

Simplified Speech #112 – Dessert

Episode description

Grab a spoon and a tub of ice cream and dig in while listening to today's Simplified Speech episode. In this episode, Andrew and Kassy talk about popular desserts from their home countries and their favourites.

Fun fact

October 14th is designated as National Dessert Day in the United States. Another fun fact: people get paid to taste test different candies for the market. The average salary for a chocolate taste tester is 20,000 dollars, but the most sought after chocolate tasters can make as much as 100,000 dollars annually. Sounds like a dream come true!

Expressions included in the study guide

- Happy to oblige
- As American as apple pie
- To instill a love of [something]
- Detox
- A sweet tooth
- To treat [someone]



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. The transcript has been edited for clarity.

Andrew: Hello there, everyone. My name's Andrew.

Kassy: And I'm Kassy.

Andrew: And this is the Culips English Podcast.

Hello there, everyone. Welcome back to Culips. This is a Simplified Speech episode. Simplified Speech is the series that features clear, natural conversations that are designed to help you boost your English listening skills and increase your knowledge of essential English vocabulary, and ultimately help you get awesome at English. Today, I am joined by my co-host, Kassy. And we have a very sweet topic to talk about today, don't we, Kassy?

Kassy: Yes, we are talking about desserts.

Andrew: Yes, desserts. So we will get to that in just a moment. But before we do, I want to let all of our listeners know about the study guide for this episode. Guys, the best way to study with Culips is with our study guides, which we make for each and every one of our episodes. There's a lot of good stuff in the guides, like a transcript, detailed vocabulary explanations and examples. There's a comprehension quiz. There are prompts that you can use for speaking and writing practice, and more. So to get the guide, all you have to do is sign up and become a Culips member. And you can do that by visiting our website Culips.com. So today's episode was suggested to us by one of our Instagram followers, Summer Heart. And Summer Heart asked us to talk about dessert and we are **happy to oblige**, aren't we, Kassy?

Kassy: Yes, I love dessert.

Andrew: OK, so why don't we start with a definition of desserts. What does it mean to you, dessert?

Kassy: I think, traditionally, it's sweet food that follows dinner.

Andrew: Yeah. So I have the same idea of dessert. It is something that we eat after dinner, that is sweet. And I think the idea behind dessert is that if you have something sweet after your main meal, it will signal to your brain that you have finished eating and that you shouldn't feel hungry anymore. I believe that was the original idea behind it. I

have no idea if there is any scientific proof to support that claim. But I believe that's why people eat desserts after their meal.

Kassy: Yeah, I have no idea either. I do know that tradition has spread, and dessert is no longer simply an after meal pleasure, but pretty much an anytime you want, kind of thing.

Andrew: Kassy, what are some traditional American desserts?

Kassy: I think it depends on how fancy you want to go. So you could have something as simple as fruits or a pudding. Or you could have something really decadent, like a dark chocolate cake. Ice cream.

Andrew: Pie.

Kassy: Oh pie. Yes. That is very American.

Andrew: Yes. What is the expression? **As American as apple pie?**

Kassy: Yep, that's right.

Andrew: What about in your house growing up, did you eat dessert after dinner?

Kassy: Yeah, we were a really big dessert family. My mom loves to bake. And she **instilled that love in me**. I also love baking. So our family really loved to bake cookies and cakes.

Andrew: Cookies and cakes. Now would you eat a cookie or cake every night for dessert? Or was it a once in a while kind of thing?

Kassy: Our family was really busy, especially my mother. So desserts were typically a holiday thing. Actually, we would, you know, binge eat tons of cookies from Thanksgiving till Christmas and then kind of stop for a couple of months, **detox**.

Andrew: I see, yeah, I think that's true for a lot of people when the weather starts to get a little bit colder and you're spending more time inside, you start to bake more often. And of course with baking comes binging. You know, if you eat one cookie, it's hard to stop eating another one and another one, right?

Kassy: Yes. How about your family, Andrew? Were you guys regular dessert eaters or similar to my family?

Andrew: I think we would have dessert, of course not every night. But I think more often than you. Like, I remember eating dessert once or twice a week, but it wasn't usually, like, cake. Cake, we would eat, really only on special occasions. Somebody's birthday, of

course, we would eat birthday cake. Or maybe if we had company over for dinner. Like, if my aunt and uncle from out of town were visiting, maybe my mom would bake a cake for that situation, or if some family friends visited for a dinner party, we would maybe have a cake in that situation. But usually what we would eat for dessert would be fruit or ice cream. So I remember eating a peach after dinner or eating some vanilla ice cream with peaches. I think this was the most common thing that we would eat for dessert in my house.

Kassy: Yeah, I think it depends on the season. Pennsylvania is famous for their strawberry season. So we would actually have dessert for dinner sometimes. We would have strawberry shortcake for maybe two weeks in the summer.

Andrew: Wow, that's awesome. Yeah. Now that you mention it, my hometown is really a big fruit producing place. So there are many orchards, and the farmers grow apples, cherries, peaches, grapes, many different kinds of fruit. And in the fall, we would eat a lot of food that was centered around apples. Apples are the main ingredients. So my mom would make apple crisp, which we would eat for dessert, which is really delicious.

Kassy: I love apple crisp. I'm nostalgic. I want some now.

Andrew: So for people who don't know what apple crisp is, it's an apple dessert that is layered. So there are apples on the bottom and then they are covered with cinnamon and oats and brown sugar, usually, maybe some other things.

Kassy: Don't forget the butter.

Andrew: Butter, lots of butter. Yes, lots of butter. And then it is baked for a while until all of that kind of caramelizes and the apples become soft. And it just is really delicious. I love it even to this day. And yeah, we would usually eat that with a scoop of vanilla ice cream, to be honest with you.

Kassy: It's kind of like a deconstructed apple pie.

Andrew: That's another dessert that we would eat in the fall, from time to time, is apple pie. I do remember baking some pies with my mom when I was younger. But it's a difficult dessert to make. Baking a pie is not easy, especially if you do it from scratch. So I think most of the time we just visited the bakery and bought some store-bought pies.

Kassy: That's a great word you used there, Andrew, from scratch.

Andrew: Yeah, from scratch.

Kassy: It sounds like we were pretty lucky. We grew up in a household where our moms or somebody would make desserts from scratch. But some families, they don't have that experience. They only get desserts that are store-bought or from a restaurant.

Andrew: Yeah, so from scratch means to make something yourself, right, with all of the ingredients. And then you put the ingredients together to make the desserts. Whereas the opposite of from scratch is store-bought, where you go to a store and you buy the cake or the pie or the whatever dessert it is already prepared for you.

Kassy: Which can be also very delicious, but they're missing that component of love that comes with desserts made from scratch.

Andrew: Now, Kassy, you mentioned just a second ago about how some people only ever ate desserts at a restaurant or from the store. So why don't we talk about ordering desserts at a restaurant. Now, personally, I rarely eat dessert at a restaurant. It's something that the servers will always ask you about. They'll come around to your table and say something like so are you guys thinking about dessert? What do you think? Can I tempt you with the dessert menu? They'll ask you this question. But usually I don't eat dessert at a restaurant. How about you, is this something that you would typically order?

Kassy: I don't know about Canadian restaurants, but American restaurants tend to give ginormous portion sizes. So I wasn't too hungry for dessert. But my mom has a really big **sweet tooth**. So maybe we would order one dessert and share it with the whole family. And we would love to order the chocolate lava cakes. Those were really famous. It's a chocolate cake with the inside having like a molten gooey chocolate centre. It's really good.

Andrew: Yeah.

Kassy: What else? Skillet baked chocolate chip cookies. Like a giant chocolate chip cookie baked in a skillet.

Andrew: A skillet is a type of cast iron pan, correct?

Kassy: Yes.

Andrew: So that it would be very crispy on the bottom.

Kassy: And gooey in the middle. So good.

Andrew: Yes. Yes, that's a good combination, crispy on the outside, soft and gooey in the middle.

Kassy: And then I think ice cream would be the last really typical restaurant dessert.

Andrew: All right, yeah, I guess the nice thing about ordering dessert at a restaurant is you can get these desserts that are difficult to make at home, right? Like the lava cake,

that's tough to make at home. The big cookie made on the skillet, it's a lot of work to do at home, but if you order it at a restaurant, you can kind of splurge and **treat yourself**.

Kassy: That is very true. Or getting flavours that you know would be hard to come by, like maybe a dark chocolate raspberry cheesecake. Not everybody has cheesecake products and raspberry filling in their house.

Andrew: Yeah, and some of these desserts can be quite expensive to make, like a black raspberry cheesecake. So ordering it at a restaurant is more affordable thing to do. Plus, if you start binging on a big cheesecake after you make it, that's not a very good scene. Not good for your health. Kassy, we'll leave it at here for today. But before I let you go, I have to ask you one last question, which is, what's your favourite dessert? If you had to pick just one, what would you choose?

Kassy: So hard to choose. But if I had to, I think I would pick a simple vanilla cake with chocolate icing.

Andrew: All right, and I'm gonna select the apple crisp with vanilla ice cream that I mentioned earlier. Just thinking about it now has my mouth watering a little bit. So everyone, thank you for tuning in and studying English with us today. We are glad that you showed up and put in some study time with us. To recap this episode, we talked about desserts and learned some cool expressions like from scratch and store-bought.

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Kassy: See ya.

Detailed Explanations

Happy to oblige Phrase

Happy to oblige means that you are happy to do what someone asked you to do. In this episode, Andrew mentions that a listener of the podcast requested an episode about desserts, and Andrew says he is **happy to oblige**. In other words, he is happy to follow her request and record an episode about desserts.

If you are **happy to oblige** a request or favour, that means you are not bothered by or burdened by the request at all. Parents are almost always **happy to oblige** their children when they ask for help, because they love their children. Likewise, friends are **happy to oblige** each other when asking for favours, because of their friendship.

Here are a couple more examples with **happy to oblige**:

Laurel:	Are you sure you want to cut your hair this short? Don't you think you might regret it?
Tina:	No. I'm ready. I've been wanting to buzz my hair for years.
Laurel:	OK. If you're 100% sure, then I'm happy to oblige you. Sit down in the chair and let's get started.

Terrence:	How's the budget looking for the event next month?
Ryan:	We raised 75% of the costs so far. I asked my dad if he would fund the other 25%.
Terrence:	Did he say yes?
Ryan:	Yeah, he said he was happy to oblige as long as we give him all of the receipts.
Terrence:	Sweet! This is going to be so awesome.

As American as apple pie

Phrase

The expression **as American as apple pie** is used to refer to things that people associate with American culture, such as cheeseburgers, American football, and rock and roll.

The phrase **as American as apple pie** is also used to express patriotism. An American will refer to something American they are proud of as being as American as apple pie. This expression is ironic, because both apples and pie did not originate in the United States, but were brought over by immigrants to America hundreds of years ago.

Here are a couple more examples with **as American as apple pie**:

Luke:	What's your favourite type of music?
Johnny:	Country music of course.
Luke:	Really? I've never really liked it myself.
Johnny:	If you don't like country music, you're not American. There's nothing more American than country music. It's as American as apple pie .
Luke:	If you say so...

Jolene:	So, Tianqi. What's one of the biggest cultural differences you've noticed since coming to America.
Tianqi:	Probably the sports. You guys go crazy for football games every Friday, and you're not even watching professional athletes. College sports aren't really that big of a deal in my country.
Jolene:	Ah yes, a love of college sports is as American as apple pie . I've heard of friends becoming enemies when one person's team beats another in an intense game.

To instill a love of [something]

Phrasal verb

To instill a love of [something] is to introduce something to another person and help foster a love of that thing. For example, parents are often trying to **instill a love of reading** in their children. Parents often influence the hobbies and interests that children acquire. A father who loves playing guitar may **instill a love of music**, or a mother who loves painting might **instill a love and appreciation for art** in her children. One's passion can be infectious, so it is easy to get excited interested in what others find interesting.

Here are a couple more examples with **to instill a love of [something]**:

Frank:	This carving is absolutely amazing! How did you learn to make something like this?
River:	I've been woodworking since I was young. My dad was really into it too. So I guess he instilled a love of woodworking in me.
Frank:	Does your Dad still carve?
River:	Yes, but his sight isn't what it used to be. It's hard for him to do the really detailed work he was once famous for.

Charisma:	What made you decide to become a lawyer?
Valerie:	I know this sounds kind of silly, but the movie <i>Legally Blonde</i> really inspired me to become a lawyer.
Charisma:	Really? A movie?
Valerie:	Yeah. Elle Woods showed me I could be strong, smart, beautiful, and successful. She instilled a love of brains and beauty in my generation.
Charisma:	That's pretty cool actually.

Detox

Noun

The word **detox** is an abbreviation of the word **detoxification** and can be used as a noun or a verb. Toxic means poisonous or harmful. Therefore, a **detox** is a process or period of time when one tries to get rid of toxic substances from the body. Likewise, as a verb, **to detox** means to try to rid the body of harmful and poisonous substances.

In this episode, Kassy says that her family eats a lot of sugary foods over the holidays. As a result, they often go on a **sugar detox** at the start of the new year. **Detox** is often used alongside diet or cleanse. Many believe that doing a **detox** is helpful for weight loss. Before starting a new diet, it is common to go through a week-long juice cleanse or **juice detox** to rid the body of harmful toxins and pave the way to rapid weight loss.

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

Miranda:	Ughhh. My skin keeps breaking out. I think I need to visit the dermatologist.
Stacy:	Why don't you try a detox ? I heard a fruit and veggie detox does wonders for the skin.
Miranda:	So what do I do? I should only eat fruit and vegetables?
Stacy:	Yep. Pretty much. The main goal is to eliminate dairy products, sugars, and fried food.
Miranda:	Doesn't sound fun, but I'll literally try anything at this point.

Mateo:	Wow! Isabella you look amazing.
Isabella:	Thanks, Mateo. I feel amazing too.
Mateo:	What's your secret? Your skin is glowing, and you look like you've lost 10 pounds.
Isabella:	I just finished a 10-day juice cleanse. It wasn't easy, but the detox did wonders for my body.
Mateo:	Maybe I'll give it a try too.

A sweet tooth

Noun

If someone has **a sweet tooth** it means that person really enjoys sugary foods. A person with **a sweet tooth** has a hard time passing up the chance to eat dessert and often craves something sweet after every meal. A person with **a sweet tooth** will probably prefer extra sugar in their coffee or tea and would rather drink a sweet wine rather than a dry one.

Here are a couple more examples with **a sweet tooth**:

Rachel: Before we head back to my place, do you mind if we stop at the bakery?

Alice: Sure. I might as well buy a chocolate croissant while we're there.

Rachel: My husband has a bit of **a sweet tooth**, so I always try to pick him up a special treat on Fridays.

Alice: Awww. That's sweet of you.

Rachel: Well, like I said, my husband does like sweet things.

Zane: Dude, how many doughnuts have you eaten this morning?

Ren: I don't know? Seven?

Zane: Seven doughnuts? That's insane!

Ren: What can I say? I've got **a sweet tooth**. A bit of sugar never killed anyone.

Zane: No, but the truckload of sugar and oil in those doughnuts just might.

To treat [someone]

Phrasal verb

To treat [someone] is to offer to pay for something or give something to someone as a special gift. Friends or family might **treat their loved ones** to a nice meal on their birthday, or a boss might **treat his employees** to lunch on a workday. It is also possible **to treat oneself**. For example, a girl who got a really good grade on her college exam might say “I’m **treating myself** to an ice cream cone” to congratulate herself for her good score.

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

Mohammed: Thanks for the help, man.

Tony: No problem.

Mohammed: You still have some time? I’ll **treat you** to dinner to say thanks.

Tony: That sounds great. I’ve been craving a couple of slices of pizza from Marco’s these days.

Mohammed: Perfect. We can walk there from here. Let me just go grab my wallet and we can head out.

Diana: I am so exhausted.

Maria: Of course, girl. You’ve been working too hard. You need a vacation.

Diana: I guess I could take a few days off.

Maria: Yeah. **Treat yourself**. Go to the spa or something.

Diana: Sure. But I don’t want to go alone. Hey, how about I **treat you** and we go together?

Quiz

1. What word has a similar meaning to detox?

- a) detain
- b) cleanse
- c) re-establish
- d) undo

2. Someone who loves sugary foods has a _____ tooth.

- a) sugar
- b) chocolate
- c) sweet
- d) candy

3. Why might a girl want to treat herself?

- a) She is disappointed in herself.
- b) She wants to improve something about herself.
- c) She wants to congratulate herself on a job well done.
- d) She is angry at herself.

4. Which one of these things are considered as American as apple pie?

- a) sushi
- b) phone booths
- c) tea
- d) baseball

5. What is the opposite of oblige?

- a) refuse
- b) discuss
- c) accept
- d) help

Writing and Discussion Questions

1. What are your favourite kinds of desserts? What do you like about them?
2. What are the most famous desserts in your country?
3. Is it more common in your country to eat dessert after dinner at home or at a restaurant?
4. Do you have a sweet tooth? How do you usually stop those sugary cravings?
5. Have you ever done a detox? How did it go? Would you do it again?

Quiz Answers

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

Episode credits

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