
ANSWER KEY

Unit 15**A**

The ingredients you need to make the dish are Basmati rice, beef and onions and loads of spices for the spice base – cloves, cumin, coriander, cinnamon sticks and nutmeg. She also covered the beef in black pepper before frying it. Then you need some yoghurt. Finally, some toasted almonds and some raisins or sultanas. Oh, and saffron and eggs.

To make the dish, cook the onions until they're really soft and golden-brown. Add all the crushed spices – the cloves, cumin, coriander, cinnamon sticks, and nutmeg. Leave that to slowly cook. Dice the beef up into little chunks and coat it in pepper, then fry it to seal in the flavour. Then add the meat to the onions and spice base and leave it cook for maybe fifteen minutes. Add some yoghurt and water, put the lid on and leave the whole thing to simmer for maybe an hour and 15, an hour and a half. After all that, add a pinch of sugar and a bit more salt and pepper. Put the rice in, so it cooks with everything else. Toast some almonds and add them, some raisins or sultanas and the saffron. Finally, add the boiled and peeled eggs on top and serve.

B

Yvonne first had saffron in *an Iranian restaurant* someone once took her to. She says that saffron is used quite a lot in Middle-Eastern cooking.

Yvonne thinks Basmati rice originally comes from *India*.

She makes her spice base using a pestle (the 'big kind of stick thing') and *mortar*. She grinds all the spices up in *the mortar*.

Yvonne offers to give Nicholas *the recipe*, but he thinks it'd be beyond his capabilities – too hard for him.

E

- 1 a kind of spice
- 2 stains your fingers
- 3 someone once took me to
- 4 a lovely aroma to it
- 5 should've already been cooking
- 6 time-consuming
- 7 seal all the flavour in
- 8 a pinch of sugar
- 9 While that's all going on
- 10 I'd have no idea
- 11 easy to peel
- 12 beyond my capabilities

VIDEO SCRIPT

- Nicholas Mmm! This is delicious! What's in it? What gives it that yellowish colour?
- Yvonne Oh, that's probably the saffron.
- Nicholas Saffron? What's that?
- Yvonne It's a kind of spice. I think it comes from a flower originally. It's got this amazing orangey-yellow kind of colour. It stains your fingers when you use it!
- Nicholas Right. Wow!
- Yvonne It's used quite a lot in Middle-Eastern cooking. I think I first had it in an Iranian restaurant someone once took me to.
- Nicholas OK. And what kind of rice is it? It's different to Thai or Chinese rice, isn't it?
- Yvonne Yeah, it's called Basmati. I think it comes from India originally. It's just a bit softer and fluffier, and it's got a lovely aroma to it.
- Nicholas So I can taste the beef and the onions, but there's all kinds of other stuff in there too, right?
- Yvonne Yeah, the spice base is quite tricky for this one, actually. I've used cloves and cumin and coriander and cinnamon sticks and then I crushed all that in a mortar, you know, the old-fashioned way, where you use a big kind of stick thing to crush it all, and then I've added a bit of nutmeg and added it all to the onions, which you should've already been cooking for ages so that they're really soft and golden-brown coloured.
- Nicholas Wow! It sounds pretty tricky.
- Yvonne I don't know if it's tricky. It's just time-consuming.
- Nicholas So what else do you have to do to it?
- Yvonne Well, while the spice base is slowly cooking with the onions, you brown the beef, which you have to dice beforehand. I usually cover the chunks in black pepper before frying it, just to give it a bit of extra flavour, and once you've finished frying it nicely – to seal all the flavour in – you add the meat to the onion and spice mix and leave it all to cook in a big pot for maybe 15 minutes or so. Then you add some yoghurt, and some water and put the lid on and leave the whole thing to simmer for maybe an hour and 15, an hour and a half.
- Nicholas OK. That explains why the meat is so nice and tender, then.
- Yvonne Yeah. Then add a pinch of sugar and maybe a touch more salt and pepper – and then put the rice in as well, so it gets cooked by the juices and absorbs all the flavours. While that's all going on, toast some almonds in a different pan and once they're ready, add them and some raisins or sultanas to the mix. Oh, and add the saffron now as well.
- Nicholas How can you remember all this stuff? I'd have no idea how to do this at all!
- Yvonne It's just practice, to be honest. I've done this dish a few times now, and every time it gets easier.
- Nicholas If you say so! So, what about the eggs by the way?
- Yvonne Oh yeah. You see. I'd forgotten about them. It just goes to show. Well, you boil them earlier and leave them to cool so they're easy to peel, and then just add them on top as you're serving everything at the end.
- Nicholas Well, it's amazing, anyway. Seriously, one of the best things I've eaten for ages.
- Yvonne I can give you the recipe if you want.
- Nicholas No, it's OK. I think this might be a bit beyond my capabilities.
- Yvonne Well, maybe I'll cook it again for you sometime, eh?