

ENGLISH FOOD



We have three main meals a day:

- **Breakfast** - between 7:00 and 9:00,
- **Lunch** - between 12:00 and 1:30 p.m.
- **Dinner** (sometimes called Supper) - The main meal. Eaten anytime between 6:30 and 8:00 p.m. (Evening meal)

Typical English Breakfast?

- The traditional English breakfast is called the 'Full English' and sometimes referred to as 'The Full English Fry-up'.
- Consists of **eggs, bacon, sausages, fried bread, baked beans and mushrooms**. Even though not many people will eat this for breakfast today.



Now-a-days, however, a typical English breakfast is more likely to be a **bowl of cereals**, a **slice of toast**, **orange juice** and a **cup of coffee**.



DINNER

- ◉ The evening meal is usually called 'tea', 'dinner' or 'supper'.



A typical British meal for dinner is meat and "two veg".



Hot brown gravy, traditionally made from the juices of the roast meat on the meat and usually the vegetables.

One of the vegetables is almost always potatoes.

- This traditional meal is rarely eaten nowadays, a recent survey found that most people in Britain eat curry! Rice or pasta are now favoured as the 'British Dinner'.
- Vegetables grown in England, like potatoes, carrots, peas, cabbages and onions, are still very popular.





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- There are hundreds of variations of sweet puddings in England but each pudding begins with the same basic ingredients of milk, sugar, eggs, flour and butter. Many of the puddings involve fresh fruit such as raspberries or strawberries, custard, cream, and cakes.
- The more traditional and well known home-made puddings are **apple or rhubarb crumble, bread and butter pudding, spotted dick** and **trifle**. The traditional accompaniment is **custard**, known as *crème anglaise* (English sauce)

Favourites



Bread and butter pudding



Spotted Dick / Dog



Crumpets

Afternoon Tea and High Tea in England

◎ AFTERNOON TEA

(The traditional 4 o'clock tea)

- ◎ This is a small meal, not a drink. Traditionally it consists of **tea** (or coffee) served with either of the following:
- ◎ **Freshly baked scones**
- ◎ **Afternoon tea sandwiches**
- ◎ **Assorted pastries**



HIGH TEA

(The traditional 6 o'clock tea)

The British working population did not have Afternoon Tea. They had a meal about midday, and a meal after work, between five and seven o'clock. This meal was called 'high tea' or just 'tea'.



This meal is now often replaced with a supper due to people eating their main meal in the evenings rather than at midday.

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.
- **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.
- Tea in Britain is traditionally brewed in a warmed china teapot, adding one spoonful of tea per person and one for the pot. Most Britons like their tea strong and dark, but with a lot of milk.

Did you know?

- 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.

Drinks



- Coffee is now as popular in Britain as tea is. People either drink it with milk or have it black



- Britain is also well known for its ale which tends to be dark in appearance and heavier than lager. It is known as "bitter"

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).



Main meal dishes

Yorkshire Pudding



This dish is not usually eaten as a dessert like other puddings but instead as part of the main course or at a starter.

Yorkshire pudding, made from flour, eggs and milk, is a sort of batter baked in the oven and usually moistened with gravy.

The traditional way to eat a Yorkshire pudding is to have a large, flat one filled with gravy and vegetables as a starter of the meal. Then when the meal is over, any unused puddings should be served with jam or ice-cream as a dessert.

MAIN MEAL DISHES

Toad-in-the-Hole

Similar to Yorkshire Pudding but with sausages placed in the batter before cooking.



MAIN MEAL DISHES

Roast Meats:

- beef
- pork
- lamb
- a whole chicken
- rarely duck, goose, gammon, turkey or game



MAIN MEAL DISHES

Fish and chips



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.

In the north of England, fish and chips is often served with "mushy peas" (mashed processed peas).



What food was "invented" or discovered in England?

○ 1762: The sandwich was invented

○ 1902: Marmite was invented



Favourite Children Meals

Three favourite meals with children are:

- fish fingers and chips
- pizza
- baked beans on toast





THE END