VocabNote

# Mat og matlaging: 70 engelske ord

Nivå A1 · 70 ord

Ingredienser, retter, smaker og kjøkkenverb for hverdagsmåltider.

## Ingredienser & råvarer

| ORD | BETYDNING | ENGELSK DEFINISJON | EKSEMPEL |
|---|---|---|---|
| **oil**<br>noun · /ɔɪl/ | olje | A thick liquid from plants or animals, used for cooking food. | Please add some olive oil to the fresh salad now. |
| **flour**<br>noun · /ˈflaʊər/ | mel | A fine white or brown powder made by crushing cereal grains. | You need plenty of wheat flour to bake this bread. |
| **garlic**<br>noun · /ˈgɑːrlɪk/ | hvitløk | A strong-smelling bulb used as a seasoning in many different dishes. | She crushed two cloves of garlic for the pasta sauce. |
| **carrot**<br>noun · /ˈkærət/ | gulrot | A long, orange root vegetable often eaten raw or cooked. | Rabbits love to eat carrots, which are good for their eyesight. |
| **beef**<br>noun · /ˈbif/ | storfekjøtt | The red meat that comes from a cow, used as food. | We had roast beef and vegetables for dinner last night. |
| **pork**<br>noun · /ˈpɔɹk/ | svinekjøtt | The meat from a pig, prepared and eaten as food. | We had roasted pork with applesauce for dinner last night. |
| **noodles**<br>noun · /ˈnudəlz/ | nudler | Long, thin strips of pasta, often eaten in Asian dishes. | We had delicious chicken noodles for lunch at the new restaurant. |
| **pasta**<br>noun · /ˈpɑːstə/ | pasta | A food made from flour and water, often shaped into noodles. | We cooked some fresh pasta for dinner this past evening. |
| **beans**<br>noun · /biːnz/ | bønner | Edible seeds of various plants, often used as a food source. | She prepared a delicious stew made with black dried beans. |
| **corn**<br>noun · /ˈkɔɹn/ | mais | A tall cereal plant that produces edible kernels on large cobs. | We enjoyed eating fresh corn on the cob at the barbecue. |
| **lemon**<br>noun · /ˈlɛmən/ | sitron | A yellow, oval citrus fruit with sour juice, often used in drinks. | I like to add a slice of lemon to my water. |
| **grapes**<br>noun · /ˈgɹeɪps/ | druer | Small, round fruits that grow in bunches, often used for wine. | She bought green grapes to eat as a healthy snack. |
| **strawberry**<br>noun · /ˈstrɔːbəri/ | jordbær | A sweet, red, heart-shaped fruit with tiny seeds on its skin. | I love eating fresh strawberries for breakfast every single morning. |
| **honey**<br>noun · /ˈhʌni/ | honning | A sweet sticky yellow substance made by bees from flower nectar. | She stirred a spoonful of golden honey into her tea. |
| **yogurt**<br>noun · /ˈjoʊgə˞t/ | yoghurt | A creamy, fermented milk product, often eaten for breakfast or dessert. | I like to eat yogurt with fruit and granola in the morning. |
| **cream**<br>noun · /kriːm/ | fløte | The thick fatty part of milk that rises to the top. | I like to put fresh cream in my morning coffee. |
| **lettuce**<br>noun · /ˈletɪs/ | hodesalat | A green leafy plant commonly eaten raw in salads and sandwiches. | I added fresh crisp lettuce to my healthy garden salad. |
| **cucumber**<br>noun · /ˈkjuːkʌmbər/ | agurk | A long green vegetable with watery flesh used in salads. | She sliced a fresh cucumber for the green salad. |

## Ingredienser & råvarer

| ORD | BETYDNING | ENGELSK DEFINISJON | EKSEMPEL |
|---|---|---|---|
| **mushroom**<br>noun · /ˈmʌʃ.ruːm/ | sopp | A fleshy fungus that typically has a stalk and cap. | I picked a fresh white mushroom in the forest today. |

## Retter & måltider

| ORD | BETYDNING | ENGELSK DEFINISJON | EKSEMPEL |
|---|---|---|---|
| **sandwich**<br>noun · /ˈsændwɪtʃ/ | sandwich, smørbrød | Two slices of bread with a filling between them, like meat or cheese. | I made a ham and cheese sandwich for lunch. |
| **salad**<br>noun · /ˈsæləd/ | salat | A mixture of raw vegetables, often with dressing, fruit, or meat. | For lunch, I often eat a fresh green salad with chicken. |
| **pizza**<br>noun · /ˈpiːtsə/ | pizza | A baked dish with dough, tomato sauce, cheese, and various toppings. | We decided to order a large pepperoni pizza for dinner. |
| **hamburger**<br>noun · /ˈhæmbɜːrgər/ | hamburger | A sandwich consisting of a cooked beef patty inside a bun. | I ordered a large hamburger with cheese and fresh lettuce. |
| **french fries**<br>noun · /frɛntʃ fraɪz/ | pommes frites | Strips of potato that have been deep-fried until they are golden. | I ordered a side of hot french fries for lunch. |
| **ice cream**<br>noun · /ˈaɪs ˌkriːm/ | is | A cold, sweet dessert made from frozen milk or cream. | I like to eat chocolate ice cream on hot days. |
| **cookie**<br>noun · /ˈkʊki/ | kjeks | A small, flat, sweet baked good, often with chocolate chips. | I love to eat a warm chocolate chip cookie. |
| **toast**<br>noun · /toʊst/ | ristet brød | Sliced bread browned by exposure to radiant heat in a toaster. | I usually eat two slices of warm buttered toast daily. |
| **pancake**<br>noun · /ˈpænkeɪk/ | pannekake | A flat round cake cooked in a pan from thin batter. | I enjoy eating a warm pancake with sweet maple syrup. |
| **cereal**<br>noun · /ˈsɪəriəl/ | frokostblanding | A breakfast food made from roasted grain, often eaten with milk. | I like eating cold cereal with milk every single morning. |
| **steak**<br>noun · /steɪk/ | biff | A slice of high-quality meat or fish, usually cooked by grilling. | I ordered a juicy medium steak at the local restaurant. |
| **sauce**<br>noun · /sɔːs/ | saus | A liquid served with food to add moisture or flavor. | She poured the creamy tomato sauce over the hot pasta. |

## Smak & konsistens

| ORD | BETYDNING | ENGELSK DEFINISJON | EKSEMPEL |
|---|---|---|---|
| **delicious**<br>adjective · /dɪˈlɪʃəs/ | deilig, nydelig | Having a very pleasant taste or smell; enjoyable to eat. | The cake was so delicious that everyone asked for a second slice. |
| **tasty**<br>adjective · /ˈteɪsti/ | god, smakfull | Having a pleasant, distinct flavor that is very enjoyable to eat. | She prepared a very tasty meal for the whole family. |
| **sweet**<br>adjective · /ˈswit/ | søt | Having a pleasant taste characteristic of sugar or honey. | The cake was very sweet, with a delicious chocolate frosting. |
| **salty**<br>adjective · /ˈsɔːlti/ | salt | Tasting of salt or containing a lot of salt. | This soup is too salty, so please add some water. |
| **sour**<br>adjective · /ˈsaʊə˞/ | sur | Having a sharp, acidic taste, like lemons or vinegar. | The unripe apple tasted very sour, making her face pucker. |

## Smak & konsistens

| ORD | BETYDNING | ENGELSK DEFINISJON | EKSEMPEL |
|---|---|---|---|
| **bitter**<br>adjective · /ˈbɪtə˞/ | bitter | Having a sharp, unpleasant taste, like coffee without sugar or dark chocolate. | The medicine had a very bitter taste, so I quickly drank water. |
| **spicy**<br>adjective · /ˈspaɪsi/ | sterk | Having a strong, hot flavor from spices, often causing a burning sensation. | I love to eat spicy food, especially with chili peppers. |
| **fresh**<br>adjective · /frɛʃ/ | fersk | Newly made, produced, or harvested; not preserved or old. | I bought some fresh bread from the local bakery today. |
| **juicy**<br>adjective · /ˈdʒusi/ | saftig | Full of natural liquid; having a lot of juice. | The ripe orange was very juicy and refreshing on a hot day. |
| **crunchy**<br>adjective · /ˈkɹʌntʃi/ | sprø | Making a loud, crisp sound when bitten or crushed. | I love eating crunchy apples; they are so refreshing and delicious. |

## Ved bordet

| ORD | BETYDNING | ENGELSK DEFINISJON | EKSEMPEL |
|---|---|---|---|
| **hungry**<br>adjective · /ˈhʌŋgri/ | sulten | Feeling a strong desire or need for food to eat. | I am very hungry because I missed my lunch today. |
| **thirsty**<br>adjective · /ˈθɜ˞sti/ | tørst | Feeling a need or desire to drink water or other liquid. | After running, I felt very thirsty and needed a big drink. |
| **napkin**<br>noun · /ˈnæpkɪn/ | serviett | A piece of cloth or paper used to wipe the mouth. | She wiped her mouth gently with a clean paper napkin. |
| **chopsticks**<br>noun · /ˈtʃɑpstɪks/ | spisepinner | A pair of small, thin sticks used as eating utensils in East Asia. | She learned how to eat rice with chopsticks very quickly. |
| **bite**<br>verb · /baɪt/ | bite | To use teeth to cut into or through something solid. | He bit into the crunchy apple and smiled. |
| **chew**<br>verb · /ˈtʃu/ | tygge | To break food into smaller pieces with your teeth before swallowing. | You should chew your food slowly to help with digestion. |
| **swallow**<br>verb · /ˈswɑloʊ/ | svelge | To make food or drink go down your throat from your mouth. | It was difficult to swallow the large pill without water. |

## Matlagingsverb

| ORD | BETYDNING | ENGELSK DEFINISJON | EKSEMPEL |
|---|---|---|---|
| **boil**<br>verb · /ˈbɔɪl/ | koke | To heat a liquid until it reaches a temperature where bubbles form. | Please boil some water for tea; it will only take minutes. |
| **fry**<br>verb · /ˈfɹaɪ/ | steke | To cook food in hot oil or fat, usually in a pan. | I like to fry eggs for breakfast every morning. |
| **bake**<br>verb · /ˈbeɪk/ | bake | To cook food, such as bread or cake, in an oven. | My grandmother loves to bake delicious cookies for the family. |
| **cut up**<br>phrasal verb · /ˈkʌt ʌp/ | skjære i biter | To divide something into smaller pieces using a knife or scissors. | She carefully cut up the carrots for the vegetable soup. |
| **chop**<br>verb · /tʃɒp/ | hakke | To cut something into small pieces using a sharp tool. | Please chop the onions into very small pieces for me. |

## Matlagingsverb

| ORD | BETYDNING | ENGELSK DEFINISJON | EKSEMPEL |
|---|---|---|---|
| **mix**<br>verb · /ˈmɪks/ | blande | To combine different things together to form one substance or group. | You need to mix the ingredients well to make a smooth batter. |
| **stir**<br>verb · /ˈstɜː/ | røre | To move a spoon around in food or a drink to mix it. | Stir the soup slowly so it does not stick to the pan. |
| **slice**<br>verb · /ˈslaɪs/ | skjære i skiver | To cut something into thin, flat pieces. | Please slice the bread thinly for the sandwiches. |
| **peel**<br>verb · /ˈpil/ | skrelle | To remove the outer skin or covering of fruit or vegetables. | Please peel the potatoes before you start cooking them for dinner. |
| **pour**<br>verb · /pɔːr/ | helle | To cause a liquid to flow steadily from one container. | Please pour some water into the glass for me now. |
| **grill**<br>verb · /ˈgɹɪl/ | grille | To cook food on metal bars over or under strong heat. | We grill fish and vegetables in the garden every summer. |
| **roast**<br>verb · /ˈɹoʊst/ | ovnssteke, steke i ovnen | To cook meat or vegetables in a hot oven or over a fire. | We roast a whole chicken for dinner every Sunday. |
| **melt**<br>verb · /ˈmɛlt/ | smelte | To change from a solid to a liquid state, or make something do so. | The ice cream will melt quickly if you leave it in the sun. |
| **heat up**<br>phrasal verb · /hiːt ʌp/ | varme opp | To make cold or already cooked food hot again. | Can you heat up the soup in the microwave for me? |
| **taste**<br>verb · /teɪst/ | smake | To try a little food or drink to see what it is like. | Taste the sauce and add more salt if it needs it. |

## Mengder & emballasje

| ORD | BETYDNING | ENGELSK DEFINISJON | EKSEMPEL |
|---|---|---|---|
| **piece**<br>noun · /piːs/ | bit, stykke | A single, separate part or amount of something larger. | She cut a small piece of bread for her breakfast. |
| **loaf**<br>noun · /loʊf/ | brød | Bread that is shaped and baked in one large piece. | I bought a loaf of fresh bread at the bakery today. |
| **teaspoon**<br>noun · /ˈtiːspuːn/ | teskje | A small spoon used for stirring tea or measuring small amounts. | Add one teaspoon of sugar to your hot coffee cup. |
| **tablespoon**<br>noun · /ˈteɪbəlˌspuːn/ | spiseskje | A large spoon used for serving food or measuring ingredients precisely. | Add one tablespoon of sugar to the hot morning coffee. |

## Kjøkkenutstyr & oppskrifter

| ORD | BETYDNING | ENGELSK DEFINISJON | EKSEMPEL |
|---|---|---|---|
| **recipe**<br>noun · /ˈresɪpi/ | oppskrift | A set of instructions for preparing a particular dish or meal. | She followed the new recipe to bake a chocolate cake. |
| **cutting board**<br>noun · /ˈkʌtɪŋ bɔːrd/ | skjærefjøl | A durable board used for placing food while it is chopped. | Place the washed vegetables on the wooden cutting board now. |
| **frying pan**<br>noun · /ˈfraɪ.ɪŋ ˌpæn/ | stekepanne | A flat metal container used for cooking food in hot fat. | Place the butter inside the large hot frying pan now. |