

## Simplified Speech #060 – Cooking shows

### Episode description

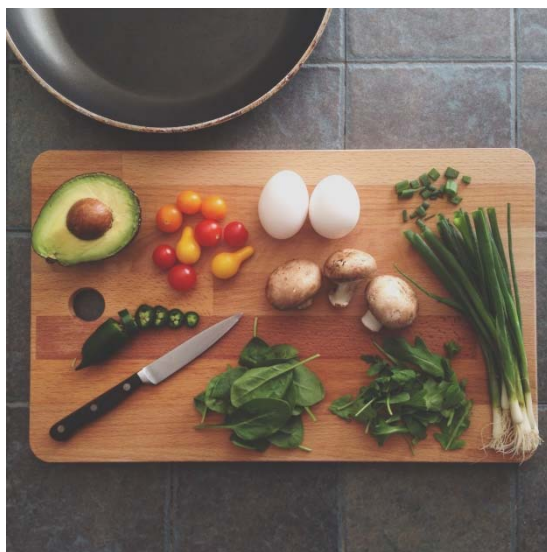
Do you enjoy watching cooking shows? What's your favourite show to tune into when you have free time? In this episode, Andrew and Suzanne talk about some of their favourite cooking shows and why they are so enjoyable to watch. Bon appétit!

### Fun fact

There is a lot that goes on behind the scenes of most cooking shows that you would never even consider. For example, one episode of a competition-style cooking show like Chopped can take upwards of 14 hours to film. Also, much of the food that is produced during a cooking program is thrown away—such a waste for such delicious-looking food!

### Expressions included in the study guide

- To treat [someone]
- To be conscious of [something]
- To play around with [something]
- I hear you
- Livestream
- To gorge on [something]
- Nailed it



## Transcript

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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.

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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 there, Sue.

Suzanne: Hey, Andrew, how are you?

Andrew: I am doing really, really great. I just had a delicious meal of a Korean food called gukbap, which is kind of like a hot soup with some rice and some meat inside, and it was really delicious. I really enjoyed it.

Suzanne: That sounds delicious, and it has a really great name.

Andrew: Yeah. It's interesting, in Canada I never really see gukbap on the menu too often in Korean restaurants. So, I think it's one of the Korean foods that you really have to be in country to eat. So, Sue, next time you're in South Korea, I'll **treat you** to a hot steaming bowl of gukbap. How does that sound?

Suzanne: That sounds delicious. And speaking of delicious food, our topic for the Simplified Speech episode is all about cooking shows.

Andrew: Yeah, cooking shows. But, just before we get into the content for this episode, I would like to remind all of our listeners that there's a study guide for this episode available on our website, Culips.com. Now, you may be wondering, what is in the study guide? Well, it includes a transcript, detailed vocabulary explanations, and examples of all the important idioms or expressions that you'll hear us use today. There's also prompts that you can use for writing or speaking practice, and a quiz, too. So it's jam-packed with lots of cool content. And that study guide is available on our website, Culips.com. So make sure to give it a download and check it out.

OK, so Suzanne, just like you mentioned a second ago, the topic for this episode is cooking shows. Cooking shows.

- Suzanne: Yeah.
- Andrew: So what do you mean by cooking show? You mean like a TV show?
- Suzanne: Yeah, well, I've had a lot of time this winter to kind of cocoon in the house and sit and watch a lot of Netflix and Prime Video and Crave TV, all of those things, those streaming channels.
- Andrew: Prime Video is like the Amazon TV channel?
- Suzanne: Yes, exactly.
- Andrew: Amazon Prime, OK.
- Suzanne: Yes, and Crave is with HBO, I think, and Showtime and stuff. And I really got into these TV shows, these cooking shows and also, like, documentary series where they'll do just a couple of shows, a couple of deep dives into the world of cooking. And it's so fascinating. Have you ever watched those?
- Andrew: I started to watch a cooking documentary on Netflix.
- Suzanne: Yeah, which one?
- Andrew: Ah, you're gonna have to help me remember the name now.
- Suzanne: Sure.
- Andrew: I believe it was with the chef David Chang, I believe is his name, kind of famous. I think it was called Chef's Table, maybe?
- Suzanne: Yes, love that show, Chef's Table.
- Andrew: OK, Chef's Table. I had to stop watching it because I watched the first, like, 20 minutes of it when I was hungry, and that was a terrible idea because the food looked so delicious and they were talking about pizza on this first episode, if I'm remembering correctly, and the pizza just looked so good. And at that time, actually, I was working out a lot and being really **conscious of what I was eating**. I was, like, I can't watch this, if I watch this for one second more I'm gonna order a pizza. So I just had to turn it off.
- Suzanne: I totally relate. I totally relate. It's so bad for the waistline, because after watching those shows, I look into all of my cookbooks and online recipe ideas, I really get inspired. But sometimes to the detriment of my waistline.

Suzanne: So, for example, one of the shows I really loved, it was also on Netflix, it was a four-part documentary series called Salt Fat Acid Heat. And those are kind of the four main aspects of cooking that really help all the flavours become really vibrant. And it was so interesting to learn about each of them from different perspectives. And how to add or subtract these elements in order to create some really delicious food.

And right when I was watching this documentary series, I was sent a book as a gift from my sister, and it's a cookbook and they talk about that, as well, in the cookbook. So it was really fun to transfer what I saw in the documentary into some recipes from that book and **play around with acid**, like adding lemon or vinegar, or cheese as an acid, too, you know, like really **playing around with different flavours and stuff**. And really go, wow, this makes it so much more delicious. So I really recommend that one.

Andrew: OK. Salt Fat Acid Heat. All right, I'll check that out.

Suzanne: It's super good, and it's really informative. So it's not just gonna make you hungry, it also teaches you a lot.

Andrew: OK, I'll have to investigate. It sounds good.

Suzanne: Yeah, yeah.

Andrew: I'm always looking to improve my cooking skills, which are well, not that good.

Suzanne: I understand. **I hear you**.

Andrew: Suzanne, I'm curious, here where I'm living in South Korea, there is a kind of internet streaming culture.

Suzanne: Oh, yes.

Andrew: OK, where people are doing **livestreaming** all the time for a bunch of different topics. There's gamers that are **livestreaming**. There's entertainers that are **livestreaming**, and there's a specific genre of **livestreaming** called mukbang, and this is people that **livestream** themselves eating food.

Suzanne: I've heard about this.

- Andrew: They're just sitting in front of a table eating, usually really large amounts of food, too. And I think the idea is that if you are lonely, you can watch and eat along while the streamer is eating, so it feels like you're eating a meal with a friend and maybe it can relieve some of this loneliness. It's been a while since I've lived in Canada so I'm not sure, but has this caught on in Canada as well? I don't know how to say it in English, this live eating?
- Suzanne: This **livestream** eating?
- Andrew: Yeah, this **livestream** eating. Yeah.
- Suzanne: I don't think so. I don't know what the kids are doing these days because, you know, I'm not in, like, college anymore because that seems like something that a college kid would love because, you know, sometimes you are alone in your dorm or in your apartment working late nights and that would totally keep you company while you're **gorging** on some pizza or something. We've talked about pizza now twice in this podcast.
- Andrew: Don't bring it up a third time, or I might have to order one.
- Suzanne: Let's not. But I've heard of this and I remember it was maybe like a year ago that I saw an article about it and I just was so confused. I was like, wait, so people just watch people eat a lot of food? And it was this little petite woman or girl, I mean she's a young woman, little, and eating a ton of food. She had, like, so much food in front of her and she was just, like, getting down on it, like, really enjoying this food. And people were **livestreaming** and it was very popular.
- Andrew: Yeah, it's really popular in Korea, for sure, and I believe in China as well, and possibly Japan. So maybe it's an Asian phenomenon, but I'd be curious if our listeners in other parts of the world, to see if this kind of **livestream** eating is popular.
- Suzanne: I'm really curious, too, because it's so different.
- Andrew: Yeah, I'm wondering if there's **livestream** cooking shows? Because I think that could be fun, too, especially if, like, a chef put their phone in the kitchen and then **livestreamed** while they were cooking. That would be pretty interesting to watch, I think.
- Suzanne: That does sound interesting because, you know, how many times do we make mistakes and we don't ever see that, you know. They always seem to have it ready underneath the counter and they pull it out and it's perfect because someone made it, like, yesterday, who's like, you know, this is their third try on this cake.

- Suzanne: And you're like, "Dude, if I had an assistant, I would do a great job, too." Yeah, and I don't know about you, but whenever I see cooking shows they always have it, everything prepped or prepared before hand.
- Andrew: Right, right.
- Suzanne: And so I started to do that myself, like chop the garlic or, you know, grate the ginger or, you know, juice the lemon before and put it in little cups or little ramekin-like things.
- Andrew: Right, just like you see on the cooking shows.
- Suzanne: Yeah, so that when I start to simmer the onions or something, I'm not, like, "Wait, don't burn, I have to chop the celery," you know? And suddenly it's too late and my garlic burns and everything tastes like burnt garlic. So I try to prepare like the cooking shows, but it's, like, adding maybe an extra 30 minutes to the cooking.
- Andrew: You need to hire a prep cook for your kitchen.
- Suzanne: That's it. I think you're right. I need like, "Hey, come on over for 30 minutes a day." But, yeah, there's one other cooking show I wanted to mention that's really funny on Netflix, as well.
- Andrew: Sure. OK.
- Suzanne: And it's called **Nailed It**. Have you ever watched **Nailed It**?
- Andrew: **Nailed It**, no I don't know about **Nailed It**. What's it about?
- Suzanne: Well, I don't know if our listeners know about this kind of expression. I know this is not a Catch Word episode, but **nailed it** is like when you do something that doesn't quite hit the mark. It's like subpar, it's not as good as it should be. Maybe you park your car and you kind of, like, you don't do it in a line, it's, like, off to the side and over the parking lines or something. You can say, "Ah, **nailed it**," you know? You really didn't **nail it**. You really didn't hit it, you actually are pretty off the mark, and so you use this expression as sarcasm, like, "**Nailed it**," like, good job, but not really.
- Andrew: Because **nailed it** actually means to do something perfectly, right? If you do something perfectly, you **nail it**. But we often use this expression ironically when we actually make a mistake. So, like, maybe if I'm trying to flip an omelet in my pan and I totally make a mistake and don't flip it correctly and it looks like a mess, I could say, "Oh, **nailed it**."
- Suzanne: Right, most of the time that's what happens. No offence to you, I'm talking about myself. I always mess up an omelet.



Andrew: This example came into mind because it's a frequent occurrence in my kitchen, as well.

Suzanne: Exactly. So in this show, these poor people—they are just like me and you—and they're amateur cooks, and they are given these pretty elaborate cakes or things that they have to do. And there's, like, the example cake and then they open up, they uncover their version of the cake, and it's always really bad. It's always, like, falling over and, like, dripping and stuff. And they're, like, "**Nailed it.**"

So it's a funny show because it mixes in cooking but also, like, competition and, you know, there's a lot of, it's timed so they only have a certain amount of time to get this done. And they're also really stressing out because they're not very good. So there's a lot of comedy involved because they will try to substitute things and then the chef judges are like, "Oh, no, what is he doing?" And it's really funny.

And then at the end when they reveal their stuff, it's just, like, oh, that's bad. So there's a lot of laughter, as well. And it's inspiring because you're, like, maybe I should try that—when no one is looking.

Andrew: It sounds like a show that I should appear on, perhaps.

Suzanne: It's totally, we should, yes. I think if they come to Canada or Korea, we should totally audition. But check it out, there's a bunch of different versions. There's like **Nailed It** cakes, there's like **Nailed It** Mexico, there's, like, different kind of categories, there's a bunch of different versions of the show. So that's quite funny.

Andrew: Right on. So now I have two new shows that I need to watch, the Salt Fat Acid Heat or something of that variation.

Suzanne: That's more serious, yeah. That's a more serious cooking show.

Andrew: That one and also **Nailed It**.

Suzanne: **Nailed It**. I hope that our listeners, if they take anything from this episode, that they use the expression **nailed it** with their friends whenever they kind of mess stuff up, you know?

Andrew: Absolutely.

Suzanne: It's a funny thing to say.

Andrew: And I think our listeners will be grateful, Suzanne, because I think many people are interested in cooking.



Suzanne: Yeah.

Andrew: One of the ways to be successful in learning English or any foreign language is just to not stop, right? If you don't quit, you're gonna be successful at some point.

Suzanne: Absolutely.

Andrew: But if you're just studying with boring material, then you're going to want to quit. So you should study with things that you're interested in. So if you're interested in cooking, why not watch cooking shows that are produced in English? Like the ones that you suggested today. I think that's a great way to kind of study and keep your motivation and interest high at the same time.

Suzanne: Absolutely. And when you're watching those shows on any streaming network, they have the option of putting on subtitles. Whether it's in your language so you can translate or, if you're more advanced, you can put the English subtitles on and see if you can read and listen at the same time. And that's very helpful, I found that to be very helpful in my TV watching.

Andrew: Totally. I do the same thing when I study Korean and watch Netflix in Korean, I'm always toggling between the English and Korean subtitles and watching a bit and rewinding and watching again. And I find it really helpful. It does take a little bit longer but, hey, it's a great way to study.

Suzanne: Yeah.

Andrew: Well, everyone, that about brings us to the end of today's episode, and you're free to go eat something now. Class is dismissed.

Suzanne: Yes, yummy, yummy.

Andrew: I want to remind you once again of our website, Culips.com. It's the place where you can get the study guide for this episode and also listen to all of our past episodes. We're also on social media. Facebook, YouTube, Twitter, Instagram, you name it, we're there. So if you would like to follow us on social media, just search for the Culips English Podcast and you'll be certain to find us.

Suzanne, we love to hear from our listeners, don't we?

Suzanne: Yes, we do. Yeah, and you can get in touch with us at [contact@Culips.com](mailto:contact@Culips.com). And please keep in touch, send us questions, send us interesting ideas that you might have for an episode or something. We love to hear from you.





Andrew: That is right. Well, thank you for listening again, everyone. We'll be back soon with another brand-new episode and we'll talk to you then. Goodbye.

Suzanne: Bye.

## Detailed Explanations

### To treat [someone]

Verb phrase

**To treat [someone]** is to pay for a meal or snack for someone else. Usually friends **treat each other** to meals to celebrate special occasions or show someone that they care about them.

Similar expressions for the phrase “I’ll **treat you**” are “I’ll buy” or “it’s on me.” All three of these expressions mean that you will pay the bill.

Here are a couple more examples with **to treat [someone]**:

Mel:	Hey, Cara, it’s your birthday today, so I’ll <b>treat you</b> to dinner tonight. Where would you like to go?
Cara:	Thanks, girl! I’d love that. How about that new sushi restaurant on 9th Street? You know that I can never say no to sushi.
Mel:	OK, sounds great! I’ll pick you up at 7:00 and we’ll go together.
Cara:	OK, see you tonight!

Phil:	OK, everyone, the project was a huge success. Congratulations!
Team:	Woohoo! (Clapping)
Phil:	As a reward for your hard work, I’d love to <b>treat you all</b> to lunch. So let’s get out of here and grab something to eat.
Team:	Yeah!



## To be conscious of [something]

Verb phrase

**To be conscious of [something]** is to notice or be aware of that specific thing. In this episode, Andrew says that when he was working out a lot, he was really **conscious of what he ate**. This means that he was very aware of how many calories he ate and what kind of food he ate so that he didn't have to worry about gaining weight.

Here are a couple more examples with **to be conscious of [something]**:

Martin:	Your ex-wife really seems to hate you. I saw how she looked at you at the company dinner last night.
Rafe:	Yes, I am very <b>conscious of how my ex-wife feels about me</b> . She almost ran me over with her car when we were leaving work yesterday.
Martin:	Maybe one of you should get a different job. Working at the same company can't be easy.
Rafe:	Well, she's not gonna scare me away. If anyone leaves, it's gotta be her. I'm in the running for a promotion.

Therese:	How did your presentation go?
Giselle:	Oh, it was awful!
Therese:	Why? You practiced it for 5 hours!
Giselle:	I know, but I just hate public speaking. I was constantly <b>conscious of the fact that everyone was staring at me</b> . I couldn't focus on anything else. My face got bright red and I kept losing my train of thought.
Therese:	Well, it could have been worse. You could have thrown up in front of everyone.
Giselle:	That really would have been the end of my life. Good thing that didn't happen!



## To play around with [something]

Phrasal verb

**To play around with [something]** is to try different methods or different things before choosing one option. In this episode, Suzanne says that after watching cooking shows, she gets inspiration to **play around with different flavours or ingredients** in the kitchen. In other words, she likes to use different flavours or ingredients to find new and delicious recipes.

Here are a couple more examples with **to play around with [something]**:

Josh:	Whoa, look at this mess! What are you doing?
Miguel:	Oh, this? I'm in charge of designing one of the floats for the parade next week. I've been <b>playing around with different colours and materials</b> all day to find the best combination. What do you think of these?
Josh:	What's the theme of the parade? Halloween?
Miguel:	No ... It's supposed to be Valentine themed. You know, love and romance?
Josh:	Oh. Then I would change some things for sure.

Rachel:	Wow! Your new website looks really cool!
Raja:	Thanks! I've been <b>playing around with different fonts</b> . I think it turned out pretty good.
Rachel:	More than good, it looks great! It's gonna be a big hit, for sure.
Raja:	Thanks, Rach.

## I hear you Phrase

**I hear you** is a phrase that means I understand what you're saying or I understand your opinion. **I hear you** is a shortened form of the phrase **I hear what you're saying**. This phrase is usually used to express sympathy or understanding for a situation.

If this phrase is followed by but (as in **I hear you**, but ...), this is used to politely disagree with someone else's previous statement. For example, **I hear you**, but I'm not going to change my mind means that the speaker sympathizes with the other person, but he is not going to change his mind to make the other person feel better.

Here are a couple more examples with **I hear you**:

Lyra:	Tom, I really need you to help out more around the house. I feel like you don't even care about me or this family!
Tom:	I'm sorry, honey. <b>I hear you</b> . I'll try to help out more from now on.
Lyra:	Don't make promises you can't keep! How are you going to help, specifically?
Tom:	Um ... This weekend I'll make sure to cut the grass and I promise I'll take Ricky to his soccer game like you asked. How's that?
Lyra:	It's a start. Thanks

Henry:	I really think we should buy a new car. This one is too small for what we need.
Brandy:	<b>I hear you</b> , but I just don't think that's in our budget right now.
Henry:	Nothing is ever in our budget. You are so stingy!
Brandy:	I am not stingy! I just don't think we should spend money on non-necessities.
Henry:	Well, I guess we can make do with the old car for a bit longer, but I really think we should start budgeting for a new car.



## Livestream

Noun

A **livestream** is a live broadcast of an audio or video clip on the internet as it is happening. In this episode, Andrew and Suzanne discuss **livestream** eating culture, where people film themselves gorging on enormous amounts of food for a live audience. People enjoy watching these **livestreams** when eating alone; viewers can even send money or write comments to the livestreamers during their broadcast.

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

Franny:	Do you watch mukbangs?
Izzy:	No, what's a mukbang?
Franny:	It's a type of <b>livestreaming</b> program from South Korea where the streamer orders a bunch of food and eats it all in one sitting.
Izzy:	Really? Is it popular?
Franny:	Yeah! Some of these <b>livestreamers</b> have hundreds of thousands of followers and they can make thousands of dollars a month just eating for a live audience.
Izzy:	That's insane! Sounds like a dream job.
Franny:	Yeah, but they must have to exercise like crazy to avoid gaining weight.

Tae-June:	Do you know of any good sites for <b>livestreaming</b> the soccer game tonight?
Hye-Ji:	Yeah, for sure. You can try this one or this one. They both are a little glitchy, but the streaming quality isn't bad.
Tae-June:	Thanks. I got rid of cable last week, and I didn't know how I was gonna be able to watch.
Hye-Ji:	Yeah, no problem. I have my part-time job tonight, so I can't watch. Let me know who wins!



## To gorge on [something]

Verb

**To gorge on [something]** is to eat something eagerly and in excessive amounts. For example, if you **gorge on pizza**, you eat pizza until you feel extremely full and like your stomach is about to burst. Imagine someone shovelling food into his mouth happily and hungrily; that is **gorging on something**.

Here are a couple more examples with **to gorge on [something]**:

Mimi:	I'm so hungry I could eat a horse!
Rene:	Me too! How about this: I'll pick up some of those burgers I know you love, you get the ice cream. We'll meet at your place and <b>gorge on everything</b> while watching Gossip Girl reruns.
Mimi:	Excellent idea! This is why I call you my best friend.
Rene:	I live to please.

Terrence:	No <b>gorging on snacks</b> before dinner. You'll spoil your appetite!
Rudy:	Please! Can't I have just one cookie now?
Terrence:	Fine, one. But I'm hiding the box so you won't be tempted.
Rudy:	OK!





## Nailed it Idiom

If you do something perfectly or in a really spectacular way, then you have **nailed it**. However, **nailed it** is often used sarcastically or humorously to describe something that you completely failed at. For example, if you want to make a cake similar to something you saw on Instagram but you end up making a horrible, burnt disaster instead, then you could sarcastically say that you **nailed it**! It's almost like you failed so badly that you have to congratulate your failure.

Here are a couple more examples with **nailed it**:

Horatio:	How was your interview today?
Naomi:	I <b>nailed it</b> !
Horatio:	That's great! I'm so happy for you. Let's celebrate! Pizza, my treat!
Naomi:	Thanks!

Derrick:	Oh my god, this is a disaster!
Rashid:	Yeah, you really <b>nailed it</b> ... Not. This tastes disgusting.
Derrick:	How was I supposed to know that you're supposed to remove the eggs from their shells? Or that I had to grease the pan before putting in the batter?
Rashid:	That's just common sense. It's like baking 101; everybody knows that.
Derrick:	Well, not everyone—I didn't!
Rashid:	Well, do you have enough ingredients to try again? I'm sure you'll get it right this time. I'll help you.
Derrick:	Thanks, man. I appreciate it.

## Quiz

**1. Which of the phrases below does NOT have a similar meaning to “I hear you”?**

- a) I know what you’re saying
- b) I see
- c) I don’t get it
- d) I understand

**2. What is the opposite of gorge?**

- a) swallow
- b) pig out
- c) devour
- d) nibble

**3. Which of the phrases below is NOT similar to the phrase “I’ll treat you”?**

- a) It’s on me
- b) I’m on my way
- c) I’ll buy
- d) I’ll get this

**4. True or false? A livestream is a video that is recorded, edited, and then uploaded to the internet for viewers’ enjoyment.**

- a) true
- b) false

**5. Which is an example (and not a sarcastic one) of the expression “nailed it”?**

- a) getting a B on a math test
- b) receiving three encores for a theatre performance
- c) failing at baking a cake
- d) waking up on time

## Writing and Discussion Questions

1. Do you like watching cooking shows? What's your favourite cooking show?
2. Have you ever copied a recipe you saw on a cooking show? Which one?
3. Are you a good cook? What's your favourite dish?
4. Is it common for friends to treat each other to a meal in your country or do people often pay separately? What is the local custom?
5. What kind of food do you love gorging on? What's your comfort food?

## Quiz Answers

1.c    2.d    3.b    4.b    5.b

### Episode credits

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