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BON APPETIT RADIO PROGRAMME

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Welcome to “Bon Appetit”. In this program we are going to talk about healthy food, desserts, typical European dishes and Extremadura’s typical recipes.

We are going to start talking about Extremadura’s typical recipes.

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Hi everyone! My name is Sabina and I’m going to talk about typical Extremadurian recipes like pennyroyal’s gazpacho. Besides, everyone who knows more recipes is invited to call and explain them on the programme. Let’s start!

If you have stale bread and you are going to throw it away, don’t do it! I have a delicious recipe to use it. It’s pennyroyal’s gazpacho, a cold old soup made with stale bread, pennyroyal, canned tomatoes, boiled eggs, garlic, onions, vinegar, sweet paprika and salt. Normally, it’s prepared in winter because pennyroyal is a winter plant.

-Phone rings-

P- Hello!

A- Hello! I’m Alice.

P- OK Alice, do you know any typical recipe of Extremadura?

A- Yes, I do. I have an ideal recipe for greedy people. Its name is perrunillas, this is a kind of sweet that is characterized for being a dough of dry and rough texture. Its ingredients are flour, eggs, sugar, lard, schnapps and cinnamon powder.

P- It sounds delicious. I’ll try it.

Thank you so much for cooperating. Have a good day Alice!

If you are interested in these recipes, you can visit our website where we have the quantities in detail.

Now, my partner will talk about typical European dishes. Bye!

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•Hi! My name is Gema and now let's talk about typical European dishes.

First of all let's talk about the most typical dish of England: fish and chips. This dish consists of battered fish accompanied by French fries.

The best known dish in Spain is paella. This dish has a long tradition in the Valencian Community. Other typical dishes are the tortilla de patatas, fabada and cocido madrileño.

A very famous dish in Italy is pizza. It is a delicious and easy to prepare food. It consists of a base of wheat flour, salt, water and yeast, covered in tomato sauce and other ingredients such as ham, onion, olives, mushrooms ...

In France the aligot stands out, which is a puree made of potatoes, butter, fresh cream, garlic and cheese. Quiche Lorraine is also typical, a salty bacon, cheese and ham pie.

In Austria we find the Linzer Torte, the oldest cake in the world and although its origin is Italian, in Austria it was perfected and is the most typical dish of this country. The ingredients that stand out are raspberry, almond and cinnamon.

Mussels with potatoes is the most typical dish in Belgium. It is a dish similar to fish and chips.

In Denmark, we find Danish toast, which is a sandwich. It consists of a slice of black bread with butter that is accompanied by various foods such as salmon, eggs, meat ...

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•Hi! My name is Elena and in this section, we are going to talk about healthy food. It's true that the population eats more fast food, but the majority bets for a healthy life.

Nowadays, people worry a lot about their appearance and their health, that's why they go to the gym and eat healthy food.

Another of the most current fashion is vegetarianism and veganism, in which people don't eat meat, fish or other foodstuffs of animals.

Now I'm going to talk to a vegetarian. She is going to talk about her lifestyle:

P- Hi, Emily! How are you?

E- Fine, thanks!

P- You are vegetarian, aren't you? How did you decide to be a vegetarian?

E- Yes, I am. Well, I had high cholesterol and my doctor told me that I had to change my lifestyle. So I started searching for recipes and tips and I decided to be a vegetarian.

P- Was it easy for you? Did you miss eating meat or fish?

E- At first it was a little bit difficult but I got used quickly. Now I'm very proud of myself.

P- Could you tell us which is your favourite dish for lunch?

E- Of course! My favourite dish is a vegetarian burger with garlic and cheese. It is very easy and it's delicious.

P- Thank you for participating in our program, Emily. See you soon!

Well, this is all for "Healthy food section". The key to having a healthy life is to maintain a balanced diet.

Now, let's continue with the next section called "Desserts section"

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•In today's class I will make a recipe for a dessert which is very typical in my town: sweet empanadas.

This sweet, apart from being really delicious, have a very great sentimental value because it reminds me

of when I was little and I made it with my grandmother who taught me this recipe.

She told me that when she was young she made and sold plenty of them and she had a lot of clients, and I

believe her because she made them with so much love.

For this dessert, we'll start making the dough of the empanadas which ingredients are: flour, eggs, oil,

white wine, milk, salt, yeast and two tablespoons of anise although this is optional.

Once the first step is

made, we'll prepare the filling, which will consist of a sponge cake. We will need eggs, flour, yeast,

lemon yoghurt, two tablespoons of oil and sugar. Once mixed the ingredients of both parts, we have to take

a piece of dough and spread it out making the sponge filling, we close the dough and dump it into a pan.

Finally, we'll be able to enjoy this delicious recipe.

We hope you enjoy this program, thank you for listening! See you!

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