

9 November 2004

Kay

Kay loves shopping, and loves cooking. Listen to her talk about her day shopping at the market, and what she likes to cook.

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**Hello, what are you doing today at the market?**

I've just come in today because it's the last day of my holidays and I love coming to the market and I don't get the opportunity much when I'm working.

**What do you like about the market?**

I like the whole variety and range of foods that you can get here. And it's very cheap as well.

**How often do you come here?**

Not as often as I'd like. Probably, I only get the opportunity on weekends but, when I'm on holidays, I was in here yesterday as well.

**What do you do here?**

I **browse** and I **graze** and I think about all the ingredients I need to get for different sorts of recipes, that sort of thing.

**What's your favourite stall?**

Favourite stall? I don't have a favourite. A lot of the Asian foods I like, a lot of the dips, the ready-made dips, things like that. I like the cappuccino and Greek foods up that end as well. I like to sit and have a read of the paper and have a coffee and some Greek pastries.

**When was the last time you came here?**

Yesterday.

**What did you do then?**

Similar sorts of things but I have just come back from a holiday in Cairns so I put a film in down at the camera shop and I'll pick that up today.

**What do you like to cook?**

Just about everything. I've been **on an Indian run** at the moment but I've started today with Asian food, so all sorts.

**How do you make it? What are the main ingredients?**

Lots of different sorts of bok choy, coriander and lemongrass, garlic, mostly chicken and fish: healthy type stuff, mostly.

**What's the hardest thing you know how to cook?**

The hardest? I don't know about hard, but time-consuming can be crushing up all the herbs, spices, seeds that you need for Indian food. That's quite **time-consuming**, and I bought a mortar and pestle and I'm never going to do that again. I'm going to buy one of those electric things.

**And, what's the easiest thing you know how to cook?**

Probably Asian foods are the easiest, because they're very light, in stock, just a bit of chopping up of this, that and the other, and you get lovely sort of aromas and flavours from Asian foods.

**Can you give us just a simple idea of a recipe for one of those kinds of dishes?**

Well, what I'm going to do with this, is basically a stock: just chop up the bok choy, the spring onions, the lemongrass, garlic, ginger, a little bit of chilli and some fish, that's what I bought today. And just very simply put that all in together with noodles.

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**story notes**

**browse**

To **browse** is to look at a lot of things, without necessarily concentrating on one thing.

For example, you could **browse** through a shop and not buy anything.

If the shopkeeper asked if you wanted any help, you might say, 'I'm just **browsing**.'

You can **browse** through a book or magazine, without reading everything.

Note that **browse** can also be used as a noun.

I'm just having a **browse**.

### graze

To **graze** is to eat small amounts of food frequently.

Usually, you would say that animals like sheep and cows **graze** on grass.



To **graze** can also mean to break the surface of the skin by rubbing against something rough.

If you fall on concrete you can **graze** your knee.

And in this sense, **graze** can also be a noun. Your knee would have a graze on it

### on an Indian run

That's a slang way of saying she's been cooking a lot of Indian food lately.

Expressions that use the word **run** are the subject of today's spotlight.

### time-consuming

If something is time-consuming, it takes a long time to do.

The English Bites quiz is not very **time-consuming**.

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