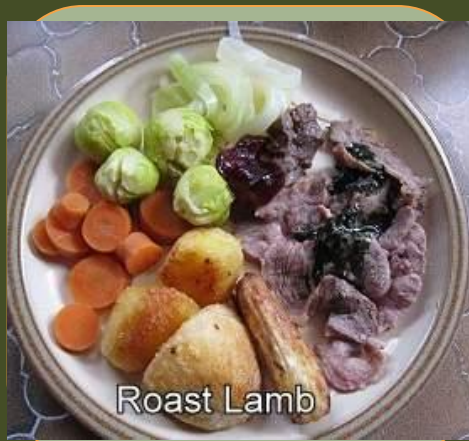




British Traditional Foods.



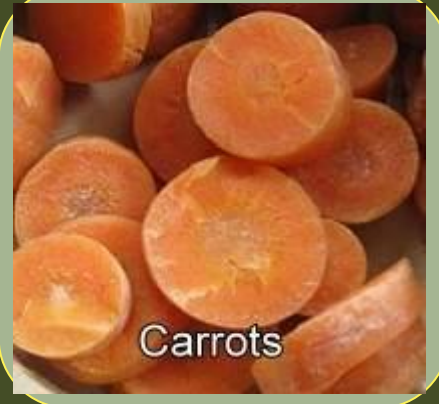
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What is a traditional British Dinner?

DINNER

A typical British meal for dinner is "**meat and two veg**". We put hot brown gravy, (traditionally made from the juices of the roast meat, but more often today from a packet!) on the meat and usually the vegetables. One of the vegetables is almost always potatoes.



What is a typical British Dinner like today?

The traditional meal is rarely eaten nowadays, apart from on Sundays. A recent survey found that most people in Britain eat curry! Rice or pasta dishes are now favoured as the 'British Dinner'.

Vegetables grown in England, like potatoes, carrots, peas, cabbages and onions, are still very popular.

Sunday lunch time is a typical time to eat the traditional Sunday Roast.

The Sunday Roast Dinner



Traditionally it consists of *roast meat*, (cooked in the oven for about two hours), *two different kinds of vegetables* and *potatoes* with a *Yorkshire pudding*. The most common joints are beef, lamb or pork; chicken is also popular.

Beef is eaten with hot white horseradish sauce, pork with sweet apple sauce and lamb with green mint sauce. Gravy is poured over the meat.



Take-away meals are very popular and most towns have a selection of Indian, Italian, Chinese and Greek Restaurants. You will also find *Macdonalds, Burger King* and *Subway*.

Fish and Chips



Fish and chips is the classic English take-away food and is the traditional national food of England. It became popular in the 1860's when railways began to bring fresh fish straight from the east coast to the our cities over night.

The fish (*cod, haddock, huss, plaice*) is deep fried in flour batter and is eaten with chips. Traditionally, the fish and chips are covered with salt and malt vinegar .



Tea.

Britain is a tea-drinking nation. Every day we drink 165 million cups of the stuff and each year around 144 thousand tons of tea are imported.

Did you know?

Tea breaks are when tea and biscuits are served. The traditional time for tea breaks are at 11:00 am (*Elevensee*) and 4 pm in the afternoon.

Coffee

Coffee is now as popular in Britain as tea is . People either drink it with milk or have it black and either have freshly- made coffee or instant coffee.

Traditional Drinks in Britain



If someone asks you if you '**would like a cuppa**', they are asking if you would like a cup of tea. If someone says '**let me be mother**' or '**shall I be mother**', they are offering to pour out the tea from the teapot.

If something is not quite to your taste, it's probably '**not your cup of tea**'.

What special foods are eaten during festivals in England?

SPECIAL FOODS

In England, we have special foods connected with certain festivals.

Shrove Tuesday



Pancakes

Good Friday



Hot cross buns

Good Friday



Fish

Mothering Sunday



Simnel cake

Easter Day



Roast Lamb

Lamb is considered to be the traditional meat for Easter due to its religious connections. Many different religions throughout the ages have ritually sacrificed lambs in honour of their respective gods.



Chicken

Chicken has long been a modern favourite for Easter Sunday dinner mainly due to the baby (spring) chicken being associated with birth and new life. Chicken is also less expensive than lamb these days, which helps to explain its popularity.

Pies in England

Pies are very popular in England.

Pies are a baked dish consisting of a filling such as chopped meat or fruit enclosed in or covered with pastry (a mixture of flour and butter).



Pork pie

A pork pie consists of pork and pork jelly in a hot water crust pastry and is normally eaten cold.



Favourite meat (savory) pies include:

Steak and Kidney pie

A traditional English dish consisting of a cooked mixture of chopped beef, kidneys, onions, mushrooms and beef stock. This mixture is placed in a pie or casserole dish, covered with a pastry crust.



Interesting fact :

The Romans introduced cheeses to England.

English people have a great love for cheese and over 400 varieties of cheese are produced in England.



Cheddar is a clear favourite, accounting for over 57% of the market, and is bought regularly by 94% of households. It is a hard cheese with a strong, nutty taste.

Cheddar originates from a village in Somerset in western England, also famous for its gorge. There are six varieties of cheddar .

English Cheeses

Cheese is enjoyed by over 98% of households in England.



Many cheeses are named after the place or area they are made in England. These English cheeses include **Caerphilly, Cheshire, Derby, Double Gloucester, Lancashire, Red Leicester, Stilton and Wensleydale.**

What food was "invented" or discovered in England?

The sandwich was invented in England in 1762.

We have a town named Sandwich in the south of England. John Montagu, the Earl of Sandwich invented a small meal that could be eaten with one hand while he continued his nonstop gambling.



Marmite was invented in England in 1902.

Marmite is dark brown-coloured savoury spread made from the yeast that is a by-product of the brewing industry. It has a very strong, slightly salty flavour. It is definitely a love-it-or-hate-it type of food.

HP Sauce was invented in England at the end of the 19th century by Mr FG Garton, a Nottingham grocer.

