

Simplified Speech #076 – Rice

Episode description

Rice! Some people eat it every day. Some people only eat it once in a while. Some people only eat white rice despite there being dozens of different kinds! Join hosts Andrew and Morag as they discuss the fascinating world of rice.

Fun fact

Did you know that approximately 87% of the world's rice production comes from Asia?

Expressions included in the study guide

- Nutty
- Hippy
- Nutritious
- Texture
- To offset
- All of this talk about



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.

Morag: And my name is Morag.

Andrew: And you're listening to Culips.

Hi guys, welcome back to Culips. Today we have a brand-new addition of our Simplified Speech series for you. And if you're not familiar with Simplified Speech, it's where we talk in completely natural, unscripted English, but we talk just a little bit slower than we do in our everyday lives and we have, you know, an interesting conversation and let you listen in. Today I am joined by Morag.

Morag, how's it going?

Morag: Pretty darn good, Andrew. How are you?

Andrew: I'm doing very well, Morag. I have a delicious topic for us today. It is rice. We are going to talk about rice in a Simplified Speech episode. And I think this is a topic that probably everyone can relate to. It really joins the world together, rice, right? It's enjoyed by so many people worldwide.

But just before we get into it and talk about rice, I want to let all of our listeners know that there is a study guide available for this episode on our website, Culips.com. So if you want to study along with the study guide, and we highly recommend that you do, just head on over to Culips.com, give it a download, and you can do that.

Rice, Morag. This is a huge topic and, ironically, kind of a very narrow, small topic at the same time. So I'm really curious to see where this conversation will go. Perhaps we can start by talking about our rice-eating habits. Maybe some of our listeners think that North Americans don't eat rice very often. From your observations, is this true or false?

Morag: I would say that it's quite false. I think that a lot of North American eat rice on a very regular basis. But what kind of rice? Also, I still think that most Caucasian North Americans would eat bread more often. But there also are lots of other communities in North America that eat rice as their main staple.

Andrew: Yeah, absolutely, and that is my experience living in Korea. Koreans assume that I eat bread and sandwiches almost every day. But in reality, I don't eat bread too often. Of course, I love bread, it's very delicious, but I don't eat it too often. I do find myself eating rice, though, like almost every day I eat rice. Are you a frequent rice eater?

Morag: I think I eat rice pretty much every day.

Andrew: Wow. OK.

Morag: Never say never. But I almost never eat white rice.

Andrew: This is what I wanna get into. This is the type of content I like to hear. So there are so many different kinds of rice worldwide, right? And each region of the world has kind of different style. Like Korea, where I live now, there's Korean rice that's very different than rice that you would find in Japan or China or Thailand or India. And there's varieties of white rice and wild rice and black rice.
So you said you stay away from white rice, what kind of rice do you usually eat?

Morag: I would say that my favourite type of rice is short-grain brown rice.

Andrew: Short-grain brown rice.

Morag: It has a lovely **nutty** flavour to it. It is really high in vitamin B, B12, I believe.

Andrew: OK.

Morag: It's delicious. The funny thing is, though, I grew up eating it. So it was the staple that my **hippy** parents fed me, and I did not enjoy it as a kid. But now I find myself returning to it, and it makes a meal feel more like a meal.

Andrew: Yeah, it's a great carb, carbohydrate, and because of that, it's very filling, right? So that's one of the advantages of rice, you can eat a little but feel like you ate a lot.

And that's interesting that you eat brown rice, because I just finished going through a massive bag of brown rice. I got it on sale, I think it was like 15 kilograms, like a big bag.

Morag: Oh wow, a big bag.

- Andrew: Yeah, it took a long time for me to eat and I just finished it. But by the end of the bag, I was getting a little bit sick of brown rice, because I find that it's, maybe it's just the way that I make it, maybe I'm not skilled at cooking rice, but it was too dry for me.
- Morag: Interesting. I think maybe it's the type or the water. It's all so different. Was it short grain or long grain?
- Andrew: It was short grain, so exactly the same type of rice as you eat. But I have a very cheap rice cooker and it just might be my rice cooker. There are no special functions on the rice cooker, there's only on, off.
- Morag: Ah. See, I cook all of my rice on the stove in a pot.
- Andrew: Wow, I think that will blow a lot of our listeners' minds.
- Morag: Yeah, I will make a bunch of rice in the beginning of the week and I will have it fresh for one day and then there will be some for fried rice the next couple days, and then make it again. But it takes about an hour for me to make brown rice.
- Andrew: Yeah, that's one of the disadvantages is brown rice takes forever to cook.
- Morag: But it's so much more **nutritious**.
- Andrew: So what I've been doing recently, after I finished the brown rice, is I bought a smaller bag of, I guess you would call it just black rice.
- Morag: Black rice, yeah.
- Andrew: Black rice. And what you have to do when preparing black rice is you soak it, so I soak it in water for about 30 minutes and I guess this softens it up or something, and then I mix it with white rice and I cook that in my rice cooker. And it comes out just perfect. The **texture** and consistency is perfect, the taste is delicious, and it has this really cool purple colour.
- Morag: That's awesome.
- Andrew: Yeah. And I was reading about this black rice online. It's kind of Korean-style black rice, so I'm not sure if it's different than other countries' black rice. But apparently this purple colour is a nutrient or an antioxidant or some kind of mineral or something. But it's the same as blueberries, so that's why they both have this purple colour. So the nutritional value is supposed to be quite high. So I think I'm **offsetting** the white rice with the healthy black rice and the mixture of the two makes for a neutral food. I hope, at least.
- Morag: Oh man, so I texted my boyfriend to ask him about rice, because I knew that this was going to be important. So my boyfriend is from Newfoundland.

Andrew: OK.

Morag: Which is a province in Canada that is as far east as you can go. It is generally very rural and generally very Irish.

Andrew: I've never been to Newfoundland, personally, but it almost feels like it could be an island off the coast of the UK somewhere and it would be closer culturally to that region of the world than it is to Canada, almost.

Morag: Well, I'm going for the first time this Christmas, so I'll let you know. But, anyway, I asked him if he ate rice as a child, because I had a suspicion. And he said that he did not eat it at all. He never had it, except for his dad sometimes purchased cans of pre-seasoned brown rice. But he can only remember seeing those when he was a teenager, so as a child he never even saw rice.

Andrew: Wow. Canned rice. I didn't even know there was a thing as canned rice.

Morag: This is why I asked him, though, is because they always ... It's always something.

Andrew: Interesting, canned rice. OK. I remember, as a kid, sometimes my mom would prepare packaged rice.

Morag: The Uncle Ben's? The bags?

Andrew: Yeah.

Morag: Yeah.

Andrew: Yeah, my mom would make wild rice from Uncle Ben's, this is the brand name, Uncle Ben's. I think the rice had already been kind of processed or something so that it wouldn't take like 2 hours to boil or to prepare. You could make it in 15 minutes. I think this was the advantage of the packaged rice, which, of course, these days I try to stay away from that kind of food. But canned rice, that strikes me as very strange.

Morag: It's all very strange.

Andrew: It is lunchtime here in Korea, and **all of this talk about** rice has got me very, very hungry. So I think we should leave at this for today. But, yeah, it was interesting to dive into this topic a little bit.

Andrew: And I'm positive that our listeners will have lots to say about this topic. So, everyone, if you have some comments or questions or feedback for us, please send us an email. Our address is contact@Culips.com. Please let us know about what kind of rice you eat and how often you eat it. What style is your favourite? I would love to read about this, so send us a message.

I would like to remind you about our website, Culips.com. You can get the study guide on Culips.com. You can become a Culips member on Culips.com, and you can also listen to our past episodes there, so check it out. And, finally, one more announcement: please follow us on social media if you don't already. Instagram, Facebook, YouTube, Twitter. You name it, we're there. Just search for Culips English Podcast and you can find us.

All right, Morag, I'm gonna go eat now. So goodbye, everyone, we'll talk to you next time.

Morag: Bye.

Detailed Explanations

Nutty Adjective

At one point in this episode, Morag describes brown rice as having a **nutty** flavour. That means she thinks brown rice has a similar taste to some kinds of nuts, even though rice is not part of the nut family. Apart from actual nuts, there are a few foods which can be considered **nutty**, like some coffees, cheeses, mushrooms, and sausages.

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

Norman:	Here, try my carrot cake.
Marta:	OK, thanks. Oh, that's good!
Norman:	Thank you. I changed the recipe a little.
Marta:	Yeah. This has a bit of a nutty taste to it.
Norman:	That could be because I added walnuts to my usual mix.
Marta:	That makes sense.

Shauna:	I'm thinking of serving cheese and crackers at the party. What kind of cheese do you think I should buy?
Noelle:	You should get at least two different types.
Shauna:	Oh? Like what?
Noelle:	Maybe something sweet, like an orange cream cheese. And then something nutty , like Brie.
Shauna:	Good idea. Wanna come to the shop with me? I really could use your help.

Hippy Adjective

In this episode, Morag mentions her **hippy** parents feeding her brown rice as a child. That was unusual for kids her age in her neighbourhood. Morag is using **hippy** as an adjective to describe what kind of parents she has. **Hippy** culture was a counterculture movement that started in the 1960s in the United States. **Hippies** were characterized by open-mindedness and having a different way of thinking compared to society at the time. You can use **hippy** to refer to freethinking and easygoing people.

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

Tiffany:	Wow, you have a massive collection of incense and candles.
Clara:	I know. It's out of hand.
Tiffany:	How come you like that stuff so much?
Clara:	Actually, it's not me. It's my hippy aunt. Whenever she comes over, she brings candles. Then we burn incense and listen to new age music. It's like we're still in the 1960s.

Piers:	Yo, this music is amazing! What is it?
Ricky:	It's an old record I found in my parents' collection.
Piers:	It sounds so different.
Ricky:	Yeah, it does. It's kind of hippy music. It was a different world back then.

Nutritious Adjective

A **nutritious** food is a food that is good for you. It has a lot of vitamins and minerals. Our hosts consider the darker types of rice **nutritious**, as opposed to white rice, since white rice has a lot of its **nutritious** aspects taken off the grain.

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

Crissy:	I'm so hungry. What did you order?
Josh:	A blueberry salad.
Crissy:	What the heck is that?
Josh:	It's a green salad with blueberries in it.
Crissy:	Wow, that sounds super nutritious . Does it taste good?
Josh:	Of course! Nutritious food always tastes good!

Rose:	Are you eating that cereal again? It's your second bowl today.
Fey:	I know. I can't get enough of it.
Rose:	You really should eat something a little more nutritious . That's nothing more than sugar and milk.
Fey:	It has some vitamins.
Rose:	Not that much. Try eating foods of different colours. That's really good for you.

Texture

Noun

In this episode, Andrew talks about the **texture** of the rice he makes. **Texture** is a good word to use when talking about food. It is the physical feeling food has when you eat it. You can talk about foods that have a soft **texture**, like bananas, or a creamy **texture**, like peanut butter.

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

Myeongho: Have you ever eating live octopus?
Shea: What? No way! Do people actually do that?
Myeongho: For sure. It's easy to find live octopus restaurants anywhere in Korea.
Shea: I don't think I could eat that.
Myeongho: Why not?
Shea: I wouldn't be able to get past the slimy **texture**. Sounds horrible.
Myeongho: No, it's good. Trust me!

Lisa: This buffet isn't bad. What do you think?
Dan: It's pretty good, especially this salad.
Lisa: Yeah, it's really fresh.
Dan: I know. I just love the crispy **texture** of the lettuce.

To offset Verb

In this episode, Andrew talks about mixing black rice with white rice. Because he believes the black rice is healthy and the white less so, the two **offset** each other. The two types of rice balance each other out on the health spectrum.

As a noun, a carbon **offset** is a popular buzzword these days. A carbon **offset** is when you try to take measures to counteract the carbon pollution you are putting into the atmosphere.

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

Dora:	You've been flying all over the world this year. Does that bother you?
Ben:	What do you mean?
Dora:	I mean, your carbon footprint is huge. You're responsible for a lot of pollution.
Ben:	I see. Yes, it does bother me. But I need to travel for my job. So, at my house, everything is powered by solar panels. I hope that offsets all the pollution I'm causing.

Carl:	Any good ideas for next year?
Saeed:	I think we should break into the European market.
Carl:	You've been talking about that for a while.
Saeed:	I know, I know. Listen, if we expand into Europe, that would offset our losses in Asia. I think it's a necessary move.

All of this talk about Phrase

Towards the end of the episode, Andrew says it's lunch time where he is and that **all of this talk about** rice is making him hungry. **All of this talk about** is a common way of mentioning the subject at hand and how it is causing a reaction in the speaker. The talk of rice is making Andrew hungry. You can also shorten the phrase to **all this talk about**.

Here are a couple more examples with **all of this talk about**:

Naomi:	Have you been to Bali?
Jake:	In Indonesia? No, but I hear it's amazing!
Naomi:	Oh, it's my favourite place. The beaches are amazing. The people are unbelievably friendly. The food is great.
Jake:	Sounds like quite a nice place.
Naomi:	It's the best! The weather is always nice. There's good surfing.
Jake:	Wow, with all of this talk about Bali and the beach, I'm going to research cheap flights this weekend. You've convinced me!

Sally:	Hey, Bill, how are you? I haven't seen you in a while.
Bill:	I know. I've been busy cooking for the holidays. I have a bunch of get-togethers this time of year.
Sally:	What have you been making?
Bill:	Normal holiday stuff. Turkey, stuffing, various pies.
Sally:	I remember your juicy meat pie from last year. It was great.
Bill:	Oh, thank you. I tweaked the recipe this year. If you're coming over this weekend, I'll save you some.
Sally:	Geez, all of this talk about holiday food is getting me into the Christmas spirit! I love this time of year.

Quiz

- 1. In this episode, what is a colour of rice our hosts did NOT talk about?**
 - a) black rice
 - b) wild rice
 - c) orange rice
 - d) purple rice

- 2. True or false? A food needs to contain nuts for someone to say it tastes nutty.**
 - a) true
 - b) false

- 3. Which of the following is NOT a kind of food texture?**
 - a) slimy
 - b) creamy
 - c) soft
 - d) hot

- 4. What does it mean to offset something?**
 - a) to make the positive and the negative of similar value
 - b) to step off a stage
 - c) to set your alarm clock off in the next morning
 - d) to be a nice person

- 5. True or false? Overall, nutritious is a positive thing.**
 - a) true
 - b) false

Writing and Discussion Questions

1. What is your favourite kind of rice?
2. When listening to this episode, were there types of rice you had never heard of before (black, white, brown, wild, short grain, long grain, etc.)?
3. What are the top nutritious foods you eat?
4. Are you worried about the negative impacts you have on the world? What kind of measures do you take to offset those negative impacts?
5. How influenceable are you? When the people around you talk about a certain delicious food, does it make you want to eat that food?

Quiz Answers

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

Episode credits

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