

WARM UP

1 Match these four dishes with how you think you would prepare them. Then look at the recipes and check your answers.

- 1 Sardinian style octopus
  - 2 Chicken Chasseur
  - 3 honeyed carrots
  - 4 spiced pears
- a  stewed  
 b  glazed  
 c  casseroled  
 d  braised

GLOSSARY

skimv *screma*  
 cinnamon sticks  
*bastoncini di cannella*  
 ground cinnamon  
*cannella macinata*

Mixed cooking technique recipes

**SARDINIAN STYLE OCTOPUS**

- Heat oil in a heavy-based casserole over a high heat. When the oil is just smoking, add the garlic bulb halves, cut-sides down, and the onions, and fry for 2-3 minutes.
- Add the octopus pieces and stir-fry for 30 seconds, then reduce the heat to its lowest setting.
- Squeeze over lemon juice and sprinkle bay leaves, thyme and peppercorns, then cover the pan with a lid and continue to cook for a further two minutes.
- Continue cooking at a low heat for 1 hour and 45 minutes to 2 hours in the oven, until the octopus is tender.
- Add the peas and continue to cook, uncovered, for 8-10 minutes.
- Season, to taste, with salt and freshly ground black pepper and olive oil and sprinkle with wild fennel.

**HONEYED CARROTS**

- Simmer the carrots in a large wide pan until just tender, about 15 minutes. Drain off all but a few tbsp of the cooking water, then add the honey and butter and season well.
- Turn the carrots over the heat until glazed and golden.

**CHICKEN CHASSEUR**

- Season chicken legs with salt and pepper. Heat olive oil in a lidded sauté pan or shallow casserole. Pan-fry the chicken over a medium-high heat, turning, until golden on both sides. Remove from the pan and keep to one side.
- Add onions and mushrooms to the pan, stirring occasionally for 6-8 minutes.
- Stir tomato purée and white wine and then pour in chicken stock.
- Return the chicken to the pan and bring to a simmer. Place a lid on the pan and continue to cook, allowing the sauce to just simmer for about 1 hour in the oven.
- To finish, skim the sauce of any further excess fat, then add tinned tomatoes.
- Simmer, without the lid, for a further 2-3 minutes to soften and then scatter over the herbs.

**SPICED PEARS**

- In a food processor fitted with a steel blade, blend the lemons into a paste.
- In a large saucepan, put the lemon paste along with the pears, sugar, vanilla, cinnamon sticks, ground cinnamon, and almonds.
- Cover with a lid and stew over moderate-low heat for 40 minutes, mixing occasionally.
- Discard the cinnamon sticks and serve the pears with double cream or crème fraîche.

ACTIVITIES

READING COMPREHENSION

2 Read the recipes again and write out a list of ingredients and techniques for each recipe.

Recipe	Ingredients	Techniques
1 Sardinian style octopus	_____	_____
2 Chicken Chasseur	_____	_____
3 honeyed carrots	_____	_____
4 spiced pears	_____	_____

WRITING

3 Write four recipes using each of the mixed cooking techniques: braising, casseroled, glazing and stewing. Try to include a starter, main course, side dish and dessert as in the recipes above.

SPEAKING

4 Work in pairs. Take turns to present your menus to each other and comment on whether or not you like them and how you could change or improve them.