

INSIDE THIS ISSUE

Topic of this month: Cooking English

“Aotearoa” by Richie Gill

Cooking English : Let's make Lamb Stew!

南半球の美しい国、New Zealand – 現地言葉では“Aotearoa”と呼ばれるんですね。今回は盛岡校、Richie先生に出身地New Zealandについて聞いてみました。

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Most people have heard of New Zealand, famous for millions of sheep and the rugby team the All Blacks but there is a lot that most people don't know about this beautiful little south pacific nation also known by *the Kiwis*, or native New Zealanders, as Aotearoa, the name given by the native Maori long before the British *settlers*. As you might know it is located southeast of Australia but it is actually a lot *further* away from the Australian east coast than some might *presume*. With the Tasman Sea separating the countries by *approximately* two thousand kilometers, *it's no wonder* that the environment and scenery is quite different.

It's probably the safest country to go camping in because there are no snakes or dangerous animals, and with its magnificent scenery it has become very popular with *mountaineers* from all over the world. The landscape *ranges* from subtropical in the far north to mountainous *terrain* in the south similar to northern Europe.

Despite being one of the closest countries to *Antarctica*, the climate is actually quite moderate throughout the year with summertime temperatures in the mid twenties and winter temperatures *above zero*. It snows a lot on the mountains so there are plenty of ski fields for those who enjoy winter sports, but it hardly ever snows in any of the cities which must be hard for Japanese to imagine.

-- cont. from the left

Although most of the food is much the same as most western countries, there is one style of cooking that is *unique to* Kiwis which was created by the Maoris called the 'hungi'. This food is actually cooked in a hole in the ground by placing baskets of raw vegetables and meat into a hole with hot stones that bake the food like a natural oven. It's quite *effective* and tastes absolutely delicious. So if you ever go to Aotearoa I recommend you try it!



読み解きのヒント

settlers 入植者	Antarctica 南極大陸
further さらに遠い	above zero 0°Cより上の
approximately およそ	unique to~ ~に特有の
mountaineers 登山者	effective 効果的
Despite~ ~にも拘らず	the Kiwis ニューージーランド人
terrain 地形、地勢	presume 推定する
range (from A to B) (AからBに)範囲が及ぶ	
it's no wonder~ ~なのも不思議ではない	

Aotearoa

～南半球の美しい国、New Zealand～

Cooking English

Let's make Lamb Stew!

October 15, 2011

食欲の秋、今日は英語のレシピに挑戦しましょう！
Richie先生の国、New Zealand にちなんでLamb
Stewの作り方をご紹介します。



Ingredients: (材料)

SERVES 4

300g lamb
3 tbs. olive oil
3 cloves garlic
1 large onion
2 eggplants
4 green peppers
1 canned chick peas
2 canned tomatoes
10 fresh basil leaves
¼ tsp. ground cumin
¼ tsp. ground coriander
¼ tsp. ground all spice
¼ tsp. ground ginger
salt & pepper

serves 4 = 4人前
1 tbs. = table spoon
大さじ1 (15g)
1 tsp. = tea spoon
小さじ1 (5g)
ground cumin
=挽いて粉にした、粉末状
の
cf. 牛挽肉 = ground beef
canned tomatoes
= 缶詰の

Direction: (作り方)

Cut the lamb into bite-size pieces. Season lamb with salt and pepper.

ラム肉を一口大に切ります。塩こしょうをふります。

Crush and mince garlic. Coarsely chop onion, eggplant, peppers, and canned tomatoes.

にんにくはつぶしてみじん切りに、タマネギ、なす、ピーマン、トマトは荒く刻みます。

In a large pot, heat 2 tbs. olive oil over high heat. Add lamb and cook until browned, stirring occasionally. Then remove the lamb from the pot.

強く熱した深鍋にオリーブオイルを大さじ2注ぎ、ラム肉を入れ数回かき混ぜながら焼き色をつけ、鍋から取り出します。

Add 1 tbs. olive oil to the pot and add onions and cook, stirring often, until softened, about 6 to 7 minutes. Add eggplant; and stir until coated with oil. Add peppers and chick peas; stir to combine.

鍋にオリーブオイル大さじ1を注ぎ、にんにくとタマネギを柔らかくなるまで6~7分炒めます。なすを加え、油がなじむまで炒めます。ピーマンとひよこ豆を加え、ほかの野菜となじませます。

Add tomatoes, chopped basil leaves, ground cumin, coriander, all spice, ginger and mix well. トマト、刻んだバジル、クミン、コリアンダー、オールスパイス、ジンジャーの粉末を加えてよく混ぜます。

Add lamb. Cook over low heat about 15 minutes, or until eggplant is tender but not too soft.

ラム肉を加え、弱火で約15分、なすがほどよい柔らかさになるまで煮ます。



Bon appetit!

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