

# Business English

język angielski biznesowy

kieszonkowy  
**poradnik**  
biznesowo-  
językowy



BUSY BUSINESSMAN'S  
COOKBOOK

# Business English

kieszonkowy **poradnik**

**biznesowo-językowy**



**Kieszonkowy poradnik biznesowo-językowy**

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ZDJĘCIE NA OKŁADCE: SOPHIA WINTER

Welcome to BEM's guide to... cooking. Before you burst into laughter, ask yourself how many times have you found yourself ordering pizza for lunch, simply because you had no idea what to cook.

We've chosen twelve super-fast and healthy recipes every busy businessperson should try out. Most of them will not take you more than 30 minutes to prepare and most of the ingredients are easily found in every grocery store. No cooking talent or special kitchen utensils required.

We hope that our recipes will serve you well both in your kitchen and as a great conversation starter, especially when talking about wining and dining.

Enjoy!

to burst into laughter - wybuchnąć śmiechem

to try out - wypróbować

wining and dining - tu: ucztowanie

# Strawberry-Avocado Salsa with Cinnamon Tortilla Chips

## Ingredients

- 2 teaspoons oil
- 6 flour tortillas
- 2 teaspoons sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 finely chopped peeled ripe avocados
- 1 cup finely chopped strawberries
- 2 tablespoons minced fresh cilantro
- 1 teaspoon minced seeded jalapeño pepper
- 2 teaspoons fresh lime juice



Photo: John Autry

## Preparation

1. Preheat oven to 175°C.
2. To prepare chips, brush oil evenly over one side of each tortilla. Combine sugar and cinnamon; sprinkle evenly over oil-coated sides of tortillas. Cut each tortilla into 12 wedges; arrange wedges in a single layer on two baking sheets. Bake at 175°C for 10 minutes or until crisp.
3. Combine avocado and remaining ingredients; stir gently to combine. Serve with chips.

flour – mączny

ground – mielony

finely – drobno

chopped – posiekany

peeled – obrany

ripe – dojrzały

minced – zmielony

cilantro – kolendra

seeded – oczyszczony z pestek

lime – limonka

to preheat – rozgrzać

brush – rozprowadzić

evenly – równomiernie

to sprinkle – spryskać

oil-coated – pokryty olejem

wedge – kawałek

baking sheet – papier do pieczenia

gently – delikatnie

*Recipe inspired by: Maureen Callahan, Cooking Light*

# Mixed Olive Tapenade

## Ingredients

- 1 cup black olives, pitted
- 1 cup green olives, pitted
- 10 oil-cured olives, pitted
- 3 canned anchovy fillets
- 1 garlic clove, chopped
- 1 tablespoon chopped fresh flat-leaf parsley
- 1 tablespoon capers, rinsed and drained
- 2 teaspoons chopped fresh thyme
- 1 teaspoon grated lemon rind
- 1/4 teaspoon freshly ground black pepper

## Preparation

Combine all ingredients in a food processor; pulse 10 times or until olives are finely chopped.

pitted – drylowany

canned – w puszcze

garlic clove – ząbek czosnku

chopped – siekany

parsley – pietruszka

caper – kapar

rinsed – oplukany

drained – osuszony

thyme – tymianek

grated – starty

ground – zmielony

food processor – robot kuchenny



*Recipe inspired by: Domenica Marchetti, Cooking Light*