

Szalai Nóra
5perc Angol



Creamy Ginger Pumpkin Soup

Ingredients:

- 1 pumpkin, cut in half, **seeds removed**
- 1 **tblsp.** butter
- 1 small onion, **diced**
- 1 and ½ tsp. **finely chopped** fresh **ginger**
- Cayenne pepper, **to taste**
- **nutmeg**, to taste
- salt, to taste
- **freshly ground** black pepper, to taste
- 2 cups **stock** or **low-sodium chicken broth**
- 2 cups water
- 1/4 cup **heavy cream**
- honey

1 cup = 2, 5 dl

Preparation:

1. Heat the oven to 180 °C. Cut the pumpkin in half, clean and **scoop out** seeds. Place pumpkin **with cut side down** into a **baking pan**. **Spread** honey **over** the pumpkin, and bake for 20 minutes or until **skin** is easily **bruised** and **flesh** is **tender**. Let it **cool down**. Scoop out the flesh and **reserve**.
2. **Melt** the butter in a **saucepan**. Add the onions and the ginger to the pan and **sauté** until **softened**, for about 4 minutes. Add reserved pumpkin and the stock or broth, water, and **season** with salt, pepper, Cayenne Pepper and nutmeg. **Stir to combine**, and **bring to a simmer**. **Reduce** the heat to low and simmer until the **flavors have melded**, for about 10 minutes.
3. Using a **blender**, **purée** the soup **in batches** until **smooth**. Place the blended soup in a clean saucepan. Stir in the cream and season with salt and pepper **if needed**.

seed
removed
tblsp. = tablespoon
tsp. = teaspoon
diced
finely chopped
ginger
to taste
nutmeg
freshly ground
stock
low-sodium
chicken broth
heavy cream
to scoop out
with cut side down
baking pan
to spread over
skin
bruised

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mag
eltávolított, kivett
evőkanál
teáskanál
kockára vágott
apróra vágott
gyömbér
ízlés szerint
szerecsendió
frissen őrölt
alaplé, húsvéves
alacsony nátrium tartalmú
csirkehús-leves
tejszín
kivájni
a végott felével lefelé
tepsi
megken
bőr, héj
behorpadt, összehúzódt

flesh
tender
to cool down
to reserve
to melt
saucepan
to sauté
softened
to season
to stir
to combine
to bring to a simmer
to reduce
flavor
to meld
blender
to purée
in batches
smooth
if needed

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húsa valaminek
lágy, puha
lehűt, kihűt, kihűl
félretesz
olvad, olvaszt
serpenyő, lábas
hirtelen sűt, megpirít
megpuhult
izesít
kever
vegyít, vegyül
felforrat
lecsökkent
íz
beolvad, egyesül
turmixgép
pürésít
adagokban
sima, csomómentes
ha szükséges

Carrot and Orange Cupcake

Ingredients:

- 125g flour
- 80g butter
- 120g brown sugar
- 200g carrot, **grated**
- 20-30g **walnut**
- 2 tsp. **baking powder**
- 2 eggs
- 1 orange
- 1 tsp. ginger, **cinnamon**, **nutmeg**, **clove** (each)
- 4 spoons **icing sugar**
- 1 orange
- 280g mascarpone cream cheese

Preparation:

1. **Preheat** oven to 180°C. **Line** twelve 1/3 cup (80ml) muffin pans with **paper cases**.
2. In a large **bowl**, **whisk** flour, baking powder,

salt, and **spices** until combined. **Set aside**.

3. Place the butter, sugar and **orange rind** in a bowl and **beat** until light and **fluffy**. Add eggs to the bowl and beat again. Add the grated carrot, walnut and orange juice to the **mixture**, then mix it.
4. Add the egg mixture to the flour mixture and **gently** stir until just combined. Be **careful** not to over-mix it as it may still look **lumpy** and a little dry, but the carrot will **release** lots of **moisture** during the cooking process.
5. **Divide** the mixture between 12 large muffin cases, and bake at 180 °C, for 25 minutes, or until they are **well risen** and slightly brown on the top. Remove from oven and set aside to cool.
6. **Meanwhile**, use an electric mixer to beat the cream cheese until light and creamy. Add the extra orange rind, juice and icing sugar and beat until well combined. Spread the cream cheese mixture over the muffins to serve.



grated
walnut
baking powder
cinnamon
clove
icing sugar
to preheat
to line
paper case
bowl
to whisk
spice
to set aside

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reszelt
dión
sütőpor
fahéj
szegfűszeg
porcukor
előmelegít
bél, kibél
muffin papír
tál
felver (habverővel)
fűszer
félretesz

orange rind
to beat
fluffy
mixture
gently
careful
lumpy
to release
moisture
to divide
well risen
meanwhile

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narancshéj
felver (tojás pl.)
pihés, vattaszert
keverék
finoman, óvatosan
óvatos
darabos, csomós
kibocsát, kiad
nedvesség
eloszt, szétoszt
jól megemlekedett
eközben