

Business English

kieszonkowy
poradnik
biznesowo-
językowy

język angielski biznesowy



BUSY BUSINESSMAN'S
COOKBOOK

Business English

kieszonkowy **poradnik**

biznesowo-językowy



Kieszonkowy poradnik biznesowo-językowy

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ZDJĘCIE NA OKŁADCE: SOPHIA WINTER

Welcome to BEM's guide to... cooking. Before you burst into laughter, ask yourself how many times have you found yourself ordering pizza for lunch, simply because you had no idea what to cook.

We've chosen twelve super-fast and healthy recipes every busy businessperson should try out. Most of them will not take you more than 30 minutes to prepare and most of the ingredients are easily found in every grocery store. No cooking talent or special kitchen utensils required.

We hope that our recipes will serve you well both in your kitchen and as a great conversation starter, especially when talking about wining and dining.

Enjoy!

to burst into laughter - wybuchnąć śmiechem

to try out - wypróbować

wining and dining - tu: ucztowanie

Strawberry-Avocado Salsa with Cinnamon Tortilla Chips

Ingredients

- 2 teaspoons oil
- 6 flour tortillas
- 2 teaspoons sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 finely chopped peeled ripe avocados
- 1 cup finely chopped strawberries
- 2 tablespoons minced fresh cilantro
- 1 teaspoon minced seeded jalapeño pepper
- 2 teaspoons fresh lime juice



Photo: John Autry

Preparation

1. Preheat oven to 175°C.
2. To prepare chips, brush oil evenly over one side of each tortilla. Combine sugar and cinnamon; sprinkle evenly over oil-coated sides of tortillas. Cut each tortilla into 12 wedges; arrange wedges in a single layer on two baking sheets. Bake at 175°C for 10 minutes or until crisp.
3. Combine avocado and remaining ingredients; stir gently to combine. Serve with chips.

flour – mączny
ground – mielony
finely – drobno
chopped – posiekany
peeled – obrany
ripe – dojrzały
minced – zmielony
cilantro – kolendra
seeded – oczyszczony z pestek
lime – limonka
to preheat – rozgrzać
brush – rozprowadzić
evenly – równomiernie
to sprinkle – spryskać
oil-coated – pokryty olejem
wedge – kawałek
baking sheet – papier do pieczenia
gently – delikatnie

Recipe inspired by: Maureen Callahan, Cooking Light

Mixed Olive Tapenade

Ingredients

- 1 cup black olives, pitted
- 1 cup green olives, pitted
- 10 oil-cured olives, pitted
- 3 canned anchovy fillets
- 1 garlic clove, chopped
- 1 tablespoon chopped fresh flat-leaf parsley
- 1 tablespoon capers, rinsed and drained
- 2 teaspoons chopped fresh thyme
- 1 teaspoon grated lemon rind
- 1/4 teaspoon freshly ground black pepper

Preparation

Combine all ingredients in a food processor; pulse 10 times or until olives are finely chopped.

pitted – drylowany

canned – w puszcze

garlic clove – ząbek czosnku

chopped – siekany

parsley – pietruszka

caper – kapar

rinsed – opłukany

drained – osuszony

thyme – tymianek

grated – starty

ground – zmielony

food processor – robot kuchenny



Recipe inspired by: Domenica Marchetti, Cooking Light