Recipes









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bestofthereader.ca

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Welcome

This e-book is part of a series called Best of The Reader. The recipes in the e-books are from *The Westcoast Reader*. It is a newspaper for adults who are improving their English reading skills.

To the reader

- ✓ You can use this book in a classroom, with a tutor, or on your own.
- ✓ Each recipe has exercises to go with it. These exercises can help you improve your English and reading skills.
- ✓ You can check your answers at the end of the book.

To the teacher

Learners can read the recipes and do the exercises individually, in pairs, or in groups.

The topics can be explored further through discussion or follow-up activities.

Teachers' Guide

The Teachers' Guide on this website has ideas on how to use the e-books with students.

Recipes

The recipes in this e-book do not have symbols for reading levels. We hope everyone—teachers, tutors, and learners—will try these recipes.

Acknowledgements

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A special thank you to the learners and teachers who helped choose the recipes.

Most of the recipes in this e-book first appeared in *The Westcoast Reader* (1982 to 2009). Many of the exercises and activities for learners are based on material from *The Westcoast Reader* Teachers' Notes (1982 to 2009).

Credits

Photos

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Illustrations

Pages 5, 6, 7, 9, 13, 14, 18, 20, 21: Nola Johnston; Page 8: Guy Parsons

Three healthy snacks

Trail mix

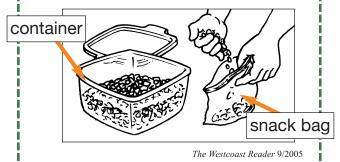


You need

- 1 cup (250 mL) almonds
- 1 cup (250 mL) cashews
- 1 cup (250 mL) pumpkin seeds
- 1 cup (250 mL) dried cranberries
- 1 cup (250 mL) dried apricots (chopped)

What to do

- 1 Put all the ingredients in a large bowl. Mix together.
- 2 Store the mix in a plastic container. Make sure the lid fits tightly.
- Make snack bags to take to school or work. Put about 1 cup of trail mix in a sealable plastic bag.



Fruit kebobs

- Cut the fruit into pieces.
- Put four or five pieces of fruit on a wooden skewer.
- Dip the fruit in orange juice.
- Keep the kebobs in the fridge.



Try these fruits:

- grapes
- kiwis
- strawberries
- oranges
- pineapple

The Westcoast Reader 9/2005

Spicy pumpkin seeds

- Preheat oven to 350°F (175°C).
- In a bowl, mix together

raw green pumpkin seeds

1 cup (250 mL)

chili powder

1 tsp (5 mL)

salt

½ tsp (2 mL)

lime juice

2 tsp (10 mL)

- Spread the seeds evenly on a baking sheet.
- Bake about 10 minutes until the seeds are puffy and brown.

The Westcoast Reader 11/2004

Count and non-count

In English there are two kinds of nouns: count and non-count.

- ✓ Count nouns are things we can count. For example:
 - There are two books in my bag.
 - I have four classes next week.
- ✓ Non-count nouns are usually things we cannot count. For example:
 - Can I have some ice in my drink?
 - I always add sugar to my coffee.

We use "how many" with count nouns and "how much" with non-count nouns.

Write "how much" or "how many" in the blanks.

1 almonds? 5 kebobs?

2 cashews? 6 chil	i powder?
---------------------	-----------

3. trail mix? 7 gr	rapes?
----------------------	--------

4 o	orange juice? 8.	8 salt?

Word order

Write the words under the lines in the correct order to finish the sentences.

1. Put th	e trail mix in a		•
		bag / sealable / plastic	
2. Add			_ to the stir-fry.
		red / sliced / onions	

3. Store the mix in a ______.

container / small / plastic

Berry slush



You will need

frozen blueberries ½ cup (125 mL)

frozen raspberries ½ cup (125 mL)

frozen strawberries ½ cup (125 mL)

apple juice 1 cup (250 mL)

What to do

- 1 Put the berries and the juice in a blender.
- **2** Blend until smooth. Serve immediately.

Makes two glasses

The Westcoast Reader 9/2004

Fruit smoothie

You will need

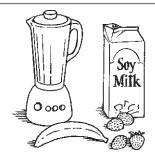
10 to 12 ripe strawberries

2 ripe bananas

soy milk or low-fat milk 1 cup (125 mL)

honey 1 tbsp (15 mL)

ice cubes 1 cup (250 mL)



What to do

- 1 Wash the strawberries and take off the green tops. Peel the bananas.
- 2 Put the fruit, milk, honey, and ice in a blender. Blend well.
- 3 Pour into a glass.



Makes two glasses

Finish the words

Fill in the missing letters to finish the words.



1. _ **†** _ _ _ _ **S**



2. ____**p**______



3. ___**u** ______



Fresh berries at a market

What's the word?

Find these words in the puzzle. Some words go across and some go down.

banana

juice

blender

milk

frozen

peel

fruit

serve

glass

smooth

honey

Soy

ice

wash



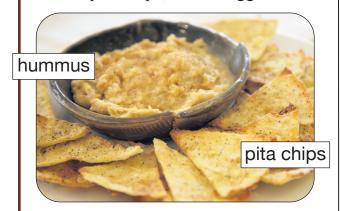




T	r	u	ı	Ť	×	S	e	g	m
ı	Ь	I	e	n	d	e	r	j	W
d	α	k	z	u	h	r	i	f	a
r	n	j	z	j	p	V	С	r	s
p	a	С	i	r	u	e	e	0	h
e	n	S	0	y	y	h	α	z	0
e	a	t	m	i	ı	k	V	e	n
ı	n	h	j	u	i	C	e	n	e
0	g	s	m	0	0	t	h	y	y
n	j	g	V	g	I	a	S	S	e

Hummus -

Hummus is a popular dip. You can serve it with warm pita bread, pita chips, or cut veggies.



You will need

chickpeas (garbanzo beans)

1 can (19 oz or 540 mL)

garlic

1 clove (crushed)

water

2 tbsp (30 mL)

salt

½ tsp (2 mL)

cumin

1 tsp (5 mL)

tahini

2 tbsp (30 mL)

olive oil

1 tbsp (15 mL)

lemon juice

3 tbsp (45 mL)

Note: Tahini is made from sesame seeds. You can buy it in many supermarkets.

What to do

1 Rinse and drain the chickpeas.



Put the chickpeas, garlic, water, salt, and cumin in a blender.
Blend together.



Add the tahini, olive oil, and lemon juice. Blend until the mixture is smooth.



4 Scrape the hummus into a bowl.



Did you know?

Hummus is a popular food in many Middle Eastern countries: for example, Turkey and Egypt.

The Westcoast Reader 5/2008 • Recipe submitted by Halima and Neema

Which comes first?

Put the sentences in the correct order.

Serve the hummus with pita chips.

Open a can of chickpeas.

Add the tahini, olive oil, and lemon juice.

Blend until the mixture is smooth.

____ Scrape the hummus into a bowl.

Rinse and drain the chickpeas.

_ Put the chickpeas, garlic, water, salt, and cumin in a blender.

Blend together.

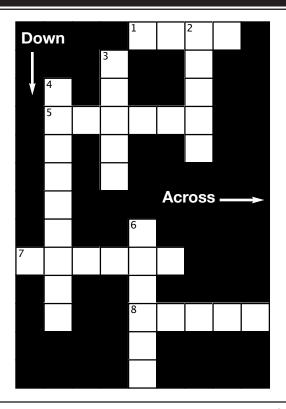
Crossword

Across

- 1. Opposite of cool
- 5. A Middle Eastern dip
- 7. A kind of seed
- 8. _ _ _ oil

Down

- 2. Wash lightly
- 3. A yellow citrus fruit
- 4. Another name for garbanzo beans
- 6. Opposite of rough



Chicken soup

You will need

vegetable oil

1 tbsp (15 mL)

green onions

4, chopped thinly

garlic

1 clove, peeled and smashed

ginger

1 tbsp (15 mL), chopped

chicken broth, low sodium

4 cups (1 litre)

fish sauce

1 tbsp (5 mL)

cooked chicken

1 cup (250 mL), shredded

lime juice

1 tbsp (15 mL)

What to do

- Heat oil over medium heat. Add onions, garlic, and ginger. Cook for about 3 minutes.
- Add broth and fish sauce. Bring to a boil. Reduce heat and simmer for 5 minutes.
- 3 Add chicken and simmer for 2 or 3 more minutes.
- 4 Add lime juice and serve.

Serves 4 people





Tuna salad

■ In a bowl, mix together:

tuna packed in water, drained

2 cans (6 oz or 170 g each)

radishes

8 small, cut into wedges

celery

2 stalks, chopped

lemon juice

2 tbsp (30 mL)

olive oil

1 tbsp (15 mL)

salt and pepper

1/4 tsp (1 mL) of each

■ Serve with crackers or pita bread.

Note: You can keep in a closed container in the fridge for up to one day.

Serves 2 people



Finish the sentences

Circle the correct word or number to finish each sentence.

- 1. The recipe for tuna salad serves two / four people.
- 2. You need one / two cans of tuna for this recipe.
- 3. Wedges are pieces / strips.
- 4. When you use celery stalks, you use the leaves / stems.
- 5. You can keep this salad in the fridge for up to one week / day.
- 6. Serve the salad with pita bread / donuts.

Answer the questions

Write the answers on the lines.

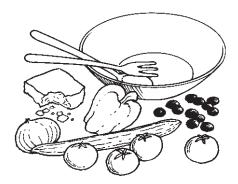
- 1. In the soup recipe, do you need more fish sauce or more chicken broth?
- 2. How long should you cook the onions, ginger, and garlic?
- 3. After you add the broth and fish sauce and bring to a boil, should you turn the heat up or down?
- 4. After you add the chicken, what do you do for 2 to 3 minutes?

Greek salad



You will need

- 4 tomatoes
- 1 English cucumber
- 1 onion
- 1 green or red bell pepper
- 12 Greek black olives
- ½ cup (125 mL) feta cheese



What to do

- 1 Cut the tomatoes, cucumber, onion, and pepper into bite-size pieces.
- Mix the vegetables together in a large bowl. Add the olives.

Salad dressing

You will need

½ cup	olive oil	125 mL
½ cup	lemon juice	50 mL
1 tsp	oregano	5 mL



What to do

In a small bowl, whisk together the oil, lemon juice, and oregano. Add salt to taste.

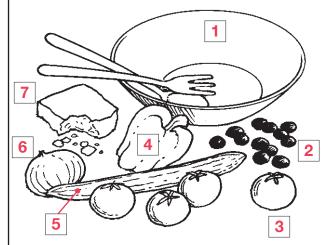
Make and serve

- Crumble the feta cheese over the salad.
- Add the dressing.
- Toss the salad and serve.
- Serves 4 people

The Westcoast Reader 5/2003

Unscramble the letters

Unscramble the letters and write the words.



- 1. owbl _____
- 2. silevo _____
- 3. matoot ____
- 4. eprpep _____
- 5. rebemuue
- 6. noino _____
- 7. aeft hecees _____

What do you need?

Write the answers on the lines.

1. What kind of cucumber do you need for the Greek salad recipe?

You need

2. What kind of cheese do you need?

You need ____

3. What kind of pepper do you need?

You need _____

4. What kind of olives do you need?

You need _____

Sweet chili tofu stir-fry -

You will need

		cooking oil
5 oz	(150 g)	firm tofu (cut into thin strips)
¾ cup	(175 mL)	red onion (sliced)
1 cup	(250 mL)	broccoli (cut into bite-size pieces)
1 cup	(250 mL)	carrots (cut into bite-size pieces)
¾ cup	(175 mL)	sugar snap peas (trim off the ends)
½ cup	(125 mL)	red bell pepper, cut into strips
½ cup	(125 mL)	vegetable broth or water
½ cup	(50 mL)	sweet chili sauce
1 tsp	(5 mL)	orange zest
1 tbsp	(15 mL)	chopped fresh cilantro or parsley





More on page 16

The Westcoast Reader 4/2009

What to do

Heat a large pan over medium-high heat. Put about 1 teaspoon of oil in the pan.



2 Put the tofu in the pan. Fry until browned on both sides.



Take the tofu out of the pan.
Set aside.



4 Put about 1 teaspoon of oil in the pan. Add the sliced onions. Cook for 1 minute.



5 Add the broccoli, carrots, peas, and red pepper. Cook for about 5 minutes. Stir often.





6 Put the tofu back in the pan.



7 Stir in the broth, chili sauce, and orange zest. Cook for a few minutes.





Put the mixture on a big plate. Sprinkle the cilantro or parsley on top. Serve with brown rice.

Serves 4

Write your own instructions

Fill in the blanks with words that have the same meaning as the instructions in the recipe. There may be more than one answer.

What to do	
In a pan, heat	oil. Then put in the tofu
	(1)
and	it until it turns brown on both sides.
(2)	
Take the tofu out of the pan and	put it in a
	(3)
to use later.	
Put some more oil and	in the pan
	(4)
	minute. After that, put in
(5)	
the	and cook for 5 minutes.
(6)	
	back in the pan.
	(7)
	t with the broth, chili sauce, and orange zest.
(8)	
Serve the stir-fy with brown	
	(9)
sprinkle some	
(10))

Cranberry pear crumble



Serve with ice cream or frozen yogurt.

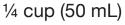
Step 1: Prepare the fruit

You need

cranberries, frozen or fresh 3 cups (750 mL)



white sugar





cinnamon

1/4 tsp (1 mL)



pears, cored and sliced 5 or 6



What to do

1 Spray a baking dish with non-stick spray.



In a bowl, toss the cranberries with the sugar and cinnamon.

Pour the cranberries into the dish. Place the sliced pears on top.



Step 2: Prepare the topping

You need

flour

½ cup (125 mL)

rolled oats

½ cup (125 mL)

brown sugar

½ cup (125 mL)

almonds, chopped

1/4 cup (50 mL)

butter

½ cup (125 mL)

What to do

- Mix together the flour, rolled oats, brown sugar, and chopped almonds.
- 2 Cut in the butter with a fork or a pastry blender. The mixture will be crumbly.



- 3 Spoon the topping over the fruit.
- 4 Bake at 375°F (190°C) for about 45 to 50 minutes.

Serves 6

The Westcoast Reader 4/2003

Finish the sentences

Use the words in the boxes to finish the sentences.					
1	a baking dish with non-stick spray.	Spoon			
2. In a bowl,	the cranberries with sugar and cinnamon.	mix			
3	_ the cranberries into the dish.	Pour			
4	_ the sliced pears on top.	Cut in			
5. For the topping, _	together the dry ingredients.	toss			
6	_ the butter with a fork or pastry blender.	Bake			
7	_ the topping over the fruit.	Place			
8	at 375° F (190° C) for about 45 to 50 minutes.	Spray			

True or false

Circle T if the sentence is true. Circle F if the sentence is false (not true). F 1. Use fresh or frozen cranberries in this recipe. 2. Peel and slice 5 or 6 apples. F Т 3. For the topping, use slivered almonds. F 4. To make the topping, first mix together all the dry ingredients. Т 5. Then, cut the butter into the dry ingredients. F 6. Spoon the fruit over the topping. Т F 7. Bake the crumble for 60 minutes.

Chocolate macaroons



You will need	
2	egg whites
1 tbsp (15 mL)	sugar
1/4 tsp (1 mL)	salt
2 tbsp (30 mL)	cocoa powder (unsweetened)
2 cups (500 mL)	shredded coconut (sweetened)
½ cup (125 mL)	almonds (sliced)

What to do

• Preheat oven to 350°F (175°C). Spray a muffin

tin with non-stick spray.



- 2 In a large bowl, whisk together egg whites, sugar, salt, and cocoa powder.
- **3** Add coconut. Mix with a fork.

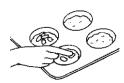




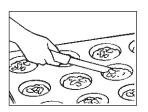
4 Spoon batter into muffin tin.

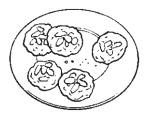


6 Sprinkle with almonds. Pat down gently with fingers.



- **6** Bake for 25 to 30 minutes. Let cool for 10 minutes in tin.
- **7** Run a thin spatula or knife around the macaroons to loosen them from the muffin tin.





Makes 12 macaroons

The Westcoast Reader 2/2009

Words and pictures

Write the letter for the picture on the blank before the sentence.

- _____1. Spray a muffin tin.
- 2. Whisk together egg whites, sugar, salt, and cocoa powder.



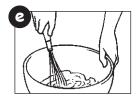


- 3. Add coconut and mix with a fork.
- 4. Spoon batter into muffin tin.





- ____ 5. Sprinkle with almonds and pat down the almonds with fingers.
 - 6. Bake the cookies in the oven.





What's the number?

Write the correct number on the line. Use the numbers in the box.

- 1. Cool for _____ minutes.
- 2. Bake for minutes.
- 3. Makes _____ macaroons
- 4. Bake at ______ degrees F.
- 5. Use ______ egg whites.

- 2
- 10
- 12
- 25 to 30
 - 350

How much do you remember?

. Two kinds of nuts	6. A spice
	7. Two dairy products
. Something sour	
. Three kinds of berries	8. Something sweet
	9. A type of oil
A fish	10. Two kinds of seeds
. Two green vegetables	
	11. A popular dip

Answers for exercises

Count and non-count (p 6)

- 1. How many 2. How many 3. How much
- 4. How much 5. How many 6. How much
- 7. How many 8. How much

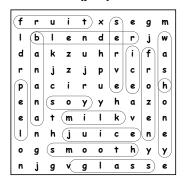
Word order (p 6)

- 1. sealable plastic bag
- 2. sliced red onions
- 3. small plastic container

Finish the words (p 8)

- 1. strawberries
- 2. raspberries
- 3. blueberries

What's the word? (p 8)



Which comes first? (p 10)

614523

Crossword (p 10)



Finish the sentences (p 12)

- 1. four 2. two 3. pieces 4. stems
- 5. day 6. pita bread

Answer the questions (p 12)

- 1. You need more chicken broth.
- 2. You should cook them for 3 minutes.
- 3. You should turn the heat down.
- 4. You simmer the soup.

Unscramble the letters (p 14)

- 1. bowl 2. olives 3. tomato 4. pepper
- 5. cucumber 6. onion 7. feta cheese

What do you need? (p 14)

- 1. an English cucumber
- 2. feta cheese
- 3. green or red bell pepper
- 4. Greek black olives

Write your own instructions (p 17)

Possible answers:

- 1. a bit of (some) 2. fry (cook)
- 3. dish (container) 4. the onions (the sliced onions) 5. one (about a) 6. rest of the vegetables (other vegetables) 7. tofu (fried tofu)
- 8. Cook 9. large plate (platter, serving dish) 10. chopped parsley (chopped cilantro)

Finish the sentences (p 19)

- 1. Spray 2. toss 3. Pour 4. Place 5. mix
- 6. Cut in 7. Spoon 8. Bake

True or false (p 19)

1T 2F 3F 4T 5T 6F 7F

Words and pictures (p 21)

1f 2e 3b 4a 5c 6d

What's the number? (p 21)

1. 10 2. 25 to 30 3. 12 4. 350 5. 2