

## CHAPTER II

### GENERAL DESCRIPTION OF THE OBJECT OF THE STUDY

Recipe is set of instructions for preparing a food dish, including the ingredients required ( Hornby, 1989:1049 ). Moreover, Swales defines recipe as a straightforward instructional text designed to ensure that if a series of activities is carried out according to the prescriptions offered, a successful gastronomic outcome will be achieved ( Swales, 1990: 46 ). However, based on its definitions, generally the description of text of recipe can be divided into three parts : a title, a list of ingredients, and a method.

#### 1 *The Title*

The titles of recipes are usually the names of the food that are going to be cooked. The name is generally taken from : main ingredient, cooking method, origin country or city, and specific kinds of dishes.

- Main ingredient : *Chicken Goulash, Orange Pudding, Red Cabbage, Chocolate Soufflé, Creamed Carrots, etc.*
- Cooking method : *Roast Beef, Sauté Kidneys, Boiled Rice, Veal Stew, Steamed Cauliflower, etc.*
- Origin country or city : *Irish Stew, Chinese Fried Rice, Steamed French Beans, Chicken Mexican, New York Cheesecake, etc.*

- Specific kinds of dishes :
  - \* desserts :
    - cakes : *Berry-Basket Cake, Chiffon Cake, Hazelnut Mocca Cake, etc.*
    - pies : *Mud Pie, Chocolate Cream Pie, Peach Pie, etc.*
    - soufflés : *Chocolate Soufflé, Fish Soufflé, Honey Soufflé, etc.*
    - cookies : *Chocolate Cookies, Coconut Cookies, Fancy Cookies, etc.*
    - puddings : *Caramel Pudding, Cabinet Pudding, Orange Pudding, etc.*
  - \* salads : *Raw Fish Salad, Russian Salad, Fried Crawfish Salad, etc.*
  - \* soups : *French Onion Soup, Cream of Tomato Soup, Chicken Soup, etc.*

## 2 *The List of Ingredients*

The list of ingredients generally consists of names of foodstuff, weight and measure of the foodstuff, and specific requirements of the foodstuff.

### a. Names of foodstuff

The kinds of foodstuff which are usually found in the ingredients of recipes can be categorized as follows :

- meat and poultry : *veal, ham, beef, steak, pork, mutton, lamb, chicken, duck, etc.*
- seafood : *fish (salmon, tuna, etc.), shrimp, prawn, crab, oyster, etc.*

- **vegetables : lettuce, potato, tomato, celery, cabbage, carrot, broccoli, spinach, etc.**
- **fruits : pineapple, grape, mango, apple, orange, lemon, plum, etc.**
- **spices and seasonings : onion, turmeric, garlic, ginger, salt, pepper, vinegar, etc.**
- **cereals and pulses : rice, corn, wheat, nut, pea, peanut, etc.**
- **liquids : water, stock, milk, honey, oil, etc.**

#### **b. Weight and measure of the foodstuff**

**Weighing and measuring are very important aspects of cookery. To obtain a standard product with a standard yield, weighing and measuring must be done accurately. Every kitchen, therefore, needs to be equipped with a set of scales, measuring jugs, and standard measuring cups and spoons. Weighing is more accurate than measuring, but for expediency, ingredients may be measured.**

**The weights and measures that usually can be found in the ingredients of recipes are categorized as follows :**

### The weights

- approximate dry weights :
  - gram (g) : 200 g sugar, 100 g butter, 250 g flour, etc.
  - kilogram (kg) : 1 kg chicken, 3.2 kg Jumbo prawns, 1.8 kg potatoes, etc.
- approximate liquid weights :
  - milliliter (ml) : 300 ml milk, 200 ml stock, 150 ml liquid glaze, etc.
  - centiliter (cl) : 2 cl yogurt, 2 cl cream, 10 cl olive oil, etc.
  - liter (l) : 4 l water, ½ l milk, ¼ l oil, etc.

### The measures

- large, medium, and small
  - 3 *large* potatoes, 2 *medium* tomatoes, 1 *small* onion, etc.
- cup, tablespoon (tbsp), and teaspoon (tsp)
  - ¼ cup dry white wine, 2 *tbsp* oil, ½ *tsp* MSG, etc.
- specific quantities :
  - sprig : 2 *sprigs* curry leaves, 1 *sprig* spring onion, 3 *sprigs* thyme, etc.
  - stalk : 4 *stalks* celery, 1 *stalk* lemon grass, 2 *stalks* leeks, etc.
  - bunch : 2 *bunches* spinach, 3 *bunches* lettuce, 1 *bunch* cabbage, etc.
  - pinch : a *pinch* of salt, a *pinch* of baking powder, a *pinch* of sugar, etc.

- piece : 5 *pieces* cinnamon, 6 *pieces* sushi, 2 *pieces* palm hearts, etc.
- slice : 5 *slices* bread, 2 *slices* ginger, 10 *slices* Peking duck breast, etc.
- etc.

### c. Specific requirements of the foodstuff

Specific requirement of the foodstuff sometimes may be found in the ingredients of recipes. It gives the detail of the foodstuff 's form qualities i.e. different kinds of cooking method, different forms of cutting method, and different forms of crushing method.

- different kinds of 'cooking method':
  - boiled : 50 g *boiled* milk, ½ cup *boiled* rice, etc.
  - fried : 5 g *fried* white sesame seeds, 50 g *fried* onions, etc.
  - melted : 50 g *melted* butter, 100g *melted* chocolate, etc.
- different forms of 'cutting method':
  - grated : 50 g *grated* cheese, 1 tsp *grated* nutmeg, etc.
  - chopped : 5g *chopped* parsley, 100 g *chopped* onions, 1 g *chopped* garlic, etc.
  - minced : 400 g *minced* meat, 225 g *minced* mutton, 1 g *minced* garlic, etc.
  - shredded : 400 g *shredded* onions, 45 g *shredded* Peking duck leg, etc.

- julienned : 1 *julienned* onion, 7 g *julienned* celery, 5 g *julienned* carrot, etc.
- diced : 5 g *diced* shrimp, 5 g *diced* salmon, 5 g *diced* tuna, etc.
- sliced : 50 g thinly *sliced* shallots, 3.2 kg finely *sliced* jumbo prawns, etc.
- different forms of 'crushing method':
  - pounded :  $\frac{1}{2}$  tsp *pounded* cloves,  $\frac{3}{4}$  tsp *pounded* cinnamon, etc.
  - ground : 200 g *ground* almonds, 2 tsp *ground* garlic, etc.
  - mashed : 100 g *mashed* potatoes, 50 g *mashed* turnips, etc.

### 3 *The Method*

The method of recipes generally mentions three things i.e. steps of cooking, kitchen utensils, and time to cook.

#### a. Steps of cooking

The steps of cooking give instructions on how to cook something, therefore, the verb forms used are in the imperative mood or command expression.

Some recipes describe the steps in numerical order and some do not, like the following two examples :

### Example 1

*Slice* the salmon into fillet and roll it with Parma ham, stuffed with scallop. *Pan-fry* the salmon until golden brown. *Sauté* the garlic with butter until soft and *thicken* it with beer. *Add* in the cream and *reduce* the mixture to half.

### Example 2

- 1 *Wash* and *dry* the fish. *Cut* into halves and *steam* with ginger for four to five minutes.
- 2 *Place* salad greens in a bowl and *toss* with two-thirds of the Thai dressing.
- 3 *Arrange* the salad and sushi on two dinner plates.
- 4 *Place* the warm fish on both plates and *pour* the remaining Thai dressing over the fish.

### b. Kitchen utensils

The kitchen utensils sometimes are mentioned in the method of recipes. From the example 2 above, we can find two kinds of utensils i.e. a 'bowl' ( *Place salad greens in a bowl* ) and a 'dinner plate' ( *Arrange the salad and sushi on two dinner plates* ). The importance of the mentioned utensils is indirectly to inform the estimation of how much the food contents will be. So that the readers prepare the appropriate utensils, in terms of the amount of the food.

### c. Time to cook

Time to cook is also mentioned in the method of recipes sometimes. From the example 2 above, we can also find the time to cook i.e. *steam with ginger for 'four to five minutes'*. It informs how long exactly the foodstuff to be cooked to avoid of becoming burnt or even uncooked yet, and the other unsuccessful gastronomic outcomes. Therefore, in order to achieve a successful gastronomic outcome the readers should follow the instructions given properly.



# CHAPTER III

## DATA PRESENTATION AND ANALYSIS