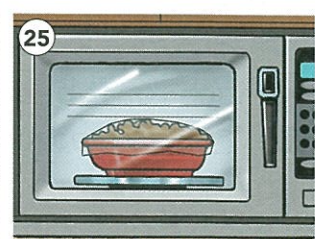
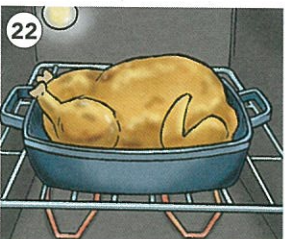
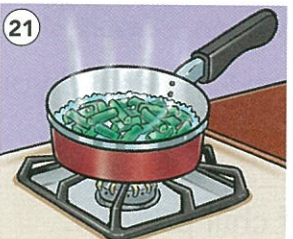
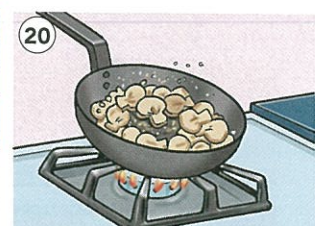
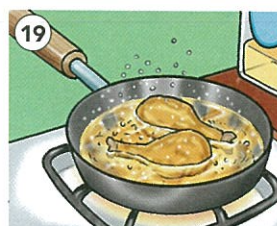
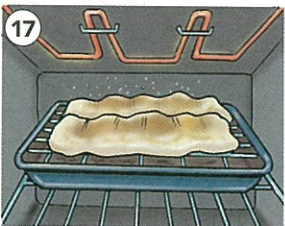
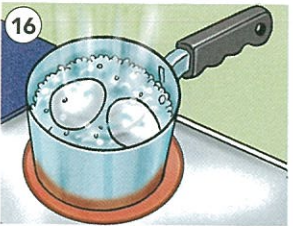
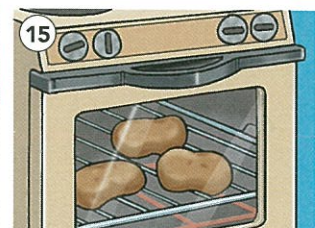
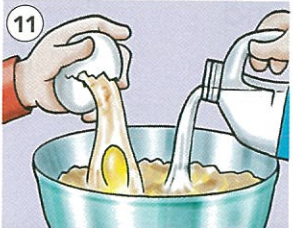
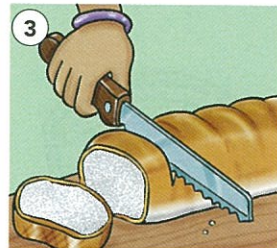
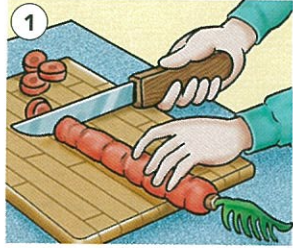


料理の下準備と調理



切る	1	cut (up)
きざむ	2	chop (up)
薄く切る	3	slice
すりおろす	4	grate
皮をむく	5	peel
割る	6	break
かき混ぜる	7	beat
かきまわす	8	stir
注ぐ	9	pour
加える	10	add
～と～を合わせる	11	combine ____ and ____
～と～を混ぜ合わせる	12	mix ____ and ____
～を～に入れる	13	put ____ in ____

加熱して料理する	14	cook
オーブンで焼く	15	bake
ゆでる	16	boil
直火で焼く	17	broil
蒸す	18	steam
いためる／揚げる	19	fry
軽くいためる	20	saute
ぐつぐつ煮る	21	simmer
ローストする／あぶり焼きにする	22	roast
バーベキューする／網焼きする	23	barbecue / grill
強火で手早くいためる	24	stir-fry
電子レンジで調理する	25	microwave



- A. Can I help you?
 B. Yes. Please **cut up** the vegetables.

[1–25]

- A. What are you doing?
 B. I'm _____ing the

[14–25]

- A. How long should I _____ the?
 B. _____ the for minutes/seconds.

What's your favorite recipe? Give instructions and use the units of measure on pages 114 and 115. For example:

Mix a cup of flour and two tablespoons of sugar.

Add half a pound of butter.

Bake at 350° (degrees) for twenty minutes.