flavours that may be used in foods: natural flavouring substances and artificial substances.

There are **three main classes of flavours** available for use in products.

1. Natural flavouring substances, obtained from natural sources by an extraction, distillation and concentration.

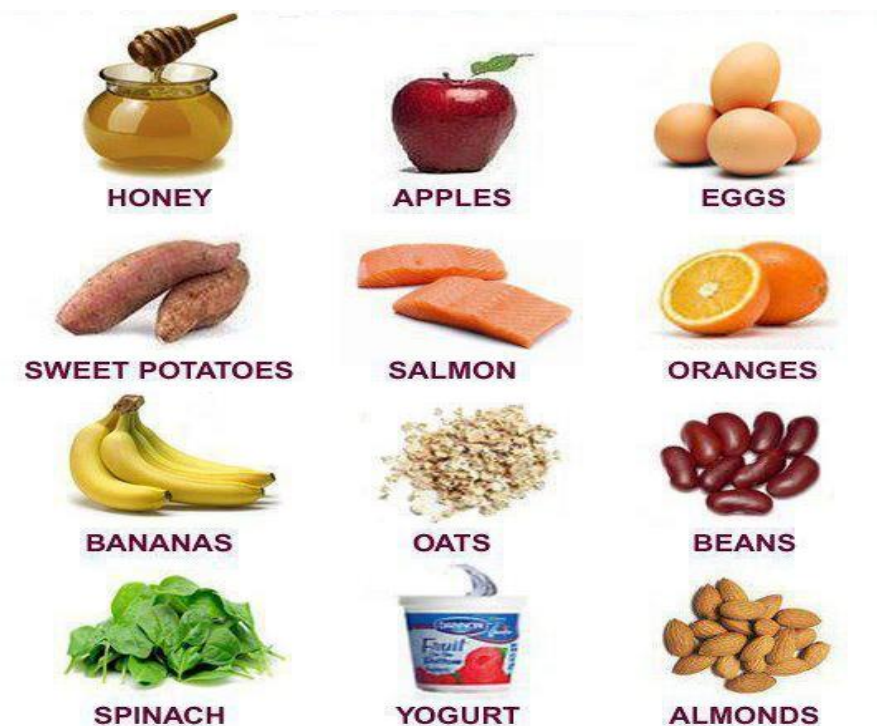
2. Nature identical substances, chemically produced, but which are identical with the chemical compounds found in natural foodstuffs.

3. Synthetic flavouring substances which are also obtained by chemical production, but aren't known to exist in nature. They are recognized as harmless.

It is necessary to retain the trust of the consumer. It is important for every member of the flavour industry to ensure that only truly natural flavours are used.

The way forward, therefore, must be a return to the use of nature identical flavours. We should keep and enjoy a field of fresh strawberries and use non-artificial flavours for manufactured products.

**FOODS TO EAT FOR ENERGY**



## COLD FACTS OF ICECREAM

The sun beat down on the lawn of Mount Vernon on a summer day. Women dressed in layers of petticoats sought shade beneath a nearby tree. Their host, George Washington, soon appeared, holding the grand finale to the afternoon picnic: pewter pots heaped high with pink and white ice cream. But people had been enjoying chilly treats long before that warm day in 1790.

The first evidence of any kind of frozen confection is from Alexander the Great in the fourth century B.C. Legend has it that this mighty leader enjoyed icy drinks. Once, he even had thirty trenches filled with snow to chill drinks for ladies' refreshment.

Roman emperors savoured wines, fruit pulps, and juices flavoured with honey and chilled with ice and snow. Nero Claudius Caesar, who reigned from A.D. 54 to 68, demanded that these *ices* be served regularly at royal feasts.

But retrieving snow and ice from the faraway Alps was a challenge. Strategies to keep the ice from melting were planned months in advance, and relay runners raced across hundreds of miles to get their loads of ice to Rome. They had good reason to be quick – legend has it that once, when the snow melted before it reached Nero's table, the emperor executed the general-in-command. While the Romans were busy carrying all that ice from the mountains, ancient Chinese, Indian, Persian, and Arabian banquet-goers were enjoying similar concoctions of fragrant fruit juices mixed with ice.

When Marco Polo returned to Europe from his famous explorations of China in 1295, he told of exotic kings who savoured these strange frozen delicacies. To prove his stories were true, he produced recipes. By the year 1500, cream had been added to the recipes, and Italian nobility couldn't get enough *cream ice*.

*Cream ice* was brought to France in 1533 with the help of Catherine de Medicis of Italy. When she married King Henry II of France, she installed her personal chefs and dessert makers in the royal palace. For more than one hundred years the recipes were a closely guarded secret. Even royalty couldn't keep a secret like ice cream, and by the 1700s everyone was clamouring for a taste of the dessert. Cafes specializing in such exotic ice-cream flavours as macaroon and rum sprang up all over Europe.

In 1794 even the great composer Beethoven noticed the ice-cream craze in Vienna, Austria. He wrote, "It is very warm here. The Viennese are afraid it will soon be impossible to have any ice cream, for... ice is rare". When was America first treated to a taste of ice cream? The year is a mystery. However, William Black, a dinner guest of Governor Bladen of Maryland, provides a clue. In 1744 he wrote, "We had a dessert no less curious... some fine ice cream, which, with the strawberries and milk, eat most deliciously".

Some of American most famous presidents have gotten their licks, too.

Thomas Jefferson once returned from a trip to France with an eighteen-step recipe for ice cream. He added fresh figs from his own yard for flavour. George Washington enjoyed the frosty dessert so much that, during the summer of 1790. He ran up ice-cream bill of 51 English pounds – almost \$2,200 in today's money! President Washington must have relished a dinner invitation from Mrs. Hamilton, wife of the first secretary of the treasury. She held elegant parties where "pyramids of red and white ice cream with rose and cinnamon" were the centre of attention. A few years later, First Lady Dolly Madison created a national sensation when she served "a large shining dome of pink ice cream" at James Madison's inaugural ball in 1812.



Few regular citizens ever tasted ice cream, for it was an elite treat only the wealthy could afford. But two inventions eventually scooped ice cream out of the hands of the wealthy and plopped it into the lives of ordinary people: the refrigerator, invented in 1803; and the first hand-cranked ice-cream freezer, made in 1846. Ice-cream shops immediately spread across the country, and soon ice cream was available daily.

These are a few of Ben & Jerry's more than 30 ice cream flavours: What once was the food of kings and presidents could now be enjoyed by all.

**Cherry Garcia:** French vanilla ice cream with big cherries and chunks of dark chocolate.

**Chocolate Fudge Brownie:** ice cream with chunks of dense chocolate cakelike cookie.

**Heath Bar Crunch:** vanilla ice cream with chunks of butter candy.

**Strawberry:** strawberry ice cream with fresh strawberries and a hint of lemon.

**New York Super Fudge Chunks:** chocolate ice cream with pecans, walnuts, almonds, and chunks of white and dark chocolate.

**Exercise 1. Analyze the cold facts about ice creams.**

**Stew Leonard's approach to Supermarket sales**

**Dealing with Customers**

Our mission is to create happy customers.

The customer who complains is our friend.

It's five times harder to find a new customer than it is to keep an old one.

**Marketing the Product**

Lower the price and sell the best.

Word of mouth (personal recommendations) will do the best.

Pile it (the product) high and watch them buy.

If you wouldn't take it home to your mother, don't put it out for our customers.

**Managing Employees**

Hire people more for their attitudes than for their skills or intelligence.

Management by appreciation appreciates your customers, employees, and suppliers.



## «COCA-COLA»

Coca-Cola is enjoyed all over the world. 1.6 million gallons are sold every year, in over 160 countries. The drink was invented by Dr. John Pemberton in Atlanta, on 8 May 1886, but it was given the name Coca-Cola by its partner, Frank Robinson. In the first year, only nine drinks a day were sold. The business was bought by the man called Asa Candler in 1888, and the first factory was opened in Dallas, Texas, in 1895. Coca-Cola is still made there. Billions of bottles and cans have been produced since 1895. Diet Coke has been made since 1982, and over the years many clever advertisements have been used to sell the product. It is certain that Coca-Cola will be drunk far into the 21<sup>st</sup> century.

As the 20<sup>th</sup> century draws toward an end, Coca-Cola, a little more than a century old itself stands out as the most successful product in the history of commerce. People on every continent, in almost every country of the world, are familiar with the name and taste of this world-famous soft drink. Coca-Cola was born in Atlanta on May 8, 1886, when a pharmacist named Dr. John Styth Pemberton produced the syrup, according to legend, in a brass pot in his backyard. When, by accident or design, carbonated water was added to the syrup, it produced a drink that was declared *delicious and refreshing*.

The trademark *Coca-Cola* was registered in the U.S. Patent Office on January 31, 1893.

Through clever advertising the demand for the product grew by leaps and bounds. One great leap forward came in 1894, when Joseph Biedenharn of Vicksburg, Mississippi, impressed with the demand for the drink at the soda fountain, installed bottling machinery and began to sell cases of Coca-Cola to plantations & lumber camps up and down the Mississippi River.

Today, the Coca-Cola bottling system is the largest, most widespread production and distribution network in the world.

In 1916 the uniquely shaped bottle, designed by a glass company in Terre Haute, Indiana, was developed to protect Coca-Cola from imitations. In the 1920s Coca-Cola pioneered in producing *six-packs*, cardboard cartons that held six bottles of the drink.

In 1929 a distinctively shaped fountain glass became standard and helped to advertise the popularity of the drink. The international growth of Coca-Cola began in 1900, when a son of the company's founder took a jug of syrup with him on a vacation to England.

The same year Coca-Cola travelled to Cuba & Puerto Rico, where bottling operations soon began, as they did in Panama, the Philippines, and Guam. The first bottling company on the European continent began operation in France in 1920.

Coca-Cola and the Olympics began their association in the summer of 1928, when an American freighter arrived in Amsterdam carrying the United States Olympic team and 1,000 cases of Coca-Cola. Forty thousand spectators filled the stadium to witness two firsts: the first lighting of the Olympic flame and the first sale of Coke at an Olympiad.

Many people outside the United States had their first taste of Coca-Cola during World War II. When 64 bottling plants were shipped abroad to provide more than 5 bn bottles of Coke for American service personnel in Europe and the Pacific. In the next 20 years the number of countries with bottling operations nearly doubled.

The worldwide appeal of Coca-Cola was dramatically displayed in 1971, when young people from around the world gathered on a hilltop in Italy to sing "I'd like to buy the world a Coke" presenting a unifying global spirit. In 1976 the well-known advertising slogan *The Pause That Refreshes* (which first appeared in *The Saturday Evening Post* in 1929) was joined by a new slogan: *Coke Adds Life*.



A few years later *Have a Coke and a Smile* was added, and in 1982 the theme *Coke is it!* was launched around the world followed by *Can't Beat the Feeling* in the late '80s, and *Can't Beat the Real Thing* in the early '90s.

**Exercise 1. Read the information and explain how Americans eat and drink.**

Coca-Cola is the best-selling soft (non-alcoholic) drink in the world. 165 mln Cokes are sold every day, from the equator to the Arctic. But whereas outside the USA Coke tends to be a young person's drink, inside the USA anybody of any age or income can drink it without embarrassment on any occasion.

Coke is not the only *cola* drink. Pepsi Cola is a well-known rival and has its devotees, for it is not as sweet as Coke. Cola drinks contain caffeine from the kola nut and are the only soft drinks, which are stimulating as well as refreshing. There are excellent wines produced in California, which are praised by European connoisseurs, but some Americans prefer stronger stuff. Well-off Americans consume a lot of alcohol in the form of cocktails – mixtures based on spirits like whisky, gin and vodka.

Hamburgers and hot dogs are perhaps the best-known American foods. Hot dogs – sausages between bread rolls – can be bought in snack bars and from hot dog stands on street corners. And from San Francisco to New York, in cheap or medium-priced restaurants, hamburgers will be on all the menus, in company with steaks, fried chicken and seafood.

They come with French fries and crisp" green salad. In most cases it is certainly good value for money. For dessert you will be offered apple pie, cheesecake, chocolate layer cake, ice creams and ice cream sundaes. No ice cream is more delicious than American ice cream.

The American passion for speed has now hit the food business. Many restaurants, in particular the great chain restaurant company, Macdonalds, specialize in *fast food*, food which is served at the counter ready *to go*, or *to take out*.

The food, cooked and hot, is packed into cardboard and plastic containers, and hot drinks go into plastic cups with tight-fitting lids. There are drive-in fast-food restaurants, where the customer does not even have to leave his or her car. They first stop at a board where the menu is displayed, give an order through a microphone and then drive another twenty yards, where a girl hands them the meal, ready cooked and packed.

People who prefer to eat at a table in the restaurant receive their food in cardboard or plastic containers, and the knives, forks and spoons are plastic, too. When they have finished, customers throw everything except the tray into a trashcan.

In most cities, large and small, you can eat Mexican or Italian food. And even small towns have a coffee shop serving simple meals, drinks of all kinds – and excellent, freshly made coffee. You sit at the counter, or are served at a table.

Service in restaurants and coffee shops is efficient and friendly. Waiters and waitresses often introduce themselves: "Hi! I'm Don (or Debbie). What can I get you folks?"

This friendliness is natural and not entirely influenced by the hope of a high tip. In any case, people usually tip 15% of the check. One of the pleasantest things about waiters and waitresses is that they refill your coffee cup several times for no extra charge!

Many American families pride themselves on their cooking, and have deep freezers, where they store food they grow in their gardens or buy in the supermarket. Supermarkets are large self-service stores selling every kind of food – fresh, canned or frozen. So, like the fast-food restaurants, their produce is less expensive and easier to market. There have been supermarkets in the USA since the 1930s.

**Exercise 2. Specify the history of candy and cake through the ages.**

In the ancient world, candies were made of honey and sweet fruits. Sugar cane was unknown until Alexander the Great conquered India and discovered the "Sweet Sticks of the East". During the centuries of the Middle Ages, the only sweets were honey cakes and sugarcoated pills called *sugarplums*.

By the end of the Middle Ages the demand for *sugarplums* became so great that they were sold in bakeshops instead of pharmacies. Sugarmaking again became popular.

It was just about this time that the Spanish conquerors discovered South Africa, and "Chocolati". Chocolate was a bitter beverage made out of cocoa bean.

The Spaniards decided to add some sugar to sweeten it and two hundred years later, came upon the idea of serving it in solid form. Solid chocolate, however, was a delicacy only the rich could afford. Even today the candy-eating customs differ greatly in various countries.

The Ukrainian child is happy eating his candy with milk; the Mexican child prefers candy in the shape of human skulls. The German child's first day in school is sweetened with a huge cardboard filled with candy, and in Turkey one day a year is called Candy Day, and throughout the day children get candies from every adult they meet.

**Exercise 3. Do you know how old is your lunch?**

Today's modern food technology allows food to be stored for days, months and years. How shocking! Bottled water that we drink everyday comes from springs dating back to pre-Jurassic period. Ham and salami on the shelf has a life of several years.

But then is it really that disgusting? Tuna caught in Chilean water yesterday can be on sale in a Japanese restaurant in London tomorrow. Asparagus picked in Peru today can be on sale at Marks & Spencer on Tuesday. Yet cod caught in the North Sea may take four weeks to get to your fishmonger. It is a paradox of modern consumerism that items from abroad will be fresher than home-produced items. Much fresher than, for example, the frozen peas you are eating now, which were picked in early summer; or the Cox's orange pippins, which are packed with inert gas and then sold months later; or the English potatoes often stored for six months in cold, dark sheds and treated with chemicals to prevent them sprouting.

So how old is the food on our plates? As you would expect, it can vary enormously. Does age matter, either in terms of safety or nutrition? The answers are not as simple as you might expect. Some food improves with age – the best mature Parmesan cheese is four years old – and what you buy in the shops is as often too young as too old. Some bottled water – the ads do not lie – may be a million years old, the melted product of pre-Jurassic glaciers.

Some nutritional loss, of vitamin C and minerals, occurs in all foods as they age. But, to most of us, enjoying a more than adequate and varied diet, the loss is insignificant.

The loss of other qualities is more important. Vegetables lose texture and their flavour spoils, fruit picked too young fails to ripen satisfactorily, frozen meat tastes like cardboard if used too quickly. Here, for five main categories of food and drink, is guide to the age of what you are likely to find on your plate or in your cup.

**Exercise 4. Transfer the given information from the passages onto a table.**

№	Activity			
	Event	Where	When	Score
1.				

**Exercise 5. Translate into English.**

1. Какой суп ты хочешь, чтобы я приготовила? – Любой. Только пусть мама сварит его. Он будет гораздо вкуснее, если будет приготовлен без твоей помощи. У семи нянек дитя без глазу. 2. Разрешите предложить вам еще чашку кофе? – Спасибо. Не кладите много сахара, пожалуйста. Двух кусков (сахара) достаточно. – А я всегда кладу три куска (сахара). Я люблю очень сладкий кофе. – Ну что ж, о вкусах не спорят. 3. Пора ужинать. Что сегодня на ужин? – Отбивные с жареной картошкой и чай с печеньем. 4. Чем вас угостить? Попробуйте салат. – Спасибо, я уже его ел. Очень вкусно. – Разрешите тогда предложить вам ветчины или сыру? – Спасибо, с удовольствием возьму кусочек ветчины с горчицей. 5. Что ты заказал на второе? – Еще ничего, но закажу котлеты с макаронами. А я макаронам предпочитаю картофель и другие овощи, поэтому я возьму жареную курицу с пюре. 6. Стол уже накрыт. Тарелки, ножи и вилки уже разложены, хлеб нарезан, и вся закуска (the dishes) уже на столе. – А где же соль и перец? Ты, как всегда, забыла о них.

**Exercise 6. Supply prepositions where necessary.**

- Hallo. Table ... for two, please.
- I'd like to begin ... porridge.
- Well, then. Corn flakes ... milk, a rasher or two ... bacon and fried eggs.
- Grapefruit juice ... me, please.
- How do you want your coffee? ... cream, please.
- What kind ... jam do you want? Cranberry, please.
- What ... you, sir? The same ... me.
- Please, serve us quickly. We are ... a hurry.
- Do you want coffee or tea? A cup ... coffee, please. Do you want cream ... your coffee? No, thanks. I like it black.
- Coffee, please, ... plenty ... milk.

**Exercise 7. Read the quotations about English food and remember them.**

"It takes some skill to spoil a breakfast – even the English can't do it!"

"On the continent people have good food; in England people have good table manners." "If the English can survive their food, they can survive anything!"

"Even today, well-brought up English girls are taught to boil all vegetables for at least a month and a half, just in case one of the dinner guests comes without his teeth!"

"English cooking? You just put things into boiling water and then take them out again after a long while!"

"Hunger is the best sauce."

"What happens to the holes when all the cheese has been eaten?"

"A rich and varied menu is for people who have no work to do."

"It's so beautifully arranged on the plate – you know someone's fingers have been all over it."

"An idealist is one who, on noticing that a rose smells better than a cabbage, concludes that it will also make better soup."

"Sigh. Got to go buy some food. A mouse hung itself in my fridge and left a note 'can't live like this'."

"Ingredients as fresh as they were 27 years ago."

**Exercise 8. Look at the chart and remember that.**

How much...? \_\_\_\_\_ How many...?  
all \_\_\_\_\_ all / every  
most \_\_\_\_\_ most  
much \_\_\_\_\_ many  
a great deal / amount of \_\_\_\_\_ a large number of  
a lot / lots of \_\_\_\_\_ a lot / lots of  
some \_\_\_\_\_ some / several  
a little \_\_\_\_\_ a few  
less \_\_\_\_\_ few  
little \_\_\_\_\_ fewer  
no / none  
not ... any

**Exercise 9. Fill in the gaps with one of the words in its correct form.**

- Scotland \_\_\_\_\_ a lot of its food from other countries. It includes oil, beef, and whisky.
- I'm very pleased with my English. I'm making a lot of \_\_\_\_\_.
- Ministers are worried. There has been an \_\_\_\_\_ in the number of unemployed.
- But the number of crimes has \_\_\_\_\_, so that's good news.
- How dare you call me a liar and a cheat! What an \_\_\_\_\_!
- There was a demonstration yesterday. People were \_\_\_\_\_ about blood sports.
- People usually buy CDs these days. Not many people buy \_\_\_\_\_ any more.
- Don't touch the video! I'm \_\_\_\_\_ a film.
- Britain \_\_\_\_\_ about 75% of its own oil.

**Exercise 10. Read and answer the question.**

Jonathan Swift, who wrote *Gulliver's Travels* and many other books, is the author of the following quotation: *Good manners* is the art of making those people easy with whom we converse. Whoever makes the fewest persons uneasy, is the best bred in the company.

What did Jonathan Swift mean?



Catering Facilities

## DINNER AT SWITHIN'S

*by John Galsworthy*

In Swithin's orange and light-blue dining room, facing the Park, the round table was laid for twelve. Swithin stood at the sideboard in a white waistcoat with large gold and onyx buttons watching his valet screw the necks of three champagne bottles deeper into ice pails. Between the points of his stand-up collar, which though it hurt him to move he would on no account have had altered, the pale flesh of his underchin remained immovable. His eyes roved from bottle to bottle. He was debating, and he argued like this: "Jolyon drinks a glass, perhaps two, he's so careful of himself.

James, he can't take his wine nowadays. Nicholas – Fanny and he would swill water, I shouldn't wonder! Soames didn't count; these young nephews (Soames was thirty-eight) could not drink! But Bosinney?" Encountering in the name of this stranger something outside the range of his philosophy, Swithin paused. "June was only a girl, in love too! Emily (Mrs. James) liked a good glass of champagne. It was too dry for Juley, poor old soul, she had no palate. As to Hatty Chessman! He shouldn't wonder if she drank half a bottle!"

But thinking of his remaining guest, an impression like that of a cat who is just going to purr stole over his old face: "Mrs. Soames! She mightn't take much, but she would appreciate what she drinks; it was a pleasure to give her a good wine! A pretty woman, who knew how to dress, with charming manners, quite distinguished a pleasure to entertain her."

"Adolf!" he said.

"Put in another bottle."

He himself might drink a good deal, he found himself extremely well, and he had been careful to take no lunch. Passing into the anteroom, he sat on the edge of chair. He was ready to rise at a moment's notice. He had not given a dinner-party for months. This dinner in honour of June's engagement had seemed a bore at first, but the labours of sending invitations and ordering the repast over, he felt pleasantly stimulated.

And thus sitting, a watch in his hand, he thought of nothing.

His valet entered and proclaimed:

"Mrs. Chessman, Mrs. Septimus Small!"

Two ladies advanced. The one in front, habited entirely in red, had large, settled patches of the same colour in her cheeks, and a hard, dashing eye. She walked at Swithin holding out a hand cased in a long, primrose-coloured glove.

"Well, Swithin," she said, "I haven't seen you for ages! How are you? Why, my dear boy, how stout you're getting!" She had quite a reputation for saying the wrong thing. A great talker, when allowed, she would converse, without the faintest animation for hours.

"Mr. and Mrs. Nicholas Forsyte!"

Nicholas Forsyte, cocking his rectangular eyebrows, wore a smile. Mrs. Nickolas smiled a smile of frightened jollity behind his back.

"Mr. and Mrs. James Forsyte! Mr. and Mrs. Soames Forsyte!"

Swithin drew his heels together, his deportment ever admirable.

"Well, James, well, Emily! How are you, Soames? How do you do?"

His hand enclosed Irene's and his eyes swelled. She was a pretty woman – a little too pale, but her figure, her eyes, her teeth! Too good for that chap Soames! Soames stood, his eyes fastened on his wife's neck. The hands of Swithin's watch, which he still held open in his hand, had left eight behind.

"It's not like Jolyon to be late!" he said to Irene, with uncontrollable vexation. "I suppose it'll be June keeping him." "People in love are always late," she answered. Swithin stared at her. "They've no business to be. Some fashionable nonsense!"

"Miss June Forsyte – Mr. Jolyon Forsyte!... Mr. Bosinney!"

Swithin moved his arm, and said in a rumbling voice: "Dinner, now – dinner." He took in Irene, on the ground that he had not entertained her since she was a bride. June was the portion of Bosinney, who was placed between Irene and his fiancée.

On the other side of June was James with Mrs. Nicholas, then old Jolyon with Mrs. James, Nicholas with Hatty Chessman, Soames with Mrs. Small, completing the circle with Swithin again. Family dinners at the Forsytes observe certain tradition.

There are, for instance, no hors-d'oeuvres. The reason for this is unknown. Theory among the younger members traces it to the disgraceful price of oysters; it is more probably due to a desire to come to the point, to a good practical sense deciding at once that hors-d'oeuvres are but poor things.

The Jameses alone, unable to withstand a custom almost universal in the Park Lane, are now and then unfaithful. No Forsyte has given a dinner without providing a saddle of mutton. There is something in its succulent solidity, which makes it suitable to people "of a certain position". It is nourishing and tasty; the sort of thing a man remembers eating. It has a past and a future, like a deposit paid into a bank; and it is something that can be argued about. To anyone interested psychologically in Forsytes. This great saddle of mutton trait is of prime importance; not only does it illustrate their tenacity, both collectively and as individuals, but it marks them as belonging in fibre & instincts to that great class, which believes in nourishment and flavour, yields to no sentimental craving for beauty.

Younger members of the family indeed would have done without a joint altogether, preferring guinea fowl, or lobster salad something, which appealed to the imagination, and less nourishment but these were females; or if not, had been corrupted by their wives, or by mother, who having been forced to eat saddle of mutton throughout their married lives, had passed a secret hostility towards it into the fibre of their sons.

**Exercise 1. Fill in the blanks with the words – much, many, a lot of, plenty of, little, few, a little, a few.**

1. I've got ... ham but ... cheese. 2. We haven't got ... cakes today. 3. We haven't ... cranberry jam but we have ... strawberry marmalade. 4. ... waiters speak English or German. 5. She has got ... milk today. 6. They have ... ham sandwiches but ... caviar sandwiches. 7. Tea or coffee? Tea, please. With ... of milk. 8. Do you have ... more chocolate? Yes, please. 9. How ... sugar? Two lumps, please. 10. How ... is our bill? Five givnas.

**Exercise 2. Make up a dialogue using the phrases.**

1. There's a table for two in the corner. 2. Here is the waitress. 3. Have a look at the menu. 4. Can I take your order? 5. We'll have two roast-beefs and ... . 6. I'm afraid we'll have to change our order. Lamb chops with vegetables twice, please. 7. I would recommend fish. 8. I'm a poor eater. Just bring me some ham. 9. What about the dessert? 10. I'm fond of ice cream. 11. Everything is delicious. 12. Waitress, the bill, please.

**Exercise 3. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 4. Add some information & make up a small report and give a talk in class.**

**Exercise 5. Read the information & pick up the essential details in the form of quick notes.**



**Exercise 6. Specify food in Australia.**

Have you ever heard of Vegemite? No, don't worry. It's not a funny insect. It's salty black stuff with a strong taste that Australians eat on their bread. And what's a "tinny"? It's a can of Australian beer, strong, and always very cold. And what's a peach melba? Go and try one. You'll love it. It's a delicious pudding made with peaches, cream, cake and nuts. It gets its name from Nellie Melba, a well-known Australian opera singer. But don't get too excited. There are one or two interesting Australian foods, but there isn't really a special Australian way of eating.

Until 20 years ago, most Australians ate boring, English food, with a lot of meat, bread and potatoes. The great Australian meat pie was the best thing on the menu. But the new Australians have changed that. Chinese, Lebanese, Italian, French and Greek people have brought their own delicious dishes, and Australians have learned to love them. They've learned to love American style fast food too. Mum used to cook steaks for breakfast and roast lamb for supper. Now the family eats cereal in the morning, and often has hamburgers and chips in the evening.

At the same time, many people have started to worry about their health. They are afraid of heart problems, and fatness. Butchers say they're selling less red meat these days, and there are fewer sausages on the Barbie. Australians are lucky. They can grow wonderful fruit and vegetables, and some of the best beef and lamb in the world. Their seafood is excellent too. But some of them are more interested in drinking than in eating. Homegrown Australian wine is good, and more and more people are drinking it, but beer is still the most popular drink. After the Germans and the Czechs, Australians are the biggest beer drinkers in the world. And the people of Darwin have the biggest thirst in Australia. Every year they have a race of boats made out of nothing but beer cans. They have to find some way of using all those empty tinnies.

**Exercise 7. Supply the articles where necessary.**

1. Look, there is ... restaurant over there. Let's go in and have lunch. ... restaurant looks nice and I hope the food will be good.

2. Kate had ... meat with ... vegetables for the 2nd course. ... vegetables were very good, but ... meat was a bit dry.

3. Let's buy ... fresh fruit for dessert today. They sell ... delicious fruit at this shop. – But look at the prices. ... fruit here is extremely expensive.

4. There was ... good restaurant near ... cinema and Joan decided to have dinner there. She ordered ... fried chicken with ... green salad and black coffee for ... dessert. ... chicken was delicious, but she couldn't drink ... coffee. "... English cannot make ... good coffee", she thought when she was leaving ... restaurant.



**Exercise 8. Answer the questions.**

1. Do you agree that eating habits change from generation to generation? 2. What did people believe before scientists learned about vitamins? 3. What did a good 18<sup>th</sup> century meal consist of? 4. What were the Romans famous for? 5. What will probably happen by the year 2100? 6. Do you believe this will really happen? 7. What cuisine is the most popular in the world now? 8. Why is Russian cuisine very famous all around the world? 9. Why is Chinese cuisine well-spread now in Europe? 10. Why is Japanese cuisine very popular in Ukraine nowadays? 11. What cuisine do you prefer? 12. Do you like to cook home? 13. Do you like visiting bars and restaurants? 14. Why do young people prefer visiting cafes?

**Exercise 9. Decide which verb fits these sentences.**

- a. Mini-skirts came / went into fashion in the 1960s.
- b. Ugh! The milk's come / gone sour!
- c. I don't feel old, but I'm beginning to go / come grey.
- d. This sweater won't go / come in my suitcase. I'll have to carry it.
- e. Jane and I have come / gone to an agreement. I'll shop if she cooks.
- f. "It's my dream to meet someone famous." "I hope your dream goes / comes true."
- g. Most of my money comes / goes on bills.
- h. With coffees and VAT, your bill goes / comes to \$90.
- i. How did your interview go / come?
- j. Britain came / went second in the 100 metres.
- k. I think I must be going / coming mad.
- l. The time has come / gone to make a decision.
- m. My brother's business came / went bankrupt.
- n. That tie goes / comes really well with your jacket.
- o. Everything will come / go right in the end.

**Exercise 10. Read «The Coffee story» and render its main idea briefly in English.**

Kaldi was tired but he couldn't sleep. His goats were awake and very noisy. "Why can't they sleep?" Kaldi thought. He couldn't understand the problem so he watched the animals carefully. They were eating some green plants with little red fruits on them.

Kaldi decided to taste the fruits. He ate the soft part of each fruit and the hard things in the centre. After a minute he began to feel different. He was not tired. He felt more awake and did not want to sleep. Those hard things were coffee beans, and Kaldi discovered them in Ethiopia more than 1,000 years ago.

At least, that's the traditional story. Perhaps it is true, perhaps not. Nobody knows.

But we know that coffee grew first in Ethiopia, and we know that somebody discovered it there more than 1,000 years ago. After that, Arab travellers took coffee plants to Egypt and other Arab countries. Arab farmers began to grow coffee plants. People learnt to make a drink from the beans, and they called it qahwa. For 400 years, only the Arabs knew about qahwa. Then people in Turkey learnt about it.

Soon after that, western Europeans began to drink it, and in 1652 the first coffee shop in London opened. Now farmers grow coffee in many parts of the world. Some famous coffee-growing countries are Brazil, Colombia, Indonesia and, of course, Ethiopia.

Coffee is one of the world's favourite drinks, thanks to Kaldi and his goats.

**Exercise 11. Read the information & pick up the essential details in the form of quick notes.**

**Exercise 12. Translate the narration into English.**

*Corn Flakes* – корнфлекс, кукурузные хлопья Первоначально продукт был разработан в 90-х годах XIX в. братьями – бизнесменом У. К. Келлоггом (Kellogg, Will Keith) и диетологом Дж. Келлоггом. С 1907, после основания ими фирмы *Бэтл крик тоустед корнфлекс* (Battle Creek Toasted Corn Flakes Co.), завоевал широкую популярность в качестве сухого завтрака (cold cereal). Выпускается с витаминно-минеральными добавками. Indian corn – кукуруза, маис.

*Remember that* – to earn one's corn – не даром есть свой хлеб; to tread on smb.'s corns – наступить на мозоль, задеть чувства; the film is pure corn – фильм сентиментальный. Corn juice – самогонное виски.



**Exercise 13. Translate the sentences into English.**

1. Пора ужинать. Что у нас сегодня на ужин? 2. Снимай пальто и входи. Мы как раз обедаем. 3. Мне очень хочется есть. Давай зайдём в столовую. 4. Выпей стакан молока. – Я не люблю молоко. 5. Где ты обычно обедаешь? – Как правило, дома. 6. Что сегодня в меню? 7. За завтраком он сидел обычно против меня. 8. Я хочу взять щи на первое. 9. Где ты обычно обедаешь? – В заводской столовой. Там хорошо готовят, мясные блюда в особенности. Там всегда есть различные овощные блюда. 10. Ты соблюдаешь режим в еде? – Да, стараюсь. 11. Англичане на завтрак обычно едят свои традиционные блюда: овсяную кашу, кукурузные хлопья, яичницу с ветчиной, гренки с повидлом.

**Exercise 14. Translate the dialogue into English.**

**В столовой**

- Олег, я проголодался, пойдём в столовую.
- Очень хорошо, я согласен.  
(Друзья входят в столовую и садятся за столик у окна.)
- Что мы возьмём на обед?
- Вот меню, давай посмотрим.
- Я возьму рыбный салат, картофельный суп и свиную отбивную с овощами.
- А для меня закуской будет кусочек копченой рыбы, затем я возьму бульон с пирожком и котлету с цветной капустой.
- Наш обед будет довольно основательным. Я вижу, что мы достаточно проголодались.
- Да, я хочу есть и пить. Что ты скажешь относительно бутылочки пива? Давай возьмем!
- О, нет. Ты делай как хочешь, а я никогда не пью пива в столовой института.  
(Олег возвращается с подносом, на котором стоят тарелки с супом и вторым.)
- Послушай, на нашем столе нет горчицы. Принеси, пожалуйста, судок, ножи, вилки и ложки, а я заплачу за обед, возьму поднос и принесу еду.
- Разве в столовой нет официанток?
- Ты забыл, наша столовая работает по принципу самообслуживания.
- Ах, да, ты прав.
- Все очень хорошо, теперь давай есть.
- Передай мне хлеб, пожалуйста.
- Вот, пожалуйста.
- Благодарю. Разреши мне побеспокоить тебя передать мне перец.
- Никакого беспокойства. Пожалуйста, вот перец.
- Очень благодарен.
- Не за что. Ну, как суп?
- Ничего, не плохо. Теперь перейдем ко второму.
- Обед довольно вкусный. Жаль, что здесь не разрешается курить.
- Ты наелся?
- О да, я вполне сыт.

**Exercise 15. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 16. Add some information & make up a small report and give a talk in class.**

**Exercise 17. Read the information on hospitality and give your point of view on it.**

In my country, Japan, usually we invite guests home at the weekend, in the early evening, about seven o'clock. Before they come, we must tidy the front garden and clean the entrance hall. Then we must spray it all with water to show that we welcome guests with cleanliness. The guests usually bring presents and when they give you the present they say, I'm sorry this is such a small present, but in fact they have chosen the present very carefully. When the meal is ready the hostess says, "We have nothing special for you today, but you are welcome to come this way". You can see that in Japan you should try to be modest and you should not show off too much.

If you don't understand our culture you will think this is very strange. When we have foreign guests we try to serve traditional Japanese meals like sushi, tempura or sukiyaki but when we have Japanese guests we serve all kinds of food such as spaghetti, Chinese food, or steaks. When guests leave, the host and hostess see them out of the house and wait until their car turns the corner of the street; they wait until they can't see them any more.

I come from Spain. At home what we love most is going out to eat in bars and restaurants. There is a big choice and we can go from one bar to another trying different things and having a few drinks usually wine or beer. But sometimes we also like to invite people to our home. I usually invite my friends for an informal meal. I cook Spanish omelette, which is made with potatoes, onions and eggs, fried in olive oil. Then we have things like cheese, ham-Spanish ham is very different from English ham, and if you buy the best one, called Jabugo is something delicious, worth trying. And then things like olives, anchovies, and mussels. We drink wine or beer. Some people may bring a bottle of wine or something for pudding. We usually meet late in the evening, about 8.30 or 9 o'clock. Of course we dress casually; we just want to be relaxed and comfortable, and talk and laugh together.

I'm from the United States. Sometimes when our family gets together with other families, we have what's called a "pot luck supper", which can take place in the evening or even at lunchtime. This is an informal occasion held perhaps in someone's garden, so people dress casually but nicely. They're given a choice of starter, main course, salad or vegetable, or dessert. The hostess knows how many of each kind of dish she needs but not exactly what the guests will bring. This is why it's called "pot luck", as it's a lovely surprise, holding a dinner party and not knowing what you're going to feed your guests.

As the guests arrive, they put their dish, or pot as it used to be called, on the table and the meal is served buffet-style, and drinks are provided, although some guests might bring a bottle of wine as a present. I really enjoy this kind of entertaining; it's a fun, relaxed way of getting together with friends.





## «A CONSUMER IS OUR BOSS, QUALITY IS OUR JOB!»

As it is generally known, most children are incorrigible gourmands. Sometimes it seems that if it were their decision, the breakfast, dinner and supper menus would consist exceptionally of pastries, ice creams, biscuits and candies.

Many people may carry tender attitude to different kinds of such delicacies with them for the rest of their adult life. Why does it happen? It appears that love for sweet is born at the genetic level. The first feeding in baby's life is its mother's milk, sweetness to which is given by milk sugar-lactose, so that from the very tender age we become the ardent admirers of Dolce Vita. Probably, that is why regardless of our age the worlds *chocolate* or *cake* arouse only feelings of admiration, because these sweets are associated with holiday and symbolize almost all positive emotions. The unforgettable taste of Lindt, Milka and Toblerone confectionery will make happy both children and their parents.

A German Company Bahlsen is an absolute leader in the production of biscuits.

About all sweet dainties of this brand it may safely be said that they are the best, second to none in the taste, flavour & colour. Moreover, recently the company management of the factory has entrusted staff scientists with the creating of the unique perfectly crisp biscuits. It happened after the publication of the research, which proved that for meal enjoyment sound is of paramount importance.

Here are some principles of the Mars Company. It is quality: "A consumer is our boss, quality is our job!" It is responsibility: "As individuals we require full responsibility from ourselves; as employees we support responsibility of others". It is mutuality: "Common benefit is a benefit for everybody". It is efficiency: "We use resources completely and do only what we can do the best". It is freedom: "We need freedom to create our future; and we need to get profit to be free". Candies are subjects of the most delicious *Temptation Crown!* The history of this delicacy embraces the world-geography.

The first confectioners appeared in ancient Egypt: they cooked candies of honey, dates and almonds. In ancient Rome the recipe of sweets – nuts, poppy seeds and sesames – was kept a closely guarded secret. In ancient Rus they were cooked from maple syrup, treacle and honey. Today in our shops to any taste there are offered the candies of the best world-known producers. Chocolate candies are the excellent gift for a holiday.

Guylian Company is a leader in these sweets production in Belgium. Due to a strict quality control, use of the best ingredients and the exclusive method of production the Guylian chefs-d'oeuvre have got perfect, unique and refined taste.

In the process of chocolate making the Belgians do not add any preservatives, colouring agents or artificial aromatizers that are why a super-quality chocolate can not be stored for a long time. For its sweets the Lindt Chocolate House uses the thoroughly selected cocoa beans Forastero and Criolo, which make up just 5% of the world harvests and are famous for their especially pure and rich taste. Due to these fragrant beans and the age-old secrets of candies cooking, the chocolatiers of the company create delicious sweets in the elegant wrapping. While taking it off, you open the door to the world of childhood, filled with a sincere delight from every candy tasting.

Aspiration for perfection has become the guarantee of success for the Lindt Chocolate House, with the history of over 150 years. Sweets of this popular brand are always associated with the quality of Swiss chocolate second to none, a breathtaking world of a great number of sorts to any taste and only the certified ecological ingredients.

What epithets has the history not rewarded chocolate with! Divine, mystic, legendary... This is the gospel truth, because the ancestors of modern chocolate – cocoa beans – revealed the secret of sweetness to Maya Indians more than two and a half thousand years ago.

Amazed at the rich aroma, wonderful taste and the indigorating qualities of *delicacy* made of cocoa beans, they believed those *fruits* to be of divine origin and appointed the God responsible for the harvest of this plant.

M&M's is a unique mixture of milk chocolate of the highest quality, sweet to a turn. Candies are covered with thin crisp layer of colour icing where a symbol "M&M"s is depicted. Since 1941, when this product was produced for the first time, colour has become the main innovation of this brand. However, recently the specialists of the company have decided to present a new long-awaited original packing for the pleasure of the chocolate admirers, especially the youngest ones.

**Exercise 1. Choose the keywords that best convey the gist of the information.**

**Exercise 2. Fill in the blanks of the sentences with phrases used by employees.**

May I take your order now, please?  
What would you like to order this morning?  
Would you like a drink before dinner?  
May I get you something else?  
Do you want to order dessert now or later?  
What would you like for a starter?  
Would you care for more tea?  
Is everything satisfactory?  
Do you want anything else?  
Have you enjoyed your meal?  
Did you make reservations?  
Can I help you?  
It was a pleasure to help you.  
Do you want another round of the same?  
Will I put these on the same check?  
Just a minute. I'll see if we have any.  
The souffle is made with eggs and cheese.  
What kind of appetizer would you like?  
Would you like a white or a rose wine?  
Have you finished yet?

- a. Have you \_\_\_\_\_ your meal?
- b. Is \_\_\_\_\_ satisfactory?
- c. What would you like for a \_\_\_\_\_?
- d. May I take your \_\_\_\_\_ now, please?
- e. May I get you \_\_\_\_\_ else?
- f. What \_\_\_\_\_ you like to order this morning?
- g. Did you \_\_\_\_\_ reservations?
- h. Do you \_\_\_\_\_ more tea?
- i. Will I put these all on the \_\_\_\_\_ check?
- j. Do you want to order dessert now or \_\_\_\_\_?
- k. Do you want \_\_\_\_\_ round of the same?
- l. I'll see \_\_\_\_\_ we have any.
- m. Have you \_\_\_\_\_ your meal?
- n. Is \_\_\_\_\_ satisfactory?
- o. What would you like for a \_\_\_\_\_ ?
- p. May I take your \_\_\_\_\_ now, please?
- q. May I get you \_\_\_\_\_ else?
- r. What \_\_\_\_\_ you like to order this morning?
- s. Did you \_\_\_\_\_ reservations?
- t. Do you \_\_\_\_\_ more tea?
- u. Will I put these all on the \_\_\_\_\_ check?
- v. Do you want to order dessert or \_\_\_\_\_ ?
- w. Do you want \_\_\_\_\_ round of the same?
- x. I'll see \_\_\_\_\_ we have any.

**Exercise 3. Analyze the dealing with complaints.**

You are hard to please. You are dissatisfied because: 1. You ordered breakfast in your room and they brought you coffee instead of tea. 2. The coffee was cold. 3. And you ordered it for 8 a.m. but they brought it at 7.30. 4. You had to wait 20 minutes for a table in the restaurant. 5. They made you sit in a corner near the toilets. 6. You had to order from the a la carte menu because the main courses on the table d'hote menu weren't available. 7. The wine waiter didn't come till you had nearly finished your first course.

**Exercise 4. Supply the articles where necessary.**

1. Look, there is ... restaurant over there. Let's go in and have lunch. ... restaurant looks nice and I hope the food will be good.

2. ... Prague restaurant is in the centre of Moscow. It is ... very good restaurant, actually one of ... best restaurants in Moscow. The service is good there and there is always a large choice of dishes on the menu.

3. There was ... good restaurant near ... cinema and Joan decided to have dinner there. She ordered ... fried chicken with ... green salad and black coffee for dessert, ... chicken was delicious, but she couldn't drink ... coffee. "... English cannot make ... good coffee", she thought when she was leaving ... restaurant.

4. Waiter: Would you like to order now?

Donald: Yes, I'll start with ... steak. I'll have ... new potatoes and ... green salad. I'll order ... dessert later.

Waiter: And you, madam, what would you like to have?

Elizabeth: Well, I can't see anything I really like. I don't like ... chicken and I don't like ... fish.

Waiter: ... roast beef is delicious today.

Elizabeth: No, that's not my idea of ... good meal. I'll have sausages with ... potatoes. That's my favourite dish. I have it every day.

**Exercise 5. Supply the correct tense-forms of the verbs.**

Julia Lambert (to be) a very good actress. She (to play) very well that night. After the performance Julia (not to want) to go home. She (to want) to go to the Berkeley restaurant and have supper by herself. She (to phone) the restaurant and (to book) a table for one. A few minutes later she (to arrive) at the restaurant. The waiter (to come up) to meet her. "Your favourite table (to wait) for you, Miss Lambert", he (to say).

"What would you like to order?" "I (to begin) with caviar and then I (to have) a steak, fried potatoes and a bottle of beer." "I (to eat) boiled meat with vegetables for 10 years, but this (to be) not an evening to be on a diet, she (to think) while she (to wait) for the supper. The caviar (to come) and Julia (to eat) it with white bread and butter. Then the steak (to arrive), a delicious steak with vegetables and fried potatoes. It (to take) her only a few minutes to eat all the food. The waiter (to come up) to her table: "(to be) everything all right, Miss Lambert?" "Lovely."

**Exercise 6. Use the expressions in some dialogues.**

1. Do you have a table for three near the window? A booth? 2. Don't put any ice in my drink, please. 3. May I have another glass of milk / cup of coffee / spoon? 4. May I change my order? 5. I'd like a bourbon on the rocks / straight / with soda, please. 6. I'd like my steak rare / medium rare / medium / well done. 7. I'll have some pie à la mode / fresh fruit / canned peaches. 8. I'm hungry / thirsty. 9. Just a small portion, please. I must watch my diet. 10. I want to reserve a table for six at nine o'clock. 11. No, I haven't finished yet. (Yes, I have finished. Have you finished?) 12. Nothing more, thank you. 13. Please hurry. We haven't much time. 14. Please get me a match/an ashtray/another cup of coffee/a package of cigarettes. 15. Serve the wine at room temperature / well chilled. 16. Tell the headwaiter to come here. 17. Thank you, that was an excellent meal. We enjoyed it. 18. What's a Tom Collins made of? 19. This martini is too sweet. 20. Have you any fresh oysters?

**Exercise 7. Read the information & pick up the essential details in the form of quick notes.**

**Exercise 8. Analyze the information, which is in the highlight, and use it in practice.**



**Exercise 9. Bar and restaurant employees often hear the following expressions.**

1. We're very hungry. We just want a light dinner. I'd like something light, please. / Something light, please. 2. Would you mind bringing me a gin and tonic / changing my order / getting me another napkin? 3. What does au gratin / bisque / fondue / soup de jour / soufflé mean? 4. How about the special? Is it good today? 5. May I have the sweet potatoes instead of the mashed? 6. Is the water purified? Are the raw vegetables carefully cleaned? 7. What kind of scotch do you have / recommend? 8. This tastes like chocolate. 9. This doesn't taste right / good. It tastes sour / spoiled. 10. I wouldn't like either the appetizer or the soup. 11. Please bring my bill right away. 12. Is this right? You've made a mistake in my bill. / Haven't you made a mistake? 13. May I pay by credit card / travellers check? 14. Will you accept my personal check? 15. May I sign for this? 16. I appreciate your good service. Keep the change. 17. How much is that, including the drinks? 18. I ordered a medium steak, and this is well done. 19. That's not what I ordered. Please take it back. 20. I'd rather have roast beef than the pork. 21. Give me a double martini. 22. I want only a small portion. / Just a small helping, please. 23. I'd like a local wine / dry wine / sweet wine. / Nothing expensive.

**Exercise 10. Using the above expressions as models, fill in the blanks of the sentences with an appropriate word chosen from the examples above.**

- a. Are you sure the \_\_\_\_\_ are carefully cleaned?
- b. I am in a hurry. Will you please bring \_\_\_\_\_ right away?
- c. I don't like pork. I'd rather have the \_\_\_\_\_.
- d. Thank you. Keep the \_\_\_\_\_.
- e. We've ordered fish. What kind of wine do you \_\_\_\_\_?
- f. It's very warm today. Would you \_\_\_\_\_ bringing me another gin and tonic?
- g. I'll try your local beverage. Do you have \_\_\_\_\_ beer?
- h. Will you tell the chef that I ordered a \_\_\_\_\_ steak? This is well done.
- i. I'm not very hungry this evening. I wouldn't care for \_\_\_\_\_ the aperitif \_\_\_\_\_ the soup.
- j. If you recommend a good local wine. I'll try it, but nothing \_\_\_\_\_.

**DIALOGUE «A PARTY AT THE «METROPO RESTAURANT»**

**Last Saturday a friend of mine had a birthday. She gave a party at the «Metropol» restaurant.**

Waiter Good evening. Are you ready to order, ma'am?  
Mrs. A Yes, please. Dinner for four. I think, we begin with appetizers assorted and then broiled half spring chicken.  
Waiter May I offer you some wine?  
Mrs. A Well, yes, light red wine goes nicely with chicken.  
Waiter Right you are, ma'am. What else, please?  
Mrs. A Strong cheese, please, and we also want coffee.  
Waiter What about dessert? Ice cream?  
Mrs. A Strawberry ice cream and don't forget the birthday cake.  
Waiter: It's ready, ma'am, with all the candles.  
Mrs. A. Good.  
Mrs. B. I'm so glad we can celebrate your birthday at this restaurant.  
Mrs. C. Oh, yes, it's a beautiful place and the food is very good.

**Exercise 1. Learn the dialogue by heart and carry it on with your classmate in class. Render the contents of the dialogue in Indirect Speech in English.**

**Exercise 2. Translate the extract «Bougainvilafa Restaurant» in writing.**

The Bougainvillea Restaurant (indoor and outdoor on the verandah) is serving international and Asian food (Shan, Myanmar, Indian, and Chinese).

The restaurant serves some of the finest wine and cuisine to be found in Myanmar, the quality of food and beverage, charming and cosy atmosphere with devoted and wonderful staff, the unique location and style make the Inle Lake View Resort one of the most popular resort in Myanmar.

**Dear Mr Harris,**

Thank you for your enquiry, I am pleased to tell you that our private room is free on June 23<sup>rd</sup> and I have provisionally reserved it for your party.

The second page of this fax is a sample menu prepared by our chef. He has included two excellent local wines as well as some delicious regional specialities. I am sure you'll find his suggestions acceptable. If you wish to suggest any variations, please let me know.

The price for the meal, including wines and services, is \$ 53 per person. Please confirm this booking in writing by June 27 at the latest.

Thank you again for your enquiry. We look forward to seeing you on June 23.

*Yours sincerely, ...*

**Exercise 3. Bar and restaurant employees often hear the following expressions.**

1. We don't want an imported wine. Something local, please. 2. Do you have draft / bottled / canned beer? 3. This seems very high. Is the service charge included? / Does this include the service charge? 4. I'll try the casserole since you recommend it. 5. Can we have some salt / ice water / toothpicks, please? 6. Another round, please.



## DIALOGUE «DINNER AT THE «SAVOY RESTAURANT»

Once after the talks Mr. Stanley invited Borisenko to have dinner at the Savoy restaurant in the West End. They came into the restaurant, took their seats at a table near the window and ordered cocktails.

- Mr. Stanley, I've been staying in London only for a couple of weeks and I don't know much about English meals.
- Well, if you like, I can give you a general idea about that. At breakfast we usually have bacon and eggs or sausages and, of course, a cup of tea. The English lunch consists of two courses: a meat or a fish course with vegetables and dessert. At 5 o'clock in the afternoon we have tea, often with a cake. Some people have their last meal which is rather big at 7 or 8 in the evening and call it dinner, while others have a small, late evening meal which they call supper.
- Thank you, Mr. Stanley that was rather interesting.
- Let's study the menu now and see what's on it tonight.
- (Waiter) Good evening, gentlemen. Are you ready to order now?
- I'm afraid I don't understand the names of all dishes on the menu, Mr. Stanley. Could you help me and recommend what to take?
- With pleasure. H-m-m, would you like mushroom soup?
- No, thank you. I seldom eat soup in the evening.
- Then you can order roast beef with fried potatoes. It's a traditional English dish and it's usually delicious.
- Fine.
- (Waiter) How about you, sir?
- Well, I'm pretty hungry. I'll start with chicken soup and then I'd like a steak with green salad. And bring us a bottle of red wine, please.
- (Waiter) Would you like to order dessert now? There is a choice of fruit or ice cream.
- I prefer fruit.
- So do I. What about some cheese?
- No cheese for me, thank you.
- I think I'll have some. And we'll finish with black coffee, if you don't mind.
- That sounds nice.
- (Waiter) Thank you, gentlemen. I hope you'll enjoy yourselves.

**Exercise 1. Learn the dialogue by heart and carry it on with your classmate in class. Render the contents of the dialogue in Indirect Speech in English.**







Since being voted Britain's best fish and chip shop, we've never let up on the standards that have won national acclaim for our restaurant and takeaway. Open lunch and evening Monday to Saturday, plus Sunday evenings, nobody does it better!!

Generous cuts of succulent fish, coated in Fred's delicious top secret recipe batter...

Those famous chips, fried to achieve perfect taste and texture... All garnished with a wedge of lemon and a choice of sauces. The Capel family, well known locally for producing the finest Fish & Chips, is proud to announce the opening of their new venture *Chez Fred*.

Our new Westbourne premises (formerly known as The Buccaneer), have undergone a complete refit in the style of the Edwardian age of the early 1900s.

The result is a new attractive licensed restaurant catering for 50 persons together with an outstanding quick service takeaway section, both of which are serviced by the most up to date frying equipment modern technology can provide.

Fred Capel, widely acknowledged within the trade as one of Britain's most accomplished fish and chips fryers, heads the professional team at Chez Fred, and their common aim is to provide a service second to none at value-for-money prices. Our products are superb – we assure you, our reputation guarantees it! Beautifully prepared and cooked fish, cocooned in our specially formulated crisp batter, together with chips like mother makes, provide an unbeatable combination! A taste of long ago, in fact!

In addition to our scrumptious fish menu, we produce mouth-watering Southern Fried Chicken. Good size portions of fresh chicken coated with our special breading and pressure – fried to perfection, a delicious alternative for those non-fish eaters.

Our exciting restaurant menu will include an imaginative selection of desserts, plus regular *Specials* – all designed to tempt you, so visit us soon. We think you'll agree – Fish & Chips have come a long way since the newspaper wrapping days!

MESSAGE from Mr. Robert Harris of Chimera SA

Mr. Harris wants to reserve a private room for a party at ten for Sunday 23<sup>rd</sup> June at 20.30. Can we do a special 4-course menu? The meal is to welcome a group of foreign visitors who want to eat local specialities. Please quote price including wine.

**Exercise 2. Describe the restaurant «Chez Fred».**

**Exercise 3. Read the information & pick up the essential details in the form of quick notes.**

**Exercise 4. Add some information & make up a small report and give a talk in class.**

**Exercise 5. Read the letter and add some information on Magnolia Restaurant.**

**Dear Mr Harris,**

Magnolia has something for everyone whether you are in the mood for breakfast food, Mexican, or sandwiches/burgers. The gingerbread pancakes are great, everyone seems to love them, but their omelets are also good (the Magnolia, with avocado and black olives, is my favorite). I really like the Flamingo sandwich with avocado, sprouts and tomato, and my husband likes their shrimp enchilada special.

**Favorite Dish:** The best dish I've had is a dinner special ... I think it's served on Saturdays... called polenta scipione. It is grilled chunks of polenta, topped with asparagus, carrot, mushrooms and spinach. It comes covered in a garlic/butter/white wine sauces that is absolutely wonderful. Sometimes polenta can be bland, but Magnolia's polenta is very flavorful and stuffed with chunks of tasty gruyere cheese and bits of sun-dried tomato. I would expect to get a dish like this in an expensive restaurant – it's delicious.

Thank you very much for your enquiry. I am happy to say that we can reserve a private room for you for the evening of June 23 from 8 p.m. Our chef has prepared a sample menu for you, which is enclosed. As you can see, he has included several typical dishes from our region. I feel sure you will find this suitable for your guests. Two very good local wines have been included on the menu. For a party of ten people our price per person would be \$ 45, including 15% service. Wine will be charged extra.

I look forward to hearing from you. If you have any questions about the menu or any further suggestions, please call me. I would be grateful if you could confirm this booking in writing by the end of this month.

Thank you very much for your interest in our restaurant. We look forward to welcoming you and your party.

Yours sincerely, ...



## CHAPTER IV. COOKING & DIETS

### INTRODUCTION

**Cuisine** (from French *cuisine, cooking; culinary art; kitchen*; ultimately from Latin *coquere*, "to cook") is a specific set of cooking traditions and practices, often associated with a specific culture. It is often named after the region or place where its underlining culture is present. A cuisine is primarily influenced by the ingredients that are available locally or through trade. Religious food laws can also exercise a strong influence on cuisine.

A traditional cuisine is a coherent tradition of food preparation that rises from the daily lives and kitchens of a people over an extended period of time in a specific region of a country and which has notable distinctions from the cuisine of the country as a whole.

The last century has produced enormous improvements in food production, preservation, storage and shipping. Today almost every locale in the world has access to not only its traditional cuisine, but also to many other world cuisines as well.

New cuisines are constantly evolving, as certain aesthetics rise and fall in popularity among professional chefs and their clientele. Nevertheless, just like Indian cuisine has spread its influence to South Asia and Far East, French cooking techniques have been a major influence on virtually all Western cuisines.

In addition to food, a cuisine is also often held to include beverages, including wine, liquor, tea, coffee and other drinks. Increasingly, experts hold that it further includes the raw ingredients and original plants and animals from which they come.

The Slow Food movement is a global effort to preserve local plants, animals, and techniques of food preparation. It has 70,000 adherents in 50 countries (mainly in the Latin countries of Europe). There are also different cultural attitudes to food, for example: in India, consumption of food is regarded as an offering, a Yajna.

Thus the stomach is considered to be a homakunda (holy fire) and all the food consumed is an offering to the holy fire. In Japan, tea drinking is a fine art and there is an elaborate ceremony about it.

**Exercise 1. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 2. Add some information & make up a small report and give a talk in class.**

**Exercise 3. Choose the keywords that best convey the gist of the information.**

<b>Regional</b>	Africa · Asia · Caribbean · Europe · Latin America · Mediterranean · Middle East · North America · Oceania · South Asia
<b>Styles</b>	Fast food · Fusion · Immigrant
<b>Food</b>	Bread · Cheese · Confectionery · Dessert · Dip · Fruit · Herbs / Spices · Meat · Noodle · Pasta · Pizza · Rice · Salad · Sandwich · Sauce · Soup · Stew · Vegetable
<b>Technical</b>	Techniques · Utensils · Weights and measures

## EFFECTS OF COOKING

Cooking is the act of preparing food for eating by the application of heat.

It encompasses a vast range of methods, tools and combinations of ingredients to alter the flavor or digestibility of food. It is the process of selecting, measuring & combining of ingredients in an ordered procedure in an effort to achieve the desired result.

Factors affecting the final outcome include the variability of ingredients, ambient conditions, tools, the skill of the individual doing the actual cooking. The diversity of cooking worldwide is a reflection of the myriad nutritional, aesthetic, agricultural, economic, cultural, social and religious considerations that impact upon it.

Applying heat to a food usually, though not always, chemically transforms it, thus changing its flavour, texture, consistency, appearance, and nutritional properties.

There is archaeological evidence of roasted foodstuffs, both animal and vegetable, in human campsites dating from the earliest known use of fire, some 800,000 years ago.

Other methods of cooking that involve the boiling of liquid in a receptacle have been practiced at least since the 10th millennium B.C., with the introduction of pottery.

Edible animal material, including muscle, offal, milk and egg white, contains substantial amounts of **protein**. Almost all vegetable matter includes proteins, although generally in smaller amounts. These may also be a source of essential amino acids. When proteins are heated they become de-natured and change texture.

In many cases, this causes the structure of the material to become softer or more friable – meat becomes cooked. In some cases, proteins can form more rigid structures, such as the coagulation of albumen in egg whites. The formation of a relatively rigid but flexible matrix from egg white provides an important component of much cake cookery, and also underpins many desserts based on meringue.

Cooking often involves water which is frequently present as other **liquids**, both added in order to immerse the substances being cooked (typically water, stock or wine), and released from the foods themselves. Liquids are so important to cooking that the name of the cooking method used may be based on how the liquid is combined with the food, as in steaming, simmering, boiling, braising and blanching. Heating liquid in an open container results in rapidly increased evaporation, which concentrates the remaining flavor and ingredients – this is a critical component of both stewing and sauce making.

**Fats** and oils come from both animal and plant sources. In cooking, fats provide tastes and textures. When used as the principal cooking medium (rather than water), they also allow the cook access to a wide range of cooking temperatures. Common oil-cooking techniques include sauteing, stir-frying, and deep-frying.

Commonly used fats and oils include butter, olive oil, sunflower oil, lard, beef fat (both dripping and tallow), rapeseed oil or Canola, and peanut oil. The inclusion of fats tends to add flavour to cooked food, even though the taste of the oil on its own is often unpleasant. This fact has encouraged the popularity of high fat foods, many of which are classified as junk food. **Carbohydrates** used in cooking include simple sugars such as glucose (table sugar) & fructose (fruit), starches from sources such as cereal flour, rice, arrowroot, potato.

The interaction of heat & carbohydrate is complex. Long-chain sugars such as starch tend to break down into more simple sugars when cooked, while simple sugars can form syrups. If sugars are heated so that all water of crystallization is driven off, then caramelisation starts, with the sugar undergoing thermal decomposition with the formation of carbon.



Other breakdown products produce caramel. Similarly, the heating of sugars and proteins elicits the Maillard reaction, a basic flavor-enhancing technique. An emulsion of starch with fat or water can, when gently heated, provide thickening to the dish being cooked.

In European cooking, a mixture of butter and flour called a roux is used to thicken liquids to make stews or sauces. In Asian cooking, a similar effect is obtained from a mixture of rice or corn starch and water. These techniques rely on the properties of starches to create simpler mucilaginous saccharides during cooking, which causes the familiar thickening of sauces.

This thickening will break down, however, under additional heat.

If heat is used in the preparation of food, this can kill or inactivate potentially harmful organisms including bacteria and viruses. The effect will depend on temperature, cooking time, and technique used. The temperature range from 41°F to 135°F (5°C to 57°C) is the *food danger zone*. Between these temperatures bacteria can grow rapidly. Under the correct conditions bacteria can double in number every twenty minutes.

The food may not appear any different or spoiled but can be harmful to anyone who eats it. Meat, poultry, dairy products, and other prepared food must be kept outside of the *food danger zone* to remain safe to eat. Refrigeration and freezing do not kill bacteria, but only slow their growth. When cooling hot food, it shouldn't be left on the side or in a blast chiller (an appliance used to quickly cool food) for more than 90 minutes.

Cutting boards are a potential breeding ground for bacteria, and can be quite hazardous unless safety precautions are taken. Plastic cutting boards are less porous than wood and have conventionally been assumed to be far less likely to harbor bacteria.

This has been debated, and some research have shown wooden boards are far better. Washing and sanitizing cutting boards is highly recommended, especially after use with raw meat, poultry, or seafood. Hot water & soap followed by a rinse with an antibacterial cleaner, or a trip through a dishwasher with a *sanitize* cycle, are effective methods for reducing the risk of illness due to contaminated cooking implements.

It is important to be very careful when using knives. The most important part of knife safety is to make sure your knife is sharp. It is easier to be cut with a dull knife, because more pressure must be applied to make a cut. When finished with a knife, it is important that the dishwasher is aware that a knife is there. If the knife is placed in soapy water, it could be potentially dangerous, because someone unaware of the knife could reach in, and get cut. Always make sure the dishwasher knows about sharp objects, or, if possible, wash, dry, and store the knife by yourself. By following these rules, knife hazards will be limited, and you will be safer in the kitchen.

### ***Active vocabulary***

Food, safety, cooking, to include, objects, kitchen, cutting boards, fat, techniques, to rely on, commonly used, oil, to be applied, to cut, to prepare.



**Exercise 1. Read the extract and explain the title «There are many kinds of food».**

Since most of us eat their meals with a family, suppose we talk about family meals. First there are the foods rich in animal protein, like milk, meat, eggs, fish and cheese. It is rather easy to build an adequate diet for growth when we use liberal amounts of the protein foods, which come from animals.

But still a large number of people in the world have to depend on plants (these include fruits, vegetables and cereals) rather than meat to give them protein because this kind of food can be produced most cheaply. It also provides vitamins and minerals for our diet. Have you ever thought of all kinds of foods, which come from cereals? First think of bread, made from wheat, from rye, from oats, from corn.

Then there are the so-called *pastes* like macaroni, spaghetti, vermicelli and many others. Barley is used in delicious soups. Next let's talk about fruits and vegetables.

Can you imagine how drab our meals would be if we had no gardens?

We would miss most of the colour in our meals – the colour of a ripe tomato, a bright orange, and the greenness of fresh peas, the rosiness of red apples. We would miss much flavour in our meals. Yellow, orange and green are important colours when we consider nutritive value. Associated with these colours in fruit & vegetables is the important vitamin A. Vitamin C is found in vegetables of the cabbage family, turnips, onions, white potatoes. Vitamin C does not like the heat of cooking, it is better to have one raw fruit and one raw vegetable each day. Sugars and fats furnish extra calories for our diet. Fats also have another important function in nutrition: it is the property of making us feel satisfied.

Children & most adults like some extra fat, butter or margarine on bread or fat used in cooking. Now sugar is another matter. We have become sugar-eaters. We eat ten times as much as our great-grandmothers did. But sugar is a good energy food.

Also it is capable of making us feel satisfied at the end of a meal. As for milk and milk products, they form a special class of foods because in addition to the excellent protein they contain, they are also rich in calcium, which is one of the most important minerals used in building bones.

**Exercise 2. Describe health aspects of fats.**

In poor countries diets are often low in energy. That is why the United Nations recommended increasing fat intakes, to raise nutritional value of the diets. At the same time the United Nations have recommended decreasing the fat content of the diets of rich populations in order to reduce the risk of heart disease. High concentrations of cholesterol in the blood are associated with a greater risk of heart disease. Foods containing little water and a high proportion of fats, such as butter, margarine, and fried foods are more concentrated sources of energy than others. This kind of food can be *fattening*. If a man eats or drinks foods, which provide more energy than he uses up in his daily activity, some of the fat, protein, and carbohydrate may be converted into body fat. It causes obesity, which may be defined as an extra weight.



**Exercise 3. Specify the diet as a whole.**

The nutritional value of a person's diet depends on the mixture of foods eaten during the course of weeks, months and years. Also it depends upon the needs of the person eating these foods. There is no food that can be *good* or *bad* in isolation.

Thus it is consistent overeating that results in obesity. At the same time it is a consistent reduction in energy intake or increase in energy expenditure that affects permanent weight loss. Similarly, scurvy will not result from a diet containing little or no vitamin C for a few days, unless such practices are repeated for long periods.

It is very difficult to predict the exact effects of any particular diet on health, because there is a great variation in individual needs for energy and for other nutrients.

But still it is a good nutritional practice to develop basic eating patterns, which are the way to good health. That's why any person should eat one or more balanced meals per day. The variety of foods must be chosen from among the cereals, vegetables, fruit, meat or fish, and dairy products. The diet is much more likely to contain enough vitamin C, for example, if fruit, fruit juices or vegetables are eaten every day than if they are eaten only at irregular intervals. Such guidelines are especially important for people whose needs are high and whose appetites may be small, such as young children.

**Exercise 4. Translate the Russian parts of the exercise.**

*For breakfast I'll have:* кукурузные хлопья с молоком, овсяная каша, яйцо, яичница с беконом, апельсиновый сок, гренки с джемом, чай, кофе.

*For lunch I'll have:* бутерброд с ветчиной, сыром, колбасой, маслом, рис, мясо, пирог с мясом и почками, рыба, салат, сосиски с картофельным пюре, пирожное, пудинг, мороженое.

*For supper I'll have:* хрустящий картофель, рыбные палочки, горох, мясо с картошкой, фасоль, салат, молоко, яблочный пирог, йоркширский пудинг.

**Exercise 5. Put pronouns properly.**

1. Let (I) lay the table for this special dinner. 2. Let (we) take some light red wine for broiled chicken 3. Let (they) see what to order for lunch. 4. Let (we) taste this pikeperch in white wine. 5. Let (he) serve whisky first. 6. Let (we) begin with consommé. 7. Let (she) show you to the banqueting-hall. 8. Let (we) try that tasty dish. 9. Let (they) have a drink in the bar first. 10. Let (we) have strawberry and chocolate ice cream for dessert. 11. Let (I) help you.





## FOOD PYRAMIDS

A healthy diet is increasingly gaining importance in our lives today. There are different ways in which healthy eating is illustrated, planned and executed – food pyramids being the most efficient of them. So, learn about food pyramids and healthy diets in order to have a perfectly balanced and healthy life. Different kinds of food pyramids exist – the Asian, Latin American, Mediterranean, Vegetarian diet pyramids and so on. The food pyramid with its rainbow colours and vertical stripes represents the five food group, fats and oils.

In this pyramid, orange stands for grains, green for vegetables, red for fruits, yellow for fats and oils, blue for milk and dairy products and purple for meat, fish, beans and nuts. Thus, a balanced diet is one that has all the colours in your daily diet. The foods that you should intake in greater quantities are of considerable thickness (like green & orange) the ones that you should keep a check on become skinnier in the pyramid (like purple).

Similarly, in the pyramid, the colour bands have a wider base and narrows down as they peak up. This design typically shows that even within a healthy food group, not all foods can be consumed equally (or in great quantities). For example, within the fruit group, a whole apple would fall in the base category in the wide part.

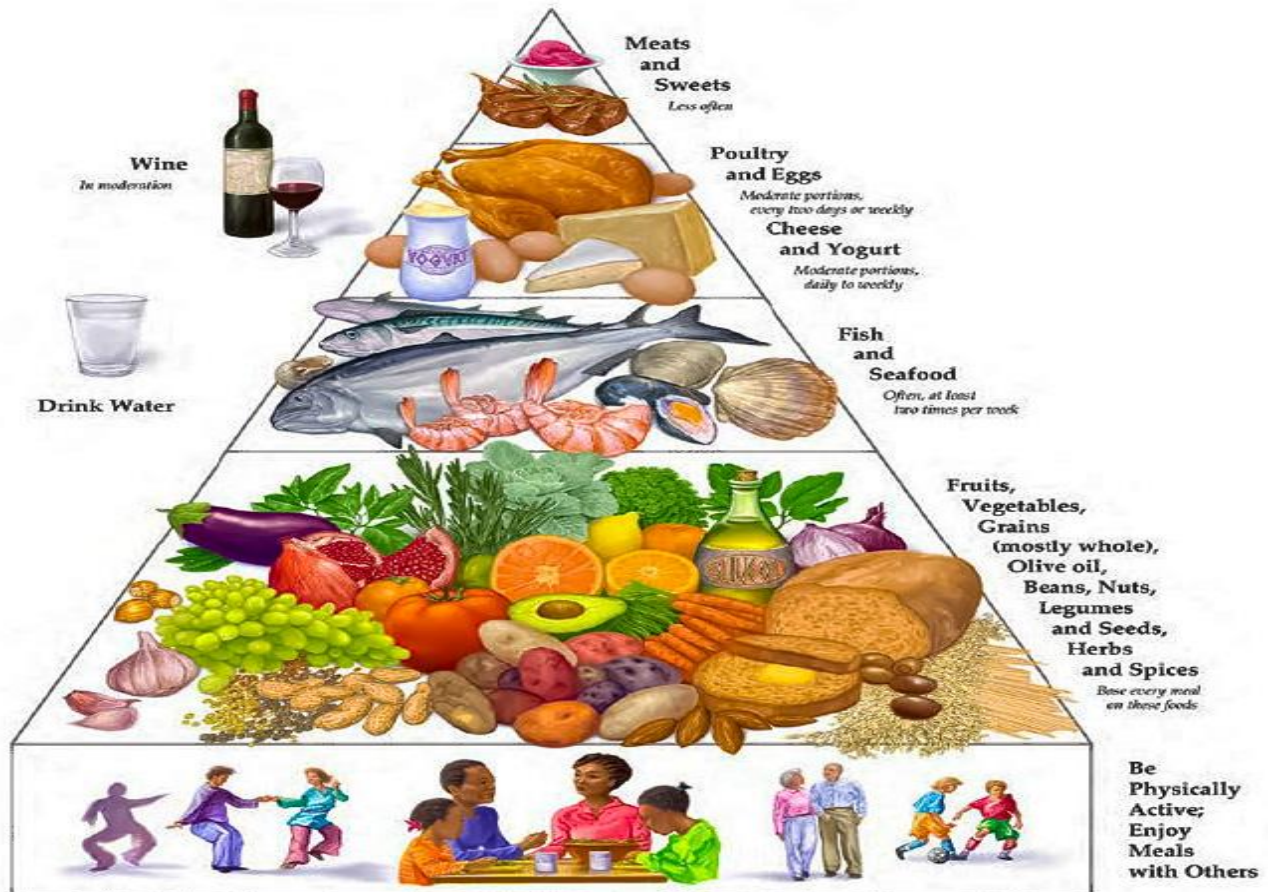
However, an apple pie that has more of fat and sugar in it, would fall somewhere near the peak and hence, should be less consumed. Learning about food pyramids and healthy diets is easy if you can understand the basic principles of it. Our body needs a balanced diet – no single food can provide all the nutrients that our body need.

Hence, you need to ensure that you eat a combination of food from each group in order to get all the nutrients. Food pyramids guide you in this respect. Based on this principle, some of the basic points that food pyramids emphasize on, irrespective of their types, are listed below:

- Green, orange & red should dominate your diet. You should eat more plant foods, like vegetables (green vegetables), fruits and whole grains, for the maximum source of nutrients that our body needs, like, calcium, iron, zinc, sodium, etc, come from them.
- Animal foods are a natural source of cholesterol. Hence, reduce the intake of animal food as much as possible.
- Try substituting saturated and trans fat with healthy plant fats. For example, for evening snacks, choose a few almonds for snacking over the potato chips or saltline crackers.
- Keep an eye on the total number of calories and control your portion sizes.
- Check your sugar and salt intake and limit it as much as possible.
- Alcohols and drinks should be consumed rarely, and in moderation.
- Last but not the least, physical activity should be a part of your daily routine.

Hence, ensure that there is a certain amount of physical exercise done by you everyday. Thus, learning about food pyramids and healthy diets guides you to balanced diet consumption, ensuring that all nutrients enter your body in the correct amount. These basic principles of a balanced diet are surely your key to a healthy life.





**Fats, Oils & Sweets**  
**USE SPARINGLY**

**KEY**

■ Fat (naturally occurring and added)

■ Sugars (added)

These symbols show fats and added sugars in foods.

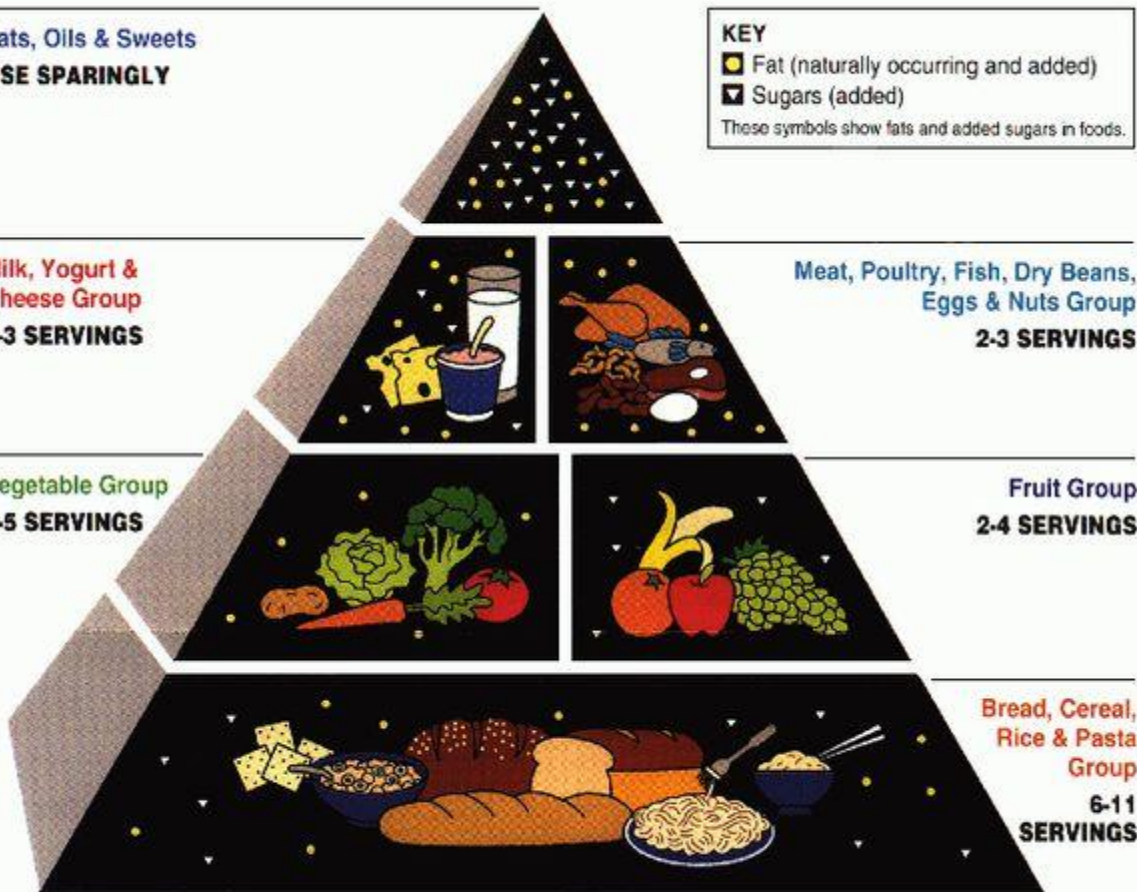
**Milk, Yogurt & Cheese Group**  
**2-3 SERVINGS**

**Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group**  
**2-3 SERVINGS**

**Vegetable Group**  
**3-5 SERVINGS**

**Fruit Group**  
**2-4 SERVINGS**

**Bread, Cereal, Rice & Pasta Group**  
**6-11 SERVINGS**





## SCIENCE OF COOKING

A kitchen is no different from most science laboratories and cookery may properly be regarded as an experimental science. Food preparation and cookery involve many processes which are well described by the physical sciences. Understanding the chemistry and physics of cooking should lead to improvements in performance in the kitchen. For those of us who wish to know why certain recipes work and perhaps more importantly why others fail, appreciating the underlying physical processes will inevitably help in unravelling the mysteries of the *art* of good cooking. The application of scientific knowledge to cooking and gastronomy has become known as molecular gastronomy. This is a subdiscipline of food science.

The ***culinary triangle*** is a concept thought up by Claude Levi-Strauss involving three types of cooking; these are boiling, roasting, and smoking, usually done to meats.

The boiling of meat is looked at as a cultural way of cooking because it uses a receptacle to hold water; therefore it is not completely natural. It is the most preferred way to cook due to the fact that neither any of the meat or its juices are lost.

In most cultures, this form of cooking is most represented by women and is served domestically to small closed groups, such as families. Roasting of meat is a natural way of cooking because it uses no receptacle. It is done by directly exposing the meat to the fire.

It is most commonly offered to guests and is associated with men in many cultures. Smoking meat is also a natural way of cooking.

***Gastronomy*** is the study of the relationship between culture and food. It is often thought erroneously that the term gastronomy refers exclusively to the art of cooking (see Culinary Arts), but this is only a small part of this discipline; it cannot always be said that a cook is also a gourmet. Gastronomy studies various cultural components with food as its central axis. Thus it is related to the Fine Arts and Social Sciences, and even to the Natural Sciences in terms of the digestive system of the human body. A gourmet's principal activities involve discovering, tasting, experiencing, researching, understanding and writing about foods. Gastronomy is therefore an interdisciplinary activity.

Good observation will reveal that around the food, there exist dance, dramatic arts, painting, sculpture, literature, architecture, and music; in other words, the Fine Arts. But it also involves physics, mathematics, chemistry, biology, geology, agronomy, and also anthropology, history, philosophy, psychology, and sociology.

The application of scientific knowledge to cooking and gastronomy has become known as molecular gastronomy. Etymologically, the word *gastronomy* is derived from Ancient Greek *stomach* and *knowledge* or *law*.

### ***Active vocabulary***

Cooking, knowledge, the relationship between culture and food, gastronomy, discipline, represented, natural, most commonly offered, guests, to do.



**Exercise 1. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 2. Add some information & make up a small report and give a talk in class.**

The **Gastronomic hierarchy** is a philosophy in Gastronomy that associates a particular title with individuals that enjoy food and drink.

At the bottom of the hierarchy is the **Goinfre** (or *Greedy-Guts*) and at the top is the Gastronomer. The hierarchy is as follows:

- Gastronomer
- Gourmet (*A connoisseur of food and drink*)
- Friand (*Epicure*)
- Gourmand (*One who enjoys eating*)
- Goulu (*Glutton*)
- Goinfre (*Greedy-guts*)

**Foodie** is an informal term for a particular class of aficionado of food and drink. The word was coined in 1981 by Paul Levy and Ann Barr, who used it in the title of their 1984 book *The Official Foodie Handbook*.

Although the two terms are sometimes used interchangeably, foodies differ from gourmets in that gourmets are epicures of refined taste who may or may not be professionals in the food industry, whereas foodies are amateurs who simply love food for consumption, study, preparation, and news. Gourmets simply want to eat the best food, whereas foodies want to learn everything *about* food, both the best and the ordinary, and about the science, industry, and personalities surrounding food. For this reason, foodies are sometimes viewed as obsessively interested in all things culinary. There is also a general feeling in the culinary industry that the term *gourmet* is outdated.

### **Pursuits**

Foodies are a distinct hobbyist group in the United States. Typical foodie interests and activities include the food industry, wineries and wine tasting, food science, following restaurant openings & closings, food distribution, food fads, health & nutrition, and restaurant management.

A foodie might develop a particular interest in a specific item, such as the best egg cream or burrito. Many publications have food columns that cater to foodies. Interest by foodies in the 1980s and 1990s gave rise to the Food Network and other specialized food programming, popular films and television shows about food such as *Top Chef* and *Iron Chef*, a renaissance in specialized cookbooks, specialized periodicals such as *Gourmet Magazine* and *Cook's Illustrated*, growing popularity of farmers' markets, food-oriented websites like *Zagat's* and *Yelp*, publishing and reading food blogs (a number of people photograph and post on the Internet every meal they ever make or consume), specialized kitchenware stores like *Williams-Sonoma* and *Sur La Table*, and the institution of the celebrity chef.

### **Well-known foodies**

- Paul Levy, invented the term *foodie*
- J. P. Norton, operates *The Heavy Table*, a foodie website for the Upper Midwest
- Jason Perlow, founded *eGullet* and profiled in the *New York Times*
- Ruth Reichl, editor-in-chief of *Gourmet* magazine

**Exercise 3. Read the information & pick up the essential details in the form of quick notes.**

**Exercise 4. Add some information & make up a small report and give a talk in class.**



## GOURMAND & GOURMET

A ***gourmand*** is a person who takes great pleasure in food. The word has different connotations from the similar word *gourmet*, which emphasizes an individual with a highly *refined* discerning palate, but in practice the two terms are closely linked, as both imply the enjoyment of good food. An older usage of the word is to describe a person given to excess in the consumption of food and drink, synonymous with *glutton*.

With the evolution in the meaning of *gourmand* away from gluttony, towards the appreciation of good food, French culinary proponents are advocating that the Catholic Church update the infamous list to refer to *gloutonnerie* rather than *gourmandize*.

***Gourmet*** is characterized by elaborate preparations and presentations of large meals of small, often quite rich courses. The term & its associated practices are usually used positively to describe people of refined taste and passion. For some, it holds a negative connotation of elitism or snobbery. The term *gourmet* may refer to a person with refined or discriminating taste or to one that is knowledgeable in the art of food and food preparation.

*Gourmand* carries additional connotations of one who simply enjoys food in great quantities. An *epicure* is similar to a gourmet, but the word may sometimes carry overtones of excessive refinement. *Gourmet* may describe a class of restaurant, cuisine, meal or ingredient of high quality, of special presentation, or high sophistication.

In the USA, a 1980s gourmet food movement evolved from a long-term division between elitist (*gourmet*) tastes and a populist aversion to fancy foods. *Gourmet* is an industry classification for high-quality premium foods in the USA.

In the 2000s, there has been an accelerating increase in the American gourmet market, due in part to rising income, globalization of taste, a health & nutrition concerns.

Individual food and beverage categories, such as coffee, are often divided between a standard and a *gourmet* sub-market. Certain events such as wine tastings cater to people who consider themselves gourmets & foodies. *Gourmet* tourism is a niche industry catering to people who travel to food or wine tastings, restaurants, food production regions for leisure.

The word *gourmet* is from the French term for a wine broker or taste-vin employed by a wine dealer. *Frind* was the reputable name for a connoisseur of delicious things that were not eaten primarily for nourishment. In the 18<sup>th</sup> century, *gourmet* and *gourmand* carried disreputable connotations of gluttony, which only *gourmand* has retained. *Gourmet* was rendered respectable by Monsieur Grimod de la Reyniere, whose *Almanach des Gourmands*, essentially the first restaurant guide, appeared in Paris from 1803 to 1812.

Previously, even the liberal *Encyclopedie* offered a moralizing tone in its entry *Gourmandize*, defined as *refined and uncontrolled love of good food*, employing reproofing illustrations that contrasted the frugal ancient Spartans and Romans of the Republic with the decadent luxury of Sybaris.





From the time of Catherine the Great, every family of influence imported both the products and personnel – mainly German, Austrian, and French – to bring the finest, rarest, and most creative foods to their table. This is nowhere more evident than in the exciting, elegant, highly nuanced, and decadent repertoire of the Franco-Russian chef.

Many of the foods are considered in the West to be traditionally Russian.

But they actually come from the Franco-Russian cuisine of the 18<sup>th</sup> and 19<sup>th</sup> centuries, and – were preserved by salting, pickling or smoking and consumed as *zakuski* (hors d'oeuvres).

Soups have always played an important role in the Russian meal. The traditional staple of soups such as borscht, shchi, ukha, rassolnik, solyanka, botvinya (ботвінья), okroshka, and tyurya was enlarged in the 18th to 20th centuries by both European and Central Asian staples like clear soups, pureed soups, stews, and many others. Russian soups can be divided into at least seven large groups:

- Chilled soups based on kvass, such as tyurya, okroshka, and botvinya.
- Light soups and stews based on water and vegetables, such as swokolnik.
- Noodle soups with meat, mushrooms, or milk.
- Soups based on cabbage, most prominently shchi.
- Thick soups based on meat broth, with a salty-sour base like rassolnik and solyanka.
- Fish soups such as ukha.
- Grain- and vegetable-based soups.

Cold soups



Hot soups



Okroshka is a cold soup based on kvass or, sour milk. Okroshka is also a salad.

The main ingredients are two types of vegetables that can be mixed with cold boiled meat or fish in a 1:1 proportion. Thus vegetable, meat, poultry, and fish varieties of okroshka are made. There are typically two types of vegetables in okroshka.

The first must have a neutral taste, such as boiled potatoes, turnips, rutabagas, carrots, or fresh cucumbers. The second must be spicy, consisting of mainly green onion as well as other herbs – greens of dill, parsley, chervil, celery, or tarragon. Different meat and poultry can be used in the same soup. The most common ingredient is beef alone or with poultry. If it is made with fish, the best choice would be tench, European perch, pike-perch, cod, or other neutral-tasting fish. The kvass most commonly used in cooking is white okroshka kvass, which is much more sour than drinking kvass.

Kvass is also very sweet. Spices used include mustard, black pepper and pickled cucumber (specifically, the liquid from the pickles), solely or in combination. For the final touch, boiled eggs and smetana (similar to crème fraîche) are added.

For sour milk based okroshka, well shaken up natural sour milk (often with the addition of seed oil) is used with the addition of pure water and ground garlic.

Sometimes manufactured kefir is used instead of natural sour milk for time saving reasons, though some say it detracts from the original taste of okroshka.

**Tyurya** is very similar to okroshka, the main difference being that instead of vegetables, bread is soaked in kvass. It is was commonly consumed during rough times (the Russian Revolution, World War I, World War II) and by poor peasants. Also, due to its simplicity, it was very common as a meal during religious fasting.

**Botvinya** is another type of cold soup. The name of the soup comes from the Russian word *botva*, which means *leafy tops of root vegetables*. True to its name, it is made with the leafy tops of young beets, sorrel, scallions, dill, cucumbers, and two types of kvass.

Mustard, garlic, horseradish are then added for flavor. The vegetables are rubbed through a sieve and kvass is poured over.

**Shchi** (cabbage soup) had been the predominant first course in Russian cuisine for over a thousand years. Although tastes have changed, it steadily made its way through several epochs. Shchi knew no social class boundaries, and even if the rich had richer ingredients and the poor made it solely of cabbage and onions, all these *poor* and *rich* variations were cooked in the same tradition. The unique taste of this cabbage soup was from the fact that after cooking it was left to draw (stew) in a Russian stove.

The *Spirit of shchi* was inseparable from a Russian izba (log hut). Many Russian proverbs are connected to this soup, such as *Shchi dakasha pishcha nasha* (Russian: Щи да каша – пища наша, *Shchi and porridge are our staples*). It can be eaten regularly, and at any time of the year. When this soup is served, smetana is added. It is eaten with rye bread.

During much of the year when the Orthodox Christian Church prescribes abstinence from meat and dairy, a vegan version of shchi is made. *Kislye* (sour) schi are made from pickled cabbage (sauerkraut), *serye* (grey) schi from the green outer leaves of the cabbage head. *Zelyonye* (green) schi are made from sorrel leaves, not cabbage, and used to be a popular summer soup.



**Ukha** is a warm watery fish dish, however calling it a fish soup would not be absolutely correct. *Ukha* as a name for fish broth was established only in the late 17th to early 18th centuries. In earlier times this name was first given to thick meat broths, and then later chicken. Beginning from the 15th century, fish was more and more often used to prepare ukha, thus creating a dish that had a distinctive taste among soups.

A minimum of vegetables is added in preparation, and in classical cooking ukha was simply a rich fish broth served to accompany fish pies (*rasstegai*, *kuliebiaka*, etc.).

These days it is more often a fish soup, cooked with potatoes and other vegetables. A wide variety of freshwater fish is traditionally used.

**Rassolnik** is a hot soup in a salty-sour cucumber base. This dish formed in Russian cuisine quite late – only in the 19th century. About this time the name rassolnik was attached to it, originating from the Russian word *rassol* which means *brine (food)* (pickle water).

Pickle water was known to be used as base for soups from the 15th century at the latest. Its concentration and ratio with other liquids and soup components gave birth to different soups: solyanka, shchi, rassolnik. The latest are moderately sour-salty soups on pickled cucumber base. Some are vegetarian, but more often with products like veal or beef kidneys or all poultry giblets (stomach, liver, heart, neck, feet). Typical rassolnik is based on kidneys, brine (and pickles), vegetables and barley.

**Kal'ya** was a very common dish first served in the 16th-17th centuries. Subsequently it almost completely disappeared from Russian cuisine. Often it was incorrectly called *fish rassolnik*. The cooking technique is mostly the same as of ukha, but to the broth were added pickled cucumbers, pickle water, lemons and lemon juice, either separately or all together.

The main characteristic of kal'ya is that only fat, rich fish was used; sometimes caviar was added along with the fish. More spices are added, and the soup turns out more piquant and thicker than ukha. Formerly kal'ya was considered a festivity dish.

**Solyanka** is a thick, piquant soup that combines components from shchi (cabbage, smetana) and rassolnik (pickle water and cucumbers), spices such as olives, capers, tomatoes, lemons, lemon juice, kvass, salted and pickled mushrooms make up a considerably strong sour-salty base of the soup. Solyanka is much thicker than other soups, about 1/3 less liquid ratio.

Three types are distinguished: meat, fish, and simple solyanka. The first two are cooked on strong meat or fish broths, and the last on mushroom or vegetable broth. All the broths are mixed with cucumber pickle water.

**Lapsha** (noodle soup) was adopted by Russians from Tatars, and after some transformation became widespread in Russia. It comes in three variations: chicken, mushroom, and milk.

Cooking all three is simple, including preparation of noodles, cooking of corresponding broth, and boiling of noodles in broth. Noodles are based on the same wheat flour or buckwheat/wheat flour mix. Mixed flour noodles go better with mushroom or milk broth.



In traditional Russian cuisine three basic variations of meat dishes can be highlighted:

- a large boiled piece of meat cooked in a soup or porridge, and then used as second course or served cold (particularly in jellied stock).
- offal dishes (liver, tripe, etc.), baked in pots together with cereals;
- whole fowl dishes or parts of fowl (legs or breasts), or a large piece of meat (rump) baked on a baking tray in an oven, so-called *zharkoye* (*zhar*(жар) meaning *heat*).



The 16th century *Domostroi* aimed at affluent households also mentions sausage-making, spit-roasted meats, stews and many other meat dishes.

As a garnish to meat dishes in the past the most common were porridges and cereals, in which the meat was boiled, later on boiled or rather steamed and baked root vegetables (turnips, carrots) as well as mushrooms; additionally the meat, without taking account its type, was garnished with pickled products – pickled cabbage, sour & *soaked* (marinated) apples (mochoniye yabloki), soaked cranberries, *vzvars*.

Pan juices, alone or mixed with sour cream or melted butter is used as gravy to pour on garnishing vegetables and porridges. Meat sauces i.e. gravies based on flour, butter, eggs and milk, are not common for traditional Russian cuisine.

***Kholodets (Studen)***: Jellied chopped pieces of pork or veal meat with some spices added (pepper, parsley, garlic, bay leaf) & minor amounts of vegetables (carrots, onions). The meat is boiled in large pieces for long periods of time, then chopped, boiled a few times again and finally chilled for 3-4 hours (hence the name) forming a jelly mass. Gelatine is not used because calves feet, pigs heads and other such offal is gelatinous enough on its own.

It is served with horseradish, mustard, or ground garlic with smetana. ***Pelmeni*** dish usually made with minced meat filling, wrapped in thin dough (made out of flour, eggs, sometimes with milk or water added). For filling, pork, lamb, beef, or any other kind of meat can be used; mixing several kinds is popular. The traditional Ural recipe requires the filling be made with 45% of beef, 35% of lamb, and 20% of pork. Traditionally, various spices, such as pepper, onions, and garlic, are mixed into the filling. Russians seem to have learned to make pelmeni from Finnic and Tatar peoples of the Taiga, the Urals and Siberia. The word means *ear-shaped bread* in Finnic languages such as Udmurt and Komi.

In Siberia they were made in large quantities and stored safely frozen outside for several winter months. In mainland Russia, the term *Siberian Pel'meni* refers to pel'meni made with a mix of meats. By the late 19th century, they became a staple throughout urban European Russia. They are prepared immediately before eating by boiling in water until they float, and then 2-5 minutes more. The resulting dish is served with butter and/or sour cream (mustard, horseradish, vinegar are popular as well). Some recipes suggest frying pelmeni after boiling until they turn golden brown.

Pelmeni belong to the family of dumplings. Akin to vareniki: Ukrainian variety of dumplings with filling made of mashed potatoes, farmer's cheese, or cherries, to mention the most popular three. They are not dissimilar to Chinese potstickers, Tibetan mo-mo and Italian ravioli, as well as the Manti of the Kazakh and Kyrgyz cultures. The main difference between pelmeni and other kinds of dumplings is in their shape and size – the typical pelmen is roughly spherical and is about 2 to 3 cm in diameter, whereas most other types of dumplings are usually elongated and much larger. Various minced meat dishes were adopted from other cuisines and became popular only in the 19th and 20th centuries.

***Kotlety*** (minced cutlets, meatballs), a Western European dish popular in modern Russian households, are small pan-fried meat balls, not dissimilar from Salisbury steak and other such dishes. Made primarily from pork & beef (chicken or fish), they are easily made and require little time. Ground beef, pork, onions and bread are put in a bowl and mixed thoroughly until it becomes relatively consistent. Once this effect is achieved, balls are formed and then put into a hot frying pan to cook.



***Shashlyk*** is a form of Shish kebab (marinated meat grilled on a skewer) popular in former Soviet Union countries, notably in Georgia, Russia, Armenia, Azerbaijan, and Uzbekistan. It often features alternating slices of meat and onions.

Even though the word *shashlyk* was borrowed from the Crimean Tatars by the Cossacks as early as the 16th century, kebabs did not reach Moscow until the late 19th century, according to Vladimir Gilyarovsky's *Moscow & Moscovites*.

Shashlik is used in Russia as a food to be cooked in outdoor environment, similarly to barbecue in English-speaking countries.

Fish was important in pre-revolutionary cuisine, especially on Russian Orthodox fast days when meat was forbidden, similar to the Catholic custom of eating fish instead of meat on Fridays.

Strictly freshwater fish such as carp and sudak (Sander lucioperca, Zander) were commonly eaten in inland areas, as well as anadromous sturgeon and in northern areas salmon, pike and trout. A greater variety of fish – including saltwater species – were preserved by salting, pickling or smoking and consumed as *zakuski* (hors d'oeuvres).



## DIALOGUES «»DINNER AT A RUSSIAN RESTAURANT"

### Pete & Mike & Waiter

- Let's drop in here.
- I don't mind. The meals are good here.
- What would you like to have, gentlemen?
- We'd like to have a typical Russian dinner.
- All right. I can recommend you herring, meat jelly and horse-radish sauce, pickled cucumbers and tomatoes.
- Then sauerkraut shchee, cutlets Pozharskie and cranberry jelly for dessert. Russian vodka goes nicely with herring, meat jelly and pickles.
- That'll do for us. And get us a bottle of mineral water, please.
- Very well, sir.

### Supper at a Russian Restaurant.

#### Waiter & guests

- Take your seats, please. Would you like to have supper? Tonight we've got a big choice of real Russian appetizers and dishes.
- We'd like to begin with red caviar, salmon, hard-smoked sausage and mixed green salads.
- That makes four helpings of red caviar, four salmon and hard-smoked sausage and four mixed green salads,
- That's right. And what can you recommend for a meat course?
- Oh, plenty: beef-stew, beef-stroganoff, liver on a spit, veal chops...
- Can I have hazel-grouse, partridge, pheasant or stewed hare?
- You can have hazel-grouse, partridge, stewed hare and suckling-pig. Pheasant isn't served today. Very sorry, ma'am.
- Oh, never mind. I'll have hazel-grouse, then. What about you, Helen?
- Can I have a fish course?
- Certainly, ma'am. Sturgeon on a spit, fried soodak-fish, carp in sour cream...
- Then fried soodak-fish and potatoes for me.
- What would you like, sir?
- I'll try liver on a spit.
- Good. As for wine, I can recommend you Russian vodka, cognacs, sweet or half-sweet champagne and our special beverages.
- Good. Cognac "Five Stars", sweet champagne and cranberry beverage.
- Very well. I'll get you wines and appetizers right now.

#### At the Restaurant «Tereck»

- Good evening, ladies and gentlemen! What would you like to have?
  - We'd like good specialties.
  - We'd like a real Caucasian dinner.
  - I see. For a snack I recommend you fresh tomatoes and fruit in aspic. Then khartcho, chanahy, chihirtma. For the main course – bastorma, pilau, lamb shashlyk...
  - Can we have fish or poultry dishes?
  - Certainly, ma'am. Local fish on a spit, chicken "Tabaka"... Make your choice. Here is the menu. I'll come up to your table in a minute.
-

- Are you ready to order, sir?
- 2 stuffed egg-plants, 4 fresh tomatoes, 4 trouts in aspic, 2 kharcho, 2 chanahy, 2 lamb shashlyk, 1 fish on a spit, 1 chicken *Tabaka*. What can we have for a drink?
- 5-star Armenian cognac and different dry wines.
- A bottle of Armenian cognac and orange juice. What about melon or water-melon?
- I'd recommend you melon.
- Good.

#### At a Snack-Bar in Kyiv

##### Waiter & Bob & Jack

- What would you like to order, gentlemen?
- Get us vareniky with cherries, fancy buns and white coffee, please.
- Sorry, vareniky with cherries are off. I can recommend you with cheese instead.
- Okay. Two vareniky, two fancy buns and two white coffees, please. You know we're very much in a hurry. Serve us quicker, please.
- I'll serve you in no time.

#### Mrs. A. & Mr. A & Waiter

- Let's drop in here for a snack.
- I'd rather have a proper meal; it's already lunch time.
- All right. Shall we go to a restaurant?
- I think so. There is quite a nice one over there on the other side. They serve good specialties of the country. *(At the restaurant)*
- Good afternoon. Give us a table by the window.
- Good afternoon, sir. Right this way. You'll be very comfortable over here. Here's the menu.
- Will you have any hors d'oeuvres?
- Not today. I'll start with kharcho and have bastoorma to follow.
- I had bastoorma yesterday.
- May I offer you chicken on a spit or pilaf (small pieces of mutton with rice and raisins)?
- Well, I'll take pilaf for a change.
- What about some melon or watermelon?
- I don't mind. Please serve us as soon as possible.
- Don't worry. You'll be served immediately. Thank you.

***Exercise 1. Learn the dialogues by heart and carry them on with your classmate in class. Render the contents of the dialogues in Indirect Speech in English. Translate the dialogues paying attention to italic phrases.***



**Exercise 2. Answer the questions.**

1. Is Russian cuisine rich and varied? 2. Is there a large variety of milk products in Russia? What are they? 3. What Russian appetizers do you know? 4. What Russian fruit and berry beverages do you know? 5. What is zbiten made from? 6. What are popular Russian hot appetizers? 7. What popular Russian soups do you know? 8. Are Russian soups popular with foreign guests? 9. How about hot meat game and poultry dishes? Tell us about some of them. 10. What do you know about "Goorievskaya kasha"? Is it a dessert dish? 11. What vegetables are used in making Caucasian appetizers? 12. What greens and spices are used in making appetizers? 13. Do you often cook khartcho and chanahy? 14. What is the most popular meat course in the Caucasus? 15. Do you like khachapouri? What filling can be used in making it? 16. What sweet traditional New Year dish do you know? What is it made from?

**Exercise 3. Fill in the blanks with prepositions where necessary.**

1. Breakfast isn't served ... 8 o'clock. 2. We have more than two hours ... our disposal. 3. There is a wide assortment ... Ukrainian specialties ... the menu. 4. Solyanka is made ... fish, onions, tomatoes, spices, pickles and olives. 5. We've got veal ... sour cream and the famous Russian blini ... caviar. 6. We'll try some ... this popular drink. 7. Our hotel restaurant is very popular ... our visitors. 8. Will you sit ... that table over there? 9. What can we have ... a very Russian dinner? 10. Bring us some chilled vodka ... balyk. 11. We're ... a bit ... a hurry. Tea ... two, please. 12. There is a nice Russian Tea Room ... the 2<sup>nd</sup> floor. 13. ... dessert we'll have apples ... red wine. 14. Could we have pancakes served ... honey? 15. Short or almond cakes ... you? 16. What will it come ... all ... all? 17. Where shall I pay? ... me, please. 18. Table ... four? Yes, please. 19. A bottle ... Armenian cognac, please.

**Exercise 4. Fill in the blanks with articles where necessary.**

1. I wonder if ... restaurant is open now? 2. Could we have ... real Russian meal? Certainly, ma'am, there is ... wide assortment of ... Russian specialties on ... menu. 3. What about ... main course? We've got ... veal in sour-cream and ... baked sturgeon. 4. What can we have for ... very Russian dinner? 5. Bring us some chilled vodka for ... balyk. 6. We're in a bit of ... hurry. Could we have ... bill straight away, please? 7. There is ... nice Russian Tea Room on ... 3<sup>rd</sup> floor. 8. Pancakes (blini) are served with ... honey. 9. Short cakes or ... open fruit tart for you? I think, ... short cake. How do you want your tea? Well, just ... little milk, please. 10. May I give you ... little more blini? No, thank you. 11. Any drinks, sir? Oh, yes, ... bottle of ... aged Crimean wine, please. 12. I've already reserved ... table. 13. What about ... main course? I think, we'll try ... pot roast mutton with ... prunes. 14. Let's drop in here for ... snack. I'd rather have ... proper meal. Shall we go to ... restaurant? I think so. There is quite ... nice one over there on ... other side. They serve good specialties of ... country. 15. Give us ... table by window. 16. May I offer you chicken on ... spit or ... pilaf? Well, I'll take ... pilaf for ... change. 17. Your table is in ... corner. Could we have ... real oriental dinner? Certainly, sir. We've got ... wide range of oriental specialties. 18. By ... way, what shall we drink? ... small bottle of Armenian cognac for me. 19. I'll have ... fillet on ... spit. 20. I'd like ... typical local dish. 21. Any drinks, sir? ... bottle of ... semi-dry champagne, please.

**Exercise 5. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 6. Add some information & make up a small report and give a talk in class.**

**Exercise 7. Read the information & pick up the essential details in the form of quick notes.**



## DIALOGUES «NATIONAL SPECIALTIES»

Mr. A. Good evening.  
Waiter Good evening, sir.  
Mr. A. Where can we sample Russian specialties?  
Waiter Our hotel restaurant can offer you good food and good service. It's very popular with our visitors.

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Waiter Will you sit at the table over there?  
Mr. A. Yes, that'll do fine.  
Mr. B. What can we have for a very Russian dinner?  
Waiter I can offer you balyk (fillet of sturgeon) or jellied sterlet, new cabbage shchee (thick soup made of meat broth, new cabbage, potatoes and onions) or okroshka soup (made of kvas, vegetables, meat and sausages), it is served cold.  
Mr. B. No soup, thank you. Could we have some meat?  
Waiter Certainly, sir. Which do you want: beef Stroganov (small pieces of beef with onions, mushrooms and sour-cream) or pot roast?  
Mr. A. I think, we'll have beef Stroganov. And bring us some chilled vodka for balyk.  
Waiter Very good. Any dessert, sir?  
Mr. A. No, thanks. We're in a bit of hurry. Could we have the bill straight away, please?  
Waiter Right you are, sir. I'll bring it immediately.  
Mr. A. Thanks.

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Mrs. A. Where can we have after-theatre supper?  
Waiter There is a nice Russian Tea Room on the 2<sup>nd</sup> floor.

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Waiter What can I offer you, ma'am?  
Mrs. A. Tea for three, please and pancakes (blini).  
Mrs. B. Could we have pancakes served with honey?  
Waiter Certainly, ma'am.  
Mrs. C. That's not all. Show us what kind of pastries you've got.  
Waiter Short cakes or an open fruit tart for you?  
Mrs. C. I think, a short cake, please.  
Waiter How do you want your tea?  
Mrs. A. Well, just a little milk, please.  
Waiter May I give you a little more blini, ma'am?  
Mrs. B. No, thank you, I don't want any more.  
Mrs. C. What will it come to all in all?  
Waiter Two roubles, 85.  
Mrs. C. Where shall I pay?  
Waiter To me, please.

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Waiter Good evening. Table for two?  
 Mr. A. Yes, please.  
 Waiter Right this way. Here is the menu.  
 Mr. A. We haven't chosen yet.  
 Waiter Shall I help you?  
 Mr. A. Do, please.  
 Waiter As first course I would recommend Ukrainian borshch (beet and cabbage soup).  
 Mr. A. Oh, yes, thank you. And could we have chicken cutlets filled with butter?  
 Waiter Chicken cutlets á la Kyiv (Kyiv style)?  
 Mr. A. That's right.  
 Mrs. A. What do you say to cottage cheese dumplings?  
 Mr. A. Well, I don't mind.  
 Waiter: Any drinks, sir? Wine or squash?  
 Mr. A. Oh, yes, a bottle of aged Crimean wine, please.  
 Mrs. A. For dessert we'll have apples in red wine, I think.  
 Waiter Any coffee, sir?  
 Mr. A. No, thank you. That's all.

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Mr. A. Will you have join me for dinner?  
 Mr. B. Oh, I'll be glad to keep your company.  
 Mr. A. I've already reserved a table. This restaurant is specializing in Ukrainian cuisine.  
 Waiter: Here is the menu. Will you order now, sir?  
 Mr. A. Yes, please. Dinner for two.  
 Waiter Any soup to begin with?  
 Mr. A. Well, broth with dumplings.  
 Mr. B. What about the main course?  
 Waiter May I offer you cutlets *Ukraine* or pot roast mutton with prunes?  
 Mr. A. I think, we'll try pot roast mutton with prunes.  
 Waiter: Any dessert, sir? We've got compote of fruits, ice-cream Surprise.  
 Comport from fruits, please.





## DIALOGUE «I LIKE TO HAVE MEAL IN THE HOTEL»

- Where can I have meals in the hotel?
- You can have meals in the restaurant. There are three restaurants in our hotel. One has Continental cuisine. It's on the ground floor. This hall offers not only Continental cooking, but also your favourite dishes, if you like.
- You see. I have enough of European food at home. I want to taste Russian dishes. Where must I go to get a good Russian dinner?
- Luckily, you needn't leave the hotel. There is "Russian hall". It's very popular with foreign visitors. There you can try famous Russian blinies with fresh or red caviar, sturgeon a la Moscow and a lot of other viands.
- And what about shashlyk?
- Oh, you mean Caucasian delicacies you should go to the restaurant on the second floor. This hall is also popular with foreign tourists.
- Thank you very much. I know now where I can get a good dinner. It's not that I'm hungry. I just wish to have a bite; a cup of coffee and a sandwich. Is there any snack bar or refreshment room in the hotel?
- Certainly, sir. Sandwich service is available between 9 a.m. and 8 p.m. daily. Besides, there is a night bar in the hotel. It's on the 20<sup>th</sup> floor and it affords a fine view of the city.
- Is it open now?
- No, I think not.
- When does it open?
- The night bar opens at 9 p.m.
- May I pay in foreign currency there?
- Yes, you may. They take any foreign currency.

**Exercise 1. Learn the dialogue by heart and carry it on with your classmate in class. Render the contents of the dialogue in Indirect Speech in English. Translate the dialogue paying attention to italic phrases.**



## RUSSIAN CUISINE

Russian cuisine is rich and varied. In Russia there is a large variety of milk products: a sort of dry, granulated cream cheese called *tvorog*, thick sour cream called *smetana*, and several types of sour milk products of the yoghurt type.

Smetana can be used with almost anything: a dollop of it in the soup, a spoonful eaten with meat dish, or strawberries and apples sliced up small and eaten mixed with smetana. It is also used on pancakes. Smetana is an almost universal flavouring sauce, or if you like, it can be drunk by the glassful with or without sugar. Smetana is made from cream. Kefir is a pleasant, useful beverage made from cow's milk, yeast and lactic acid bacteria. It's a dietary product. Ryazhenka is a sour milk product made from baked milk, very pleasant to taste. There is a big choice of appetizers, soups, hot and dessert dishes. You can recommend your guests soft, pressed and red caviar. Its vitamin content is especially high.

Then, of course, salmon, hot & cold smoked sturgeon, pike-perch in aspic or stuffed herring, red herring, Baltic salt-sprats; fried, smoked, marinated smelt & the like. As for cold dishes our guests can taste ham, lean cold boiled pork with spices (*buzhenina*), jellied tongue, meat jelly & horseradish sauce and various salads beginning with salad *Stolychnii* up to Russian salad.

For a change you can taste frozen apples. They are delicious. Russian *blini* with caviar and mushrooms in thick sour cream sauce are popular hot appetizers. How about soups? There are plenty of them. Fresh cabbage meat *shchee*, *shchee Petrovskie* (cooked from soodak fish and fresh cabbage), Moscow *borshch*, kidney and cucumber soup (*rassolnik*), meat and fish *sawlyanka*, *ookha* (special fisherman's soup), mushroom soup and soups in season – *okroshka* and cold beetroot soup are very popular with our guests.

For the hot dish guests can order pike-perch in white wine or fried, sturgeon of all kind – boiled, steamed or on a spit, fried burbot or carp in thick sour-cream sauce or meat dishes to their taste: beef-Stroganoff & mashed potatoes, roast veal, special pot-roast stuffed cabbage-rolls (*golubtsy*), Siberian *pelmeni*, suckling with buckwheat *kasha*, stewed rabbit and hare and so on. Now a few words about buckwheat *kasha*, which may be eaten with meat like potatoes as well as a cereal with butter or milk. It's very popular in Russia because it's a very useful product. It's recommended for stout people, for people suffering from diabetes. Buckwheat *kasha* purifies our organism and makes us stronger.

There is a large variety of poultry & game dishes: roast chicken, roast duck & goose stuffed with apples & sauerkraut, roast partridge, hazel-grouse, wood-grouse, wood-cock, black-cock, pheasant and quail. They are juicy and tender dishes.

How about dessert? For dessert you can have baked apples, fruit and berry kissels (made from fruit or berry juice and potato flour), compot (made from dried stewed fruit mixed), dessert fruits: aromatic melons from Middle Asia, water-melons from the Volga, juicy grapes, pears, apricots, peaches, tangerines, oranges. And at last *Goorievskaya kasha*. This dessert dish was made in honour of the victory over Napoleon in the war of 1812. Taste it! These dishes are served at the Russian restaurant *Sadko*, *Troyka*, *Okolitsa* and at many other fashionable restaurants. Russian cuisine is famous for its Russian pies, which were baked in Russia in good old times and remain popular nowadays. They are: *kulebiaka* (a Russian pie with meat or cabbage filling), *rastegay* (a pie with special fish filling), open curd tarts (*vatrushki*), honey-cakes, twists of bread (*krendeli*), *boubliki* (thick ring-shaped rolls), *baranki* (ring-shaped rolls), *sooshki* (small ring-shaped crackers), Russian Easter cakes & various fancy-cakes. As for drinks: fruit & berry beverages: *morse*, *kvass* & *zbiten*.

## BAKED FOOD

**Pirozhki** (singular: pirozhok; diminutive of *pirog* (pie)) are small stuffed buns (pies) made of either yeast dough or short pastry. They are filled with one of many different fillings & are either baked (the ancient Slavic method) or shallow-fried (known as *priazhenie*, this method was borrowed from the Tatars in the 16th century). One feature of pirozhki that sets them apart from English pies is that the fillings used are almost invariably fully cooked.

The use of chopped hard-boiled eggs in fillings is another interesting feature. Six typical fillings for traditional pirozhki are:

- Fish sautéed with onions and mixed with hard-boiled chopped eggs.
- Chopped boiled meat mixed with sautéed onions and eggs.
- Rice and boiled eggs with dill.
- Mashed potatoes mixed with dill and green onion.
- Sautéed cabbage.
- Sautéed mushrooms with onions and sometimes carrots.

**Blini** are thin pancakes (very similar to French crêpes) which are often served in connection with a religious rite or festival in several cultures. The word *blin* (singular of blini) comes from Old Slavic *mlin*, which means *to mill*. Blins had a somewhat ritual significance for early Slavic peoples in pre-Christian times since they were a symbol of the sun, due to their round form. They were traditionally prepared at the end of the winter to honor the rebirth of the new sun during Maslenitsa (Масленица, Butter Week; also known as Pancake Week). This tradition was adopted by the Orthodox Church and is carried on to the present day, as the last week of dairy and egg products before Lent. Bliny are still often served at wakes, to commemorate the recently deceased. Blini can be made from wheat, buckwheat, or other grains, although wheat blini are most popular in Russia. They may be topped with butter, smetana (sour cream), fruit preserves or caviar.

**Symiki** are fried curd fritters, garnished with sour cream, jam, honey, and/or apple sauce.

**Vatrushka** is a kind of cake with a ring of dough and tvorog (cottage cheese) in the middle, often with raisins or bits of fruit, from about five inches to two and a half feet in diameter.

**Exercise 1. Summarize the information briefly in English.**









## RUSSIAN NATIONAL DRINKS

Kvas is a Russian bread-based drink and an ingredient in many soups (light kind). Almost all Russian traditional drinks are original from Russia and are not present in other national cuisines. Those are vodka, sbiten, kvass, medovukha and mors.

Many of them are no longer in use. Long since they were drunk as a complement to meat and poultry dishes, sweet porridge, and dessert. Standing apart from all of them was sbiten, which was replaced by tea by later times in Russia.

One of the most ancient drinks is **Medovukha**, derived from the word *med*, for honey. It should not be confused with the so-called **stavlenniy myod** (brewed honey, mead); medok is made of water with small amounts of honey and sometimes hops, *stavlenniy myod* is an alcoholic drink not unlike wine, based on large amount of honey and berry juices. **Mors** is made of berry juice, mixed in different proportions with water.

**Kvass** and **sbiten** on the other hand were always mass-produced drinks. Most widespread was kvass, having a few dozen variations.

The basic method of preparing kvass is that out of water, flour, and malt liquid, a dough is made which is subjected to fermentation. This fermented *zator* is diluted by water; yeast, sugar, aromatic additives are mixed in and then it is brewed.

The role of additive can be played by fruit and berry juices (cherry, raspberry, lemon, etc.), as well as ginger & mint. Compared to kvass, sbiten is very simple to prepare.

Separately, honey and sbiten' flavor (spices, like cinnamon and cloves, and juices) are boiled down and then these two parts are combined and boiled again. It is a hot winter drink. Tea was introduced to Russia from China in 17<sup>th</sup> century and in 200 years spread throughout the whole country, becoming arguably the most popular national drink, and forcing sbiten' out of competition. Black tea is by far the most popular type, but since nineteenth century incursions in Central Asia the knowledge and interest in green tea is slowly increasing.

Today Russia remains one of the biggest tea consumers and importers in the world. Until the last third of the 20<sup>th</sup> century most tea was imported from China, but since the Sino-Soviet split this trade diminished, and now Russia imports most its tea from India and Sri Lanka, of which Darjeeling is the most prized sort.

Improved relationships with China again increased interest in Chinese teas, so imports are growing once more. Peter The Great might be credited with introduction of coffee to Russia, but coffee, while generally well regarded, did not achieve the same position as tea.

**Exercise 1. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 2. Transfer the given information from the passages onto a table.**

№	Activity			
	Drink	Where	When	Score
1.				



**Exercise 3. Read the information on Pierogi and use it in practice.**

Pierogi are a dish of Polish origin, consisting of boiled dumplings of unleavened dough stuffed with varying ingredients. They are usually semicircular, but are square in some cuisines. In English, the word *pierogi* are pronounced with a stress on the letter "o".

The origins of pierogi are difficult to trace. While dumplings as such are found throughout Eurasia, the specific name *pierogi*, with its Proto-Slavic root *pir* (festivity) and its various cognates in the West and East Slavic languages, shows the name's common Slavic origins, predating the modern nation states & their standardized languages, although in most of these languages the word means *pie*.

The East Slavic Belarusians, Russians and Ukrainians, the West Slavic Poles and Slovaks, and the Baltic Latvians and Lithuanians all consume this dish, although sometimes under a different name (e.g., *kalduny* in Belarus and Lithuania).

In some East European languages, variants of this dish are known by names derived from the root of the word *to boil* (Russian: варить, *varit'*, Ukrainian: варити, *varyty*). These include the Belarusian *vareniki*, Latvian *vareņiki*, Russian *vareniki* Ukrainian *varenyky* (вареники) (literally *boiled things*, from the adjective form *varenyy*).

There is a definite similarity to Italian ravioli and tortellini or Jewish kreplach.

In Turkey, Transcaucasus, and Central Asia round pockets of dough with a meat filling are called *manti*, *khinkali*, or *chuchvara*. In East Asia, similar foods are served, such as Chinese wonton and *jiaozi*, Japanese *gyoza*, Mongolian *buuz*, Nepalese/Tibetan *momo*, Afghani  *mantu*, and Korean *mandu*. Pierogi are small enough to be served several or many at a time, so the plural form of the word is usually used when referring to this dish. In Polish, *pierogi* is actually the plural, *pieróg* being singular. (The singular form *pieróg* also refers to a pie).



Pierogi frying



Vareniki

Pierogi or vareniki are half circular dumplings of unleavened dough, stuffed (singularly or in various combinations) with mashed potatoes, cheese, farmer's cheese, bryndza, cabbage, sauerkraut, meat, mushrooms, or other ingredients depending on the cook's personal preferences. Dessert versions of the dumpling can be stuffed with a fresh fruit filling, such as cherry, strawberry, raspberry, blueberry, peach, or apple; stoned prunes are sometimes used. In Poland this variety is called *Ruskie pierogi*. A popular filling for pierogi in Canada is mashed potatoes mixed with grated cheddar cheese.

The dough is rolled flat and then cut into circles using a cup or drinking glass. The filling is placed in the middle and the dough folded over to form a half circle. The pierogi or vareniki are boiled until they float, drained, and sometimes fried in butter before serving.

They can be served with melted butter, plenty of sour cream, or garnished with small pieces of fried bacon, onions, and also mushrooms. Dessert varieties may be topped with apple sauce.



## PIEROGI IN VARIOUS NATIONS

**Slovak bryndzove pirohy.** In Hungarian cuisine, the equivalent of pierogi is *derelye*, pasta pockets filled with jam or sometimes meat. Derelye is consumed primarily as a festive food for special occasions such as weddings. A traditional dish in Slovak cuisine is *bryndzové pirohy*, crescent-shaped dumplings filled with salty bryndza cheese, or more often with unripe curd cheese. Pierogi are served in a variety of forms and tastes (ranging from sweet to salty to spicy) in Polish cuisine. Pierogi were traditionally peasant food, but eventually spread in popularity throughout all social classes, including nobles. They are served at many festivals, playing an important role as a cultural Polish dish.

At the 2007 Pierogi Festival in Kraków, 30,000 pierogi were consumed daily. Polish pierogi are often filled with fresh white cheese (farmer's cheese or quark), potatoes, and fried onions; in this form, they are called *pierogi ruskie*, which is the most popular variety in North America. In Poland more popular are pierogi filled with ground meat, mushrooms, or for dessert an assortment of fruits. Pierogi are usually served with melted butter and sugar, or melted butter and bacon bits. Poles traditionally serve two types of pierogi for Christmas Eve supper. One kind is filled with sauerkraut and dried mushrooms, another — small *uszka* filled only with dried wild mushrooms — are served in clear borscht. **Leniwe pierogi** (*lazy pierogi*) are a different type of food, similar to lazy vareniki.

In Russian cuisine, the closest analogue to pierogi is vareniki. Pelmeni, which are meat filled, are also similar. While many North Americans of Ukrainian descent use the term pierogi, in traditional Ukrainian cuisine the closest analogue to pierogi are the boiled varenyky, which are served with sour cream or topped with melted butter, fried onions, and fried bacon bits. Ukrainians also prepare the somewhat similar, but usually smaller, meat-filled pelmeni. The Jewish Ashkenazi version is called *pirogen*, which are usually boiled and fried before serving. A related Jewish dish are the kreplach, which are ring shaped dumplings (which look like tortellini) boiled and served as a side dish or in clear soup. Pierogi are widespread in Canada and the United States, having been popularized primarily by Slavic immigrants. They are common in areas with large Slavic-derived populations. Pierogi at first were a family food among immigrants as well as being served in ethnic restaurants.

In the post-World War II era, freshly cooked pierogi became a staple of fundraisers by ethnic churches. By the 1960s, pierogi were a common supermarket item in the frozen food aisles in many parts of the United States and Canada. Pierogi maintain their place in the grocery aisles to this day. Pierogi are commonly associated with Pittsburgh, Pennsylvania.

There is even a *pierogi race* at every home Pittsburgh Pirates baseball game, where four runners wearing pierogi costumes race toward a finish line.

The Canadian Prairies, in particular, have a large Ukrainian population, and their *pyrohy* are very common. Since Canada also has immigrants from many other perogy-making cultures (not least Poles, Jews, Mennonites), a wide diversity of recipes are used.

Packed frozen perogies can be found everywhere Eastern European immigrant communities exist and are generally ubiquitous across Canada, even in big chain stores.

Such perogi are made by industrial machines. Each perogy typically weighs around 20 gr, but resemble an oversized half-moon ravioli, as the Italian machines are used in the production of Italian pasta. Typically frozen flavours include potato with either cheddar, bacon, or cottage cheese. Home-made versions are typically filled with one of the following: mashed potatoes seasoned with salt and pepper (cheddar cheese), sauerkraut, or fruit.

These are then boiled, and either served immediately, put in ovens and kept warm, or fried in oil or butter. Popular fruit varieties include strawberry, blueberry, the distinctly Canadian saskatoon berry. Potato and cheese or sauerkraut versions are usually served with some or all the following: butter or oil, sour cream (typical), fried onions, fried bacon bits or kubasa (sausage), and a creamy mushroom sauce (less common). National chain restaurants also feature the dish or variations.

Boston Pizza has a sandwich and a pizza flavoured to taste like perogi, while Smitty's serves theirs as an appetizer deep-fried with salsa. Some Chinese cafés in the Canadian Prairies have taken to billing their potstickers (jiaozi) as *Chinese perogies*.

Speakers of the local Canadian Ukrainian dialect call them *pyrohy*, which can be misheard *pedaheh* by Anglophones unaccustomed to the fast rolled-r sound, or alveolar trill. They are known as *varenyky* in standard Ukrainian, and *pyrohy* there refers to a different dish, which is often a source of confusion.

In the United States, the term *pierogi* or *pierogies* is commonly taken to mean Polish pierogi. Many of these grocery brand *pierogi* contain non-traditional ingredients to appeal to general American tastes, including spinach, jalapeño peppers and chicken.

Pierogi enjoyed a brief popularity as a sports food when Paula Newby-Fraser adopted them as her food of choice for the biking portion of the Hawaii Ironman Triathlon.

For a decade thereafter, Mrs. T's (the largest American pierogi manufacturer) sponsored triathlons, some professional triathletes and *fun runs* around the country.

For many triathletes, pierogi represented a tasty alternative to simple pasta as a way to boost their carbohydrate intakes. Pierogi consumption in the United States is largely concentrated in a geographical region dubbed the *Pierogi Pocket*, an area including New York State, Pennsylvania, Indiana, parts of the northern Midwest and southern New England. This region accounts for 68 % of annual US pierogi consumption. Every July, in Indiana, there is a festival that is celebrated that has a pierogi theme, and, consequently, it is called the *Pierogi Fest*.

**Exercise 1. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 2. Read the information & pick up the essential details in the form of quick notes.**



## MUSHROOM HUNTING

*Mushroom hunting, mushrooming, mushroom picking,* and similar terms describe the activity of gathering mushrooms in the wild, typically for eating. This is popular in most of Europe, including the Nordic, Baltic, and Slavic countries and the Mediterranean Basin, as well as in Japan, Korea, Canada, and the northwestern and Appalachian United States.

A large number of mushroom species are favored for eating by mushroom hunters.

The king bolete is a popular delicacy. Sulphur shelf (Chicken Mushroom or Chicken of the Woods) is often gathered because it occurs in bulk, recurs year after year, is easily identified, and has a wide variety of culinary uses. Chanterelles, morels, Shaggy Manes (in genus *Coprinus*), and Puffballs are among the most popular types of mushrooms to gather, most of these being relatively hard to misidentify by anyone with practice.

Only experts collect from dangerous groups, such as *Amanita*, which include some of the most toxic mushrooms in existence. Naturally, there are abundant mushroom guides, i.e. field guides on mushrooms available, but especially in the Slavic countries the ability to identify and prepare edible mushrooms is passed down through generations.

Identification is not the only element of mushroom hunting that takes practice – knowing where to search does as well. Most mushroom species require very specific conditions – some will only grow at the base of a certain type of tree. Finding a desired species that is known to grow in a certain region can be a challenge.

### Safety issues

Some mushrooms are deadly or extremely hazardous when consumed. Others, while not deadly, can nevertheless cause permanent organ damage. In the literature, people are generally strongly advised:

- Only to gather mushrooms which they have themselves identified positively.
- To identify the mushrooms a second time during preparation, and to prepare them properly (few species can be eaten raw). It is considered unwise for collectors to combine the mushrooms they have collected.
- To inform oneself about deadly mushrooms, and the deadly look-alikes of edible ones. The second varies across world regions, so it is important to take into account regional variation.
- Not to gather mushrooms that is difficult to identify, unless one has an expert knowledge. This applies especially to the mushrooms of the genus *Amanita* or *Cortinarius* and *little brown mushrooms*.
- Only to consume a small amount of the mushroom the first time one tries a certain species. People react differently to different mushrooms, and all mushroom species can cause adverse reaction in a few individuals, even the common champignon.

Literature frequently offers reminders to always cut a mushroom with a blade when gathering, rather than pulling it out and to avoid kicking or otherwise destroying mushrooms one does not want, to preserve the forest ecosystem.

### Little brown mushrooms

A *little brown mushroom* or LBM refers to any of a large number of small, dull-coloured agaric species, with few macromorphological characters that readily distinguish one species from another. As a result, LBMs typically range from difficult to impossible for mushroom hunters to identify.

Experienced mushroomers may discern more subtle identifying traits that will help narrow the mushroom down to a particular genus or group of species, exact identification of LBMs often requires close examination of microscopic characteristics plus a certain degree of familiarity or specialization in that particular group.

### **Regional importance**

- In the United States mushroom picking is particularly popular in the Appalachian areas of the USA & on the west coast from the San Francisco Bay Area northward along the Pacific Coast, in northern California, Oregon and Washington, and in many other regions.
- British enthusiasts today enjoy an extended average picking season of 75 days compared to just 33 in the 1950s.
- In Slavic countries, such as Russia, Poland, Ukraine, Slovakia & the Czech Republic in Lithuania, mushroom picking is a common family activity. After a heavy rain during mushroom season whole families often venture into the nearest forest, picking bucketfuls of mushrooms, which are cooked & eaten for dinner upon return or alternatively dried or marinated for later consumption.
- In the Iberian Peninsula mushroom hunting is a popular activity in Catalonia, where a mushroom hunter is called "*boletaire*". There is a tradition of going to hunt mushrooms as a family or group in the fall, after the rains marking the end of the summer season.
- Commercial exploitation of wild mushrooms in Canada has become a multi-million dollar industry.

### **Festivals**

Mushroom picking has become so popular in certain parts of the world that it has been publicized through mushroom festivals. The festivals are held between September and October, depending on the mushrooms available in that particular region. Some well publicized festivals in North America include:

- Aerie Resort on Vancouver Island – Great Fall Mushroom Hunt.
- Bamfield, Vancouver Island – Bamfield Mushroom festival.
- Washington's Long Beach Peninsula – Wild Mushroom Celebration.
- Lake Quinault Lodge in Washington's Olympic National Forest – Quinault Rain Forest Mushroom Festival.
- Mendocino County (North of San Francisco) – Mushroom Festival.
- Madisonville, Texas – Mushroom Festival.
- Telluride, Colorado – Fungifest.
- Kennett Square, Pennsylvania – Mushroom Festival.
- Boyne City, Michigan – Annual National Morel Mushroom Festival.
- Girdwood, Alaska – Fungus Fair.

There is a Russian proverb: *If you call yourself gruzd, then get into the basket*, which encourages people who boast about themselves too much to actually do some work. Gruzd is presented as a very valuable mushroom.

The *Russula* family includes over 750 species and is one of the most common and abundant mushrooms in Eurasia. Note that mushrooms should not be eaten raw without proper cleaning and removal of all insects and decay.

***Exercise 1. Analyze the information, which is in the highlight, and use it in practice.***

***Exercise 2. Read the information & pick up the essential details in the form of quick notes.***

## POPULAR DISHES IN THE UKRAINIAN CUISINE

You can taste a real Ukrainian borshch only in Ukraine. It is sour-sweet, aromatic, tasty and nourishing. It is served with local fancy-dumplings called pampoushki and galoushki. The main thing in cooking borshch is in the following: you should put vegetables in a definite order. Borshch will be tastier if beetroot is stewed, carrots and onions – fried.

The word *borshch* originates from old-slavonik *brshch* – beetroot that is the main ingredient of this dish. Now borshch is cooked in all regions of Ukraine with local variants.

Don't fail to taste chicken cutlets Kyiv style and Ukrainian varenyki (cottage cheese or cherry dumplings). A great variety of local buns, cakes & dishes of all kind are recommended to the guests in Ukraine. Ukrainian cuisine has a rich history and offers a wide variety of dishes. The cuisine of modern Ukraine is based on traditional Ukrainian recipes, Ukrainian recipes also bears influences from its neighbors' cuisines like Russian, German, Hungarian, Turkish and Polish, Lithuanian, and what can be called the Soviet cuisine (dishes of mixed origins popular in the USSR). Meat (especially pork), potatoes, vegetables, fruit, mushrooms, berries, and herbs play a major part. Ukrainian food is intended to be filling, and should be served in large quantities.

### Soup

- Borscht (*borshch*): vegetable soup (most common form made with beets), popular among eastern Slavic nations. There are more than thirty regional recipes for cooking Borshch, often with meat).
- *Hrybivka*: mushroom soup, served with *vushka* in Volyn region.
- *Kapusniak* and *solyanka*: sauerkraut soups.
- *Rosolnyk*: soup with pickles.
- *Yushka*: fish soup, made of fresh-water fish, usually carp. Similar to the Russian cuisine, Ukha, which is also a fish-soup.
- *Vushka* or *holushky*: little ears rolled triangular dumplings, sometimes stuffed with mushrooms in soup or on the side.
- Pickles: Pickled cucumbers (*kvasheni ohirky*) or tomatoes (*kvasheni pomidory*) are usually made with garlic and dill. Also, sauerkraut (*kvashena kapusta*).

### Breads

Breads and wheat products are very important to Ukrainian cuisine. Decorations on the top can be very elaborate for celebrations.

- *Paska*: traditional rich Easter bread. It is shaped in a short round form. The top of the paska is decorated with typical Easter symbols, such as roses or crosses.
- *Babka*: another Easter bread, usually a sweet dough with raisins and other dried fruit. It is usually baked in a tall, cylindrical form.
- *Kolach*: ring-shaped bread typically served at Christmas and funerals. The dough is braided, often with three strands representing the Holy Trinity. The braid is then shaped into a circle (circle = *kolo* in Ukrainian) representing the circle of life and family.
- *Korovai*: a round, braided bread, similar to the kolach. It is most often baked for weddings and its top decorated with birds and periwinkle.

### Main course

- *Pyrohy*: baked/fried dumplings. Usually more of a dessert-type with fruit or poppy seed fillings and a sour dough than that of the Varenyky.

- *Varenyky*: boiled dumplings, usually filled with potatoes, cabbage, cheese, or seasonal fruits, topped with butter and sugar or *shkvarky* (fried bits of pork fat, *salo*, and onions), accompanied with sour cream.
- Cabbage rolls (*holubtsi*): cabbage (or vine) leaves rolled around rice (sometimes with meat) or millet (*pshono*), or buckwheat-stuffed beet leaves.
- *Syrnyky*: cottage cheese fritters, sometimes with raisins.
- *Mlyntsi*: crepes (*blyntsi* or *nalisnyky*), filled usually with cottage cheese, meat, caviar or fruits.
- Stuffed duck or goose with apples.
- Game: hare, quail, wild boar and moose meat is also prepared when available.
- Roast meat (*pechenya*): pork, veal, beef or lamb roast.
- Fish (*ryba*): fried in egg and flour; cooked in oven with mushrooms, cheese and lemon; marinated, dried or smoked variety.
- *Studynets*: jellied fish (*zalyvne*) or meat (*kholodets*).
- Stuffed zucchini or eggplant: oven-roasted, stuffed with tomatoes, bell peppers, mushrooms, and/or rice.
- *Kasha hrechana zi shkvarkamy*: buckwheat cereal with chopped, fried bacon and/or onion.
- Potato (*kartoplia*, also *barabolia* or *bulba*): young or peeled, served with butter, sour cream, dill; a more exclusive variety includes raw egg.
- *Huliash*: refers to stew in general or specifically Hungarian goulash.
- Sausage (*kovbasa* or *sosysky*): various kinds of smoked or boiled pork, beef or chicken sausage.
- *Salo*: salted (or occasionally raw) unrendered pork lard, which is similar to *bacon*, but with significantly higher ratio of fat to meat. Other European analogs of salo are the German *speck* and Italian *lardo*.
- *Kotlety* (cutlets): (plural; singular: *kotleta*) minced meat or fish fritters, sometimes rolled in breadcrumbs.
- *Shashlyk*: a Georgian shish kebab: lamb and vegetables/mushrooms marinated in vinegar and grilled on skewers under white wine.
- *Deruny* or *pliatyky*: potato pancakes, usually served with rich servings of sour cream; another variation of a dish – *deruny* stuffed with cottage cheese.
- *Kanapky*: either black or white bread (fresh or slightly grilled)-based canapés, topped with mayo or butter, caviar, smoked herring, cucumber/tomato slices garnished with dill or parsley.
- *Shpyndra*: pork with beets.
- *Sichenyky*: minced beef with omelette and fried onions.
- *Plov* (плов): cooked rice with meat, vegetables and raisins

### Desserts

- *Kutia*: traditional Christmas dish, made of poppy seeds, wheat, nuts, honey, and delicacies.
- *Pampushky*: fried, rich sweet dough similar to doughnut holes. Frequently tossed with cinnamon sugar. Pampushky (pl., singular is pampusho'k) can also be filled with poppy seed or other sweet fillings.
- *Syrniki*: fried curd fritters.



- Torte: many varieties of cakes, from moist to puffy, most typical ones being Kyjivskyj, Prazhskyj, and Trufelnyj. They are frequently made without flour, instead using ground walnuts or almonds.
- Zhele: (plural and singular) jellied fruits, like cherries, pears, etc. or *Ptashyne moloko* (literally *birds' milk*) – milk/chocolate jelly.

#### Alcoholic

- *Strong spirits (horilka, vodka in Russian): Samohon* (moonshine) is also popular, including with infusions of fruit, spices or hot peppers.
- *Beer (pyvo)*: the largest producers of beer are Obolon, Lvivske, Chernihivske, Slavutyč, Sarmat and Rogan, which partly export their products.
- *Wine (vyno)*: from Europe and Ukraine (particularly from Crimea).
- *Mead (mid, or medovukha)*: a fermented alcoholic beverage made from honey, water, and yeast, which is regaining popularity. It tastes similar to cider, but its flavour depends on the plants frequented by the honeybees, the length of time and method of aging, and the specific strain of yeast used. Its alcohol content may vary from maker to maker depending on the method of production. Mead was originally home-brewed by housewives, but it is now usually purchased.

#### Non-alcoholic

- *Kompot (компот)*: a sweet beverage made of dried or fresh fruits and/or berries boiled in water.
- *Uzvar (узвар)*: a traditional compote made of dried fruit, mainly apples, pears and prunes.
- *Kvas (квас)*: a sweet-and-sour sparkling beverage brewed from yeast, sugar and dried rye bread.
- *Kefir (кефир)*: milk fermented by both yeast and lactobacillus bacteria and having a similar taste to yoghurt. Homemade kefir may contain a slight amount of alcohol.
- Mineral water: well-known brands are *Truskavetska, Morshynska* and *Myrhorodska*. They usually come strongly carbonated.
- *Ryazhanka (ряжанка)*: another kind of natural yoghurt made of baked milk.

**Exercise 1. Read the information & pick up the essential details in the form of quick notes.**

**Exercise 2. Transfer the given information from the passages onto a table.**

№	SPECIALITY			
	Part of the country	Dish	Drink	Dessert
1.				



## MEALS IN UKRAINE

The hospitality of the Ukrainian people is well known throughout the world.

When a foreigner sets foot in Ukraine first he gets acquainted with our cookery – national dishes and mealtimes. Frequently he gets to know that in this country they are not the same as in his. But he has to do in Ukraine as the Ukrainians do.

The usual meals in Ukraine are breakfast, lunch, dinner and supper. Sanatoriums, rest homes, hospitals and other public establishments generally follow the former order of meals. But a number of Ukrainian families follow the latter order. Breakfast is the first meal in the day. Lunch or luncheon is a light meal usually in the middle of the day.

Dinner is the chief and the most substantial meal. It isn't served at a definite hour in our country. When it is in the middle of the day, the lighter evening meal is called supper.

Working people usually have a break for dinner at their place of employment.

During the break they have either dinner or lunch.

In great many Ukrainian homes dinner is followed by a cup of tea with a slice of lemon, jam or homemade pastry. If you have a special dinner, a house-warming party for example, you should know to lay the table on such an occasion.

First you spread the table-cloth and put out table-mats to protect the table from the hot dishes: a tureen of soup, a bowl of hot vegetables, a platter of meat, a boat of sauce, etc. Then you take out of the drawer in the sideboard soupspoons for the soup, spoons for the sweet and all the cutlery – knives and forks, including a small knife for the butter, a small knife and fork for the hours d'oeuvres and a fruit knife for the dessert.

You should put the knives and the soup spoon on the right-hand side and the fork on the left, except the spoon for the sweet, which you should put across the top. Then you put out the breadboard and a knife to cut the bread.

On the left of each guest you put a small plate for bread and on the right a wineglass. Don't forget to put out the table napkins for each guest and place several saltcellars. Once again have a look at the table and see if it is laid for each person.

Then you are ready for the friends to come and don't forget to put a bowl of beautiful flowers on the dinner table. I remember my last receiving the guests.

It was my birthday party. I had thought over the menu of that dinner-party before the guests came to my place. I began with hors d'oeuvres followed by a clear soup with meat pasties, the second course included chicken with rice and vegetables, salad and so on. Then ice cream for the sweet and fruit for dessert. And, of course, there was a nice cake with the candles lighted. What a lovely birthday party I have had!

**Exercise 1. Analyze the information, which is in the highlight, and use it in practice.**



**Exercise 2. Choose suitable remarks.**

1. I am fond of Russian cuisine.	1. So is Bob's sister.
2. My sister is a good cook.	2. Yes, very popular.
3. Russian caviar is popular with foreign guests.	3. So do I.
4. I often cook Ukrainian borschch.	4. So am I.
5. You should eat much fish.	5. I agree with you.

**Exercise 3. Make up sentences using the following tables. Begin I'd like to have.**

Snacks	Soups	Hot dishes	Dessert
soft caviar red caviar ham meat-jelly jellied soodak-fish stuffed pike perch in marinade herring	fresh cabbage shchee potato soup sauerkraut shchee meat sauerkraut fish soup pea-soup okroshka sawlyanka	kasha sturgeon fried on a spit pike-perch beef Stroganov stewed karp suckling-pig stuffed goose hazel-grouse stuffed duck	goorievskaya kasha kissel frozen apples stewed fruit special ice-cream

**Exercise 4. Remember that.**

Cabbage, potatoes, and cold tolerant greens are common in Russian and other Eastern European cuisines. Pickling cabbage, cucumbers, rutabagas and other vegetables in brine is used to preserve vegetables for winter use. Pickled apples and some other fruit also used to be widely popular. These are sources of vitamins during periods when fresh fruit and vegetables are traditionally not available.

Many traditional drinks are indigenous to Russia and are not present in other national cuisines. The most notable of these are (vodka), sbiten', kvass, medovukha and mors. Many of them are no longer common and have been replaced by drinks originating in Europe. Nonetheless, these beverages were formerly drunk as a compliment to meat and poultry dishes, sweet porridge, and dessert. Of particular note is sbiten, an immensely popular medieval drink which has since been replaced by tea as the Russian mainstay beverage.

- *Olivier salad*: a mayonnaise-based potato salad distinguished by its diced texture and the contrasting flavors of pickles, hard-boiled eggs, and peas.

- *Sel'd' pod shuboy*: known as *dressed herring* is chopped salted herring under a coat of shredded cooked beet, sometimes with a layer of egg or other vegetables.

- *Vinegret*: a salad made of boiled beets, potatoes, carrots, pickles, onions, sauerkraut, and sometimes peas or white beans.

- *Varen'e*: a dessert and condiment made from cooking berries. It is similar to jam except the fruit is not macerated and the consistency is more akin to fruit within syrup. It is used as a topping for crepes and syrniki and as a sweetener for tea. It is also eaten on its own as a sweet.

**Exercise 5. Add some information & make up a small report and give a talk in class.**

**Exercise 6. Read the information & pick up the essential details in the form of quick notes.**

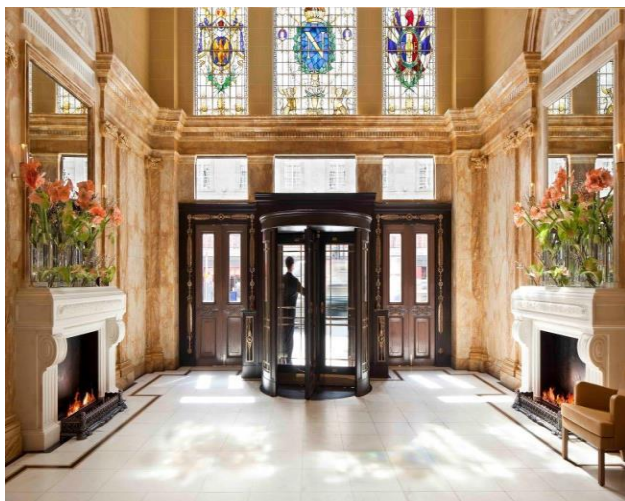


## DIALOGUE «A REAL ORIENTAL DINNER»

Mrs. A. & Mr. A. & Waiter

- Good evening. I've reserved a table by telephone. My name is Mr. Adams.
- Good evening, sir. This way, please. Your table is in the corner. I think you'll be quite comfortable there.
- Yes, it's a nice table. Could we have a real oriental dinner?
- Certainly, sir. We've got a wide range of oriental specialties: soup with quenelles, lamb shashlyk (pieces of lamb grilled on a spit), chicken "Tabaka" (chicken roasted under press) or lyulya kebab.
- Fine, we'll have lamb shashlyk. By the way, what shall we drink?
- Oh, some good Caucasian wine for me.
- And for you, sir?
- Bring me a small bottle of 5-star Armenian cognac.
- Very good, sir. Any dessert?
- No, thank you, that'll be all.

*Exercise 1. Learn the dialogue by heart and carry it on with your classmate in class.*



## AN ENGLISHMAN'S VIEW OF RUSSIAN FOOD

When living in Russia I never cared for cabbage soup even though it includes a large portion of meat. I always, where possible, chose the alternative. But I found that my Russian friends always plumped for the cabbage, day after day, like a Scotsman after his porridge. Black bread is hardly eaten in Britain.

But the Russians however much they are turning to white bread as they are nowadays, their heavy rich black rye bread remains an essential of their diet. Personally, I do not like buckwheat *kasha*, whether eaten with salt or sweet. This is the Russian equivalent of porridge, which incidentally, Russian visitors to Britain describe as a *kind of kasha*.

But, unlike porridge, it is eaten with meat like potatoes, as well as a cereal. So much for a few dislikes based on good old insular prejudices. But now for some of my likes.

First, the wonderful variety of milk products, which you get in Russia. Here in Britain we have our milk, cream cheese, and sometimes yoghurt and variety of hard cheeses.

In Russia there is a large variety of further products: a sort of dry, granulated cream cheese, called *tvorog*, thick sour cream called *smetana*, and several types of sour milk products of the yoghurt type. Perhaps my favourite Russian food product is smetana – thick sour cream. It can be used with almost anything: a dollop of it in strawberries and cream, apples sliced up small and eaten mixed with smetana.

Smetana is used on pancakes. It is, in fact, an almost universal sauce, flavouring, or, if you like, it can be drunk by the glassful with or without sugar. Then of course, caviar. In Britain caviar is a top-line luxury. In Russia it ranks as an equal with other delicatessen. Red caviar is used for children as we use cold liver oil. Its vitamin content is said to be especially high.

How about meals and mealtimes? Perhaps one of the things that almost upsets British visitors to Russia (Russian visitors to Britain) is the difference of mealtimes.

On getting up, in both countries, breakfast vary tremendously, and a Russian can often eat three boiled or fried eggs without batting an eyelid, though the English bacon and eggs is not usual there. Cold sausage, salami and cheese, with tea or coffee, is as often as not a Russian breakfast, or again a plate of *kasha*. Then the Russians often go very long time without a meal. They often wait till 2.30 or 3.30 or even 4 p.m. for dinner. Then, very late at night by our standards sometimes between 10 o'clock and 11 they have their supper.

When catering for Russian guests in Britain this sets us quite a problem. When these delegates are travelling round Britain, they would like a nice hot meal after their last evening engagement. But what British hotel nowadays will provide a hot meal at a reasonable price at 10, 11 or 12 o'clock at night? On one occasion, arriving at Manchester on Sunday with a meeting due at 7.30 I went with Russian guests to one of the largest hotels. We asked for meals. Sorry, dinner is not served till 7 o'clock. Tea is over. You could, of course, have coffee and biscuits.

This was in one of Manchester's largest and best hotels. What did the Russian guests think of British catering? In no Russian hotel or restaurant is there such a regimentation of the customer. Soups: A real Russian soup is something so different from what we normally understand by the word that it is hard to understand in British that a real *meal* in Russia can consist of *soup*. But when you take into account that the soup can include a whole chicken leg, or a large slice of pork or other meat, as something very different from anything which is normally made in Britain from the humble cabbage.

As regards green vegetables and fresh fruit, the whole of Northern Russia has a tradition very different from ours.

Here, too, at least until modern methods of storage & refrigeration, fresh fruit & vegetables have always been very scarce throughout half the year. Hence the popularity of pickled cucumbers, pickled cabbage, frozen apples; and because cabbages do store comparatively well, cabbages have been the only fresh vegetables available in the winter months.

About **sweets**: The English *pudding* is practically unknown in Russia. The most common third course in a Russian midday meal is *kissel* or *compote*. *Kissel* is jelly, but made with cornflour and not with gelatin. *Compote* is made with good old stewed prunes and other dried fruits mixed, a fruit salad usually made from dried or boiled fruits.

In summer, of course, it is made from fresh fruits. On drinking **tea**: Every country has its own tea-drinking habits. In Russia tea is drunk very weak, with lemon. The Russia aims at an age of plenty. It is aiming at a standard of life in which, for the first time in history, everyone can really have and enjoy everything that he or she needs.

**Exercise 1. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 2. Memorize the set expressions and say in what situation you might use them.**

to stew in one's own juice	вариться в собственном соку
to serve somebody with the same sauce	отплатить той же монетой
to save one's bacon	спасать свою (или чью-л.) шкуру
to make mincemeat of	разнести вдребезги; не оставить камня на камне, стереть в порошок
Out of the frying-pan into fire.	из огня да в полымя
Great boast, small roast.	похвальбы много, толку мало.
The pot calls the kettle black.	говорил горшку котелок: уж больно ты чёрен, дружок!; горшок над котлом смеётся, а оба черны; горшок котёл сажай корил; оба хороши
in wine	пьяный, опьяневший
to ride sandwich	ехать зажатым между двумя соседями
to take wine with somebody	обменяться тостами с кем-л.; выпить за чье-л. здоровье
Every cook praises his own broth.	всяк кулик своё болото хвалит; всякий купец свой товар хвалит





**Exercise 3. Here are some of the British national dishes. Answer the questions found at the end of the exercise.**

Clear ox-tail soup	крепкий бульон из мяса и бычьих хвостов
Scotch Broth	шотландская похлёбка (из баранины или говядины с перловой крупой и овощами)
Mulligatawny	острый суп (национальное блюдо на востоке Индии)
Irish Stew	тушёная баранина с луком, картофелем и густой подливкой
Mixed Grill	жаркое-ассорти (бифштекс, почки или печёнка, ломтики бекона, сосисок; гарнир – помидоры, грибы и картофель)
Roast beef	ростбиф (поджаренный кусок говядины, вырезанный из хребтовой части туши)
Yorkshire Pudding	Йоркширский пудинг (жидкое пресное тесто, запекается под куском мяса на рашпере и впитывает стекающий сок и растопленный жир)
Porridge	овсяная каша, овсянка на воде; подаётся на завтрак с маслом, молоком и сахаром; в Шотландии считается национальным блюдом
Bacon & eggs	яичница с беконом традиционный завтрак – яйца, поджаренные с <i>одной стороны (sunny-side up)</i> , хорошо прожаренные (с застывшим желтком) ( <i>over</i> ), <i>слегка обжаренные (over easy)</i> омлет (scrambled eggs) с полосками бекона, подаваемые с гренком (toast) и конфитюром (jelly). Входит в меню практически всех ресторанов, за ней следует кофе и джем
Stewed fruit	компот
Toast	гренки, тост (ломтик хлеба, подрумяненный на огне)
Custard	кастард, жидкий заварной крем (подаётся к пудингам, пирогам с фруктами)
Marmalade	апельсиновый или лимонный конфитюр (часто с цедрой; подаётся к утреннему завтраку)
Junket	сладкий творог с мускатным орехом и сливками
Apple-pie	яблочный пирог, шарлотка

**Exercise 4. What do you find in common between these English meals & the dishes in our country? Which of these dishes are actually parts of the Russian diet?**



## DIALOGUE «COOKING OF DISHES»

- How do you do?
- Good afternoon, sir. Would you like to have dinner?
- Yes, are there any vacant seats near the window?
- Yes, there are. This way, please. The menu is on the table. Make a choice, please.
- Will you tell me, what is salad "National"? What is it made of?
- It is special dish. It is a game salad made of chicken. It consists of potatoes, cucumbers, caviar and green peas with mayonnaise. It is very tasty.
- All right. Give me a portion of it. And then I'd like some rassolnik.
- Bring me fish solyanka. Is it made of assorted fish?
- Yes, it is. And there are olives in it.
- All right. And for the second course I'd like chicken cutlets a la Kyiv. How are they prepared?
- Chicken fillet is stuffed with butter, rolled in dried breadcrumbs and fried.
- All right.
- Anything else? Why you don't eat the soup? Don't you like it?
- Thank you. Yes, I don't like solyanka.
- Don't worry. Make another choice.
- Bring me broth with rusks, please.
- What sturgeon would you like? I recommend you sturgeon Moscow style. It is boiled sturgeon in Russian sauce. It consists of tomato sauce, pickles, olives, carrot and mushrooms.
- All right. Bring me some sturgeon.

- 
- Waiter, come over here.
  - What's the matter?
  - Is the sturgeon ready?
  - Will you wait 5 minutes more? It'll be ready in 5 minutes. Shall I open the bottle?
  - Do, please. And change the napkin. It is not very clean.
  - Sorry, sir.

**Exercise 1. Learn the dialogues by heart and carry them on in class. Render the contents of the dialogues in Indirect Speech in English.**



## TWELVE-DISH CHRISTMAS EVE SUPPER

A twelve-dish Christmas Eve supper is traditionally prepared in Polish, Lithuanian, and Ukrainian culture. The meal (Polish: *Wigilia*, Ukrainian: Свята вечеря, *Sviata vecheria*, Lithuanian: *Kūčios*) consists of twelve meatless dishes representing the twelve Apostles or twelve months of the year.

The tradition of the supper can be traced back to pre-Christian times and connected with remembrance of the souls of deceased ancestors. This was a common Eastern Orthodox tradition in the Russian Empire, which has become virtually extinct in Russia as a result of the official atheism of the former Soviet Union. The supper consists of almost the same dishes in all three countries, though there are some variations between them.

Because of the fast, no meat, eggs or milk are allowed during the supper. Thus fish, mushrooms and various types of grain are the main offerings.

In Poland and Ukraine the supper begins with eating kutia, but in Lithuania this tradition is rare. Instead, poppy milk is served and forms a significant part of the Lithuanian Christmas Eve menu. Poppy seeds are widely used for Christmas Eve dishes, because they symbolize abundance and prosperity.

Regarding the fish dishes, usually herring, carp or pike are eaten. The fish symbolizes the ichthus, a fish-like symbol consisting of two intersecting arcs resembling the profile of a fish, used by early Christians as a secret symbol relating to Jesus and his disciples as *fishers of men*. In Lithuania herring dishes are rich and variable. Usually herring with carrots, or herring with mushrooms) are served on Christmas Eve. Mushrooms, especially dried or pickled, are also one of the main dishes eaten on Christmas Eve. Sauerkraut with wild mushrooms or peas, red borscht, mushroom or fish soups are eaten in Poland and Ukraine.

Boiled or deep fried pierogis (dumplings) with a wide variety of fillings (sauerkraut, mushrooms, smashed poppy seeds, etc.), are among the most popular dishes.

Doughnuts filled with jam are served for a dessert in Poland and Ukraine, but in Lithuania sweet dishes are not common, as they are believed inappropriate for the atmosphere of the evening. As for beverages, traditionally dried fruit compote or cranberry kisiel (Lithuanian: *spanguolių kisielis*) are common. In the earlier times oatmeal kisiel was more common.

The Christmas Eve supper is usually held under candle light and starts in the evening after the first star appears in the sky. The star symbolizes the birth of Jesus in Christian tradition and a soul of deceased ancestors in pre-Christian beliefs. Quiet, dim-lighting, and a somewhat mystical atmosphere is characteristic for Christmas Eve supper. It is said in Lithuania that many strange things happen on that night and there are plenty of rituals and magic associated with Christmas Eve. See also Christmas Eve Magic.

In Poland, western Ukraine, and Bukovyna, an extra plate and seat are always left for anyone, such as a drifter, to be accepted as a guest. It is believed that he may be Jesus and should be welcomed.





## CAUCASIAN CUISINE

Caucasian cuisine is rich in various appetizers, soups, hot and cold dishes. A great variety of green vegetables is used in making appetizers. They are: egg-plants, tomatoes, string-beans, cabbage, sauerkraut, cauliflower, beets, potatoes, garlic, brown onions, spinach & greens, spices, mushrooms, eggs and walnuts.

The latter are used in making sauces to dishes of all kind. What appetizers can guests taste? Here are some to them.

- Egg-plants stuffed with walnuts, garlic, brown onion, cut small kinza, celery, parsley, dried cinnamon, clove, winy vinegar, cayenne, salt.
- Baked eggplants with walnuts and pomegranate.
- Fried eggplants and tomato sauce.
- Salted eggplants and walnuts.
- Grilled mushrooms and walnut sauce.
- Stewed tomatoes and walnuts.
- String-bean salad.
- Spinach, garlic and thick sourcream etc.

There are soups to any taste but most popular are spicy soup khartcho, tender chihirtma and thick chanahy. As for meat dishes you can taste meat – boiled, roast, stewed, grilled and on a spit. For example:

- boiled beef in tomato sauce with greens;
- roast beef and string-beans with greens;
- beef fillet stewed in walnut and tomato sauce;
- pork fillet stewed with quince;
- boiled mutton in garlic sauce;
- liver in pomegranate sauce;
- pilau.

Meat on a spit – shashlyk – is served everywhere in Georgia. It is suckling, lamb, beef, chicken and even kidneys. The poultry dishes are very popular in Caucasian cookery:

- boiled chicken in garlic sauce;
- roast or boiled chicken in walnut sauce (bazha):
- chakhobily of chicken;
- chicken *Tabaka*;
- satsivy of poultry.

The sauce is made from minced walnuts, garlic, cut small kinza, salt and vinegar. The chicken is roasted or boiled, then cut in pieces, put on a dish and poured with this sauce.

How about fish and fish dishes? The guests can taste:

- fried fish in tomato sauce;
- boiled fish in garlic sauce;
- satsivy of fish.
- There are many egg-dishes:
- cheese-sulguny and eggs;
- tomatoes and eggs;
- string-beans and eggs;
- walnuts, pomegranate and eggs and some others.

Let us add a few words about baked items. We all know khachapouri – pies with cheese and egg filling. But not everybody knows that khachapouri can be baked with potatoes, kidney-beans or top beets. Then go pies with raisins and walnuts, honey pies and sweet, delicious gozinaky (shelled chopped walnuts boiling with honey). Gozinaky is traditional New-Year dish. For tea you can have a great variety of jams: apricot, sweet cherries, watermelon, fig, quince and even green tomato jams.

### **Traditional Dishes**

Soup: Sorpa – soup made with nettles, rice, and beans. Balyk Sorpa – Fish soup, served mostly on the coast of the Caspian Sea. Borshch – Beet soup, served mostly by the Slavs in the region. Bugleme – Meat Stew, served by the Mountain Jews. Main Course: Shashlyk Tarki-Tau – Type of meat pie made with lamb meat. Hinkal – Dumplings that can be filled with meat, nettles, and cottage cheese. Golubtsy – Stuffed cabbage or vine leaves, normally stuffed with rice or meat. Toltyrma – Sausages Kouvyrdak – fried meat and onions Beshbarmak – Meat and noodles fried and served with bread and nettles. Kebab.

#### ***Exercise 1. Read the text, entitle it and translate it into Ukrainian or Russian.***

What the people are seeking is an excellent taste, which is near to the taste of fresh fruit or cooked meat that they have already experienced themselves.

It must perform to their expectations and they must have confidence that the food is safe for them and their families. Over the past ten or 20 years most flavour development work has taken place in the dairy industry. A large number of milk dessert products and new flavours regularly appear on the market. Yogurt flavours have developed from single fruit flavours to a variety of combinations and complex mixtures such as fruits of the forest, orchard and tropical fruits. Rum and raisin, pineapple and coconut and other cocktail varieties have appeared. The use of well known flavours like orange with less well known tastes of mango and papaya gives consumers enough choice.

Non-fruit flavours have always been second place to the fruit flavours. The soft drinks industry has taken the upheaval and has given emphasis to the marketing of a great number of fruit juice products. Hence, further development work is expected in flavoured mineral waters, non-fruit drinks and in flavouring industry in general.

#### ***Exercise 2. Analyze the information, which is in the highlight, and use it in practice.***

#### ***Exercise 3. Define the main features of Caucasian Cuisine.***



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## UNIT II. CATERING INDUSTRY IN GREAT BRITAIN

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### INTRODUCTION

English cuisine encompasses the cooking styles, traditions and recipes associated with England. It has distinctive attributes of its own, shares much with wider British cuisine, largely due to the importation of ingredients & ideas from places such as North America, China, and India during the time of the British Empire and as a result of post-war immigration.

In the Early Modern Period the food of England was historically characterised by its simplicity of approach and a reliance on the high quality of natural produce. It is possible the effects of this can still be seen in traditional cuisine. Traditional meals have ancient origins, such as bread and cheese, roasted and stewed meats, meat and game pies, boiled vegetables and broths, freshwater saltwater fish. The 14th-century English cookbook, the *Forme of Cury*, contains recipes for these, and dates from the royal court of Richard II.

In the second half of the 18th century Rev. Gilbert White, in *The Natural History of Selborne* made note of the increased consumption of vegetables by ordinary country people in the south of England, to which, he noted, potatoes had only been added during the reign of George III: "Green-stalls in cities now support multitudes in comfortable state, while gardeners get fortunes. Every decent labourer has his garden, which is half his support; and common farmers provide plenty of beans, peas, and greens, for their hinds to eat with their bacon."

Other meals, such as fish and chips, which were once urban street food eaten from newspaper with salt and malt vinegar, & pies and sausages with mashed potatoes, onions, & gravy, are now matched in popularity by curries from India & Bangladesh, stir-fries based on Chinese and Thai cuisine. French cuisine and Italian cuisine are now widely adapted.

Britain was quick to adopt the innovation of fast food from the USA, continues to absorb culinary ideas from all over the world while at the same time rediscovering its roots in sustainable rural agriculture. There is a wide variety of traditional breads in Britain, often baked in a rectangular tin. Round loaves are also produced, such as the North East England speciality called a stottie cake. A cottage loaf is made of two balls of dough, one on top of the other, to form a figure-of-eight shape. A cob is a small round loaf. There are many variations on bread rolls, such as baps, barmes, and breadcakes and so on.

The Chorleywood process for mass-producing bread was developed in England in the 1960s before spreading worldwide. Mass-produced sliced white bread brands such as Wonderloaf and Mother's Pride have been criticised on grounds of poor nutritional value and taste of the loaves produced. Brown bread is seen as healthier by many, with popular brands including Allinson and Hovis. Artisanal baking has also seen resurgence since the 1970s. Rye bread is mostly eaten in the form of Scandinavian-style crisp bread, such as that produced by Ryvita in Birmingham.

Malt loaf is dark, heavy and sweet bread. The popularity of Indian cuisine in Britain means that Indian breads such as naan are made and eaten there.

Continental varieties, such as baguettes (also known as *French sticks*) & focaccia are made. The consumption of bagels is no longer restricted to the Jewish community.

The English Cheese Board states that there are over 700 varieties of English cheese.

English cheese is generally hard, made from cows' milk.



Cheddar cheese, originally made in the village of Cheddar, is by far the most common type, with many variations.

Tangy Cheshire, Sage Derby, Lancashire Cheese, Red Leicester, creamy Double Gloucester and sweet Wensleydale are some traditional regional varieties.

Cheddar & the rich, blue-veined Stilton have both been called the king of English cheeses. Cornish Yarg is a successful modern variety. The name *Cheddar cheese* has become widely used internationally, and does not currently have a protected designation of origin (PDO) under European Union law. However West Country farmhouse Cheddar has been awarded a PDO. To meet this standard the cheese must be made in the traditional manner using local ingredients in one of the four designated counties of South West England: Somerset, Devon, Dorset, or Cornwall.

Sheep and goat cheeses are made chiefly by craft producers. Cottage cheese is a generic soft cheese style, originally home made, but now bought ready made. An Indian relative of cottage cheese, paneer is readily available, as is Philadelphia Cream Cheese.

Soft processed cheeses, such as dairylea triangles are made as a sandwich filling. Continental styles such as Brie and Camembert are sometimes also manufactured.<sup>[4]</sup> Popular cheese-based dishes include macaroni and cheese and cauliflower cheese.

Although a wide variety of fish are caught in British waters, only a few species are widely eaten. Cod, haddock, plaice, huss, and skate are the fish-and-chip shop favourites.

(The unadventurous approach and the tendency to eat fish battered were mocked by Keith Floyd with the phrase *unidentified frying objects*).

A few other species, such as coley and pollock are found in the anonymous form of breadcrumb fishcakes and fish fingers. Currently, however, other less-known fish such as ling, gurnard & turbot are becoming more widely available in an effort to preserve dwindling stocks of heavily fished species such as cod and haddock.

These sustainable fish are more readily available in independent fishmongers than in supermarkets. Pilchards (large sardines), feature in the Cornish speciality, Stargazy Pie.

Otherwise, a typical fish pie consists of white fish and prawns in white sauce topped with mashed potato. Whitebait, the young of a number of species, is traditionally eaten fried as a starter. Sardines, pilchards and mackerel are often seen in tinned form, as are imported species such as tuna and anchovies. Sea bass, lobster, scallops and monkfish are among the expensive and highly-esteemed species that may be found in fine dining menus and fishmongers. Cheap fish species and fish offcuts are made into a hearty fish soup, recipes of which vary widely.

Salmon, haddock, mackerel or herring may be smoked, the last in the form of kippers, buckling or bloaters. Herring may also be served pickled as rollmops.

Salmon and trout are the most popular freshwater fish. Eels were once baked into pies and served with a herb sauce or *liquor* at pie and mash shops in urban working-class areas, but the dish and the shops are now both near extinction.

Popular non-English fish dishes include Scottish cullen skink soup, Spanish paella, French fish soup, Thai fishcakes, moules frites and various Asian prawn dishes. A kipper is a whole herring that has been split from tail to head, gutted, salted or pickled, and cold smoked. They are eaten for breakfast. Smoked haddock is eaten for breakfast in kedgeree, although this dish is now eaten at other meals as well. Other widely eaten smoked fish include salmon, mackerel, trout, haddock and eel. Many seaside towns have shellfish stalls located at the beach, harbour, or seafront.

Traditionally these sell snack-sized pots of cockles, mussels, jellied eels, shell-on or peeled prawns, crab meat, whelks, winkles (small & large sea snails) oysters.

The shellfish are served cold and the customer adds condiments – salt, pepper, lemon juice, malt vinegar, Worcestershire sauce, cocktail sauce or tabasco – to taste.

Many stalls make their own chilli vinegar by infusing chillis in malt vinegar. In recent years, surimi and Mediterranean squid and octopus preparations have been added to the menu. Mobile shellfish stalls sometimes set up near inland pubs, particularly in London's East End. Oysters, once a mainstay of the poor, were baked in a savoury pudding with beef. As they became more expensive, they were replaced with kidneys to form the traditional dish steak and kidney pudding. Oyster bars are now an upmarket variation on the seafood stall. Whitstable in Kent is noted as a source of good quality oysters. Oysters are now almost always eaten raw, fresh from the shell.

Crab is traditionally eaten cold in salads or sandwiches, or cooked with cream, onion and herbs and served hot in its shell. Cromer in Norfolk is a famous exporter of crab.

Morecambe in Lancashire is renowned for its potted shrimps.

The English tradition of meat pies dates back to the Middle Ages, when an open top pie crust was used as the container for serving the meat and was called a *coffyn*.

Since then, they have been a mainstay of English cooking. Different types of pastry are used, including shortcrust and puff. Lard-rich hot water pastry is used for cold, raised pies, such as the pork pie, with the Melton Mowbray pork pie being the archetype.

Cutting pie is a very large raised pie eaten cold in slices, which generally contains two or more meats such as chicken, ham and game. Traditional fillings for hot pies include chicken and mushroom, steak & ale, minced beef & onion, lamb, mixed game or meat & potato.

In recent years, more exotic fillings, such as balti curry have appeared.

Pasties are pies made by wrapping a single piece of pastry round the filling.

The Cornish pasty is oval or crescent shaped with a stiff, crimped rim, traditionally filled with beef, and swede, although many variations are possible. Other pasties may be rectangular and filled with beef, cheese, or vegetables. Another type of pie is topped with mashed potato instead of pastry – cottage pie (made with minced beef), shepherd's pie (made with minced lamb) and fish pie using a choice of several fish in white sauce.

Open pies or flans are generally served for dessert with fillings of seasonal fruit. Quiches and savoury flans are eaten, but not considered indigenous.

Savoury puddings are made with a soft suet casing, the most famous being steak and kidney pudding (originally steak and oyster). For these, a pudding bowl is lined with suet crust pastry, a filling is added and a lid of pastry tightly seals it in.

The pudding is then steamed for three to four hours. In addition to steak and kidney, numerous fillings can be used, including rabbit, chicken or game. English sausages are colloquially known as *bangers*. They are distinctive in that they are usually made from fresh meats and rarely smoked, dried, or strongly flavoured.

Following the post World War II period, sausages tended to contain low-quality meat, fat, rusk. However, there has been a backlash in recent years, with most butchers and supermarkets now selling premium varieties. Pork and beef are by far the most common bases, gourmet varieties may contain venison, wild boar, etc. There are particularly famous regional varieties, such as the herbal Lincolnshire, the long, curled Cumberland with many butchers offering their own individual recipes & variations often handed down through generations.

But they are generally not made from cured meats such as Italian selections or available in such a variety as found in Germany.

Larger supermarkets in England will stock at least a dozen types of English sausage: not only Cumberland and Lincolnshire but often varieties such as pork and apple, pork and herb; beef and stilton; pork and mozzarella, and others.

There are estimated to be around 400 sausage varieties in the United Kingdom.

Sausages form the basis of toad in the hole, where they are combined with Yorkshire pudding batter & baked in the oven. This can be served with onion gravy made by softening onions on a low heat then mixing with a stock, wine or ale before reducing to form a sauce or gravy used in bangers and mash. A variant of the sausage is the black pudding, strongly associated with Lancashire similar to the French *boudin noir* or the Spanish *Morcilla*. It is made from pig's blood, in line with the adage that *you can eat every part of a pig except its squeal*, and is often eaten for breakfast.

Pig's trotters, tripe and brawn are also traditional fare in the North. There are hog's puddings (originating in Devon and Cornwall) and white puddings, similar but lacking blood. Northern European countries generally have a tradition of salting, smoking, pickling & otherwise preserving foods. Kippers, bloaters, ham, and bacon are some of the varieties of preserved meat and fish known in England. Onions, cabbage and some other vegetables may be pickled. Meats other than pork are generally not cured.

Pickles and preserves are given a twist by the influence of the British Empire.

Thus, the repertoire includes chutney as well as Branston or *brown* pickle, piccalilli, pickled onions and gherkins. Pickled eggs are traditionally sold in fish & chips shops & pickled walnuts are traditionally served with an English blue cheese such as Stilton or cooked in with beef. The Asian influence is also present in condiments such as tomato sauce, Worcestershire sauce and *brown* sauce.

Because Britain is a beer-drinking nation, malt vinegar is commonly used. English mustard is strongly flavoured and bright yellow; served with meats and cooked with cheese; internationally noted for its pungency; and particularly associated with Colman's of Norwich.

Pickles often accompany a selection of sliced, cold cooked meats, or *cold collation*.

This dish can claim to have some international influence, since it is known in French as an *assiette anglaise*. England can claim to have given the world the word *sandwich*, although the eponymous John Montagu, 4th Earl of Sandwich was not the first to add a filling to bread.

English sandwiches are made with two slices of bread, or some kind of roll. Fillings such as pickled relishes and Gentleman's Relish could also be considered distinctively English.

Common types of sandwich are roast beef, chicken salad, ham and mustard, cheese and pickle, BLT, egg mayonnaise, prawn mayonnaise, tuna, Marmite, jam. Robust sandwiches made from thick slices are called *doorstops* and are often served in pubs.

### **Active vocabulary**

Food, English, sandwich, bread, sausages, dressings, traditionally, salting, smoking, pickling, European countries, supermarkets, associated, commonly used, estimated, to include, to make, to do, to give, international influence.

**Exercise 1. Add some information & make up a small report and give a talk in class.**

**Exercise 2. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 3. Read the information & pick up the essential details in the form of quick notes.**

**Exercise 4. Answer the questions.**

1. What English cuisine encompass? 2. What distinctive attributes does it have? 3. When was the food of England historically characterised by its simplicity? 4. Do traditional meals have ancient origins? 5. What book contains recipes date from the royal court of Richard II? 6. Who made note of the increased consumption of vegetables by ordinary country people? 7. What meals were once urban street food? 8. What cuisine are widely adapted? 9. What country was Britain quick to adopt the innovation of fast food? 10. Is there a wide variety of traditional breads in Great Britain? 11. What is a cottage loaf like? 12. When was the Chorleywood process for mass-producing bread was developed in England? 13. What does the popularity of Indian cuisine in Britain mean? 14. Are continental varieties made too? 15. How many varieties of English cheese are there? 12. What is called the king of English cheeses?

**Exercise 5. Render the main idea of the text «Meals in Britain» briefly in English.**

The English say that in their country the variety of food from meal to meal is probably greater than anywhere else in the world. They say that you can never confuse a breakfast with a dinner, for example, and that in many other countries you eat exactly the same kind of dishes for breakfast, lunch and dinner. At the same for the gourmet, "Ukrainian food is of extremely good quality, and it really tastes of something – unlike American food, for instance, which all tastes the same", says an English television's famous cook who has visited this country. He praises the Ukrainian national dishes, for example, *Ukrainian bortsch* with *smetana* looks good and tastes good. You can have your meals at home, in a restaurant or a cafe, in the canteen of your factory or office.

Those who stay at rest homes or sanatoria have meals in the dining hall, which is generally placed in a separate building, usually a cottage with kitchen premises.

While travelling by train you can have breakfast, lunch or dinner in the dining-car as well cooked and served as if you were in a first-class hotel or at the railway station when you are on the point of fainting from hunger you hurry to the refreshment room before the train starts. Travelling by ship your dinner or supper may be served in the dining-saloon. In case you are up the eyes in work and can't go to the canteen but are hungry and want to have a bite you may drop into a self-service restaurant or *cafeteria* as Americans call a restaurant, at which patrons serve themselves at a counter, taking their food to tables to eat.

Nowadays many self-service canteens, restaurants & cafe are being opened throughout the country. When employees or workers have a short break for dinner or lunch they find it impossible to get home for this meal and so they take it in a self-service cafe or restaurant. There are cafes and restaurants to suit every taste and purse.

In Britain you can find table d'hote and la carte dinners in every restaurant. Table d'hote dinners are cheaper than a la carte ones. When you dine a la carte you order course by course, as you desire. But a table d'hote dinner consists of several courses, a choice is limited, and it is served in a canteen or a restaurant at a fixed price.



**Exercise 6. Read the information on British and Continental breakfast and retell it.**

A **full breakfast** is a breakfast meal, usually consisting of bacon, sausages and eggs, often served with a variety of side dishes and a beverage such as coffee or tea. It is especially popular in the UK and Ireland and in British-influenced cultures including the United States, Australia, New Zealand, Canada and South Africa. It is sometimes referred to as an **English breakfast** or a *full English breakfast*. The phrase *full breakfast* differentiates it from the European Continental breakfast traditionally consisting of tea, milk or coffee and fruit juices with bread, croissants or pastries. A full breakfast is regarded as a staple of traditional British and Irish cuisine. Many British and Irish cafes and pubs serve the meal at any time as an *all-day breakfast*. Other common names for the dish include *bacon and eggs*, or a *fry-up*.

Variants include the *full English*, *full Scottish*, *full Welsh* and *full Irish* breakfasts and the *Ulster fry*. British breakfast is varied and substantial. You can have juices, cereals, porridge, bacon and eggs, boiled eggs, sausage, mashed potatoes, fried mushrooms, tomatoes, baked beans, black pudding, hash browns, butter, toasts, tea or coffee and, of course, marmalade from oranges.

**Exercise 7. Give the main idea of the text «English meals» in some English sentences.**

An Englishman's day begins when he sits down to breakfast with his morning paper.

As he scans the headlines there is nothing he likes better than his favourite breakfast of cornflakes with milk and sugar or bacon and eggs, toast and marmalade, tea or coffee. Round about 11 in the morning some Englishmen who work have their tea or coffee break. They never call it a meal, of course. Tea or coffee is usually brought to the factory bench or office desk. Then at mid-day, everything is stopped for lunch. Most offices and small shops are closed for an hour, say from 1 till 2, and the city pavements are full of people on their way to cafes. Factory workers usually eat in their canteens.

The usual mid-day meal consists of two courses. First a meat course is served with plenty of vegetables. It may be potatoes, peas, beans, cabbage or cauliflower.

This is followed by a sweet dish, perhaps fruit pudding with tea to follow.

Most Englishmen like what they call *good plain food*. They must be able to recognize what they are eating. Usually they like steaks, chops, roast-beef, Yorkshire pudding and fish and chips. They are not over-fond of soup remarking that it doesn't leave enough room for the more important meat course. Those who eat at home usually call their mid-day meal dinner and make it the chief one of the day. It consists of three or four courses and is cooked by the mother of the family. The first course is soup.

Then comes fish or meat served with various vegetables; as a change they sometimes eat chicken or duck. Then the table is cleared and the dessert is brought in. This is jelly or fruit - apples, pears, oranges, plums and nuts.

Afternoon tea is taken at about five o'clock, but can hardly be called a meal. It is a cup of tea with bread-and-butter and cake or biscuits. It is often not served at a table; each person has a cup and saucer, a spoon and a small plate in his hands. Even Englishmen themselves do not always find it convenient. The evening meal, when all the family gather round the table after their working day, goes under various names – tea, high tea, dinner or supper (depending upon its size). It is usually a meat course followed by tinned fruit or cake and tea. But certainly it is not the same in every English home. Tastes differ.

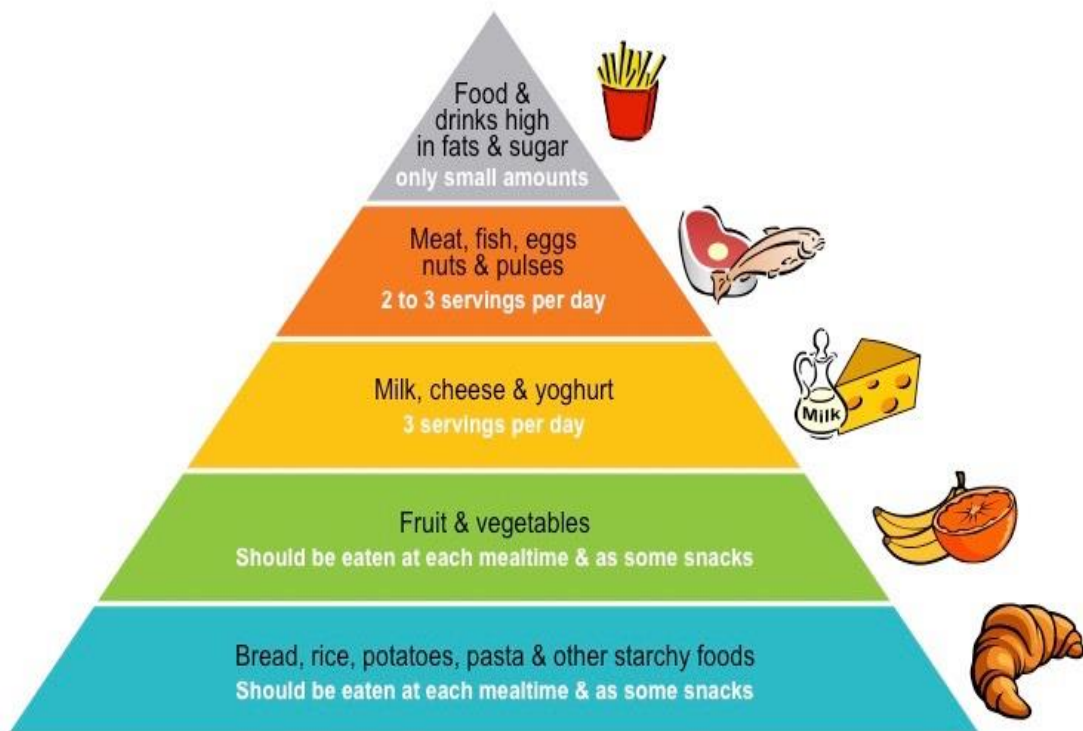
**Exercise 8. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 9. Fill in the blanks with the right word.**

1. As he didn't have enough cash to pay for his dinner, he made out a \_\_\_ q \_\_\_. 2. The sauce is terribly \_\_\_\_. You put far too much pepper in it. 3. There was a strong \_ m \_ \_ of fish. 4. We were \_\_\_ r \_\_\_ by a waiter with a \_ t \_\_\_ Italian accent. 5. She doesn't eat any sweets as she wants to \_\_\_\_\_ weight. 6. He drank almost all his coffee. There was only a little left at the \_\_\_ t \_\_\_ of his cup. 7. To make bread rise you use \_\_\_ a \_\_\_. 8. I love fruit, \_\_\_\_\_ I \_\_\_ peaches. 9. The yellow part of an egg is the \_\_\_\_\_. 10. Be careful with that knife! It is rather \_ h \_\_\_ and you might cut your finger.

**Exercise 10. Supply articles where necessary.**

1. Here's ... menu. 2. I'd like to begin with ... porridge. 3. Well, then. Corn flakes with ... milk, rasher or two of bacon and ... fried eggs. Coffee and ... caviar sandwich, please. 4. What about you, sir? ... same for me, but I want ... coffee and ... cream bun. 5. I'd like ... English breakfast, please. 6. Do you want tea or coffee? ... cup of tea, please. 7. Would you like European breakfast or English one?





## MEALS IN ENGLAND

Meals in England include: breakfast, elevenses, brunch, lunch, afternoon tea, dinner, and supper. A light breakfast might consist of breakfast cereal, muesli, boiled or scrambled eggs, toast and preserves or sometimes poached kippers. Continental breakfasts and porridge are also eaten. In the 18th and 19th centuries, the upper classes ate elaborate breakfasts including such dishes as kedgeree and devilled kidneys. Now, the substantial breakfast is the full English breakfast or *fry-up*.

A traditional full English breakfast includes bacon (traditionally back bacon, less commonly streaky bacon), poached, fried or scrambled eggs, fried or grilled tomatoes, fried mushrooms, fried bread or toast with butter, sausages and black pudding, usually served with a mug of tea. It can even be a multi-course meal, with lighter breakfast ingredients such as fruit or cereal being eaten as a starter to the fry-up. As nearly everything is fried in this meal, it is commonly called a *fry-up*. When an English breakfast is ordered to contain everything available it is often referred to as a Full English, or a Full Monty. Full English breakfasts are usually consumed in the home on non-working days, when there is enough time to prepare them, or at a hotel or cafe. They can be enjoyed at lunchtime or as a late supper.

Some eateries specialise in the *all day breakfast*, and serve almost nothing else.

It is a widespread stereotype that the English *drop everything* for a teatime meal in the mid-afternoon. This is no longer the case in the workplace, and is rarer in the home than it once was.

A formal teatime meal is now often an accompaniment to tourism, particularly in Devon and Cornwall, where comestibles may include scones with jam & clotted cream (together known as a cream tea). There are fairy cakes, simple small sponge cakes which can be iced or eaten plain. Nationwide, assorted biscuits & sandwiches are eaten. Generally, the teatime meal has been replaced by snacking, or simply dispensed with.

The Sunday roast was once the most common feature of English cooking.

It is traditionally eaten every Sunday. It includes roast potatoes accompanying a roasted joint of meat such as beef, lamb, pork, duck or chicken and assorted other vegetables, generally boiled and served with a gravy or roasted with the meat in its juices, which are then used as or added to the gravy. Sauces and jellies are chosen depending on the type of meat: horseradish or various mustards for beef, mint sauce or redcurrant jelly for lamb, apple sauce for pork and cranberry sauce for turkey.

Yorkshire pudding normally accompanies beef (although traditionally served in Yorkshire as a starter, from the days when meat was scarce so was served first as a "filler"), sage and onion stuffing for pork and usually parsley stuffing for chicken. Gravy is made from giblets or the meat juices in the pan by adding water, stock or wine.

Game meats such as venison and pheasant which were traditionally the domain of higher classes are occasionally also eaten by those wishing to experiment with a wider choice of foods, due to their promotion by celebrity chefs, although they are not usually eaten frequently in the average household. Game is only available from September to February unless farmed. The practice of serving a roast dinner on a Sunday is related to the elaborate preparation required, and to the housewife's practice of performing the weekly wash on a Monday, when the cold remains of the roast made an easily assembled meal.

Sunday was once the only rest day after a six-day working week; it was a demonstration that the household was prosperous enough to afford the cost of a better than normal meal.

An elaborate version of the roast dinner is traditionally eaten at Christmas, with every detail rigidly specified by tradition. Since its widespread availability after World War II the most popular Christmas roast is turkey, superseding the goose of Dickens's time. This is served with the usual accompaniments, as well as trimmings such as pigs in blankets, sausage meat and sometimes Yorkshire pudding.

Before the period of cheap turkeys, roast chicken would be more common than goose although chicken was still a once a year treat until the 1950s.

Goose is unsuitable for small groups of diners. Today goose is still occasionally eaten at Christmas, traditionally served with roast apples stuffed with sausage meat.

Traditional desserts are generally served hot and are highly calorific. There are a number of variations on suet pudding, and *pudding* is the usual name for the dessert course in England. Suet puddings include Jam Roly-Poly, and spotted dick.

Summer pudding and bread and butter pudding are based on bread. Sponge cake is the basis of sticky toffee pudding and treacle sponge pudding. Crumbles such as rhubarb crumble have a crunchy topping over stewed fruit. Other traditional hot desserts include apple pie, treacle tart, Gypsy tart. Eton mess and trifle are served as cold desserts.

There is also an elaborate dried fruit based Christmas pudding, and the almond flavoured Bakewell tart originating from the town of Bakewell. Banoffee pie now known internationally was invented by a Sussex restaurateur in the 1970s. Traditionally, many desserts are accompanied by custard or cream, clotted or whipped.

Another English culinary tradition, rarely observed today, is the consumption of a savoury course toward the conclusion of a meal. This now though may be eaten as a snack or a light lunch or supper. Most meals today end with a sweet dessert, although cheese and biscuits may be consumed as an alternative or as an addition. When a cheese course is eaten, it is always after the dessert. In Yorkshire, fruit cake is often served with Wensleydale cheese, as is apple pie. Coffee can sometimes be a culminating drink.

### **Active vocabulary**

Breakfast, lunch, dinner, afternoon tea, dessert, supper, light, heavy, be consumed, alternative, to be served, widespread availability, puddings, to include.

**Exercise 1. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 2. Add some information & make up a small report and give a talk in class.**

**Exercise 3. Complete the sentences with the facts from the passage.**

The most common feature of English cooking was \_\_\_\_\_. Sauces and jellies are chosen depending on the type of meat \_\_\_\_\_. Yorkshire pudding normally accompanies \_\_\_\_\_. Game meats are occasionally eaten with a wider choice of foods \_\_\_\_\_. An elaborate version of the roast dinner is traditionally eaten at \_\_\_\_\_. The most popular Christmas roast is turkey, superseding \_\_\_\_\_. Traditional desserts are generally served hot \_\_\_\_\_. There is an elaborate dried fruit based Christmas pudding \_\_\_\_\_. Another English culinary tradition is the consumption of \_\_\_\_\_. Traditional desserts are generally served \_\_\_\_\_. There are a number of variations on suet \_\_\_\_\_. Traditionally, many desserts are accompanied by \_\_\_\_\_. Fruit cake is often served with \_\_\_\_\_. Today goose is still occasionally eaten at \_\_\_\_\_. Other traditional hot desserts include apple pie \_\_\_\_\_. Another English culinary tradition is the consumption of \_\_\_\_\_. Most meals today end with a sweet \_\_\_\_\_. A cheese course is eaten always after \_\_\_\_\_. In Yorkshire, fruit cake is often served with Wensleydale \_\_\_\_\_.

## ENGLISH COOKERY & MEALS

Generally speaking, English cookery is not bad, but there is not much variety in it. Meat and fish are excellent, but English soup, vegetables and sweet dishes deserve less praise than those on the Continent. With the exception of breakfast meals in England are much the same as in other countries. The usual meals in England are breakfast, lunch, tea and dinner; or breakfast, dinner, tea and supper.

The English are very particular about their meals and strictly keep to their meal times. Breakfast time is between seven and nine a.m. It is generally a bigger meal than you have on the Continent, though some people like a continental breakfast of rolls, butter and coffee. But many people like to begin with porridge, or some other *breakfast food*.

English people eat porridge with milk or cream and sugar, but no good Scotsman – and Scotland is the home of porridge – ever puts sugar on it.

Then comes a rasher or two of bacon and eggs, marmalade (made of oranges) with buttered toast, and tea or coffee. For a change you can have a boiled egg, cold ham or perhaps fish (herring, haddock or kipper is served).

The two substantial meals of the day, lunch and dinner, are either more or less the same. Lunch is usually taken at one o'clock. Many people, who go out to work, find it impossible to come home for lunch and go to a cafe or a restaurant, but they never miss a meal. They take fish, poultry or cold meat (beef, mutton, veal, ham), boiled or fried potatoes, salad and pickles, with a pudding or fruit to follow.

They may have a mutton chop, or steak and chips, followed by biscuits and cheese and a cup of coffee. Some people like a glass of light beer with lunch.

In the afternoon, about four o'clock, they have a cup of tea and a cake, or a slice or two of bread and butter. Tea is very popular with the English; it may almost be called their national drink. Tea is welcome in the morning, in the afternoon and in the evening.

The English like it strong and fresh made. Tea must be *just like mother makes it*, one teaspoonful of tea for each person and *one for the pot*. They drink it with or without sugar but always with milk. Some people like *high tea*, they have ham or tongue, tomatoes and salad, or a kipper or tinned salmon sausages, with good strong tea, bread and butter, then stewed fruit, or a tin of pears, apricots or pineapples with cream or custard and pastries of a good cake. And that's what they call a good tea. It's a substantial meal.

Dinnertime is generally about half past seven or late. In some houses dinner is the biggest meal of the day. They begin with soup, followed by fish, roast chicken, potatoes and vegetables, fruit and coffee. In a great many English homes the midday meal is the chief one of the day, and in the evening they have the much simpler supper – an omelette, or sausages, bacon and eggs or just bread and cheese, a cup of coffee, or cocoa and fruit.

### **Exercise 1. Answer the questions.**

1. How many meals a day do the English have? What are they? 2. Are the English particular about their meals hours? 3. Is the English breakfast a substantial meal? 4. What do they usually have for breakfast? 5. What other traditional English dishes can you name? 6. What meal do the English call lunch? What do they have for lunch? 7. Where can people have lunch? 8. Which is the most substantial meal of the day with the English? 9. When and where do the English have their evening meal? 10. What is a light breakfast consisted of? 11. What does a traditional full English breakfast include? 12. What is a *fry-up* like? 13. What is a widespread stereotype about English?

**Exercise 2. Fill in the blanks with the words «food» or «meal».**

1. I have three ... a day as a rule. 2. The ... in this restaurant is always fresh and tasty. 3. Rice is the main ... in many African countries. 4. Are you in the habit of having a rest after a ...? 5. The doctor prescribed him to take the pills before ... . 6. I hate to cook my own ... . 7. The English are fond of good plain ... . 8. I like to have a glass of water before our ... . 9. Do you like cooking ... .

**Exercise 3. Read the text «Britain's likes» and give your opinion on it.**

A traditional English breakfast is a very big meal – sausages, bacon, eggs, tomatoes, and mushrooms... but nowadays many people just have cereal with milk and sugar, or toast with marmalade, jam, or honey. Marmalade and jam are not the same!

Marmalade is made from oranges and jam is made from other fruit.

The traditional breakfast drink is tea, which people have with cold milk. Some people have coffee, often instant coffee, which is made with just hot water. Many visitors to Britain find this coffee disgusting! For many people lunch is a quick meal. In cities there are a lot of sandwich bars, where office workers can choose the kind of bread they want – brown, white, or a roll – and all sorts of salad and meat or fish to go in the sandwich.

Pubs often serve good, cheap food, both hot and cold. School children can have a hot meal at school, but many just take a snack from home – a sandwich, a drink, some fruit, and perhaps some crisps. Tea' means two things. It is a drink and a meal! Some people have afternoon tea, with sandwiches, cakes, and of course, a cup of tea. Cream teas are popular. You have scones (a kind of cake) with cream and jam.

The evening meal is the main meal of the day for many people. They usually have it quite early, between 6.00 and 8.00, and often the whole family eats together.

On Sundays many families have a traditional lunch. They have roast meal, either beef, lamb, chicken, or pork, with potatoes, vegetables, and gravy. Gravy is a sauce made from the meat juices. The British like food from other countries, too, especially Italian, French, Chinese, and Indian. People often get takeaway meals – you buy the food at the restaurants and then bring it home to eat. Eating in Britain is quite international!

**Exercise 4. Supply articles where necessary.**

With ... exception of breakfast meals in ... England are much ... same as in other countries. ... usual meals in ... England are breakfast, lunch, tea and dinner. ... English are very particular about their meals. Breakfast is generally ... bigger meal than you have on ... Continent, though some people like ... continental breakfast. But many people like to begin with ... porridge, then comes ... rasher or two of ... bacon and eggs.

For ... change you can have ... boiled egg or cold ham. ... two substantial meals of ... day, ... lunch and dinner, are both more or less ... same. Lunch is usually taken at one o'clock. They have ... mutton chop or steak and chips, followed by ... biscuits and cheese and ... cup of coffee. Some people like ... glass of light beer with lunch. In ... afternoon, about four o'clock, they have ... cup of tea and ... cake, or ... slice or two of ... bread and butter. Tea is very popular with ... English. It is welcome in ... morning, in ... afternoon and in ... evening. ... English like it strong and fresh made. In some houses dinner is ... biggest meal of ... . In ... a great many English homes ... midday meal is ... chief one of ... day, and in ... evening they have ... much simpler supper.

**Exercise 5. Fill in the blanks with active words given at the end.**

1. English ... is not bad. Meat and fish are ..., but English ... deserve less praise. 2. With the exception of breakfast ... in England are ... in other countries. 3. The English are very ... about their meals. 4. Many people like ... porridge, or some other "breakfast food". 5. Scotland is the ... of porridge. 6. The two meals of the day, lunch and dinner are both ... the same. 7. They may have a mutton chop, or steak and chips ... biscuits and cheese. 8. Some people like ... with lunch. 9. In the afternoon, ..., they have a cup of tea and a cake or ... or two of bread and butter. 10. Tea is ... in the morning, in the afternoon and in the evening. The English like it ... made. 11. They have ham or tongue or ... with good strong tea, then ..., or a tin of pineapples. 12. In a great many English homes the ... meal is the chief one of the day. 13. I'm afraid we don't know much about the ... dishes. 14. May I have a Martini cocktail? ..., sir. 15. Would you like some ... or a cake? No, thank you. 16. May I have one of those ... looking cakes from the trolley? But ...! 17. They serve good meals here and the ... are quite reasonable. 18. Could we have after dinner drinks? Certainly, sir. The night bar is ...

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to begin with, cookery, meals, soups, much the same as, more or less, home, excellent, substantial, followed by, particular, about 4 o'clock, stewed fruit, a slice, strong and fresh, a glass of light beer, tinned salmon, of course, midday, welcome, special, delicious, prices, in the cellar, biscuits, certainly

**Exercise 6. Fill in the blanks with the words «much» or «many».**

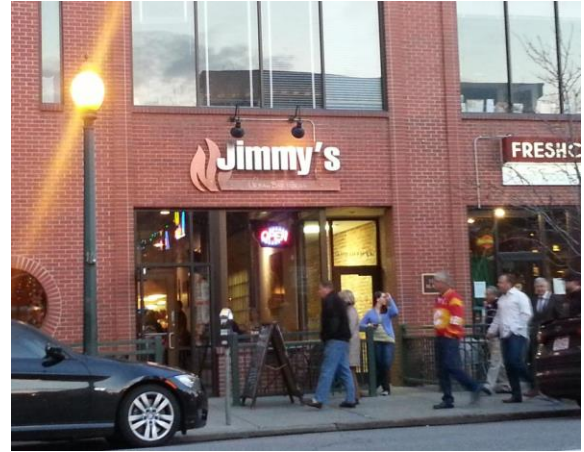
1. English cookery is not bad, but there is not ... variety in it. 2. With the exception of breakfast meals in England are ... the same as in other countries. 3. ... people like to begin with porridge. 4. ... people, who go out to work, find it impossible to come home for lunch. 5. In a great ... English homes the midday meal is the chief one of the day, and in the evening they have the .. simpler supper. 6. I'm afraid we don't know ... about the special dishes. 7. Waiter, how ... is our bill? Three grivnas, please.

**Exercise 7. Finish the sentences and translate them.**

1. The usual meals in England are ... 2. The English are very particular about ... 3. Breakfast time is between ... . 4. Many people like to begin with ... . 5. English people eat porridge with ... . 6. For a change you can have ... . 7. The two substantial meals of the day are ... . 8. Lunch is usually taken ... . 9. They take fish or poultry followed by ... . 10. In the afternoon, about 4 o'clock, they have ... . 11. Tea is very popular with ... . 12. The English drink tea with or without sugar but ... . 13. Some people like "high tea", ... . 14. Dinner time is generally about ... . 15. In some houses dinner is ... . 16. In great many English homes the midday meal is ... . 17. In the evening they have ... .18. What do you say to ... ? 19. They serve good meals here and ... . 20. We'll have roast beef to begin with and ... . 21. I'm afraid we don't know much about ... .



## FOOD ESTABLISHMENTS



Traditionally pubs in England were drinking establishments and little emphasis was placed on the serving of food, other than *bar snacks*, such as pork scratchings, and pickled eggs, along with salted crisps and peanuts which helped to increase beer sales. If a pub served meals they were usually basic cold dishes such as a ploughman's lunch.

In South East England (London) it was common until recent times for vendors selling cockles, whelks, mussels and other shellfish, to sell to customers during the evening and at closing time. Otherwise, pickled cockles and mussels may be offered by the pub in jars or packets. In the 1950s some British pubs would offer *a pie and a pint*, with hot individual steak and ale pies made easily on the premises by the landlord's wife.

In the 1960s and 1970s this developed into the then-fashionable "chicken in a basket", a portion of roast chicken with chips, served on a napkin, in a wicker basket. Quality dropped but variety increased with the introduction of microwave ovens and freezer food.

*Pub grub* expanded to include British food items such as steak and ale pie, steak and kidney pudding, shepherd's pie, fish & chips, bangers & mash, Sunday roast, ploughman's lunch, pasties. In addition, dishes such as burgers, lasagne and chili con carne are often served. Some pubs offer hot and cold snacks free to customers on Sunday lunchtimes to prevent them getting hungry and leaving for their lunch at home.

Since the 1990s food has become more important as part of a pub's trade, today most pubs serve lunches and dinners at the table in addition to (or instead of) snacks consumed at the bar. They may have a separate dining room.

Some pubs serve meals to a higher standard, to match good restaurant standards; these are sometimes termed gastropubs. England is internationally famous for its fish and chips and has a large number of restaurants and take-away shops selling this dish. It may be the most popular and identifiable English dish. In some regions fish and chips were served with a side order of mushy peas with salt and vinegar as condiments. Foods such as deep fried breaded scampi are usually on offer as well as fishcakes and a number of other combinations. The advent of take-away foods during the Industrial Revolution led to foods such as fish and chips, mushy peas, and pie and mash. These were the staples of the UK take-away business, and indeed of English diets, however, like many national dishes, quality can vary drastically from the commercial or mass-produced product to an authentic or homemade variety using more carefully chosen ingredients.

**Exercise 1. Summarize the information briefly in English.**



**Exercise 2. Skim and digest the information «At the Pub» briefly in English.**

For company and conversation the English go to the *pub*. The cafés in England sell only coffee, tea and *soft* drinks. You go to a café for a meal or for a quick cup of tea, but not to sit and watch the world go by. When you want to relax after a day's work, you go to the local public house. Everybody goes there, except children, who are not allowed in. If you go up to the bar, you may find every kind of person: doctors, schoolmasters, and workmen. They all go there, to talk and to drink their usual drink.

Nearly everyone drinks beer. Most pubs, in fact, have a piano and on Saturday night the customers may well gather round it and sing. The songs they sing are the same all over England. Songs from 1914 war, sentimental and sad, like *If you were the only Girl in the World*. They are easy to learn. The people who want to sing ask someone to play the tunes on the old piano. They group themselves round it and they buy drinks for the pianist. That is the custom. The one who plays has free drinks as long as he plays.

Good humour and good temper give English pubs their character. If you go there regularly the landlord will try to get to know you. He will remember what you usually drink and may well become a personal friend. The pub is the place where you meet people.

You get to know other *regulars*; you buy drinks in turn, which is called *to stand a round* and you talk. You talk about the weather or how the English cricket team is doing in the Test Match against Australia. The pub is often the only place where men may meet each other after work. It is very surprising, but even in large cities each public house has its own regular customers who go there every night, to drink one or two pints, slowly, and to have a game of dominoes or to play darts. They see each other almost every night for years, the regulars who meet there will never go into each other's homes.

**Exercise 3. While waiting for the meal at the restaurant you look through newspapers.**

Manchester. Patrick Riggs, 59, of no fixed address was arrested on Tuesday and sent to prison for breaking the window of a restaurant. Two hours before Riggs had entered the restaurant and ordered dinner. He had caviar, clear ox-tail soup, roast beef and a bottle of good wine. When the waiter brought him the bill, he said he was not going to pay, as he "had no money on him". The manager did not want a scandal and told the porter to push Riggs out. But the customer meant to go to prison and then broke the window.

**Exercise 4. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 5. Add some information & make up a small report and give a talk in class.**

**Exercise 6. Group the words below under the following headings.**

1. Cereals 2. Dairy products 3. Fish 4. Fruit 5. Herbs 6. Meat 7. Vegetables

aubergine	bacon	blackberry	beans	pear	peas	plaice
barley	basil	chicken	cream	rice	rye	sage
dill	flour	gooseberry	grape	sausage	sole	thyme
herring	lamb	maize	mint	veal	wheat	yoghurt
mustard	mutton	onions	parsley	rabbit	salmon	trout

### **Exercise 7. Characterize the specialities of English cookery.**

English dishes differ from Ukrainian ones. There exists a certain difference in dishes, especially in the first courses. Englishmen prefer thin soups.

**The Menu.** Appetizers are small, piquant dishes. There are cold and hot appetizers. Examples: fruit cocktail; smoked salmon, sardines with toast, pineapple juice, half a grapefruit.

**Soups.** If there is no appetizer the meal is usually begun with a soup. There are clear soups and thick soups. Exotic soups are mostly clear soups. Thick soups are rich and heavy.

**Vegetables.** Many English People like vegetables and salads. Salad dressing (a mixture of oil, vinegar or lemon juice, salt, pepper) is poured over the salad to season it.

**Dessert** is the last course of a good dinner. It may consist of hot sweets, cold sweets or cake with a cup of coffee, fruit, ice cream or cheese. Pies and puddings are very popular in England, but ice cream is perhaps the favourite dish.

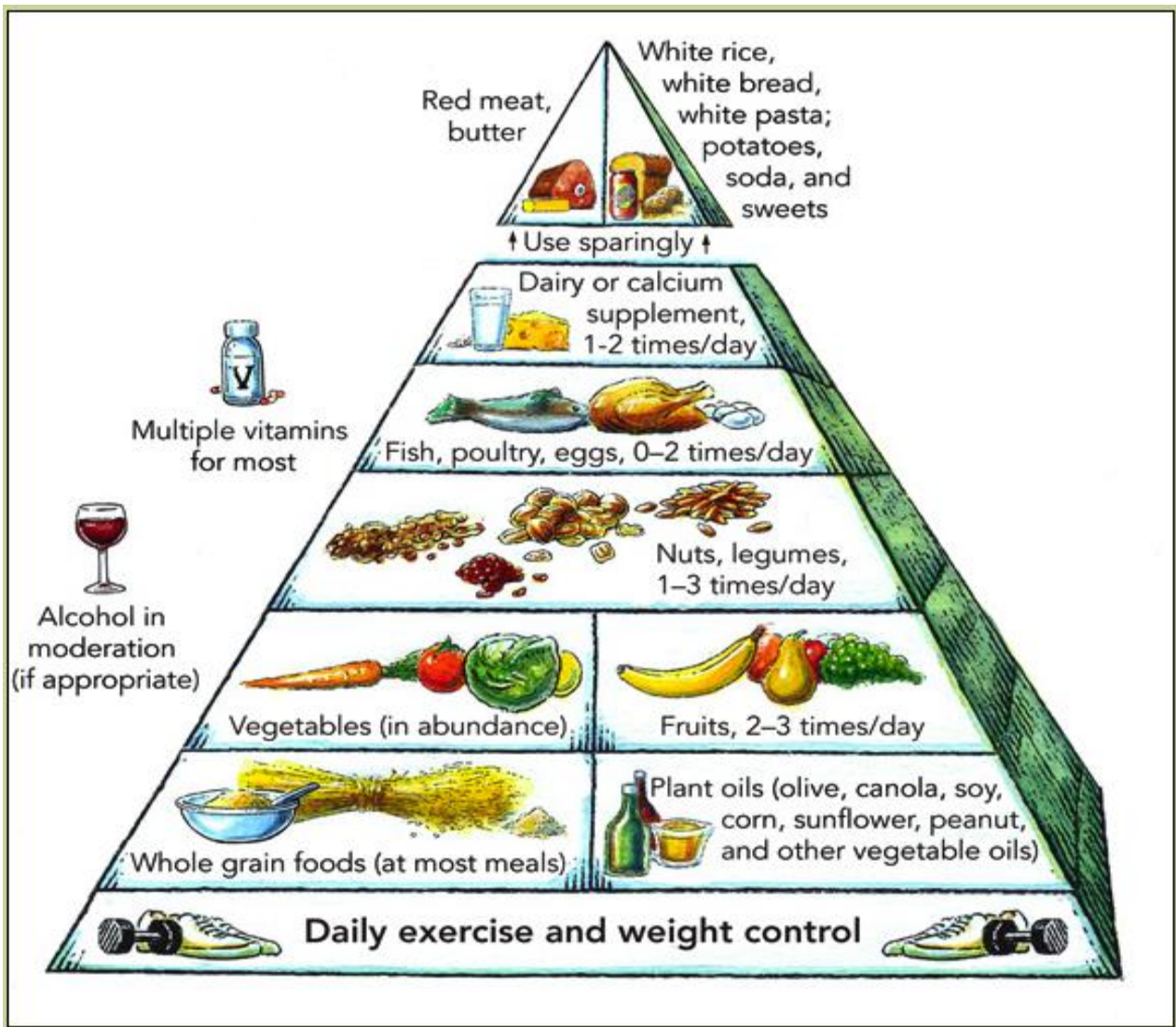
**How to make good tea?** Always warm the pot. Fill the kettle with fresh water and bring just to the boil before pouring over the tea. Allow infusing for three to four minutes before pouring. Quantities of tea will vary according to personal taste, but the old ruling, one teaspoonful for each cup and one for the pot is a good average amount.

### **Exercise 8. Choose the keywords that best convey the gist of the information.**

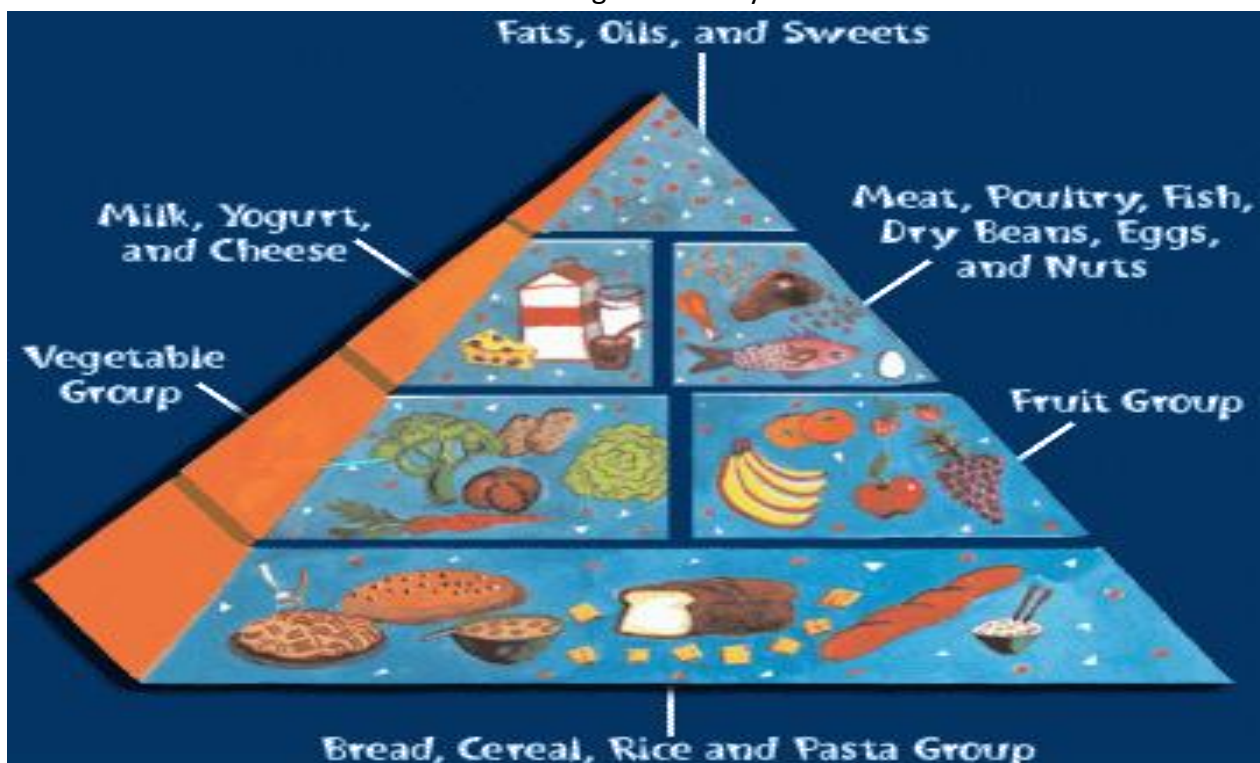
Of course, you know the names of four meals: breakfast, lunch, dinner, and supper. Breakfast in the morning can be a full *English breakfast*, with corn-flakes, taken with milk and sugar, bacon or ham with or without eggs, or some kind of fish, toast or bread and butter with marmalade, which is a jam made from oranges or lemons. Tea or coffee finishes it off.

Some people, however, just have toasts, butter and marmalade with tea or coffee, in the morning. This is usually called a *continental breakfast*. In families where the mother goes out to work before the children get up, the children may get up too late to have more than a piece of bread before rushing to school. What people eat in the middle of the day varies very much and depends partly on their jobs and their wages. It also depends on what part of the country they live in, as people in the north have different eating habits from those in the south. Their main cooked meal, whether it's at midday or in the evening, is called dinner. Those who have their dinner in the middle of the day have supper in the evening. Those who have dinner in the evening, have lunch in the middle of the day. For dinner there's always a main dish, consisting usually of meat or fish with potatoes and cooked vegetables. The meat may be roasted, fried or boiled and the fish may be fried or boiled. The potatoes can be prepared in different ways, too, boiled and served whole, boiled and mashed with a little milk and butter, or fried as chips.





English Food Pyramid





## THE SYSTEM ON ULTRA ALL INCLUSIVE

Most of the hotels operate the system on *Ultra All Inclusive*, offering guests additional free meals in restaurants with cuisine of different nations of the world.

Meals throughout the day include imported drinks (alcohol). The usual meals in England are breakfast, lunch, tea and dinner or in simpler houses, breakfast, dinner, tea and supper. Breakfast is generally a bigger meal than they have on the Continent, though some English people like a continental breakfast of rolls and butter and coffee.

But the usual English breakfast is porridge (food made by boiling finely ground oats in water) or *corn-flakes* with milk or cream and sugar (but no good Scotsman, and Scotland is the home of porridge, ever puts sugar on it), bacon & eggs, marmalade (made of oranges) with buttered toast, and tea or coffee. For a change you can have a boiled egg, cold ham, or perhaps fish. They generally have lunch about one o'clock.

At lunchtime in a London café or restaurant one usually finds a mutton chop, or steak and chips, or cold meat, or perhaps fish with potatoes, salad and pickles, then a pudding or fruit to follow. Some people like a glass of light beer with lunch.

Afternoon tea you can hardly call a meal, but for the leisured classes it is a sociable sort of thing when people often come in for a chat with their cup of tea. But some people like to have the so-called *high tea*, which is quite a substantial meal. They have it between five and six o'clock. In a well-to-do family it will consist of ham or tongue and tomatoes and salad, or a kipper, or tinned salmon or sausages, with strong tea, bread and butter, then stewed fruit, or a tin of pears, apricots or pineapple with cream and custard and pastries or cake. In some houses dinner is the biggest meal of the day. Dinnertime throughout England is around 7 o'clock in the evening. But in a great many English homes the midday meal is the chief one of the day while in the evening they have a much simpler supper – an omelette, or sausages, sometimes bacon and eggs, or whatever they can afford.

**Exercise 1. Read the text and describe each meal in England.**

**Exercise 2. Read the story «Fish and Chips» and discuss it.**

The English have a special taste for fish and chips. Everybody seems to have a fish and chips supper at home at least once a week, and you discover the shops in the side streets of every town. The shops are usually run by two or three persons, often a man and his wife. Cod, haddock and plaice sell at about a shilling a piece and potato chips at about 6 a portion. The pieces of fish are dipped in a mixture of flour and water and then dropped into deep boiling oil for a few minutes. They come out crisp and hot and are then wrapped in greaseproof paper, so that the customer may take them away.

Some shops have a small café where the visitor can eat his fish and chips without taking them home. Towards the end of the evening there is a large demand for chips alone to be eaten out of paper bags in the streets.



**Exercise 3. Complete the sentences.**

1. The usual meals in England are ... 2. The English are very particular about ... 3. Breakfast time is between ... 4. Many people like to begin with ... 5. English people eat porridge with ... 6. For a change you can have ... 7. The two substantial meals of the day are ... 8. Lunch is usually taken ... 9. They take fish or poultry followed by ... 10. In the afternoon, about 4 o'clock, they have ... 11. Tea is very popular with ... 12. The English drink tea with or without sugar but ... 13. Some people like "high tea", ... 14. Dinner time is generally about ... 15. In some houses dinner is ... 16. In great many English homes the midday meal is ... 17. In the evening they have ... 18. What do you say to ... ? 19. They serve good meals here and ...

**Exercise 4. Supply the modal verbs: can, may, must.**

1. For a change you ... have a boiled egg, cold ham or perhaps fish. 2. Tea ... almost be called their national drink. 3. Tea ... be "just like mother makes it". 4. ... I help you? Yes, please. Is there any dish you ... recommend? 5. ... I have a Martini cocktail? Certainly, sir. 6. ... I have one of those delicious looking cakes from the trolley? But of course. 7. What ... I do for you? 8. ... I offer you saddle of mutton with red currant jelly? No, thank you. 9. Where ... we sample English specialties? Our hotel restaurant ... offer you good English dinner? I ... offer you roast beef and Yorkshire pudding. 11. Where ... we have after-theatre supper? 12. What ... I offer you, ma'am? Two coffees, please. 13. ... I give you a little more pineapples with custard? No, thank you. 14. ... I offer you a juicy piece of roast beef? 15. ... you show me the menu? 16. ... I smoke here?

**Exercise 5. Fill in the blanks with the words and word-combinations from the box.**

1. English ... is not bad. Meat and fish are ..., but English ... deserve less praise. 2. With the exception of breakfast ... in England are ... in other countries. 3. The English are very ... about their meals. 4. Many people like ... porridge, or some other "breakfast food". 5. Scotland is the ... of porridge. 6. The two meals of the day, lunch and dinner are both ... the same. 7. They may have a mutton chop, or steak and chips ... biscuits and cheese. 8. Some people like ... with lunch. 9. In the afternoon, ..., they have a cup of tea and a cake or ... or two of bread and butter. 10. Tea is ... in the morning, in the afternoon and in the evening. The English like it ... made. 11. They have ham or tongue or ... with good strong tea, then ..., or a tin of pineapples. 12. In a great many English homes the ... meal is the chief one of the day. 13. I'm afraid we don't know much about the ... dishes. 14. May I have a Martini cocktail? ..., sir. 15. Would you like some ... or a cake? No, thank you. 16. May I have one of those ... looking cakes from the trolley? But ...! 17. They serve good meals here and the ... are quite reasonable. 18. Could we have after dinner drinks? Certainly, sir. The night bar is ...

*to begin with, cookery, meals, soups, much the same as, more or less, home, excellent, substantial, followed by, particular, about 4 o'clock, stewed fruit, a slice, strong and fresh, a glass of light beer, tinned salmon, of course, midday, welcome, special, delicious, prices, in the cellar, biscuits, certainly*

**Exercise 6. Transfer the given information from the passages onto a table.**

№	Activity			
	Dish	Where	When	Score
1.				

**Exercise 7. Read the narration and answer the questions.**

Good bartenders, like good chefs, have a lot of responsibility. The head bartender has to keep a record of the entire stock of beverages. He also supervises the training of his men and the cleanliness of the bar. Like chefs, bartenders know ingredients and measurements.

They know when to shake and when to stir. They know the special glasses for all drinks and make sure there's always a supply of clean ones. They use good liquors if they want to keep a good clientele. Waiters and waitresses should be able to explain various drinks to their clients.

They try to boost the sale of drinks by suggesting cocktails before dinner, wines during dinner and liqueurs after dinner.

1. What are the main duties of the head bartender? 2. How is a good bartender like a good chef? 3. Are the same kinds of glasses used for all wines? 4. How can waiters and waitresses help to boost the sale of beverages? 5. Why should a waiter know how drinks are made? 6. Do chefs have a lot of responsibility? 7. Who supervises the training of his men and the cleanliness of the bar? 8. What do chefs know? 9. What do waiters suggest before, during and after dinner?

**Exercise 8. Fill in the blanks with articles where necessary.**

With ... exception of breakfast meals in ... England are much ... same as in other countries. ... usual meals in ... England are breakfast, lunch, tea and dinner. ... English are very particular about their meals. Breakfast is generally ... bigger meal than you have on ... Continent, though some people like ... continental breakfast. But many people like to begin with ... porridge, then comes ... rasher or two of ... bacon and eggs. For ... change you can have ... boiled egg or cold ham. ... two substantial meals of ... day, ... lunch and dinner, are both more or less ... same. Lunch is usually taken at one o'clock. They have ... mutton chop or steak and chips, followed by ... biscuits and cheese and ... cup of coffee. Some people like ... glass of light beer with lunch. In ... afternoon, about four o'clock, they have ... cup of tea and ... cake, or ... slice or two of ... bread and butter. Tea is very popular with ... English. It is welcome in ... morning, in ... afternoon and in ... evening. ... English like it strong and fresh made. In some houses dinner is ... biggest meal of ... . In ... a great many English homes ... midday meal is ... chief one of ... day, and in ... evening they have ... much simpler supper.

**Exercise 9. Explain the score of the title «The guest is always right».**

*The guest is always right* – this rule of old restaurant managers seems to be right today too. One can hardly deny that in most cases the dispute between the customer and the waiter (representing the restaurant) rests on specious grounds.

Visitors may be displeased for many reasons among which they cite more often – slow service, tasteless or badly cooked meals, dirty tablecloth and glasses, dusty furniture and careless or inattentive attendance. The waiter is not a servant in the 19<sup>th</sup> century sense of the word, but still his talking back is considered impolite or even rude. The problem of the waiter's etiquette is closely connected with character of this profession. There is little doubt that job requires much tact, skill and love for people.

Yes, it also contains certain elements of attendance, but does that mean that the waiter's profession is humiliating? Does a well-experienced waiter lose his self-respect, dignity or independence? Do customers feel a kind of superiority towards waiters?

**Exercise 10. Add some information & make up a small report and give a talk in class.**

**Exercise 11. Read the information & pick up the essential details in the form of quick notes.**



**Exercise 12. In the sentences fill in the blanks with adjectives from the list.**

brandied fruit / peaches	sauteed artichoke hearts
braised beef	scalloped potatoes
breaded veal	shredded coconut
chilled glasses	sliced pineapple
chopped meat / mushrooms	sprinkled with powdered sugar/cinnamon
creamed tuna fish / carrots	steamed clams / pudding
frosted cookies / glasses	grated cheese
topped with	tossed salad
well-blended with...	whipped / potatoes / cream

1. Turkey \_\_\_\_\_ with gravy and cranberry sauce is on the menu. 2. Curry is good with \_\_\_\_\_ coconut. 3. Do you want \_\_\_\_\_ cheese on your spaghetti? 4. For dessert we had strawberry sundae \_\_\_\_\_ with \_\_\_\_\_ cream. 5. Always serve martinis in \_\_\_\_\_ glasses. 6. You must put \_\_\_\_\_ mushrooms in the sauce. 7. We should have a \_\_\_\_\_ green salad. 8. Would you like a \_\_\_\_\_ pineapple and cottage cheese salad? 9. I like doughnuts \_\_\_\_\_ with \_\_\_\_\_ sugar. 10. The platter \_\_\_\_\_ with parsley looked very appetizing. 11. Hamburger is made from \_\_\_\_\_ meat. 12. Veal Milanese is \_\_\_\_\_ veal. 13. With the pheasant we had \_\_\_\_\_ fruit. 14. Would you like \_\_\_\_\_ tuna on toast? 15. Would you like your salad \_\_\_\_\_ with French dressing?

**Exercise 13. Answer the questions.**

1. What is the difference between California and Florida oranges? 2. Does an orange have a thick peel? 3. What other fruits that you know have a thick peel? 4. What fruits that you know are easy to peel? 5. What fruits go bad very quickly if not kept in cool place? 6. What fruits go bad if placed in the refrigerator? 7. What is the difference between "eating apples" and "baking apples"? 8. How many pecks are in a bushel? 9. How many ounces are there in a pound? 10. How many quarts are there in a gallon? 11. Why do we speak of a "head of lettuce" or a "head of cabbage"? 12. What are your favourite vegetables? 13. How does Mrs. Brown in this dialogue answer the remark to the effect that an apple a day keeps the doctor away?

**Exercise 14. Supply the correct prepositions.**

A young man was going on a voyage, which was to last a week. He knew that they served very good meals ... the voyage. Actually, there were four meals every day. ... breakfast they usually served fish ... potatoes. Lunch was ... one and consisted ... three courses. Dinner came ... 6; it started ... soup, and then there was fish, salad, cheese and dessert. There was also a small supper ... 10. You could pay ... every meal before you had it, or ... all the meals ... advance, which was cheaper. The young man decided to pay ... the whole week and did so. Lunch came. He wasn't very hungry and he ate only some meat and fruit. He felt very bad ... this meal and when it was time ... dinner he couldn't go and have it ... the next four days he had only bread and water, but ... Saturday he had a cup ... tea and cake and ... Monday he ate some chicken soup. He felt the ship ... Tuesday and when it was going away he thought, – "There she goes; there she goes ... all the food I've paid ... and haven't had." As a service charge is included ... the bill, any further tipping is unnecessary. Food is very expensive now as there's been yet another increase ... prices.

**Exercise 15. Choose the right variant.**

1. We must go now. Would you mind asking the waiter for the ...?  
a) account b) bill c) charge d) price
2. This voucher ... you to a free meal in our new restaurant.  
a) allows b) credits c) entitles d) grants
3. As a service charge is included in the bill, any further tipping is ... .  
a) unforgivable b) unnecessary c) unpleasant d) unsatisfactory
4. Food is very expensive now as there's been yet another ... in prices.  
a) advance b) gain c) increase d) lift
5. Let me ... the bill before we leave this restaurant.  
a) arrange b) conclude c) pay up d) settle
6. Mr. Generous decided to leave the waiter a big ... as the food and service had been excellent.  
a) addition b) gift c) note d) tip
7. Try our delicious four-course meal, offering you superb ... for money.  
a) cost b) price c) value d) worth
8. At many restaurants a service ... is included in the bill.  
a) charge b) gratuity c) tax d) tip
9. You.... Us to believe that service and V.A.T. would be included in the price.  
a) led b) let c) made d) trickled
10. Mr Extrovert ... guests to dinner almost every week.  
a) amuses b) claims c) greets d) has
11. Mr Snob ... that only his club sells real English ale.  
a) brags b) crows c) exults d) rejoices
12. Our restaurant can ... for parties of up to 300 people.  
a) cater b) deal c) handle d) supply
13. Drop in for a ... to eat!  
a) bit b) bite c) nip d) sip
14. Mr. Newrich invited his guests to an expensive restaurant. However, he felt ... at ease.  
a) ill b) painful c) sick d) unwell
15. The little country hotel served them a meal fit for ... .  
a) a king b) a lord c) an emperor d) a queen
16. He is ... to think that he is the only person who knows everything about good food.  
a) apt b) impressed c) prejudiced d) subjected
17. Lobster is an expensive ... in most restaurants.  
a) chaser b) delicacy c) flavour d) spice deli
18. People at rest homes or sanatoria have meals in the ... .  
a) dining hall b) dining room c) canteen d) cafe
19. If you want to have a bite you may ... a self-service restaurant.  
a) drop into b) come in c) enter d) go to
20. There are cafes and restaurants to ... every taste and purse.  
a) suit b) belong c) pass d) serve
21. A table d'hote dinner ... several courses.  
a) consists of b) consist in c) consist with d) consist out of
22. While travelling by train you can have breakfast in the ... .  
a) dining-car b) dining room c) dining hall d) dining wagon

**Exercise 16. Read the narration and answer the questions.**

Beefsteaks are popular in many countries. They are usually fried, broiled, or grilled, often over charcoal, which adds to the flavour. T-bone steaks are named from the "T" shape of the bone. They are part of the rib bone. Under the rib lies the tenderest meat, from which filets are cut. Sirloin steaks, also boneless, come from a section near the middle of the back. Steaks with a round bone are flavoursome but not so tender as the others. They are sometimes fried or used in stews, as in steak and kidney pie. Most people are particular about how their steaks are cooked. They order steaks well done, medium, medium rare, or rare.

1. How do most people order their steaks cooked – rare, medium rare, medium, or well done? 2. How do you like your steak cooked? 3. What is the best way to cook a good steak – to fry, to boil, or to broil it? 4. If a guest asked you to recommend a tender steak, would you suggest a round steak or a filet mignon? 5. Why is T-bone steak called *T-bone*?

**Exercise 17. Complete the sentences.**

1. Which are your favourite vegetables: (брюссельская капуста) or... (лук-порей)? 2. The best way to ... (закипятить) water is to put it in a ... (чайник). 3. Carrots can be steamed or they can be eaten ... (сырой). 4. Could you ... (очистить) these oranges for me, please? 5. Indian ... (кухня) relies heavily on ... (острый) spices. 6. Put the mixture in a baking... (фольга) and put it into a preheated ... (духовка). 7. ... (смешивать) eggs,... (мука) and milk together in a large ... (миска). 8. With pizza even the best... (компоненты) may taste dull without the right... (зелень). 9. A four ... (из нескольких блюд) meal of an ... (закуска), soup, meat and dessert is enough for me. 10. We have (салат из крабов) followed by stewed hare. 11. There's (индейка) with all the *trimmings* – giblets, chestnut stuffing, and cranberries. 12. Many (путешественники) use credit cards or travellers checks. 13. I have some more (сметана) on my baked potato. 14. Quality is one the most important (критерий) for the choice of any goods. 15. Champagne creates a special (настроение), gives solemnity to a party, and emphasizes the significance of the event.



## INTERNATIONAL & FUSION CUISINE

Indian cuisine is the most popular alternative to traditional cooking in Britain, followed by Chinese and Italian food. The chicken tikka masala is now considered one of Britain's most popular dishes. Indian food was served in coffee houses from 1809, and cooked at home from a similar date as Mrs Beeton's cookbook attests. There was a sharp increase in the number of curry houses in the 1940s and again in the 1970s.

In the Victorian era, during the British Raj, Britain first started borrowing Indian dishes, creating Anglo-Indian cuisine. Kedgerree and Mulligatawny soup are traditional Anglo-Indian dishes. The word *curry*, meaning 'gravy', has been used since the medieval period.

The word *curry* is not used in India. Instead, *masala* is used. Currys tend to refer to light, often coloured, spiced sauces on solid food. Curry does not usually contain meat (though be on it), unlike gravy. Anglo-Indian fusion food continued to develop with chicken tikka masala in the 1960s and Balti in the 1980s, although some claim the latter has roots in the subcontinent.

Home-cooked curries by ethnically English people are based on ready made curry powder sauces or pastes, with only a minority grinding and mixing their own spice masalas.

Curries are sometimes home-cooked to use up leftovers.

In 2003, there were as many as 10,000 restaurants serving Indian cuisine in England and Wales alone. It is commonly mistaken that the majority of Indian restaurants in Britain are run by entrepreneurs of Indian origin, when in fact they are predominantly Bangladeshi and Pakistani.

According to Britain's Food Standards Agency, the Indian food industry in the United Kingdom is worth £3.2 bn, accounts for two-thirds of all eating out, and serves about 2.5 mln British customers every week.

Indian restaurants typically allow the diner to combine a number of base ingredients – chicken, prawns or *meat* (lamb or mutton) – with a number of curry sauces – from the mild korma to the scorching phall – without regard to the authenticity of the combination.

The reference point for flavour and spice heat is the Madras curry sauce. Other sauces are either prepared from scratch, or are variations on a basic curry sauce. For instance, vindaloo is often rendered as lamb in a Madras sauce with extra chilli, rather than the original pork marinated in wine vinegar and garlic. In addition to curries, all restaurants offer *dry* tandoori & tikka dishes of marinated meat or fish cooked in a special oven, and biriani dishes, where the meat and rice are mixed together. Samosas, Bhajis and small kebabs are served as starters, or can be eaten by themselves as snacks. English diners usually accompany their meals with basmati rice, bread being sometimes ordered in addition, eat with spoon and fork. India's well-developed vegetarian cuisine is sketchily represented outside specialist restaurants.

In recent years, some Indian restaurants have started aiming higher than the norm for ethnic food, two of them garnering Michelin stars in the process.

Chinese food is well established in England, with large cities often having a Chinatown district. Predominantly derived from Cantonese cuisine, it may be so adapted to Western tastes that Chinese customers may be offered an entirely separate menu.

Spare ribs in OK sauce is an example of crossover cuisine. South-East Asian cuisines, such as Thai, Indonesian and Vietnamese are catching up in popularity.

Italian cuisine is the most popular form of Mediterranean food, vying with Chinese and Indian food as the most popular ethnic food. Greek and Spanish restaurants are well established. Turkish tends to be associated with the take-away sector in particular late night kebab shops.

Whilst Middle Eastern cooking in particular Lebanese has grown in popularity from its traditional enclaves in London. Apart from beefburgers and hot dogs, food from the Americas tends to be represented by Mexican or Tex-mex cuisine, although there are a few Creole and South American restaurants. Caribbean and Jewish cuisine can usually only be found where there is a concentration of the community in question.

In England, French cuisine stands somewhat apart from other generally less expensive cuisines, although there are some inexpensive French bistros.

Catherine of Braganza, Portuguese wife of Charles II, took the Portuguese habit of tea to Great Britain around 1660, subsequent to the introduction of coffee.

Initially, its expense restricted it to wealthy consumers, but the price gradually dropped, until the 19th century, when tea became as widely consumed as it is today.

In Britain, tea is usually black tea served with milk (never cream; the cream of a *cream tea* is clotted cream served on top of scones first topped with strawberry jam, a tradition originating from Devon and Cornwall). Strong tea served with lots of milk & two teaspoons of sugar, usually in a mug, is commonly referred to in jest as *builder's tea*.

A cup (or commonly a mug) of tea is something drunk often, with some people drinking six or more cups of tea a day.

Earl Grey tea is a distinctive variation flavoured with Bergamot. In recent years, tisanes and speciality teas have also become popular. Introduced in the 17th century, coffee quickly became highly popular by the 18th century. The coffee houses of London were important literary, commercial and political meeting-places, and in some cases paved the way for the great financial institutions of 19th Century London. Coffee is now perhaps a little less popular than in continental Europe, but is still drunk by many in both its instant and percolated forms, often with milk (but rarely with cream).

Italian coffee preparations such as espresso and cappuccino and modern American variants such as the frappuccino are increasingly popular, but generally purchased in restaurants or from specialist coffee shops rather than made in the home.

White sugar is often added to individual cups of tea, or brown sugar to coffee, but never to the pot. Hot chocolate and cocoa were promoted by temperance campaigners in the 19th century, and remain fairly popular. The major brands are manufactured by the Quaker-founded businesses such as Cadbury's. They are typically drunk late at night, as are Ovaltine and Horlicks.

Apple juice in its fresh pressed form, and varying stages of fermentation would be drunk, warmed and spiced in the winter time. Locally growing fruits and berry extract would also be used to flavour water with their juices. Roast dandelion root and the fresh leaves would be made into teas and tinctures and drunk for good health. Other tisanes such as rose-hip, raspberry leaf and nettle, amongst others, would also be drunk in this way.

For much of the 20th century Britain had a system where fresh milk was delivered to the doorstep in reusable glass bottles in the mornings, usually by electric vehicles called "milk floats", though it has now been largely replaced by supermarket shopping. Some areas of the country still, however, enjoy door to door fresh milk to this day.

Dandelion and burdock was originally a lightly fermented beverage similar to root beer. Later versions were more artificially made and alcohol free. Soft ginger beer was popular from the late 19th to mid 20th century. Tizer and Lucozade are British carbonated drinks, the latter marketed as an energy drink. Lemonade generally refers to a clear, fizzy beverage in the UK.

International brands of cola and energy drinks have become popular since the late 20th century. Barley water, usually flavoured with lemon or other fruit, is a traditional British soft drink. It is made by boiling washed pearl barley, straining, and then pouring the hot water over the rind and/or pulp of the fruit, and adding fruit juice & sugar to taste, although ready-made versions are usually consumed.

Squashes and cordials are an alternative to carbonated beverages.

They are a non-alcoholic concentrated syrup that is usually fruit-flavoured and usually made from fruit juice, water, and sugar, which needs to be *diluted to taste* before drinking. Some traditional cordials contain herbal extracts, most notably elderflower & ginger.

England is one of the few countries where cask conditioned beer is still a major part of the market. Lager or Pilsener style beer has increased considerably in popularity since the mid 20th century, and is often used as an accompaniment to spicy ethnic food.

Any kind of beer may accompany a meal in a pub. English beer cookery includes steak and ale pie and beer-battered fish and chips. Stout is a globally known style of beer which originated in England, although it came to be associated with Ireland. It has a culinary association with oysters; they can be used to flavour stout, or it can be drunk with them.

In Britain, *cider* always means an alcoholic drink of fermented apple juice and is served by the pint or half pint like beer. It is traditionally associated with certain regions, such as the South West & Herefordshire, but commercial brands are available nationwide like Bulmers Cider and Strongbow. The cloudy, unfiltered version is called scrumpy and the related beverage made from pears is called perry. In England it is sometimes distilled into apple brandy, but this is not as widespread as with Calvados in France. Culinarily, cider is sometimes used in pork or rabbit dishes. Wine often accompanies formal meals. It was introduced to England, for both production & consumption, by the Romans. Wine has been imported ever since, although it has not always been accessible to the average person.

From the Middle Ages, the English market was the main customer of clarets from Bordeaux, France, helped by the Plantagenet kingdom, which included England and large provinces in France. In the 18th century, the Methuen Treaty of 1703 imposed high duties on French wine. This led to the English becoming a main consumer of sweet fortified wines like sherry from Spain, and Port wine and Madeira wine from Portugal.

Fortified wine became popular because unlike regular wine, it does not spoil after the long journey from Portugal to England. Fortified wines are used in dessert cookery, for instance sherry features as an ingredient in trifle.

By the late, 20th century wines from around the world were available to the mass market. Viticulture was restarted in the 1970s after a very long break. England is currently a major consumer, but only a very minor producer of wine, with English and Welsh wine sales combined accounting for just 1% of the domestic market.

Another form of domestic wine production is *country wines* or *fruit wines*, which are made from wide variety of fruit and vegetables –elderberry, damson, parsnip and so on – other than grapes. Commercial varieties are available, but country wines are also often home-made, sometimes from garden produce or personally harvested wild fruit. Crème de cassis is made in Herefordshire. Mead, fermented honey, was popular in the Middle Ages, but is now a curiosity. Although gin itself is not a British invention, its most popular style, London Dry Gin was developed in England. Gin and tonic has historical roots going back to the British empire, since the tonic was originally quinine taken to combat malaria in tropical climates.

Rum likewise has historic associations for the English.



Whisky production in modern England restarted in Norfolk in late 2006, and the first resulting single malt whisky was made available to the public in November 2009.

This was the first English single malt in over 100 years. It was produced at St. George's Distillery by the English Whisky Company. Previously Bristol and Liverpool were centres of English whisky production. An early mixed drink, dating from the 17th century punch.

It is typically made of water, fruit, fruit juice and spirits and served in a large bowl to a group of drinkers. Cocktails are thought of as American, but have a British connection: Harry Craddock, a British-born US citizen invented a number of classic cocktails during his tenure at the Savoy Hotel bar. Pimms is a company which has been selling ready-mixed drinks for well over a century. Pimm's associated with the British summertime and events such as Wimbledon, the Henley Royal Regatta, and the Glyndebourne opera festival. It is often used as the basis of further mixtures including fruit, lemonade, etc.

Mixed drinks can also be based on beer (Lamb's wool) and cider (wassail). Since the end of World War II when their numbers were around 100,000, increasing numbers of the British population have adopted vegetarianism. The majority of restaurants will have at least one vegetarian meal on the menu.

English cuisine may suffer from a relatively poor international reputation when compared to that of French cuisine or Italian cuisine. However, for many English people this perception seems outdated, for it is felt that the poor reputation of industrially produced urban food in the 20th century did not ever really represent the quality of food cooked in the home. Traditional English food, with its emphasis on *meat-and-veg* falls squarely into the north European tradition extending from Northern Germany to the Low Countries and Scandinavia, albeit with a French influence.

During the Middle Ages and Enlightenment, English cuisine enjoyed an excellent reputation; its decline can be traced back to the move away from the land and increasing urbanization during the Industrial Revolution.

At this point Britain became a net importer of food. During the two World Wars, British food, like that of other nations affected by the conflicts, suffered heavily from the effects of food shortages and rationing. The end of food rationing in Britain during 1954 brought a marked trend toward industrialized mass production of food. However, in Britain today there is a renewed interest in the culture of food, popularly led by celebrity chefs who seek to raise the standard of food understanding in the UK

In 2012, 600 food critics writing for the British *Restaurant* magazine named 14 British restaurants among the 50 best restaurants in the world. In particular, the global reach of London has elevated it to the status of a leading centre of international cuisine.

Meanwhile the heavy promotion of gastronomy as a post-industrial economic solution has led to a proliferation of very fine quality producers across the country.

### ***Active vocabulary***

French cuisine, Italian cuisine, reputation, food shortages, rationing, a net importer of food, mass production of food, English cuisine, to enjoy, quality of food, to adopt, vegetarianism, to become, industrialized, to suffer from, a marked trend.

***Exercise 1. Analyze the information, which is in the highlight, and use it in practice.***

***Exercise 2. Add some information & make up a small report and give a talk in class.***

***Exercise 3. Read the information & pick up the essential details in the form of quick notes.***

**Exercise 4. Analyze the information and title the text.**

The usual meals in England are breakfast, lunch, tea and dinner or in simpler houses, breakfast, dinner, tea and supper. Breakfast is generally a bigger meal than they have on the Continent, though some English people like a continental breakfast of rolls and butter and coffee. But the usual English breakfast is porridge or *corn-flakes* with milk or cream and sugar. Scotland is the home of porridge, ever puts sugar on it), bacon and eggs, marmalade (made of oranges) with buttered toast, and tea or coffee.

For a change you can have a boiled egg, cold ham, or perhaps fish. They generally have lunch about one o'clock. At lunchtime in a London cafe or restaurant one usually finds a mutton chop, or steak and chips, or cold meat, or perhaps fish with potatoes, salad and pickles, then a pudding or fruit to follow.

Some people like a glass of light beer with lunch. Afternoon tea you can hardly call a meal, but for the leisured classes it is a sociable sort of thing when people often come in for a chat with their cup of tea. But some people like to have the so-called *high tea*, which is quite a substantial meal. They have it between five and six o'clock.

In a well-to-do family it will consist of ham or tongue and tomatoes and salad, or a kipper, or tinned salmon or sausages, with strong tea, bread and butter, then stewed fruit, or a tin of pears, apricots or pineapple with cream and custard and pastries or cake.

In some houses dinner is the biggest meal of the day. Dinnertime throughout England is around 7 o'clock in the evening. But in a great many English homes the midday meal is the chief one of the day while in the evening they have a much simpler supper – an omelette, or sausages, sometimes bacon and eggs, or whatever they can afford.

**Exercise 5. Put verbs in Past Participle.**

1. We'd like pork chops and (to fry) potatoes. 2. I want (to scramble) eggs and tea. 3. Make my steak (to underdo). 4. Bring me a rasher or two of bacon and (to fry) eggs. 5. Bring us appetizers (to assort). 6. I think we begin with a (to mix) green salad. 7. They began with clear soup (to follow) by roast goose. 8. I think we have crab salad and then (to broil) chicken. 9. Bring us (to stew) hare, please. 10. We want (to boil) pikeperch. 11. Well, then. Give us (to broil) sturgeon.

**Exercise 6. Supply prepositions where necessary.**

... the exception of breakfast meals ... England are much the same as ... other countries. The usual meals ... England are breakfast, lunch, tea and dinner. The English are very particular ... their meals and strictly keep ... their meal times. Breakfast time is ... seven and nine a.m. It is generally a bigger meal than you have ... the Continent. Many people like to begin ... porridge. English people eat porridge ... milk or cream and sugar. Then comes a rasher or two ... bacon and eggs, marmalade ... buttered toast. ... a change you can have a boiled egg or cold ham. Lunch is usually taken ... one o'clock. Many people, who go ... to work, find it impossible to come home ... lunch and go ... a café. They may have a mutton chop, or steak and chips, followed ... biscuits and a cup ... coffee. Some people like a glass ... light beer ... lunch. ... the afternoon, ... four o'clock, they have a cup ... tea and a cake, or a slice or two ... bread and butter. Tea is very popular ... the English. It is welcome ... the morning, ... the afternoon and ... the evening. They drink it ... or ... sugar but almost always ... milk. Dinnertime is generally ... half seven or later. ... some houses dinner is the biggest meal ... the day. They begin ... soup, followed ... fish, roast chicken, fruit and coffee. ... a great many English homes the midday meal is the chief one. ... the evening they have the much simpler supper.

**Exercise 7. Analyze the text «English cuisine» and give the main idea of it.**

There is not much variety in English cuisine, though it is not bad at all. Meat and fish are excellent, but English soups, vegetables and sweet dishes are much worse than those on the Continent. The usual English meals are breakfast, lunch, tea and dinner; or in some families breakfast, dinner, tea and supper. The English are very particular about their meals and strictly keep to their meal times. The traditional English breakfast is a substantial meal. It doesn't just consist of a cup of coffee with milk and sugar, and of bread or toast with butter and jam.

As a rule it begins with porridge (oatmeal boiled in water or milk). It can be cornflakes with milk instead of the porridge. Then comes ham and eggs or eggs and bacon, marmalade (usually made of oranges) with buttered toast, and tea or coffee.

But many English workers have neither time nor money to enjoy this traditional English breakfast every day. They have it only on Sundays or when they are on holiday.

Very often they have just a cup of tea and a slice of bread or toast. Lunchtime is about one o'clock. It is a simple meal. Many people go to a café or a restaurant, where they can find fish, steak and chips, or cold meat, boiled or fried potatoes. Many people like some mixed pickles or a piece of cheese with it.

Dinner is a principal meal in England. A menu usually consists of an appetizer course (hors d'oeuvre), a soup, an entree, the main dish and a dessert. A small dinner consists of an appetizer or soup, a main dish and dessert. Those who take an *early* dinner (at noon), have supper in the evening. So supper isn't an obligatory meal in England.

Supper is a cold meal. It consists of all kinds of sausages, cold meat, tinned fish, cheese, mixed pickles and some bread and butter. At five o'clock Englishmen have tea. But it is not a substantial meal; it is simply tea when they chat over a cup of tea with one's friends or family. As a rule Englishmen like strong tea with two or three lumps of sugar, with milk or cream.

Some prefer *Russian tea* – with a slice of lemon. Usually they have their tea with buttered rolls, pastries, cream or sponge cakes.

**Exercise 8. Supply articles where necessary.**

1. Will you have ... meat or fish, sir? I think, I'll have some fish. Which do you want? ... steamed sturgeon or ... boiled pike-perch with ... Polish sauce? Well, ... steamed sturgeon will do. 2. There is no fish fork. Sorry, sir. Just ... minute. Here is ... fork. 3. Will you have ... second course to follow? Oh, yes. What kind of ... poultry can you recommend? ... steamed chicken fillet or ... boiled chicken with ... rice. 4. Sorry, ma'am, we aren't serving ... cauliflower today. Will you take ... carrots in ... milk sauce? All right. 5. What about having ... iced coffee? That's just what I want. So, ... two iced coffees, please. 6. Can I have dinner in my room? Certainly, ma'am. Ring ... bell for ... waiter, he'll take your order. 7. What can I do for you? I'd like to have ... dinner, but I'm on ... diet. 8. I'll take ... steamed meatballs with ... boiled potatoes and ... green peas. 9. Will you pass me ... honey, please? Here it is. 10. Will you have ... little more cherry pie? Well, just ... very little, please.



**Exercise 9. Read the text and title it.**

In alcoholic drinks the alcohol is rapidly absorbed from the digestive tract and utilized as a source of energy. One gram of alcohol provides 7 kilocalories.

Carbohydrate may be present in different proportions of alcohol and this provides additional energy. Chronic alcoholics may obtain a large proportion of their energy intake from alcohol and eat very little food. Spirits contain no vitamins and displacement of food by alcoholic drinks leads to a marked reduction in the intake of protein, vitamins and many other nutrients. Whisky, gin, beer are considered as alcoholic drinks.

Whisky originated in Ireland and then spread to Scotland. There are two sorts of whisky – malt whisky, made from malted barley only, and the light grain whisky, produced from no malted barley with an added mixture of maize or rye. Whisky doesn't change in any way once it has been bottled. The most famous whiskies are: Scotch, Irish, Canadian and Bourbon. You may drink whisky either neat or diluted with water or any other soft drink. Beer has long remained the most popular "long drink" with British people. Its different varieties – pale ale or stout, mild or bitter – are offered to the consumer. Ale means any beer, which is not stout. Stout is a beer brewed from highly dried malts, with a proportion of roast barley. Stouts rank among the strong beers.

**Exercise 10. Pay attention to English eating habits.**

Cutting potatoes with a knife is allowed. The fork has to be held with the hump pointing upwards, thus everything – including peas, which is difficult for the beginner – has to be balanced on top of, not placed inside the hump. Soup is eaten with the spoon held sideways, thus the liquid has to be sucked out or sipped rather than just to be emptied into the mouth. The sweet – be it cake, pudding, or ice-cream – is eaten with spoon and fork. There is a rule for children (and grown-ups): do not eat between meals, and never in the street or any other public places; is it however, not always observed.

**Exercise 11. Remember specialities of English Cookery.**

English dishes differ from Ukrainian ones. There exists a certain difference in dishes, especially in the first courses. Ukrainian soups are almost thick with a lot of vegetables and meat in them, as borshch, for example. Besides they like to put a spoonful of sour cream into borshch, which is very tasty but quite unknown in England. Englishmen prefer thin soups.

**The Menu.** Appetizers are small, piquant dishes. There are cold and hot appetizers: fruit cocktail; smoked salmon, sardines with toast, pineapple juice, half a grapefruit.

**Soups.** If there is no appetizer the meal is usually begun with a soup. There are clear soups and thick soups. Exotic soups are mostly clear soups. Thick soups are rich and heavy.

**Vegetables.** Many English People like vegetables and salads. Salad dressing (a mixture of oil, vinegar or lemon juice, salt, pepper) is poured over the salad to season it.

**Dessert** is the last course of a good dinner. It may consist of hot sweets, cold sweets or cake with a cup of coffee, fruit, ice cream or cheese. Pies and puddings are very popular in England, but ice cream is perhaps the favourite dish.

**How to make good tea?** Always warm the pot. Fill the kettle with fresh water and bring just to the boil before pouring over the tea. Allow infusing for three to four minutes before pouring. Quantities of tea will vary according to personal taste, but the old ruling, one teaspoonful for each cup and one for the pot is a good average amount.

## TABLE MANNERS . A LIST OF DO'S & DON'TS

Never stretch over the table for something you want, ask your neighbour to pass it. Take a slice of bread from the bread-plate by hand; don't harpoon your bread with a fork. Do not bite into the whole slice; break it off piece by piece.

Never spoil your neighbour's appetite by criticizing what he just happens to be eating or by telling stories which are not conducive to good digestion.

Chicken requires special handling. First cut as much as you can, and when you can't use knife and fork any longer, use your fingers.

Never read whilst eating (at least in company). When a dish is placed before you do not eye it suspiciously as though it were the first time you had seen it, and do not give the impression that you are about to sniff it. No matter how surprised you are take it all in your stride. Don't use a knife for fish, cutlets or omelettes.

When you are being served, don't pick. One piece is as good as the next.

The customary way to refuse a dish is by saying *No thank you*. (or to accept *Yes, please*.) Don't say *I don't eat that stuff*, don't make faces or noises to show that you don't like it. In between courses don't make bread-balls to while the time away and do not play with the silver. Don't lick your spoon. Sit facing the table, don't sit sideways. Keep your feet under you; don't stretch them all the way under the table.

After stirring your tea remove the spoon and place it on the saucer.

Don't use a spoon for what can be eaten with a fork.

When eating stewed fruit use your spoon to put the stones on your saucer.

Don't put your knife into your mouth. Vegetables, potatoes, macaroni are placed on your fork with the help of your knife. Cut your meat into small pieces that can be chewed with ease. Cut off one piece at a time. If your food is too hot don't blow on it as though you were trying to start a campfire on a damp night.

Your spoon, knife and fork are meant to eat with; they are not drumsticks and should not be banged against your plate. Try to make as little noise as possible when eating.

Don't sip your soup as though you wanted the whole house to hear.

Don't shovel food into your mouth. Take small pieces.

Don't talk with mouth full. First chew and then swallow.

Don't put your elbows on the table.

Don't pick your teeth in company after the meal even if toothpicks are provided for the purpose. And, finally, don't forget to say "thank you" for every favour or kindness.

### **Exercise 1. Answer the questions.**

1. What are rules of table manners made for? 2. What things are considered offensive and disgusting at the table? 3. What things in table etiquette do you consider unreasonable and silly? 4. Are you able to eat a peach or watermelon with your fingers without looking messy? 5. What is more convenient – eating fruit with your fingers or with a fork and a knife? 6. Why do you use spoons? 7. Why do you use forks? 8. Vegetables, potatoes, macaroni are placed on your fork with the help of your knife, aren't they? 9. Do you cut your meat into small pieces that can be chewed with ease? 10. You don't put your elbows on the table, do you?

### **Exercise 2. Write out all words and phrases according to the topic.**

### **Exercise 3. Analyze the information, which is in the highlight, and use it in practice.**

### **Exercise 4. Add some information & make up a small report and give a talk in class.**

**Exercise 5. Choose the right variant.**

1. My mother always ... her own bread.  
a) bakes b) fries c) grills d) roasts
2. She put a ... of chocolate on the cake.  
a) colour b) cover c) layer d) level
3. You can't make an omelette without ... eggs. (Proverb)  
a) breaking b) crushing c) mixing d) smashing
4. A fat lady sat on my shopping bag in the bus and ... my tomatoes.  
a) broke b) crushed c) squashed d) squeezed
5. A power failure completely ... the cake she was baking.  
a) damaged b) injured c) ruined d) weakened
6. To make a good omelette, you must ... the eggs very well.  
a) bang b) beat c) knock d) thrash
7. I loved the cake. Would you mind letting me have the ... for it?  
a) menu b) prescription c) receipt d) recipe
8. To ... the best results, mix the powder with warm water.  
a) expect b) find c) obtain d) require
9. Would you put the water on, please, ready to ... the potatoes.  
a) bake b) boil c) braise d) brown
10. The recipe is a secret; it has been ... from father to son for generations.  
a) handed down b) made up c) put off d) spoken of
11. Add the essence ... until the teaspoonful is beaten into the mixture.  
a) drop by drop b) inch by inch c) leaf by leaf d) spot by spot
12. How do you like your eggs ...?  
a) done b) made c) ready d) set
13. Mrs Baker rolled out the pastry and cut it into pretty ... before baking it.  
a) measures b) pictures c) shapes d) sizes
14. Don't ... the bottle or you will spoil the wine.  
a) agitate b) shake c) stir d) tremble
15. She left the milk in a jug and a thick layer of ... formed on the surface.  
a) butter b) cream c) fat d) skin
16. Frozen food should always be ... before it is cooked.  
a) defrosted b) dissolved c) melted d) softened
17. Can you give me a teaspoon to ... my tea?  
a) beat b) spin c) stir d) turn
18. It's important that while baking this cake the temperature should remain ... .  
a) consistent b) constant c) continual d) continuous
19. Chocolate ... if you keep it in your pocket.  
a) flows b) melts c) ripens d) settles
20. When I peel onions, I can't stop my eyes from ... .  
a) dripping b) dropping c) leaking d) watering

**Exercise 6. Speak on one of the topics.**

1. A dinner you were given and liked (disliked).
2. Your favourite dishes.
3. What national dishes you may recommend to a foreigner (Ukrainian, Russian, etc.).
4. English meals and dishes.
5. Fruit and vegetables are an indispensable part of a diet.



## BUDGET TRAVEL

You have good manners, right? After all, you keep your elbows off the table and say *Please pass the salt*, right? But when you head abroad, things get a little more complicated.

Case in point: Rest your chopsticks the wrong way, and you might remind a Japanese friend of their grandmother's funeral. But knowing what the etiquette rules are won't just save you from some awkward situations, says Dean Allen, author of the *Global Etiquette Guide* series. It can help you make friends. "It's really a statement of your openness and awareness of the fact that the people you're with... may in fact see the world differently", he says. "It's simply going to get you out of the tourist bubble". Sound good? Then here are 14 rules to keep in mind.

### **In Thailand, don't put food in your mouth with a fork.**

Instead, when eating a dish with cooked rice, use your fork only to push food onto your spoon. A few exceptions: Some northern and northeastern Thai dishes are typically eaten with the hands – you'll know you've encountered such a dish if the rice used is glutinous or *sticky*. Stand-alone items that are not part of a rice-based meal may be eaten with a fork. But the worst thing to do at a traditional, rice-based meal would be to use chopsticks. "That is awkward and inconvenient at best and tacky at worst", she says.

### **In the Middle East, India & parts of Africa don't eat with your left hand.**

In South India, you shouldn't even touch the plate with your left hand while eating.

That's largely because the left hand is associated with, um, bodily functions, so it's considered to be dirty. In fact, says Allen, don't even pass important documents with your left hand. A lefty? Then it's okay to use your left hand – as long as you take your right hand out of the game.

### **In Mexico, never eat tacos with a fork and knife.**

Worried about spilling refried beans and salsa all over your front? Tough. Mexicans think that eating tacos with a fork and knife looks silly and, worse, snobby – kind of like eating a burger with silverware. So be polite: Eat with your hands.

### **In Italy, only drink a cappuccino before noon.**

Some Italians say that a late-day cappuccino upsets your stomach, others that it's a replacement for a meal (it's common to have just a cappuccino, or a cappuccino and a croissant, for breakfast). Either way, you won't see Italians ordering one in a café at 3.p.m. – certainly not after a big dinner. Do so, and you'll be instantly branded a tourist. If you need that coffee fix, though, an espresso is fine.

### **In China, don't flip the fish.**

Although you might be used to flipping over a whole fish once you've finished one side, don't – at least when you're in China, especially southern China and Hong Kong.

That's because flipping the fish is *dao yue* in Chinese, a phrase similar to *bad luck*.

Plus, says Allen, "to flip the fish over is like saying that the fisherman's boat is going to capsize". The most superstitious will leave the bottom part untouched, while others will pull off the bone itself to get to the bottom.

### **At a traditional feast in Georgia, it's rude to sip your wine.**

At what Georgians call a *supra* (traditional feast), wine is drunk only at toasts. So wait for those... and then down the whole glass at once. On the upside, says Georgia-based photographer and videographer Paul Stephens, the glasses tend to be on the small side.

**In Italy, don't ask for parmesan for your pizza – or it's not explicitly offered.**

Putting parmigiano on pizza is seen as a sin, like putting Jell-O on a fine chocolate mousse. And many pasta dishes in Italy aren't meant for parmesan: In Rome, the traditional cheese is pecorino, and that's what goes on many classic pastas like bucatini all'amatriciana, not parmesan. A rule of thumb: If they don't offer it to you, don't ask for it.

**Don't eat anything, even fries, with your hands at a meal in Chile.**

Manners here are a little more formal than many other South American countries. So while it might be the most practical to just pick up those fries with your fingers, don't do it. "The greater need is to identify with European culture, so food is [eaten] with a knife and a fork," Allen says.

**In Korea, if an older person offers you a drink, lift your glass to receive it with both hands.**

Doing so is a sign of respect for elders, an important tenet of Korean culture. After receiving the pour with both hands, you should turn your head away and take a discreet sip. Similarly, don't start eating until the eldest male has done so (and don't leave the table until that person is finished).

**Never mix – or turn down – vodka in Russia.**

The beverage is always drunk neat – and no, not even with ice. Adding anything is seen as polluting the drink's purity (unless the mixer is beer, which produces a formidable beverage known as yorsh). But there's another faux pas that's even worse, says Allen: when you're offered the drink and you turn it down. Since offering someone a drink is a sign of trust and friendship, it's a good idea to take it. Even if it is 9am.

**In Britain, always pass the port to the left.**

It's unclear why passing port on the left is so important; some say it has to do with naval tradition. Regardless, passing the decanter to the right is a big gaffe. So is not passing it at all. If you're at a meal and the decanter stalls, then ask the person with it, "Do you know the Bishop of Norwich?" If they say they don't know him, reply, "He's a very good chap, but he always forgets to pass the port". It sounds weird, but it's true. This is such a nationwide tradition, the Telegraph wrote an article on it.

**When drinking coffee with Bedouins, shake the cup at the end.**

Typically, anyone Bedouin will continue to pour you more coffee once you've finished unless you shake the cup, meaning tilting the cup two or three times, when you hand it back. It's such an important tip.

**In France, don't eat your bread as an appetizer before the meal.**

Instead, eat it as an accompaniment to your food or, especially, to the cheese course at the end of the meal. That said, one thing that would be a faux pas anywhere else – placing bread directly on the table and not on a plate – is perfectly acceptable in France in fact, it's preferred.

**In Brazil, play your tokens wisely.**

At a churrascaria, or a Brazilian steakhouse, servers circle with cuts of meat and diners use tokens to place an order. If a server comes out with something you want, make sure your token, which you'll have at your table, has the green side up. If you don't want any more, flip it with the red side up. Since the meat can be never-ending, it's important to strategize – if you leave that token green side up you could end up ordering a lot more than you intended.

## CHARACTERISTICS OF THE PRODUCTS

### Fruit & Vegetables

Cox's apples can be stored for up to nine months. Bananas from the Caribbean, however, are usually only three weeks old when they reach the consumer. In summer, oranges from Central America are about three weeks old when they reach the shops. In winter, when they come from Europe and the Middle East, they are only three or four days old. Frozen peas can spend up to a year in the distribution chain before they reach the supermarket. Quality is not affected because they were instantly frozen after being picked.

### Fish

The fish in a bag of fish and chips may have been caught yesterday. Or it could be any age at all. You have no way of knowing. Boats can be at sea for three or four weeks before fish caught off Iceland is landed at Hull. British offshore boats are likely to stay at sea for up to 10 days, but sometimes for just 24 hours. The difference in quality between frozen and chilled fish need not be great. Even fish frozen for a year is eatable, providing it is cooked and eaten almost immediately after defrosting. Freezing breaks down the fish's cell walls. So, if it is wet fish such as cod or haddock, it will quickly lose water, therefore, texture once it is defrosted.

### Meat

Simsbury's says that its frozen beef, pork or lamb is never more than six months old.

The largest retailer of frozen meat, Iceland, has a policy of selling no meat older than one year, but admits New Zealand lamb may sometimes be a few months older.

But the biggest complaint from customers about fresh meat is that it is too young and so too tough to cook. Fresh meat needs to hang for several weeks. Supermarkets are reluctant to do this because the meat loses moisture, so the weight comes down and the profit is reduced. The same arguments apply to salami and ham.

Modern food technology is too concerned with getting food from factory to shop as fast as possible. "They don't let time play its part. Whole salami, properly made, like a well-cured, air-dried ham, has a shelf-life of several years."

### Canned Food

Corned beef 50 years old has been opened, found to be unspoiled and eaten with relish. Canned food may be unfashionable but it is safe. Fish in oil should be good for seven years but the recommended self-life is three years (for anchovies, two years). Baked beans are given a two-year shelflife. Meat products such as beef stews and pork loaf have three years.

### Tea & Coffee

Tea is picked, left to dry for 15 hours, chopped and fermented and can then be in a tea bag in shops within 10 weeks. There is no stockpiling because British demand for tea is so consistent. Tealeaves contain no moisture or oil and keep indefinitely in airtight containers. Coffee beans, picked green, are stockpiled at source and can be kept for four years. Once roasted, however, the beans start to deteriorate. Ground coffee from a supermarket, in a hermetically sealed pack, goes off quickly once opened, in spite of its one-year sell by date. The same goes for instant coffee.

***Exercise 1. Analyze the information, which is in the highlight, and use it in practice.***

***Exercise 2. Add some information & make up a small report and give a talk in class.***

## IN SEARCH OF ENGLISH FOOD

How come it is so difficult to find English food in England? In Greece you eat Greek food, in France French food, in Italy Italian food, but in England, in any High Street in the land, it is easier to find Indian and Chinese restaurants than English ones.

In London you can eat Thai, Portuguese, Turkish, Lebanese, Japanese, Russian, Polish, Swiss, Swedish, Spanish, and Italian – but where are the English restaurants?

It is not only in restaurants that foreign dishes are replacing traditional British food. In every supermarket, sales of pasta, pizza and poppadoms are booming.

Why has this happened? What is wrong with the cooks of Britain that they prefer cooking pasta to potatoes? Why do the British choose to eat lasagne instead of shepherd's pie? Why do they now like cooking in wine and olive oil?

But perhaps it is a good thing. After all, this is the end of the 20<sup>th</sup> century and we can get ingredients from all over the world in just a few hours.

Anyway, wasn't English food always disgusting and tasteless? Wasn't it always boiled to death and swimming in fat? The answer to these questions is a resounding "No", but to understand this, we have to go back to before World War II.

The British have in fact always imported food from abroad. From the time of the Roman invasion foreign trade was a major influence on British cooking, English kitchens, like the English language, absorbed ingredients from all over the world – chickens, rabbits, apples, and tea. All of these and more were successfully incorporated into British dishes.

Another important influence on British cooking was of course the weather. The good old British rain gives us rich soil and green grass, and means that we are able to produce some of the finest varieties of meat, fruit and vegetables, which don't need fancy sauces or complicated recipes to disguise their taste. However, World War II changed everything. Wartime women had to forget 600 years of British cooking, learn to do without foreign imports, and ration their use of homegrown food. The Ministry of Food published cheap, boring recipes. The joke of the war was a dish called Woolton Pie (named after the Ministry for Food!). This consisted of a mixture of boiled vegetables covered in white sauce with mashed potato on the top. Britain never managed to recover from the wartime attitude to food. We were left with a loss of confidence in our cooking skills and after years of Ministry recipes we began to believe that British food was boring, and we searched the world for sophisticated, new dishes, which gave hope of a better future.

The British people became tourists at their own dining tables and in the restaurants of their land! This is a tragedy! Surely food is as much a part of our culture as our landscape, our language, and our literature. Nowadays, cooking British food is like speaking a dead language. It is almost as bizarre as having a conversation in Anglo-Saxon English! However, there is still one small ray of hope. British pubs are often the best places to eat well and cheaply in Britain, and they also increasingly try to serve tasty British food. Can we recommend to you our two favourite places to eat in Britain?

The Shepherd's Inn in Melmerby, Cumbria, and the Dolphin Inn in Kingston, Devon. Their steak and mushroom pie, Lancashire hotpot, and bread and butter pudding are three of the gastronomic wonders of the world!

### ***Active vocabulary***

English food, a mixture, dining tables, to serve, favourite places, in Britain, British cooking, foreign imports, to ration, recipes, vegetables, sauces, to believe.

**Exercise 1. Read the information & pick up the essential details in the form of quick notes.**

**Exercise 2. Do you like a nice cup of tea?**

The English custom of afternoon tea, it is said, goes back to the late 18th century when Anne, wife of the 7th Duke of Bedford, decided that she suffered from a *sinking feeling* around 5 p.m. and needed tea and cakes to bring back her strength. Before long, complaints were heard that "the labourers lose time to come and go to the tea-table and farmers' servants even demand tea for their breakfast". Tea had arrived.

Fashionable Tea Rooms were opened for high society, and soon tea became the national drink of all classes. Today the British drink more tea than any other nation – an average of 4 kilos a head per annum, or 1650 cups of tea a year. They drink it in bed in the morning, round the fire on winter afternoons and out in the garden on sunny summer days. In times, of trouble the kettle is quickly put on, the tea is made and comforting cups of the warm brown liquid are passed round.

Tea has even played its part in wars. When George III of England tried to make the American colonists pay import duty<sup>2</sup> on tea, a group of Americans disguised<sup>3</sup> as Red Indians dumped 342 chests of tea into the sea in Boston Harbour – the Boston Tea Party which led to the War of Independence. In another war the Duke of Wellington sensibly had a cup of tea before starting the Battle of Waterloo, *to clear my head*.

In peace time official approval of the national drink came from the Victorian Prime Minister, Gladstone, who remarked: "If you are cold, tea will warm you; if you are heated it will cool you, if you are depressed it will cheer you, if you are excited it will calm you".

What exactly is tea? Basically it is a drink made from the dried leaves of a plant that only grows in hot countries. The British first heard of tea in 1598, and first tasted it in about 1650. For nearly two centuries all tea was imported from China, until, in 1823, a tea plant was found growing naturally in Assam in India. Sixteen years later the first eight chests of Indian tea were sold in London, and today, London's tea markets deal in tea from India, Sri Lanka (Ceylon), and Africa more than from China.

**Exercise 3. Remember National Cuisine.**

**France** – Boeuf bourgignon, coq au vin, bouillabaisse, onion soup, cheese, salads.

**India** – curry, rice.

**Switzerland** – fondue, chocolate, rosti.

**England** – roast beef and Yorkshire pudding, roast lamb, sausages, fish, chips, custard.

**Turkey** – kebabs, figs.

**Spain** – omelette, paella, tapas.

**America** – burgers and French fries, steak, turkey.

**Italy** – pasta, osso busso, spaghetti bolognese.

**Mexico** – taco shells, chilli con carne, peppers.

**Greece** – lamb, salad, yoghurt, calamare.

**Notes on the text**

- Poppadom is eaten with Indian curries. It is a kind of large crisp that is made of flour.
- Lasagne is an Italian dish, consisting of pasta, mincemeat and cheese.
- Shepherd's pie is an English dish, made of mincemeat in a sauce topped with mashed potato.
- Lancashire hotpot is made with lamb chops, kidney and sliced potatoes.
- Bread and butter pudding is made with bread, raisins, eggs, milk and sugar.

**Exercise 4. Explain the history of sandwiches.**

In 1762 there was a very famous English politician. Everybody knew about him because he enjoyed playing cards so much. One night he stayed at the card table for 24 hours, and he ate nothing but slices of bread with pieces of meat inside. His name?

John Montague Sandwich. The English name for a sandwich comes from this man. John Montague is dead but the sandwich lives on.

Sandwiches were great favourites in Victorian England. It was the custom to *take* afternoon tea at about four o'clock, and many rich families ate sandwiches at this time.

Cucumber sandwiches were very popular. The servants always cut the crusts off the bread, so the sandwiches were very small and delicate. Sandwiches are less elegant now and often much bigger. The American comic strip character Dagwood Bumpstead is famous for his *Dagwood* sandwiches, which have up to ten slices of bread packed with different fillings all one on top of the other. The English eat millions of sandwiches every day. They are a typical *snack* meal because they are easy and quick to prepare. You can buy sandwiches if you don't want to make them yourself. There are thousands of *sandwich bars* and cafes and even some restaurants that sell them.

**Exercise 5. Answer the questions.**

1. Who was Lord Sandwich? Was he a famous writer? 2. What did he enjoy doing most? 3. What did he eat while playing cards? 4. Were sandwiches great favourites in Victorian England? 5. When did many rich families eat sandwiches? 6. What kinds of sandwiches were most popular? 7. Are sandwiches different nowadays? 8. What is a *Dagwood* sandwich? 9. Why are sandwiches a typical *snack* meal in England? 10. Where can one buy sandwiches?

**Exercise 6. Pay attention to the words – much, many, a lot of, plenty of, little, few, a little, a few.**

1. I have (got) **a lot of** English books. 2. She has got **a lot of** pastry for dessert. 3. **Many** waiters of our restaurant speak foreign languages. 4. We haven't **many** oranges today but we have **a lot of** grapes. 5. We haven't **much** caviar but we have **a lot of** sturgeon. 6. He has very **few** wineglasses. 7. We have got very **little** port for dinner. 8. Does your friend read **much**? Yes, he reads **a lot**. (No, he reads very **little**.) 9. Have you got **many** cream buns? Yes, we've got **a lot**. 10. She reads very **many** French books. 11. How **much** coffee? Two cups, please. 12. Do you have a **little** more lemon pie? Yes, please. 13. I've got **a few** buns. 14. Tea or coffee? Coffee, please. With **plenty of** milk. 15. How **many** caviar sandwiches? Three, please. 16. I have eaten **many** green apples. 17. I have known good **many** proverbs, sayings and idioms on food. 18. There are great **many** modern restaurants and cafes in our city. 19. She ate too **much** cheese. 20. I told you it **many** a time.

**Exercise 7. Supply articles where necessary.**

1. What shall we take? ... cup of ... tea to begin with and then ... farina, I suppose. 2. How about ... almond cake? Well, I don't mind. 3. ... table for two, please. Yes, sir. What will you have for ... breakfast? ... orange juice and ... mushroom omelette, please? 4. Will you have ... tea or ... coffee? ... coffee, please. 4. Will you have ... tea or ... coffee? ... coffee, please. Black or white? With ... hot milk. 5. There is ... fine choice of ... dietary dishes on ... menu. I think I'll start with ... noodle soup and ... boiled tongue with ... mashed potatoes to follow.



**Exercise 8. Choose the best variant.**

1. The writers believe that British cooking...
  - a. has always been very bad.
  - b. was good until World War II.
  - c. Is good because it is so international.
2. They say that the British...
  - a. eat only traditional British food in their homes.
  - b. don't like cooking with foreign ingredients.
  - c. buy lots of foreign ingredients.
3. They say that the British weather...
  - a. enables the British to produce good quality food.
  - b. often ruins fruit and vegetables.
  - c. is not such an important influence on British food as foreign trade.
4. They say that World War II had a great influence on British cooking because...
  - a. traditional British cooking was rediscovered and some recipes were produced.
  - b. people had limitless supplies of home-grown food.
  - c. people started to believe that British food was boring, so after the war they wanted to cook more interesting and international dishes.
5. They say that...
  - a. British tourists try lots of new dishes when they are abroad.
  - b. nowadays it is very unusual for British people to cook British food.
  - c. literature and language are more culturally important than food.
6. The writers' final conclusion about British cooking is that...
  - a. there is no hope.
  - b. you will only be able to get British food in expensive restaurants.
  - c. you will be able to get more good traditional British dishes, especially in pubs.

**Exercise 9. Give Ukrainian or Russian equivalents to the proverbs and sayings. Learn them by heart and use them in your own situations or dialogues.**

1. Tastes differ. 2. As like as two peas. 3. As hungry as a wolf (hunter). 4. His eyes are bigger than his stomach. 5. Too many cooks spoil the broth. 6. Hunger is the best sauce. 7. Hope is a good breakfast, but a bad dinner. 8. After dinner sleep a while, after supper walk a mile. 9. An apple a day keeps a doctor away. 10. After dinner comes the reckoning. 11. The way to a man's heart is through his stomach. 12. Attention to health is life greatest hindrance. 13. The only two things I don't eat for breakfast are lunch and dinner. 14. Can it be a mistake that *STRESSED* is *DESSERTS* spelled backwards?

**Exercise 10. Transfer the given information from the passages onto a table.**

№	Activity			
	Notion	Where	When	Score
1.				

## PUB FOOD

Manner is the way in which a thing is done or happens. On the other hand, it is behaviour: a person's style of speaking, reading, eating and doing other things. Manners can be good and, unfortunately, bad. It is bad manners to speak loud, to stare at people, and we don't like the manner, which some people have of interrupting a conversation. We often say that a person who has bad manners has no manners. Those who have no manners must learn how to behave. Let us take, for example, table manners, because even little children should know how to behave at table.

All the rules of table manners are made to avoid ugliness. To let anyone see what you have in your mouth, or to take a noise when you are drinking is unpleasant. If you have put some food in your mouth, you must swallow it. It is not good manners to put your elbows on the table during a meal or to put your left arm round your plate when you are eating with your right. Don't push away your plate when you have finished. Let it remain exactly where it is until it is removed. If there is no spoon in the saltcellar, use the tip of a clean knife, not your fingers.

### ***Exercise 1. Digest the information «We can serve anything» briefly in English.***

Herbert loved London. He didn't like the busy crowded places he loved the small back streets. He loved exploring these streets, and every weekend he walked for miles through them. One Saturday morning he was walking along a very small street. He was looking into the shop windows, and admiring the old buildings. Suddenly he felt hungry. He decided to stop for lunch in the nearest restaurant. It seemed quite ordinary – but then he noticed a sign in the window. The sign said: "We can serve anything. You name it, we can serve it".

"That's impossible", Herbert thought to himself. But he decided to go in and find out. He sat at a table near the door. When the waiter came to take his order, Herbert asked for elephant ears on toast. The waiter wrote it down calmly and went into the kitchen. A few minutes later he came back and said very apologetically to Herbert: "I am sorry, sir – but we can't serve elephant ears on toast".

"Ah, ha!" said Herbert, "I knew it was impossible, you haven't got any elephant ears, have you?" "We have got plenty of elephant ears, sir", replied the waiter in a very dignified voice, "but I'm afraid that we've run out of bread".

### ***Exercise 2. Say which of the two statements is true to the text.***

- In his youth Mr. Hawk wasn't particular about meals. a) he had a rather substantial breakfast in a cafe; b) he had a quick breakfast at home and ran off to work.
- When Mr. Hawk was single he usually ate tinned food. a) he cooked his morning and evening meals himself; b) he never cooked his meals himself and ate somewhere out.
- Since his youth Mr. Hawk has changed much. a) his eating habits have also changed; b) his eating habits haven't changed much. He is still fond of tinned food.
- Mr. Hawk has lunch at 1 o'clock. a) he has lunch at home; b) he usually goes to a Fish and Chip Shop to have lunch.
- Dinner is the largest meal of the day. a) Mr. Hawk has a substantial dinner of 3 or 4 dishes; b) Mr Hawk doesn't eat much for dinner.
- Mr Hawk eats pudding. For dessert Mr Hawk usually has a) fruit; b) apple pie.
- Mr. Hawk's supper is a) usually very light; b) a substantial one.

### ***Exercise 3. Add some information & make up a small report and give a talk in class.***

### ***Exercise 4. Read the information & pick up the essential details in the form of quick notes.***

**Exercise 5. Give the main idea of the text in some English sentences and title it.**

In 1608 the English traveller Thomas Coryate made a journey to Italy. During the journey he wrote down in his notebooks everything, which he found interesting.

He wrote about the wonderful palaces of Venice, and the beautiful ancient buildings of Rome, and about Vesuvius. But there was one thing, which astonished him more even than Vesuvius and the palaces of Venice. On one of the pages he wrote the following: "When the Italians eat meat they use little iron or silver pitchforks. They do not eat with the fingers because, they say, people do not always have clean hands".

Before he returned home Coryate ordered some of these *pitchforks* and took them back home. The fork he bought didn't look very much like ours. When he got home Coryate decided to show the fork to his friends. He gave a dinner party, and when the servants put the meat on the table, he took out the fork and began to eat like the Italians.

All eyes were on him. When he told the guests what it was, they all wanted to take a closer look at the strange thing. The fork passed from hand to hand, and the guests all said that the Italians were very foolish, because the fork was very inconvenient. But Thomas Coryate didn't agree with them. He said it was not nice to eat meat with the fingers, because people didn't always have clean hands.

Everybody was very angry at this. Did Mr. Coryate think that people in England didn't wash their hands before eating? And weren't the ten fingers we had enough for us? Let him just show how easy it was to use this pitchfork! Coryate wanted to show them how he used the fork. But the first piece of meat he took with the fork fell to the table. The guests couldn't stop laughing and joking about it. So the poor traveller had to take the fork away. Fifty years passed before people in England began to use forks.

**Exercise 6. Read the passage «English pubs» and render the main idea of it.**

For company and conversation the English go to the *pub*. In the cafes you can have only coffee, tea and *soft* drinks. You go to a cafe for a meal or for a quick cup of tea, but not to sit and watch the world go by. When you want to rest after a day's work, you go to the public house. Each public house has its own regular customers who go there every night to drink one or two pints of beer slowly, and to play dominoes, and so on.

There you may find every kind of person: doctors, schoolteachers, workmen in a village, the stationmaster and the village policeman. Most pubs have a piano and on Saturday night the customers often sit round it and sing. The people who want to sing ask one of the customers to play the piano. They buy drinks for the pianist that is the custom.

Many landlords know their regular customers so well that even if you have been away from England for many years and then one day walk in, the landlord will come up to you and ask without showing surprise, "The usual, sir?" The pub is the place where you meet people. You get to know other *regulars*, you buy drinks for them and they buy drinks for you, and you talk. You talk about the weather or how the English cricket players are doing in the match against Australia, about football or Parliament. But the regulars who meet there almost every night for years never go into each other's homes. On Saturday people usually stay in the pub till closing time. In England the opening hours are fixed by law. Pubs open at ten in the morning and close at two o'clock. Then they open again at six and stay open until ten-thirty. At Easter, or Christmas, or the New Year, the landlord may ask the authorities to keep open longer. Many pubs are centuries old – some are as much as seven hundred years old – and were once inns. The pub is friendly, warm and very typically English.

**Exercise 7. Explain the title «Mr. Hawk is very particular about meals».**

In his youth Mr Hawk wasn't particular about his meals. He usually had a quick breakfast in the morning and ran off to work. He could do for weeks without lunch. As a rule he ate a couple of hamburgers. Sometimes he dropped in at a Fish and Chip Shop to have something substantial. Before he got married he always cooked his morning and evening meals himself. He usually ate tinned food. It was very convenient that way because he only had to warm it up a bit.

Much water has flown under the bridge since then. Mr Hawk has changed much. So have his eating habits. He is now very particular about his meals. He always keeps to his meal hours. He usually has breakfast at 8 in the morning.

His breakfast is much the same as in any other English family. He usually starts with a glass of orange juice. Cereals, usually cornflakes with milk, follow.

Then he has a traditional cup of tea with buttered toast and marmalade. Sometimes he has bacon and eggs for a change. Lunch comes at 1 o'clock. Mr. Hawk usually goes to a Fish and Chip Shop. He has haddock and chips, an apple pie and custard and a cup of tea for lunch. Mr. Hawk has dinner at 6.30 in the afternoon. This is the largest meal of the day. He always has dinner at home. He usually has tomato soup for the first course. Then follows fish. Then comes the meat course. It may be chicken or duck with various vegetables. Then Mr Hawk eats pudding. For dessert Mr Hawk usually has fruit. Mr. Hawk's supper is usually very light. Mr. Hawk has read somewhere that it is bad to eat much before bedtime.

**Exercise 8. Answer the questions.**

1. Was Mr. Hawk very particular about his meals in his youth? 2. Why did he usually eat tinned food before he got married? 3. When did Mr. Hawk's eating habits change? 4. Where does Mr. Hawk have lunch? 5. What does Mr. Hawk usually have for dinner? 6. Why is Mr. Hawk's supper very light? 7. What kind of fish does Mr. Hawk eat? 8. What kind of meat does Mr. Hawk eat? 9. Where does Mr. Hawk usually go? 10. What is his traditional cup of tea like?

**Exercise 9. Supply the correct tense-forms of the verbs.**

Julia Lambert (to be) a very good actress. She (to play) very well that night.

After the performance Julia (not to want) to go home. She (to want) to go to the Berkeley restaurant and have supper by herself. She (to phone) the restaurant and (to book) a table for one. A few minutes later she (to arrive) at the restaurant.

The waiter (to come up) to meet her. "Your favourite table (to wait) for you, Miss Lambert", he (to say). "What would you like to order?" "I (to begin) with caviar and then I (to have) a steak, fried potatoes and a bottle of beer". "I (to eat) boiled meat with vegetables for 10 years, but this (to be) not an evening to be on a diet, she (to think) while she (to wait) for the supper. The caviar (to come) and Julia (to eat) it with white bread and butter. Then the steak (to arrive), a delicious steak with vegetables and fried potatoes. It (to take) her only a few minutes to eat all the food. The waiter (to come up) to her table: "(to be) everything all right, Miss Lambert?" "Lovely". Julia Lambert (like) English food and (eat) everything with great appetite.

**Exercise 10. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 11. Choose the keywords that best convey the gist of the information.**

**Exercise 12. Translate the text «British food & drinks» into English.**

По традиции британцы начинают день с того, что на континенте называют **плотным английским завтраком**. В него входят: тосты хлеба, намазанные джемом, мармеладом или медом; поджаренное на сковороде блюдо (поджарка) из смеси сосисок, бекона, грибов, томатов и яиц. Подается все это с горячим чаем с добавлением молока. В наше время при бешеном ритме жизни и всеобщей заботе о здоровье такой объемный завтрак съедается британцами только по выходным. В будни же типичный завтрак англичанина состоит из фруктового сока, тоста с джемом и тарелки хлопьев (мюсли) с чаем. В некоторых домах и на рабочих местах имеет место **второй завтрак** в районе 11 часов. Он состоит из чашки чая или кофе и бисквитов (печенья). На самом деле второй завтрак может быть в любое удобное время, и большинство британцев охотно этим пользуются.

Следующая по времени трапеза – **ланч** – между 12.30 и 14.00. Некоторые предпочитают в это время перекусить бутербродом, другие не отказываются от полного комплекта из трех блюд. В школах эта трапеза называется обедом.

Послеобеденный чай сервируется в любое время от 16.00 до 17.00 и для большинства британцев включает чашку чая с бутербродом или пирожным. В некоторых семьях, в основном рабочих, в это время может проходить основная вечерняя трапеза. **Обед** – это главная вечерняя трапеза. Подается от 18.00 до 20.00, и в большинстве семей – это самый объемный прием пищи.

**Ужин** – последняя трапеза в день, обычно легкий бутерброд и чашка чая, чаще всего проходит перед телевизором. Перед тем, как лечь спать, многие британцы любят выпить горячее питье на основе молока: просто кипяченое молоко, шоколад или готовые молочные напитки. По воскресеньям у британцев больше возможности провести время с семьей, поэтому воскресный ланч – обычно самая лучшая еда в течение недели, и многие традиционные британские блюда готовятся именно для него. Это могут быть: жареная говядина, жаркое, йоркширский пудинг, жареный картофель, вареные овощи, мясной соус. Вместо говядины во многих семьях чаще жарят баранину, свинину, курицу, индейку или утку. На десерт обычно подают яблочный пирог с заварным кремом, сырный пирог. Блюда не отличаются гастрономическими изысками, но все очень дроботно, калорийно и вкусно.



**Exercise 13. Explain the notion «A Cup of tea».**

The trouble with tea is that originally it was quite a good drink. So a group of the most outstanding British scientists put their heads together, and made complicated biological experiments to find a way of spoiling it. They suggested that if you don't drink it clear, or with lemon and sugar, but pour a few drops of cold milk into it and no sugar at all the desired object is achieved. There are some occasions when you must not refuse a cup of tea, otherwise you are judged an exotic and barbarous bird without any hope that you'll ever be able to take your place in civilized society. If you are invited to an English home, at five o'clock in the morning you get a cup of tea. When you are disturbed in your sweetest sleep you must not say: "Madam, I believe you are a cruel person who deserves to be shot" On the contrary, you have to declare with your best five o'clock smile: "Thank you so much. I do adore a cup of early morning tea, especially early in the morning". If they leave you alone with the liquid, you may pour it down the washbasin. Then you have tea for breakfast, then you have tea at eleven o'clock in the morning, then after lunch; then you have tea for tea; then after supper; and again at eleven o'clock at night. You must not refuse any additional cups of tea under the following circumstances: if it is hot; if it is cold; if you are tired; if anybody thinks that you might be tired; if you are nervous; if you are gay; before you go out; if you are out; if you have just returned home; if you feel like it; if you do not feel like it; if you have had no tea for some time; if you have just a cup.

**Exercise 14. Translate the text into English.**

Чай является одним из главных напитков Великобритании уже сотни лет. В прошлом году подсчитано, что британское население за один день в среднем выпивает 200 миллионов чашек чая! *Послеобеденный чай*, который в нашем сознании прочно ассоциируется с Англией, впервые стал популярным около 1840 года. Легенда гласит, что герцогине Бедфорд, одной из придворных дам королевы Виктории, пришла в голову идея полдника для преодоления сосущего чувства голода, бушевающего бедную герцогиню. Идея была поддержана королевой, которая сама была фанаткой чая и могла запросто швырнуть чашку чая, если он был ей по вкусу.

Традиционно послеобеденный чай сервируется около 16.00, с ним подается лишь легкая закуска, так как по времени чай располагается между более плотными ланчем и обедом. Первый чай был привезен в Великобританию в 16 веке и был он зеленым. Уже с 19 века наиболее распространенным на островах становится черный чай. Чай, наиболее удовлетворяющий вкусам британцев, произрастает в Индии и Шри Ланке. Самые качественные сорта чая производятся в стране фирмой Twinings.

В настоящее время многие употребляют пакетированный чай, но настоящие ценители чая предпочитают рассыпчатый чай. В чашке чая англичанина обязательно должно оставаться на дне несколько чаинок (иначе, как предсказывать будущее?).

Часто британцы добавляют в чай молоко, привычка, оставшаяся с тех времен, когда считалось, что чай вреден для здоровья, а молоко, по идее, должно было сделать напиток здоровее. Значительно реже британцы добавляют в чай лимон.





## SOME FACTS ABOUT TEA

Tea is a drink that is popular all over the world. It is made by soaking the dried leaves or flowers of the plant *Camellia sinensis* in hot water. Tea can have other herbs, spices, or fruit flavours in it, such as lemon. Sometimes the word *tea* is used for other drinks that have been made by soaking fruit or herbs in hot water, like *rosehip tea* or *camomile tea*. Popular additives to tea include milk, jasmine oil or flowers, sugar, honey, lemon, fruit jams, and mint.

There are two main types of tea: black and green tea. To make black tea workers take the leaves and spread them out on shelves where they can dry. Next the leaves are rolled and broken into pieces and put into a room where they absorb oxygen. Chemical reactions change the taste and character of the tea. Finally the leaves are dried with hot air until they turn brown or black. Most black tea comes from Sri Lanka, Indonesia and eastern Africa. Green tea is made by putting freshly picked leaves into a steamer.

This keeps them green. Then they are crushed and dried in ovens. India is the biggest producer and consumer of green tea. Tea is mainly grown in China, India, Pakistan, Sri Lanka, Taiwan, Japan, Nepal, Australia, Argentina and Kenya.

Tea can also be used as an alternative word for an afternoon meal (mostly in the Commonwealth countries), as in *I am having tea in a short while*. The word applies to *Afternoon tea*, a meal served occasionally, usually featuring sandwiches, cakes and tea.

The ***Boston Tea Party*** was an act of protest by the American colonists against the British Government in which they destroyed many crates of tea belonging to the British East India Company on ships in Boston Harbour. The incident, which took place on Thursday, December 16, 1773, has been seen as helping to spark the American Revolution.

The American poet Wallace Stevens was a great tea-fancier and even wrote a poem entitled *Tea*, which was published in 1915.

The ***Victorian era*** was a kinder and gentler time. A time when women were ladies and men were gentlemen. An era when strict morals and etiquette ruled the day, when afternoon teas were a social event. Calling cards and flowers had a message of their own.

What is it about tea time that makes it so appealing? Why are more and more tea rooms opening up all over the country? It is because tea time brings with it beauty, romance, elegance and friendship.

### **The History & Customs of Tea**

Tea was discovered in China almost 5,000 years ago! In the early 28th century B.C. lived the second Chinese emperor, Shen-Nung. He was a man obsessed with the notion that he could, by taking certain precautions with regard to his body, prolong his life. For instance, Shen-Nung was convinced that drinking only water that had first been boiled helped preserve his health (proving he was truly a man of his time!).

It is a fortunate result of his different way of thinking that we now have the brew loved over the world: Tea. One day while touring his provinces, the emperor sat down to rest and refresh himself. As his servants drew up a fire, they unwittingly used the branches of a *camellia sinensis* plant. As the emperor's water boiled over the fire, bits of leaves drifted up off the burning boughs and settled in the water.

As the leaves steeped, the emperor became intrigued by the aroma of the brew and tasted it, seeming to forget his own fear as to what poison the strange drink might hold. But Shen-Nung was pleased by its taste and calming effect. Thus, tea was born!

The famous Ch'a Ching (meaning *Tea Bible*) was written by Lu Yu in 800 A.D.

This book outlines all the Chinese methods and traditions of planting, harvesting, brewing and serving tea. For many centuries after its discovery by Emperor Shen-Nung, tea was used only for medicinal and spiritual purposes.

The history of tea is fascinating and offers great insight into the history of our world. Since tea was first discovered in China, it has traveled the world conquering the thirsts of virtually every country on the planet. Tea is the most popular beverage in the world as well as one of the healthiest. If you have ever wondered where tea comes from and how we got to the point where tea is served in virtually every corner of the world, steep a hot cup of tea and explore the history of the simple tea leaf over the centuries!

One legend claims that the discovery of tea occurred in 2737 B.C. by the Emperor of China. For several hundred years, people drank tea because of its herbal medicinal qualities. By the time of the Western Zhou Dynasty, tea was used as a religious offering.

During the Han Dynasty (202 B.C.-220 A.D.), tea plants were quite limited and only royalty and the rich drank tea not only for their health but also for the taste.

As more tea plants were discovered during the Tang Dynasty (618-907), tea drinking became more common among lower classes and the Chinese government supported planting of tea plants and even the building of tea shops so everyone could enjoy tea.

During the Tang Dynasty, tea spread to Japan by Japanese priests studying in China.

Similar to the Chinese adoption of tea, tea was first consumed by priests and the rich for its medicinal properties. Tea is often associated with Zen Buddhism in Japan because priests drank tea to stay awake and meditate.

Soon, the Buddhists developed the Japanese Tea Ceremony for sharing tea in a sacred, spiritual manner. The Emperor of Japan enjoyed tea very much and imported tea seeds from China to be planted in Japan, making tea available to more people.

Tea finally arrived in England during the 17<sup>th</sup> century when King Charles II married a Portuguese princess, Catherine of Braganza. The Queen made tea the drink of royalty and soon tea became a popular import to Britain via the East India Company. Afternoon tea or tea parties became a common way for aristocratic society to drink tea.

Though tea was regularly imported to Britain, the taxes were so high that smugglers would get and sell tea illegally for those that could not afford it. In attempts to turn profits during the tea smuggling period, the East India Company began exporting the tea to America. The American tea was also taxed heavily and contributed to the cause of the Boston Tea Party. The Chinese believed that tea had a way of assisting the mind in becoming sedate and meditative, which, according to the Chinese philosophy, is important to maintain a healthy person.



Because it was so revered, only Chinese Buddhist monks were allowed to cultivate the tea plant. When tea finally came to Europe it was a luxury only the wealthy could afford, costing more than \$100 a pound in the late 1600's. Slowly, the amount of tea imported increased, the price fell, and the sales expanded. As a craze of anything Oriental swept through Europe, tea became a way of life. Marie de Rabutin-Chantal, the Marquis de Seven, makes the first mention of adding milk to tea in 1680. Tea remained popular in France for only about fifty years, being replaced by a preference to wine, chocolate and coffee. The *Tea Mania* swept through England, just as it had through Holland and France.

Tea imports rose from 40,000 pounds in 1699 to 240,000 pounds in 1708.



In 1840 Anna, 7th Duchess of Bedford, had tea sent to her room one afternoon along with a tray of bread, jam, butter, small tea cakes and clotted cream. She formed this habit and found she could not break it. Her friends picked up the custom and as the century progressed, afternoon tea became increasingly elaborate.

Queen Victoria relished the new craze for tea-parties. By 1855 the Queen and her ladies were in formal dress for the afternoon teas. By the 1880s ladies all over England were changing into long tea gowns for the occasion, appetites sharpened by the customary afternoon drive in a carriage. The tea gowns were soft, festooned with lace, and always long and flowing. Ladies carried ornate fans to cool themselves in the afternoon heat.

Ladies and Gentlemen began to take their tea outside surrounded by entertainment such as an orchestra. On the grounds were flowered walkways, bowling greens, concerts and fireworks at night. Women were permitted to enter a mixed public gathering for the first time. **Afternoon Tea** is served at approximately four o'clock & can consist of whatever the hostess chooses: sandwiches, scones, cookies, a special dessert such as a fruit tart or a rich cake. It can be formally served in the dining room or at the living room tea table.

Informal teas can be enjoyed in the kitchen, garden, as a picnic, or any location of choice. **Farmer's Tea** is a combination of a Ploughman's Lunch (heavy grained bread, sharp cheese, fruit, and sausages or a meat pie) popular in British pubs, served with a sweet.

**Full Tea** is a complete four-course Afternoon Tea with sandwiches, scones, sweets, and a dessert finale. Royal Tea adds a glass of champagne or sherry to the Full Tea. Light Tea is a lighter version of Afternoon Tea with a scone and a sweet. Cream Tea is one where heavy whipped or clotted cream is served to spread on the warm scones along with strawberry jam.

It doesn't refer to the milk you put in your tea. High Tea is most often served as a Full Tea. It is enjoyed at approximately six o'clock and is a light supper for the family or a before-theatre meal. An entree such as chicken a la king or meat pie may be served with breads, biscuits, salad, cheese, fruit, and sweets.

**Exercise 1. Analyze the information, which is in the highlight, and use it in practice.**

## HISTORY OF THE AFTERNOON TEA

There are many ideas about tea etiquette and the when and how tea was first made popular in England. Charles the II grew up in exile at The Hague and thus was exposed to the custom of drinking tea. He married Catharine of Braganza who was Portuguese and who also enjoyed tea.

Catharine had grown up drinking tea in Portugal – the preferred beverage of the time. It is said that when she arrived in England to marry Charles II in 1662, she brought with her a casket of tea. She became known as the tea-drinking queen – England's first.

In England she invited her friends into her bedroom chamber to share tea with her.

"Tea was generally consumed within a lady's closet or bedchamber and for a mainly female gathering. The tea itself and the delicate pieces of porcelain for brewing and drinking it were displayed in the closet, and inventories for wealthy households during the 17th and 18th centuries list tea equipage not in kitchens or dining rooms but in these small private closets or boudoirs". (Taken from *A Social History of Tea* by Jane Pettigrew – my favorite book about tea which is currently out of print). In the 18th century it was custom for highborn ladies to receive callers with their morning tea while *abed and bare-breasted*. Queen Anne drank tea so regularly that she substituted a large bell-shaped silver teapot for the tiny Chinese tea pots. The earliest tea service dates from her reign.

Coffeehouses were popular in the 18th century. Women were forbidden to enter them. In 1675 members of the government persuaded Charles II to suppress them as centers of sedition. The men were so outraged that the king canceled the proclamation.

Coffeehouses were also called *penny universities*, in reference to the conversation they bred and the penny admittance fee. During the 18th century tea gardens became popular.

The whole idea of the garden was for ladies and gentlemen to take their tea together outdoors surrounded by entertainers. They attracted everybody including Mozart and Handel.

The tea gardens made tea all the more fashionable to drink, plus they were important places for men and women to meet freely.

### History of the Afternoon Tea Party

While drinking tea as a fashionable event is credited to Catharine of Braganza, the actual taking of tea in the afternoon developed into a new social event some time in the late 1830's and early 1840's. Jane Austen hints of afternoon tea as early as 1804 in an unfinished novel. It is said that the afternoon tea tradition was established by Anne, Duchess of Bedford. She requested that light sandwiches be brought to her in the late afternoon because she had a *sinking feeling* during that time because of the long gap between meals. She began to invite others to join her and thus became the tradition.

### Various Tea Times

- *Cream Tea* – A simple tea consisting of scones, clotted cream, marmalade or lemon curd and tea.

- *Low Tea/Afternoon Tea* – An afternoon meal including sandwiches, scones, clotted cream, curd, 2-3 sweets and tea. Known as *low tea* because guests were seated in low armchairs with low side-tables on which to place their cups and saucers.

- *Elevensies* – Morning coffee hour in England.

- *Royale Tea* – A social tea served with champagne at the beginning or sherry at the end of the tea.

- *High Tea* – High tea connotes an idea of elegance and regality when in fact it was an evening meal most often enjoyed around 6 p.m. as laborers and miners returned home. High tea consists of meat and potatoes as well as other foods and tea. It was not exclusively a working class meal but was adopted by all social groups. Families with servants often took high tea on Sundays in order to allow the maids and butlers time to go to church and not worry about cooking an evening meal for the family.

#### **Etiquette when attending a tea party**

- *Greeting/handshake.*
- *After sitting down* – put purse on lap or behind you against chair back
- *Napkin placement* – unfold napkin on your lap, if you must leave temporarily place napkin on chair.

- *Sugar/lemon* – sugar is placed in cup first, then thinly sliced lemon and never milk and lemon together. Milk goes in after tea – much debate over it, but according to Washington School of Protocol, milk goes in last. The habit of putting milk in tea came from the French. "To put milk in your tea before sugar is to cross the path of love, perhaps never to marry". (Tea superstition)

- The correct order when eating on a tea tray is to eat savories first, scones next and sweets last. We have changed our order somewhat. We like guests to eat the scones first while they are hot, then move to savories, then sweets.

- *Scones* – split horizontally with knife, curd and cream is placed on plate. Use the knife to put cream/curd on each bite. Eat with fingers neatly.

- Proper placement of spoon – the spoon always goes behind cup, also don't leave the spoon in the cup.

- Proper holding of cup – do not put your pinky *up*, this is not correct. A guest should look into the teacup when drinking – never over it.

Since ancient Rome, a cultured person ate with 3 fingers, a commoner with five.

Thus, the birth of the raised pinkie as a sign of elitism. This 3 fingers etiquette rule is still correct when picking up food with the fingers and handling various pieces of flatware.

This pinky *up* descended from a misinterpretation of the 3 fingers vs 5 fingers dining etiquette in the 11th century. Tea cups did not always have handles. Chinese tea bowls influenced the first European teacups. At first, the English made cups without handles in the traditional Chinese style. Not until the mid 1750's was a handle added to prevent the ladies from burning their fingers. This improvement was copied from a posset cup, used for hot beverages-hot drink made of milk with wine, ale or spirits.

The saucer was once a small dish for sauce. In Victorian days, tea drinkers poured their tea into saucers to cool before sipping, this was perfectly acceptable. This is what writers of the period mean by *a dish of tea*. Originally tea was poured into small handle-less Chinese porcelain bowls that held about 2-3 tablespoons of tea. It is said that the idea of the saucer developed in the 17th century when the daughter of a Chinese military official found it difficult to handle the hot bowls of tea she brewed for him and asked a local potter to devise a little plate on which to place the bowl.

***Exercise 1. Analyze the information, which is in the highlight, and use it in practice.***

***Exercise 2. Choose the keywords that best convey the gist of the information.***

***Exercise 3. Define the key points.***

***Exercise 4. Digest the information briefly in English.***





## SOME FUN FACTS ABOUT TEA

Here are 10 fun facts about tea to perk up the conversation at the tea party.

1. *Tea is good for you.* Among other things, it contains *polyphenols* – antioxidants that repair cells and in doing so, may help our bodies fight help us fend off cardiovascular diseases, cancers, osteoporosis, diabetes mellitus and other maladies. And contrary to popular belief, it's not just green tea that's good for you. Black, white, and red tea also has health-giving flavonoids and polyphenols.

2. *It takes around 2,000 tiny leaves to make just one pound of finished tea.* Tea plants grow wild in parts of Asia, but it can also be farmed. The very best tea comes from high elevations and is hand-picked.

3. *Some tea grows in the United States.* There is an island tea plantation off the coast of South Carolina and also in Hawaii.

4. *You are less likely to get a «caffeine crash» when you drink tea (as opposed to soda or coffee).* Why? The high levels of antioxidants in tea slow the absorption of caffeine, which results in a gentler increase caffeine in your system and a longer period of alertness with no crash at the end.

5. *Do you store your tea near your coffee or in your spice cabinet? Don't.* Store your tea away from *strong, competing aromas* so that you keep the tea's own delicate flavors intact.

6. *Americans tasted their first «iced tea» at the 1904 World's Fair in St. Louis.* Originally, exhibiting tea merchant Richard Blechynden had planned to give away free samples of his hot tea to attendees. But when a heat wave hit, no one was interested.

Parched from the temperature, visitors would pass his booth in search of a cooler refreshment. To save his investment of time and travel, he dumped a load of ice into the brewed tea and served the first iced tea. It was (along with the Egyptian fan dancer) the hit of the Fair, according to the Tea Class blog.

7. *Some tea lovers ponder ideal food-and-tea pairings, just as wine lovers pair food and wine.* For your next tea party, check out the suggested pairings on this page.

8. *To steep the perfect cup of tea, timing is crucial.* And ideal steeping times vary depending on what variety of tea you're making. For black tea, steeping time is 3-5 minutes. For other steeping times for other varieties, go here.

9. *People were using ceramic teapots 11,000 ago in Asia and the Middle East.* Tea didn't reach most Europeans until the late 16th century.

10. *Genuine «Darjeeling» tea is grown in an area of India at the foot of the Himalayas that's less than 70 square miles large.* For this reason, Darjeeling is highly prized and known as the *Champagne of teas*.





B. Kustodiev «Merchant's Wife at Tea»



M. Cassatt «Afternoon Tea Party»

**Exercise 1. Render the main idea of the text «The Food people eat».**

What about the food people eat! I know a man who only eats natural foods; he takes a lot of vitamins. I've never seen anybody who looks so ill! I like good food and I think most healthy food is really tasteless.

For breakfast I usually have toast and coffee, and at weekends when I have more time I have bacon and fried eggs. If I get hungry in the middle of the morning I have a bar of chocolate then for lunch a sandwich (made with white bread, of course).

After a day's work in the office I'm pretty hungry and in the evenings I like a big meal of meat and potatoes. My ill-looking friend is horrified by what I eat; his breakfast is a piece of wholemeal bread with a cup of herbal tea and then for lunch he has rice – and in the evening, beans and salad. He says it's very good for him, but I'm not sure.

There's nothing wrong with being healthy and keeping fit but with some people it's almost a religion. Nothing can make me go jogging. No, thank you, I'd rather sit and have a cup of coffee and a cigarette while the joggers are out running around the streets. I get my exercises walking to the bus stop on my way to work.



## INTERESTING FACTS ABOUT TEA

Tea is the second most consumed drink in the world, second only to water.

Black tea, green tea, oolong tea, puer tea and white tea all come from the same plant: *Camellia Sinensis*. (This is a picture of us in Sri Lanka plucking tea leaves to get ready for processing...we were not very good at it and extremely slow compared to the Sri Lankan Pluckers). Sri Lanka specialises in black tea production.

The different tea types are only created due to different processing methods. For example, black tea is highly oxidised / fermented white tea is only minimally processed. Taste and appearance differ greatly depending on each processing method.

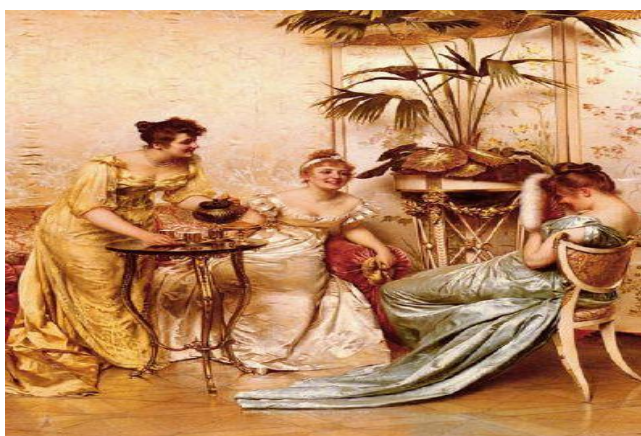
Herbal infusions are not teas at all; they are correctly called *tisanes*.

Tea Tasting is very much like wine tasting. When tasting the teas we are looking for specific characteristics in the flavours, the mouth feel, the tannins, the nose...and yes, we are supposed to spit it out once tasted, but we think that's a waste of great tea (wine for that matter). The less processed the tea leaf, the greater antioxidants. This means that green tea has more antioxidants than black tea, and white tea (the least processed of the teas) has the most antioxidants of all!

Black tea production involves withering, rolling, fermenting and then firing the leaves which helps to preserve the tea for long periods of time. This process was originally used to prevent tea from rotting in containers when sent from China to the rest of the world. Britain, America and much of the rest of the world are accustomed to black tea for this reason, while the Chinese still prefer the less processed green tea.

Some coffee houses also sold tea in loose leaf form so that it could be brewed at home. This meant that it could be enjoyed by women, who did not frequent coffee houses. Since it was relatively expensive, tea-drinking in the home must have been largely confined to wealthier households, where women would gather for tea parties.

Such a party would be a genteel social occasion, using delicate china pots and cups, silver tea kettles and elegantly carved tea jars and tea tables. All the equipment would be set up by the servants, and then the tea would be brewed by the hostess (aided by a servant on hand to bring hot water) and served by her to her guests in dainty cups. Both green and black teas were popular, and sugar was frequently added (though like tea, this was an expensive import); in the seventeenth century though, it was still unusual for milk to be added to the beverage. We can imagine then that while seventeenth century men were at the coffee houses drinking tea and exchanging gossip, their wives gathered at one another's homes to do exactly the same thing – just in a more refined atmosphere!





**Exercise 1. Explain food for the thoughts.**

Anything that gives you a reason to stop and ponder is **food for thought**. It's an expression that's been around in its current form since the 19th century, apparently taking the idea of digestion and transferring it from the stomach to the brain. If something is described as providing food for thought, it's worth seriously thinking about or considering.

A well-made documentary on homelessness is likely to give you food for thought, as is your decision about where to go on a long-awaited vacation. Anything that gives you a reason to stop and ponder is food for thought. It's an expression that's been around in its current form since the nineteenth century, apparently taking the idea of digestion and transferring it from the stomach to the brain.

*One man's meat is another man's poison.* (Traditional proverb) There is a wide range of nutritious foods in the world. However, eating habits differ from country to country. In some societies certain food are taboo. An eccentric millionaire once invited guests from several countries to a banquet and offered them this menu. All the foods are popular in some parts of the world, but are not eaten in others. "Part of the secret of success in life is to eat what you like, and let the food fight it out inside you". (M.Twain)

Here are some common ideas about food:

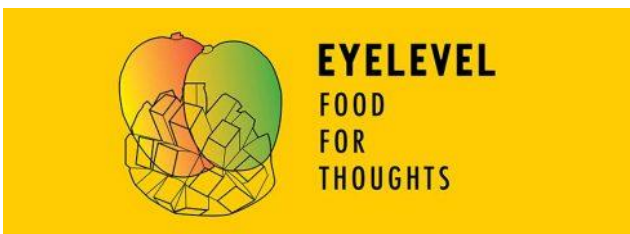
Eating carrots is good for the eyes. Fish is good for the brain. Eating cheese at night makes you dream. Garlic keeps you from getting colds. Drinking coffee keeps you from sleeping.	Yoghurt makes you livelong. An apple a day keeps the doctor away. Warm milk helps you go to sleep. A cup of tea settles your stomach. Brown eggs taste better than white ones.
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At different times in different countries there have been different ideas of beauty.

The rich would always want to look fat in a society where food was scarce and to look thin in a society where food was plentiful. The current interest in losing weight is because of fashion as well as health. However, overeating causes a variety of illnesses.

"One should eat to live, not live to eat". (Moliere)

"Year by year, while the world's population has increased, the food supply has increased more. (But)... supply of nourishing food could be enormously increased if, in the richer countries of the world, people were prepared to eat some of the food they feed to their pigs and cattle ... and to their pet dogs and cats". (Dr. Magnus Pyke)



UNIT III. NEW TRENDS IN EUROPE

DIALOGUE «INAUGURATION OF THE FIESTA ROOM»

Miss Burton, the Public Relations director, Roy Jones, a writer, enters the Fiesta Room.

They are greeted by the hotel manager Mr. Morton.

- B. Mr. Morton, you remember Mr. Jones, the writer for Travellers Magazine, don't you?
- M. How are you, Mr. Jones? Are you finding enough information about us?
- J. Yes, I've learned a lot. I never realized that the hotel business was so big.
- M. On these occasions it's *a pleasant business*, too. Everyone likes to eat, especially *in nice places*. How long are you staying?
- J. I'll be leaving tomorrow evening, I think.
- M. Please come to see me in my office before you go.  
(*A waiter comes up to them with a tray of drinks.*)
- B. Do you see anything you'd like, or do you want to go to the bar over there?
- J. This martini looks good to me. Do you want one, too?
- B. (*To the waiter*) Will you please get me a dry sherry?
- J. This is a very colourful room. I like the Mexican decor. May I take a picture of you in that mural? No, wait – let's go over near the buffet tables.
- B. Shall I stand beside the hor d'oeuvres, looking at this pineapple dressed up with cheese cubes, olives, and radishes? Or how about alongside this big fish?
- J. No, that fish in aspic is a picture by itself. I'm going to take it in colour with a waiter behind the table. I think you'd fit in better with the desserts. Have you ever seen such a beautiful display – all those cakes decorated with fruits and flowers made from *coloured frosting*?
- B. We'll have to hurry. Mr. Morton is *going to make a speech*. Then we may eat.  
(*The waiter offers drinks again.*) Have another.
- J. I'll do that. They're good martinis, with just the right amount of vermouth. You may have the olive.
- B. Here is the banquet manager. Mr. Ray, this is Mr. Jones. He's writing about our hotel.
- R. It's a pleasure to have you with us today, Mr. Jones.
- J. The pleasure is mine. This party adds another reason for the success of your hotel. This is one of the most beautiful buffets I've ever seen. I must have a picture of these canapés. What an assortment!
- R. That turkey has been sliced and put together again.
- B. The big three-tiered tray attracts me – *jumbo shrimps, lobster, and jellied salmon*.
- R. In that corner are hot foods. Because this is the Fiesta Room, we are serving *Mexican dishes* today. In the chafing dishes are chicken mole, chilis rellenos (in English, stuffed peppers) and beans, of course.
- B. What? No enchiladas or tortillas?
- J. That's for me. But I'll need another plate. First I want a picture of the fruit. Will you and Mr. Ray reach for a mango? (*He takes the picture.*)
- B. May I carry your plates? Where are you going to sit?
- Thanks. Let's sit over there. That table in the corner is ours. I reserved it.

**Exercise 1. Read the narration and answer the questions.**

Buffets are a very popular way of entertaining, especially for large groups. They may be served as a luncheon, dinner, or supper. They may be formal or informal.

Food may be served cold or warm. At a buffet many people can be served in a short time. Fewer waiters are necessary. The food is attractively arranged on a long table or sideboard. Guests take their plates and choose their food from a variety of dishes. Usually they sit at tables. But at informal buffets on the terrace or in a garden, people eat standing up. If they do this, they have to eat most foods with a fork or with their fingers.

1. How are buffets different from regular lunches or dinners? 2. When are buffets served? 3. How is the food arranged at a buffet? 4. At buffets do guests always sit at tables? 5. How do waiters help guests at buffets?

**Exercise 2. Read the narration and answer the questions.**

Many people work behind the scenes in the food and beverage department.

The executive chef is responsible for preparing the menus and seeing that meals are well balanced. He determines the cost per meal. When there's a banquet, he makes suggestions to the banquet manager and supervises the preparations. He tells the purchasing agent all the things that are needed. He personally supervises the cutting of meats and the cooking of meats, fowl, and fish. The chief steward supervises all the work in the kitchen except the preparation of the food. The floor chief supervises the dishwashing and cleanliness. When there's a banquet he helps to set up the tables.

1. What are the main duties of the executive chef?
2. Who is responsible for supervising the cutting of the meat?
3. Is the cutting of the meat very important?
4. Who cooks the food?
5. Who supervises the dishwashing and cleanliness in the kitchen?

### **Jokes**

"When I serve dinner should I say, "Dinner is ready" or "Dinner is served?" the new cook asked her mistress. "If you cook it the way you cooked it yesterday, just say, "Dinner is ruined" said the lady of the house.

---

Guest: There is something wrong with this hot dog.

Waiter: Well, don't tell it to me. I'm only a waiter, not a veterinarian.

---

A man was taking a late holiday at the seaside. On the second morning of his arrival the manager came up to his breakfast table. "I hope everything is all right, sir?" he said. "Well, I only wish I had come to this hotel a month ago", replied the guest. "Oh, sir", smiled the manager, "I'm happy to hear that. You flatter my place". "Not at all", replied the visitor. "What I mean is that I'd rather have eaten these eggs then than now".

---

- Is this tea or coffee? It tastes like kerosene.
- If it tastes like kerosene, it is certainly tea. Our coffee tastes like turpentine.

**Exercise 1. Add some information & make up a small report and give a talk in class.**

**Exercise 2. Complete the dialogues.**

- A table for four, please.  
▪ -----
- I'm afraid we don't know much about your special dishes.  
▪ -----
- Yes, please.  
▪ -----
- Well, we'll taste some saddle of mutton.  
▪ -----
- I think, we'll have Roly-Poly.  
▪ -----
- May we have Martini cocktails.  
▪ -----
- Oh, here's the waitress. Two coffees, please.  
▪ -----
- No, thank you. Just the coffee, please.  
▪ -----
- I don't like coffee without milk. You haven't brought us any milk.  
▪ -----
- May I have one of those delicious looking cakes from the trolley.  
▪ -----
- The lemon cake looks good. I'll try some of that.  
▪ -----
- None for me, thank you.  
▪ -----
- -----
- We'd like a typical English dinner.  
▪ -----
- Good. That's settled then. We'll have a juicy roast beef to begin with and Yorkshire pudding to follow.  
▪ -----
- I wouldn't mind having a brandy.  
▪ -----
- Half a pint of "Bitter" beer in a tankard, please.  
▪ -----
- -----
- Could we have after dinner drinks?  
▪ -----
- Thanks.  
▪ -----
- Gin and tonic with lemon for me, please.  
▪ -----
- Mine's a whisky, please.  
▪ -----

**Exercise 3. Read the information & pick up the essential details in the form of quick notes.**



## THERE'S A FLY IN MY SOFTWARE

### *A computer program trains waiters by simulating restaurant complaints*

Does your computer make rude remarks to you? While manufacturers struggle to make their machines more user-friendly, Richard Margetts, a catering lecturer at Granville College, in Yorkshire, has developed a program that positively encourages the computer to be nasty towards its operator. The software, called Custom, has been funded by the employment department's learning technologies unit, and is designed to help hotel and catering trainees to cope with customers' complaints.

Such complaints can make or break a business. The idea for the program grew out of an unpleasant evening Mr. Margetts and his wife had at a hotel. In a scene that could have come from *Fawlty Towers*, the BBC television comedy series, the couple were left standing in the hotel lobby while the receptionist continued making a personal telephone call.

During the meal they were ignored by the waiter and had to order their drinks at the bar and carry them back to the table. The couple complained to the manager who sympathized but said it was difficult to train staff in customer care. "Britons are very complacent about complaints", says Mr Margetts, who used to run his own restaurant. "Good service is not seen as being very important".

Hence the computer-based training package. The first part analyses how complaints arise. The complaints included those from the few customers who go to a restaurant determined to make a fuss, perhaps in the hope of a free meal.

Mr. Margetts says: "Within the program we have included ways of spotting those complaints, and those that can arise because of a hard experience somebody has had even before entering the restaurant. The program will identify the complaints that can occasionally arise merely from customer boredom. Somebody may have decided he cannot stand his dining companion, takes his unhappiness out on the food or the unfortunate waiter."

The waiters assemble a customer profile. "How am I dressed-shabby, average or immaculate?" the computer asks. "Is my accent local or non-local? Do I speak perfect English or might I be a tourist? Am I alone or with a group? Is it a mixed-sex group? What is my age bracket? How much alcohol do I seem to have drunk?"

The computer then suggests successful ways of tackling the customer.

Mr. Margetts says: "the idea is that the trainee sees that personal attributes such as accent or dress are a weak indicator of how a customer will respond during a complaint, whereas attitude and alcohol are much stronger."

In the second part of the program, the computer becomes less than friendly.

The trainee takes part in role-play simulations in which the computer acts like a complaining customer. The computer can be programmed to be angry, rude, reasonable, or rambling. The trainee's task is to recognize the warning signs and calm the situation.

At the end of a session, trainees are told how many attempts it has taken to reach the correct response. The results are saved for the course tutor to read.

But although the program uses graphics & text to good effect, it cannot yet convey complex factors such as the customer's tone of voice, body posture, or facial expression.

***Exercise 1. Choose the keywords that best convey the gist of the information.***

***Exercise 2. Add some information & make up a small report and give a talk in class.***

## DIALOGUES «GUEST & WAITER»

- I've already decided what I want.
  - What's that?
  - I'm going to have the fondue. It's delicious here.
  - I'm sorry, sir, the fondue's off.
  - Really? In that case, let me think-I'll have the *pork medallions*.
  - I think I'll have the same.
  - And we'll have a bottle of Chablis.
  - Very well, sir. Thank you very much.
- 

- Would you like any desserts?
  - Yes, I'd like *the gateau*, please.
  - Just a coffee for me, please.
  - Make two coffees.
- 

- Could we possibly order, please?
  - Certainly.
  - I'd like the *delices de grison*, please, and mixed salad, followed by the *fondue*.
  - Sorry, the fondue's off tonight.
  - Oh, what do you recommend, then?
  - The veal is very good.
  - Well, I'll have that, then.
  - Very well, madam. And for you, sir?
  - I'll have the *salmon mousse*, I think.
  - And to start, sir?
  - Nothing, thanks. Do you think you could bring us *the wine list*, though?
  - Yes, of course.
- 

- Are you ready *to order dessert*?
  - Yes. Could I have the parfait, please?
  - And I'll have the soufflé glace au Grand Marnier.
  - Certainly.
- 

- Are you ready to order?
- Yes, I think so. I'd like the beef Madras.
- What vegetables would you like?
- Saute potatoes...and peas, please.
- And would you like a starter?
- Yes, I'll have the crudites.
- No, sorry, could you change mine please, to melon and prawn cocktail?
- So that's no crudites?
- No. And can you bring us a bottle of water, please?
- Certainly.

**Exercise 1. Learn the dialogues by heart and carry them on with your classmate in class. Render the contents of the dialogues in Indirect Speech in English.**

- 
- Reception. How may I help you?
  - Good afternoon. Could you possibly book a table for two in the restaurant for me this evening?
  - Certainly, sir. Can you tell me your name and room number?
  - Yes, it's Mr Price and the room is 226.
  - OK, Mr Price. What time would you like the table for?
  - Now that's the problem. We're going to the theatre, and we'd like to eat when we return-say 10.30?
  - I'm sorry, sir, the restaurant closes at 9.30.
  - Oh dear.
  - I could order a late supper for you-it would be brought to your room.
  - Yes, that would be nice-we'll only want something light in any case, and perhaps a bottle of something.
  - All right, Mr. Price. I'll contact the restaurant and have them prepare a supper for you for 10.30. What would you like? There's a choice of...

- 
- Could you just go through the details again?
  - It was the third day of our holiday – it was our honeymoon, actually. We were one of the islands, having a romantic meal in a little taverna by the harbour side – it was seafood. I was just popping a prawn in my mouth when I felt someone behind me. I looked round just in time to see this young kid – he couldn't have been more than ten or eleven – running away with my jacket.
  - Let me just go over this again – you were in the restaurant, and a young boy came up to you and snatched your jacket. Where was the jacket at the time?
  - It was on the back of my chair – it was a hot night and I'd taken it off. I suppose I should have been more careful – will that invalidate my claim?
  - I'm not sure. Go on – what happened next?
  - I chased him, but he was too fast. He dropped the jacket, but of course by then he'd already taken my wallet with my credit card and everything in it.
  - Did you report it to the police?
  - Yes, straight away, but there wasn't much they could do. But worse than that, later that night I was violently sick. It must have been the prawns or something. Anyway, I was ill with food poisoning for nearly a week.
  - Did you have to stay in your room?
  - For a few days, yes. It was a disaster!
  - Did you see a doctor?
  - Yes – and I told the resort rep, as well.
  - OK. I'll fill in this claim form for you, and then you can sign it.

***Exercise 2. Learn the dialogues by heart and carry them on in class. Render the contents of the dialogues in Indirect Speech in English.***

***Exercise 3. Analyze the information, which is in the highlight, and use it in practice.***

***Exercise 4. Add some information & make up a small report and give a talk in class.***

***Exercise 5. Read the information & pick up the essential details in the form of quick notes.***

## DIALOGUE

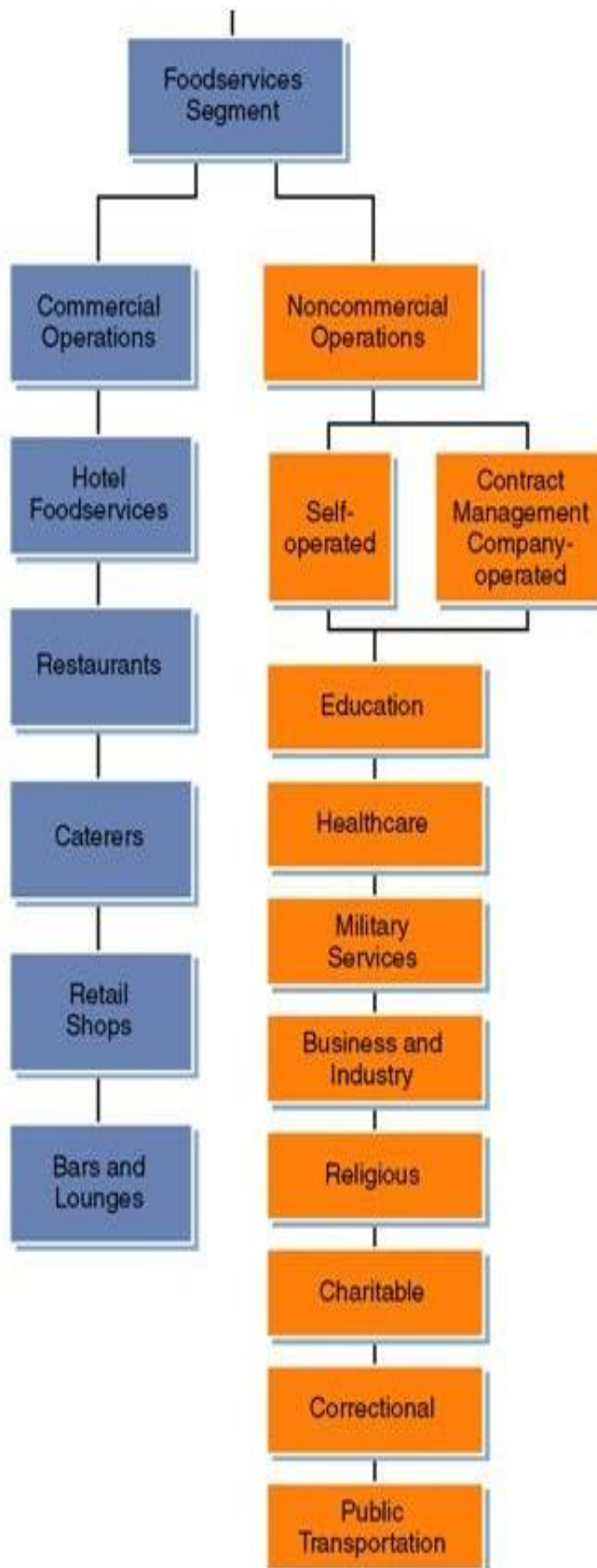
### Miss Burton & Mr. Davis & Mr. Jones

- B. Here we are at the chef's office. Mr. Blanc, this is Mr. Jones. He is writing about our hotel, and he'd like to see your kitchen staff at work. Mr. Blanc is chief buffet chef. The executive chef isn't here now.
- D. Welcome backstage, Mr. Jones. I'll be happy to take you on a tour. You happened to come at a good time. A wedding reception is being prepared for tonight. Let's begin our tour.
- J. Do I have to put on a high white hat and an apron like yours?
- D. No, you can't wear our uniform until you can make a baked Alaska or a shish kebab. Over there, as you can see, is the storage section. Supplies are kept there. These are the refrigerators and next to them is the cold storage room. Would you like to see the centrepieces for the small tables?
- B. (*Entering the cold room*) If I stay in here, I'll look like one of those statues, and I don't feel like Cupid. But they are certainly attractive. Did you mould them by hand?
- D. Certainly. They're made from butter. Let's go out now. You look frozen yourself.
- J. I've never seen such large pots and pans. Who shines those kettles?
- D. They're easily cleaned. The stewards keep this kitchen *spic and span*, as you would say. Food doesn't burn or stick easily in these heavy pots. Tableware is washed in electric dishwashers. (He takes the lid off a big pot.)
- B. What a delicious odour? What's that?
- D. It's a special sauce for the casserole. I have a few warm dishes, even for a cold buffet. We like a variety to satisfy everyone's taste. However, I believe in quality too. Here you can see my helpers preparing the various foods. Over there the vegetables are washed and peeled. On that table the meats and fowls are being sliced. And here the salads and cocktails are being made. (He tastes a salad.) Ann, this is a very good Waldorf salad, but put in a few more nuts and a little more lemon in the dressing. John is preparing avocados here.
- B. So that's how avocados are kept green – they're put in lemon water. What will they be stuffed with?
- D. There's a variety of mixtures – fish, minced ham, mushrooms, chicken salad. On that table they are preparing canapes.
- B. I've never seen so many! There must be a thousand!
- D. We'll need about two thousand for the crowd tonight. We try to estimate the exact number so there won't be any waste. Over here is the pastry chef. He's making the centrepieces for the main table.
- B. It's the most original I've ever seen. Look, Mr. Jones. There's a church with the bride and groom standing in front. Is it made from clay?
- D. It's made entirely out of sugar. Would you like to look in the pantries? In this one we keep ordinary dishes. In the next one the special chinaware for parties is kept.
- J. What are those little baskets on the shelves?
- D. Those baskets are filled with fruits and sent to important guests.
- J. I suppose those buckets are for champagne, aren't they?
- D. Yes, and they are also used for room service. The room service department is in this room at the right. Telephone calls are taken here, and the orders are immediately given to the waiters and chefs. Orders are being received now.

## DIALOGUE «AN ENGLISH RESTAURANT IN LYON »

### Interviewer & Tom & Sue

- All over France the city of Lyon is regarded as a gastronomic paradise. "You're going to Lyon? Vous allez tres bien manger – you'll eat very well", say the French. And it's true. Lyon has hundreds of fine restaurants. Given this situation, would it be wise to open an English restaurant there? After all, we all knew that the French consider British cuisine to be inedible. But that is exactly what Tom and Sue Higgins have done. They've opened an English restaurant and called it "Mister Higgins". How did they get the idea? Why did they do it?
- Well, I had been working as a translator in Geneva and Sue had just finished her medical training in England. So you see, we needed to live near Geneva for my work, but in the EU for Sue's qualifications to be recognized, so Lyon seemed a good choice.
- Yes. The only one, really. Then one night, after we moved here, some French friends came for dinner and we gave them meat loaf. They loved it, and we were laughing and joking and they said "You should open a restaurant and serve things like this". We knew we were quite good cooks, but we thought 'Oh, yeah! An English restaurant in Lyon!'
- But I mean it was I, bit by bit; I just became obsessed with the idea. Cos our new house had once been a bakery, so it seemed to ask to be converted into a restaurant. But the formalities were horrendous! I went to the Lyon Chamber of Commerce and came back exhausted with all the papers and the details... we almost gave up... but not quite ... .. no ... the next stop was the bank. Of course, we had to borrow the money. Monsieur Dufor, the bank manager, didn't laugh at us. He even said he would consider an application from us. We were thrilled.
- But the documents and the bureaucracy! It was a nightmare. I couldn't believe it when Monsieur Dufor finally gave us the cash. When started rebuild passer-by were fascinated, they simply couldn't believe what we were doing. "Un restaurant anglais? Ce n'est pas possible!"
- And how did you decide on the name? Or was it just obvious to call it by your name?
- No, we tried lost before it seemed obvious. But then we thought, "Well, Higgins sounds very British, and it's quite easy for the French to pronounce, apart from one letter, and they all understand mister just as we understand monsieur, so ..."
- And did you have an opening party?
- Oh yes. We invited everybody we could think of. British friends, obviously, and all the workmen who had helped build it.
- Yeah, and absolutely everyone we saw in the street for days before, and of course we had free wine. The restaurant was really crowded almost impossible to move. We were so busy. Oh, my goodness! In my memory, the whole first year is just a grey blur of exhaustion and tiredness, but with some wonderful moments.
- Yes. D'you remember once we had to turn away a couple because we were full and Madame was furious! She said "What! An English restaurant and you have to make reservations?! Pah!"
- Mmm, we were often full, but we still only earned £2 a week each for ourselves in that year! I had to carry on doing translations for a while.
- But what we had right from the start and we still have ... is curiosity value. Customers told their friends about our amazing meat loaf. "Le meat loaf! Vraiment deliceux!" Nowadays they know they have to book some even admit that the food is good!
- Yes. D'you remember once we had to turn away a couple because we were full; Madame was furious! She said "What! An English restaurant & you have to make reservations?! Pah!"



The Foodservices Segment



## ALAIN DUCASSE IN MONACO

The name *Alain Ducasse* has become synonymous with French culinary superiority, and the mighty Ducasse Empire has expanded to include top restaurants in Monaco, Paris, and New York, a cookbook the size and heft of an encyclopedia, and a hotel and a training center for young cooks. Despite the global focus, the first restaurant to be headed by Ducasse, the Louis XV at the Hotel Paris in Monaco remains among the world's finest.

The ornate dining room is done in the style of Versailles, with gilding, floor to ceiling mirrors and an enormous flower arrangement in the center of the room.

It all sets the scene for the meal ahead. Top-quality ingredients, from the finest Breton lobsters to the milk-fed veal and farm rabbit, are showcased in stunning fashion.

The only thing more stunning than the surroundings and the food are the prices; one could easily spend upwards of 500 Euros per person for a meal.

If you're not in Paris, New York, or Monaco, that doesn't mean you have to forgo the Alain Ducasse experience. Visit one of his Spoon concept restaurants in seven locations worldwide, from Hong Kong to Tunisia.

It took over a year, but the rumor that the Pinkberry at Barrington Court would close turned out to be true. And I have the picture to prove it: Yes that is where the late Pinkberry once stood. Is it another casualty of the economy? Simply a case of over doing a fad that was destined to die? Or a combination of both? I have but one question.

If Subway sells five-dollar footlongs, why was my six-inch veggie delight \$3.99? Shouldn't it be \$2.50? Half the sandwich, half the price, right? I don't get it. I guess I am being punished for knowing that a human should only eat six inches of hoagie in one sitting. And they wonder why the U.S. has a weight problem. Whatever.

### **Buddha's Belly**

Located near the 3rd Street Promenade in Santa Monica, is Buddha's Belly – an Asian Fusion restaurant that, in my book, could completely defeat P.F. Changs if it ever got the chance to become a chain (it currently has two locations).

Now, I know what you are all thinking – another Asian Fusion restaurant that will completely distroy individual cuisines and turn them into something Americanized?

You're right. Except, this is really good. The key is to go with the expectations that you will not get authentic Thai or Korean or Japanese. But, you will get a delicious assortment of Asian flavors, such as ginger, lemongrass, coconut milk, oyster sauce, bonito flake, well, you get the picture. And, if you go in expecting a California-ized version of your favorite Asian meals, you will not be disappointed. I think one of the best things about Buddha's Belly is that it can satisfy a large group of people.

From the Crispy Chicken Breast to the Mixed Seaweed Salad, from the Ahi Tuna Burger to the Singapore Seafood Noodles, you can satisfy even your pickiest friend while still getting something exotic. I think it's the breadth of the offerings, plus, simply, how good everything is, that accounts for why this place has been packed whenever I have gone. And, on top of it all, it's pretty reasonably priced. You can get a decent meal for two, two blocks from the ocean, for under \$50 (including tax and tip).

When the husband and I went, we were excited as we walked into the dimly-lit, very stylized dining room. It's a small space, but you won't feel packed in like a sardine. Right away, we were greeted by the friendly hostess and seated. The waitstaff are nice and helpful as they guide you through the menu.

We decided to start off with something green from the vegetable section, and settled on the steamed Chinese broccoli with oyster sauce and sesame seeds. As you can see, this wasn't your typical broccoli, and in fact, I had never had Chinese broccoli before. It was a delicious way to start the meal - light and healthy, and yet very flavorful.

I loved how this broccoli has a bit of a cabbage taste to it – very reminiscent of bok choy. For his entree, the husband went with one of his favorites at the majority of Chinese chains, Chicken Lettuce Cups (also available in tofu).

While this is listed as an appetizer, it's definitely large enough to be eaten as a meal.

The chopped chicken is all white meat, and it's cooked up with shiitake mushroom, jicama, pine nuts, garlic, bamboo shoot, and cilantro. It's served with crispy noodles, crisp iceberg lettuce, and hoisin sauce. According to the husband, the iceberg is the perfect device to carry this delicious chicken to his lips. After much debate, I went with the Spicy Tom Yom Koon Thai Ramen Noodle Soup.

The waiter helped me pick this, as he said that it was one of their specialties. You can't tell from the picture, but this came in a huge bowl. Seriously, there was enough for leftovers. And, do you see that little white dish off to the side? That is where the coconut milk is, so you can add however much you want. (Yeah, I had no restraint – all of it went in – but I took the picture pre-coconut.) This soup was delicious – I will definitely eat this again and again. The broth is made with lemongrass, red chili broth, and kaffir lime leaf. In the soup is tomato, straw mushrooms, cilantro, shrimp, and thin egg noodles. Overall, it's spicy, sour, and a bit creamy from the coconut milk.

So good! The slogan for Buddha's Belly is "Good Food! Good Fortune!".

Considering the reasonable prices, I would say this slogan sums up the experience.

This place truly is a treat in Santa Monica, and I hope you get a chance to check it out. Buddha's Belly is located at 205 Broadway, Santa Monica,

As some of you may know, I only recently discovered the joys of getting my knives sharpened – just a little over a year ago. In that post, I declared that I would from then on follow the advice of my favorite Food Network Star, Alton Brown, and make sure to get my knives sharpened every six months.

Well, it's been over a year now, and I hadn't been back. I know, I know, it's really terrible. For the past seven months, I have felt my knives get duller and duller, as simple tasks became more challenging. Suddenly, carrots felt like rocks under my chef's knife, onions felt like slippery rocks. It was all very dangerous, and I knew that my biggest cooking event of the year was about to come up. That's right. With Thanksgiving around the corner, and many vegetables to chop in my not-too-distant future, I knew it was time to stop procrastinating, and go back to Larry's Shaver Shop in Santa Monica. They had done an excellent job the first time, and at around \$5 per knife, the price was hard to beat.

Anyway, with the deed done, and my knives back and super sharp, and I happy to say I am much more ready for Thanksgiving than I was before. So, from now on, I will modify my oath. Yes, I will try to get my knives sharpened every 6 months, but let's be honest, sometimes we forget these small tasks (just ask my dentist!).

So, instead I will vow to get them sharpened every fall, before Thanksgiving & all of the hard, winter vegetables come around. I think, that way, I will have a much safer, happier holiday season. A little over six years ago, when I was still very new to LA, I met the man who would later become *the husband*. Of course, I wasn't aware of this back then.

Neither was he. But, we both shared of a mutual love of sushi, and so he took me to his favorite sushi restaurant, Momo, on one of our very first dates. Little did he know what an impression he made on me by doing so. I felt that, if he liked sushi, then he probably had an open mind, was willing to try new things. I meet too many people who are afraid to try anything, and I knew that I didn't want to date someone like that.

Back then, Momo followed one of the premiere rules of a good sushi restaurant – being located in a strip mall. It has since moved to a much more upscale location in downtown Fullerton, but it's still the same, delicious Momo. Not only is the quality of the fish excellent, but the prices and portions are very reasonable. It should be mentioned that the portion size has decreased since they moved to their new location, but you still get more than you would expect, and it costs a lot less than at the average amazing sushi restaurant. The last time I was there, I was with the husband's family. It's always beneficial to go with a large party, because then you can order more dishes and share them all. We definitely took advantage of this, and perhaps went a little overboard.

First up was the crunch roll. Stuffed with shrimp and avocado, covered in delicious crispiness, this roll was the perfect combo of sweet, savory, and crunch.

You can see how big it is! It was enough for five to share.

One of my husband's favorites at Momo is the lettuce roll. At Momo, lettuce can be substituted for seaweed in any roll. In fact, back when most sushi restaurants had never even heard of soy paper, Momo was offering up both soy paper and lettuce as options to seaweed. Because my husband is not fond of seaweed, he has always been a big fan of using lettuce. And, while he asks for this at every sushi restaurant we go to, none other than Momo has ever been known to serve it. This one was probably stuffed with spicy tuna – or was it spicy shrimp tempura with avocado? Either way, the husband says, it was delicious. Of course, we had to order some regular sushi pieces.

The quality at Momo is pretty difficult to beat. Look at that bluefin! It literally melted in our mouths. And, the salmon was delicate and mild.

As if that wasn't enough, we ordered the chef's special. You can see a large array of fish here, all on ice, including more salmon and a pile of their spicy tuna, which is amazing.

The blue dish has Momo's fabulous scallop, in a baked egg sauce. Definitely, do not skip that, whether you go for the chef's special or not. However, I do suggest getting this, especially if you are in a group of people. This offers a great assortment of what Momo has to offer. Another dish to share with a group is one of Momo's *pizzas*.

This is another dish that showcases the pure quality of the fish, on top of a bed of sushi rice. There is a great assortment, as you can see, of multiple types of fish, shrimp, and avocado. The sauce on the side is spicy sauce, in case you need to kick it up a notch.

Last, but certainly not least, is the albacore *boat*. Okay, so it's not really a boat anymore. Back when Momo was in a strip mall, this used to come piled high in a boat-shaped dish. Now, the serving size is a little bit smaller, it comes on this cool wave plate, as if to pay homage to its past. Yet, because Momo still has all of the same chefs and waitstaff as before, if you order the *boat*, they will know exactly what you are talking about. This barely-seared albacore is piled high with onions and garlic, and bathed in an amazing sauce. One word of advice – if you are with a loved one, both of you need to eat this, because there ain't no amount of breath mints or gum that will cover this up! You just have to follow the general rule of two garlic/onion breaths cancel each other out.

I am very grateful to Fun Sushi Momo for being there for my husband back when we first started dating – it really helped him make a good impression on me! Not only did he take me to a wonderful and creative sushi restaurant, but he took me to what felt like a real family establishment. Because he went there often with his family, the sushi chefs and waitstaff all knew him and were very welcoming. They still remember us every time we go in. Since they're in Orange County, and we're in LA, that really means something.

We don't get to go too often, but they always know who we are as soon as we walk in. Momo really is a great restaurant, and I highly suggest a trip to the O.C. just to check it out. It could be about to get very bitchy again in London's best kitchens. Gordon Ramsay suffered fresh ignominy last night when his three-star Michelin restaurant dropped out of the world's Top 100 eating experiences, while his former protégé made his first appearance only six months after opening his first solo restaurant after a very public falling-out between the pair.

Days after reports that boil-in-the-bag dishes were served at the chef's gastropubs, Ramsay's Hospital Road restaurant in London, thirteenth in last year's list, missed out on a place in the 2009 San Pellegrino world restaurant awards. Yet Marcus Wareing, who opened his restaurant at the Berkeley Hotel after an acrimonious split with his former friend. The Times chef answers Olive magazine readers' questions on new trends, guilty pleasures and kitchen cock ups.



## «ART ON A PLATE IN SPAIN »

A new gastro-art experience in a super villa on the Costa Brava has a Michelin-starred chef and the spirit of Salvador Dali in residence told The Times: "I'm now

knocking on the door and it's a great privilege. I hope it's because people are now seeing me as an individual chef. The restaurant is starting to feel like one with a patron in the kitchen. It has got a sense of place and I believe every great restaurant has to have a heartbeat and a soul". The chef's relationship with Ramsay is still described by insiders as *poisonous* but yesterday Wareing said that he had "not seen Gordon Ramsay for six months but I would like one day to sit down and have a coffee with him".

El Bulli topped this year's list, with Ferran Adrià, the king of avant-garde chefs, crowned best in the world for the fourth year running for his restaurant at Roses on the Costa Brava. El Bulli was given the edge over Heston Blumenthal's The Fat Duck restaurant, which this year retains its ranking as second best in the world. After a turbulent period when the venue in Bray, Berkshire, was forced to close after a food poisoning scare affected 527 diners, it was some welcome news for the beleaguered chef.

The Health Protection Agency is still investigating problems at the restaurant, with a report due shortly. Blumenthal said: "I needed some good news, that is for sure. It has been a difficult period but all I can say is the food we're serving now is better than we've ever done. Since the trouble, we have looked at every single element of the menu and we have a consistent team of chefs and staff." He said that his cooking had moved on and he was keen to offer diners a spectacle when they ate. "I had to go back to studying dishes served 200 to 300 years ago for the recent TV series, *Feast*, I were struck that then food was the only spectacle, as well as being delicious. There was no TV or video games. I intend to introduce more sensory aspects to my menu. I am going to do the mock turtle soup and I want a flaming sorbet and might even find a magician to set it aflame at the table."

It has been a bad year for British restaurants, with only four in the Top 50. Le Gavroche, run by Michel Roux Jr, fell down from 22 last year to 58, whereas the Waterside Inn in Bray, ranked 70 last year, has also been voted out of the Top 100.

Fergus Henderson's St John restaurant in Clerkenwell, Central London, moved up two places from 16 to 14. He is the ultimate chef's chef and will be honoured today when he has to serve lunch for the world's finest chefs. The rankings are compiled by a team of 806 judges, mainly food writers, critics and chefs, are published in *Restaurant* magazine.

Paul Wootton, the editor, was particularly shocked by the judges' drubbing of Ramsay – even though his Maze restaurant has just made it at 91 in the Top 100.

He said: "It does seem to be a bit of an anomaly and I can't tell you for sure why some voters have chosen not to vote for Gordon Ramsay this year." I think there may be a feeling among part of the restaurant industry and the foodie fraternity that some of the superchefs with large empires of restaurants are spreading themselves too thin.

"Restaurant Gordon Ramsay continues to be a great restaurant and we should remember it remains the only three-Michelin-star restaurant in London". Restaurants like Gordon Ramsay or the Fat Duck are not beyond the means of most people. I'd rather eat at either of those establishments once a year than McDonalds once a week. The cost is about the same. A meal at the Fat Duck is an amazing, life enriching experience.



**Paul, St John, UK**


It's a pity... not a single British restaurant in Brussels, some American restaurants yes but they all are named McDonald's.

Do I miss something?

**Pierre, Brussels, Belgium**

Richard, London Dick – I think it would have been hypocritical of me to have branded the article inconsequential not having read it!

**Tom, Northallerton, North Yorkshire**

 I've eaten at a number of these restaurants inc. the Fat Duck, and, as in travel, unless you have been it is silly commenting. It's not about national cuisine – El Bulli doesn't serve typical Spanish fare. It's about wonderful chefs creating an amazing experience in food, one of life's real joys. Brent McDonald, Exeter, UK

I agree with Rodney, who does care? To make great food is not rocket science, simple dishes cooked with good ingredients by people who know what they're doing. I'd rather have food from an Italian service station than recreating a Victorian feast any day

**Alex, Largs, Scotland**

Babu. China does not come in at 51 and India at 65. Why see everything as a battle of nations? Noone is writing Chinese food is the 51st best national food in the world – just that the best restaurant in China is. I know British food has a bad rep – its endlessly repeated to me ad infinitum

**Dave, Beijing, China**

Guy, perhaps you are the one who needs to *grow up* – there is a lot more to Indian cuisine in London than the curry houses on Brick Lane. Had you been to Tamarind, Benares or Amaya (all of which have Michelin stars), then you certainly would not be making that sort of comment.

**Priya, Singapore**

Babu, what that says is that the British are welcoming to other cultures in ways that many other cultures do not reciprocate.

**Chris, London**

Grow up Babu. The reason there are so many Indian restaurants here are that we have a huge population from the subcontinent, and the food is cheap and easy to knock up. To compare a £5.00 all you can eat curry house largely frequented by drunks with a Michelin starred restaurant is absurd

Guy, London 4 from Spain in the top 10, including number 1. Looks like I'm in the right country.

**Raul, Villanueva de Gallego, Spain**

Great article. Culinary excellence is like opera, some of the finest joys in life, even if one can only afford them once in a blue moon.

**Samuel, London, UK**

I'm not a rich person but my girlfriend and I are saving our pennies for the meal of our lives, and Mr Blumenthal's establishment is where we intend to go. GO HESTON!!!

Ian, Bath, This is a joke! China comes at № 51 and India at 65!! Needless to say who was voting. Since when did British food become a world favourite?



Wake up to the facts – there are more Indian restaurants in a British city than there are British eateries in the whole of India. And, why would that be?

**Babu Mukherjee, Glasgow, UK**

Tom, that is comically hypocritical. If this article is indeed on something *totally inconsequential* why did you read it and comment on it?

**Richard, London**

This is an article about something totally inconsequential and outside the experience of the vast majority of people in this country. Why on earth should anyone comment on it?

**Tom, Northallerton, North Yorkshire**

Perhaps if GR spent less time massaging his ego and spouting expletives and more time supervising his restaurants then he may well have retained his top 100 slot!

**Peter, Pulborough, UK**

Agree with Rodney S. Barker of Gainsborough, England UK

**Fred, London, UK**

Who cares?

**Rodney S. Barker, Gainsborough, England UK**

If I was paying the prices charged in most of Gordon Ramsays restaurants I would expect nothing less than it be personally prepared by Mr. Ramsay himself, especially if he is putting his name above the front of the establishment otherwise I would feel that I had been cheated.

**Exercise 1. Read the article «Art on a plate in Spain» and render the main idea of.**





## A VARIETY OF AMERICAN FOOD

In traveling around America, a tourist has the opportunity not only to visit a variety of places and see diverse landscapes, but to taste a variety of foods as well. Some may be very different. Others will taste just like home.

The Cuisine of the USA is a style of food preparation derived from the USA. The cuisine has a history dating back before the colonial period when the Native Americans had a rich and diverse cooking style for an equally diverse amount of ingredients. With European colonization, the style of cookery changed vastly, with numerous ingredients introduced from Europe, as well as cooking styles and modern cookbooks. The style of cookery continued to expand into the 19<sup>th</sup> & 20<sup>th</sup> centuries with the influx of immigrants from various nations across the world.

This influx has created a rich diversity and a unique regional character throughout the country. In addition to cookery, cheese and wine play an important role in the cuisine.

The wine industry is regulated by American Viticultural Areas (AVA) (regulated appellation), similar to those laws found in countries such as France and Italy.

The cuisine has a history dating back before the colonial period when the Native Americans had a rich & diverse cooking style for an equally diverse amount of ingredients.

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This influx has created a rich diversity in the country that has also created a unique regional character throughout the country. In addition to cookery, cheese and wine play an important role in the cuisine. The wine industry is regulated by American Viticultural Areas (AVA) (regulated appellation), similar to those laws found in countries like France and Italy.

**Exercise 1. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 2. Add some information & make up a small report and give a talk in class.**



## NATIONAL CUISINE

### History (Pre-1492)

Before the European colonists came to America, the Native Americans had an established cookery style that varied greatly from group to group. The vast variety of ingredients and cookery styles were never found in the same locality; any one group had a much more limited diet. Nutrition was an issue for most hunting and gathering societies that wandered widely in search of game, and might encounter serious shortages in wintertime. Sweet potato an indigenous tuber found in Native American cookery.

The native Americans had at least 2,000 separate plant foods which contributed to their cooking. Numerous root vegetables were indigenous to America.

Root vegetables were numerous in the diet including camas bulb, arrowhead, blue lapine, bitterroot, biscuit root, breadroot, prairie turnip, sedge tubers, and whitestar potatoes along with the sweet potato and white potato. Greens included salmonberry shoots and stalks, coltsfoot, fiddlehead fern, milkweed, wild celery, dandelion leaves, wood sorrel, purslane, and wild nasturtium. Other vegetables include century plant crowns and flower shoots, yucca blossoms, tule rootstocks, amole stalks, bear grass stalks, cattail rootstocks, narrowleaf yucca stalks, and sotol crowns. Fruits included strawberries which Europeans named the Virginia strawberry due to being larger than the European dwarf mountain strawberry.

Additional fruits included huckleberries, blueberries, cherries, currants, gooseberries, plums, crab apples, raspberries, sumac berries, juniper berries, hackberries, elderberries, hawthorne fruit, pitaya, white evening primrose fruit, and yucca fruit (of various species, such as Spanish bayonet, banana yucca). Some fruits which were found only in North America at the time were the fruit of various species of cactus (cholla, saguaro, nipple cactus, prickly pear), agarita berries, chokecherries, American persimmons, and the wild beach plum. Maize, the indigenous grain to America found in Native American cookery.

Nuts proliferated in the diet as well, including pecans, hickory nuts, beechnuts, hazelnuts, chestnuts, chinquapins, black walnuts, and butternuts. Acorns were popularly used to produce oil for seasoning, pounded into a flour to mix with cornmeal to thicken soups and fried into cakes and breads. Legumes included peanuts, screwbeans, honey locust beans, and mesquite beans. The grain used in most of Native American cooking was maize, while wild rice (not a true grain) was found in certain southern regions.

The seeds from various plants were commonly utilized: pine nuts (western white pine, western yellow pine, pinyon pine), anglepod, dropseed, pigweed, spurge, sunflower seeds, tumbleweed, unicorn plant. The largest amount of animal protein came from game meats. Large game included deer, elk, moose, bighorn sheep, and bear, mountain lion, along with goat and pronghorn being found in the Rocky Mountains.

The small game cooked included rabbit, raccoon, opossum, squirrel, wood rat, chipmunk, ground hog, peccary, prairie dog, skunk, badger, beaver, porcupine. Game birds included turkey, partridge, quail, pigeon, plover, lark & osprey. Water fowl was quite abundant and varied, particularly on the coasts such as ducks, geese, swan, crane and sea crane.

Other amphibious proteins included alligators and frogs, which the legs were enjoyed from, especially bullfrogs. Snail meat was also enjoyed, along with various turtles such as the painted turtle, wood turtle, and snapping turtle along with their eggs.

In addition the sea turtle and green turtle, endangered today were considered an important spiritual protein by the Native Americans.



Blue crab was cooked by Native Americans on the east coast of America. Saltwater fish eaten by the Native Americans were cod, lemon sole, flounder, herring, halibut, sturgeon, smelt, drum on the East Coast, and olachen on the West Coast.

Whale was hunted by Native Americans on the West Coast, which they held a taboo against eating at a meal which included deer meat. Seal and walrus were also utilized. Eel from New York's Finger Lakes region were eaten. Catfish seemed to be favored by tribes, including the Modocs. Crustacean included shrimp, lobster, crayfish, giant crabs in the Northwest and blue crabs in the East. Other shellfish include abalone & geoduck on the California coast, while on the East Coast the surf clam, quahog, and the soft-shell clam.

Oysters were eaten on both shores, as were mussels and periwinkles.

Native Americans utilized a number of cooking methods. Grilling meats was common.

Spit roasting over a pit fire was common as well. Vegetables, especially root vegetables were often cooked directly in the ashes of the fire.

As early Native Americans lacked the proper pottery that could be used directly over a fire, they developed a technique which has caused many anthropologists to call them *Stone Boilers*. The Native Americans would heat rocks directly in a fire and then add the bricks to a pot filled with water until it came to a boil so that it would cook the meat or vegetables in the boiling water. Another method was to use an empty buffalo stomach filled with desired ingredients and suspended over a low fire. The fire would have been insufficient to completely cook the food contained in the stomach however; as the flesh would burn so heated rocks would be added to the food as well. Some Native Americans would also use the leather of a buffalo-hide in the same manner.

The Native Americans are created as the first in America to create fire-proof pottery to place in direct flame. The Southwest Native Americans had created ovens made of adobe called hornos in which to bake items such as breads made from cornmeal. Native Americans in other parts of America made ovens out of dug pits. These pits were also used to steam foods by adding heated rocks or embers and then seaweed or corn husks (or other coverings) placed on top to steam fish and shellfish as well as vegetables; potatoes would be added while still in-skin and corn while in-husk, this would later be referred to as a clambake by the colonists. The hole was also a location for producing what has become Boston baked beans made from beans, maple sugar and a piece of bear fat.

<b>FUSION COMBINATION GUIDE</b>	
<b>CUISINE</b>	
<b>REGIONAL</b>	<b>Africa - Asia - Caribbean - Europe - Latin America - Mediterranean - Western Asia - North America - Oceania - South Asia</b>
<b>STYLES</b>	<b>Fast food - Fusion - Immigrant</b>
<b>TYPE OF FOOD</b>	<b>Confectionery - Dairy products - Fruit - Herbs / Spices - Meat - Vegetable</b>
<b>CARBOHYDRATE STAPLES</b>	<b>Bread - Cassava - Pasta - Potato - Quinoa - Rice - Sweet Potato - Yam</b>
<b>TYPES OF DISH</b>	<b>Curry - Dip - Pizza - Salad - Sandwich - Sauce - Soup - Stew</b>
<b>TECHNICAL</b>	<b>Techniques - Food preparation utensils - Eating utensils - Weights and measures</b>

## COLONIAL PERIOD

When the colonists came to America, their initial attempts at survival included planting crops familiar to them from back home in England. In the same way, they farmed animals for clothing and meat in a similar fashion. Through hardships and eventual establishment of trade with Britain, the West Indies & other regions, the colonists were able to establish themselves in the American colonies with a cuisine similar to their previous British cuisine.

There were some exceptions to the diet, such as local vegetation and animals, but the colonists attempted to use these items in the same fashion as they had their equivalents or ignore them if they could. The manner of cooking for the American colonists followed along the line of British cookery up until the Revolution. The British sentiment followed in the cookbooks brought to the New World as well. There was a general disdain for French cookery, even with the French Huguenots in South Carolina and French Canadians.

One of the cookbooks that proliferated in the colonies was *The Art of Cookery Made Plain and Easy* written by Hannah Glasse, wrote of disdain for the French style of cookery, stating "the blind folly of this age that would rather be imposed on by a French booby, than give encouragement to a good English cook!"

Of the French recipes, she does add to the text she speaks out flagrantly against the dishes as she "... thinks it an odd jumble of trash". Reinforcing the anti-French sentiment was the French and Indian War from 1754-1764. This created a large anxiety against the French, which influenced the English to either deport many of the French, or as in the case of the Acadians, they migrated to Louisiana. The Acadian French did create a large French influence in the diet of those settled in Louisiana, but had little or no influence outside of Louisiana. The American colonial diet varied depending on where the settled region. Local cuisine patterns had established by the mid 18th century.

The New England colonies were extremely similar in their dietary habits to those they many of them had brought from England. A striking difference for the colonists in New England compared to other regions was seasonality. While in the southern colonies, they could farm almost year round, in the northern colonies, the growing seasons were very restricted.

In addition, colonists' close proximity to the ocean gave them a bounty of fresh fish to add to their diet, especially in the northern colonies.

Wheat, however, the grain used to bake bread back in England was almost impossible to grow, and imports of wheat were far from cost productive. Substitutes in cases such as this included cornmeal. The Johnnycake was a poor substitute to some for wheaten bread, but acceptance by both the northern and southern colonies seems evident.

As many of the New Englanders were originally from England, game hunting was often a pastime from back home that paid off when they immigrated to the New World.

Much of the northern colonists depended upon the ability either of themselves to hunt, or for others from which they could purchase game. This was the preferred method for protein consumption over animal husbandry, as it required much less work to defend the kept animals against Native Americans or the French. The more commonly hunted and eaten game included deer, bear, buffalo and wild turkey. The larger muscles of the animals were roasted & served with currant sauce, while the other smaller portions went into soups, stews, sausages, pies & pasties. In addition to game, mutton was a meat that colonists would enjoy from time to time. The Spanish in Florida originally introduced sheep to the New World. In the north, the Dutch and English introduced sheep.



The keeping of sheep was a result of the English non-practice of animal husbandry.

The keeping of sheep was of importance as it not only provided wool, but after the sheep had reached an age that it was unmanageable for wool production; it became mutton for the English diet. The forage-based diet for sheep that prevailed in the Colonies produce a characteristically strong, gamy flavor and a tougher consistency, which required aging and slow cooking to tenderize. A number of fats and oils made from animals served to cook much of the colonial foods. Many homes had a sack made of deerskin filled with bear oil for cooking, while solidified bear fat resembled shortening.

Rendered pork fat made the most popular cooking medium, especially from the cooking of bacon. Pork fat was used more often in the southern colonies than the northern colonies as the Spanish introduced pigs earlier to the south. The colonists enjoyed butter in cooking as well, but it was rare prior to the American Revolution, as cattle were not yet plentiful.

The American lobster was a staple of the colonial diet

Those that lived near the shores in New England often dined on fish, crustaceans and other animals that emanated from the waters. Colonists ate large quantities of turtle, and it was an exportable delicacy for Europe. Cod, in both fresh and salted form was enjoyed, with the salted variation created for long storage.

Lobsters proliferated in the waters as well, and were extremely common in the New England diet. Cod and Lobster were so common in the diet, that some often complained about how often they dined on it. The highest quality cod was usually dried, however, and exported to the Mediterranean in exchange for fruits not grown in the American colonies.

A number of vegetables grew in the northern colonies, which included turnips, onions, cabbage, carrots, parsnips, along with a number of beans, pulses and legumes.

These vegetables kept well through the colder months in storage. Other vegetables grew which were salted or pickled for preservation, such as cucumbers.

As control over the northern colonies' farming practices came from the seasons, fresh greens consumption occurred only during the summer months.

Pumpkins & gourds were other vegetables that grew well in the northern colonies; often used for fodder for animals in addition to human consumption. In addition to the vegetables, a large number of fruits were grown seasonally.

Fruits not eaten in season often saw their way into preservation methods like jam, wet sweetmeats, dried or cooked into pies that could freeze during the winter months. Prior to the revolution New Englanders consumed large quantities of rum and beer as they had relatively easy access of the goods needed to produce these items from maritime imports.

Rum was the distilled spirit of choice as the main ingredient; molasses was readily available from trade with the West Indies. Further, into the interior, one would often find colonists consuming whiskey, as they did not have similar access to the sugar cane. They did have ready access to corn & rye, which they used to produce their whiskey.

However, up until the Revolution many considered whiskey to be a coarse alcohol unfit for human consumption, as many believed that it caused the poor to become raucous and unkempt drunkards.

One item that was important to the production of beer that did not grow well in the colonies however was hops. Hops only grew wild in the New World, as such, importation from England & elsewhere became essential to beer production.

In addition to these alcohol-based products produced in America, imports were seen on merchant shelves, including wine and brandy.

### **Southern colony variations**

In comparison to the northern colonies, the southern colonies were quite diverse in their agricultural diet. Unlike the colonies to the north, the southern colonies did not have a central region of culture. The uplands and the lowlands made up the two main parts of the southern colonies. The slaves & poor of the south often ate a similar diet, which consisted of many of the indigenous New World crops. Salted or smoked pork often supplement the vegetable diet. Rural poor often ate squirrel, possum, rabbit and other woodland animals.

Those on the *rice coast* often ate ample amounts of rice, while the grain for the rest of the southern poor and slaves was cornmeal used in breads and porridges. Wheat was not an option for most of those that lived in the southern colonies.

The diet of the uplands often included cabbage, string beans, white potatoes, while most avoided yams and peanuts. Non-poor whites in the uplands avoided crops imported from Africa because of the inferred inferiority of crops of the African slaves. Those who could grow or afford wheat often had biscuits on their table for breakfast, along with healthy portions of pork. Salted pork was a staple of any meal, as it used in the preparations of vegetables for flavor, in addition to its direct consumption as a protein.

The lowlands, which included much of the Arcadian French regions of Louisiana and the surrounding area, included a varied diet heavily influenced by Africans and Caribbeans, rather than just the French. As such, rice played a large part of the diet as it played a large part of the diets of the Africans and Caribbean.

In addition, unlike the uplands, the lowlands subsistence of protein came mostly from coastal seafood and game meats. Much of the diet involved the use of peppers, as it still does today. Interestingly, although the English had an inherent disdain from French foodways, as well as many of the native foodstuff of the colonies, the French had no such disdain for the indigenous foodstuffs. In fact, they had a vast appreciation for the native ingredients and dishes.

### **20th century – 21st century**

American cuisine reflects the history of the United States, blending the culinary contributions of various groups of people from around the world, including indigenous American Indians, African Americans, Asians, Europeans, Pacific Islanders, South Americans.

Early Native Americans utilized a number of cooking methods in early American cuisine that have been blended with early European cooking methods to form the basis of what is now American cuisine. The European settlement of the Americas introduced a number of ingredients, spices, herbs, and cooking styles to the continent.

The various styles of cuisine continued expanding well into the 19th & 20th centuries, proportional to the influx of immigrants from many different nations; this influx nurtured a rich diversity in food preparation throughout the country.

One characteristic of American cooking is the fusion of multiple ethnic or regional approaches into completely new cooking styles. The cuisine of the South has been heavily influenced by immigrants from Africa, France, and Mexico, among others. Asian cooking has played a particularly large role in American fusion cuisine. Similarly, while some dishes considered typically American many have their origins in other countries, American cooks and chefs have substantially altered them over the years, to the degree that the dish as now enjoyed the world over may even be considered American. Hot dogs and hamburgers are both based on traditional German dishes, brought over to America by German immigrants to the United States.

But in their modern popular form they can be reasonably considered American dishes. Many companies in the American food industry develop new products requiring minimal preparation, such as frozen entrees. Some corporate kitchens (General Mills, Campbell's, Kraft Foods) develop consumer recipes featuring their company's products. Many of these recipes have become very popular. For example, the General Mills Betty Crocker's Cookbook, first published in 1950 and currently in its 10th edition, is commonly found in American homes.

### **Regional cuisine**

Given the United States' large size it has numerous regional variations. The United States' regional cuisine is characterized by its extreme diversity and style with each region having its own distinctive cuisine.



New England is the most northeastern region of the United States, including the six states of Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont. The region consists of a heritage linking it to Britain.

The Native American cuisine became part of the cookery style that the early colonists brought with them. The style of New England cookery originated from its colonial roots, that is to say practical, frugal and willing to eat anything other than what they were used to from their British roots. Much of the cuisine started with one-pot cookery, which resulted in such dishes as succotash, chowder, baked beans, and others.

Lobster is an integral ingredient to the cuisine, indigenous to the shores of the region. Other shellfish of the coastal regions include little neck clams, sea scallops, blue mussels, oysters, soft shell clams & razor shell clams. Much of this shellfish contributes to New England tradition, the clambake. The clambake as known today is a colonial interpretation of a Native American tradition. The fruits of the region include the *Vitis labrusca* grapes used in grape juice made by companies such as Welch's, along with jelly, Kosher wine by companies like Mogen David and Manischewitz along with other wineries that make higher quality wines. Apples from New England include the original varieties. Cranberries are another fruit indigenous to the region.

During the Progressive Era (1890s-1920s) food production and presentation became more industrialized. Major railroads featured upscale cuisine in their dining cars.

Restaurant chains emerged with standardized decor and menus, most famously the Fred Harvey restaurants along the route of the Santa Fe Railroad in the Southwest. At the universities nutritionists and home economists taught a new scientific approach to food.

During World War I the Progressives' moral advice about food conservation was emphasized in large-scale state & federal programs designed to educate housewives.

Large-scale foreign aid during and after the war brought American standards to Europe. One characteristic of American cooking is the fusion of multiple ethnic or regional approaches into completely new cooking styles. Hamburgers and hot dogs from German cuisine, spaghetti and pizza from Italian cuisine became popular. Since the 1960s Asian cooking has played a particularly large role in American fusion cuisine. Similarly, some dishes that are typically considered American have their origins in other countries. American cooks & chefs have substantially altered these dishes over the years, to the degree that the dishes now enjoyed around the world are considered to be American.

Hot dogs and hamburgers are both based on traditional German dishes, but in their modern popular form they can be reasonably considered American dishes.

Pizza is based on the traditional Italian dish, brought by Italian immigrants to the United States, but varies highly in style based on the region of development since its arrival (*Chicago* style has focus on a thicker, more bread-like crust, whereas a *New York Slice* is known to have a much thinner crust); these types can be advertised throughout the country and are generally recognizable/well-known (so far as to import New York City tap water from a thousand miles away to recreate the signature style in other regions).

Many companies in the American food industry develop new products requiring minimal preparation, such as frozen entrees. Many of these recipes have become very popular. A wave of celebrity chefs began with Julia Child and Graham Kerr in the 1970s, with many more following after the rise of cable channels like Food Network.

Trendy food items in the 2000s & 2010s (albeit with long traditions) include doughnuts, cupcakes, macaroons, and meatballs. The fruits of the region include the *Vitis labrusca* grapes used in grape juice made by companies such as Welch's, along with jelly, Kosher wine by companies like Mogen David and Manischewitz along with other wineries that make higher quality wines.

New England



Pacific and Hawaiian cuisine



Cuisine in the West



Hawaii is often considered to be one of the most culturally diverse U.S. states, as well as being the only state with an Asian majority population. As a result, Hawaiian cuisine borrows elements of a variety of cuisines, particularly those of Asian and Pacific-rim cultures, as well as traditional native Hawaiian. Some notable Hawaiian fare includes seared ahi tuna, opakapaka (snapper) with passionfruit, Hawaiian island-raised lamb, beef and meat products, Hawaiian plate lunch, and Molokai shrimp and seafood caught fresh in Hawaiian waters. Some cuisine also incorporates a broad variety of produce and locally grown agricultural products, including tomatoes, strawberries, mushrooms, sweet maui onions, and tropical fruits including papayas, mangoes, lilikoi (passionfruit) and lychee. Midwestern cuisine covers everything from barbecue to the Chicago-style hot dog. The cuisine of the American South has been influenced by the many diverse inhabitants of the region, including Americans of European descent, Native Americans & African Americans.

The cuisine of the American South, along with the rest of its culture, is one of the most distinct in all of the country. Cooking in the American West gets its influence from Native American and Mexican cultures, other European settlers into the part of the country.

Common dishes vary depending on the area. For instance, the Northwest relies on local seafood, while in the Southwest, Mexican flavors are extremely common. The demand for ethnic foods in the United States reflects the nation's changing diversity as well as its development over time. Driven by consumer demand, the ethnic food market reached record sales in 2012, and has emerged as the fastest growing category in the food and beverage product sector.

Minorities in the U.S. spend a combined \$142 bn on food and by 2015, America's ethnic population is expected to grow by 40 %. A movement began during the 1980s among popular leading chefs to reclaim America's ethnic foods within its regional traditions, where these trends originated. Another major breakthrough, whose originators were once thought to be crazy, is the mixing of ethnic cuisines. It is not at all uncommon to find raw fish listed next to tortillas on the same menu. Ethnic crossovers occur when distinct elements meet in a single recipe. This country is, after all, a huge melting pot. Why should its cooking not illustrate the American transformation of diversity into unity?

Puck's former colleague, Jeremiah Tower became synonymous with California Cuisine and the overall American culinary revolution. Meanwhile, the restaurant that inspired both Puck and Tower became a distinguished establishment, popularizing its so called *mantra* in its book by Paul Bertolli and owner Alice Waters. The book embraced America's natural bounty, specifically that of California, while containing recipes that reflected Bertoli and Waters' appreciation of both northern Italian and French style foods.

The United States is a rich and varied blend of peoples, religions, cultures, this diversity is reflected in its cuisine. Succeeding waves of immigrants, including those arriving on the United States' shores today. They have brought new culinary traditions & adapted them to the ingredients, kitchens, and customs they found in their new homeland – ever expanding what is called *American food*. Despite the rise in popularity of many other ethnic cuisines, it is Chinese and Italian restaurants that dominate this field.

Chinese cooks who arrived to cook for their countrymen working on the railroad in the West didn't have much to work with, but they threw together little bits of meat & vegetables in their large pans. As this type of cooking spread across the country, a whole new cuisine emerged: Chinese-American, replete with Egg Rolls, Wonton Soup, Fried Rice, Chicken Chow Mein, and Spare Ribs.

A bit later came the big one: Italian-American food. The real triumph of the cuisine is in the U.S. home – where pizza, lasagna, manicotti, meatballs, veal parmigiana, play a tremendously vital role in the everyday fare of U.S. citizens.

When the Harris Public Opinion Poll asked Americans to choose foods which they think of as typically American, hamburgers and cheeseburgers (29%), apple pie (20%) & hot dogs (13%) topped the list. The only other two foods mentioned by significant numbers were barbecue (9%) & fried chicken (7%).

When asked by Food & Wine magazine and America Online what the quintessential American food was, most Americans picked a burger & fries (67%) over fried chicken (16%), hotdogs (14%) and ice-cream sundaes (4%).

**Exercise 1. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 2. Add some information & make up a small report and give a talk in class.**



Exercise 3. Transfer the given information from the passages onto a table.

№	Activity			
	Dish	Where	When	Score
1.				



**Active vocabulary**

Famous, American food, cuisine, influence, a variety of foods, a variety of places, traditional foods, native, to be prepared, boiled, heritage, to include.



## FOOD TALK

Food has provided many idioms to the English language. Here are just a few examples:

**To sow wild oats** – to have a good time as a young person before settling down to adult responsibilities. "Like many young men, John wanted to *sow some wild oats* after graduating from college."

**From soup to nuts** – everything imaginable

"The bridal shop has *everything from soup to nuts* when it comes to weddings".

**To be a peach!** – to be great!

"My friend Susan was *a peach* to lend me ten dollars when I found I didn't have enough money for lunch".

**Peachy keen** – fantastic.

"All the kids agreed that the movie was *peachy keen*."

**To separate the wheat from the chaff** – to separate the good from the bad, or the useable from the useless."The revised evaluation process was designed to *separate the wheat from the chaff*."

**To work for peanuts** - to have a low salary.

"Tired of *working for peanuts*, Tom applied for and obtained a better job."

**Sour grapes** - resentment and jealousy.

"Some people reacted negatively to Maureen's promotion, but she thought that it was just *sour grapes*."

**A lemon** – an automobile breaking down because of poor workmanship.

"Convinced that his car was a *lemon* when it broke down for the third time in a month, Bill decided to return it to the dealer from whom he bought it."

**To have your cake and eat it, too** – a desire to have something both ways at once.

"Margaret, who enjoyed the convenience of living with her parents but longed for the independence of living in her own apartment, finally accepted the fact that she could not *have her cake and eat it, too*."

**Crying over spilled milk** – pointless regret over something that cannot be changed.

"Nicholas was upset that he had overslept and missed his job interview, but he decided that it was pointless *to cry over spilled milk*."

**To spill the beans** – to unwittingly reveal information.

"Tiffany had planned a surprise party for her husband's birthday, but her sister *spilled the beans* by mentioning it to him when she saw him at the market."

**To bring home the bacon** – to support one's family adequately.

"One of the reasons why Anne's parents approved of her new husband was the fact that he really *brought home the bacon*."

**Apple of one's eye** – a source of enormous pride.

"Her new baby is the *apple of Marion's eye*."

**As easy as pie** – very easy.

"Nicholas had expected to have great difficulty in learning the rules of American football, but he was surprised to find that it was *as easy as pie*."

**Cream of the crop** – the best.

"These puppies are the *cream of the crop*", said the breeder.

**A finger in every pie** – involved in everything, often to the annoyance of others.

"The new boss irritated some employees by seeming to want to *have a finger in every pie*."

**Cool as a cucumber** – maintaining calm in difficult circumstances.

"Debbie was nervous when the examination began, but her friend Sarah was *as cool as a cucumber*".

**Cup of tea** – something that appeals to one's personal taste.

"Peter declined the invitation to play cards, saying it just wasn't *his cup of tea*."

**To use your noodle** – to use your brain, i.e., think.

"It wouldn't seem so hard if you just *use your noodle*", the teacher told the student.

**To butter up** – to flatter.

"When Sylvia constantly praised her supervisor, some of her co-workers thought that she was just trying to *butter him up*."

**To go bananas** – to lose one's composure.

"Tony was worried that his parents would *go bananas* when they found out that he had put a dent in their car."

**Like taking candy from a baby** – an absurdly easy task.

"The dishonest salesman was so good at cheating customers that it was almost *like taking candy from a baby*."

**To bear fruit** – to succeed.

"The Wright brothers worked diligently on their aeronautical research for years, confident that their hard work would eventually *bear fruit*."

**Two peas in a pod** – exactly alike.

"Barry and his brother Gary looked so much alike that people often told them they were *like two peas in a pod*."

**To eat humble pie** – to admit a mistake.

"The arrogant scientist had to *eat humble pie* when his efforts to invent a better rocket fuel caused an explosion."

**In a nutshell** – briefly summarized.

"*In a nutshell*, the overall position of the company has improved greatly in the past year", said the company president as he began his speech to the board of directors.

**In the soup** – in trouble.

"Rachel knew if she did not finish her project on time, she would be *in the soup*".

**In a pickle** – in a difficult situation.

"Bob was *in a pickle* when his car broke down in a pouring rainstorm".

**Big enchilada** – an important person.

"Elizabeth's election as president of her sorority confirmed the opinion of her friends that she was *a big enchilada*".

**Cauliflower ear** – an ear deformed by friction.

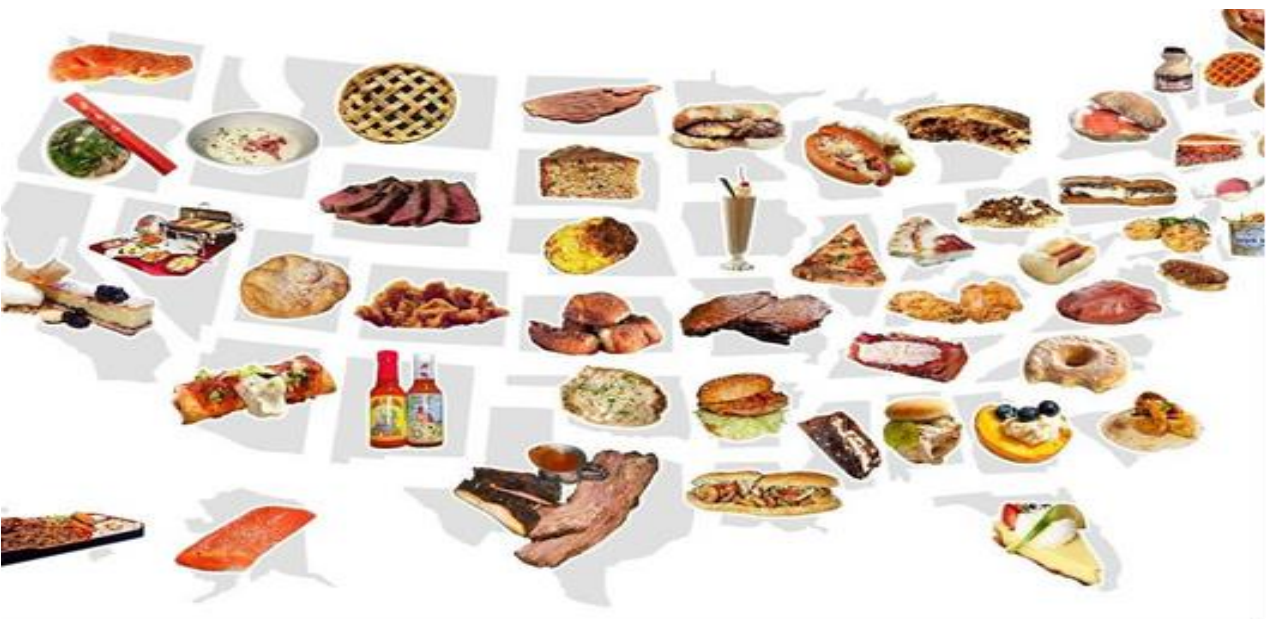
"The wrestling coach insisted that his wrestlers always wear headgear, in order to avoid developing *cauliflower ears*."

**Flat as a pancake** – very flat.

"The Great Plains are often described *as flat as a pancake*".

**Nutty as a fruitcake** – very eccentric or bizarre.

"The elderly man's behavior became so unusual that some of his neighbors considered him to be *as nutty as a fruitcake*".



The Best things you can eat in every state

## CUISINE OF CANADA

Canadian cuisine varies widely from region to region. Generally, the traditional cuisine of English Canada is closely related to British & American cuisine, while the traditional cuisine of French Canada has evolved from French cuisine & the winter provisions of fur traders. The basis of both groups is traditionally on seasonal, fresh ingredients, preserves.

The cuisine includes a lot of baked foods, wild game, and gathered foods. Prepared foods were still a novelty for recent rural generations, so there are some that are well-loved to the point of obsession, which have come to dominate suburban diets. However, home-made, warming, and wholesome remain key adjectives in what Canadians consider their cuisine. The cuisine of the western provinces is heavily influenced by German, Ukrainian, Polish, and Scandinavian cuisine. Noteworthy is the cuisine of the Doukhobors: Russian-descended vegetarians.

Canadian Chinese cuisine is widespread across the country, with variation from place to place. The Chinese smorgasbord, although found in the U.S. and other parts of Canada, had its origins in early Gastown, Vancouver c.1870 and resulted from the many Scandinavians working in the woods and mills around the shantytown getting the Chinese cook to put out a steam table on a sideboard, so they could *load up* and leave room on the dining table (presumably for *drink*).

The traditional cuisine of The Arctic and the Canadian Territories is based on wild game and Inuit and First Nations cooking methods. The cuisines of Newfoundland & the Maritime provinces derive mainly from British and Irish cooking, with a preference for salt-cured fish, beef, and pork. British Columbia also maintains British cuisine traditions.

Today many Canadians will identify foods as being uniquely *Canadian* largely on the basis of such items being uncommon in the United States. Foods enjoyed in both countries, such as fast food and popular restaurant cuisine, will often be described as simply *North American* dining. Modern Canadian cooking represents these diverse origins, as well as the many other immigrant cultures that have made the country their home.

As such, most home cooks in Canada have assimilated new ingredients and recipes from around the world into the more traditional favorites. At the forefront of Canadian cuisine is the fusion of modern culinary techniques and uniquely Canadian ingredients, such as wild blueberries and saskatoon berries, fiddleheads, mussels, caribou, bison, salmon, wild rice, maple syrup and locally produced wine, beer, ice wine and cheeses.

**Exercise 1. Give the main idea of the text in some English sentences.**

**Exercise 2. Explain the Native American Influence.**

Information about Native American cuisine comes from a great variety of sources. Modern day native peoples retain a rich body of traditional foods, some of which have become iconic of present-day Native American social gatherings (for example, frybread).

Foods like cornbread are known to have been adopted into the cuisine of the United States from Native American groups. In other cases, documents from the early periods of contact with European, African, and Asian peoples allow the recovery of food practices which passed out of popularity in the historic period (Black Drink).

Archaeological techniques have allowed for the understanding of other culinary practices or preferred foods which did not survive into the written historic record.

**Exercise 3. Analyze the Ukrainian-Canadian cooking.**

Ukrainian settlers from Galicia and Bukovyna arrived in Canada in the late 1890s.

Many of the ingredients they had been used to cooking with (such as wheat flour, barley, rye, cabbage, and root vegetables) could be grown in their new land, but others could not. Although the parklands of the Prairie Provinces were fertile, they were much further north & higher in altitude than the settlers' old homeland, the growing season were consequently much shorter.

This made the cultivation of crops such as buckwheat, plums, grapes, nuts, poppies difficult if not impossible. The shorter growing season also meant that the traditional spring & autumn festivals meant to celebrate the beginning and end of the growing season often fell in the dead of winter.

In addition, the semi-arid climate reduced the amount of honey and mushrooms available. The settlers adapted to local conditions, substituting available ingredients for those not obtainable. Dried fruit such as prunes and raisins were used instead of fresh; short-season vegetables such as tomatoes and peppers were incorporated into recipes.

Meats such as turkey, goose, duck, and local species of fish were originally used in substitution for pork, as there were initially few pork producers.

Later on, the immense amount of beef available on the Western Canadian (the Alberta) market and its correspondingly low price meant that Ukrainian cooks were more likely to cook with beef than with pork or, especially, lamb. Attempts, many successful, were made to cultivate traditional ingredients such as poppy seed, honey, mushrooms; once the settlers had begun to sell their grain crops & had ready cash, they often imported these items from further east as well. These changes are evidenced in Ukrainian Canadian cuisine. Cabbage rolls or holubtsi may be made from parboiled or from pickled cabbage leaves – both fresh and pickled whole cabbage is available in almost all supermarkets on the Prairies – but the most common filling is a mixture of ground beef and rice, with pork a less common substitute.

The rolls are cooked in a tomato sauce which may be flavoured with peppers.

Perogies (the standard Canadian English word for varenyky) are filled with a combination of potato, onion, and Canadian-made cheeses such as Cheddar, Colby, or Monterey Jack, but are rarely filled with fruit or grains. The popularity of perogies reaches far beyond the Ukrainian Canadian community; most supermarkets carry a dozen or more different kinds of mass-produced frozen perogies, they are a common side dish. Borsch may be beet-based or tomato-based. Desserts are less likely to be made primarily from ground nuts, and may instead be made from plain flour. Ukrainian sausage (known as *kubasa*) is heavily seasoned with garlic and Hungarian paprika and is used both in home cooking, restaurant cooking, even fast food.

**Exercise 4. Answer the questions.**

1. Where were Ukrainian settlers in Canada in the late 1890s? 2. Where were many of the ingredients they had been used to cooking with grown? 3. What made the cultivation of crops difficult if not impossible? 4. What did the shorter growing season also mean? 5. How did the settlers adapted to local conditions? 6. What was used instead of fresh fruit? 7. What was originally used in substitution for pork? 8. What was made to cultivate traditional ingredients? 9. Were these changes evidenced in Ukrainian Canadian cuisine? 10. How did Ukrainian Canadian cuisine change? 11. How Ukrainian Canadian cuisine differ from ours? 12. Does the popularity of perogies reache far beyond the Ukrainian Canadian community?



**Exercise 5. Define the African Influence.**

Though often forgotten, there were African slaves present in Latin America. They brought along many of their traditions and techniques. They were often given less desired cuts of meat, including shoulder and intestines. Menudo, for example, was derived out the Spaniards giving the slaves cows' intestines. Slaves developed a way to clean the offal and season it to taste. Slaves in the southern United States also did the same thing to the pig's intestines given to them. In South America, the slaves tended to receive the scraps of food the landlords did not eat, and by mixing what they got they usually ended coming up with new plates that nowadays have been adopted into the cuisine of their respective nation (Such being the case with the Peruvian tacu-tacu).

**Exercise 6. Pay attention to the European Influence.**

The Europeans brought forth their own styles of food, but quickly adapted several of the many fruits and vegetables of the Americas into their own cuisines. Europe itself had been influenced by other cultures, such as with the Moors in Spain, and thus their food was already a mix of their world. Yet, the "New World" that the Americas were provided for a nice exchange of culinary knowledge between the civilizations across the globe. Even though the European influence for Latin American cuisine mainly comes from Spain, other cuisines like those of France, Italy, Germany, and England also made a small but nevertheless unique impact on Latin American cuisine.

**Exercise 7. Give the essence of the Asian Influence.**

A wave of immigrants from Asia, such as China, also drastically changed the cuisine of Latin America. The Chinese brought with them their own spices and food-styles, something that the people of Latin America accepted into their tables. Not only that, but several Asian restaurants also adapted a whole lot of Latin American food-styles into their own. This case can clearly be seen in the Peruvian chifa.

**Exercise 8. Summarize the information briefly in English.**







## CARIBBEAN CUISINE

Caribbean cuisine is a fusion of African, Amerindian, British, Spanish, French, Dutch Indian cuisines. These traditions were brought from the many homelands of this region's population. In addition, the population has created from this vast wealth of tradition many styles that are unique to the region.

Seafood is one of the most common cuisine types in the islands, though this is certainly due in part to their location. Each island will likely have its own specialty. Some prepare lobster or conch, while others prefer certain types of fish or sharks.

For example, the island of Barbados is known for its *flying fish*, while Trinidad and Tobago is known for its cascadura fish and crab. In actuality, the conch fritter is hardly unique to Key West. Conch is a hugely popular food in The Bahamas and Belize as well, where fritters are also made (with minor differences) by creating a batter of the chopped meat, seasonings and dough, and then deep fried.

The concept is highly informal, and in some cases the relationship between a given territory or people and certain typical foods may seem vague. Typical dishes can vary from region to region. The use of the term *national dish* does not always imply the existence of present borders or a *nation* in today's legal sense or borders; e.g. *rusti* is the national dish in German-speaking Switzerland and *fondue* is in French-speaking Switzerland, although the political integrity of the Swiss state is undisputed.

Similarly, countries can share a national dish, because they share a common history and/or language. A typical dish and one increasingly common outside of the area is *jerk* seasoned meats, commonly chicken. It is a unique, spicy flavor, reminiscent of Louisiana Creole cuisine, but still quite distinct from it.

Curry goat & chicken are eaten throughout the Anglophone Caribbean islands, penetrating much further into the Caribbean than have the Indians who introduced them to the region over 150 years ago, most notably in Trinidad and Tobago and Guyana.

Haitian, Guadeloupean & other French Caribbean cuisine, is very similar in employing fried goat meat along with chicken and duck. Rice is a prime food eaten with various sauces and beans. Another Caribbean mainstay is rice, but you'll find the rice on each island may be a little different. Some season their rice, or add peas and other touches – like coconut. Sometimes the rice is yellow, but other times it is part of a dish. Though it comes in many forms, it is a common side dish throughout the region.

A local version of Caribbean Goat Water stew has been chosen as the official national dish of Montserrat and is also one of the signature dishes of St. Kitts and Nevis. It is a tomato-based stew, made with goat meat, breadfruit, green pawpaw (papaya), dumplings (as *droppers*).

Another popular dish in the Anglophone Caribbean is called *Cook-up*, or Pelau, a dish which combines variations of meats like chicken, beef, pig tail, saltfish and vegetables with rice and pigeon peas. Callaloo is a soup-like dish containing leafy vegetables and okra amongst others, widely distributed in the Caribbean, with a distinctively mixed African and indigenous character. Meanwhile, the Spanish-speaking islands of the Caribbean tend to prefer more savory spices to these sharper flavors. Lime & garlic are more common on Cuba than pimento (or *allspice*). Other common flavors throughout the region include cinnamon and nutmeg.

Many plains are on this continent, which are rich for growing food in abundance. In the Patagonia south of Chile & Argentina, many people produce lamb & venison. King crab is typically caught at the southern end of the continent.

**Exercise 1. Specify the cuisines of the Americas.**

**Exercise 2. Analyze the text and answer the question: What is Caribbean cuisine like?**

**Exercise 3. Specify the North America and South America cuisine.**

North American cuisine is a term used for foods native to or popular in countries of North America, as with Canadian cuisine, Cuisine of the United States, Cuisine of Mexico.

It has influences from many international cuisines, including Native American cuisine and European cuisine. The cuisines of nearby Central America and the Caribbean region – sometimes grouped with the North American continent – may be considered part of North American cuisine in the technical sense that they are not assigned to their own continents. The richest products of South America come from the middle of the continent, the Amazonia. In countries like Peru there is a strong influence of the Inca and their cuisine. Potatoes are frequently grown as a result of this, and also plants such as quinoa. Lima itself was declared the *Gastronomic Capital of the Americas* in 2006.

On the Southern tip of South America lies the Pacific Ocean, which provides a large array of seafood. Many plains also are on this continent, which are rich for growing food in abundance. In the Patagonia south of Chile and Argentina, many people produce lamb and venison. King crab is typically caught at the southern end of the continent. Antarctic krill has just recently been discovered and is now considered a fine dish. Tuna and tropical fish are caught all around the continent, but Easter Island is one place where they are found in abundance. Lobster is caught in great quantities from Juan Fernandez.

Tuna and tropical fish are caught all around the continent, but Easter Island is one place where they are found in abundance. Lobster is also caught in great quantities from Juan Fernandez. In Brazil the most traditional dish is the feijoada.

**Exercise 4. Specify the main features of the cuisine of Argentina & Brazil & Chile.**

The cuisine of Argentina is distinctive in South America because of its strong resemblance to Italian, Spanish, French and other European cuisines rather than the other Latin American cuisines. Indigenous gastronomies derived from groups such as the Quechua, Mapuche, and Guarani have also played a role. Another determining factor in Argentine cuisine is that Argentina is one of the world's major food producers.

It is a major producer of meat (especially beef), wheat, corn, milk, beans, and since the 1970s, soybeans. Given the country's vast production of beef, red meat is an especially common part of the Argentine diet. The cuisine of Brazil, like Brazil itself, varies greatly by region. Brazilian cuisine can be divided into several distinct locations.

From the north of Brazil through the Amazonian jungle, and directly down the Brazilian coastline. This diversity reflects the country's mix of native Amerindians, Portuguese, Africans, Italians, Spaniards, Germans, Syrians, Lebanese and Japanese among others. This has created a national cooking style marked by the preservation of regional differences.

Chilean cuisine stems from the combination of traditional indigenous cuisines prepared by the populations living in the region such as the Mapuche of Chile and the arrival of the Spanish in the 16<sup>th</sup> century.

Further European immigration also brought with them various styles and traditions in cooking heavily influencing the cuisine of Chile such as the Italians and Germans. These mixtures have created a fusion. Seafood is widely used and an array of produce which historically has grown throughout the region have been implemented into Chilean gastronomy. Many recipes are accompanied and enhanced by wine such as curanto.

**Exercise 5. Define the essence of the Cuisine of Colombia & Costa Rica.**

The cuisine of Colombia consists of a large variety of dishes that take into account the difference in regional climates. In the city of Medellín the typical dish is the bandeja paisa. Most people in Medellín don't eat it but people in other cities and countries eat it often. It includes beans, rice, ground meat or carne asada, chorizo, fried egg, arepa chicharrón.

It is usually accompanied by avocado, tomato and sauces.

Inland, the plates resemble the mix of cultures, inherited mainly from Amerindian and European cuisine, and the produce of the land mainly agriculture, cattle, river fishing and other animals' raising. Such is the case of the sancocho soup in Valledupar, the arepas (corn-based bread like patty). Local species of animals like the guaratinaja, part of the wayuu Amerindian culture. Costa Rican cuisine is known to have reliance on fresh fruits and vegetables. The main staple, known as Gallo Pinto, consists of rice & black beans, which in many households is eaten at all three meals during the day.

Other Costa Rican food staples include corn tortillas, white cheese and picadillos.

Tortillas are used to accompany most meals. Costa Ricans will often fill their tortillas with whatever they are eating and eat it in the form of a gallo (direct translation: rooster, however, it resembles a soft Mexican taco). White cheese is non-processed cheese that is made by adding salt to milk in production. Picadillos are meat and vegetable combinations where one or more vegetables are diced, mixed with beef and garnished with spices.

Common vegetables used in picadillos are potatoes, green beans, squash, ayote, chayote and arracache. Often, picadillos are eaten in the form of gallos.

**Exercise 6. Characterize the Cuisine of Cuba & Guatemala.**

*Cuban cuisine* is a fusion of Spanish, African and Caribbean cuisines. Cuban recipes share spices and techniques with Spanish and African cooking, with some Caribbean influence in spice and flavor. A small, but noteworthy, Chinese influence can be accounted for, mainly in the Havana area. Cuban cuisine has almost nothing in common with Mexican cuisine, which is a surprise for many visitors from the United States or Europe. It differs from other Latin American cuisines and food traditions of the United States.

The *cuisine of Guatemala* reflects the multicultural nature of Guatemala, in that it involves food that differs in taste depending on the region. Guatemala has 22 departments (or divisions), each of which has very different typical foodstuffs.

Guatemalan cuisine is widely known for its candy originating from Antigua Guatemala – it is very popular when tourists visit the country for the first time, and is a great choice in the search for new and interesting flavors. Fiambre, a traditional dish eaten on November 1st and 2nd. It consists of over 50 ingredients. There are also foods that it is traditional to eat on certain days of the week –by tradition it is known that on Thursday, the typical food is *paches* which is like tamale made with a base of potato, and on Saturday it is traditional to eat tamales.

**Exercise 7. Transfer the given information from the passages onto a table.**

№	Activity			
	Dish	Where	When	Score
1.				

**Exercise 8. Render the main characteristics of the Cuisine of Honduras & Haiti.**

**Honduran Cuisine** combines the food of the indigenous Maya-Lenca population with Spanish food. Its most notable feature is that it uses more coconut than any other Central American cuisine in both sweet and savory dishes. Regional specialties include fried fish, carne asada, and baleadas. In addition to the baleadas, also are popular: The meat roasted with chismol carne asada, chicken with rice and corn, fried fish (Yojoa style) with pickled onions and jalapeños. In the coastal areas and in the Bay Islands, seafood and some meats are prepared in many ways, some of which include coconut milk.

Among the soups the Hondurans enjoy are: Conch soup, Bean soup, Mondongo Soup, or soup of intestine, Seafood soups, Beef Soups, all of which are mixed with plaintains, yucca, cabbage among other things, and complemented with corn tortillas.

Other typical dishes are the montucas or corn tamale, stuffed tortillas, tamales wrapped up with banana leaves, among other types of food. It is also part of the Honduran typical dishes an abundant selection of tropical fruits such as: Papaya, pineapple, plums, zapotes, passion fruits, and bananas which are prepared in many ways while they are still green. All of which makes of the Honduran cuisine something really different, delicious and especial. Soft drinks or beer are often drunk with dinner or lunch.

**Haitian cuisine** is a mixture of various cuisines, predominately of a similar nature with fellow Latin American countries. It employs similar techniques with the rest of the Caribbean with influences from French, Spanish, and African cuisines, and a few derivatives from native Taino cooking. Though similar to other cuisine in the region, it carries a uniqueness native only to the country and an appeal to many visitors in the island.

Haitian cuisine uses vegetables and meats extensively and peppers and similar herbs are often used for strengthening flavor. Haitian cuisine tends to be very good to eat. Some examples of Haitian food are; bouillon, sauce pois, legume.

**Exercise 9. Generalize the essence of cuisine in Mexico.**

Mexican cuisine is known for its intense and varied flavors, colorful decoration, and variety of spices. Mexican culture and food is one of the richest in the world, both with respect to diverse and appealing tastes and textures; and in terms of proteins, vitamins, and minerals. Though not a verified claim, some people consider Mexican cuisine to be the second most varied and vast in the world (after Chinese cuisine).

Most of today's Mexican food is based on pre-Hispanic traditions, including the Aztecs and Maya, combined with culinary trends introduced by Spanish colonists. Mexican food varies by region, because of local climate & geography and ethnic differences among the indigenous inhabitants and because these different populations were influenced by the Spaniards in varying degrees. A distinction must be made between truly authentic Mexican food, *Tex Mex* (Texan-Mexican) cuisines.



**Exercise 10. Define the main features of Nicaragua & the Dominican Republic Cuisine.**

The **Cuisine of Nicaragua** is as diverse as its inhabitants. It is a fusion of Spanish, Caribbean and pre-Columbian dishes of the Indigenous peoples. When the Spaniards first arrived in Nicaragua they found that the indigenous people present had incorporated foods available in the area into their cuisine. Despite the blending and incorporation of pre-Colombian and Spanish influenced cuisine, traditional cuisine changes from the Pacific to the Caribbean coast. While the Pacific coast's main staple revolves around fruits and corn, the Caribbean coast makes use of seafood and the coconut.

As in many other Latin American countries, corn is a main staple. Corn is used in many of the widely consumed dishes, such as nacatamal, and indio viejo. Corn is an ingredient for drinks such as pinolillo and chicha as well as in sweets and desserts.

Nicaraguans do not limit their cuisine to corn, local grown vegetables and fruits have been in use since before the arrival of the Spaniards and their influence on Nicaraguan cuisine.

Many of Nicaragua's dishes include fruits and vegetables such as jocote, grosella, mimbro, mango, papaya, tamarind, pipian, banana, avocado, yuca, herbs such as culantro, oregano & achiote.

Gallopinto is Nicaragua's national dish, it consists of red beans and rice. The dish has several variations including the addition of coconut oil and/or grated coconut which is primarily prepared on Nicaragua's Caribbean coast. It is thought to have originated in Nicaragua, however there is some controversy about the origins of this dish.

The **Cuisine of the Dominican Republic** is primarily a mixture of Spanish, and African cuisine, as well as some Taino Indian influence. The country that is now the Dominican Republic was formerly a Spanish colony. Many Spanish traits are still present, food is included. Traditional dishes in the Dominican Republic remain essentially Spanish, but ingredients and flavors have changed to reflect the ingredients available in the average Dominican household. Dominican cuisine differs in some respects from other parts of the West Indies and spicing of dishes is much more on the mild side. What Dominicans tend to eat depends highly on where they live, near the sea or in the mountains.

**Exercise 11. Describe the Cuisine of Panama & Uruguay & Venezuela.**

**Panamanian cuisine** has its own unique and rich cuisine. As a land bridge between two continents, Panama is blessed by nature with an unusual variety of tropical fruits, vegetables and herbs that are used in native cooking. Also, as a crossroads of the world, Panama's cuisine is influenced by its diverse population of Hispanic, native Indian, European, African and even Chinese migrations.

The **cuisine of Uruguay** is traditionally based on its European roots. Mediterranean foods, especially from Italy, Spain, France and Germany. Many foods from those countries such as pasta, sausages, and desserts are common in the nation's diet. The Uruguayan barbecue, asado, is one of the most exquisite and famous in the world. A sweet paste, Dulce de Leche is the national obsession, used to fill cookies, cakes, pancakes, milhojas, and alfajores.

Due to its territory, its diversity of agricultural resources and the cultural multiplicity of the **Venezuelan people**, Venezuelan cuisine often varies greatly from one region to another but its cuisine, traditional as well as modern, has strong ties to its European ancestry (Italian, Spanish, French).

**Exercise 12. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 13. Add some information & make up a small report and give a talk in class.**



**Exercise 14. Describe the Cuisine of Peru.**

**Peruvian cuisine** is considered one of the most diverse in the world and is on par with French, Chinese and Indian cuisine. In January 2004, The Economist said that "Peru can lay claim to one of the world's dozen or so great cuisines", while at the Fourth International Summit of Gastronomy Madrid Fusión 2006, regarded as the world's most important gastronomic forum, held in Spain between January 17th and 19<sup>th</sup>, Lima was declared the *Gastronomic Capital of the Americas*.

Thanks to its pre-Inca and Inca heritage and to Spanish, Basque, African, Sino-Cantonese, Japanese and finally Italian, French and Britain immigration (mainly throughout the 19<sup>th</sup> century), Peruvian cuisine combines the flavors of four continents.

With the eclectic variety of traditional dishes, the Peruvian culinary arts are in constant evolution, and impossible to list in their entirety. Suffice it to mention that along the Peruvian coast alone there are more than two thousand different types of soups, that there are more than 250 traditional desserts.

There are many restaurants specializing in Peruvian cuisine in many different cities throughout the world. The great variety in Peruvian cuisine stems from three major influences: Peru's unique geography, 84 of the 104 possible life zones according to Holdridge.

Peru's openness and blending of distinct races and cultures. The incorporation of ancient cuisine into modern Peruvian cuisine.

**Exercise 15. Answer the questions.**

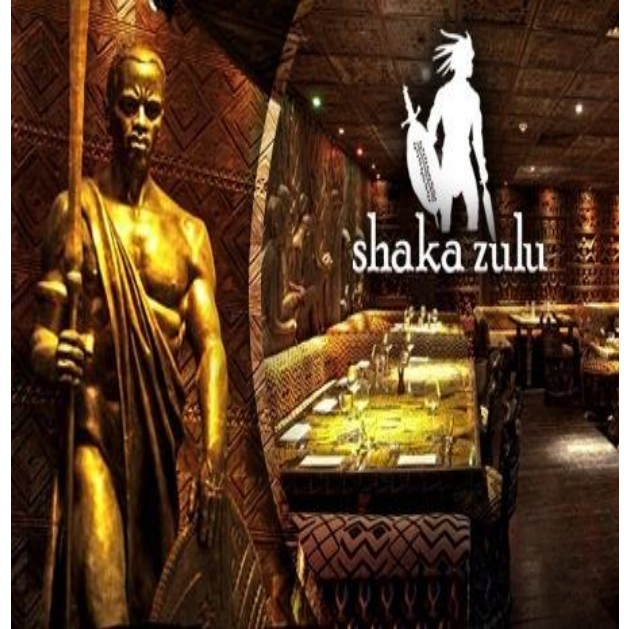
1. What main features are there in African cuisine? 2. How do the cuisines in different parts of Africa differ? 3. What are the specialties in various parts of Asia? 4. What are in the highlight of Chinese cuisine? 5. What is in the essence of the Japanese cuisine? 6. What are the characteristics of European cuisines? 7. What are eating habits of Asian people? 8. What are eating habits of European people? 9. What are eating habits of Chinese people? 10. What peculiarities of the Japanese cuisine are there? 11. What are distinctions between European and Asian cuisines? 12. Can you compare special features of African, Asian and European cuisines? 13. Can you compare various European cuisines? 14. What are special features of Indian cuisines? 15. Do you like the cuisine of Canada? 16. Can you define American cuisines?

**Exercise 16. Transfer the given information from the passages onto a table.**

No	Fruit	Score
1.		







## SAMPLE FAMOUS CUISINES AROUND THE WORLD

**African cuisine** reflects indigenous traditions, as well as influences from Arabs, Europeans, and Asians. The continent of Africa is the second largest landmass on the earth and is home to hundreds of tribes, ethnic and social groups.

This diversity is reflected in African cuisine, in the use of basic ingredients as well as in the style of preparation and cooking techniques. Traditionally, as in almost all cultures, the food of Africa uses a combination of locally available fruits, grains, and vegetables, milk and meat products. In some parts of Africa, the traditional African diet has a predominance of milk, curd, and whey. In much of tropical Africa however, cow's milk is rare and cannot be produced locally (owing to various diseases that affect livestock).

Yet, differences, sometimes significant, are noticeable in the eating and drinking habits across the continent of Africa – African food differs in different parts of Africa, East Africa, North Africa, West Africa, Southern Africa and Central Africa each have their own distinctive foods. They are very well known for their distinctive cooking styles.

### **Exercise 1. Analyze the African household.**

Traditional green vegetables occupy an important role in household nutrition throughout Africa as these are the main source of vitamins and provide variety to meals otherwise consisting of maize, cassava, yam, millet, beans and occasionally, meat stews.

These green African vegetables also provide a secondary source of proteins.

In general, green leaves and young stems are collected, washed, chopped and either steamed or boiled in combination with spices and other vegetables such as onions tomatoes.

The green vegetables have occupied an important role in traditional kitchen gardens in the rural areas throughout East Africa. Furthermore, these vegetables are now being grown and marketed, both in rural areas and urban consumption.

These vegetables are likely to become more important within urban gardens as well. Most African traditional greens are drought tolerant. Traditional foods provide a varied diet, often rich in minerals and vitamins including vitamin A, iron and calcium.

### **Exercise 2. Analyze the Cuisine of East Africa.**

The cuisine of **East Africa** varies from area to area. In the inland savannah, the traditional cuisine of cattle-keeping peoples is distinctive in that meat products are generally absent. Cattle, sheep and goats were regarded as a form of currency & a store of wealth, are not generally consumed as food. In some areas, traditional peoples consume the milk and blood of cattle, but rarely the meat.

In Uganda, steamed, green bananas called *matoke* provide the starch filler of many meals. Around 1000 years ago, the Arabs settled in the coastal areas of East Africa, Arabic influences are especially reflected in the Swahili cuisine of the coast – steamed cooked rice with spices in Persian style, use of saffron, cloves, cinnamon and several other spices, pomegranate juice. Several centuries later, the British and the Indians came, both brought with them their foods, like Indian spiced vegetable curries, lentil soups, chapattis & a variety of pickles. Just before the British and the Indians, the Portuguese had introduced techniques of roasting and marinating, as also use of spices turning the bland diet into aromatic stewed dishes. Portuguese also brought from their Asian colonies fruits like the orange, lemon and lime.

From their colonies in the New World, Portuguese brought exotic items like chiles, peppers, maize, tomatoes, pineapple, bananas, and the domestic pig – now, all these are part of East African and the African food.

**Exercise 3. Choose the keywords that best convey the gist of the information.**

**North Africa** lies along the Mediterranean Sea and encompasses within its fold several nations, including Morocco, Tunisia, Algeria and Egypt. This is a region marked by geographic, political, social, economic and cultural diversity, and the cuisine & the culinary style and art of North Africa are as diverse as the land, its people and its history.

The roots to North African cuisine can be traced back over 2000 years.

Over several centuries traders, travelers, invaders, migrants and immigrants all have influenced the cuisine of North Africa. The Phoenicians of the 1<sup>st</sup> century brought sausages, the Carthaginians introduced wheat and its byproduct, semolina. The Berbers, adapted this into couscous, one of the main staple diet.

Olives and olive oils were introduced before the arrival of the Romans. From the 7<sup>th</sup> century onwards, the Arabs introduced a variety of spices, like saffron, nutmeg, cinnamon, ginger and cloves, which contributed and influenced the culinary culture of North Africa.

The Ottoman Turks brought sweet pastries and other bakery products, and from the New World, North Africa got potatoes, tomatoes, zucchini and chiles. Most of the North African countries have several similar dishes, the same dish with a different name, with a slight change in ingredients and cooking style.

Sometimes, differences are noticeable – Moroccans relish full-bodied flavours, whereas Tunisians savour fiery dishes and Algerian cuisine is the most varied of North African cuisines.

**Exercise 4. Read the text and render its contents shortly in English.**

Cuisine of **South Africa** and the neighboring countries is sometimes called *rainbow cuisine* and rightly so as the cuisine of South Africa and the countries around them have largely become polyglot cuisines, having influences of indigenous Black people as well as several waves of immigrants which included Indians, Malaya, as well as Europeans.

Thus, the food here is a blend of many cultures – African, European and Asian. The Malay influence has brought spicy curries, chutneys, and pickled fish and curry-marinated pork or lamb kebabs, and variety of fish stews.

The Indians have introduced a different line of culinary practices, including a variety of sweets and savories. The Afrikaners have their succulent potjies or stews of maize with tomato and onion sauce, with or without rice. There are many European contributions like Dutch fried *crueler* or *koeksister* and milk pies. French Huguenots brought wines as well as their traditional recipes. During the pioneering days of the 19<sup>th</sup> century, new foods such as *biltong*, dried sausage and *rusks* evolved locally out of necessity.

The basic ingredients include seafood, meat products (including wild game), poultry, as well as grains, fresh fruits and vegetables.

Fruits include apples, grapes, mangoes, bananas and papayas, avocado, oranges, peaches and apricots. Desserts may simply be fruit, but there are some more western style puddings, such as the Angolan *Cocada amarela*, which was inspired by Portuguese cuisine. Meat products include lamb, and game like venison, ostrich, and impala. The seafood includes a wide variety such as crayfish, prawns, tuna, mussels, oysters, calamari, mackerel, and lobster. Last but not least, there are also several types of traditional and modern alcoholic beverages including many European-style beers.

**Exercise 5. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 6. Add some information & make up a small report and give a talk in class.**

**Exercise 7. Read the information & pick up the essential details in the form of quick notes.**



**Exercise 8. Render the main idea of the text briefly in English.**

A typical **West African** meal is heavy with starchy items, light on meat and generous on fat. Fufu, a semi-solid starchy mass similar to mashed potatoes or polenta, is served with soups and stews, such as egusi. Fufu is often made from starchy root vegetables such as yams, cocoyams, or cassava, but also from cereal grains or plantains.

Another characteristic is the hot spices, including peppers and chiles. Seeds of Guinea pepper (*Aframomum melegueta*; also called grains of paradise or melagueta pepper) a native West African plant, were used as a spice and even reached Europe, through North African middlemen, during the Middle Ages.

Centuries before the influence of Europeans, West African people were trading with the Arab world and spices like cinnamon, cloves, and mint were not unknown and became part of the local flavorings. Centuries later, the Portuguese, French and British influenced the regional cuisines, but only to a limited extent. However, as far as is known, it was European explorers who introduced the American Chile, or chili (*Capsicum*) to Africa sometime soon after Columbus sailed to America.

Thus, in essence, the local cuisine and recipes of **West Africa** continue to remain deeply entrenched in the local customs and traditions, with ingredients like rice, peanuts (another plant from the New World, similar to the Bambara groundnut and Hausa groundnut of Africa), black-eyed beans, brown beans, and root vegetables such as yams, cocoyams, sweet potatoes, and cassava (yet another American plant). Cooking is done in multiple ways: roasting, baking, boiling, frying, mashing, and spicing. A range of sweets and savories are prepared. Use of items introduced by colonizers are also not uncommon – like plantains, peppers and green peas, citrus fruits, and pineapples, which are legacy of slave ship traffic between Africa and the New World.

Cooking techniques of **West Africa** often combine fish and meat, including dried fish. Flaked and dried, fish is often fried in oil, and sometimes cooked in sauce made up with hot peppers, onions and tomatoes various spices and water to prepare a highly flavored stew. In some areas, beef and mutton are preferred, and chevon (goat meat) is the dominant red meat. It is common to have a preponderance of seafood & the seafood, as earlier stated, is sometimes mixed with other meat products.

Eggs and chickens are also preferred. As far as beverages, water has a very strong ritual significance in many West African nations (particularly in dry areas); water is often the first thing an African host will offer his/her guest. Palm wine is also a common beverage made from the fermented sap of various types of palm trees and is usually sold in sweet (less-fermented, retaining more of the sap's sugar) or sour varieties. Amala (a dish of processed yams) and Ewedu (a soup) are typically eaten by the Yoruba people.





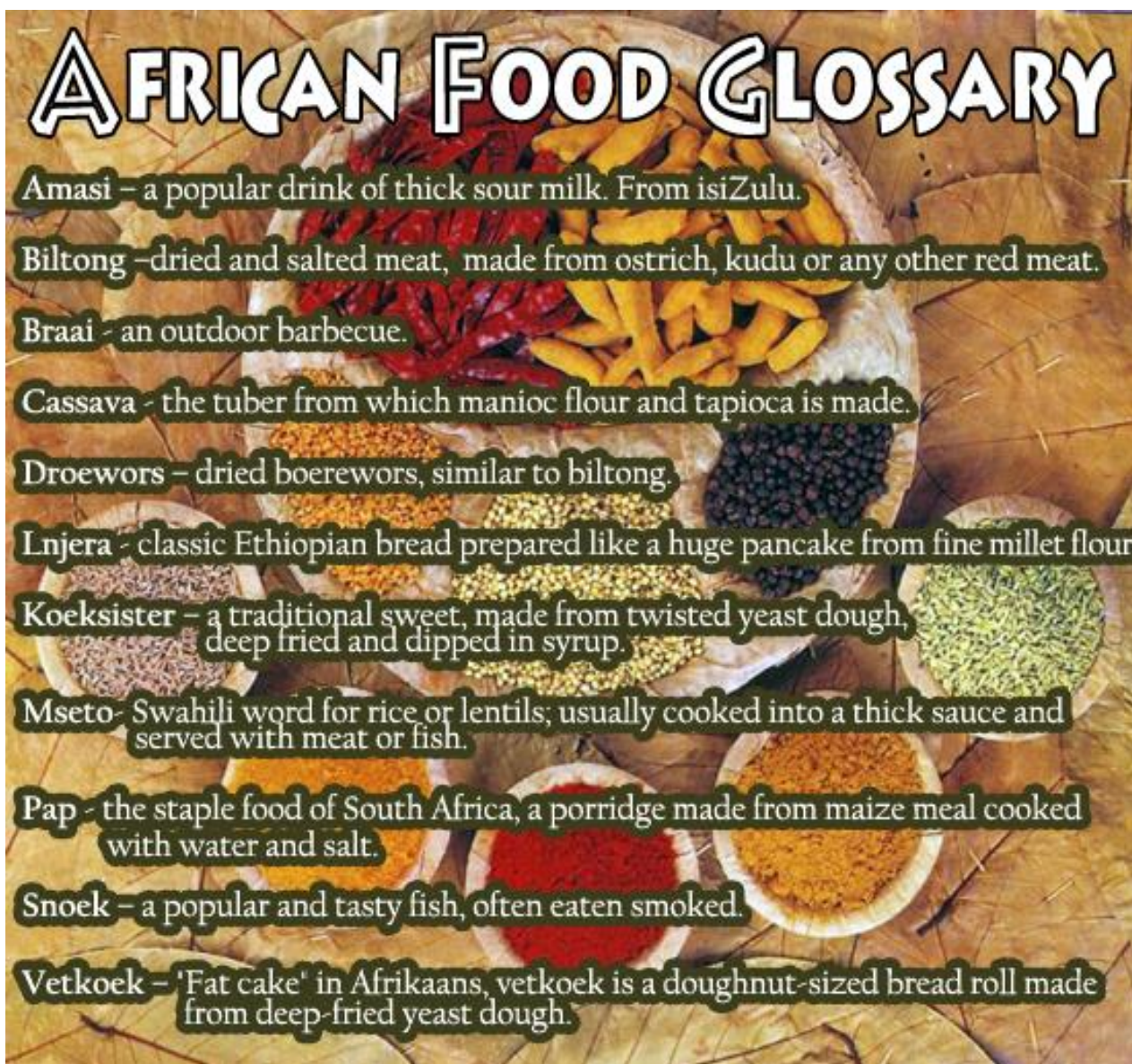
**Exercise 9. Make notes of your new knowledge about Central Africa Cuisine.**

**Central Africa** stretches from the Tibesti mountains in the north to vast rainforest basin of the Congo River, and has remained largely free of culinary influences of the outside world, until the late 19<sup>th</sup> century, with the exception of the widespread adaptation of cassava, peanut, and Chile pepper plants which arrived along with the slave trade during the early 1500s.

These foodstuffs have had a large influence on the local cuisine, perhaps less on the preparation methods. Central African cooking has remained mostly traditional.

Nevertheless, like other parts of Africa, Central African cuisine also presents an array of dishes. The basic ingredients are plantains and cassava. Fufu-like starchy foods (usually made from fermented cassava roots) are served with grilled meat and sauces.

The most traditional meats are those that are hunted in the forests. A variety of local ingredients are used while preparing other dishes like spinach stew, cooked with tomato, peppers, chiles, onions, and peanut butter. Cassava plants are also consumed as cooked greens. Groundnut (peanut) stew is also prepared, containing chicken, okra, ginger, and other spices. Another favorite is Bambara, a porridge of rice, peanut butter and sugar. Beef and chicken are favorite meat dishes, but game meat preparations containing crocodile, monkey, antelope and warthog, are also served occasionally.







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## UNIT II. ASIAN CATERING

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### INTRODUCTION

Asian cuisine is a term sometimes used in the West as an umbrella term for the various cuisines of East Asia and Southeast Asia and for fusion dishes based on combining them. It does not usually include Polynesian, Central Asia or Middle Eastern cuisine.

In the United Kingdom, the term *Asian cuisine* generally refers to the cuisine of South Asia, such as Indian cuisine, while in the USA, the term Asian Cuisine usually refers to cuisine from the countries of east Asia (particularly Chinese, Japanese, and Thai). The usual dining term is to go out for *Chinese food, sushi or Indian food*.

In much of Asia, the term does not include the country's native cuisines if it is used. For example, in Hong Kong and mainland China Asian cuisine is a general umbrella term for Japanese, Korean, Thai, Vietnamese, Malaysian & Singaporean, Indonesian, Indian cuisine, but importantly, Chinese regional cuisines are excluded.

Any Chinese regional cuisines will be referred to by their own names.

Chinese cuisine originated from the various regions of China and has become widespread in many other parts of the world – from East Asia to North America, Australia and Western Europe. Regional cultural differences vary greatly amongst the different regions of China, giving rise to the different styles of food. There are eight main regional cuisines: Anhui, Cantonese, Fujian, Hunan, Jiangsu, Shandong, Szechuan, and Zhejiang. There are also featured Buddhist and Muslim sub-cuisines within the greater Chinese cuisine.

*Asian cuisine* styles can be broken down into several regional styles that have roots in the peoples and cultures of those regions. The major types can be roughly defined as **East Asian** with its origins in Imperial China and now encompassing modern Japan and the Korean peninsula; **Southeast Asian** which encompasses the areas once found in the Khmer Empire including Cambodia, Laos, Thailand and Viet Nam as well as the countries of Brunei, Indonesia, Malaysia, and Singapore; **Southwest Asian** derived the states that once made up British India – Burma, India, Sri Lanka and Pakistan as well as several other countries in this region of the continent; **Central Asian** and **Middle Eastern**.

Ingredients common to many cultures in the east and southeast regions of the continent include rice, ginger, garlic, sesame seeds, chilies, dried onions, soy, and tofu.

Additionally, cooking methods such as stir frying, steaming and deep frying are also common across many of these cuisine styles. While rice is common to most Asian cuisines, different varieties are popular in the various regions; Basmati rice is popular in the subcontinent, Jasmine is often found across the southeast, while long-grain rice is popular in China and short-grain in Japan and Korea. Curry is a common dish in found in southern and Eastern Asia, however they are not as popular in eastern cuisines.

Those curry dishes with origins in India and other southwestern countries usually have a yogurt base while southeastern and eastern curries are generally use coconut milk as their foundation. The styles of cuisine found in traditional **East Asian** cuisines evolved with usage of oils, fats and sauces in the preparation of dishes. **Korean cuisine** has come to feature cooking methods such as sauteing and what is known in the west as barbecue.

## CHINESE CUISINE

China, with its massive population and widely distributed diaspora, has become possibly the most well known of the cuisines originating from this region of the world.

The cuisine found in China has its origins in what is known as the Eight Great Traditions; however its cuisine can be generalized into northern styles that feature oils and strong flavors derived from ingredients such as vinegar and garlic while southern styles tend to favor fresh ingredients that are lightly prepared. Japanese cuisine has become known for dishes such as sushi that focus on raw ingredients and deep fried dishes such as tempura.

Chinese cuisine originated from the various regions of China and has become widespread in many other parts of the world – from Asia to the Americas, Australia, Western Europe and Southern Africa. A meal in Chinese culture typically consists of two or more general components: a carbohydrate source or starch – typically rice, noodles, or mantou (steamed buns), accompanying dishes of vegetables, meat, fish, or other items.

This cultural conceptualization is in some ways in contrast to cuisines of Northern Europe and the USA, where meat or animal protein is often considered the main dish, and analogous to the one of most Mediterranean cuisines, based typically on wheat-derived components like pasta or cous cous.

Noodle is a critical part of much of Chinese cuisine. However, in many parts of China, particularly northern China, wheat-based products including noodles and steamed buns (such as mantou) predominate, in contrast to southern China where rice is dominant.

Despite the importance of rice in Chinese cuisine, at extremely formal occasions, sometimes no rice at all will be served; in such a case, rice would only be provided when no other dishes remained, or as a token dish in the form of fried rice at the end of the meal. Soup is usually served at the start of a meal and at the end of a meal in Southern China.

In contrast to most western meals, a Chinese meal does not typically end with a dessert. However, a sweet dish is usually served at the end of a formal dinner or banquet, such as sliced fruits or a sweet soup which is served warm.

In recent years, connoisseurs of Chinese cuisine have also sprouted in Eastern Europe and South Asia. American Chinese cuisine and Canadian Chinese food are popular examples of local varieties. Local ingredients would be adopted while maintaining the style & preparation technique. Regional cultural differences vary greatly amongst the different regions of China, giving rise to the different styles of food. There are eight main regional cuisines, or Eight Great Traditions. Occasionally, Beijing cuisine and Shanghai cuisine are cited along with the aforementioned eight regional styles as the Ten Great Traditions.

There are featured Buddhist and Muslim sub-cuisines within the greater Chinese cuisine, with an emphasis on vegetarian and halal-based diets respectively.

Chinese cuisine originated in China and has become widespread in many other parts of the world – from Asia to the Americas, Australia, Western Europe and Southern Africa. In recent years, connoisseurs of Chinese cuisine have also sprouted in Eastern Europe and South Asia. American Chinese cuisine and Indian Chinese cuisine are prominent examples of Chinese cuisine that has been adapted to suit local palates. Regional cultural differences vary greatly within China, giving rise to the different styles of food across the nation.

***Exercise 1. Analyze the information, which is in the highlight, and use it in practice.***

***Exercise 2. Add some information & make up a small report and give a talk in class.***

**Exercise 3. Explain eating utensils in Chinese culture.**

Chopsticks are the primary eating utensil in Chinese culture for solid foods, while soups and other liquids are enjoyed with a wide, flat-bottomed spoon (traditionally made of ceramic). It is reported that wooden chopsticks are losing their dominance due to recent logging shortfalls in China and East; many Chinese eating establishments are considering a switch to a more environmentally sustainable eating utensil, such as plastic or bamboo chopsticks. More expensive materials used in the past included ivory and silver. On the other hand, disposable chopsticks made of wood/bamboo have all but replaced reusable ones in small restaurants.

In most dishes in Chinese cuisine, food is prepared in bite-sized pieces, ready for direct picking up and eating. In traditional Chinese cultures, chopsticks are used at the table. Traditionally, Chinese culture considered using knives and forks at the table barbaric due to fact that these implements are regarded as weapons. It was also considered ungracious to have guests work at cutting their own food.

Fish are usually cooked and served whole, with diners directly pulling pieces from the fish with chopsticks to eat, unlike in some other cuisines where they are first filleted. This is because it is desired for fish to be served as fresh as possible, and more importantly, whole fish culturally signifies wholeness of things as it has a proper beginning (head) with an end (tail). It is common in many restaurant settings for the server to use a pair of spoons to divide the fish into servings at the table.

Chicken is another meat popular in Chinese meals. While the chicken is cut into pieces, and similar to serving fish every single piece of the chicken is served including gizzards and head in order to signify completeness.

In a Chinese meal, each individual diner is given his or her own bowl of rice while the accompanying dishes are served in communal plates (or bowls) that are shared by everyone sitting at the table. In the Chinese meal, each diner picks food out of the communal plates on a bite-by-bite basis with their chopsticks. This is in contrast to western meals where it is customary to dole out individual servings of the dishes at the beginning of the meal. Many non-Chinese are uncomfortable with allowing a person's individual utensils (which might have traces of saliva) to touch the communal plates.

**Exercise 4. Describe the main features of Chinese vegetarians.**

Vegetarianism is not uncommon or unusual in China, though, as is the case in the West, it is only practiced by a relatively small proportion of the population. Vegetarianism is only practiced by a relatively small fraction of the population.

Most Chinese vegetarians are Buddhists, following the Buddhist teachings about minimizing suffering. Chinese vegetarian dishes often contain large varieties of vegetables and some imitation meat. Such imitation meat is created mostly with soy protein and/or wheat gluten to imitate the texture, taste, and appearance of duck, chicken, or pork. Imitation seafood items, made from other vegetable substances such as konjac, are also available.

The Chinese vegetarians do not eat a lot of tofu, unlike the stereotypical impression in the West. Most Chinese vegetarians are Buddhists. Chinese vegetarian dishes often contain large varieties of vegetables (e.g. bok choy, shiitake mushroom, sprouts, corn) and some *imitated meat*. Such *imitated meat* is created mostly with soy and / or mianjin (better known as seitan in Japanese) to imitate the texture, taste, appearance of duck, chicken, or pork. Chinese Buddhist cuisine has many true vegetarian dishes that contain no meat at all.



**Exercise 5. Specify Chinese beverages.**

In traditional Chinese culture, cold beverages are believed to be harmful to digestion of hot food, so items like ice-cold water or soft drinks are traditionally not served at meal-time. Besides soup, if any other beverages are served, they would most likely be hot tea or hot water. Tea is believed to help in the digestion of greasy foods. Despite this tradition, nowadays beer and soft drinks are popular accompaniment with meals.

A popular combo in many small restaurants in parts of China is hot pot served with cold beer which is the very opposite of what traditional wisdom would admonish. Ideas from Chinese hierology, such as the four natures, influence the food combinations favored in traditional Chinese meals.

**Exercise 6. Emphasize styles of cuisine and cooking methods in the Southeast Asia.**

The styles of cuisine found in the **Southeast Asian** regions include a strong emphasis lightly-prepared dishes with a strong aromatic component that features such flavors as citrus and spices such as mint, cilantro and basil. Ingredients in the region contrast with the ones in the Eastern Asian cuisines, substituting fish sauces for soy sauce and the inclusion of ingredients such as galangal, tamarind and lemon grass.

**Cooking methods** include a balance of stir-frying, boiling and steaming. As these cultures grew outwards from their homelands, their cuisines were influenced by the styles and methods of both western and northern Asia. West Asian influence can be seen in the curry dishes and Indian spices, such as cardamom and cumin, that are found in cuisines throughout the southern countries; while Chinese influences, including traditional spices like coriander and star anise, can be tasted most noticeably in Vietnamese cuisine.

As European nations colonized the region, the influences of French, British and Dutch cuisine further altered the culinary landscape. One of the more widely known ingredients westerners brought to Asia was the chili pepper, originally from the Americas.

**Exercise 7. Make up a small report and give a talk in class.**





**Exercise 8. Characterize contemporary health trends.**

According to the United Nations Food and Agriculture Organization estimates for 2001-2003, 12% of the population of the People's Republic of China was undernourished.

The number of undernourished people in the country has fallen from 386.6 million in 1969-1971 to 150.0 million in 2001-2003.

Undernourishment is a problem mainly in the central and western part of the country, while "unbalanced nutrition" is a problem in developed coastal and urban areas. Decades of food shortages and rationing ended in the 1980s.

A study in 2008 showed that fat intake among urban dwellers had grown to 38.4 percent, beyond the 30 % limit set by the World Health Organization.

Excessive consumption of fats and animal protein has made chronic diseases more prevalent. As of 2008, 22.8 % of the population was overweight and 18.8 % had high blood pressure. The number of diabetes cases in China is the highest in the world. In 1959, the incidence of high blood pressure was only 5.9 %.

A typical Chinese peasant before industrialization would have eaten meat rarely and most meals would have consisted of rice accompanied with green vegetables, with protein coming from foods like peanuts and soy products. Fats and sugar were luxuries not eaten on a regular basis by most of the population. With increasing wealth, Chinese diets have become richer over time, consuming more meats, fats, and sugar.

Health advocates put some of the blame on the increased popularity of Western foods, especially fast food, and other culinary products and habits. While economic change has significantly reduced undernourishment, new health problems related to over consumption and poor dietary choices have increased significantly.

The incidence of nutrition-related disease and obesity, including obesity (especially among children) has risen dramatically in mainland China over the last 10-15 years. Health advocates put some of the blame on the increased popularity of Western foods, especially fast food, and other culinary products and habits.

Many Western, especially American, fast food chains have appeared in China, and are highly successful economically. An extensive epidemiological study called the China Project is being conducted to observe the relationship of disease patterns to diet, particularly the move from the traditional Chinese diet to one which incorporates more rich Western-style foods.

Controversially, Professor Colin Campbell has implicated the increased consumption of animal protein in particular as having a strong correlation with cancer, diabetes, heart disease, and other diseases that, while common in Western countries, were once considered rare in China. He suggests that even a small increase in the consumption of animal protein can dramatically raise the risk of the aforementioned diseases.

**Exercise 9. Analyze the information, which is in the highlight, and use it in practice.**

**Exercise 10. Transfer the given information from the passages onto a table.**

№	Activity			
	Health trends	Year	%	Score
1.				

## JAPANESE CUISINE

Japanese cuisine as a national cuisine has evolved over the centuries from many political and social changes. Starting from the ancient era when much of the cuisine was influenced by Chinese culture. The cuisine eventually changed with the advent of the Medieval age which ushered in a shedding of elitism with the age of Shogun rule.

Into the early modern area massive large changes would take place that would truly change when the modern era came and introduced western culture to Japan.

The modern term *Japanese cuisine* means traditional-style Japanese food, similar to what already existed before the end of national seclusion in 1868. In a broader sense of the word, it could include foods whose ingredients or cooking methods were subsequently introduced from abroad, but which have been developed by Japanese who made them their own. Japanese cuisine is known for its emphasis on seasonality of food quality of ingredients and presentation. Following the Jōmon period, Japanese society shifted from a semi-sedentary hunter-gatherer lifestyle to an agricultural society. This was the period in which rice cultivation began having been introduced by way of the Korean peninsula and directly from China. Short-grain rice has been the only type of rice grown in Japan which eventually created a prejudice against the long-grain rice of other Asian regions.

Rice was commonly boiled plain and called gohan or meshi, as cooked rice has since always been the preferred staple of the meal, the terms are used as synonyms for the word *meal*. Peasants often mixed millet with rice, especially in mountainous regions where rice did not proliferate. During the Kofun period much of Japanese civilization came from China by way of the Korean peninsula. As such Buddhism was a large influence on Japanese culture. After the 6th century, Japan directly pursued the imitation of Chinese culture under the Tang dynasty. It was this influence that marked the taboos on the consumption of meat in Japan. In 675 A.D.

Emperor Temmu decreed a prohibition on the consumption of cattle, horse, dogs, monkeys, and chickens during the 4<sup>th</sup>-9<sup>th</sup> months of the year, to break the law would mean a death sentence. Monkey was eaten prior to this time, but was eaten more in a ritualistic style for medicinal purposes. Chicken were often domesticated as pets, while cattle and horses were rare and treated as such. A cow or horse would be ritually sacrificed on the first day of rice paddy cultivation, a ritual introduced from China.

Emperor Temmu's decree however did not ban the consumption of deer or wild boar, which were important to the Japanese diet at that time. The 8<sup>th</sup> century saw many additional decrees made by emperors and empresses on the ban of killing of any animals.

In 752 A.D., Empress Kōken decreed a ban even on fishing, but made a promise that adequate rice would be given to fishermen whose livelihood would otherwise be destroyed. In 927 A.D. regulations were enacted that stated that any government official or member of nobility that ate meat, was deemed unclean for three days and could not participate in Shinto observances at the imperial court.



**Exercise 1. Describe chopsticks on a chopstick rest.**

It was also the influence of Chinese cultures that brought the chopsticks to Japan early in this period. Chopsticks at this time were used by nobility at banquets, they were not used as everyday utensils however, as hands were still commonly used to eat with. Metal spoons were also used during the 8th-9th century, but only by the nobility. Dining tables were also introduced to Japan at this time. Commoners used a legless table called a oshiki, while nobility used a lacquered table with legs called a zen. Each person used their own table. Lavish banquets for the nobility would have multiple tables for each individual based upon the number of dishes presented.

Upon the decline of the Tang dynasty in the 9<sup>th</sup> century, Japan made a move toward its individuality in culture and cuisine. The abandonment of the spoon as a dining utensil is one of the marked differences and commoners were now eating with chopsticks as well. Trade continued with China and Korea, but influence en mass from outside of Japan would not be seen again until the 19<sup>th</sup> century.

The 10<sup>th</sup> and 11<sup>th</sup> centuries marked a level of refinement of cooking and etiquette found in the culture of the Heian nobility. Court chefs would prepare many of the vegetables sent as tax from the countryside. Court banquets were common and lavish, garb for nobility during these events remained in the Chinese style which differentiated them from the plain clothes of commoners.

The dishes consumed post 9<sup>th</sup> century included grilled fish and meat, simmered food, steamed foods, soups made from chopped vegetables, fish or meat, jellied fish simmered with seasonings, sliced raw fish served in a vinegar sauce, vegetables, seaweed or fish in a strong dressing, and pickled vegetables that were cured in salt to cause lactic fermentation.

Oil and fat were avoided almost universally in cooking. Sesame oil was used, but rarely as it was of great expense to produce. Documents from the Heian nobility note that fish and wild fowl were common on the table along with vegetables. Their banquet settings consisted of a bowl of rice and soup, consumed via chopsticks and a spoon respectively, along with three seasonings which were salt, vinegar and hishio which was a fermentation of soybeans, rice, wheat, sake and salt. A fourth plate was present for mixing the seasonings to desired flavor for dipping their food into.

The four types of food present at a banquet consisted of dried foods, fresh foods, fermented or dressed food, and desserts. Dried fish and fowl were thinly sliced (ex. salted salmon, pheasant, steamed and dried abalone, dried and grilled octopus), while fresh fish, shellfish and fowl were sliced raw in vinegar sauce or grilled (ex. carp, sea bream, salmon, trout, pheasant). Kubotsuki consisted of small balls of fermented sea squirt, fish or giblets along with jellyfish. Desserts would've included Chinese cakes, and a variety of fruits and nuts including pine nuts, dried chestnuts, acorns, jujube, pomegranate, peach, apricot, persimmon and citrus. The meal would be ended with sake.



### ***Exercise 2. Convey the features of Kamakura period***

The Kamakura period marked a large political change in Japan. Prior to the Kamakura period, the samurai were guards of the landed estates of the nobility.

The nobility having lost control of the Japanese countryside fell under the militaristic rule of the peasant class samurai with a military government being set up in 1192 in Kamakura giving way to the period. Once the position of power had been exchanged, the role of the court banquets changed.

The court cuisine which had prior to this time emphasized flavor and nutritional aspects, changed to a highly ceremonial and official capacity. Minamoto Yoritomo, the first shogun punished other samurai who followed the prior showy banquet style of the nobility. The shogun banquet, called *ōban* was attended by military leaders from the provinces. The *ōban* originally referred to a luncheon on festival days attended by soldiers and guards during the Heian period and as such was attached to the warrior class.

The menu usually consisted of dried abalone, jellyfish *aemono*, pickled ume called *umeboshi*, salt and vinegar for seasoning and rice. Later in the period, the *honzen ryōri* banquet became popularized. The cuisine of the samurai came distinctly from their peasant roots. The meals prepared emphasized simplicity while being substantial.

Specifically the cuisine avoided refinement, ceremony and luxury and a shedding of all further Chinese influence. One specific example is the change from wearing traditional Chinese garb to a distinct clothing style that combined the simplistic clothing of the common people. This style evolved into the kimono by the end of the Middle Ages.

The Buddhist vegetarian philosophy strengthened during the Kamakura period as it began to spread to the peasants. Those who were involved in the trade of slaughtering animals for food and/or leather came under discrimination. Those practicing this trade were considered in opposition to the Buddhist philosophy of not taking life, while under the Shinto philosophy they were considered defiled. This discrimination eventually intensified to the creation of a separate caste.

### ***Exercise 3. Reproduce the features of modern era.***

Japanese cuisine is based on combining staple foods, typically rice or noodles, with a soup, and dishes made from fish, meat, vegetable, tofu and the like, designed to add flavor to the staple food. These are typically flavored with dashi, miso, soy sauce and are usually low in fat and high in salt. A standard Japanese meal generally consists of several different *okazu* accompanying a bowl of cooked white Japanese rice, a bowl of soup and some pickles.

The most standard meal comprises three *okazu* and is termed *one soup, three sides*.

Different cooking techniques are applied to each of the three *okazu*; they may be raw (*sashimi*), grilled, simmered (boiled), steamed, deep-fried, vinegared, or dressed.

This Japanese view of a meal is reflected in the organization of Japanese cookbooks, organized into chapters according to cooking techniques as opposed to particular ingredients (meat, seafood). There may be chapters devoted to soups, sushi, rice, noodles, and sweets.

As Japan is an island nation its people eat much seafood. Meat-eating has been rare until fairly recently due to restrictions placed upon it by Buddhism.

However, strictly vegetarian food is rare since even vegetable dishes are flavored with the ubiquitous dashi stock, usually made with dried skipjack tuna flakes. An exception is vegetarian dishes developed by Buddhist monks. However, the advertised dishes usually available at public eating places includes some non-vegetarian elements.

**Exercise 4. Render common rice dishes found on a national level.**

Noodles are an essential part of Japanese cuisine usually as an alternative to a rice-based meal. Soba (thin, grayish-brown noodles containing buckwheat flour) and udon (thick wheat noodles) are the main traditional noodles and are served hot or cold with soy-dashi flavorings. Chinese-style wheat noodles served in a meat stock broth known as ramen have become extremely popular over the last century.

There are many staple foods that are considered part of the nation's national cuisine today. Below are lists of a few of the more common dishes available in Japan on a national level. The rice (gohanmono) most often served in Japan is of the short-grain Japonica variety. In a traditional Japanese setting (e.g. served in a conic bowl) it is known as gohan or meshi, generally only males say meshi). In western-influenced dishes, where rice is often served on the plate (such as curries) it is called raisu (after the English word "rice".) Other rice dishes include Kayu or Okayu, donburi (big bowl) and Sushi.

Noodles (men-rui) often takes the place of rice in a meal. However, the Japanese appetite for rice is so strong that many restaurants even serve noodles-rice combination sets. Common noodle dishes found on a national level

**Bread** (the word *pan* is derived from the Portuguese pão) is not native to Japan and is not considered traditional Japanese food, but since its introduction in the 19<sup>th</sup> century it has become common. Common breads found on a national level

There are many dishes that are considered part of the nation's national cuisine today.

Below are lists of a few of the more common dishes available in Japan on a national level. Grilled and pan-fried dishes, stewed/simmered dishes, stir-fried dishes, steamed dishes, deep-fried dishes, sashimi, soups, pickled, salted, and dressed foods. Common Japanese Sweets and snacks found on a national level: Japanese-style sweets, old-fashioned Japanese-style sweets, Western-style sweets, sweets bread etc.

**Exercise 5. Pick out the point of the matter of imported and adapted foods.**

Japan has incorporated imported food from across the world (mostly from Asia, Europe and to a lesser extent the Americas), and have historically adapted many to make them their own. Foods imported from Portugal in the 16<sup>th</sup> century.

Other adapted cuisines in Japan. Japan today abounds with home-grown, loosely western-style food. Many of these were invented in the wake of the 1868 Meiji restoration and the end of national seclusion, when the sudden influx of foreign (in particular, western) culture led to many restaurants serving western food, known as yōshoku, a shortened form of seiyōshoku lit. Western cuisine, opening up in cities.

Restaurants that serve these foods are called yōshokuya. Western cuisine restaurants. Many yōshoku items from that time have been adapted to a degree that they are now considered Japanese and are an integral part of any Japanese family menu. Many are served alongside rice and miso soup, and eaten with chopsticks. Yet, due to their origins these are still categorized as yōshoku as opposed to the more traditional washoku.





**Exercise 6. Describe traditional table settings.**

The traditional Japanese table setting has varied considerably over the centuries, depending primarily on the type of table common during a given era. Before the 19th century, small individual box tables (*hakozen*) or flat floor trays were set before each diner. Larger low tables (*chabudai*) that accommodated entire families were becoming popular by the beginning of the 20<sup>th</sup> century, but these gave way to western style dining tables and chairs by the end of the 20<sup>th</sup> century.

Traditionally, the rice bowl is placed on the left and the soup bowl on the right. Behind these, each *okazu* is served on its own individual plate. Based on the standard three *okazu* formula, behind the rice and soup are three flat plates to hold the three *okazu*; one to far back left, one at far back right, and one in the center. Pickled vegetables are often served on the side but are not counted as part of the three *okazu*.

Chopsticks are generally placed at the very front of the tray near the dinner with pointed ends facing left and supported by a chopstick rest, or *hashioki*.

**Exercise 7. Explain the Dining etiquette**

It is customary to say *itadakimasu* (lit. *I shall receive*) before starting to eat a meal, and *gochisōsama deshita* (*That was a feast*) to the host after the meal and the restaurant staff when leaving. Before eating, most dining places will provide either a hot towel or a plastic wrapped wet napkin. This is for cleaning of the hands prior to eating and not after. It is rude to use them to wash the face or any part of the body other than the hands.

The rice or the soup is eaten by picking the relevant bowl up with the left hand and using chopsticks with the right. Bowls of soup, noodle soup, *donburi* or *ochazuke* may be lifted to the mouth but not white rice. Soy sauce is not usually poured over most foods at the table; a dipping dish is usually provided. Soy sauce is, however, meant to be poured directly onto tofu and grated daikon dishes.

In particular, soy sauce should never be poured onto rice or soup. Blowing one's nose at the table is considered extremely offensive. Noodles are slurped.

Chopsticks are never left sticking vertically into rice, as this resembles incense sticks during offerings to the dead. Using chopsticks to spear food, to point, or especially to pass food into someone else's chopsticks is also frowned upon. It is also very bad manners to bite on your chopsticks. When taking food from a communal dish, unless they are family or very close friends, turn the chopsticks around to grab the food; it is considered more sanitary. If sharing with someone else, move it directly from one plate to another; passing food from one pair of chopsticks to another is a funeral rite.

It is customary to eat rice to the last grain. This is a common mistake that visiting business people make. Even in informal situations, drinking alcohol starts with a toast (*kanpai*) when everyone is ready. It is not customary to pour oneself a drink; but rather, people are expected to keep each other's drinks topped up. When someone moves to pour your drink you should hold your glass with both hands and thank them. In Japanese tradition some dishes are strongly tied to a festival or event. In some regions every 1st and 15<sup>th</sup> day of the month people eat a mixture of rice and adzuki (*azuki meshi*).

Sake is a rice wine that typically contains 12-20% alcohol and is made by multiple fermentation of rice. At traditional meals, it is considered an equivalent to rice and is not simultaneously taken with other rice-based dishes. Side dishes for sake is particularly called *sakana* or *otsumami*. *Shochu* is a distilled version of sake.



**Exercise 8. Characterize regional cuisine.**

Japanese cuisine offers a vast array of regional specialties known as *Kyōdo Ryōri* in Japanese, many of them originating from dishes prepared using traditional recipes using local ingredients. While "local" ingredients are now available nationwide, and some originally regional dishes such as *okonomiyaki* and Edo-style sushi have spread throughout Japan and is no longer considered as such, many regional specialties survive to this day, with some new ones still being created.

Regionalism is also apparent in many dishes which are served throughout Japan such as *zoni* soup. For example, the dashi-based broth for serving *udon* noodles is heavy on dark soy sauce, similar to *soba* broth, in eastern Japan, while in western Japan the broth relies more on the complex dashi-flavoring, with a hint of light soy sauce.

**The following is a list of ingredients found in Japanese cuisine**

Rice, beans, eggs, flour, fruits, *fu* (wheat gluten), meats, mushrooms, noodles

**Many types of Seafood are part of Japanese cuisine.**

Seafood, finned fish, sea mammals, shellfish, crab (*Kani*), roe, processed seafood, seaweed, soy products, vegetables.

**Exercise 9. Specify foreign food.**

Foods from other countries vary in their authenticity. Many Italian dishes are changed, however Japanese chefs have preserved many Italian seafood oriented dishes that are forgotten in other countries. These include pasta with prawns, lobster (an Italian specialty known in Italy as *pasta all'aragosta*), crab (another Italian specialty, in Japan is served with a different species of crab) and pasta with sea urchin sauce (the sea urchin pasta being a specialty of the Puglia region of Italy).

Japanese rice is usually used instead of indigenous rice (in dishes from Thailand, India, Italy, etc.) or including it in dishes when originally it would not be eaten with it (in dishes like hamburger, steak, omelets, etc.).

In Tokyo, it is quite easy to find restaurants serving authentic foreign cuisine. However, in most of the country, in many ways, the variety of imported food is limited; for example, it is rare to find pasta that is not of the spaghetti or macaroni varieties in supermarkets or restaurants; bread is very rarely of any variety but white; and varieties of imported cereal are also very limited, usually either frosted or chocolate flavored.

*Italian restaurants* tend to only have pizza and pasta on their menus. Interestingly for Italian visitors, the cheaper Italian places in Japan tend to serve the American version of Italian foods, which often vary wildly from the version you might find in Italy or in other countries. Hamburger chains include locations such as McDonald's, First Kitchen, Lotteria and MOS Burger. Many chains developed uniquely Japanese versions of American fast food such as *teriyaki burger*, *kinpira rice burger*, green-tea milkshakes and fried shrimp burgers.



**Exercise 10. Describe cuisine outside Japan.**

Many countries have imported portions of Japanese cuisine. Some may adhere to the traditional preparations of the cuisines, but in some cultures the dishes have been adapted to fit the palate of the local populace. Japanese cuisine is an integral part of food culture in Hawaii in the United States. Popular items are sushi, sashimi and teriyaki.

Kamaboko, known locally as fish cake, is a staple of saimin, a noodle soup invented in and extremely popular in the state. Sushi, long regarded as quite exotic in the west until the 1970s, has become a popular health food in parts of North America, Western Europe and Asia. Kamaboko is popular street food in South Korea, where it is known as eomuk or odeng. It is usually boiled on a skewer in broth and often sold in street restaurant carts where they can be eaten with alcoholic beverage, especially soju.

Taiwan has adapted many Japanese food items. Taiwanese versions of tempura, only barely resembling the original (tianbula) is a famous staple in night markets in northern Taiwan. Taiwanese versions of oden is known locally as Oren or Kwantung stew, after the Kansai name for the dish. Skewered versions of oden is also a common convenience store item in Shanghai where it is known as aódiǎn. Ramen, of Chinese origin, has been exported back to China in recent years where it is known as ri shi la mian (*Japanese lamian*). Popular Japanese ramen chains serve ramen alongside distinctly Japanese dishes such as tempura and yakitori, something which would be seen as odd in Japan.

Ramen has also gained popularity in some western cities in part due to the success of the Wagamama chain, although they are quite different from Japanese ramen. Instant ramen, invented in 1958, has now spread throughout the world, most of them barely resembling Japanese ramen.

**Exercise 11. Explain the features of Southwest Asia cuisine.**

The cuisine of *Southwest Asia* has roots in several regions and cultures, including Persia, Turkey, and the Middle East as well practices taken from the Hindu beliefs practiced by the large population found in the region. Nan, a type of flat bread from the former regions is a common part of meals to be had in many parts of Southwest Asia. Foods in this area of the world are known for their use of hot peppers, black pepper, cloves, and other strong spices along with the flavored butter ghee. Common meats include lamb, goat and chicken; beef is not very common because of the tenets of the Hindu faith prohibit its consumption. Other staples include rice, chapati made from wheat and barley, and beans.



## MONGOLIAN CUISINE

The traditional Mongolian Cuisine primarily consists of dairy products and meat. The nomads of Mongolia sustain their lives directly from the products of their animals (horses, cattle, yaks, camels, sheep, goats). Meat is either cooked, used as ingredient for soups or dumplings, or dried for winter (*Borts*). Milk and cream are used to make a variety of beverages, as well as cheese and similar products.

The Mongolian diet includes a large proportion of animal fat. While this would lead to health problems in an industrialized society, it is necessary for the Mongols to withstand the cold winters and their hard work. Winter temperatures as low as -40 °C and outdoor work require sufficient energy reserves.

The nomads on the countryside are self-supporting by principle. Travellers will find yurts marked as *Guanz* in regular intervals near the roadside, which operate as simple restaurants. Cooking in the yurt normally happens in a wok on a small stove, using wood or dried animal dung (*argal*) as heating material.

The most common rural dish is cooked mutton, often without any other ingredients. In the city, every other locale displays a sign saying *buuz*. Those are dumplings filled with meat, which are cooked in steam. Other types of dumplings are boiled in water (*Bansh*), or deep fried in mutton fat (*Khuushuur*). Other dishes combine the meat with rice or fresh noodles into various stews (*tsuivan*, *budaatai huurga*) or soups (*lapsha*). The most surprising cooking method is only used on special occasions. In this case, the meat (often together with vegetables) gets cooked with the help of stones, which have been preheated in a fire. This either happens with chunks of mutton in a sealed milk can (*Khorkhog*), or within the stomach cavity of a deboned marmot or goat (*Boodog*).

Milk is boiled to separate the cream (clotted cream). The remaining skimmed milk is processed into cheese (*Byaslag*), dried curds (*Aaruul*), yoghurt, kefir, as well as a light milk liquor (*Shimiin Arkhi*). The most prominent national beverage is airag, fermented mare's milk. A popular cereal is barley, which is fried and malted.

The resulting flour (*arvain gulir*) is eaten as a porridge in milk fat and sugar or drunk mixed in milk tea. The everyday beverage is salted milk tea (*Süütei Tsai*), which may turn into a robust soup by adding rice, meat, or *Bansh*. As a consequence of the Russian influence during socialism, vodka has gained some popularity with a surprising number of local brands (usually grain spirits). A guest entering a yurt will always be given something to eat. It is extremely rude to reject the offer, but it isn't necessary to empty the bowl either.

Taking a small bite or a sip satisfies the etiquette, and the rest may be returned without difficulty. An empty bowl will be refilled immediately. Food (as well as other items) are always passed and received with the right hand, while the left hand touches the right elbow for symbolical support.





**Exercise 1. Characterize the traditional Mongolian Cuisine.**

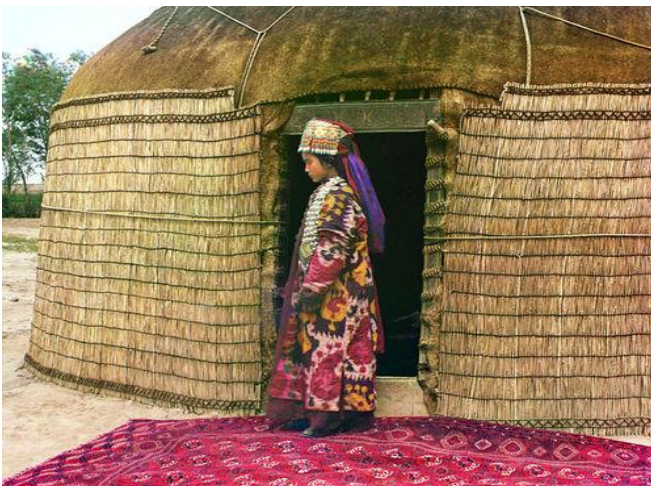
**Exercise 2. Render some misunderstandings.**

Some restaurants in East Asia, Europe, and North America offer a type of cuisine called *Mongolian barbecue*. Their staff will stir fry all kinds of ingredients (typically of East Asian origin) in front of the customer on a large heated steel or stone plate.

Although one such locale, BD's Mongolian Barbeque, has opened even in Ulaanbaatar (ironically the first American chain to open in Mongolia), neither the ingredients nor the cooking method has anything in common with Mongolian cuisine.

Rather, they are inspired by the Japanese teppanyaki. Another deceptive meal is the *Beef Mongolian* sold in many Western restaurants. The narrowly sliced beef is stewed in a mixture of Eastern Asian flavour. Mongolia is also often named as the region of origin for the hot pot, although with little scientific evidence. Both the preparation method and the required equipment are unknown in Mongolia today. Especially the latter is much better suited for a sedentary culture. In a nomadic household, less specialized tools are preferred, to save volume and weight during migration. Some sources claim that the old Mongols under Genghis Khan had placed pieces of meat under their saddles to tenderize them by the pressure, instead of cooking them – whence *steak tartare*.

While they may indeed have sometimes placed meat under their saddles, they didn't do so for culinary reasons, but to protect the back of their horses from getting chafed by the saddle. The historical form of food for travel was the same back then as it is today, the dried and ground meat Borts, dried curds and malted dry cereal cooked in milk.



## PAKISTAN CUISINE

Pakistan cuisine is often spicy and also known for its richness. It is a distinct blend of foods from Afghanistan and Iran with strong culinary influences from the Middle East.

Central and West Asian cuisines were brought more than 500 hundred years ago, fused with the already indigenous South Asian cuisine found in the Indus Valley and the Punjab. The food can also vary greatly from region to region within Pakistan, reflecting the country's ethnic, cultural and culinary diversity. The cuisine in Sindh and the Punjab can be very hot and spicy, and is generally identical to foods consumed in northern India.

Food in the North-West Frontier Province, Baluchistan and Northern Areas is more similar to dishes found in Afghanistan, Central Asia, Iran and the Middle East, where mild aromatic spices are used. The main course is served with wheat bread or rice.

Salad generally is taken with the main course rather than before. Assorted fresh fruit or desserts are consumed at the end. Meat (including Beef) plays a more dominant role in Pakistani food, compared to other South Asian cuisines. According to a 2003 report, an average Pakistani consumed three times more meat than an average Indian.

International cuisine and fast foods are popular in cities. Blending local and foreign recipes (fusion food) is common in large urban centers. Furthermore, as a result of lifestyle changes, ready made masalas (mixed and ready to use spices) are becoming increasingly popular. Curries, with or without meat, combined with vegetables such as bitter melon, cauliflower, eggplant, okra, potatoes, rutabaga, saag and spinach are some of the most common and often cooked for everyday eating.

Various kinds of pulses make up an important part of the Pakistani dishes. Lentils, called dal, have nevertheless traditionally been considered as an inexpensive food source and hotel/restaurants may only offer a limited variety of these dishes. Lentil dishes are typically not served when guests are invited at home or during special occasions.

The one main exception is haleem which contains a variety of lentils along with meat. A batch of haleem will typically take over five hours to cook. This dish is known to have originated in Agra, where the Taj Mahal stands today. A favourite Pakistani curry is karahi, either mutton or chicken cooked in a dry sauce. Lahori karahi incorporates garlic, onions, spices and vinegar. Peshawari karahi is a simple dish made with just meat, salt, tomatoes and coriander.

Among well known dishes are chicken tikka, kofta, mutton korma, chicken korma, nihari, siri paya, shab degh and chakna. Dishes made with rice include pullao and biryani. Sajji is a Baluchi dish from Western Pakistan, made of lamb stuffed with rice that has also become popular all over the country. All of the main dishes (except those made with rice) are eaten alongside bread. To eat, a small fragment of bread is torn off with the right hand and used to scoop and hold small portions of the main dish.

Pickles made out of mangoes, carrots, lemon etc. are also commonly used to further spice up the food. A Middle Eastern influence on Pakistani cuisine is the popularity of grilled meats such as kababs or kebabs. Kababs tend to be identical to the Afghan style of barbecue, with salt and coriander being the only seasonings used. Lahore is famous for its kebabs and they are spicy and are often marinated in a mixture of spices, lemon juice and yoghurt. Meat including beef, chicken, and lamb are prominent in Pakistani cuisine.

**Pakistanis drink** a great deal of tea. Both black and green tea is popular though qehwa is often served after every meal in the some provinces.

Kashmiri chai, a pink milky tea with pistachios and cardamom, is drunk primarily at weddings and during the winter when it is sold in many kiosks. There are other drinks. All of them are non-alcoholic as the consumption of alcohol is prohibited by Islam. Murree Brewery makes alcoholic beverages in Pakistan, though their products may not be available openly, except in clubs and select restaurants.

## PHILIPPINE CUISINE

Philippine cuisine has evolved over several centuries from its Malay roots to a cuisine of predominantly Hispanic base, due to the many dishes of Mexican and Spanish origin brought during the Spanish colonial period. It has also received influence from Arab, Indian, Chinese, Japanese, and American cuisines.

Filipinos traditionally eat three main meals a day – breakfast, lunch, and dinner plus an afternoon snack called merienda. Dishes range from a simple meal of fried fish and rice to rich paellas and cocidos. Popular dishes include lechón (whole roasted pig), longanisa (native sausage), tapa (beef jerky), torta (omelette), adobo (chicken and/or pork braised in garlic, soy sauce, and vinegar or cooked until dry), kaldereta (goat in tomato stew), mechado (beef or pork cooked in tomato sauce), pochero (beef in bananas and tomato sauce), afritada (chicken cooked in tomato sauce and vegetables), kare-kare (oxtail and vegetables cooked in peanut sauce), crispy pata (deep-fried pig's leg), hamonado (pork sweetened in pineapple sauce), sinigang (pork, fish, or shrimp in tamarind stew), pancit (stir-fried noodles), lumpia (fresh or fried spring rolls) and chopsuey.

### History & influences

Malays during the pre-Hispanic era in the Philippines prepared food by boiling, steaming, or roasting. This ranged from the usual livestock such as carabao (water buffaloes), baka (cows), chickens and pigs to seafood from different kinds of fish, shrimps, prawns, crustaceans and shellfish. There are a few places in the country where the broad range in their diet extended to monitor lizards, snakes and locusts. Malays have been cultivating rice, an Asian staple since 3200 B.C. Pre-Hispanic trade with China, Japan, India, the Middle-East and the rest of Southeast Asia introduced a number of staples into Filipino cuisine most notably toyo (soy sauce) and patis (fish sauce), as well as the method of stir-frying and making savory soup bases. The arrival of Spanish settlers brought with them chili peppers, tomato sauces, corn and method of sauteeing with garlic and onions, which found their way into Philippine cuisine. They utilized vinegar and spices into foods to preserve them due to lack of refrigeration.

Local adaptations of Spanish dishes then became common such as paella into its Filipino version of arroz valenciana, Chorizo into its local version of Longanisa (from Spanish *longaniza*), escabeche and adobo (this is connected to the Spanish dish adobado, and even by way of Latin America and Mexico which also have adobo dishes, remain popular to this day. During the 19<sup>th</sup> century, Chinese food became a staple of the panciterias or noodle shops around the country, although they were marketed with Spanish names.

*Comida China* (Chinese food) includes rice and chicken gruel and morisqueta tostada (an obsolete term for fried rice) and chopsuey. Today, Philippine cuisine continues to evolve as new techniques and styles of cooking finds their way into one of the most active melting pots of Asia.

**Exercise 1. Summarize the information briefly in English.**

**Exercise 2. Analyze the information, which is in the highlight, and use it in practice.**



### ***Exercise 3. Explain the definitions of staples.***

As with most Asian countries, the staple food in the Philippines is rice. It is most often steamed and served during meals. Leftover rice is often fried with garlic and onions to make sinangag (fried rice), which is usually served at breakfast together with fried eggs and tapa (Beef), tocino (sweetened cured meat), longanisa (local sausages) or bacon. Rice is often enjoyed by the diner with sauces or soup from the main dishes. In some regions, rice is mixed with salt, condensed milk, cocoa, or coffee. Rice flour is used in making sweets, cakes and other pastries. Other staples derived from crops include corn and bread.

Fruits are used in cooking as well. Coconuts, coconut milk, coconut meat, tomato, tomato sauce, bananas are added into meals. Abundant harvest of root crops occurs all year round. Potatoes, carrots, taro (gabi), cassava (kamoteng kahoy), purple yam (ube), and sweet potato/yam (kamote) are examples.

Kamote and a certain type of plantain called Saba can be chopped, dusted with brown sugar, fried and skewered, yielding kamote-cue and banana-cue which are popular caramelized snacks. Staples derived from meat include chicken, pork, beef, and fish.

Seafood is popular as a result of the bodies of water surrounding the archipelago.

Popular catches include Tilapia, milkfish (bangus), grouper (lapu-lapu), shrimp (hipon), prawns (sugpo), mackerel (galunggong), swordfish, oysters (talaba), mussels (tahong), clams (tulya), large & small crabs (alimango and alimasag respectively), game fish, gindara, tuna, cod, blue marlin, squid/cuttlefish (both called pusit). Equally popular catches include seaweeds, abalone and eel.

The most common way of serving fish is having it salted, pan fried or deep fried, and eaten as a simple meal with rice and vegetables. It may also be cooked in a sour broth of tomatoes or tamarind, prepared with vegetables to make sinigang or simmered in vinegar and peppers to make roasted over hot charcoal or wood. Other preparations include escabeche (sweet and sour) or relleno (deboned and stuffed). Fish may be preserved by processing it into tinapa (smoked), and daing (sun-dried). Food is sometimes served with various dipping sauces. Fried food is often dipped in vinegar, soy sauce, juice squeezed from kalamansi (Philippine lime), or a combination of all. Fish sauce may be mixed with kalamansi as dipping sauce for most seafood. Fish sauce, fish paste (bagoong), shrimp paste (alamang) and crushed ginger root (luya) are condiments that are also often added to dishes during the cooking process or when served.

***Filipino cuisine*** is distinguished by its bold combination of sweet, sour, salty and spicy taste, though most dishes are not typically spicy. While other Asian cuisines (e.g. Cantonese) may be known for a more subtle delivery and presentation of food, Filipino palates prefer a sudden influx of flavor. It can be said that it is more flamboyant, as Filipino cuisine is often delivered in a single presentation, giving the participant a simultaneous visual feast, an aromatic bouquet, and a gustatory appetizer. Snacking is normal, and it is possible that a Filipino could have eaten five meals in a day. Dinner, while still the main meal, is usually eaten in smaller quantities compared to other countries. Usually, either breakfast or lunch is the heftiest of all meals. Some dishes will rely on vinegar for flavoring. Adobo is popular not solely for its splendid flavor, but also for its ability to remain fresh for days, and even improves its flavor with a day or two of storage. Tinapa is a smoke-cured fish while Tuyo, daing, and dangit are corned sun-dried fishes popular for its ability not to spoil for weeks even without refrigeration.

Due to western influence, food is often eaten using utensil, e.g., forks, knives, spoons.

Filipinos use their spoons to cut through meat instead of knives used in other western cultures. The traditional way of eating is with the hands especially when meals consist mostly of dry dishes like. The diner takes a bite at the dish and simultaneously stuff his mouth with rice pressed skillfully into a ball with his fingers. Some are able to form balls of rice even if it is soaking in broth. This practice, is rarely seen in urbanized areas. However, Filipinos tend to feel the spirit of kamayan when eating amidst nature during out of town trips, beach vacations, and town fiestas. The Philippines does not only possess its traditional cuisine. Popular worldwide cuisine and restaurant and fast food chains are also available around the archipelago. Furthermore, the Chinese populace (especially in Manila) is famous for establishing Chinese districts, where predominantly Chinese and Chinese fusion food can be found. These are especially prevalent in urban areas where large influxes of Chinese expatriates are located.

**Exercise 4. Give the essence of the information.**

**Exercise 5. Write a small essay with the help of information and pictures.**



## INDIAN CUISINE

The multiple families of Indian cuisine are characterized by their sophisticated and subtle use of many spices and herbs. Arguably considered to be the world's most diverse cuisine, each family of this cuisine is characterized by a wide assortment of dishes and cooking techniques. Though a significant portion of Indian food is vegetarian, many traditional Indian dishes also include chicken, goat, lamb, fish, and other meats.

Food is an important part of Indian culture, playing a role in everyday life as well as in festivals. In many families, everyday meals are usually sit-down affairs consisting of two to three main course dishes, varied accompaniments such as chutneys and pickles, carbohydrate staples such as rice and roti (bread), as well as desserts.

Diversity is a defining feature of India's geography, culture, and food. Indian cuisine varies from region to region, reflecting the varied demographics of the ethnically diverse subcontinent. Generally, Indian cuisine can be split into four categories: North Indian, South Indian, East Indian, and West Indian. Despite this diversity, some unifying threads emerge in the art of Indian cuisine.

Varied uses of spices are an integral part of food preparation, and are used to enhance the flavor of a dish and create unique flavors and aromas. Cuisine across India has also been influenced by various cultural groups that entered India throughout history, from regions as diverse as West Asia, Central Asia and Europe.

As a land that has experienced extensive immigration and intermingling through many millennia, the subcontinent has benefited from numerous food influences.

The diverse climate in the region, ranging from deep tropical to alpine, has also helped considerably broaden the set of ingredients readily available to the many schools of cookery in India. In many cases, food has become a marker of religious and social identity, with varying taboos and preferences (for instance, a segment of the Jain population consume no roots or subterranean vegetable. One strong influence over Indian foods is the longstanding vegetarianism within sections of India's Hindu and Jain communities. At 31%, slightly less than a third of Indians are vegetarians. Around 7000 B.C., sesame, eggplant, and humped cattle had been domesticated in the Indus Valley. By 3000 B.C., turmeric, cardamom, black pepper and mustard were harvested in India. Many recipes first emerged during the initial Vedic period, when India was still heavily forested & agriculture was complemented with game hunting and forest produce.

In Vedic times, a normal diet consisted of fruit, vegetables, meat, grain, dairy products & honey. Over time, some segments of the population embraced vegetarianism.

This was facilitated by advent of Buddhism and a cooperative climate where variety of fruits, vegetables, and grains could easily be grown throughout the year.

A food classification system that categorized any item as saatvic, raajasic or taamsic developed in Ayurveda. Each was deemed to have a powerful effect on the body and the mind. Later, invasions from Central Asia, Arabia, the Mughal Empire, and Persia, others had a deep and fundamental effect on Indian cooking. Influence from traders such as the Arabs and Chinese, invaders such as the Mongols, Turks, Persians, Afghans, Arabs, British and Portuguese diversified subcontinental tastes and meals.

As with other cuisines, Indian cuisine has absorbed the new-world vegetables such as tomato, chilli, and potato, as staples. These are actually relatively recent additions.



Islamic rule introduced rich gravies, pilafs and non-vegetarian fare such as kebabs, resulting in Mughlai cuisine (Mughal in origin), as well as such fruits as apricots, melons, peaches, and plums. The Mughals were great patrons of cooking. Lavish dishes were prepared during the reigns of Jahangir and Shah Jahan. The Nizams of Hyderabad state meanwhile developed and perfected their own style of cooking with the most notable dish being the Biryani, often considered by many connoisseurs to be the finest of the main dishes in India.

During this period the Portuguese introduced foods from the New World such as potatoes, tomatoes, squash, and chilies and cooking techniques like baking.

The staples of Indian cuisine are rice, atta (whole wheat flour), a variety of pulses, the most important of which are masoor (most often red lentil), chana (bengal gram), toor (pigeon pea or yellow gram), urad (black gram) and mung (green gram).

Pulses may be used whole, dehusked, for example dhuli moong or dhuli urad, or split. Pulses are used extensively in the form of dal (split). Some of the pulses like chana and *Mung* are processed into flour (besan).

Most Indian curries are fried in vegetable oil. In North and West India, groundnut oil is traditionally been most popular for frying, while in Eastern India, Mustard oil is more commonly used. In South India, coconut oil and Gingelly Oil is common.

In recent decades, sunflower oil and soybean oil have gained popularity all over India. Hydrogenated vegetable oil, known as Vanaspati ghee, is also a popular cooking medium that replaces Desi ghee (clarified butter).

The most important/frequently used spices in Indian cuisine are chilli pepper, black mustard seed (rai), cumin (jeera), turmeric (haldi), fenugreek (methi), asafoetida (hing), ginger (adrak), and garlic (lassan). Popular spice mixes are garam masala which is usually a powder of five or more dried spices, commonly comprised of cardamom, cinnamon and clove; and Goda Masala, a popular spice mix in Maharashtra.

Some leaves are commonly used like tejpat (cassia leaf), coriander leaf, fenugreek leaf and mint leaf. The common use of curry leaves is typical of all Indian cuisine. In sweet dishes, cardamom, nutmeg, saffron, and rose petal essence are used. The term *curry* is usually understood to mean *gravy* in India, rather than *spices*.

**Exercise 1. Explain the history and influences of Indian cuisine.**



### ***Exercise 2. Characterize the North Indian cuisine.***

Makki ki Roti and Sarso ka Saag are two of the most popular dishes in Punjab.

North Indian cuisine is distinguished by the proportionally high use of dairy products; milk, paneer, ghee (clarified butter), and yoghurt (yogurt, yoghurt) are all common ingredients. Gravies are typically dairy-based. Other common ingredients include chilies, saffron, and nuts. North Indian cooking features the use of the "tawa" (griddle) for baking flat breads like roti and paratha, and "tandoor"(a large and cylindrical coal-fired oven) for baking breads such as naan, and kulcha; main courses like tandoori chicken also cook in the tandoor. Other breads like puri and bhatoora, which are deep fried in oil, are also common. Goat and lamb meats are favored ingredients of many northern Indian recipes.

The samosa is a popular North Indian snack, and now commonly found in other parts of India, Central Asia and the Middle East. A common variety is filled with boiled, fried, or mashed potato. Other fillings include minced meat, cheese (paneer), mushroom (khumbi), and chick pea. The staple food of most of North India is a variety of lentils, vegetables, and roti (wheat based bread). The varieties used and the method of preparation can vary from place to place.

Some common North Indian foods such as the various kebabs and most of the meat dishes originated with Muslims' advent into the country. Pakistan was part of North India prior to the partition of India. As a result, Pakistani cuisine is very similar to northern Indian cuisine. East Indian cuisine is famous for its desserts, especially sweets such as rasagolla, chumchum, sandesh, rasabali, chhena poda, chhena gaja, and kheeri. Many of the sweet dishes now popular in Northern India initially originated in the Bengal and Orissa regions. Apart from sweets, East India cuisine offers delights of posta (poppy seeds). East Indian cuisines employ thickening agents such as cashew, mustard seed, or poppy seed paste. Milk-based sweets are also very popular, being a particular specialty in Bengal and Orissa.

Bangladeshi cuisine is very similar to East Indian cuisine. Fish and seafood are very popular in the coastal states of Orissa and West Bengal. The South Indian staple breakfast item of idly, sambhar and vada served on a banana leaf. South Indian cuisine is distinguished by a greater emphasis on rice as the staple grain, the liberal use of coconut and particularly coconut oil and curry leaves, and the ubiquity of sambar and rasam at meals. Western India has four major food groups Rajasthani, Gujarati, Maharashtrian and Goan. The Goan cuisine is a mixture of the traditional cuisine with a heavy use of rice, coconut and sea fish and some Portuguese influence from the colonial era.

### ***Exercise 3. Describe Indian Cuisine in the West.***

Britain has a particularly strong tradition of Indian cuisine that originates from the British Raj. At that time there were a few Indian restaurants in the richer parts of London that catered to British officers returning from their duties in India. Currently, the favourite dish in the United Kingdom is supposedly Chicken Tikka Masala, even before fish and chips. In the 20<sup>th</sup> century there was a second phase in the development of Anglo-Indian cuisine, as families from countries such as Bangladesh migrated to London to look for work. Some of the earliest such restaurants were opened in Brick Lane in the East End of London, a place that is still famous for this type of cuisine. Leicester has become well known for its curry houses, being increasingly known as the curry capital of England. Chicken Tikka Masala and Chicken Chilli have become extremely popular in the West.

In the 1960s, a number of unauthentic *Indian* foods were developed, including the widely popular *chicken tikka masala*. This tendency has now been reversed, with subcontinental restaurants being more willing to serve authentic Indian, Bangladeshi and Pakistani food, and to show their regional variations.

In the late twentieth century Birmingham was the centre of growth of Balti houses, serving a newly developed style of cooking in a large, wok-like, pan, with a name sometimes attributed to the territory of Baltistan. Indian food is now integral to the British diet.

Chicken tikka masala is thought to be Britain's most popular dish. There are now 8,000 Indian restaurants in Britain, turning over in excess of £2 bn and employing 70,000 workers.

In the past Indian food adapted to its surroundings, and mild *Indian-style* dishes like Chicken Korma & Chicken Tikka Masala became hugely popular.

However, since Indian food has now become an everyday part of the British diet, there has blossomed an avid and enthusiastic market for authentic Indian cuisine, which has seen many more inventive restaurateurs create new and vibrant dishes which challenge the customers palate rather than pander to everyday tastes. Dishes like Mirchi Raso Jhinga, the Hariyali Sheekh Kebab and Jhangi Champey have their roots in Indian Britain rather than India. Mulligatawny Soup is another Anglo-Indian dish, its name taken from Tamil for *pepper water*.

After the Immigration Act of 1965, South Asian immigration to the United States increased, with it the prevalence of Indian cuisine, especially in San Francisco, Los Angeles, Houston, Chicago, the New York City. Indian restaurants are common in the larger cities of Canada, particularly in Toronto and Vancouver where large numbers of Indian nationals have settled since 1970. A number of the more adventurous restaurants have transformed their offerings into so-called Indian *fusion* menus, combining fresh local ingredients with traditional Indian cooking techniques. Due to the large Indian community in South Africa, the cuisine of South Africa includes several dishes of Indian-origin; some have evolved to become unique to South Africa, such as the bunny chow.

Many others are modified with local spices. Indian cuisine is characterized by its sophisticated and subtle use of many spices and vegetables grown across India and also for the widespread practice of vegetarianism across its society. Considered by some to be one of the world's most diverse cuisines, each family of this cuisine is characterized by a wide assortment of dishes and cooking techniques. Indian cuisine varies from region to region, reflecting the varied demographics of the ethnically diverse Indian subcontinent.

India's religious beliefs and culture has played an influential role in the evolution of its cuisine. However, cuisine across India evolved with the subcontinent's cross-cultural interactions with the neighboring Middle East & Central Asia as well as the Mediterranean, making it a unique blend of various cuisines across Asia.

The colonial period introduced European cooking styles to India adding to its flexibility & diversity. Indian cuisine has influenced cuisines across the world, especially those from Southeast Asia. In particular, curry has been widely adopted in cuisines around the world. Restaurants advertised to be specializing in generic Western cuisine in Asia tend to have menus containing a mixture of dishes mainly from France, the English-speaking world, and Germany. Since the early 1990s dishes from Italy and Spain have become more prominent on these restaurants' menus.

***Exercise 4. Add some information & make up a small report and give a talk in class.***

***Exercise 5. Read the information & pick up the essential details in the form of quick notes.***



**Exercise 6. Define the term «Middle Eastern cuisine».**

The term **Middle Eastern cuisine** refers to the various cuisines of the Middle East. Despite their similarities, there are considerable differences in climate and culture, so the term is not a definitive term. **Arab cuisine** is defined as the various regional cuisines spanning the Arab World from Iraq to Morocco, Somalia, Yemen.

It is incorporating Levantine, Egyptian and others. It has also been influenced to a degree by the cuisines of Turkey, Pakistan, Iran, India, the Berbers and other cultures of the peoples of the region before the cultural Arabization brought by genealogical Arabians during the Arabian Muslim conquests.

**Levantine cuisine** is the traditional cuisine of Ottoman Syria, now usually called the Levant. This region shared many culinary traditions under the Ottoman Empire which continue to be influential today. It covers the modern states of Syria, Lebanon, Jordan, Palestine, Israel, northwest.

**Exercise 7. Render the specialties of Mediterranean cuisine.**

Mediterranean cuisine is the cuisine of the areas around the Mediterranean Sea. Whether this is a useful category is disputed. The fact of the matter is that the Mediterranean contains varied cultures. Around 1975, under the impulse of one of those new nutritional directives by which good cooking is too often influenced, the Americans discovered the so-called Mediterranean diet. The name even pleased Italian government officials, who made one modification: changing from diet – a word which has always seemed punitive and therefore unpleasant – to Mediterranean cuisine.

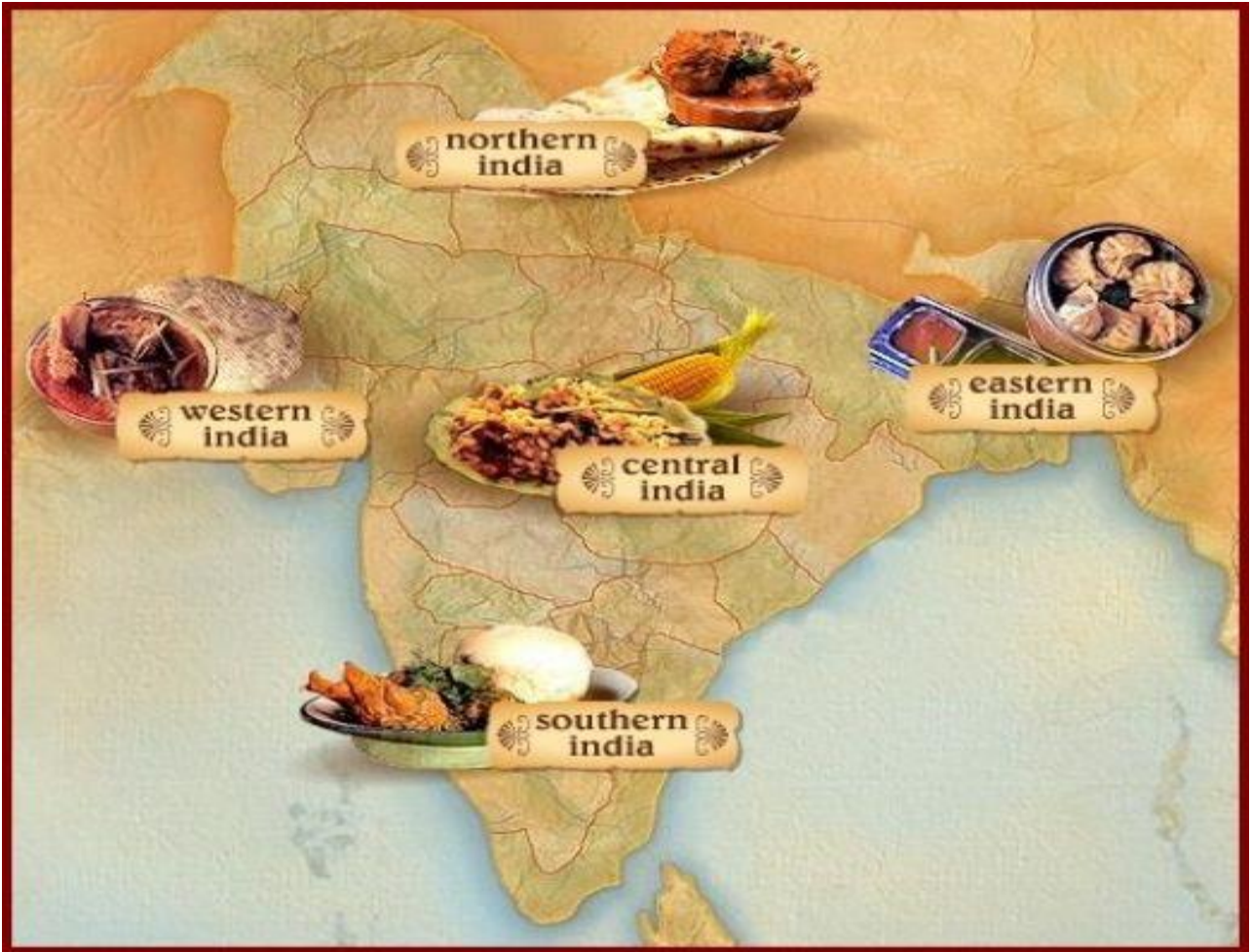
Given the geography, these nation-states have influenced each other over time and the cooking evolved into sharing common principles. Mediterranean cuisine is characterized by its flexibility, its range of ingredients and its many regional variations. The terrain has tended to favour the raising of goats and sheep.

Fish dishes are also common, although today much of the fish is imported since the fisheries of the Mediterranean Sea are weak. Seafood is still prominent in many of the standard recipes. Olive oil, produced from the olive trees prominent throughout Portugal, Greece, Turkey, Italy, Spain and other Mediterranean nations, adds to the distinctive taste of the food. It is believed that ingredients in this kind of cooking, especially olive oil are a major contributor to the longevity of the Mediterranean people. Barbecue or grilled meats, pita bread, hummus, and falafel are very popular forms of the eastern type of the cuisine.

**Exercise 8. Give the list of sky events and provide their short description.**

**Exercise 9. Transfer the given information from the text onto a table.**

№	SPECIALITY			
	Country	Dish	Drink	Dessert
1.				



## APPENDIX I

### LIST OF INTERNATIONAL ENGLISH FOOD TERMS

Differences in food terminology between different dialects of English

USA	Canada	UK	Australia
<b>Dairy &amp; eggs &amp; meat</b>			
whole milk	3% milk full fat	whole milk	full-cream milk
homogenized	skimmed milk	semi-skimmed milk	light milk
skim, fat free / skim, fat free	large egg	medium egg	large egg
large egg	minced meat	minced meat	mince
ground meat			
<b>Produce / vegetables</b>			
scallion	green onion	green onion	spring onion
cantelope	cantelope	cantelope	rockmelon
zucchini	zucchini	courgette	zucchini
squash	squash	squash	marrow
eggplant	eggplant	aubergine	eggplant
garbanzo	chickpea	chickpea	chickpea
navy beans	haricots	haricot beans	no equivalent
chard	chard	chard	chard
chard silverbeet	green peppers	chard chardsilverbeet	bell peppers
bell peppers	chili peppers	green peppers	bell peppers
chili peppers		jalapeno	(jalapeno)
<b>Prepared foods</b>			
pickle	"dwarf" pickle	gherkin pickle	gherkin pickle
pickle	chutney	chutney	chutney
chutney	stock cube	stock cube	stock cube
bouillon / stock cube	steak fries	French fries	fries
French fries	French fries	French fries / chips	French fries
chips	apple crisp	apple crisp	apple crisp
crisps	ketchup	tomato sauce	tomato sauce
ketchup			
<b>Baking &amp; baked goods</b>			
bread flour	bread flour	strong flour	bread flour
all-purpose flour	all-purpose flour	plain flour	plain flour
self-rising flour	self-rising flour	self-rising flour	self-rising flour
cornstarch	cornstarch	corn flour	corn flour
golden raisins	sultana raisins	sultanas	sultanas
cane syrup	corn syrup	golden syrup	golden syrup
molasses	molasses	molasses	molasses
powdered sugar	icing sugar	confectionery sugar	icing sugar
superfine sugar	granulated sugar	caster sugar	caster sugar
popover	Yorkshire pudding	Yorkshire pudding	Yorkshire pudding
<b>Drinks</b>			
lemonade	lemonade	cloudy lemonade	lemon squash
soda / soda pop	cola / coke	pop soft drink	fizzy drink
clear lemon soda	lemonade	lemon-lime drink	lemonade
fruit drink	fruit drink	squash	cordial

apple juice	apple juice	apple juice	apple juice
hard cider	hard cider	cider	cider
vermouth	vermouth	vermouth	vermouth

### Some major hot cooking techniques

Baking	Blind-baking	Broiling	FlashBake
Advantium	Boiling	Blanching	Braising
Coddling	Crock Pot	Double steaming	Infusion
Poaching	Pressure cooking	Simmering	Steaming
Steeping	Stewing	Vacuum flask cooking	Frying
Trivection	Deep frying	Hot salt frying	Hot sand frying
Pan frying	Pressure frying	Sauteing	Stir frying
Microwaving	Roasting	Barbecuing	Grilling
Rotisserie	Searing	Toast	Smoking

### Other preparation techniques — Some cool techniques

Brining	Drying	Grinding	Juliennig
Marinating	Mincing	Pickling	Salting
Seasoning	Sprouting	Sugaring	

## APPENDIX II

### REMEMBER THE PHRASES

He put his nose in the manger.	Он навалился на еду.
He always puts on the nosebag.	Он всегда ест на работе.
She only put wine to her lips.	Она только пригубила вино.
Neither meat nor drink passed his lips all day.	За весь день он куска не проглотил.
She fed five mouths.	Она содержит пятерых.
He is just useless mouth.	Он просто дармоед.
My mouth waters.	У меня слюнки текут.
This fruit makes my mouth water.	Этот фрукт разжигает мой аппетит.
He slowly peeled the skin off a pineapple.	Он медленно чистил ананас.
You must boil potatoes in their skins.	Ты должен сварить картофель в мундире.
I don't like a skin on boiled milk.	Я не люблю пенку на молоке.
I have no tooth for fish.	Я не люблю рыбу.
He has a sweet tooth.	Он сластёна.
There were people on the bus packed like sardines.	Было много людей в автобусе, как сельдей в бочке.
There are foodstuffs to your taste there too.	Там продукты и на ваш вкус тоже.
He is a born cook.	Он прирожденный повар.
The food there is excellent.	Там хорошо кормят.
I am off my feed.	У меня нет аппетита.
I rode sandwich yesterday.	Я ехал втиснутым в транспорте вчера.
His eyes are bigger than his stomach.	Глаза завидующие, а руки загребущие.
Hope is a good breakfast, but a bad dinner.	Надежда – хороший завтрак, но плохой обед.
Too many cooks spoil the broth.	У семи нянек дитя без глазу.
He cooked her goose.	Он погубил ее.
She cooked her own goose.	Она погубила себя.
There was fruity hopefulness on his face.	На его лице был искренний оптимизм.
There was an unusually fruity political scandal connected with bribery.	Неожиданно разразился непристойный политический скандал, связанный со

This is a fruitless (hopeless) task.  
He was edible mushroom (upstart).  
I would like to taste of fame.  
He will taste of danger.  
The case will go sour.  
Entertainment that is just his dish.

He dished it out to my brother.  
This is the meat tea.  
You fish for y compliments.  
This is a fishing question.  
Our government carries out the carrot-and-stick policy.  
He is not (quite) the clean potato.

They are small potatoes.  
This is quite the potato.  
He is no oil painting.

You always pour oil on the flames (add fuel to the fire).  
Things are going swimmingly.  
Salt is salty.  
They live in clover.  
I consider it as oil of palm.  
He is still green.  
They imbibed (absorbed) the culture with his mother milk.  
He got the cheese.  
He is a big cheese.  
He is cheesed-off with this man behaviour.

Don't be cheesed-off at him.  
The cheesiness of her taste always made me smile sarcastically.  
Cheesy Baghdad hotels made terrible impression on me.  
These cheesy slogans are unbearable.  
I could drink the sea dry.  
Let us drink to the happy pair.  
Colleagues were furious at doing her work while she wined and dined.

What does the fizz mean?  
Juice back your drink and let's go.  
When you shoot juice, you lose interest in many other things.  
The drink fizzes up when you first pour it.

взяточничеством.  
Это безнадежное дело/предприятие.  
Он выскочка.  
Я хотел бы вкусить славы.  
Он будет подвергаться опасности.  
Дело не удастся.  
Он обожает проводить время в развлечениях.  
Он дал жару моему брату.  
Это соль вопроса.  
Вы напрашиваетесь на мои комплименты.  
Это наводящий вопрос.  
Наше правительство осуществляет политику кнута и пряника.  
Он подозрительная личность (непорядочный человек).  
Это пустяки. Они мелкие людишки.  
Это как раз то, что надо.  
Он не располагающий к себе человек (с точки зрения внешности).  
Ты всегда подливаешь масла в огонь.

Все идет как по маслу.  
Масло масляное.  
Они катаются как сыр в масле.  
Я рассматриваю это как взятку.  
У него молоко на губах не обсохло.  
Он всасал культуру с молоком матери.

Он потерпел неудачу.  
Он важная персона ("шишка").  
Он сыт по горло таким поведением этого человека.  
Не злись на него.  
Ее посредственный вкус всегда вызывал у меня саркастическую улыбку.  
Запущенные багдадские гостиницы произвели на меня ужасное впечатление.  
Эти отвратительные лозунги невыносимы.  
Я страшно хочу пить.  
Давайте выпьем за счастье молодых.  
Сослуживцев бесило, что им приходилось работать за неё, пока она ходила по дорогим ресторанам.  
Что значит вся эта суета?  
Допивай и пойдём.  
Когда сидишь на игле, многое теряет для тебя интерес.  
Когда ты сначала наливаешь этот напиток

She always stews in her own juice. She is always cut off from her colleagues. She is always left to her own resources.

They dope (drug, juice up) my life.  
Savoury juicy (sensational) scandal burst out.  
I must limit myself to bread and water.  
Father put his son on bread and water.  
We lived on bread and water (went hungry).  
They lived from hand to mouth two years ago.

There is nothing he likes better than singing.  
You must support yourself.  
You must not live off him.  
Father deprived his son of a livelihood.  
Everybody must make his bread (earn his living).

You can't eat somebody's salt (is a dependant, lives at somebody else's expense).  
You can't take the bread out of his mouth.  
It is not worth your salt.  
This is pie in the sky.  
This is as easy as pie.  
You cannot eat your cake and have it too.

The book goes (sells) like hot cakes.  
You will take the cake (bun).  
It takes the bun.  
Don't say tart words.  
That takes the cake.  
This is beer and skittles.  
The proof of the pudding is in the eating.  
At lunch there was fruit salad, his favourite pudding.  
What can I use to spice up this dull meal?

These are some biscuits which I bought at a sweetie shop.  
The kettle was kept on the simmer.  
The soup has simmered down after all this time, so that there is hardly any left.  
Fruitless negotiation have been under way for an hour.  
Our country exports citrus fruit.  
I have not fruited those sorts of strawberries.

This flower is very fruity.  
And none of that blah-blah-blah sauce!  
A friend of mine served me with the same

в стакан, он пенится.

Она всегда варится в собственном соку.

Они делают мою жизнь увлекательной.  
Разразился громкий скандал.  
Я должна сесть на хлеб и воду.  
Отец посадил своего сына на хлеб и воду.  
Мы сидели на хлебе и воде.  
Они перебивались с хлеба на воду/ квас два года.

Его хлебом не корми, только дай попеть.

Нужно есть сво хлеб.

Нельзя есть чужой хлеб.

Он лишил своего сына куска хлеба.

Каждый должен зарабатывать себе на хлеб.

Нельзя быть у кого-л. на хлебах.

Нельзя отбивать у него хлеб.

Не стоит даром хлеб есть.

Это пирог на том свете (журавль в небе).

Это проще простого.

Один пирог два раза не съешь  
(нельзя совместить несовместимое).

Эта книга раскупается нарасхват.

Ты хочешь быть лучше всех.

Это невероятно.

Не говори колкости.

Это превосходит все. Вот это да!

Это праздные развлечения.

Не попробуешь, не узнаешь.

На обед был фруктовый салат - его любимый десерт.

Чем бы мне таким приправить это пресное блюдо?

Печенье, которое я купил в кондитерской.

Чайник потихоньку кипел.

Суп за это время выкипел, так что почти ничего не осталось.

Уже час ведутся бесплодные переговоры.

Наша страна экспортирует цитрусовые.

Я никогда не занимался разведением этих сортов клубники.

Этот цветок очень благоухает.

И давай без этой хамской болтовни!

Один из моих друзей оплатил мне той же



sauce.	монетой.
Casserole is the dish from heatproof material.	Кассероль – это блюдо из жаропрочного материала.
Casserole is the dish in this bakeware served up.	Кассероль – еда, приготовленная в такой жаропрочной посуде и в ней подаваемая на стол.
She stewed the chicken in its own gravy.	Она жарила курицу в собственном соку.
They stewed in their own gravy.	Они работали до изнеможения ("обливались потом").
He refused to come to see me served up with different dressings.	Он отказался под разными соусами прийти ко мне.
They suggested the idea with a different dressing (wrapper).	Он подал эту идею под другим соусом.
She didn't want to do it under any circumstances (for anything).	Ни под каким соусом она не хотела делать это.
The Berry comprises all simple fruits in which the pericarp is fleshy throughout.	К ягодам с точки зрения ботаники относятся все обыкновенные фрукты, у которых мясистый перикарпий.
I went with herds of schoolgirls nutting and berrying.	Я шел вместе с группами школьников, собирающих орехи и ягоды.
This root vegetable tastes slightly of lemon.	Этот корнеплод имеет легкий привкус лимона.
What is your taste preference?	Каковы твои вкусовые предпочтения?
Humans' taste preference is motivated by both our culture and our biological make up.	Человеческие вкусовые предпочтения определяются как нашей культурой, так и нашей биологической организацией.
This is a very tasty dish.	Это очень вкусное блюдо.
My favourite dish is a vegetable casserole.	Мое любимое блюдо — овощная запеканка.
The free tasting will be in the central tasting room.	Бесплатная дегустация состоится в центральном дегустационном зале.
Do you like stuffed peppers?	Ты любишь фаршированный перец?
He is as cool as a cucumber.	Он спокойный человек.
Please help me to dish out the vegetables.	Помоги мне разложить по тарелкам овощи.
Could you help me dish up the dinner?	Не сможешь мне накрыть обед?
He has got potatory tendency.	У него склонность к пьянству.
This is just potatory prowess.	Это всего лишь пьяная удаль.
As a commercial restaurant, ours is amongst the finest in Oxford.	Наш ресторан – один из лучших в Оксфорде.
The one in a pickle is the one who's got to tickle.	Это не моя забота. Пусть беспокоится тот, кого это касается.
He was in such a state that he drunk at a draught (down).	Он был в таком состоянии, что выпил все залпом.
She drank in the culture of the country.	Она жадно впитывала культуру страны.
He told me to drink dry.	Он велел мне выпить до дна.
Will you drink to my health?	Поднимите тост за мое здоровье.
He is a hard (heavy) drinker (tippler, toper).	Он горький пьяница.
He is a drunkard (winebag, juice-head).	Он заядлый пьяница.
To be successful in business you must wine and dine prospective clients.	Чтобы иметь успех в бизнесе нужно угощать потенциальных клиентов.
Take a sip of wine.	Выпей глоток вина.

He is not a man to trifle with.	С ним шутки плохи.
He must be hungry.	Он, чай, проголодался.
You must find it dull here.	Вам тут, чай, скучно.
Bring us two cups of tea.	Принесите нам две чашки чая.
They take high tea with everybody.	У них хорошие отношения со всеми.
It is not my cup of tea.	Это мне не по вкусу.
They spoke about everything over a cup of tea.	Они говорили за чаем обо всем.
My friend invited (asked) me to tea.	Мой друг пригласил меня на чашку чая.
We arranged (gave) a tea-party yesterday.	Мы вчера организовали вечеринку.
I'll have coffee-and.	Я выпью кофе с чем-нибудь.

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