

EPISODE 19: MY FAVOURITE THINGS

C: Okay. I think there's a famous song. Isn't it "My favourite things"?

A: My favourite things, Sure. It wasn't originally from Sound of Music, was it?

C: It was certainly used in Sound of Music.

A: That was a huge jazz standard as well.

C: well, John Coltrane. That's my favourite version.

A: Repeat that person's name.

C: John Coltrane.

A: Coltrane. John Coltrane. Coltrane. Coltrane. Interesting.

C: David Bowie. David Bowie.

A: Garage, garage

A: Tomato, tomato.

A: There you go. Well, that's different because that's not the stressed syllable, that's the pronunciation of the vowel. And and that's just wrong.

C: Well, what's wrong is whether it's a vegetable or fruit.

A: It is a fruit!

C: It's a fruit

A: yeah, and every time I go to the supermarket, and I have to find it, I have to I think of my mom saying it's a fruit. And well, according to the machine in the supermarket, it's a vegetable. And if you want to pay for it, you want to print out the sticker to put on your bag of, of tomatoes, you got to admit that it's a vegetable.

C: It's a vegetable. It's a great topping on pizza. That's what it is for me. Tomato sauce.

A: Tomato, tomato sauce? But that's not a topping on pizza. That's part of pizza. A topping would be sliced tomato, and it makes it watery, but it's good.

C: It's good, though. Yeah.



A: Sundried tomato, which was, someone told me it was the vegetable of the 90s. It was sun-dried tomatoes. And all of a sudden, everybody discovered sundried tomatoes in the US. And everything, it was bagels, and it was bread, and it was on everything.

C: Okay, so "My Favorite Things" is a song title. And then that inspired me to think of a load of kind of questions to ask people 'What is your favourite, what is your favourite'

A: to ask people or students or you do this on the street?

C: I just go to the Metro, anybody who's going to stop and talk to me. Well, this is a very simple one. What's your favourite style of music?

A: Good music.

C: Okay.

A: There's a great quote. I forget who it was, but he said, "there's only two kinds of music, good music and bad music". It wasn't Miles Davis, too politically correct for him to say but...

C: That's a good answer.

A: And for you?

C: The same...

A: you **copycat**

C: music for me...as long as it's good. If it's jazz, country, ...

A: what does it mean to be good?

C: To be good is that if I like it, then it's good.

A: There's no bad music? there's no bad music, nothing? No guilty pleasure?

C: I've got the perfect taste of it, didn't you realize?

A: Yeah, clearly. Clearly.

C: No, there's a great quote, actually, along those lines, is like, "any music that you like is not bad". That's just the way it is. If you like it, that's good for you. I've got a nice one here. What's your favourite journey? I'll give you an idea. For me, one of my favourite journeys.

A: Journey? Album?

C: No, away from music.



A: Okay.

C: For me, one of my favourite journeys is actually taking the train, the fast train from Barcelona to Madrid.

A: Okay, well, here, let's get linguistic for a minute here, because "journey" is a word that is definitely not part of my lexicon. I'd never use it other than did mention, wow, that band Journey had some crazy album covers in the 70s.

C: Okay

A: so, for you, "journey" means what?

C: It's when you're traveling, it's that kind of means of transport. And that...

A: so, it's the getting from point A to point B.

C: Right

A: Regardless of the objective? If it's for work or pleasure?

C: regardless of the objective. It's ...

A: interesting. Okay.

C: You go somewhere maybe I'm on a business trip.

A: For sure.

C: Or I'm going for a short trip for pleasure.

A: And it's not "commutes", because "commute" is specifically the journey to get to work.

C: The journey, right.

A: Okay. Got it.

C: But again, the "journey" a metro journey. No, because it's a metro ride or a taxi ride.

A: Okay. So, "journey" implies longer.

C: Yeah.

A: Okay. Your favourite is

C: It would be Barcelona to Madrid on the train.



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A: On the train. Not by car, though.

C: No

A: that's horrible.

C: But I think because I associate it with looking out the window, the landscape, the changing landscape, having a bit of time to myself, playing, you know, listening to music on the

A: listening to Journey on your journey.

C: on your journey, exactly.

A: Okay. Yeah. Well, so would a journey, I would say maybe the drive from my parents' house down to the city of Chicago, which, without traffic, let's say it's 45 minutes, along the Lake and Lake Shore Drive. Is that a journey? Even though I'm driving?

C: I think if you're referring to it maybe with nostalgia, it means a lot to you, then yeah.

A: sure.

C: I would have that. All right. That's your favourite journey?

A: I think so. For today. In this conversation, it is.

C: Next question. What's your favourite comfort food?

A: I don't know. There's so many, but I'm going to go. Recently, I've been making a lot by a lot, maybe once a month, macaroni and cheese in the pressure cooker. I finally found a good recipe that uses... is it dehydrated milk in English? not powdered milk. But it's... you find it in the freezer section while in the refrigerated section at the supermarket. It's not cream, it's not milk. And I think it's always made by Nestle. That's the key for a creamy macaroni and cheese. So good.

C: Yeah.

A: What about you? Haggis?

C: No, that's Scottish, man.

A: I was just thinking of the most disgusting food I could think of.

C: But in fairness, it's got something with potatoes because they just comfort food. What does it mean? Because it's difficult to explain to people.

A: I think it's justifying something that's unhealthy because it makes you feel...



C: Is it necessarily unhealthy?

A: ...good and brings. has anybody ever said that a salad, a salad of greens is a comfort...?

C: No. No.

A: It's got to have a minimum fat content and some cholesterol.

C: I think it's going to be not necessarily junk food. I'll give yeah, I'll

A: not junk, but not healthy.

C: But it's usually pasta, pizza, potato, something that

A: something that you need an excuse to say why, like sushi. I love sushi. But you would never say sushi is comfort food. Because I think the fact that it's not the healthiest alternative, but it makes you feel good. So, it's mentally healthy. Even though it's not physically healthy.

C: I still feel it also is an element that reminds you of your youth.

A: for sure.

C: It reminds you when you were a kid and something that maybe your mom or whatever made when you were in a bad mood...

A: well, here's the thing. What's the translation into Spanish or Catalan of comfort food?

C: I have no idea. I don't think it exists because the diet here is so much healthier than the diet in the United States that there's no need for them to call something comfort food because it's just only Mediterranean food is...

C: all their food is comfort. What's your favourite...? No, who is your favourite superhero?

A: I am so tired of superhero movies and all that garbage, in my opinion. But I guess Batman, because there's no like superpowers. He's just like a rich social justice warrior, and he's kind of a jerk, but he's cool and got cars, and talks like this..., for you?

C: When I was a kid, Wonder Woman.

A: Oh, no, I loved Wonder Woman, especially when on the TV show Linda Carter, my mom tells me how in love I was with her when I was, like, seven.

C: Yeah, yeah. I see... Fantastic. And and the backstory and everything to Wonder Woman, I love.

A: I don't remember what was the back story



C: that she came from an ideal, perfect planet or something, and ...

A: I have no idea.

C: Wikipedia. Wikipedia. Wonder Woman.

A: Okay.

C: And there's actually a movie about the guy who created the character.

A: Oh, that's cool. See, that's much more interesting to me than a superhero movie.

C: I recommend it because it's really...

A: interesting.

C: Look up that story. Okay. What's your favourite...this is a nice question, what's your favourite smell?

A: Wow. I don't... well, you go first.

C: I'll give an example. For me, I think the smell of freshly cut grass.

A: Okay.

C: Again, that kind of is very nostalgic for me. Those early spring, late spring days where weather is getting better, getting warmer, and you hear I think it's a mixture, actually there of the smell and and the noise of lawn mowers.

A: Okay. Having lived in Barcelona for 16 years, the smell of any plant would be wonderful. Anything that's not dog pee or poo, which is what the street usually smells like.

C: But I had a great answer one time from a student. She actually said, I've got two favourite smells. I said okay, Go on. She said beer. Seriously? Favorite smell. But her argument was, no, I know beer doesn't smell good, but it's the smell of Friday night. So, she associated that with that kind of going.

A: I know it doesn't smell good but mix it with cigarettes and pour it on the floor and let it sit there for five days.

C: It smells the end of the week for me. And the other one, she said was sun lotion...

A: Sunscreen.

C: Sunscreen, yeah. Sun protection.



A: for sure here, because that's summer

C: summer yeah, summertime.

A: Interesting. I mean, for me, I guess I would have some kind of food I love the smell of like, because I used to have a bread maker in college and you could set it at night, you put in all the ingredients, and it would be ready in the morning. So, you would literally wake up to the smell of fresh bread. Even if you didn't eat it, it was like your whole house or apartment smelled like bread in the morning.

C: Okay, and what's your favourite technological gadget?

A: Like, favourite or most useful?

C: Favorite, but then you can say most useful.

A: Electric guitar, is that a gadget? Pedal steel guitar maybe, but it's not really a gadget. Because gadget is something that yeah, see,

C: that's a word that's difficult to define. For me, a gadget is probably something that you could live without.

A: Right, but we tend...

C: It makes your life more useful.

A: We tend to say that smartphones are gadgets, but then if you go by the definition live without it

C: no, no

A: all of the sudden that goes down the drain, right? What's your favourite gadget?

C: I'm not sure. That is a tough question.

A: Probably something I'm trying to think of a kitchen device that I like just for cooking and stuff. But i don't really have many.

C: I definitely... would be the GPS to drive and to be given the directions where to go.

A: Okay, but that's part of your phone.

C: Yeah, sure.

A: All right, well, get to us in the comments section about your favourite gadgets.



Vocabulary bank

topping= is a type of food or condiment that is added to a dish to enhance its flavor or texture. Examples include cheese, sauce, or vegetables added on top of a pizza.

quote= is a phrase, sentence, or passage taken from a speech, text, or piece of literature that is repeated by someone else. It is often used to support an argument or convey an important message.

copycat= is someone who imitates or replicates the behavior, style, or actions of another person. In a negative sense, it can refer to someone who steals or copies the work of others without giving proper credit.

fairness= refers to the quality of being just, impartial, and equitable. It means treating people equally and without bias, based on the principles of honesty, morality, and justice.

junk= refers to things that are of low quality, value, or importance. It can refer to unhealthy or useless items, such as junk food, junk mail, or junk items that clutter a home.

comfort food= refers to types of food that are typically associated with feelings of nostalgia, happiness, or emotional comfort. Examples include mac and cheese, mashed potatoes, or chicken soup.

lawn mowers= are machines used to cut and trim grass on lawns or other outdoor areas. They have a rotating blade that cuts the grass evenly and can be powered by electricity, gasoline, or manually pushed by the user.

gadget= is a small electronic device or tool that is designed to perform a specific function or make a task easier. Examples of gadgets include smartphones, tablets, fitness trackers, and smart home devices such as thermostats and security cameras.



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