

Dialogs

A Choosing a Cooking Pan 選擇鍋具



- 1 **1** Commis cook What can I use to simmer this long fish?
Chef Use the fish kettle so the whole fish can fit inside.
- 2** Chef We need to sear the meat and then cook it slowly for a long time. What do you think we should use?
Commis cook A braising pan, so the meat stays nice and moist.
Chef That's correct.
- 3** Commis cook Do I use this pan to make the stock?
Chef No, use the stock pot because it's bigger.
- 4** Commis cook Will the meat take a long time to cook?
Chef Yes, we need to cook it slowly in the stew pan.
- 5** Commis cook Is this a frying pan?
Chef Yes. But this is a special type of frying pan.

- 6 助理廚師 這種鍋子叫什麼？
主廚 這是平底煎鍋。
- 7 助理廚師 我應該把燉菜盛到哪裡呢？
主廚 放進雙層保溫鍋裡。
- 8 主廚 攪拌一下煎鍋裡的食材。
助理廚師 抱歉，我不太明白。
主廚 把煎鍋裡的食材混和攪拌。



Vocabulary



3

1 **spider** [ˈspaɪdər] n. 長柄平底鍋

The chef is using a **spider** to transfer the beets from the pot.

主廚把鍋子裡的甜菜移到長柄平底鍋。

↳ spider's web 蜘蛛網



2 **fish kettle** [fɪ ˈkɛtl] 煮魚鍋

Please let the fish simmer in the **fish kettle**.

把魚放入煮魚鍋，用小火慢燉。

↳ kettle (n.) 水壺；淺底金屬鍋



3 **frying pan** [ˈfraɪŋ pæn] 煎鍋

What is this **frying pan** used for?

這個煎鍋是用來做什麼的？

↳ out of the frying pan into the fire 每下愈況



4 **sauté pan** [soʻte pæn] 平底煎鍋

I want to fry some potatoes in the **sauté pan**.

我要用平底煎鍋煎馬鈴薯。

↳ sauté (a.) 嫩煎的；用少量油快炸的



5 **bain marie** [ˈbeɪn məˈri] 雙層蒸鍋

Put the stew in a **bain marie** insert.

把燉菜放到雙層保溫鍋裡。

↳ bain marie insert 一種多層保溫鍋



6 **sauce pan** [sɔs pæn] 長柄煮鍋

Cook the chicken in a **sauce pan**.

用長柄煮鍋烹調雞肉。

↳ saucer (n.) 茶托



7 **stew pan** [stju pæn] 燉鍋

I want a **stew pan** right now.

我現在需要一個燉鍋。

↳ stew (v.) 用文火煮

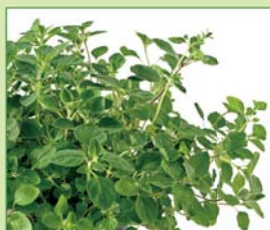




vanilla 香草



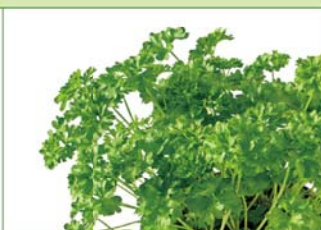
mint 薄荷



oregano 奧勒岡



black pepper 黑胡椒



parsley 荷蘭芹



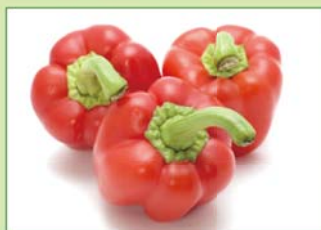
allspice 多香果



lemon balm 香峰草



clove 丁香



cayenne pepper 番椒



poppy seed 罌粟籽



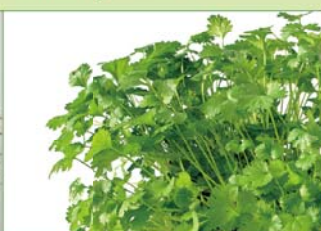
nutmeg 肉豆蔻



paprika 紅辣椒



sesame seed 芝麻子



coriander 香菜

Vegetable Recipes

Tuna Fish Salad 鮭魚沙拉



Ingredients *2 servings*

- 1 2 seeded green peppers cut in half
- 2 4 blanched and peeled tomatoes
- 3 6 spring onions
- 4 1 dried chili
- 5 a 4 ounce can of tuna fish
- 6 2 sliced hard-boiled eggs
- 7 1 tablespoon of capers
- 8 2 tablespoons of chopped parsley

Dressing

- 1 3 tablespoons of olive oil
- 2 1 tablespoon of lemon juice
- 3 freshly ground black pepper
- 4 salt
- 5 chopped parsley

烹調材料 (2 人份)

- 去籽青椒 2 個對半切開
番茄 4 個用熱水燙過去皮
青蔥 6 條
乾辣椒 1 條
鮭魚罐頭 4 盎司一罐
全熟水煮蛋 2 個切片
酸豆 1 大匙
荷蘭芹 2 大匙剝碎

調味醬汁

- 橄欖油 3 大匙
檸檬汁 1 大匙
現磨黑胡椒
鹽
荷蘭芹末

Directions	作法
1. Cut the green peppers in half, lengthwise from top to bottom.	將青椒對半切開，從頭至尾縱切。
2. Place the green peppers, skin facing up, under a hot grill until soft.	將青椒放置在燒熱的烤架下，外皮朝上平擺，烤至青椒變軟。
3. Skin the green peppers, and cut them into thin strips.	將青椒的外皮去掉，再切成長條狀。
4. Slice off the tops of the tomatoes, and scoop out the seeds.	把番茄的頭去掉，並取出籽。
5. Cut the tomatoes into rings.	將番茄切成環狀。
6. Chop finely the spring onions and chili peppers.	將青蔥與辣椒切成細末。
7. Put all the vegetables into a bowl.	把所有的蔬菜放在碗裡。
8. Drain the water out of the can of tuna, and then add the fish to the salad.	將罐頭鮪魚的水分瀝乾，再把魚攪進沙拉裡。
9. Arrange the sliced eggs on top, and sprinkle the salad with capers.	把切片的水煮蛋放在沙拉最上方，並在沙拉上灑酸豆。
10. Mix all the ingredients for the dressing, and pour it over the salad.	將所有調味醬汁所需材料混合攪拌後倒在沙拉上。
11. Garnish the salad with parsley.	用荷蘭芹裝飾沙拉。



Eggplant/Aubergine Omelet

茄子煎蛋捲

Ingredients 4 servings

- 1 2 cubed eggplants
- 2 salt
- 3 1 ounce of butter
- 4 1 finely chopped medium sized onion
- 5 1 crushed clove of garlic
- 6 8 lightly beaten eggs
- 7 freshly ground black pepper

烹調材料 (4 人份)

- 茄子 2 條切塊
鹽
奶油 1 盎司
中等大小的洋蔥一個
切碎
大蒜一瓣壓碎
8 個蛋，稍微攪拌
現磨黑胡椒

Directions

1. Peel and cube two eggplants.
2. Put the eggplant cubes into a colander.
3. Sprinkle the cubes with salt, and set them aside for one hour.
4. Rinse the eggplants, and dry them with paper towels.

作法

- 將 2 個茄子去皮後切丁。
把茄子丁放進濾鍋中。
灑上鹽巴後在一旁放置 1 小時。
用水清洗茄子後再用紙巾擦乾