



PODCAST TRANSCRIPT

Episode 8: “Learn English by Cooking”

Duration: 11:51

How to use this transcript:

1. Print this transcript:

We try to reduce our paper consumption, but we really recommend that you print out this document.

2. Write on it and take notes:

Circle, highlight and note anything that you want. We have even provided space for you to do so!

3. Listen first **without** the transcript:

Don't worry about understanding every single word. Just focus on training your ears to the sound of English.

4. Listen again **with** the transcript:

Listen a second time with the transcript, pausing whenever you want to take notes in the spaces provided.

5. Enjoy! :-)

00:00	<p>Hello there, everyone! Welcome back to the Déclic Anglais podcast. As always, I'm thrilled to have you with me here today. Today, we're talking about food, more specifically, cooking. Mmmm... I am an enormous foodie. Yes, a foodie, <i>F – O – O – D - I - E</i>... A food lover.</p> <p><i>(Ecrivez vos notes ici).</i></p>
00:31	<p>What kind of a world would this be without good food? And I especially enjoy cooking. Yes, yes... You can laugh: “<i>Ah oui, un britannique qui sait cuisiner ?</i>” <i>Ha-ha-ha!</i> Well, if you're ever in Alsace, you can stop by for lunch and judge for yourself.</p> <p>But today, we're talking about cooking – and more specifically, how cooking can be another tool to help you learn English.</p> <p><i>(Ecrivez vos notes ici).</i></p>
01:01	<p>Before we begin, I'd just like to give a little shout out (<u><i>passer un bonjour</i></u>) give a little shout out to some listeners: hello to Michel in Wittelsheim, Catherine in Westhalten, Anne and Laura in Kaysersberg! And I would also like to thank Mr Denis BERAT and Lisa Gautier for their kind messages. Thank you very much everyone. It's always great to hear from people who listen to this podcast, and I'm happy that I can help you on this learning journey.</p> <p><i>(Ecrivez vos notes ici).</i></p>

01:34	<p>Now, let's jump into today's topic...</p> <p>If you don't know already, Décllic Anglais also have a monthly newsletter called <i>The Stork</i>, (<i>en français : la cigogne</i>) <i>The Stork</i>. We chose this name as a little nod, a little clin d'oeil to the fact that we are based in Alsace. This newsletter is free and you can sign up on our website at www.decllicanglais.com.</p> <p><i>(Ecrivez vos notes ici).</i></p>
02:05	<p>In February's edition of <i>The Stork</i>, I speak about how cooking can be a really effective tool in improving your English. So often, we think that in order to learn a language, we need to study books, watch videos in English, have classes, listen to podcasts – and all of these things are great, don't get me wrong. But sometimes we can overlook some pretty simple, fun tools that can help us. One of these tools is cooking!</p> <p><i>(Ecrivez vos notes ici).</i></p>
02:36	<p>It's a normal, everyday activity done and enjoyed by millions worldwide. It's fun, and it can be as simple or complicated as you want. There's no need to make enormous, complex dishes. Simplicity is just as effective. And what's more, cooking is a communal, or group activity. It's something that we can do and share with our friends and loved ones.</p> <p><i>(Ecrivez vos notes ici).</i></p>

03:05	<p>The internet is full, bursting, with free downloadable recipes. YouTube is also awash with (<i>vraiment rempli de</i>) awash with cooking videos and tutorials. All of these learning resources, and all for free! And what's the greatest part of cooking? Afterwards, you get to eat your work. Sounds good to me!</p> <p><i>(Ecrivez vos notes ici).</i></p>
03:32	<p>When we cook in another language, we can pick up so much new vocabulary. First of all, there's all the food vocabulary, of course: "eggs, flour, butter, sugar, salt". Then all of the different kitchen utensils, such as "whisk, spatula, grater". And let's not forget all of the wonderful cooking verbs: "to bake, to mix, to fold in, to beat" and many more. What a wonderful way to pick up so much new vocabulary.</p> <p><i>(Ecrivez vos notes ici).</i></p>
04:06	<p>What is particularly interesting, is that following a recipe is following a process. You are following a set of instructions. Where else do you need to follow or give instructions? In your job, correct? Do you sometimes need to communicate instructions to colleagues or clients in English? Believe it or not, cooking in English is no different.</p> <p><i>(Ecrivez vos notes ici).</i></p>

<p>04:36</p>	<p>Take a little example: “First of all, you need to mix ingredients A and B. You must do this slowly. Then, you put this in the oven at 100°C– make sure you check it every few minutes. While waiting for it to cook, prepare ingredients C and D, take care not to cut yourself.” <i>(Ecrivez vos notes ici).</i></p>
<p>04:59</p> <p>05:26</p>	<p>This recipe could easily be adapted to describe a work process: “First of all, you need to contact Mr. A. You must do this before 12 o’clock. Then send the document – make sure you attach the correct information. While waiting for a reply, prepare the report for tomorrow’s meeting.”</p> <p>Do you see what I mean? We’ve taken the same language, the same style, and simply adapted it for a totally different process. Clever, isn’t it? <i>(Ecrivez vos notes ici).</i></p>
<p>05:36</p>	<p>As I mentioned before, cooking is a communal activity, we can do it with others. In fact, cooking is a great way of bonding with others, of getting closer with friends and loved ones (<i>de se rapprocher de notre famille</i>). If you have children (I’m sure many of you do, dear listeners), why not use cooking as a way of learning English together? <i>(Ecrivez vos notes ici).</i></p>

06:01	<p>Your kids don't need to know every little word in the recipe, it could be fun to speak French, but replace every food word with the English word. For example, "tu peut me passer le cheese, s'il te plaît ? Bien, maintenant il faut rajouter du milk. Cherche-moi le sugar. Doucement, fait attention avec les eggs. » This is what I love about cooking: it's fun and hands-on, you need to get your hands dirty, and kids love it!</p> <p><i>(Ecrivez vos notes ici).</i></p>
06:40	<p>So to wrap up this podcast, I'd like to leave you with a nice recipe that I think you might enjoy. It's February, it's cold outside. And it's good to have something to warm you up: comfort food!</p> <p>This recipe is an Italian minestrone soup. It's easy to make – a child could do it. It's delicious, and adaptable for those who don't eat animal products. Furthermore, it doesn't require any special cooking equipment, easy-peasy!</p> <p><i>(Ecrivez vos notes ici).</i></p>
07:16	<p>For this recipe you will need the following ingredients:</p> <ul style="list-style-type: none"> A large potato, A large onion, 2 sticks of celery, 2 large carrots, 2 cloves of garlic (<i>2 gousses d'ail</i>) A tin of white beans (<i>des haricots blancs</i>) A tin of chopped tomatoes <p><i>(Ecrivez vos notes ici).</i></p>

07:47	<ul style="list-style-type: none">• A tablespoon (<i>une cuillère à soupe</i>) of <i>Herbes de Provence</i> (yes, it's the same in English!) <p>You will also need:</p> <ul style="list-style-type: none">• A vegetable stock cube (<i>bouillon de légumes</i>)• some parsley (<i>du persil</i>),• And finally, bacon pieces (or <i>lardons</i>) – but this isn't necessary if you don't eat animal products, or if you don't like bacon. <p><i>(Ecrivez vos notes ici).</i></p>
08:20	<p>So, let's get to the cooking part. There may be some words you don't know here, but I'll explain everything as best as I can:</p> <ul style="list-style-type: none">• Firstly, dice your onion and garlic (dice means to cut into little cubes - <i>couper en dés</i>).• Then, slice your carrots, potato and celery. Slice means to cut into smaller pieces, (<i>couper en tranches ou en rondelles</i>) <p><i>(Ecrivez vos notes ici).</i></p>
09:07	<ul style="list-style-type: none">• When you have done this, fry your onion gently in some oil. When it starts going soft, add the bacon (if you are using it).• Once the onion and bacon are turning a golden colour, add the celery, potato and carrots. Add the garlic last.• If they start to stick to the pan, add a little more oil. <p><i>(Ecrivez vos notes ici).</i></p>

09:35	<ul style="list-style-type: none">• After about 7 minutes, add the tin of chopped tomatoes and white beans. Let them cook for 2 minutes.• In the meantime (<i>entre-temps</i>), you can prepare the vegetable stock (<i>le bouillon de legumes</i>). Mix the stock cube with about 400ml of boiling water.• Then add this to the vegetable-tomato mix. <p>(Ecrivez vos notes ici).</p>
10:07	<ul style="list-style-type: none">• Stir it all together (<i>stir is a synonym for mix</i>) stir it. Bring the mixture to a boil, a boil, very hot so it bubbles.• Add the <i>Herbes de Provence</i> and cover the pot.• Reduce the temperature and leave it to simmer. Simmer is a lovely word, it means to cook slowly (<i>faire mijoter</i>). Leave the soup to simmer for a good 20 minutes, until the vegetables are tender.• Before serving, add some parsley, as much or as little as you like – to your own taste. <p>(Ecrivez vos notes ici).</p>
10:47	<p>And there you have it, a very easy recipe for a very tasty, nutritious soup. I challenge you, dear listener to take your English outside of the workplace, outside of the classroom and take it into your kitchen. You won't regret it, trust me!</p> <p>(Ecrivez vos notes ici).</p>

11:06	<p>Have fun exploring this whole new avenue for learning English. I'm always curious to hear your experiences and see how you do! Feel free to let me know, at contact@declicanglais.com.</p> <p><i>(Ecrivez vos notes ici).</i></p>
11:22	<p>That's it for today's episode. I hope you've enjoyed listening and it has been a pleasure having you. If you enjoy the Déclic Anglais Podcast, don't forget to like our podcast, add it to your favourites.</p> <p><i>(Ecrivez vos notes ici).</i></p>
11:36	<p>This way it can get shared with as many people as possible. Take care and I look forward to seeing you for our next episode. Have a great day. Bye for now!</p> <p><i>(Ecrivez vos notes ici).</i></p>

How did it go?

Take a moment to revisit the notes that you took.

List here 3 words or expressions (minimum) that you would like to remember from this podcast. We recommend that you consult a free, online dictionary like www.wordreference.com to ensure that you have the correct definition and context.

WORDS/EXPRESSIONS THAT I WANT TO REMEMBER:

1.

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