

سطح: متوسط / موضوع: شیرینی پزی / سخنران: مکالمه بین آقا و خانم جوان / طول: ۰۲:۳۱

در این [پادکست](#) در رابطه با **شیرینی پزی** از سایت تیچر رجایی، یک پادکست در سطح آسان از پادکست های عمومی برای تقویت مهارت شنیداری شما تهیه گردیده است.  
متن پادکست به همراه PDF آن برای شما عزیزان تهیه گردیده است.



### تمرینات قبل از گوش دادن به پادکست

سه نوع کلوچه که دوست دارید بخورید کدام است؟ آیا کالاهای پخته شده ای وجود دارد که به آنها اهمیت ندهید؟ آیا کوکی های خود را می پزید ، یا آنها را خریداری می کنید؟ چه کسی بیشترین پخت را در خانواده شما انجام می دهد: مادر ، پدر ، پدربزرگ و مادر بزرگ ، شما یا شخص دیگری؟

### چند تمرین آنلاین:

تصور کنید در خانه خود مهمانی برگزار می کنید و افراد مختلفی در آن شرکت می کنند. شما در حال بررسی این گزینه هستید که شیرینی ها را بصورت آنلاین بخرید یا خودتان آنها را بسازید. برای انجام دو فعالیت زیر از

اینترنت استفاده کنید: (۱) حداقل یک سرویس آنلاین پیدا کنید که بتوانید کوکی ها را سفارش دهید و آنها را به شما تحویل دهند (هزینه ها و کیفیت چنین خدماتی را شناسایی کنید) و (۲) حداقل طرز تهیه آنلاین یک کوکی که تهیه آن آسان و سالم باشد را پیدا کنید.

## تمرین

لطفا با دقت به پادکست زیر گوش دهید و به همراه آن گفتگو را بخوانید. در نهایت، واژگان کلیدی و جملات نمونه را مرور کنید.

**Chef Randall:** Well, hello everyone, and welcome to today's show. And joining me today is my daughter, Ashley, who has had to endure my cooking experiments over the years.

Are we ready, Ashley? [Ready to eat.] No, let's wait for a few minutes. We'll get to that. But as you know, my faithful listeners, I starting cooking and baking almost 30 years ago when my grandmother taught me in her humble kitchen. In fact, she taught almost me everything I know, and I've never attended cooking classes [You should have . . .] Wait, wait, wait . . . I know my daughter's going to mention to you faithful listeners that recently as I was helping the kids prepare for our kitchen for chicken meal, I forgot to take the chicken out of the oven, burned the bird to a crisp, and we ended up ordering pizza for dinner.

**Kids:** We had to use the fire extinguisher.

**Chef Randall:** But that's another story. So, anyway, today I'd like to share with you our favorite . . . at least my favorite . . . chocolate chip cookie recipe. Now, before you switch the TV channel, I know what you are thinking. "Another fattening cookie recipe." But wait. What makes this recipe great is that it offers a wonderful low-fat, low-calorie, low-cholesterol dessert for the entire family.

**Kids:** We still like the fat though.

**Chef Randall:** Well, I know we do. But let's see. We have all the ingredients, so we can start by mixing all of the ingredients, the sugars, the flour, the egg whites, the low-fat butter, vanilla, baking soda, and a pinch of salt in a large mixing bowl. Then, we add the mini chocolate chips

Now, my kids would like me to add the big ones but we start with the mini-chocolate chips. And don't forget to preheat the oven to 350 degrees (Fahrenheit).

And finally, when the cookies are done, take them out of the oven, remove them from the cookie sheet, and let them cool before their fingers get into them. Did I forget anything?

**Kids:** Yeah, if you have college-age kids, be sure to make a few extra batches they can take back to school for their roommates. And don't forget the kids still at home.

**Chef Randall:** Oh, well yeah. We can't do that. We can't forget them. And unfortunately, by the time your kids get the cookies, you, the cook, will be left with a single cookie – your instant diet plan for you – and a dirty kitchen.

So, that's all for today. On next week's show, we will be showing you how to feed hungry teenagers on a budget without having to sell the family car. Until then.

### اصطلاحات:

**“chow down”** = با اشتیاق غذا خوردن

“The kids couldn't wait to chow down the bacon and eggs for breakfast.”

**“pig out”** = مقدار زیادی غذا خوردن

“Don't let the children pig out on pizza and soda. They need to eat vegetables, too.”

### جملات و واژگان نمونه

**endure (verb):** تحمل کردن ، کاری را که باب میل نیست انجام دادن

– I can't endure my roommate's cooking for another day. It's terrible!

**switch (verb):** تغییر دادن

– Can we switch recipes for tonight’s dinner? I’d rather have chicken instead of fish.

**entire (adjective):** تمام و کمال

– My daughter prepared the entire meal for the family.

**ingredients (noun):** مواد لازم برای پخت و پز

– These are great cookies. What ingredients do you use to make them?

**pinch (noun):** مقدار کمی از چیزی

– The chicken might taste better if you add a pinch of salt and pepper.

**preheat (verb):** گرم کردن اجاق گاز قبل از شروع به پختن

– First, you should preheat the oven to 325 degrees before you start preparing the meal.

**batch (noun):** گروهی از موارد مشابه (در شیرینی پزی نیز به کار میرود)

– I don’t think two batches of cookies will be enough to feed all of the guests at the party.



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