
BBC LEARNING ENGLISH

Take Away English 隨身英語



The popularity of air fryers 空氣炸鍋的流行

字彙：cooking 烹飪

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**.

字彙表

gadget	小器具
air fryer	空氣炸鍋
chef	廚師
singing the praises	大加讚揚
flying off the shelves	搶購一空，暢銷
the best thing since sliced bread	非常好的事物
hot air	大話
deep-fry	油炸
bake	烘烤，烘焙
fat	油，脂肪
oven	烤箱
versatile	多用途的
meal	一餐，一頓飯
crispy	酥脆的
flavoursome	美味的
cooked to perfection	(飯菜) 燒得恰到好處
juicy	多汁的
whet your appetite	勾起興趣
serve up	做出飯菜，盛飯，分菜

測驗與練習

1. 閱讀課文並回答問題。

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. 選擇意思恰當的單字或片語來完成下列句子。

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. 閱讀課文並回答問題。

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. 選擇意思恰當的單字或片語來完成下列句子。

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.