

WARM UP

1 Quickly read the text about butter in Anglo-Saxon cooking vs oil in Mediterranean cooking and match a title with each paragraph.

- a Health
- b Origin
- c Use

* **Hummus** is a Middle Eastern and Arabic food dip or spread made from cooked, mashed chickpeas, blended with tahini, olive oil, lemon juice, salt and garlic.

* **Aioli** is a Provençal traditional sauce made of garlic, olive oil, lemon juice, and egg yolks. There are many variations, such as the addition of mustard or, in Catalonia, pears.

Butter in Anglo-Saxon cooking vs oil in Mediterranean cooking

1 _____
Historically the use of butter in Anglo-Saxon cooking and oil in Mediterranean cooking is closely linked to climate. In Mediterranean countries, unclarified butter spoils quickly, so it is impractical to preserve and use as a cooking fat. Olives, on the other hand, grow plentifully, can be quickly turned into oil, which does not spoil as easily.

In contrast, the cool climates of North America and northern Europe are ideal for storing butter for long periods of time, making it the traditional cooking fat used long before industrialisation.

2 _____
It is as hard to imagine eating bread without butter in the UK as it is to imagine an Italian, Spanish or Greek table without a bottle of extra virgin olive oil for dipping bread into.

In the Mediterranean tradition, oil is used raw to dress salads, soups, stews, vegetables, meat and fish, or as a base for sauces and dips such as **hummus***, **aioli*** and pesto. It can also be cooked in sweet and savoury dishes with techniques such as roasting, baking, sautéing and frying. Unlike other substitutes, butter browns well in a pan, taking on a nutty taste which complements pan-fried fish or steak and sautéed vegetables. It is also versatile in absorbing other flavours such as garlic, herbs or spirits like brandy. Butter adds taste and creaminess to sauces and puddings and it is ideally light and moist for use in baking.

3 _____
Butter is high in saturated fats which can increase blood cholesterol and lead to heart disease or weight gain and obesity, a growing trend in the UK and North America. Contrarily, olive oil is associated with health benefits such as lower risk of heart disease, strokes and obesity. In fact many of the world's most healthy and long-living people live in Mediterranean countries.



READING COMPREHENSION

2 Read the text again and choose the correct answers.

- 1 Butter is the traditional fat in northern Europe and North America because of...
 - A the cost.
 - B industrialisation.
 - C the weather.
- 2 Which of the following is true about olives in Mediterranean countries?
 - A They are abundant.
 - B They do not spoil.
 - C They stay cool.
- 3 In Mediterranean countries extra-virgin olive oil is...
 - A cooked then added to salads.
 - B poured onto bread raw.
 - C melted onto bread.
- 4 Pan-fried or sautéed meat, fish or vegetables...
 - A brown well with butter.
 - B brown better with oil.
 - C do not brown well with butter.
- 5 To bake well, the fat needs to be...
 - A creamy and tasty.
 - B light and moist.
 - C versatile and absorbent.
- 6 Compared to butter, olive oil is...
 - A as healthy.
 - B less healthy.
 - C more healthy.

LISTENING

3  5 Listen to four recipes being described and decide whether they contain butter, oil, both or neither.

Recipe	Butter	Olive oil	Butter & olive oil	Neither
1 <i>bread and butter pudding</i>				
2 _____				
3 _____				
4 _____				

4  5 Listen again and write the names of the four recipes.

WRITING

5 Write your favourite recipe using butter, olive oil or both.

SPEAKING

6 Work in pairs. Tell your partner about your recipe and explain why you use butter, olive oil or both in order to obtain a particular taste, texture, appearance or effect.

My recipe is for...