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词汇: *cooking* 烹饪

For many time-poor, health-conscious people, the must-have kitchen **gadget** at the moment is an **air fryer**. From top **chefs** to humble students, many are **singing the praises** of the device that seems to be **flying off the shelves** at shops and online. One British department store reported sales increased by 400% in 2021. But are they really **the best thing since sliced bread**, or is the hype all just **hot air**?!

If you got one as a present, or bagged one in the sales, you'll already know the benefits. An air fryer avoids the need to **deep-fry** food in hot and often unhealthy oil. Instead, the food is cooked by having very hot air blown on it at high speed – it doesn't actually fry but **bakes** the food.

The technology sounds simple, and Dr Jakub Radzikowski, Culinary Education Designer at Imperial College London, told the BBC: "You could compare it to drying your hair with a hairdryer." The combination of a powerful fan and a smaller compartment makes the air fryer more efficient and reduces the time needed to pre-heat it. In addition, because the food is cooked in a basket, excess **fat** will drip to the bottom, so you don't have to eat it. And it's good to know air fryers use less energy than a conventional **oven** because of the shorter cooking times needed.

Some people may question how **versatile** they are and whether they can be used for cooking whole **meals**. But experts have prepared **crispy** sweet potato fries, chips, and chicken and fish, quickly and with good **flavoursome** results – **cooked to perfection**. Dr Jakub Radzikowski's favourite is chicken legs or thighs, which he says after 20 minutes gives you something that's "perfectly **juicy** inside" with a skin that is so crispy it "shatters like glass".

If this **whets your appetite**, remember that, because of the air fryer's size, there is a limit to the amount that can be cooked in them at one time. So your oven may still come in handy. But if you're on a budget or in a rush, it might be worth giving one a try and seeing what amazing meals you can **serve up**.

## 词汇表

<b>gadget</b>	小器具
<b>air fryer</b>	空气炸锅
<b>chef</b>	厨师
<b>singing the praises</b>	大加赞扬
<b>flying off the shelves</b>	抢购一空, 畅销
<b>the best thing since sliced bread</b>	非常好的事物
<b>hot air</b>	大话
<b>deep-fry</b>	油炸
<b>bake</b>	烘烤, 烘焙
<b>fat</b>	油, 脂肪
<b>oven</b>	烤箱
<b>versatile</b>	多用途的
<b>meal</b>	一餐, 一顿饭
<b>crispy</b>	酥脆的
<b>flavoursome</b>	美味的
<b>cooked to perfection</b>	(饭菜) 烧得恰到好处
<b>juicy</b>	多汁的
<b>whet your appetite</b>	勾起兴趣
<b>serve up</b>	做出饭菜, 盛饭, 分菜

## 测验与练习

### 1. 阅读课文并回答问题。

1. How much did one British department store say sales of air fryers had increased by in 2021?

2. True or false? *Air fryers deep-fry the food in hot air.*

3. What happens to the excess fat from food cooked in an air fryer?

4. Why do air fryers use less energy?

5. What might be a limitation to cooking a whole meal in an air fryer?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. My boss says I'll get a bonus soon, but I think that's just \_\_\_\_\_.

crispy	fat	hot air	versatile
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2. Dan claims his new electric bike is \_\_\_\_\_.

the best thing since sliced bread	the best thing since slicing bread
the best sliced bread	the best thing since bread sliced

3. This jacket is very \_\_\_\_\_ – I can wear it to a party or to the office.

flavoursome	versatile	crispy	gadget
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4. This steak is very tasty and \_\_\_\_\_.

cooking to perfection	cook to perfection
cooked to perfect	cooked to perfection

5. These sausages have too much \_\_\_\_\_ in them – I won't buy them again.

deep-fry	fat	flavoursome	hot air
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## 答案

### 1. 阅读课文并回答问题。

1. How much did one British department store say sales of air fryers had increased by in 2021?

**One British department store reported sales increased by 400% in 2021.**

2. True or false? *Air fryers deep-fry the food in hot air.*

**False. Air fryers avoid the need to deep-fry food and use hot air to cook instead.**

3. What happens to the excess fat from food cooked in an air fryer?

**Because the food in an air fryer is cooked in a basket, excess fat will drip to the bottom.**

4. Why do air fryers use less energy?

**Air fryers use less energy because of the shorter cooking times needed.**

5. What might be a limitation to cooking a whole meal in an air fryer?

**Because of their size, there is a limit to the amount that can be cooked in them at one time.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. My boss says I'll get a bonus soon, but I think that's just **hot air**.

2. Dan claims his new electric bike is **the best thing since sliced bread**.

3. This jacket is very **versatile** – I can wear it to a party or to the office.

4. This steak is very tasty and **cooked to perfection**.

5. These sausages have too much **fat** in them – I won't buy them again.