

Lesson 11: What to Eat?

Lesson Objective

By the end of this lesson, you will be able to:

- ✓ Talking about local cuisines
- ✓ Describing taste of food
- ✓ Describing places to eat

As Indonesians, our traditional food is very rich in taste and flavor. Here are some vocabularies that we may use to describe some tastes:



Spicy
Hot



Salty
Savory



Sour
Tart



Bland
Tasteless



Rich
Flavorful



Sweet
Sugary

- Savory → Salty
- Spicy → Burning taste from hot spices
- Citrusy → Bright flavor like lemons, lime, and citrus
- Briny → Sharp, very salty, and sometimes bitter
- Nutty → Nut-like flavor, creamy
- Tart → Sharp sour flavor
- Smoky → Smells and tastes like smoke
- Earthy → Taste like fresh soil, for example: mushrooms
- Rich → Full and heavy flavor

Ingredients - Spices



1. Tamarind
2. Clove
3. Lemongrass
4. Galangal
5. Chilli pepper
6. Lemon basil
7. Nutmeg
8. Coriander
9. Aromatic ginger

Useful phrases:

- **I like** spicy food
- **I'm keen on eating** Soto Lamongan
- Rendang **sounds good/delicious/yummy!**
- **I don't like** something sour or citrusy
- **I'm not sure about** spicy Gado-gado
- Otak Sapi **sounds disgusting! Eww!**

Ingredients - Meats

- Venison → Meat from a deer
- Veal → Meat from calf or young animal
- Pork → Meat from pig
- Lamb → Meat from goat
- Mutton → Meat from sheep
- Offal → Meat from organs (heart, lungs, liver, kidney, etc.)
- Fillet → Boneless meat cut horizontally
- Sirloin → Tender cut of meat from the lower back of animal
- Shank → Tough cut of meat from lower leg
- Tripe → Lining of the stomach of a cow

Seafood



Anchovy
/ˈan, chow-vee/



Clam
/klam/ or Shellfish
/shel-fish/



Mackerel
/ma-k(u)-rul/



Snapper
/sna-pu(r)/



Crab
/krab/



Squid
/skwid/



Oyster
/oy-stu(r)/



Shrimp
/shrimp/



Prawn
/pron/



Carp
/kaa(r)pl/

Cooking Methods



Sauteing
/so'tey-ing/



Poaching
/pow-ching/



Blanching
/blān-ching/



Roasting
/row-sting/



Grilling
/gri-ling/



Stewing
/st(y)oo-ing/



Boiling
/boy-ling/



Steaming
/stee-ming/

TO describe food preparation, we use **past participle** to describe food that has been prepared in a certain method.

Rendang is a slow cooked beef in coconut curry

Name of the dish

Method of cooking

Main ingredients

Additional info (other ingredients & seasoning)

Past participle

V2 + noun

Indicates an action has been completed

Eating in Restaurant

Sometimes we have some restriction diet to follow. When we eat in a restaurant, make sure you pay attention to these types of diet that will be suitable for you:

- Vegan → Someone who doesn't eat meat, fish, dairy, or any animal product
- Vegetarian → Someone who doesn't eat meat and fish
- Kosher → Dishes Jewish people can eat
- Halal → Dishes Muslims can eat
- Gluten-free → Free from gluten – a protein from cereal that can cause indigestion to some people
- Organic → Food raised without fertilizer or pesticides or hormone

Useful phrases

1. Asking for someone's order:
 - What would you like to order?
 - What can I get for you?
2. Ordering food:
 - Could I have *some nasi goreng*?
 - I'd like *a grilled chicken*, please.
 - I want to order *some sambal teri*.
3. Asking for dietary preferences:
 - Is this suitable for vegetarians/vegans?
 - Is this dish halal?
 - Is this dish kosher?
 - Does it have pork/shrimp in it?

When ordering something, it is important to pay attention to countable and uncountable nouns. So what are they?

Countable nouns are **the things we can count**. For example like hotels, houses, guests, dishes, glasses, bottles, etc.

Uncountable nouns are **the things we cannot count**. For example tourism, water, sugar, salt, hair, fun, price, etc.. However, if we give these things a unit (like a bottle of water), or placed in a cup or a glass (a cup of coffee), uncountable nouns will become countable.

A / an – this article is used for **single countable nouns and cannot be used for uncountable nouns**. Ex.: A beach, a tourist, an hour. Not a water → some water.

Some / Any

Some is for positive sentences. → *There **is** some sand on my towel*
Any is for negative sentences and questions. → *There **aren't** any towels in the room*
Is there any tour today?

However, for plural objects, we can use *much, many, and a lot (of)*.

	Much	Many	A lot (of)
Positive	Uncountable	Countable	Both countable and uncountable
Negative	Uncountable	Countable	
Questions	Uncountable	Countable	

Exercises

1. Satay Ayam is usually eaten with _____ sauce.
 - A. tart
 - B. nutty
 - C. briny
 - D. savory
2. X: What do you like for lunch?
Y: I'm _____ on eating sirloin steak.
 - A. like
 - B. liking
 - C. love
 - D. keen
3. *Gulai ikan* is made from _____ fillet, seasoned with lemongrass, tamarind, and coconut milk. It is then _____ in an oven before served with a curry-like sauce.
 - A. Mutton - grilled
 - B. Veal - roasted
 - C. Fish - grilled
 - D. Fish – roasted
4. *Soto babat* is a soup composed of broth, meat, vegetables, and lining of cow's stomach called (tripe/sirloin)
 - A. tripe
 - B. sirloin
 - C. shank
 - D. pork
5. Wedang Ronde is an Indonesian beverage made of warm _____ that is filled with special batter consisting of a mixture of rice flour and brown sugar shaped dots and on the inside it contains crushed peanuts.
 - A. galangal
 - B. tamarind
 - C. ginger
 - D. clove

6. It was _____ excellent chicken *satay*.
- A. a
 - B. an
 - C. some
 - D. any
7. There aren't _____ people here tonight.
- A. a
 - B. an
 - C. some
 - D. any
8. I'll have glass of coconut water with _____ ice, please. It's a really hot day!
- A. a
 - B. an
 - C. some
 - D. any
9. I need _____ water to boil _____ eggs.
- A. Many – many
 - B. Much – a lot of
 - C. Much – much
 - D. A lot of – much
10. We don't need _____ oil when we sauté food.
- A. Some
 - B. Many
 - C. Much
 - D. an