
M: Hello everyone! And welcome back to **EnglishPod**! My name is **Marco**.

C: And my name is **Catherine**.

M: And today we're gonna be visiting one of my favorite places I must say.

C: Really, so you're... you're a big meat eater.

M: I am. I have to have meat everyday, so that's why I usually go to the **butcher**.

C: Alright, so vegetarians, be warned.

M: Hehe.

C: Today's dialogue is all about eating meat and where to go to get meat, so as Marco said, that place is called the butcher's.

M: So we're gonna be visiting the butcher and we're gonna learn all the different types of meat you can find there.

C: Great, so, uh, we don't have anything to preview, but before we get started [I] just like to mention that you're gonna hear a lot of different kinds of words and we'll be back in a minute to talk about what they mean.

DIALOGUE, FIRST TIME

M: Alright, we're back, so this butcher was kind of **creepy** in the beginning.

C: Very creepy at the beginning.

M: I think that's usually the conception that you have of butchers, because they always have a knife or... and they're always covered in blood, but it's not human blood, right?

C: Right, like the movie Sweeney Todd. Did you see that?

M: Yeah, like Sweeney Todd.

C: Butcher of Fleet Street. Hehe.

M: Hehe. So, uh... so, but we actually took a look at a lot of different types of meat that the woman was ordering, uh, so why don't we take a look at these now in "**language takeaway**"?

Voice: Language takeaway.

C: Okay, so the first is a classic cut – this is something that we had in my house about once a week growing up – it's called a **pork chop**.

M: Pork chop.

C: Uhu.

M: So, uh, a pork chop comes from the animal – a pork or a pig.

C: Yeah, we actually don't say **pork** to mean the animal. Pork just means the kind of meats that comes from a pig. So big difference there when we're talking about food, we say "pork".

M: Oh, wow. And, uh, what about a pork chop? So what exactly is that?

C: Chop is usually just on the bone and, uh, oftentimes it's fried, um...

M: Uhu.

C: Or baked, I guess. But, uh, it's just a piece of pork on the bone. And, uh, a **chop**, you just imagine a knife... phew... chopping something.

M: Hehe. Alright, so a pork chop, very good. And after pork chops we were ordering some **ground beef**.

C: Alright, so ground beef is another important one. Ground beef is beef that's been chopped up and pushed through a machine that kind of pushes it out in very, very small bits and pieces.

M: Okay...

C: There's no bone.

M: So, uh, **ground** comes from the **verb** "to **grind**".

C: Uhu.

M: So to grind up meat – make it very, very small pieces.

C: Right, so if you wanna make a Spaghetti Bolognese, the kind of beef you use is ground beef.

M: Uhu.

C: Or even hamburgers.

M: What are... oh, yeah, exactly. So ground beef, you ground up beef. What other things would you grind?

C: Uh, you could grind your teeth.

M: Hehe. You can grind...

C: Some people do that when they are sleeping, they grind their teeth. Um, you can grind, um... you have **pepper grinders**, you know...

M: Uh.

C: Peppers sometimes come in balls and you have to grind them to make them smaller and broken down.

M: Very good, so that's **ground beef** and from the verb **to grind**. Uh, now we are buying some **boneless chicken breasts**.

C: Alright, so **boneless**, as you have guessed, means without bones.

M: Uhu.

C: And, uh, **chicken breasts** are usually just, uh, really nice juicy kind of tender cut of meat from the chicken, from the kind of underside of the chicken where obviously, uh...

M: Hehe.

C: Yeah, they have... it's not a wing, it's not a leg, it's just a chicken breast.

M: Alright, so, boneless chicken breasts. Now usually it is boneless, right, when you buy it at the supermarket.

C: Yeah, yeah.

M: Uhu.

C: Next up we've got some, uh, classic **deli counter** favorites. These are our **cold cuts**.

M: Alright, so cold cuts. Now this means that they are cold.

C: Oh, well, yeah, they're cold, but, uh, I think cold cuts, the most important thing to remember here is the... they're mostly like, uh, kinds of salami or, um, **cured meats**, so these are **salt-cured** or, um, they're **dried meats**. And you usually have them on sandwiches, so like a salami sandwich.

M: So like cured meat you mean that meat has... hasn't been cooked.

C: Oh, no it's not been cooked, but it's treated in a way that allows it to last for a very long time.

M: Alright, so...

C: So they look like long, long tubes of meat.

M: Or jer... they look very dry, so...

C: Look very dry...

M: Alright.

C: Like **beef jerky**, for example.

M: Alright, so cured meat, now, for example, we have salami...

C: Uhu.

M: And, uh, **bologna**.

C: Bologna.

M: Now, it's interesting, because bologna is actually spelled B-O-L-O-G-N-A, so you would say bolona, bolokhna or something like that.

C: Well, I think it comes from the Italian "bologna".

M: Right.

C: Um, but, uh, it's definitely a change that happened in the English language when it **came over** from Italy. But bologna is a kind of meat that's ge... yeah, it's got a very funny looking name.

M: Mm, you see, you more sophisticated than I am, that's why you know this deference between sala...

C: I just speak Italian, so, well, no.

M: Alright, so, you have salami, bologna and, uh...

C: Pastrami.

M: Pastrami. What about ham? Is that... is that considered a cold cut?

C: You can have ham in the cold cuts section, because, uh, ham sometimes comes in tubes you slice. Uh, but ham is also just a normal kind of por... pork. But ham is **cured**, you know.

M: Like a **smoked ham**.

C: Exactly.

M: Alright.

C: Or smoked turkey – one of my favorites.

M: Mm, very good. And, uh, well, now moving on from the cold cuts, we're gonna concentrate on steaks.

C: Ooh, steaks, so there are a thousand kinds of steaks in this world and every city seems to have its own kind.

M: Mm.

C: But here we're only looking at three, the first of which is the **T-bone**.

M: Alright, the T-bone steak, I think is one of the most popular ones.

C: Definitely.

M: Um, it's a steak, that's pretty big, right?

C: Yeah, well, yeah, it can be.

M: Hehe. And it has a bone inside that looks like a **T**.

C: Alright, so, um, you're saying Marco that the T-bone is **named after** the shape and the look of this steak.

M: Yeah.

C: Uhu.

M: T-bone steak.

C: Alright...

M: And as well as our next one is also a **rib eye**.

C: Okay, so the rib eye, I think, actually, has a piece of the **rib** in it.

M: Mm.

C: So rib is the bone and there's a circle, which is kind of a... it's... it's... the piece of meat that's sliced of the rib and the circle's actually a part of that rib. So there's a little bit a bone in it.

M: Uhu.

C: Uh, but it's not as bony as the T-bone.

M: Right. So it does have one small bone that kind of looks like an eye, because you could see through it.

C: Uhu.

M: And our next steak has no bone and it's the most tender and the best steak you can have – **sirloin steak**.

C: So I think that the **sirloin** is definitely the most expensive if you are in a restaurant, definitely the most tender, I think, of all those kind of cuts.

M: It's delicious.

C: Uhu.

M: And usually you can have like a big sirloin steak like a half a kilo, like a four hundred gram sirloin steak.

C: I had a friend who ate a full kilo...

M: Really?

C: Sirloin steak, uh, yeah.

M: Wow. For... this was a competition or?

C: No, there's a kind of steak called "la Bistecca alla Fiorentina" in Italy.

M: Uhu.

C: It's the... the Florentine Beef Steak and it is... it can be about a kilo meat.

M: Wow.

C: Just... yeah, delicious.

M: **I bet** you can't even move after that.

C: No, you're...

M: Hehe.

C: You fall asleep with your head in your soup on the table.

M: Hehe. Alright, so that's all the... the meat related words that we have for you today. So why don't we move on now to "**fluency builder**", where we're gonna take a look at some of the phrases in this dialogue?

Voice: Fluency builder.

C: We're gonna look at the phrases, if you know what I mean.

M: If you know what I mean. Now, I love this phrase **if you know what I mean**.

C: I do know what you mean.

M: Well, it's... it's weird.

C: I like it too.

M: Hehe. So you can use it for **sarcasm**.

C: Yeah.

M: Right? Or you can use it to kind of **insinuate** something, right?

C: Exactly, yeah, so here what you're saying – you're saying there's a double meaning...

M: Uhu.

C: In what I want to say, so...

M: Uhu.

C: There's two things I could say, and I'm not gonna say it **outright**, but, you know, this thing that we can't really say.

M: So, for example, we can say...

C: She likes to go out, if you know what I mean.

M: Alright, so you're insinuating that not only does she like to go out, but maybe...

C: Maybe she goes out a lot.

M: A lot, or maybe she gets drunk or something like that.

C: Yeah.

M: So it's kind of like a double meaning, but you're trying **to be subtle**.

C: Yeah, but it's not so subtle, cause you you're actually saying like this is not what I mean.

M: Hehe.

C: Or, um, she's eating for two, if you know what I mean.

M: Oh, **there we go**. So you're insinuating that... well, you're not really insinuating, you're telling me that.

C: She's pregnant.

M: Pregnant.

C: **Eating for two** is a common **idiom** in English that means that a person... a woman, uh, has a... well, is going to have a baby. So here I'm saying: hey, do you know this idiom? She's eating for two, if you know what I mean.

M: Right.

C: Wink-wink-wink.

M: Hehe. Wink-wink. So now, why don't we take a look at some other examples of how we could use **if you know what I mean** in different circumstances when you're trying to insinuate something?

Voice: Example one.

A: She's eating for two now, if you know what I mean.

Voice: Example two.

*B: Tim **hit a home run** today, if you know what I mean.* [NOTE: this can have a sexual meaning]

Voice: Example three.

C: Jim and Laura are going their separate ways, if you know what I mean.

M: Alright, we're back, so, um, now that that's clear, why don't we move on to our next phrase?

C: So this one is a counting phrase and for those of you who have heard the word **dozen** before, it might not be so new. The phrase is **half a dozen**.

M: Half a dozen. So that means half of twelve.

C: Of twelve. So a dozen is twelve. Um, and it's, I'm not really sure when this started being used in English, but a dozen is twelve and half a dozen is then six.

M: Uhu. Now, there's another phrase or another **saying** that's very common – **a dime a dozen**.

C: He's a dime a dozen.

M: Uhu, so that means you can get twelve of the same type of guys for ten cents.

C: Right, so they're easy to find.

M: They're easy to find.

C: Yeah.

M: A dime a dozen. Alright, very good. And moving on to our last one, um, when they were talking they said something about the meat being **lean**, extra lean.

C: Okay, lean – this is not mean, uh, **lean on** a door...

M: Right.

C: This is not like **resting on** something. This is actually a kind of, um, way to describe food.

M: Uhu.

C: And so food is lean if it's not got much fat, it's not fatty.

M: Okay, so if it's lean, it doesn't have much fat.

C: Exactly, so I prefer to eat lean meats, so I often eat, um, birds and **poultry**, so...

M: Oh.

C: Chicken, I like it pretty lean and if it's got fat on it, I'll cut the fat off.

M: Oh, okay, like the skin.

C: Uhu.

M: The skin is fat, right?

C: Yeah.

M: Alright, so you can have lean beef. It doesn't much fat around it.

C: Yeah, and in America actually on the... the packages at the supermarket it often says the percentage of meat that you have. So it's ninety five percent (95%) lean.

M: Wow.

C: Or ninety eight percent (98%) lean.

M: So that means you have three percent (3%) fat in there.

C: Exactly.

M: Or two.

C: Or two percent.

M: Ninety eight... Hehe. My math skills are amazing. Alright, so, um, now that we've finished with all of these words on fluency builder, let's take a look at our dialogue for the last time.

DIALOGUE, SECOND TIME

M: Alright, we're back, so, uh, Catherine, are you a big beef or meat eater?

C: Definitely am. It helps that, uh, my **partner in crime** is from Kansas City and they have the best among the best steaks in our entire country, in Kansas City.

M: Really?

C: Yeah.

M: Wow. I actually miss, um... there was back in California we had the six dollar burger from **Carl's Jr.**

C: Ooh.

M: It was just basically beef, bacon, cheese, which is like this huge burger with full of... of meat and obviously a lot of calories.

C: Oh, yeah.

M: Hehe. But it was delicious, I'm, uh... in Ecuador we are very used to having some meat product everyday with our food.

C: Yeah, well, it's the same in the Midwest, actually, **from where we're from**, um, the... it's the same in the Mid West, because people in the Midwest generally think that if you not eating meat, then what you're eating?

M: Hehe.

C: Bread?

M: Right.

C: Corn?

M: Yeah.

C: So, uh... so meat is considered a healthy part of the day. And, uh, you definitely eat it with your meals.

M: Yeah, and I'm sure all our vegetarian listeners might not appreciate this, but, you know, it's just kind of different, uh, diet. Some people eat, for example, rice every day.

C: Uhu

M: So where in other countries you wouldn't really have rice every day. Or, for example, when I was in Chile, I had a lot of potatoes.

C: Really?

M: A lot of potato.

C: Have you ever had an Argentine steak? I heard they had the best beef in the world.

M: They are not only delicious, but they are very inexpensive and it's amazing. You can have a s... like a complete, um, **steak buffet** for like, I don't know... I can't remember, but it was just... I sat there for three hours and couldn't move and kept eating.

C: Oh, my!

M: Hehe.

C: Yeah, was it... is it true you can eat it with a spoon? It's so soft?

M: Some of the meat is very, very tender. And not if it's grilled, you can't really do that, but in other preparations it's almost like that.

C: Mmm. With a nice butter sauce. Mmm, **herbs**.

M: Alright, so...

C: Making me hungry.

M: I know, you've made me hungry. I think we've gotta take off and have some, uh, burgers, something like that.

C: Hehe.

M: Alright, so if you have any questions, any comments, please come to our website at englishpod.com and we're there to answer any doubts.

C: And we'd love to know what your favorite foods are, meat or otherwise, so post something on our website.

M: Alright.

C: Hope to see you there soon.

M: Bye!

C: Bye!
