

Before you watch**Food and cooking vocabulary**

1. *Basil, mint, coriander, chives, fennel, parsley, sage, rosemary, thyme* are all examples of what? HERBS
2. Match the verbs to the definitions:

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| 1. Boil | 6. to cut into flat pieces |
| 2. Roast | 5. to mix food with a liquid so the food becomes covered in the liquid |
| 3. Fry | 4. to cut food into small pieces, quite roughly |
| 4. Chop | 1. to cook in water at 100°C |
| 5. Toss | 2. to cook meat or vegetables in an oven or over a fire |
| 6. Slice | 3. to cook food in hot oil or fat |
| 7. Strain | 7. to separate a solid from a liquid |

While you watch <https://www.youtube.com/watch?v=6AaNpznV1Sc>

Make notes on the method and the ingredients of the three recipes.

1. Boil potatoes for 15 mins or until you can easily break them with your thumb. Strain and cut them into small pieces. Add salt, pepper, olive oil, lemon juice and rind. Toss, add chopped chives, parsley and mint then chop again.
2. As above, but also add 2-3 tablespoons of high-quality natural yoghurt and a teaspoon of English mustard.
3. As in 2. Finely slice rashers of smoky bacon and fry for 2 mins. Add to the salad. Fry a handful of breadcrumbs in the bacon fat and add to the salad.

Watch again and answer the questions below:

1. What's the best way to preserve the flavour and nutrients of the potatoes when boiling them? *Put them in boiling water rather than putting them in cold water and bringing them to the boil.*
2. Is it a problem if your potatoes are slightly overcooked? Why (not)? *No, because if they break up into "snow" it will only make your dressing more interesting.*
3. What is the advantage of putting the dressing on the potatoes while they are hot? *It allows the flavours to penetrate the potatoes.*
4. What two chopping techniques does he mention, and what is the difference between them? *Rock chopping = hold the ingredients in one hand and chop with the other. Cross chopping = spread out the ingredients, hold the knife with two hands while chopping.*
5. What ingredient does Jamie replace with yoghurt in the second recipe? *mayonnaise*
6. For what occasions does he recommend potato salad? *Picnics or as a side dish with roasted meats.*

After you watch

Which version do you prefer? Can you think of your own variations?

