

Real Talk #021 – How would you like your burger?

Episode description

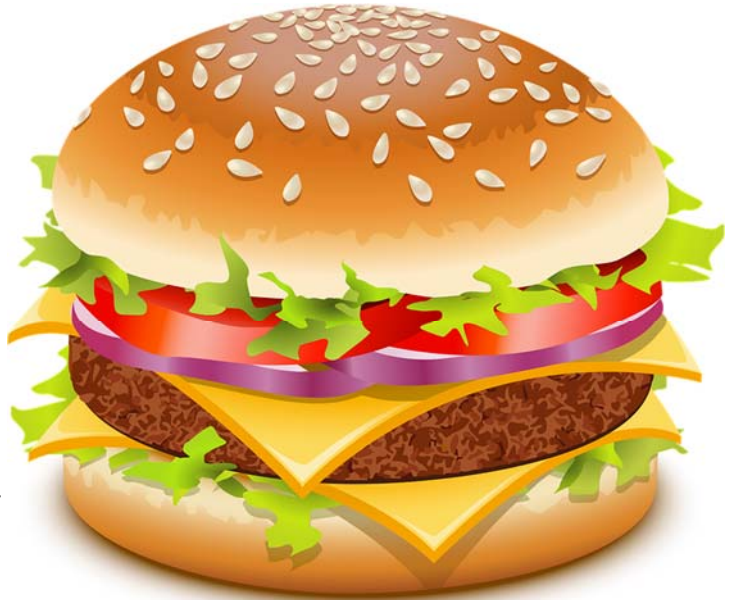
Do you like eating hamburgers and steak? If so, this episode is for you! Join Suzanne and Andrew as they talk about how to order a hamburger or a steak at a restaurant.

Fun fact

The word burger is short for hamburger and, although the word hamburger originates from Hamburg, Germany, Americans eat the most hamburgers. They consume about 50 billion hamburgers a year. That's enough to circle the earth 32 times!

Expressions included in the study guide

- Carpaccio
- The blues
- Tartare
- Blue
- Black and blue
- To sear
- To plug
- To give [someone] the cold shoulder





Transcript

Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript.

Andrew: You're listening to the Culips English podcast. To download the study guide for this episode, which includes the transcript, detailed vocabulary explanations, real-world examples, and a quiz, visit our website, Culips.com, C-U-L-I-P-S.com.

Hey, everybody. My name is Andrew.

Suzanne: And I'm Suzanne.

Andrew: And you're listening to Culips. Hey, Suzanne.

Suzanne: Hey, Andrew. How's it going?

Andrew: I'm doing pretty good, how are you?

Suzanne: I'm OK. My dog, though, is a little bit lazy today. Kind of listless, do you know what that is? Like, kind of no energy, doesn't really wanna go outside, doesn't really wanna play. He's **giving me the cold shoulder**.

Andrew: Ah, that's too bad, usually he's so energetic.

Suzanne: I know, maybe he has **the doggy blues**.

Andrew: **The doggy blues**. Well, I hope things turn around for Skoshi soon.

Suzanne: Me too.

Andrew: Suzanne, today we're going to do a Real Talk episode and, for all the listeners out there that don't know, Real Talk is our series where we teach you the everyday English you need for real-life situations, OK? The very important English you need to function in an English-speaking country.

And, actually, the inspiration for this episode came from a student of mine who told me about a trip she took recently to California. And when she was in California, she visited a restaurant and ate a hamburger, and she said when she was ordering the hamburger, she got confused at one of the questions the waiter asked her. And that question was, how do you like your burger? How do you like your burger?



- Andrew: And so the topic of today's episode is, well, how to order beef at a restaurant. Because beef is one of those meats that can be cooked to different levels of completion, right? And so we're going to take a look at how to order beef, mainly steaks or hamburgers, when you visit a restaurant. How to answer that question, how do you like your burger? Or how do you like your steak?
- Suzanne: That's a good question, because if you don't get it right, you may not feel so good later on.
- Andrew: It's entirely possible. Indeed. And just before we get started, I wanna let everyone know that the study guide for this episode is available now for download on our website, Culips.com. And the study guide is an awesome way to study with Culips because, well, you get a lot of great stuff, including the transcript for this episode, detailed vocabulary explanations, and real-life usage examples, also a comprehension quiz and some prompts you can use to write a journal entry or even have a conversation with a friend or teacher, someone like that. So, yeah, visit Culips.com to get that study guide now.
- OK, Sue, what's the plan for today?
- Suzanne: What's the plan, man? So first we're gonna start by introducing and talking about the vocabulary that we usually use when we describe how thoroughly we want the beef to be cooked. So what's the terminology that we use?
- Andrew: Very good.
- Suzanne: Then we're gonna listen to an example of someone ordering a hamburger at a restaurant and take a look at the language that they used to do it.
- Andrew: Sounds like a great plan. So let's get right into it with the vocabulary that we'll look at today, and we have six or seven different adjectives that we use to describe beef and cooked beef.
- OK, so the first word we'll take a look at is raw. Suzanne, what does it mean if meat is raw?
- Suzanne: Well, that is just not cooked at all. Like, I guess you would maybe see that in, like, in a beef **tartare** or maybe in certain dishes like a **carpaccio**. When you have meat that is not cooked, it doesn't touch the fire at all.
- Andrew: Exactly. So 100% uncooked meat is called raw meat, and occasionally in some dishes there'll be raw, raw beef, right? Like the dishes you mentioned.



- Suzanne: Yeah, it's a hard word to pronounce, raw. It can be a hard word to say. So if you think of, like, you know, a cheerleader or someone going, like, rah, rah, rah, it kind of goes in that direction. Like raw. It's kind of difficult, just wanted to point that out.
- Andrew: Definitely. For some learners from Asian countries as well, be careful, because raw and law are going to sound very similar if you don't make that distinction between the R and L sounds. So, be careful with this word, you could confuse somebody if you don't pronounce it accurately.
- Suzanne: Yeah, absolutely.
- Andrew: OK, moving on. The next vocabulary word is **blue**, OK, **blue**. So, actually, we can't describe a hamburger as **blue**.
- Suzanne: No.
- Andrew: I don't think anybody eats a hamburger that's **blue**. But there are some people who like their steak **blue**. So what does it mean if you eat a **blue** steak?
- Suzanne: It usually means, besides being a really fun colour, **blue** means that you are **searing** or cooking the meat at a very high temperature, quickly on either side, just to kind of get a cooked thin layer around the outside of the steak and then inside it's basically raw. So a lot of times they call it **black and blue** in restaurants as well, because it means that you're kind of **searing** it, almost to charring it or making it really black on the outside, quickly, and then crispy, almost, and on the inside it's almost raw.
- Andrew: Almost raw.
- Suzanne: So raw it's **blue**.
- Andrew: Yeah, sometimes it's almost a blueish colour, right? It's like a reddy-**blue** colour. And that's why we call it **blue**. I like a **blue** steak, actually. Would you ever eat a steak **blue**?
- Suzanne: I have before, I don't so much anymore. But my boyfriend really enjoys a **blue** steak, but me, I might prefer one of those other vocabulary words coming up.
- Andrew: OK, well, we'll talk about it when we hit it. And so moving on, the next level of completeness you could order a steak or a hamburger at is rare. Another difficult word to pronounce, unfortunately, rare, R-A-R-E, rare.



- Suzanne: Yeah, I think one of the things you can do to help that word is to kind of smile when you get to the vowel, like rare, so it's a really wide smile, rare. Instead of rawr, rawr, 'cause sometimes people go rawr like that, thinking of it as an aw but it is more smiling sound.
- Andrew: Rare, yeah, the corners of your mouth do lift upward, almost like you're smiling when you say this word.
- Suzanne: Yeah.
- Andrew: OK, so what does it mean, rare, if you have a rare steak or a rare burger?
- Suzanne: Well, it's still going to be raw on the inside, but that layer of cookedness or **seared** meat is going to be a little thicker. So whereas in **blue** it was just **seared** with a thin layer of cooked meat, this rare is going to have that layer, will be a little bit thicker. So you'll still have some uncooked meat inside.
- Andrew: Yeah, I think here we can imagine it being about 25% cooked on the outside and about 75% uncooked on the inside.
- Suzanne: Yes, yeah, that's what I was thinking.
- Andrew: I also like a rare steak as well.
- Suzanne: Yeah, me too, I like rare.
- Andrew: I don't know, for whatever reason the less cooked a steak is, it seems like it's more flavourful to me, so I lean towards the rare side of things.
- Suzanne: Yeah, it's true, it is tasty. You can really taste the meat, I think.
- Andrew: OK, so next we have medium rare, medium rare. So I think medium rare is the kind of 50-50 blend. 50% **seared** on the outside and cooked and still, if you were to cut open and look at the middle of the hamburger or the middle of the steak, you'd see that it's still about 50% red on the inside.
- Suzanne: Yes. Now Andrew, you say that you like more rare steak, but for a burger would you do more medium rare? So a little more cooked?
- Andrew: Yeah, definitely. I don't know if I've ever had a rare burger per se. I think just because of the nature of a hamburger, you almost need it to be cooked at least medium rare to keep it together.
- Suzanne: Yeah, I agree.
- Andrew: Might fall apart if it was **blue**.



- Suzanne: And you don't know exactly if the meat is very good. You don't know where it came from, unless they advertise that or you ask. So it might be healthier if you have ground beef to make it medium rare, at the most I would say, uncooked.
- Andrew: Right, yeah. There are some health concerns that you have to keep in mind with low-quality ground beef, right? You never know exactly where it came from or what the composition of the meat is. It's kind of disgusting to think about but, definitely, the more cooked you get it, the less you have to be concerned about getting sick from some bacteria in the meat or something, yeah.
- Suzanne: That's it, yeah.
- Andrew: OK, so the medium rare is the 50-50 blend. And the next step up is medium, OK, medium. And so what does it mean? If you order a steak medium or you order a burger medium?
- Suzanne: Well, I like to think that when it's medium rare, you have more red inside and then when you order a burger that is medium, you have it more pink inside. So there's just a slight bit of half-cooked meat inside right? In the middle, but for the most part it's cooked, so I guess you can think of it as 25% uncooked inside and 75% cooked all around.
- Andrew: OK, the next level up from medium is medium well, medium well. And so medium well, as maybe you can guess by now, is one step up of being almost brown. OK, so when you order something medium well done, or medium well, there's only the slightest amount of pink meat remaining in the middle of the meat. It's almost all thoroughly cooked and brown.
- Suzanne: Yes. I think my mom, kind of, orders these burgers like this or cooks them like this and we always make fun of her. Sorry.
- Andrew: Well, I think there's the belief from our parents' generation that raw meat will make you sick.
- Suzanne: Yeah.
- Andrew: Like my parents are very averse to, you know, sushi, eating raw fish, they think it's bizarre. Also, I definitely remember my parents eating a burger and being, like, oh, it's still a little pink in the middle, like, put it back on the barbeque.
- Suzanne: Yeah, yeah.



Andrew: So I would say my family probably eats their meat well done. And that's the final vocabulary item for today, well done. And this is when the meat is completely brown, there's no pink meat showing at all, if you take a look in the middle, it's all brown with no pink left over.

Suzanne: Yes. I think a lot of times, too, they make burgers like that for kids, right? Because maybe their stomachs are not yet advanced, I guess, in the enzyme department for them to digest more raw meat. I think if you are someone who has been a vegetarian for a while and then you start eating meat, it's probably better to have it more cooked, more medium well than rare because your stomach is not ready to digest raw meat.

Andrew: Absolutely, that could definitely be the case. So, guys, those are the vocabulary items for today. There's a lot of different adjectives you can use to order your steak or hamburger at a restaurant. We should note that you're not gonna get this question at a fast food restaurant, right? If you're just going to McDonald's to get a Big Mac, the server at the counter's not gonna ask you how do you like your burger? But at a fancier restaurant, you could be asked this question and definitely at a steak house, if you order a steak at a steak house, you'll be asked this question.

So now, Suzanne, I think it's time for us to listen to a conversation example. And in this example, we're going to listen to a customer at a restaurant order a hamburger. So let's listen to that conversation and see how it goes, and then we'll talk about it a little more in detail after we listen to it.

Server: Are you ready to order?

Customer: I think so. I'll have the Classic burger.

Server: Classic burger, sure thing. And how do you like it?

Customer: Well done, please.

Server: And which side would you like? We have fries, yam fries, garden salad, coleslaw.

Customer: Oh, garden salad.

Server: OK, and a drink?

Customer: Just water is fine. Oh, and no onions on the burger.

Server: No onions, got it. Will that be all?

Customer: Yeah, that's it, thanks.



- Andrew: OK, Suzanne, so one of the interesting questions that the server asked the customer after she ordered the Classic burger, and a lot of restaurants in North America will actually name the different hamburgers on the menu, right?
- Suzanne: Right, yeah.
- Andrew: They'll have a funny name, so at this restaurant the Classic burger is one of the names. And so the server asks the customer, how do you like it? How do you like it? And I could see why this question could cause some confusion for an English language learner, because it's not super clear what the meaning of the question is. And so what does it mean if a server at a restaurant asks you how do you like it in reference to a steak or a hamburger that you just ordered?
- Suzanne: So if the waiter or server asks you how you like it, right, how you would like your burger, they're not referring to the ketchup or the pickles or the onions. They're really just referring to how cooked you'd like the meat. So whether you'd like it rare, medium rare, or medium, or one of those choices.
- Andrew: Exactly. And now, Sue, I'm going to put you on the spot.
- Suzanne: Sure.
- Andrew: But I'm curious if you could brainstorm a different way that a server at a restaurant might ask you this question?
- Suzanne: Yeah, I think that sometimes they say it really fast and they sometimes say and how do you like it? And how do you like it? Right? Like, OK, the burger, and how do you like it? Or and how would you like that? And how would you like that? Or any way you like it? Any way you like it?
- Andrew: Any way you like it, like meaning any special way, or do you have a preference for how it's cooked.
- Suzanne: Right, or how do you want that? How do you want that? How do you want that cooked? They might say, sometimes you might go to a fancier restaurant and they might elongate their phrase, like, and would you like the burger cooked a certain way?
- Andrew: Right, that's true. That's a more formal way to ask the question, but you may encounter that one as well.
- Suzanne: Yeah. Or how do you want the burger, something like that. But it's really, they're all very close versions of each other, I would say.



- Andrew: Yeah, especially using that word how, how do you want it? How do you like it?
- Suzanne: Always keep an ear out for that question, because sometimes they ask it for random pieces of meat, you never know.
- Andrew: Right, and so to go back to the story from the top of this episode where my student was caught off guard with this question, I think she responded in a really clever way. The server said, how do you like it and she said, what do you recommend?
- Suzanne: Oh, that's good.
- Andrew: And I thought, oh, that's a very good way to deal with this question when you don't actually know what it means.
- Suzanne: That was a very clever, on-the-spot thinker.
- Andrew: So, Sue, that about wraps it up for us today. I want to thank everybody out there for listening. And I want **to plug** the study guide one more time, because it's really awesome and I think you'll really find it helpful to study with. So visit our website, Culips.com, to download that study guide now.
- Suzanne: Awesome, and you can always visit us on Facebook as well at Facebook.com/CulipsPodcast, and you can always get in touch with us by emailing contact@Culips.com or sending us a message on the Facebook page.
- Andrew: We will be back soon with another brand-new episode, and we'll talk to you then. Goodbye, everybody.
- Suzanne: Cheerio.
- Andrew: Cheerio.
- Suzanne: Cheerio.
- Announcer: Do you like listening to Culips? If so, please show your support by leaving Culips a 5-star rating and a review on iTunes or Stitcher. This helps new listeners find the show. So don't delay, rate and review today.

Detailed Explanations

Carpaccio

Noun

Carpaccio means an appetizer of thinly sliced, raw beef or fish served with olive oil or a sauce.

As Suzanne mentions in this episode, the meat or fish in **carpaccio** is not cooked at all. So **carpaccio** consists of raw beef or fish that is cut extremely thin.

Here are a couple more examples with **carpaccio**:

Server:	Would you like to begin with an appetizer?
Jane:	Sure! What do you recommend?
Server:	Our beef carpaccio is divine.
Jane:	I've never had uncooked beef before. I think that I would prefer an appetizer that doesn't have raw meat.
Server:	Would you be interested in fried squid?
Jane:	Absolutely! I'll take that.

Chris:	This appetizer is delicious! What is it?
Carrie:	It's fish carpaccio . The fish is raw tuna, and the sauce is fresh lemon juice, olive oil, basil, and garlic. It's actually pretty simple to make and is always a hit at parties.
Chris:	I'm not big on eating raw fish, but this is delicious.
Carrie:	Thanks. I'm glad you're enjoying it!



The blues

Noun

If someone has **the blues**, they feel sad or depressed. So **the blues** means feelings of unhappiness or melancholy.

In this episode, Suzanne mentions that her dog, Skoshi, has **the doggy blues**. This means that her dog is feeling down and depressed.

Here are a couple more examples with **the blues**:

Oliver: What's wrong? You look upset.

Michelle: I've got **the blues**. My boyfriend is away on a business trip, and I really miss him so I'm feeling a little down.

Oliver: I'm sorry. What you need is a distraction to help take your mind off him. How about we catch a movie?

Michelle: OK. I wouldn't mind seeing the new Star Wars movie.

Oliver: Done!

Nathalie: I'm a little worried about Greg. He seemed so depressed the last time that I saw him.

Brian: That's because his cat just passed away, and he's just feeling sad.

Nathalie: Oh no! Maybe I'll give him a call and see if I can help him shake **the blues**.

Brian: That's a good idea. You always cheer me up!

Tartare

Adjective

The term **tartare** is an adjective that means ground or chopped and served raw. Unlike many other English adjectives, this adjective is placed after the noun it is modifying, not before it.

For example, salmon that is finely chopped and served raw would be called salmon **tartare**. You would never place **tartare** before salmon. The same is true when you use **tartare** to describe any other type of meat or fish.

Here are a couple more examples with **tartare**:

Diane:	Do you like tuna tartare ? I want to order an appetizer for the table.
Jen:	I've never tried tuna tartare before. Is it good?
Diane:	If it's done properly, it's delicious and doesn't taste fishy at all. The tuna tartare is really good here.
Jen:	In that case, I'll try it.
Diane:	Great!

Kevin:	How was your office party last night?
Sanjay:	It was all right. The only problem was that they picked a restaurant where everything was uncooked. All they had on the menu were things like beef tartare or fish carpaccio .
Kevin:	What's wrong with uncooked dishes?
Sanjay:	Everything!
Kevin:	I'll keep that in mind the next time I invite you over for dinner.

Blue Adjective

A hamburger or steak that is **blue** is cooked on the outside quickly and at a very high temperature, and the rest of the hamburger or steak is completely red or uncooked.

As Andrew and Suzanne explain in this episode, you can describe meat as **blue**. In other words, if you like your steak quickly **seared** on the outside and raw inside, you could say, "I like **blue** steak."

Here are a couple more examples with **blue**:

Server:	How do you want your steak?
Jody:	I'm not sure. What's the difference between blue and rare?
Server:	Blue is seared on the outside, and completely uncooked on the inside. Rare is seared on the outside and a little bit on the inside, so about 75% of the steak is uncooked.
Jody:	I better go with rare.
Server:	Great, one rare steak coming right up!

Server:	How do you like your steak?
Sam:	Blue , please!
Server:	A fan of raw beef, I see.
Sam:	I like to think of myself as a fan of flavour!
Server:	I'm with you on that, buddy. I'll be right back with a blue steak.

Black and blue

Adjective

A **black and blue** hamburger or a **black and blue** steak is charred, crisp, and black on the outside and uncooked on the inside.

Be careful: **black and blue** can also mean to be covered in bruises. When **black and blue** is used to describe meat, it means that the meat is charred on the outside and raw on the inside, but when **black and blue** is used to describe a person, it means that the person is covered in bruises.

Here are a couple more examples with **black and blue**:

Cody:	I'm about to go outside and cook the steaks on the barbeque. How would you like yours?
Kim:	Well done, please.
Cody:	What? You can't be serious. It will ruin all the flavour.
Kim:	I'm not like you. I don't like my steak black and blue . I prefer well-cooked beef.
Cody:	OK. It's your loss.

Johnny:	I think that I'll take the house burger. It sounds good.
Server:	How would you like your burger, sir?
Johnny:	Black and blue.
Server:	Very good, sir. I'll bring that to you shortly. Can I offer you a refreshment while you wait?
Johnny:	Yes, I saw that you serve Wop's Hops craft ales here. I'll take a Hail Caesar, please.
Server:	Coming right up, sir.

To sear Verb

To sear means to burn the surface of something with intense heat. This verb is often used to describe meat that is cooked very quickly and at very high temperatures.

So **to sear** meat means to brown the outside of the meat. The most common way **to sear** meat is in a frying pan or on a grill.

Here are a couple more examples with **to sear**:

Julie:	Thanks for making dinner, baby. I really appreciate it.
Normand:	No problem. I enjoy cooking.
Julie:	I can't get over how tasty this meat is. What's your secret?
Normand:	I always sear the meat in a frying pan with a little bit of olive oil before I roast it slowly in the oven.
Julie:	What a good idea! Next time that I make dinner, I'll be sure to sear the meat before I put it in the oven.

Kennedy:	Should I throw these steaks on the barbeque?
Robby:	Just leave them on the counter for now. I want them to warm up to room temperature before I sear them. I read online that's the trick to searing meat.
Kennedy:	OK. I'll get started on the salad. Do you want a green salad or a Caesar salad?
Robby:	I'm in the mood for a green salad. It will go nicely with the steaks.
Kennedy:	Sounds good!

To plug

Verb

To plug means to promote or advertise, usually by talking about something quite a bit or by praising something. You can **plug** a book, show, movie, person, or place.

In this episode, Andrew says that he wants **to plug** the study guide one more time. This means that he wants to mention the study guide one more time in order to promote it, because he knows it helps people learn to speak English.

Here are a couple more examples with **to plug**:

Teacher: Great job, everyone! Before you leave, I just want to remind you that listening to podcasts can really help you improve your conversational English.

Student: Which podcast should we listen to?

Teacher: If I had **to plug** one, I would definitely go with Culips!

Student: OK. I'll give it a listen.

Host: So that's all the time that we have for today. I want to thank my guest, Mr. Smith, for being on our show today.

Mr. Smith: Well, thanks for having me. It was a pleasure to be here.

Host: And if you haven't seen Mr. Smith's new movie in theatres, go see it. It's phenomenal and will keep you on the edge of your seat. I promise that you will love it!

Mr. Smith: Thanks for **plugging** my movie, and thanks to the audience for coming out today.

Host: Have a great day, everyone!

To give [someone] the cold shoulder

Idiom

When you **give [someone] the cold shoulder**, you intentionally ignore them or are unfriendly. So **to give [someone] the cold shoulder** means to ignore or be cold with someone on purpose.

In this episode, Suzanna mentions that her dog has been **giving her the cold shoulder**. This means that her dog has been deliberately unfriendly with her.

Here are a couple more examples with **to give [someone] the cold shoulder**:

Michael:	Hey man! How's it going?
Sean:	OK, I guess. Do you know why Tom isn't returning my calls? He's been giving me the cold shoulder since last week.
Michael:	I meant to tell you. He's been ignoring you because he's mad that you didn't invite him over to watch the game with us a couple of weekends ago.
Sean:	I sent him a text asking if he wanted to come over! He must not have gotten it. I'll try giving him a call again. Thanks for letting me know.
Michael:	No problem.

Clara:	What is your problem? You have been giving me the cold shoulder all day.
Claire:	I have not! I just haven't felt like talking. I'm tired.
Clara:	You could have fooled me.
Claire:	Believe me, if I was mad at you or upset with you, I wouldn't ignore you. I would tell you.
Clara:	Good to know. Sorry.
Claire:	No worries.

Quiz

1. To sear means _____ the outside of something.
 - a) to bake
 - b) to make
 - c) to red
 - d) to brown

2. Which of the following is the best example of Mary giving Susan the cold shoulder?
 - a) Mary won't lend Susan her sweater.
 - b) Mary won't return Susan's text messages.
 - c) Mary forgot to invite Susan over for dinner.
 - d) Mary thinks Susan is forgetful.

3. True or false: You can plug a book, movie, or place.
 - a) true
 - b) false

4. Which of the following is the best example of someone having the blues?
 - a) Joe is feeling depressed.
 - b) Kenny is feeling sleepy.
 - c) Jordan is eating a well-done steak.
 - d) Bob is eating a seared steak.

5. True or false: It is grammatically correct to say, "I want tartare beef."
 - a) true
 - b) false

Writing or Discussion Questions

1. How do you like your hamburger? Do you like it blue, rare, medium rare, medium, or well done?
2. Have you ever tried raw fish or meat? Did you like it or dislike it?
3. Describe a time when you had the blues.
4. What is your favourite movie? What would you say if you had to plug it on a radio show?
5. Describe a time when you gave someone the cold shoulder.



Quiz Answers

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

Episode credits

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