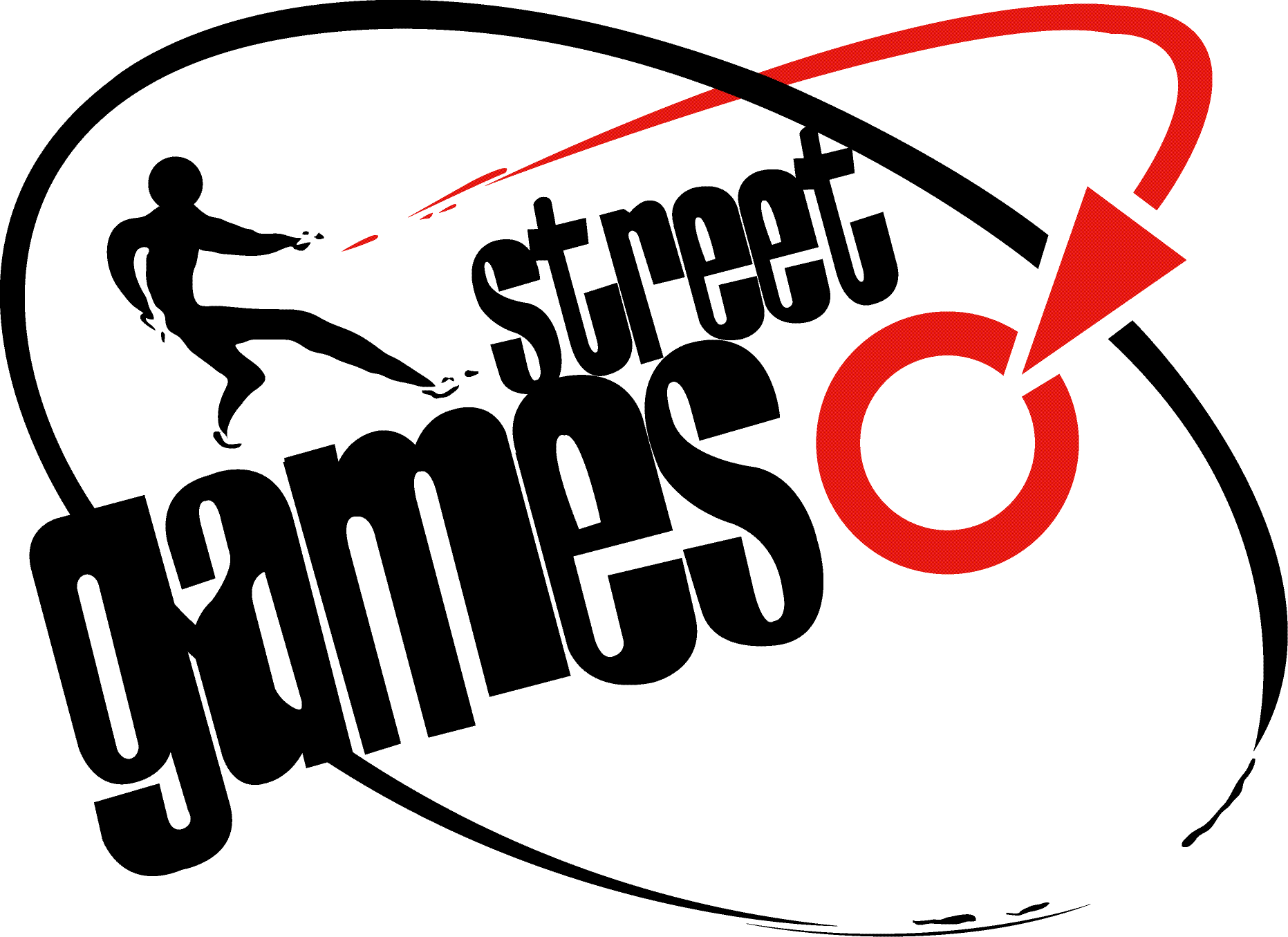
A picture containing food, drawing, light

Description automatically generated

**Cook and Learn this Summer**

**with**



A person sitting at a table with a plate of food

Description automatically generatedA picture containing indoor, food, kitchen, table

Description automatically generated

We have recipes available in: English, Greek, Italian, German, Chinese, Vietnamese, Arabic and Turkish.

**Send us photos of the food you’ve made and tell us which words you’ve learnt!**

**We can do live online cooking with you July 27-29. Email us on** [**linguacuisine@gmail.com**](mailto:linguacuisine@gmail.com) **to take part.**

**Want a fun summer project?** You can use the recipe builder so that you can upload your favorite recipe in your own language! There is a tutorial available under “The App” tab. Once your recipe is uploaded, people all over the world can watch it and make your recipe! Click on “The App” tab on the website and scroll to find the author tool to begin creating your own recipe.

* Visit <https://linguacuisine.com>
* Click “Try it online now!”
* Choose French or Spanish and click browse to find recipes Les Crêpes or Chili con Carne.
* You can see a list of the food and equipment you need.
* Click the play button to begin the video and follow what they do. Click “show description” to see the writing.
* Try saying the French and Spanish words to each other. Then you can eat your delicious homemade meal with family and friends!

How to use Linguacuisine:

The free Linguacuisine app helps you learn French and Spanish while you’re cooking a meal! Have fun cooking a meal with a friend, learn some new words and then feed your family and friends with French pancakes or Spanish Chili con Carne. You can do it online or by using the other side of this card.

The Linguacuisine app helps you learn a foreign language while you’re cooking a meal! Your own mobile will speak to you in the foreign language as well as English and talk you through all of the stages of cooking the recipe. If you can’t understand, just press a button to get a photo or video explaining what to do. When you’ve finished, eat the food you’ve cooked with your family and friends.

Contact us at [linguacuisine@gmail.com](mailto:linguacuisine@gmail.com) • Instagram, Facebook, Twitter - @linguacuisine <https://linguacuisine.com>

Delicious Bilingual Teencook Recipes!

Find these recipes on linguacuisine.com

**SPANISH**

**Méthode / Method**

Mettre la farine dans un bol et faire un puits. / Put the flour in a bowl and make a well.  
Casser les oeufs dans le puits. / Break the eggs in the well.  
Ajouter une cuillère à soupe d’huile. / Add a tablespoon of oil.  
Ajouter la pincée de sel. / Add the pinch of salt.  
Ajouter un peu de lait. / Add a little milk.  
Travailler la pâte avec le fouet. / Work the batter with the whisk.  
Ajouter le lait peu à peu, et continuer de fouetter. / Add the milk little by little and continue to whisk.  
Faire chauffer la poêle à feu moyen. / Heat the pan over medium heat.   
Mettre un petit peu d’huile sur un morceau de papier de cuisine. / Put a little oil on a piece of kitchen paper.  
Frotter l’huile dans la poêle. / Rub the oil into the pan.  
Prendre de la pâte avec la louche. / Take some batter with the ladle.  
Incliner la poêle et verser la pâte. / Tilt the pan and pour the dough.  
Incliner la poêle dans chaque direction afin de former une couche régulière. / Tilt the pan in each direction to form a uniform layer.  
Retourner la crêpe quand elle est dorée en utilisant la spatule. / Flip the pancake when it is golden using the spatula.  
Verifier qu’elle est cuite des deux côtés et mettre la crêpe sur une assiette. / Check that it is cooked on both sides and put the pancake on a plate.  
Ajouter du sucre, du citron, du sirop ou des fruits, selon votre goût. / Add sugar, lemon, syrup or fruit, depending on your taste.

**Les Crêpes/Pancakes Teencook**

**FRENCH**

**Équipement / Equipment**

un bol / a bowl  
une spatule / a spatula  
une poêle / a pan  
une louche / a ladle  
une assiette / a plate  
une cuillère à soupe / a soup spoon  
un papier de cuisine / kitchen paper  
une fourchette / a fork  
un couteau / a knife

**Ingrédients / Ingredients**

250g de farine / 250g of flour  
50 cl de lait / 50 cl of milk  
2 oeufs / 2 eggs  
De l’huile / oil  
1 pincée de sel / a pinch of salt  
du sucre / sugar  
un citron / a lemon  
du sirop / syrup  
des fruits / fruits

**Método / Method**

Calienta una cacerola grande a fuego medio. / Heat a large saucepan over a medium heat.

Añadir una cucharada de aceite de oliva. / Add one tablespoon of olive oil.

Picar la cebolla y freír la cebolla durante 5 minutos hasta que esté suave. / Chop the onion and fry the onion for 5 minutes until soft.

Una vez que la cebolla esté blanda, agregue el ajo y cocine durante 2 minutos. / Once the onion is soft, add the garlic and cook for 2 minutes.

Agregue la carne picada, junto con una buena pizca de sal y pimienta. / Add the mince, along with a good pinch of salt and pepper.

Mezcle bien y cocine durante 5-6 minutos, o hasta que no haya trozos de carne crudas. / Mix well & cook for 5-6 minutes, or until there are no   
raw bits of meat.   
Agregue las escamas de chile, los tomates, y el caldo. / Add the chilli flakes, tomatoes, stock.   
Revuelva para mezclar bien y llevar a fuego lento. / Stir to mix well and bring to a simmer.

Vierta los frijoles escurridos y cocine a fuego lento durante 30 minutos, o hasta que el chile con carne se espese y sea rico. / Pour in the drained   
kidney beans and simmer gently for 30 minutes, or until the chilli con carne is thickened and rich.   
Pruebe y ajuste el condimento según sea necesario. / Taste and adjust the seasoning as necessary.

Mientras tanto, cocine el arroz en agua caliente de acuerdo con las instrucciones del paquete. / Meanwhile, cook the rice in hot water   
according to the packet instructions.

Sirva el chile con carne encima del arroz con una cucharada o dos de yogur encima de cada porción. / Serve the chilli con carne on top of the   
rice with a spoonful or two of yoghurt on top of each portion.   
Come mientras está caliente / Eat while hot.

**Ingredientes / Ingredients**

1 cucharada de aceite de oliva / 1 tbsp olive oil

1 cebolla cortada en cubitos / 1 onion, diced

2 dientes de ajo picados / 2 garlic cloves, chopped

250 g de carne picada /250g beef mince

½ -1 cucharadita de hojuelas de chile, al gusto / ½ -1 tsp chili flakes or powder, to taste

400 g de tomates picados en lata / 400g tin chopped tomatoes

500 ml de caldo, hecho de un cubo de caldo carne de res / 500ml stock, made from a beef stock cube

400 g lata de frijoles rojos, escurridos y enjuagados / 400g tin red kidney beans, drained and rinsed

200 g / 7 oz de arroz de grano large / 200g long grain rice

200 g / 7 oz de yogur natural / 200g natural yoghurt

sal y pimienta / salt and pepper

**Equipo / Equipment**

Tabla de cortar / Chopping board

Cuchillo / Knife

2 cacerolas / 2 Saucepans

Cucharada / Tablespoon

Cucharilla / Teaspoon

**Chili/Chile Con Carne Teencook**Preparation time - less than 30 mins • Cooking time - 30 mins to 1 hour • Serves 4