

## HANDOUT 1

### Fill in the blanks:

**Ground meat** is one of the most versatile ingredients in the kitchen. It is commonly made from beef, pork, or chicken. When making a meat product like a **stuffed meat roll**, it is important to \_\_\_\_ (1) \_\_\_\_.

- (a) choose the right amount of seasoning and spices
- (b) mix the meat with vegetables

Before preparing the roll, you must \_\_\_\_ (2) \_\_\_\_.

- (c) prepare the filling, which can include cheese, herbs, or vegetables
- (d) freeze the ground meat for better texture

Once the roll is assembled, you should \_\_\_\_ (3) \_\_\_\_.

- (e) cook it in the oven at 180°C for 45 minutes
- (f) store it in the fridge for 3 hours

Finally, the stuffed meat roll can be served with \_\_\_\_ (4) \_\_\_\_.

- (g) a side of mashed potatoes or salad
- (h) a variety of sauces for extra flavor