



A Cooking Contest

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Mastering the Art of Food

Just like in many places around the world, the MasterChef competition is very popular in Ukraine. So, we decided to talk to some of the school students hoping to get a chance to be a contestant on the Ukrainian Young MasterChef.

A Ihor – 14 years old

I attend a culinary school here in Kyiv and I want to be a world class chef one day. I'm really nervous about taking part in the competition but I think I'll pass the audition as I've got a brilliant recipe for traditional Chicken Kyiv that all my friends love. I think it's very important to be highly organised when you cook and to remember to use the right amounts and cook everything at the right temperature. Being a good cook requires



practice but also lots of talent. Once you have learnt all the basics, you need to practise as often as you can and then you can start to try out your own ideas. You have to be adventurous and artistic.

B Katia – 16 years old

My mum hates it when I cook because I always make a terrible mess. But I have a lot of fun making things and my mum always helps me clean up afterwards. I hope I do well with my pizza recipe in the competition but the main thing is to go on the show to enjoy myself. That means I have a very relaxed attitude when it comes to the competition. I believe the judges will like my pizza, though, because my dad really loves it and only ever eats mine. He never buys it from a pizza place. I just hope the judges are equally impressed!



C Nastia – 15 years old

I was very disappointed to be told by the organisers that I wasn't allowed to use ready-made pastry in my recipe and would have to make it myself. The problem is that you have to get everything ready in half an hour so there's just not enough time to make the pastry as well as prepare the pie filling. So I've had to change my plans and now I'm going to make a pasta dish. I really love all the different cuisines of Europe and the Italian cuisine is one of my favourite. Italian cooking looks very easy to do but you have to know how to use the ingredients well. As I've had lots of practice cooking Italian dishes, I'm confident that I'll get in the competition!



1 Why are people so interested in cookery shows? Write down three reasons why people watch them and tell the class.

Reading

2 Would you ever take part in a television cooking contest? Why/Why not? How do you think the young people below feel about participating in such a contest? Read to find out.

CHECK THESE WORDS!

contestant, culinary school, audition, adventurous, mess, relaxed, attitude, equally, ready-made, pastry, filling, cuisine, hopeful, cottage cheese, pinch, batter

D Maksym – 13 years old

I really like good, traditional Ukrainian food the most. I do enjoy some foreign foods as well. I love pizza and pasta. But I'm really interested in the history of food here in Ukraine. My mum and dad have always told me that it's important to make sure that our own food culture doesn't disappear and I think they're absolutely right! I'm hopeful that my skills in traditional cuisine will help me pass the audition.

Nalysnyky is a traditional Ukrainian dessert. I chose this dish because firstly I really like it and secondly my grandma always cooks nalysnyky whenever I go to visit her. Here's my recipe so you can try it too.



Ingredients

- 2 litres milk
- ½ kg cottage cheese
- 4 eggs
- 200 g sugar
- ½ kg flour
- 160 g vegetable oil

Method

Mix the eggs with the sugar and add a pinch of salt. Then add the milk and flour and mix everything together well to make a good batter. Add the oil. Fry the pancakes in a heated frying pan. Fill the pancakes with the cottage cheese and bake them in the oven for a few minutes.



3 Read the text again and choose the correct way to complete each sentence.

- 1 Ihor believes that when cooking, you should
 - a be creative and try new things.
 - b stick to traditional recipes.
- 2 Katia's mum isn't happy about the fact that Katia
 - a can only make pizza.
 - b leaves the kitchen untidy after cooking.
- 3 The competition rules forced Nastia to
 - a spend more time on cooking her dish.
 - b cook a different dish from what she had planned.
- 4 Maksym's parents have taught him that it is important to
 - a keep Ukrainian cuisine alive.
 - b combine foreign and Ukrainian elements in cooking.
- 5 Typically, nalysnyky would be served
 - a before a meal.
 - b after a meal.

Vocabulary

4 Look at the *Check These Words* box and find synonyms for the words/phrases below.

- to the same degree
- small amount
- optimistic
- competitor
- approach
- calm

Speaking & Writing

5 Work in pairs. Imagine you are a reporter for a local newspaper and you want to interview one of the contestants presented in the text. Write down six interview questions. Your partner takes on the role of the contestant and answers the questions.

6 What would you cook if you decided to audition for the MasterChef competition? Describe your dish to the class and explain your reasons for choosing this dish.