

## Simplified Speech #054 – Baking

### Episode description

Winter is in full swing in Canada, and many people like to stay indoors where it is warm and cozy. What better way to spend time inside than by baking some delicious treats? In this episode, Andrew and Morag talk about their baking skills and even some baking disasters. Enjoy!

### Fun fact

Bread baking began in Ancient Greece around 600 B.C. This was also the time that enclosed ovens were invented to bake the bread.

### Expressions included in the study guide

- A craving
- To cave in
- The moral of the story
- Vegan
- To broil
- A blessing in disguise
- To crumble





## 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](http://Culips.com), [C-U-L-I-P-S.com](http://C-U-L-I-P-S.com).

Hey, everybody. My name is Andrew.

Morag: And my name is Morag.

Andrew: And you're listening to Culips.

Hey, Morag.

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

Andrew: I am doing all right, but I have a kind of a **craving** right now for a freshly baked cookie. I've had this **craving** for a couple of days, but I haven't **caved in** yet and eaten a cookie.

Morag: That's the problem with the **craving** for freshly baked cookies, you might have to do it yourself.

Andrew: Yeah, so I've been thinking about this and thinking about baking. And I thought, wow, this would make a great conversation topic for today's Simplified Speech episode. So, Morag, today I think we should do exactly this and talk about baking. How does that sound to you?

Morag: I'm in.

Andrew: All right, so just before we start, though, I want to let all of our listeners know that there is a study guide available for this episode. So, everyone, if you would like to study along with Morag and me today, then just visit our website, [Culips.com](http://Culips.com), and download the study guide.

All right, so the reason I didn't bake fresh cookies, Morag, is that I don't actually own an oven here in my apartment in Korea.

Morag: Oh no, that's so sad.

Andrew: So I've tried baking using some other appliances. I tried to bake banana bread in my rice cooker. I saw on YouTube that you could do that.

- Morag: I've heard of this before. I remember when I was a lot younger reading a manga of someone in baking competitions and, at the very end of it, it had rice cooker bread recipes. My mind was blown.
- Andrew: Yeah, so I tried this, but unfortunately I ended up breaking my rice cooker.
- Morag: Oh no.
- Andrew: So it didn't work very well.
- Morag: Oh, that's doubly sad, Andrew. I'm sorry.
- Andrew: I also tried baking banana bread in the microwave because I saw online that you could do that. And I didn't break the microwave, which was great, but it didn't taste like a freshly baked loaf of banana bread. It was more just like a spongey goop. So I wouldn't recommend using your microwave to bake.
- Morag: Andrew, I think you might need to stop believing what you read online.
- Andrew: That's good advice. That's very good advice.
- Morag: Yeah.
- Andrew: **The moral of the story** or the point that I'm trying to make is these days, I don't bake very much. But what about you, Morag, do you bake often?
- Morag: I actually haven't been baking as much as I used to. But I think that's because I used to bake a lot.
- Andrew: OK. So what types of things do you like to bake?
- Morag: When I was in high school, I had a long-term cake-baking hobby. I got into decorating the cakes, making my own fondant, it was a little nuts. But it was a lot of fun.
- Andrew: That does sound like fun, and very delicious. A very delicious hobby.
- Morag: Exactly. It's also, it's quite nice to bake so many cakes that you have a lot around and then you can just give cakes to people. They're usually not expecting it.
- Andrew: Yeah, I don't think I've ever received a cake as a gift, except for my, like, on my birthday. But that would be a great gift. I would be super excited to receive a cake from someone.
- Morag: These were given in the manner of, "Hey, eat this cake, I have too many." So there you go.

- Andrew: Yeah, so you baked cakes, and what other things?
- Morag: I often would bake shortbread during the holidays, and minced tarts. I got into **vegan** baking, so muffins and cookies and pies and cakes, again. Yeah, baking is wonderful.
- Andrew: I love baking, too. I think it's really just delicious, baked goods are very delicious, so this is why I enjoy baking. I went through a period when I was living in Montreal, actually, where I was into sourdough bread. And I would try, usually unsuccessfully, to bake sourdough bread. Have you ever tried baking bread?
- Morag: I haven't, and I think that's because I can't eat gluten.
- Andrew: Ah, that makes sense.
- Morag: So—and all of the interesting, good breads to make at home, you really do need to use wheat flour. But it looks really, really fun to make breads, especially the ones that are yeast risen. So you have to punch them.
- Andrew: Yeah.
- Morag: That looks like a lot of fun.
- Andrew: I also used to make pizza dough at home and bake my own pizzas. So although this is a type of baking, we usually don't consider it baking. It's kind of like cooking, right, for pizza, right? Which is strange because, really, it is baking.
- Morag: You're right, it's baking with a filling. I also really like making a flatbread. It's an Italian flatbread, with chickpea flour.
- Andrew: Oh, interesting.
- Morag: Yeah, so you just basically **broil** a chickpea flour batter and it gets crispy and delicious. I don't think of that as baking.
- Andrew: So what exactly is **broil**? This is a function on the oven, right? **Broil**, what does this mean?
- Morag: **Broiling**. Well, the **broiler** is a series of coils, usually at the very top of the oven. So it gets really hot, you don't moderate the heat the same way. When you put something up next to the **broiler**, you blast it with heat so it creates crispiness, usually, in your food. You do it for a small amount of time. Usually if you're **broiling** something, you bake it or cook it first and then you put it under the **broil** for a small amount of time to make it crispy and charred and delicious.

- Andrew: Have you ever had a baking disaster that you can recall?
- Morag: Oh my god, yes. I really messed up making my own birthday cake a couple of years ago. It was awful.
- Andrew: Oh no, what happened?
- Morag: The cake just did not stay together and it **crumbled** apart.
- Andrew: Oh no, that's terrible.
- Morag: It was very disappointing. Have you had any baking disasters?
- Andrew: Yeah, I've had a couple of occasions where I just put something in the oven, like a tray full of cookies to bake, and then I forgot about it and only remembered when the smoke alarm was beeping. And they were seared black and completely inedible. I had that happen a couple of times. It was completely my fault.
- Morag: Those poor cookies.
- Andrew: I know. What I would do for a cookie right now.
- Morag: Well, you'll just have to find a friend with an oven.
- Andrew: One final thing, Morag, before we leave is I don't know if we've talked about this before or not, but I actually worked in a bakery for a little bit when I was in my first year of university.
- Morag: I did not know that.
- Andrew: Yeah, and one of my jobs that was quite fun was bagging bagels. OK? Bagging bagels, so putting bagels in bags to sell as a package. We would bake lots of bagels and then I would have to wait for them to cool and take them off of the cooling trays. And I had this rack of, like, spikes on a desk that were mounted on the desk, and I would just put five or six bagels on the spikes and then put a bag over them and tie them up. And then I had a little machine that I would put the front of the bag into that would zap the bag shut.
- Morag: Wow.
- Andrew: This was my favourite job in the bakery. It was like a big commercial bakery. So we were doing high volume and, yeah, the best thing about that job, actually, was the smell. It smelled so delicious in there.
- Morag: I think I know what that might be like. In Montreal, I live right in between the two famous bagel shops.



Andrew: Oh, yeah. Montreal is famous for bagels.

Morag: They are delicious, I have been told.

Andrew: Oh, yeah, you can't eat them. I think that's a good thing, because when I worked at the bakery, I probably gained, like, 5 kilos that summer. I was always eating bread. So it might be **a blessing in disguise** for you, who knows.

Well, Morag, we'll leave it at that for today. I wanna thank all of our listeners for listening and, guys, we would like to hear what you think about baking. Are you an avid baker? Do you enjoy baking as a hobby? Send us an email and let us know. Our email address is [contact@Culips.com](mailto:contact@Culips.com). We're also all over social media, on YouTube, on Instagram, on Facebook, on Twitter. So, if you search for the Culips English podcast, you'll be sure to find us on social media.

And, finally, don't forget that there is a study guide available for this episode. And if you would like to give it a download, just visit [Culips.com](http://Culips.com) to check it out. We will be back soon with another new episode, and we will talk to you then. Goodbye, everyone.

Morag: Bye.

## Detailed Explanations

### A craving

Noun

A **craving** is a strong desire for something. Food **cravings** are the most common type of **craving**. A **craving** is a desire that is so strong that it is hard to concentrate on anything else until the **craving** is satisfied. Common food **cravings** include **cravings** for chocolate, bread, or pizza. Pregnant women are known to have strange food **cravings**, such as peanut butter and pickles or potato chips dipped in strawberry yogurt.

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

Brent:	Hey, Elisa, what do you want for dinner tonight?
Elisa:	I have the strongest <b>craving</b> for some sushi right now. Can we go to that Japanese restaurant we liked so much? You know, the one on 5th Street?
Brent:	Sure! I wouldn't say no to a spicy tuna roll. I'll call and make a reservation for 7:00.
Elisa:	Great! See you after work, sweetie.

Nicolai:	Hey, man, wanna stop by Dino's on your way over here? I'm really <b>craving</b> some pizza with this beer I bought.
Tyler:	You got it! Any toppings in particular? Pepperoni? Ham and pineapple?
Nicolai:	You can't go wrong with pepperoni.
Tyler:	OK, pepperoni it is. The game starts at 8:00, right? I'll be over right around then.
Nicolai:	Yep, 8:00. Don't be late! This is supposed to be a killer game!



## To cave in Idiom/verb

When someone is pressured to do something that they don't want to do and they eventually agree to do it, they **are caving in** to those demands.

For example, imagine a group of workers who are upset about low wages and poor working conditions. These workers go on strike, refusing to work until their pay is increased and working conditions improve. At first, their business owner refuses to meet the strikers' demands, but after many days of striking the owner decides **to cave in** to their demands by increasing the pay and adding extra safety measures to the work site. Thus, **to cave in** means to yield to someone else's pressure.

Here are a couple more examples with **to cave in**:

Natalia:	Hey, Hilary, I just saw your daughter. What happened to her beautiful red hair?
Hilary:	Well, she's been begging me for weeks to let her dye her hair black. I refused, since it seemed like such a silly thing to want to do.
Natalia:	It's a phase. A lot of teenagers go through it.
Hilary:	Yeah, well, I eventually <b>caved in</b> .
Natalia:	Don't worry. It's not the end of the world—hair grows back.

Joe:	I heard you and Maria are fighting. What did you do this time?
Sylvester:	It's not my fault! She wants me to join these lame dance classes with her and I refuse <b>to cave in</b> to her demands this time! I hate dancing.
Joe:	Why don't you just try it out? If you give it a try and then hate it, maybe she'll show mercy.
Sylvester:	It's the principle of the thing. A man shouldn't be forced to do something he doesn't want to do or get banished to the couch for refusing.
Joe:	Ha, I'm glad I'm not in your shoes right now. Good luck with that!



## The moral of the story

### Phrase

**The moral of the story** is the message behind the story. A moral is a lesson about what is right and what is good behaviour; thus, **the moral of the story** is some lesson in the story that teaches us how to be better people. In the famous story of the tortoise and the hare, **the moral of the story** is that slow and steady wins the race or, in other words, a successful person accomplishes tasks slowly and steadily rather than quickly and carelessly.

Here's one more example with **the moral of the story**:

Marie:	I officially quit my job today.
Genevieve:	Oh my goodness, that's great! You've been complaining about that place for too long. What made you finally do it?
Marie:	Rick, my boss, promised me that this year he would finally give me the promotion I've deserved for the last 3 years. But, like those other years, it was just a lie. He laughed when I mentioned it this morning, and that was the last straw for me. I went a little crazy, told him I was quitting, and ran out of the office.
Genevieve.	Good for you! I think <b>the moral of this story</b> is once a liar, always a liar. You are too good of a person to be working for a horrible guy like that, anyways.

## Vegan

Noun/adjective

The noun **vegan** refers to someone who does not eat or use animal by-products. The adjective **vegan** is used to describe a food or product that does not contain any animal by-products. Finally, veganism is way of living that follows the **vegan** lifestyle.

What is the difference between a vegetarian and a **vegan**? A vegetarian does not eat meat or fish, but they may eat animal by-products such as cheese, yogurt, eggs, butter, cream, etc. **Vegans** do not eat meat, fish, or animal by-products.

In this episode, Morag talks about **vegan** baking. In traditional baking, many of the main ingredients are animal by-products such as butter, milk, eggs, and cream. Therefore, **vegan** baking is a unique type of baking that uses a lot of plant-based ingredients as substitutes for traditional ingredients.

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

Monica:	Hey, what's in this cookie? It's delicious, but it tastes different than normal.
Yaziel:	It's a <b>vegan</b> cookie! Ever since I decided to go <b>vegan</b> last month, I've been experimenting with a bunch of new recipes. Do you like it?
Monica:	Yeah, I do. What did you use instead of eggs and butter and stuff?
Yaziel:	Well, there are a lot of different substitutes you can use: avocado, apple sauce, coconut oil. I used avocado. That's why the cookies have a slight greenish colour to them.
Monica:	Ah, I was wondering about that. Well, if all <b>vegan</b> food is like this, maybe I'll become <b>vegan</b> too!

Daniel:	Is it hard being <b>vegan</b> ? It seems like a lot of work.
Allyson:	I really enjoy being <b>vegan</b> but, yes, sometimes it's difficult. For example, it's hard going out to eat with friends sometimes. Not all restaurants have <b>vegan-friendly</b> foods on their menus.
Daniel:	Yeah, so what do you do?
Allyson:	I usually just eat at home, and join friends for drinks after. Or I ask if I can pick the restaurant, so that I know we'll go to a place that has food for me, too.



## To broil

Verb

**To broil** something is to heat food directly under an intense, radiant heat source. Roasting, baking, and **broiling** can all be done in an oven, but there are subtle difference in the way heat moves through the oven. Roasting and baking are quite similar. The heat either comes from the top or the bottom of the oven, and temperatures are often much lower than those necessary for **broiling**. Foods that are roasted or baked are heated slowly and steadily, while foods that are **broiled** are cooked quickly under intense heat; these foods often need to be flipped halfway through the cooking process to ensure that both sides become heated.

Here's one more example with **to broil**:

Tiffany:	What is your favourite dish to cook on a weeknight? I need some cooking inspiration.
Antonia:	I love <b>broiled</b> salmon and asparagus. It's delicious and healthy, and takes just minutes to make. I can give you my simple recipe, if you'd like.
Tiffany:	That would be lovely! Thank you.

## A blessing in disguise

### Verbal phrase

Something that seems bad or unlucky at first but that has a really good result in the end is considered a **blessing in disguise**.

Let's imagine an example. A man is driving down the road when a car crashes into his back bumper. The man is immediately angry. "I have the worst luck," he thinks. However, the owner of the car that ran into him is a woman who is very sorry and very beautiful. They exchange numbers to call their insurance companies, and then he asks her out on a date. One year later, they get married and laugh about how they first met. This is an example of a **blessing in disguise**. The car accident was bad luck but, in the end, because of that accident the man met the love of his life.

Here are a couple more examples with a **blessing in disguise**:

Damien:	Honey, guess what? I got the job! I've always wanted to work for this company—I can't believe I got it! The pay is also substantially more than what I was making previously. We can afford to buy a new house!
Sasha:	Oh, honey, that's amazing news! You've been really stressed since getting laid off from Carmichael's.
Damien:	Yes, but I really believe getting fired was a <b>blessing in disguise</b> . I hated that job and, even though these last few months have been stressful, it all worked out for the better in the end.
Sasha:	Let's go out and celebrate tonight!

Jennifer:	Remember David, that boyfriend I had back in college, the law student? I wonder what he's doing these days. He was my first love, you know.
Prisca:	Oh, you never heard? He's in jail. He got caught stealing hundreds of thousands of dollars from that fancy law office he was working for. David dumping you was a total <b>blessing in disguise</b> .
Jennifer:	No way, really? Why didn't I ever hear about this?
Prisca:	I think it was while you were working abroad in Thailand. By the time you got back, he was already in jail and it was old news.

## To crumble

Verb

**To crumble** means to break into small pieces. This verb can be used in a variety of different situations. In this episode, Morag talks about her baking disaster. Something went wrong with her cake, and it **crumbled** apart before she could finish it.

Something can **crumble** due to old age, as well. For example, old, neglected buildings often have **crumbling**, cracked walls and peeling paint.

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

Donna:	My life is a disaster. I lost my job, I'm getting a divorce, and my dog just died of cancer.
Joyce:	You can't think like that—you have to look at the positives.
Donna:	What positives? My life is <b>crumbling</b> into pieces all around me! There are no positives!
Joyce:	Oh, that's not true. You have two kids and friends who love you, you are a smart, independent woman who will find a new job easily, and you don't let things like this get you down!
Donna:	You're right, Joyce. Thanks. I needed to hear that.

Theodore:	Daddy, look at our sand castle! Isn't it great?
Dad:	Yeah, son, it's amazing! I'll go get my camera and you can take a picture next to it.
Theodore:	Oh no, Daddy! Come quick, it's <b>crumbling</b> !
Dad:	Don't worry. We can fix it, no harm, no foul. I'll help you.
Theodore:	Thanks, Dad. I don't think I can fix it by myself.

## Quiz

### 1. What is a synonym for to crumble?

- a) to cuddle
- b) to crinkle
- c) to break apart
- d) to get angry

### 2. What is the moral of a story?

- a) the title of the story
- b) the lesson of the story
- c) the background story
- d) the hero of the story

### 3. Which is an example of someone who caves in to something?

- a) a man who gives his daughter a cookie so that she will stop asking him
- b) a woman who gets lost and asks someone for directions
- c) a man who refuses to admit that he is wrong
- d) a woman who loses her favourite pair of earrings, so she becomes depressed

### 4. Which is an example of a blessing in disguise?

- a) a man who loses his cat and buys new shoes
- b) a woman who answers the phone and wins the lottery
- c) a man who steals a lot of money and goes to jail
- d) a woman who loses her job and gets an even better job a few weeks later

### 5. What does it mean to crave something?

- a) to hate something
- b) to desire something
- c) to heal something
- d) to create something

## Writing and Discussion Questions

1. Do you enjoy baking? If so, what is your favourite thing to bake?
2. What is your favourite type of baked good? Why is that your favourite?
3. Have you ever had a baking disaster? What mistake did you make?
4. Have you ever had a strange craving? What was it?
5. Have you ever had something bad happen to you that turned out to be a blessing in disguise? Describe it.



## Quiz Answers

1.c    2.b    3.a    4.d    5.b

### Episode credits

Hosts: Andrew Bates and Morag St. Clair

Music: *Something Elated* by Broke For Free, *Let It Go* by Scott Dugdale

Episode preparation/research: Andrew Bates

Audio editor: Andrew Bates

Transcriptionist: Heather Bates

Study guide writer: Kassy White

English editor: Stephanie MacLean

Business manager: Tsuyoshi Kaneshima

Project manager: Jessica Cox

Image: rawpixel (Unsplash.com)