



VIATA DE LICEU

se traieste o singura data!

IN THE KITCHEN

MEALS / Mesele zilei

Breakfast – micul dejun	breakfast time : 7 – 9 a.m	To have breakfast – a servi micul dejun
Brunch - gustare	brunch time 10 – 12 (de obicei in weekend)	
Lunch - dejun	lunch time : 12 – 2 p.m.	to have lunch – a servi dejunul
Tea ceai	tea time 4 – 5 p.m.	
Dinner – cina	dinner time : 7 – 10 p.m.	
Supper – supeu	supper time 10 – 12 p.m.	

In afara acestor mese principale mai există, în principiu, și următoarele :tea-break sau coffee break sau elevenses – ceai sau cafea cu sandvișuri (pe la 11 a.m.),high/meat tea – ceai cu gustări (intre 5 si 6 p.m.) si nightcap – gustare ușoară cu ceva de băut (între 10 și 12 p.m.,înainte de culcare)

Crockery (plates,dishes) – veselă

Biscuit dish – farfurie pentru pișcoturi
Bread plate – farfurioară de pâine
China – porțelanuri
Dinner plate – farfurie support
Dish – farfurie
China dinner set – serviciu de porțelan
Plate – farfurie
Soup plate – farfurie de supă
Dessert plate – farfurie de desert
Saucer – farfurioară de ceai sau cafea
Bowl – bol

– Cutlery – tacâmuri

fork - furculiță
knife – knives -cuțit(e)
spoon – lingură
teaspoon – linguriță de ceai
dessert spoon - linguriță de desert
fish fork – furculiță de pește
fish knife – cuțit de pește

Cups,glasses (cești,pahare)

Cup – ceașcă
Coffee cup – ceașcă de cafea
Coffee pot – cafetieră
Carafe – carafă
Decanter – cană de apă
Egg cup – suport pentru ou
Wine glass – pahar de vin
Water glass – pahar de apă

Diverse

bread basket – coș de pâine
butter dish – untieră
corkscrew – tirbușon
cruet stand – olivieră
mustard pot – vas pentru muștar
pepper box – râșniță de piper
salt cellar – solniță
sauce boat – sosieră

Beer glass – halbă de bere
Jug sau pitcher – ulcior
Tea kettle – ceainic
Mug – cana mare de ceai

soup tureen – supieră
sugar bowl – zaharniță
sugar tongs – clește pentru zahăr
tray - tavă

KITCHEN UTENSILS

Rolling pin – făcăleț
Colander - strecurătoare
Peeler – cuțit pentru legume, fructe
Funnel – pâlnie
Spatula – spatulă
Ladle – polonic
Food processor – robot
Frying pan – tigaie
Pot – oală
Sauce pan – cratiță cu coadă
Lid – capac
Scale – cântar
Strainer – strecurătoare de ceai, filtru
Meat cleaver – satâr
Grinder – mașină de tocat carnea

sieve – sită, ciur
grater – răzătoare
whisk sau egg beater – tel
tongs – clește
chopping board – tocător
mixer – mixer
salad bowl – salatiere
wok – tigaie chinezească
pan – cratiță
casserole – cratiță
bottle opener –
toaster – prăjitor de pâine
juicer – storcător
saw – fierăstrău
coffee grinder – rîșniță

Food – mâncare

Eggs – ouă

White – albuș
Yolk – gălbenuș
Egg-shell – coajă de ou
Boiled eggs – ouă fierte
Soft boiled eggs – ouă moi
Hard boiled eggs – ouă tari
Scrambled eggs- ouă jumări
Fried eggs – ochiuri
Poached eggs – ochiuri românești
Roasted eggs – ouă coapte
Raw eggs – ouă crude
New-laid eggs – ouă proaspete
Omelette – omletă

Bread crumbs -firimituri

bread – pâine

A loaf of bread – o pâine
white(wheat)bread-pâine albă
de grâu
brown bread – pâine neagră
rye bread – pâine de seară
whole-meal bread –pâine integrală
home-made bread – pâine de casă
new bread – pâine proaspătă
stale bread – pâine rece, veche
crumb -miez
crust – coajă
top crust – coltuc
French bread – baghetă
roll – chiflă
Croissant – croasant

Horn – corn
Bun – corn cu lapte
Rusk – pesmet, pâine uscată
Toast – pâine prăjită
A slice of bread – o felie de pâine



Clear soups and broths

These are very popular and are served piping hot, well- seasoned and in comparatively small portions and are intended as appetizers. The standard version consists of one leek, one small head of celery, one root of parsley, one parsnip (chopped or grated) and a chopped and browned onion, but any other root vegetables, and any fresh herbs you fancy, can be included. Chives or parsley, finely chopped, are dropped onto the surface of the liquid just before serving. To improve the quality of any soup or broth a piece of butter is placed on the soup plate and the hot liquid poured over it. If wine is added it is not boiled with the soup, but added just before serving. If you decide to include a bunch of herbs for flavoring, these should go in for the last half hour of cooking, not longer.

Clear meat broth

Finely minced fat beef ; 2 teaspoons any good meat extract; cold water; soup greens and one large onion; soup noodles; nutmeg if liked.

Put all the ingredients into cold, salted water. Bring to the boil and simmer for at least half an hour. Strain and cook the noodles for five minutes in the boiling soup.

Chicken broth

1 boiling fowl(chicken), water, salt, 1 onion, soup greens, parsley, lovage

Clean and chop the vegetables and put with the parsley and lovage into cold salted water and bring slowly to the boil. See that the bird is clean and free from feather scraps and pens and put it in the liquid. Simmer gently according to the size. If the resulting broth is too fat, let it cool before attempting to skim it. Reheat and add a tablespoonful of cooked rice or cooked soup noodles and serve with chopped chives floating on top.

Thick soups

These are made in enormous variety and resemble the cream soups. They are thickened in various ways by using raw, grated potato, potato flour, various cereals, rice, semolina, oat flakes.

Cauliflower soup

1 medium sized cauliflower, butter or margarine, 2 heaped tablespoons flour, water/preferably the water in which the cauliflower has been cooked, salt, nutmeg or lemon, 1 egg yolk or 2 tablespoons of cream

Make a light thickening from the flour and the fat and let it down with the water in which the cauliflower has been cooked. Cook the mixture gently stirring all the time until it is thickened. Add lemon juice to taste. Stir in the well-beaten egg-yolk or cream. Put back the cauliflower carefully, broken into rosettes.

Other thick soups might include – leek soup, onion soup, tomato soup, gruel soup, spinach soup, potato soup, kidney soup, liver soup, fish and potato soup, beer soup, soup with ham and dumpling.

Fish

Fish is highly valued for being rich in phosphorus and calcium and various vitamins and for being easily digestible but it should be fresh. Almost invariably sea fish is well sprinkled with vinegar or lemon juice and left to stand for half an hour before cooking. This firms and whitens the flesh and helps to preserve the flavor and smell

Fresh water fish – pește de apă dulce	bream sau plaice– plătică
Salt water fish – pește de mare	anchovy – hamsie
Carp – crap	sole – calcan
Haddock – egrefin	crab – crab
Crawfish – rac, langustă	eel – țipar
Herring – hering	lobster – homar
Mackerel – scrumbie	oyster – stridie
Mussel – midie	perch-biban
Pike – știucă	salmon-somon
Sardine-sardea	sheat fish- somn
Shrimp-crevete	sprat-sardea de Estonia
Sturgeon-nisetru	trout – păstrăv
Zander-șalău	tunny-ton, pălămidă
White sturgeon-morun	starlet-cegă
Tench-lin	barbell-mreană
Shellfish-moluște și crustacee	cockle-moluscă
Kipper-scrumbie afumată	dried fish-pește uscat
Fried fish-pește fript	jellied fish-pește în aspic
Salt fish – pește sărat	smoked fish-pește afumat
Stuffed fish-pește umplut	tinned fish – conservă de pește

FISH FOR A GOURMET

This method is suitable for any of the firm-fleshed, good quality fish like cod and fresh haddock. The fillets of fish are seasoned with salt and pepper and grilled in butter, in the usual way, and placed on a warmed dish. The sauce is made as follows: finely sliced, peeled mushrooms and crab or lobster meat, finely diced are gently stewed in butter. Whisk together 1 tablespoon tomato puree, cream at your discretion and a little cornflour for thickening. Add this to the mushroom mixture and cook very gently, stirring until the ingredients are tender. Season to taste with salt and pepper and a little sugar. Pour over the fish and serve at once.



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MARINADE

1 cup dry white wine, half a cup water, 1 medium sized onion, spring of parsley, 2 outside stalks of celery with green leaves, 1 small carrot

Finely chop onion, parsley and carrot and bring to the boil in the liquid. A spring of rosemary or a bay leaf can be added but should be whipped out as soon as the mixture comes to the boil.

PORK

There are numerous dishes using cuts of pork and a great variety of sausages large and small, hard and soft with or without garlic which are contrived from pork and veal, finely minced and blended with fat, some cereal and different flavorings.

PORK SCHNITZEL OR ESCALOPE

Allow one slice per person, salt, pepper, flour and a little milk or 1 egg and dried breadcrumbs

Beat the slices well on both sides. Rub with pepper and salt. Dip each in beaten egg and then breadcrumbs or if preferred in milk and then flour and fry golden-brown in hot fat. Garnish with slices of lemon, anchovy fillets and capers.

PORK GOULASH WITH PAPRIKA

Lean pork cut up into medium pieces, 3 onions, 2 tomatoes, 2 pickled gherkins, fat for frying, flour, paprika, water

Rub the pork with salt and fry in hot fat till golden – brown on all sides. Then add the diced, skinned tomatoes, diced onion and finely chopped gherkin and let all cook together until the onion is golden brown. Sprinkle freely with flour and half a teaspoon of paprika. Add a little hot water, cover tightly and leave to simmer on a gentle heat for about half an hour. Add water from time to time to keep the meat half covered. When cooked, stir in a little cream or, if preferred, a little tomato puree.

Our first menu

Asparagus soup

Dover sole

Roast chicken, potatoes, carrots, peas – main course

Peach flan for dessert

Act one

Scrub asparagus stems - curățați (frecați) tulpinile de sparanghel
 Strip away the base – îndepărtați baza
 Cut out woody parts – tăiați părțile lemnoase
 Scale the fish, bone and fillet it – curățați peștele de solzi, dezosați și scoateți fileul
 Cut off head and tail – tăiați și îndepărtați capul și coada
 Peel and wash potatoes – curățați cartofii de coajă și spălați-i
 Top and tail carrots – tăiați capetele morcovilor
 Shell peas – curățați mazărea
 Thaw frozen chicken- decongelați carnea de pui
 Skin peaches and remove stones – curățați piersicile de coajă și scoateți sâmburii
 Act two
 Chop up asparagus or shred it – tăiați sparanghelul în bucăți sau fâșii
 Place fish on greased foil – așezați peștele pe o folie unsă cu grăsime
 Slice potatoes – feliași cartofii
 Dice carrots – tăiați morcovii în cuburi
 Crack two eggs for the flan – spargeți 2 ouă pentru tarta cu fructe
 Separate them – separați albușul de gălbenuș
 Act three
 Scald marrow bones for stock – opăriți oasele cu măduvă pentru ciorba de carne cu legume
 Brown them in oven – puneți-le la coptor până devin maronii
 Put in large pan, add other ingredients – puneți-le într-o cratiță mare, adăugați alte ingrediente
 Bring to boil and simmer to extract juices – dați în clocot și apoi fierbeți la foc mic ca să extrageți sucurile
 Strain through sieve or muslin – strecurați prin sită sau șifon
 Brush fish with melted butter – ungeți cu o pensulă peștele cu unt topit
 Stuff the chicken – umpleți puiul
 Cover the breast with bacon rashers – acoperiți pieptul cu felii de bacon
 Season and rub with lemon juice- asezonați și frecați cu zeamă de lămâie
 Cook in middle of pre-heated oven – puneți-l în mijlocul cuptorului preîncălzit
 Sift flour and salt into bowl for pastry – cerneți făina într-un castron și puneți sare pentru aluat
 Cut up butter, rub into flour, mix or blend – tăiați untul, frecați-l cu făina, mixați cu mixerul sau blenderul
 Add water sprinkling evenly over surface – adăugați apă, stropind în mod egal pe toată suprafața
 Beat egg-whites and fold them into mixture – bateți ouăle și încorporați-le în amestec
 Knead gently, then chill for 30 minutes – frământați ușor și țineți la rece 30 de minute
 Pour stock over asparagus and boil – turnați zeama de carne peste sparanghel și fierbeți
 Allow to bubble for an hour, stirring regularly – fierbeți o oră amestecând
 Dress the fish – asezonați peștele
 Place it in hot oven – puneți-l în cuptorul încins
 Steam vegetables – fierbeți legumele la aburi
 Baste the chicken – coaseți puiul
 Roll out pastry – întindeți coca

Bake it in oven – coaceți-o la cuptor
Whip or whisk cream for topping – pregătiți frișca pentru ornat
Act five
Warm the plates – încălziți farfuriile
Skim the soup to remove fat – spumuiți supa să îndepărtați grăsimea
Garnish the fish – garnisiți peștele
Coat with pre-prepared sauce – acoperiți cu sosul pregătit dinainte
Drain vegetables – scurgeți legumele
Make gravy from stock – pregătiți sosul din supa de carne și legume
Carve meat – tăiați carnea
Grate nutmeg over flan – radeți nucșoară peste tartă
Leave to cool – lăsați la răcit
Finale
Serve – serviți
Epilogue
Freeze left-overs – congelați resturile

OTHER VERBS

Improve quality – ameliorați calitatea	stir - amestecați
Add – adăugați	whiten - albiți
Pour – turnați	preserve - păstrați
Bring to the boil – dați în fiert	beat - bateți
Simmer –fierbeți la foc mic	rub - frecați
Strain- strecurați	dip – înmuiati
See that – verificați	cut - tăiați
Let it cool sau cool –dați la rece	grate – gratinați
Thicken – îngroșați	

VEGETABLES

Asparagus – sparanghel	beans – fasole uscată
Beetroot – sfeclă	French beans – fasole verde
Cabbage – varză	white cabbage – varză albă
Red cabbage – varză roșie	Savoy cabbage – varză creață
Sauerkraut – varză acră, murată	Brussels sprout – varză de Bruxelles
Carrot – morcov	cauliflower – conopidă
Chive – arpagic	celery- țelină
Cucumber – castravete	egg-plant- vânăță
Dill – mărar	garlic – usturoi
Greens sau herbs – verdețuri	horse radish – hrean
Lettuce – lăptucă	marjoram – măghiran
Marrow,squash – dovlecel	onion – ceapă
Lovage – leuștean	parsley – pătrunjel
Parsnip – păstârnac	peas – mazăre
Green peas – mazăre verde	pumpkin,gourd – dovleac,bostan
Radish – ridiche	savory –cimbru

Spinach – spanac
Tomato – roşie
Endive – andivă
Garden sorrel – ştevie
Green pepper – ardei gras
Tomato shaped pepper – gogoşar
Cauliflower – conopidă

turnip – gulie
artichoke – anghinare
leek – praz
pepper – piper, ardei
hot pepper – ardei iute
potatoe – cartof
mushrooms – ciuperci

MEAT -

Beef – carne de vacă
Veal – carne de viţel
Pork – carne de porc
Mutton – carne de oaie, berbec
Lamb – carne de miel
Venison – căprioară
Game – vânat
Rabbit – iepure de casă
Hare – iepure de câmp
Heart – inimă
Liver – ficat
Kidneys – rinichi
Steak – antricot
Chop – cotlet cu os
Cutlet – felie groasă de carne
Beefsteak – fitec, muşchi de vacă
Pork tender loin – muşchiuleţ de porc
Pork chop – cotlet de porc
Roast sucking pig – purcel de lapte fript
Mixed grill – frigărui asortate
Brains – creier
Tongue – limbă

POULTRY – CARNE DE PASĂRE

chicken – pui
hen – găină
goose – gâscă
duck – raţă
turkey – curcan
partridge – potârniche
quail - prepeliţă
wild duck – raţă sălbatică
pheasant - fazan



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FRUITS

Apple – măr
Pear – pară

banana – banană
pineapple, ananas – ananas

Plum – prună
Quince – gutuie
Apricot – piersică
Peach – piersică
Grape – strugure
Sweet cherry – cireasă
Sour cherry – vișină
Wild cherry – cireasă amară
Melon – pepene galben
Water melon – pepene verde
Strawberry – căpșună
Wild strawberry – fragă
Blackberry – mură
Raspberry – zmeură
Bilberry – afină
Prune – prună uscată
Gooseberries – agrișe
Candied fruit – fructe confiate

orange – portocală
tangerine – mandarină
lime – lămâie verde
lemon – lămâie
greppfruit – greppfrut
walnut – nucă
nut – alună de pădure
peanut – arahidă
chestnut – castană comestibilă
almond – migdală
fig – smochină
date – curmală
pomegranate – rodie
coconut – nucă de cocos
currant – coacăză
cherry plum – corcodușă
tinned fruit – conserve de fructe

EXPRESII

What would you like to - eat ? - Ce ati dori să mâncați ?

- drink ?
- have for breakfast ?
- order ?
- begin with ?
- have for desert ?

I'd like some vegetable soup, please. / As dori supa de legume, va rog.

I will have a steak, please.

To lay/set the table for ten – a pune masa pentru zece personae.

To spread the table cloth and to put on napkins and napkin-rings – a asternem fata de masa si a pune servete si inele de servet.

To spread butter on bread – a intinde untul pe paine.

To plug in the electric toaster – a pune in priza aparatul de prajit paine

Dinner is served – cina este servita.

Enjoy your meal – pofta buna

Will you have/take some more/another helping of /would you like/care sau can you manage some more ? = mai doriti/luati... ?

May I help you to ...? / Can I give you... =Pot sa va servesc cu ?

What shall I help you to ? Cu ce sa va servesc?

I'd rather have = as prefera

What will you have with your tea ? = Ce serviti la ceai ?

To clear the table = a debarasa

To brush off the crumbs = a strange firimiturile de paine

What will you have to drink ? Ce beti ?

Have you booked a table ? / Have you reserved a table ? = ati rezervat o masa?

Do you wish to dine a la carte or will you have the table d'hote? = Serviti masa a la carte sau doriti meniu fix.?

A three course lunch – un pranz format din trei feluri.

What's your favourite dish ? Care este mancarea ta preferata?

May I suggest a nice dish of...? Pot sa va siugerez.../

What will you have in the way of salads ? = Ce salata doriti sa serviti ?

I'll bring it right away . = va aduc imediat



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