**Love it or hate it, Marmite is having a massive foodie moment**

**Level 1 • Pre-intermediate / Intermediate**

**1 Warmer**

What can you put on bread or toast?
What do you prefer to put on your bread or toast?

**2 Key words**

Match the key words with the definitions. Then find them in the article to read them in context. The paragraph numbers will help you.

<table>
<thead>
<tr>
<th>divide</th>
<th>seasoning</th>
<th>spread</th>
<th>staple</th>
<th>stock</th>
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</thead>
<tbody>
<tr>
<td>1. soft food that you put on bread and toast _______________________ (para 1)</td>
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<td>2. cause arguments and disagreements between people _______________________ (para 1)</td>
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<td>3. an important food that people eat or use regularly _______________________ (para 3)</td>
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<td>4. liquid made from meat, bones or vegetables and used for making soups and sauces _______________________ (para 3)</td>
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<td>5. salt, pepper or spices that you add to food to give it more taste _______________________ (para 4)</td>
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<thead>
<tr>
<th>nostalgic</th>
<th>waste</th>
<th>dripping</th>
<th>umami</th>
<th>depth</th>
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<tr>
<td>6. the strength and fullness of a taste _______________________ (para 4)</td>
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<td>7. a pleasant savoury taste that is not sweet, sour, bitter or salty _______________________ (para 4)</td>
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<td>8. fat and juice from cooked meat _______________________ (para 5)</td>
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<td>9. remembering happy times in the past _______________________ (para 6)</td>
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<td>10. things that are left over and that people throw away _______________________ (para 9)</td>
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Love it or hate it, Marmite is having a massive foodie moment

Clare Finney
26 February, 2020

1 Marmite is a thick, dark, salty spread that many British people like to eat on toast. It divides the British people, and its slogan is “You either love it or hate it”.

2 Marmite’s maker, Unilever, wants to show that Marmite is not just a spread. New combinations are in the supermarkets, such as Marmite Brussels sprouts, Marmite pot noodles and Marmite peanut butter.

3 For a long time, Marmite has been a secret staple of chefs and home cooks who use it in stocks and sauces. Now Marmite has become a named ingredient on restaurant menus in all parts of the country. There’s the Marmite chicken wings at Eat Vietnam in Birmingham; Monica Galleti’s pumpkin pasta with Marmite and mushrooms at Mere, central London; and steak with Marmite at the Bank House in south-east London.

4 “Chefs use it as a seasoning,” says the chef Sat Bains. “Like soy sauce, it gives depth and umami.” Bains has been using Marmite quietly since his restaurant opened in Nottingham in 1999, “mixing it with butter and cooking fish and meat in it”.

5 Gizzi Erskine loves Marmite. She will be offering steak tartare with dripping on Marmite toast with egg yolk at her new London restaurant. “The Marmite and the dripping soak into the burned toast,” she says “and give it a richer flavour.”

6 Tom Cenci of Loyal Tavern in London uses Marmite to make stocks and sauces rich and salty. “And I have vegetarian and vegan dishes that need a Marmite stock.” But he says, “Marmite has a lot of nostalgic connections for people. As a child, I ate Marmite crumpets with a cup of tea. To put it into something like a cheesecake is silly.” Cenci doesn’t name Marmite as an ingredient on his menu because he’s worried that Marmite-haters won’t eat his food.

7 I am a Marmite-hater myself, but I now know that I’ve probably eaten Marmite without realizing it many times. “You’d never taste Marmite in any of the vegetables I’ve cooked in it,” says Cenci.

8 “Some Marmite-haters, who hate the strong umami taste of Marmite on toast, find it much nicer to eat when it’s an ingredient in a recipe,” says Camilla Williamson from Unilever.

9 Marmite is made from leftover brewer’s yeast, so it is also popular with people who want to reduce food waste. It is popular in plant-based diets, too.

10 Marmite has a lot of vitamin B12, which is found mostly in animal products. My friend Emily, a Marmite fan, says, “If you used to eat meat and are now a vegetarian, Marmite should be at the top of your shopping list.”

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3 Comprehension check

Choose the best answer to each question.

1. What does Marmite look and taste like?
   a. dark, thick and salty
   b. dark, thin and sweet

2. What is it made from?
   a. brewer’s yeast
   b. meat stock

3. How do British people like to have Marmite?
   a. in a cup of tea
   b. on toast

4. Why is Marmite good for you?
   a. It’s made with fish oils.
   b. It has a lot of vitamin B12.

5. Why do top chefs like to use it?
   a. It gives food an umami flavour and makes the other flavours richer.
   b. It’s cheaper than meat stock and good for people who don’t eat vegetables.

4 Food

a. Underline all the food items in the article. Look for images of any that you don’t know.

b. Say ...
   • which of the foods you love or hate
   • which ones you sometimes cook at home
   • which ones you might order in a restaurant

5 Discussion

• Are there any foods or drinks in your country or region that people either love or hate, like British people love or hate Marmite?
• Are there things that you loved to eat when you were a child and that you still love to eat, perhaps because they make you feel nostalgic?
• What food staples do you always keep at home? E.g. rice, pasta, milk
• What seasonings do you use most often? E.g. salt, pepper, chilli, oregano, coriander

6 Webquest

Search for Marmite recipes online. Which sound and look good to you?
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**KEY**

2 **Key words**

1. spread
2. divide
3. staple
4. stock
5. seasoning
6. depth
7. umami
8. dripping
9. nostalgic
10. waste

4 **Food**

a. Brussels sprouts, butter, cheesecake, chicken wings, crumpet, dripping, egg yolk, fish, Marmite, meat, mushrooms, pasta, peanut butter, pot noodles, pumpkin, sauce, seasoning, soy sauce, spread, steak (tartare), stock, tea, toast, vegetables, yeast

3 **Comprehension check**

1. a
2. a
3. b
4. b
5. a