
1. ag cócaráil, ag bácáil	cooking, baking
garr, measc, doirt, criathraigh, corraigh	cut, mix, pour, sift, stir
oideas, comhábhair, modh	recipe, ingredients, method
cupán, spúnóg bhoird, taespúnóg, leathchupán, ceathrú cupán	cup, tablespoon, teaspoon, half cup, quarter cup
plúr, siúcra, im, bainne, bláthach, ubh, sóid aráin, salann, piobar	flour, sugar, butter, milk, buttermilk, egg, baking soda, salt, pepper
2. Leite (sáith ceathrair)	Oatmeal (serves four)
Comhábhair:	Ingredients:
1 chupán de mhin choirce	1 cup of oats
3 chupán uisce	3 cups of water
¼ taespúnóg de shalann	¼ teaspoon of salt
Modh	Method
1. Téigh an t-uisce go dtí an fiuchphointe. Cuir an salann leis agus croith an mhin choirce ann.	1. Heat the water until the boiling point. Add the salt to it and shake the oats into it.
2. Cócaráil ar feadh cúig nóiméad, á chorraí ar feadh an ama.	2. Cook for five minutes, stirring it the whole the time.
3. Riar te, le bainne nó uachtar agus siúcra.	3. Server warm, with milk or cream and sugar.
3. Cé a bhíonn ag cócaráil i do bhaile? An bhfuil tú go maith ag cócaráil? An bhfuil tú go maith ag bácáil?	Who cooks in your home? Are you good at cooking? Are you good at baking?
Agus tú ag cócaráil, cén saghas bia is fearr leat a dhéanamh?	What kind of food do you prefer making when you cook?
An ndéanann tú bia Éireannach riamh? An ndearna tú arán sóide riamh?	Do you ever make Irish food? Did you ever make soda bread?
An déanann tú bia as tíortha eile? Cad a dhéanann tú?	Do you make food from other countries? What do you make?
An ndéanann tú bia veigeánach riamh? Cén comhábhair a usáideann tú go minic agus tú ag cócaráil?	Do you ever make vegan food? What ingredients do you use often when you cook?

Ó Cuisine – Jackie Ní Fhlatharta

1. Bhuel anois, Jackie, inis dom faoi do bhiachlár. Céard atá tú ag dul a réiteach dhúinn inniu?
2. Inniu tá mé ag tosú leis an réamhchúrsa agus tá mé chun anraith trátaí rósta a dhéanamh i dtósach.
3. Agus ina dhiaidh sin an príomhchúrsa. Tá mé chun *gratin* a dhéanamh le *butternut squash* agus cainneann. Tá sé sin an-bhlásta.
4. Agus tar éis é sin le haghaidh milseog. Tá mé chun toirtín sútha talún a dhéanamh.
5. Anois Jackie, an réamhchúrsa. Céard é an chéad céim anseo?
6. Tá an t-anraith seo an-an-sciobtha agus an-éasca a réiteach.
7. *So*, an chéad céim, táimid chun na trátaí, agus tá mise ag usáid na trátaí seo.
8. Cén fáth? Mar gheall go bhfuil siad an-bhlásta agus tá siad milis freisin.
9. *So*, bíonn blas an-domhain ar an t-anraith seo.
10. *Now*, leis seo tá mé chun oinniún dearg a chur isteach ann freisin.
11. *So*, níl mé chun é seo a ghearradh ró-ghéarr, ró-mhion, *just* é a dhéanamh mar seo.
12. *Just*, bainfidh mé an craiceann uaidh.
13. Chun é a fhágáil mar píosaí móra. Píosaí móra. Sin é.
14. Agus an t-am seo den bhliain níl tada níos fearr ná anraith te mar sin.
15. *Yeah*, sin go hálainn, tá sé seo go hálainn.
16. Freisin, tá mé ag cur isteach cúpla cluas gairleoige.
17. Tá mé chun an craiceann a fhágáil orthu, mar gheall air, aríst, bíonn siad i bhfad níos milse má fhágtar sa chreacainn iad.
18. Sin é. Sin na rudaí. Na comhábhair.
19. Anois tá mé chun ola olóige a chur ar a bharr.
20. Agus cuir tú isteach san oigheann agus cén fhad?
21. Á, thart ar fiche nóiméad, *just* go bpléascann na trátaí beagáinín.
22. Agus cén teocht gur gá go mbeadh an oigheann? Á, céad seasca, is leor sin.

Ó Cuisine – Jackie Ní Fhlatharta

- Well, now, Jackie, tell me about your menu. What are you going to prepare for us today?
- Today I am going to begin with the starter and I am going to make roasted tomato soup first.
- And after that the main course. I am going to make a *gratin* with butternut squash and leek. That is very tasty.
- And after that for dessert. I am going to make a strawberry tart.
- Now Jackie, the starter. What is the first step here?
- This soup is very very fast and very easy to prepare.
- So, the first step, we are going to, the tomatoes, and I'm using these tomatoes.
- Why? Because they are very tasty and they are sweet, too.
- So, this soup has a very deep flavor.
- Now, with this, I am going to put purple onion in too.
- So, I'm not going to cut this too small, too tiny, just to do it like this. I will just take the skin off it.
- To leave it in big pieces. Big pieces. That's it.
- And this time of the year there's nothing better than hot soup like that. Yeah, that's lovely, this is lovely.
- Also, I am putting in a couple cloves of garlic.
- I'm going to leave the skin on them, because, again, they are much much sweeter if you leave them in the skin. That's it. Those are the things. The ingredients.
- And I am going to put olive oil on top of it.
- And you put it in the oven and how long?
- Ah, around twenty minutes, just until the the tomatoes burst a little.
- And what temperature is it necessary for the oven to be? Ah, a hundred and sixty, that's enough.

23. Agus ola olóige air agus anois an *balsamic vinegar*. And olive oil on it and now balsamic vinegar.
24. Cén fáth? Mar gheall go bhfuil sé go deas. Tugann sé blas milis dó. Why? Because it's nice. It gives it a sweet flavor.
25. Agus *just* ruaine piobair agus ruaine salann. And just a bit of pepper and a bit of salt.
26. *Now. So.* Agus sin é. Tá mé chun é seo a chur san oigheann ar feadh fiche nóiméad ar céad seasca céim. An-mhaith. Now. So. And that's it. I'm going to put this in the oven for twenty minutes at one hundred and sixty degrees. Very good.