

11 November 2004

## Recipes

It's back to the market to ask people about what they like to cook.

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**What are you going to make?** **DESPINA:** A variety of things. If we're talking about tonight's dinner, it's fish with vegetables.

**What are you going to make?**

Well, actually, my mother's cooking tonight but she is making swordfish with a [harissa marinade](#) and salad, and then she's cooking a coconut cream caramel.

**What do you like to cook?** Italian food possibly.

**How do you make it? What are the main ingredients?** Lots of pasta, tomato for the sauce. I think tomato is important in the sauce to go with the pasta.

**What is the hardest thing you know how to cook?** I suppose some Asian foods. I can't think of any one in particular but they provide a bit of a challenge.

**What is the easiest thing you know how to cook?** Toast, jam on toast.

**Do you have a simple recipe you could tell us now, for something simple?** A [spaghetti Bolognese](#). Mince and tomatoes and then any other vegetables you want, you chop them up and throw them in there and serve it up with spaghetti.

**What do you like to cook?** A lot of Asian.

**How do you make it? What are the main ingredients?** Stir fried vegetables, a bit of coriander, ginger, that sort of thing. Standard Asian really.

**What's the hardest thing you know how to cook?** Probably lamb curry.

**What's the easiest thing you know how to cook?** Omelette.

**Can you give us a simple recipe for something, like an omelette?** Yes, an omelette is usually just about four eggs and some milk and you mix it all together and put in bacon and onion and tomatoes and cheese. That's usually how I do it.

**And how do you cook it?** In a frypan with some butter.

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## story notes

### [harissa marinade](#)

Harissa is a chilli paste and a marinade is something you put on meat before you cook it.

### [spaghetti Bolognese](#)

An Italian dish.

He goes on to tell us how to make it. That's an informal recipe. But let's look at how you might write that down.

First, you list the ingredients, with the amount.

#### **Ingredients**

250g mince  
1 tin tomatoes  
1 large onion  
1 carrot  
2 zucchinis  
125g mushrooms

Then recipes list the method.

**Method**

Fry onions until soft.

Add mince and cook until brown.

Chop carrot, zucchinis and mushrooms.

Add to mince.

Add tin of tomatoes.

Stir and cover.

Simmer for 15 minutes.

Pour over cooked spaghetti.

The verbs in recipes are in the imperative tense.

For more see today's spotlight.

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