

Traditional English food.



Breakfast is the first meal of the day. It is at about 8 o'clock in the morning. And consists of porridge with milk and salt or sugar, eggs – boiled or fried, bread and butter with marmalade or jam. Some people like to drink tea, but others prefer coffee.



Lunch. The usual time for lunch is 1 o'clock. This meal starts with soup or juice. Then follows some meat or poultry with potatoes.



Tea is the third meal of the day. It between 4 or 5 o'clock. On the table there is tea, milk or cream, sugar, bread, cakes and jam.



Dinner is the fourth meal of the day. The usual time is about 7 o'clock. Dinner usually consists of soup, fish or meat and vegetables.



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□ Ingredients:

- apple, pear, orange, grapefruit, banana, 100 g
 - grapes, cherries, 50 g
 - orange juice 125 g
 - Sugar 50 g
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- Melt the butter in a large saucepan and fry it over moderate heat for 5 minutes, onion and pepper, making sure that they are not burnt. Add the flour and garlic and cook for 1 minute. Gradually pour in the broth, put half taken parsley, thyme, ham, tomatoes and hot peppers. Stir, bring to a boil, then reduce the heat.

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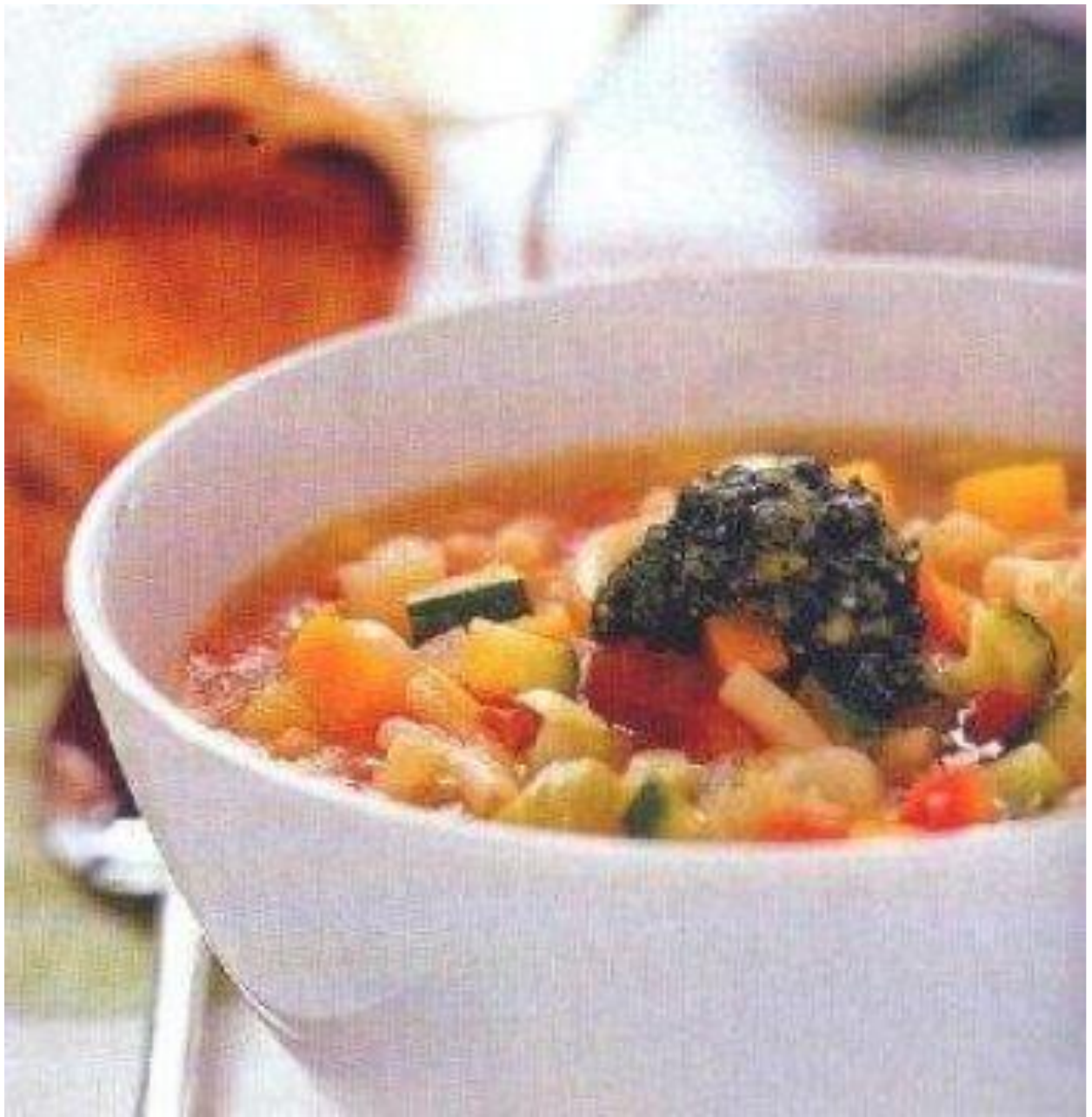
□ **Ingredients:**

- chicken broth 500 g
- onions, 100 g,
- 50 g cheese,
- Wheat flour 25 g,
- 25 g butter,
- parsley,
- salt to taste.

- Растопить сливочное масло в большой кастрюле и обжарить в нем на умеренном огне в течение 5 минут лук и перец, следя, чтобы они не пригорели. Добавить муку и чеснок и варить 1 минуту. Постепенно влить бульон, положить половину взятой петрушки, тимьян, ветчину, томаты и острый перец. Помешивая, довести до кипения, затем убавить огонь.
- Накрыть крышкой и варить на медленном огне 10 минут. Добавить бамию, снова накрыть крышкой и тушить на медленном огне еще 10 минут. Положить рис в пароварку или металлическое сито.
- Добавить в суп креветки, затем поместить пароварку или сито с рисом на верх кастрюли. Накрыть и варить 5-8 минут, помешивая суп и рис, пока они не прогреются. Разложить рис по подогретым сервировочным тарелкам и залить его супом. Посыпать суп оставшейся петрушкой.

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Ingredients:

- carrots, tomatoes, 150 g,
- potato 250 grams,
- Green Beans 125 g
- peas, 20 g,
- leeks 50 g
- celery 10 g
- chicken broth 800 g,
- rice or barley flakes 25 g,
- parsley 20 g
- salt to taste.

Vegetables clean, cut into small cubes or grate, chop finely the beans with tomato peel. Prepared vegetables put in boiling broth and cook until tender (15-20 minutes). When ready to salt. ? If you use barley flakes, they must be filled with cold water, bring to a boil and cook for 1 minute. Then drain the water, the flakes pour boiling salted water and cook until tender about 20 minutes. ? Using rice, it is first boil in boiling water for 15 minutes. ? The broth with vegetables ready to add rice or barley flakes and bring to a boil. ? When serving sprinkle the soup with chopped herbs

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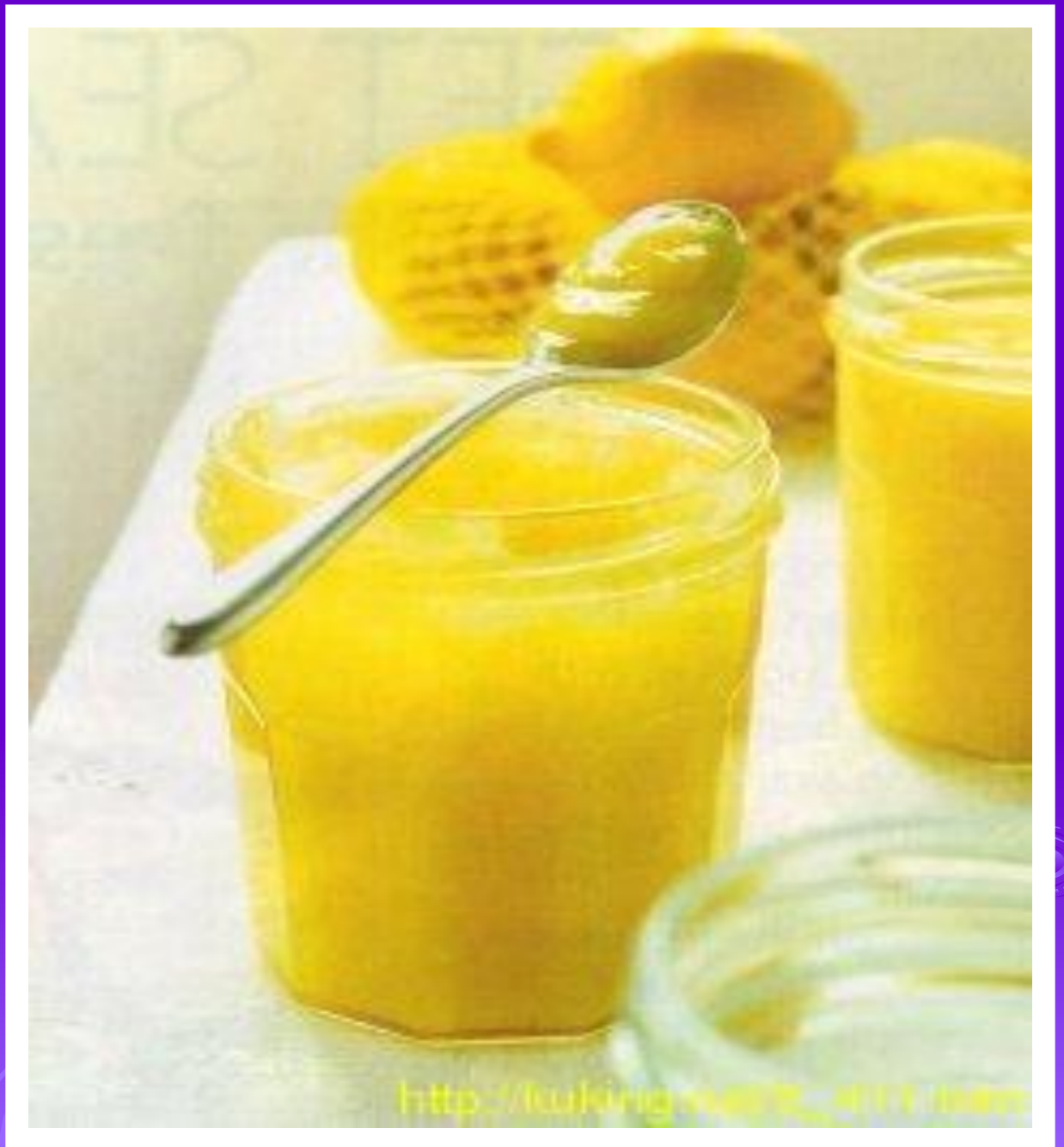


□ Ingredients:

- 1 onion
- 2 celery
- 400 grams tomatoes
- 1 liter of tomato juice
- 2 tablespoons white corn
- 1 lemon
- 50 ml vodka
- pepper



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Ingredients:

-75 g butter

-3 eggs

-225 g of sugar

-zest and juice of 2 lemons

1. Put the butter in a bowl suitable for the microwave. Cook in microwave mode High 50-60 seconds until it has melted. ?? 2. Beat the eggs with the sugar through a sieve into a bowl with the butter. Add lemon juice and zest, cook mode high 3 1/2 - 4 minutes, whisking every minute until the mixture thickens. Pour into sterilized jars, they allow to cool. Cover and store in refrigerator up to 2 weeks.

Pudding



□ **Ingredients:**

- 250 g flour
- 1 teaspoon baking powder,
- 1 / 2 teaspoon salt
- 100 g butter
- 100 g sugar
- 2 eggs
- 150 ml milk
- 250 grams of fruit jam

- Mix the flour with the powder baking powder, and salt. Hands rub the butter with the flour, add the sugar. Hammer eggs. Continuing to whisk, add milk. All jam put in dry form and put the dough on top. Cover with oiled paper form, and on top - a double layer of foil. Take a large pot, put on the bottom of an inverted saucer, and put on him a form of pudding. Fill the space around it with boiling water to half. Put on the fire, bring back to a boil, then reduce heat to low and checked every 20 minutes, if the water does not boil dry.

English cuisine has preserved and brought down to our days a lot of traditional dishes. The basis are meat, fish, vegetables, cereals. In modern British cuisine, which boasts a mouth-watering variety of dishes, joined together all the advantages of various culinary traditions around the world.

