

## Aim High 5      Listening Test 7 Answer Key

**1**

- 1 Magda
- 2 Neil
- 3 Magda
- 4 Magda
- 5 Neil

**2**

- 1 a
- 2 c
- 3 b
- 4 b
- 5 c

**3**

- 1 6 hours
- 2 1 hour
- 3 warm bread
- 4 cinnamon
- 5 cream

**4**

- 1 She uses the vegetables that she has in her fridge.
- 2 He says you get a much stronger flavour in your food.
- 3 He cooks it during the week because it is a quick recipe.
- 4 She cooks pasta when she wants a quick meal just for herself.
- 5 She sprinkles chopped parsley and grated cheese on her pasta.

**[3.18]**

**Magda:**      What's your favourite recipe?

**Neil:**      Difficult question. I've got a recipe for a lamb stew that I love cooking for other people. You cook the meat really slowly in a casserole, with lots of fresh vegetables, like carrots, onions, tomatoes and mushrooms. Because it cooks for a long time – about six hours, the meat is really tender. It just melts in your mouth. I usually serve it with rice, but it's also nice with fresh bread.

**Magda:**      Mmm, that sounds delicious. I love cooking with lots of vegetables. I make a really nice vegetable soup, which is very quick and simple. You chop all the vegetables in a food processor. You can use whatever vegetables are in season but I usually just use whatever's in my fridge –onions, carrots, leeks, potatoes. I cook them in the liquid for about an hour. Then I use the food processor again to liquidize it, to give a really smooth soup.

**Neil:**      Do you add meat?

- Magda:** I sometimes add a bit of chicken. That gives a nice meaty flavour to the soup. Then you just serve it with a ladle into warm bowls, and serve with warm bread!
- Neil:** That sounds great for a cold winter's day.
- Magda:** Do you like cooking with spices?
- Neil:** Yes, in fact I've just bought a pestle and mortar so I can grind my own spices. It's OK buying spices that are already ground, but when you grind them yourself you get a much stronger flavour in the food. I've got a recipe for a really nice chicken stir-fry, which I cook in the wok. I often cook it during the week because it's a nice quick recipe for when you haven't got much time. It's got chicken and mushrooms, and it's flavoured with cinnamon and other spices. It only takes a few minutes.
- Magda:** Sounds lovely! I haven't got a wok, but I want to buy one.
- Neil:** They're great – and cooking food quickly is very healthy, because you don't destroy all the vitamins in the food.
- Magda:** Yes, that's right. Usually when I want a quick meal just for myself, I cook pasta. I've got a recipe for a lovely creamy mushroom sauce to go with pasta. You just cook the mushrooms in a little oil, and as they're cooking you crush some garlic with a garlic press and add that, and salt and pepper of course. I do the pasta while that's cooking – I buy fresh pasta, so it only needs to cook for two or three minutes. Then just before serving you add some cream to the sauce. You strain the pasta in a colander, and put it on your plate. Pour the sauce over, and sprinkle with some chopped parsley and a little grated cheese.
- Neil:** That sounds good! What about desserts? Do you often make desserts?
- Magda:** Not really, only when I've got guests. I often do just a simple fruit salad, with pomegranates and tangerines or an apple cake.
- Neil:** Mmm, that sounds delicious and all this talk of food is making me hungry!