



Exercise 1:

1a. Look at the photo. What are the women doing?

1b. Watch Part 1 of the video and answer the questions.

1. Who are Anjum and Lynn?

Anjum is a food writer and chef. She travels to different cities in the UK to find Indian food and she teaches Indian cooking. Lynn works in a hospital. She is learning to cook Indian food.

2. What are they doing?

Anjum is teaching Lynn how to cook Indian food to sell at a farmer's market for charity.

3. What three traditional dishes does Lynn learn how to cook?

coconut chicken with ginger; salmon wraps with curry leaves; rice noodles

Exercise 2: Watch Part 2 of the video. Does Anjum like Lynn's cooking?

Exercise 3: Watch the video again and select the correct sentences.

1. Lynn always makes mistakes when cooking.
2. Lynn's daughter helps her.
3. Lynn also cooks at the market.
4. Everyone at the market buys food right from the start.
5. The food is a little spicy but delicious.

ANSWER KEY

Exercise 1:

1a. They are cooking. The woman on the left is chopping something. The woman on the right is frying something.

1b.

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Exercise 2:

Yes

Exercise 3:

2-3-5

Audio script**Part 1:**

This is Anjum Anand. She's a food writer and a chef born in London, but of Indian origin. In this series she travels to different cities in the UK to find a wide range of Indian food and flavours. She also teaches inexperienced cooks how to make great Indian food.

In this programme she's in Liverpool, where there's a large community from the Southern Indian state of Kerala. She meets Lynn Mitchell, who works for a hospital in the city. The plan is to take part in a local farmers' market to raise money for charity. Lynn wants to sell Indian food at the market. The problem is that Lynn has never cooked Indian food, so it's going to be a real challenge. Kerala is in the south-west of India and is a popular holiday destination for British people. A lot of Keralan people have come to Liverpool in the last ten years to look for work. There are now over one

thousand families there. Anjum is going to teach Lynn three traditional Keralan dishes – coconut chicken with ginger, which has a lovely, sweet flavour, delicious salmon wraps with curry leaves and finally, rice noodles. Keralan specialities include a lot of fruit and fish. The cuisine is very light and healthy compared to other Indian food.

In Liverpool it's easy to find the ingredients for these dishes – Anjum can find all the fruit, vegetables and spices that she needs in special Keralan shops.

Part 2:

First, Lynn chops and fries up all the ingredients. When the dishes are ready, Anjum tries them. They are really tasty! Lynn hasn't made any mistakes yet.

'Mmm, that's amazing!'

'That's perfect!'

'Oh fantastic!'

Now they're both ready to take the food to the market with Lynn's daughter. More than 5,000 people visit Liverpool's monthly farmers' market. Indian food is very popular, but the question is, will the local people like these Keralan specialties? At first, things are not easy – people are not sure. It's the first time Lynn has ever cooked outside and she's very nervous. But then things change – people seem to love the food and soon all of it has gone!

'Beautiful!'

'Mmm, tastes lovely!'

'That is excellent – but very hot!'

Since she began this project, Lynn has learnt a lot about cooking Indian food and they have raised lots of money for charity. Lynn's really, really happy! So, what do the British really eat? Keralan food – at least in Liverpool they do!