C1.3
UNIT 7

Exercise 1

For questions **1–8**, read the text below and decide which answer (**A, B, C or D**) best fits each gap. There is an example at the beginning (0).

The Accidental Innovations of the Kitchen

Food history is rarely a straightforward science; rather, it is a chaotic chronicle of human oversight and unexpected alchemy. Consider the meticulous preparation required in historical royal kitchens. A chef might spend hours seeking to **(0)** ***A*** the ideal balance of flavour for a banquet, only for a last-minute kitchen mishap to alter the course of culinary history.

When preparing traditional meat preserves, historical records show that cooks had to **(1)** _____ the pork in an herbal brine for several days to allow the seasonings to penetrate deeply. Yet errors were commonplace. A distracted kitchen hand might **(2)** _____ the root vegetables far too coarsely for a delicate broth, or accidentally **(3)** _____ a sweet pastry with coarse salt instead of sugar, completely ruining an expensive dessert.

In other instances, simple prep work led to legendary breakthroughs. Legend has it that the potato crisp was born when an exasperated chef chose to **(4)** _____ a potato wafer-thin out of spite, frying the slices until crisp. Similarly, historical confectioners knew that if you allow solid sugar to **(5)** _____ over high heat without constant stirring, the caramel quickly scorches and crystallises.

Even routine preparation carried high culinary stakes. Kitchen staff had to skilfully **(6)** _____ tough apples and roots to remove bitter outer skins, or carefully **(7)** _____ rich stocks through fine cloth to clarify the liquid before serving. These historical anecdotes prove that global gastronomy was not built solely by methodical geniuses, but by everyday blunders—whether someone forgot to **(8)** _____ poultry in batter before deep-frying, or simply misjudged the heat of the hearth.

0. A. achieve	**B.** attain	**C.** reach	**D.** fulfil
1. A. steep	**B.** marinate	**C.** douse	**D.** infuse
2. A. shred	**B.** grate	**C.** mangle	**D.** chop
3. A. scatter	**B.** sprinkle	**C.** dust	**D.** pepper
4. A. slice	**B.** pare	**C.** carve	**D.** cut
5. A. thaw	**B.** liquefy	**C.** melt	**D.** dissolve
6. A. strip	**B.** skin	**C.** peel	**D.** hull
7. A. strain	**B.** filter	**C.** drain	**D.** sift
8. A. shroud	**B.** coat	**C.** drape	**D.** smear

Exercise 2

For questions **1–7**, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between **three and six words**, including the word given. Here is an example (0).

0. Comparing 18th-century royal banquets to modern fast-food dining makes no sense because they are completely different.

ORANGES

Comparing 18th-century royal banquets to modern fast-food dining is like comparing **apples to oranges**, as they are entirely distinct.

1. The apprentice cook was so embarrassed when he dropped the tray that his face went bright red in front of everyone.

BEET

After dropping the royal serving tray, the apprentice cook _____ in front of the entire kitchen staff.

2. Only the absolute finest culinary talents in the kingdom were selected to work at the royal court.

CROP

The royal household insisted on hiring only _____ when recruiting new chefs.

3. The sudden visit from the foreign delegation caught the head chef off guard, but he managed to make a quick meal in minutes.

WHIP

Upon the unexpected arrival of the guests, the head chef asked if he should _____ to eat.

4. Heavy 18th-century banquets are simply not to my personal taste.

TEA

Rich historical feasts are _____ when it comes to dining preferences.

5. The young kitchen boy was just starting puberty and had light facial hair growing on his chin.

FUZZ

The young apprentice was starting to grow _____ on his chin when he first entered royal service.

6. The kitchen assistant accidentally revealed the secret royal recipe to the rival kingdom's spy.

BEANS

Rather than keeping the master's recipe quiet, the assistant _____ to the rival spy.

7. To summarize the whole disaster briefly, the entire feast was ruined by a single pinch of spoiled salt.

NUTSHELL

To put _____, the grand banquet ended in total failure due to one minor miscalculation.

Exercise 3

You are going to read an article about the unintended consequences of food history and culinary mishaps. For questions **1–6**, choose the answer (**A, B, C or D**) which you think fits best according to the text.

Accidents in the Archive: How Kitchen Blunders Shaped Global Gastronomy

Many traditional food historians argue that our culinary history is poorly documented, claiming that major developments have relied too heavily on modern scientific intervention and deliberate, methodical experimentation. Yet modern research tells a very different story. It is actually a long, chaotic trail of everyday kitchen blunders and unexpected errors that has repeatedly propelled how we eat forward.

Consider the origin of the potato chip in 1853. A notoriously fastidious diner kept sending his fried potatoes back to the kitchen, complaining the chef lacked proper technique and that his culinary skills were inadequate. The chef was not at all anxious or concerned that the customer would expose him, nor was he trying to invent a dish to revolutionize the restaurant industry. Instead, the exasperated chef sliced a fresh batch wafer-thin and heavily salted them purely out of spite to annoy the customer**.** Rather than taking offense, the diner was ecstatic.

Unintended creations also surface where high society meets pop science. In 1751, an enterprising showman pulled off a clever hoax on London's scientific community. Naturalists at the time were easily distracted by novelty, and synthetic foods were a major area of study for many academic institutions that actively encouraged public demonstrations. The showman promised to unveil a glowing synthetic paste, which turned out to be ordinary mashed vegetables and rotting fish scales. The trick worked so well that several scholars published formal papers on it before the prank was revealed, showing how high-ranking academics can be duped by a theatrical performance.

In other eras, visual fashion simply overruled common sense. Long before modern social media food trends, some 19th-century European hosts treated banquets as political weapons against rivals, often copying their dining habits from working-class trends. However, their primary focus was far more hazardous. At one 1840s dinner, dishes were covered in heavy coats of toxic lead paint and bright green arsenic pigments simply because hosts valued visual spectacle far more than physical safety or flavour. Though guests were entirely unaware of the toxicity of the pigments, they routinely suffered heavy-metal poisoning for the sake of dining room spectacle.

Language has also played a major role in twisting food history over time. In old Norse maritime texts, sailors described a giant sea monster that lured prey with a sweet smell—a tale that modern scholars often claim was exaggerated in historical records. However, marine biologists later recognised this myth directly stemmed from a simple misinterpretation of how baleen whales feed. Similarly, domestic bakers frequently ruined pastries by mixing up salt and sugar, proving that human error and misinterpretation have continuously shaped cultural traditions, even when severe economic constraints forced people to invent new recipes.

Looking back across the centuries, it is easy to assume that intellectuals and aristocrats have historically ruined traditional food practices, or to warn that people should be more cautious when consuming unfamiliar historical foods. Some critics argue that modern cooking has lost the creativity and danger of previous centuries. However, the broader picture tells us something else entirely. Our food history demonstrates that major culinary and cultural milestones rarely come from grand plans; they almost always arise from accidents, mistakes, and sheer absurdity.

1. In the first paragraph, the author suggests that the evolution of gastronomy

A. has relied too heavily on modern scientific intervention.
B. is primarily driven by deliberate, methodical experimentation.
C. has frequently been propelled by unexpected errors and disasters.
D. is poorly documented by traditional food historians.

2. How did the chef feel initially when preparing the first potato chips?
A. Confident that his new recipe would revolutionize the restaurant industry.
B. Furious and vindictive towards a difficult customer.
C. Anxious that his culinary skills were inadequate.
D. Concerned that the customer would expose his lack of technique.

3. The incident involving the glowing paste in 1751 demonstrates that
A. 18th-century scientists intentionally fabricated research on synthetic substances.
B. academic institutions actively encouraged public food hoaxes.
C. elite intellectuals can be manipulated by authoritative presentation.
D. synthetic foods were a major area of study for naturalists.

4. What was the main concern of 19th-century European hosts when hosting banquets?
A. Ensuring the hosts remained completely ignorant of the toxicity of the pigments.
B. Creating a striking aesthetic effect regardless of health risks or taste.
C. Emulating the dining habits of working-class communities.
D. Using food presentation primarily as a political weapon against rivals.

5. What point is the author making by contrasting the stories of Norse sailors and domestic bakers?
A. Misjudgements and everyday slip-ups have historically influenced culinary developments.
B. Maritime myths directly influenced traditional European baking methods.
C. Historical records systematically overstate the role of maritime exploration in food history.
D. Financial hardship was the primary driver behind major changes in domestic cooking.

6. Which best summarises the central message of the passage?
A. People should be more cautious when consuming unfamiliar or historical foods.
B. Significant culinary developments are frequently the result of missteps and unpredictability.
C. Modern cooking has lost the creativity and danger of previous centuries.
D. Intellectuals and aristocrats have historically ruined traditional food practices.