

# ***FOOD IN GREAT BRITAIN***

## ***BRITISH EATING STYLE***



*Student*  
*Khazova Svetlana*  
*Supervisor of*  
*studies*  
*Ozerova A.V*

# *THE ACTUAL OF TOPIC*

Nowadays, it's impossible to imagine our life without international contacts. The opening of the borders let people travel around the world, communicate with people from different countries, establish diplomatic relations with different states. But for successful development of contacts in economic and other spheres of life we should know about cultural traditions, customs and habits of those places, which we would like to visit. So the national eating habits and etiquette rules are the essential part of culture in any country. That is why, the study of national cuisine is actual now.





# ***THE AIM, THE SUBJECT, THE OBJECT AND MAIN PROBLEMS***

- ▶ **The aim of the work** is to explore British cuisine and the influence of the food on its history and culture.
- ▶ **The subject of my research** is the history, development and features of national food in Great Britain.
- ▶ **The object of my research** is national cuisine of Great Britain.
- ▶ **The main problems of this study are:**
  - to gather, organize and analyze information about the food in Great Britain: their history and development; their regional features (Scotland, Wales, England); the British take-away food; the kinds of meals; the British etiquette rules;
  - to develop abilities of using original source of information and practical skills to deciding specific targets;
  - to extend the knowledge of British food and to form the certain conclusion;

# *THE HISTORY OF FOOD IN GREAT BRITAIN*

Romans have brought cherries, stinging nettles (to be used as a salad vegetable), cabbages and peas. Also they improved the cultivation of crops such as corn. And Romans brought wine. The Saxons were excellent farmers and cultivated a wide variety of herbs. The Vikings and Danes brought the techniques for smoking and drying fish. So, for example, the North East coasts of England and Scotland are the places to find the best kippers today - Arbroath Smokies.





# *THE HISTORY OF FOOD IN GREAT BRITAIN*

Nowadays, in British cooking people use saffron. It is very interesting, that this product was first introduced into Cornwall by the Phoenicians at a very early date when they first came to Britain to trade for tin. Saffron derived from the dried and powdered stigmas of the saffron crocus. In fact, the importation of foods and spices from abroad has greatly influenced on the British diet. They say in the Middle Ages, wealthy people were able to cook with spices and dried fruits from as far away as Asia, in contrast the poor people were lucky to eat at all!



# *THE HISTORY OF FOOD IN GREAT BRITAIN*

-Later, in Tudor times, people started to discovery new lands, that is why new products were brought: spices from the Far East, sugar from the Caribbean, coffee and cocoa from South America, tea from India. Also, at this time in Britain American Potatoes began to be widely grown.

-The socioeconomic development in Britain and their growth has been the reason of international contacts and people started to travel into and out of Britain. So, the new tastes and flavours were born. For instance, Kedgeree. It's a version of the Indian dish Khichri and it was first brought back to Britain by members of the East India Company. It has been a traditional dish at the British breakfast table since the 18th and 19th centuries.





# TRADITIONAL FOOD IN ENGLAND

## Fish and chips

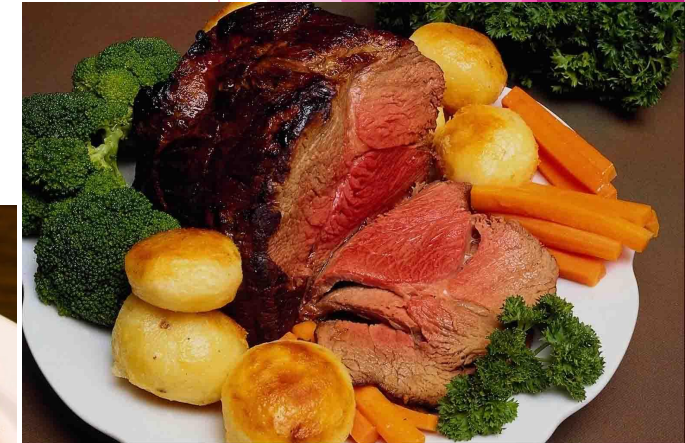
Fish and chips is a balanced meal of carbohydrate (chips), protein (fish), and fats (in the batter around the fish and in vegetable oils). Fresh cod is the most common fish for traditional fish and chips, other types of fish used include haddock, huss, and plaice. The fresh fish is dipped in flour and then dipped in batter and deep fried, it is then served with chips (fresh not frozen) and usually you will be asked if you want salt and vinegar added. Sometimes people will order curry sauce (yellow sauce that tastes nothing like real curry), mushy peas (well it's green anyway) or pickled eggs (yes pickled). Nowadays fish and chips are wrapped in greaseproof paper and sometimes paper that has been specially printed to look like newspaper. You often get a small wooden or plastic fork to eat them with too, although it is quite ok to use your fingers



# TRADITIONAL FOOD IN ENGLAND

## Roast meat (pork, beef, lamb)

It is usually served with boiled or roast potatoes, peas, Brussels sprouts, carrots, Yorkshire pudding and, of course, gravy. Gravy is made by taking the fat and juices from the cooked roast meat and mixing them with flour and vegetable stock and perhaps some gravy browning. This is mixed together into a liquid, brought slowly to the boil, seasoned and then poured over the meat.





# TRADITIONAL FOOD IN ENGLAND

## Yorkshire pudding

It's the pudding is made with a flour base and cooked under the roast, allowing the fat from the meat to drop onto it. This dish is not usually eaten as a dessert like other puddings but instead as part of the main course or at a starter. 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.



# TRADITIONAL FOOD IN ENGLAND

## Shepherd's Pie and Cottage Pie

The Shepherd's Pie is made with minced lamb and vegetables topped with mashed potato. The Cottage Pie is made with minced beef and vegetables topped with mashed potato





# TRADITIONAL FOOD IN ENGLAND

## Pork Pie

it's a pie from pork and pork jelly in a hot water crust pastry and is normally eaten cold;

## Stargazy Pie

It is made of baked pilchards (or sardines), along with eggs and potatoes, covered with a pastry crust. Although there are a few variations with different fish being used, the unique feature of stargazy pie is fish heads (and sometimes tails) protruding through the crust, so that they appear to be gazing skyward);



# TRADITIONAL FOOD IN ENGLAND

## Steak and Kidney pie

It is made 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 and baked until crisp and brown;

## Cornish pasty

It is an oven-cooked pastry case filled with diced meat - beef mince (ground beef) or steak - potato, onion and swede.

## Apple pie, Rhubarb pie, Blackberry pie





# TRADITIONAL FOOD IN ENGLAND

## *Pie and Mash with parsley liquor*

It's very traditional East End London meal. Earlier, the original pies were made with eels, because this product was cheaper, than beef. About fifty years ago mince beef pies replaced the eels and have become the traditional pie and mash that people know today. This dish come with its famous sauce known as liquor which is a curious shade of green and definitely non-alcoholic.



# TRADITIONAL FOOD IN ENGLAND

## Bubble and Squeak

This dish is made from cold vegetables that have been left over from a previous meal, often the Sunday roast. The main ingredients are potato and cabbage. Also another vegetables can be add: carrots, peas, Brussels sprouts. The cold chopped vegetables (and cold chopped meat if used) are fried in a pan together with mashed potato.





# TRADITIONAL FOOD IN ENGLAND

## Black Pudding (Blood Pudding)

This dish looks like a black sausage. It is made from dried pigs blood and fat. It was invented in Stornoway, Isle of Lewis black pudding is often served as part of a traditional full English breakfast.



# TRADITIONAL FOOD IN ENGLAND



Trifle

It is the most famous English dessert, consisting of sponge cake soaked in brandy or sherry, coated with fruit or jam, and topped with cream custard

***Puddings: Spotted Dick or Spotted Dog, Apple Crumble, Hasty Pudding, Bakewell Pudding, Bread and Butter Pudding, Semolina Pudding, Treacle Pudding, Roly-Poly***





# *TRADITIONAL FOOD IN SCOTLAND*

- Served with few sauces or spices its meat is lean and tasty (lamb, beef, venison);
- Scottish salmon and trout are renowned, but there are also excellent mussels, lobster and crabs;
- Wheat does not grow here, so oatcakes and bannocks (flat, round loaves) replace bread;
- people in Scotland have a sweet tooth, not just for cakes and shortbread but also for toffee and butterscotch;
- The southern Scotland is famous for cheese: such as Bonnet, Bonchester and Galloway Cheddar. Scotsmen eat them with fruits: such as loganberries, tayberries and strawberries that ripen in the Carse of Gowrie beside the River Tay;
- From the Highlands comes wonderful game, including grouse, partridge, capercaillie (a large type of grouse) and deer;
- Fish is very popular in Scotland and it is smoked around the coast: the west coast producing kippers, the east coast Finnan haddock, notably Arbroath Smokies. Smoked white fish is the main ingredient of Cullen Skink, a soup served on Burns Night.

# TRADITIONAL FOOD IN SCOTLAND

## Haggis

It's mashed up organs boiled in guts. This food dish consists of sheep's offal (heart, liver and lungs), minced with onion, mixed with stock and simmered in the sheep's stomach for about three hours. Traditionally, it is served with «neeps and tatties» (swedes, turnips and potatoes) boiled and mashed and with a «dram» (glass) of Scotch whisky.





# TRADITIONAL FOOD IN SCOTLAND

## Bannocks (Oatcakes)

It's a form of flat cake baked on a griddle. Generally, made of oatmeal, it takes the form of a large oatcake biscuit;



SCOTTISH  
OATCAKES

# TRADITIONAL FOOD IN SCOTLAND

## Stovies

This dish usually consists of tatties (potatoes) and onions and some form of cold meat (especially sausages or leftover roast);





# TRADITIONAL FOOD IN SCOTLAND

## Scotch Broth or Hotch-Potch

A rich stock traditionally made by boiling mutton, beef, marrow-bone or chicken with diced vegetables. The final consistency should be thick and served piping hot.



# TRADITIONAL FOOD IN SCOTLAND

## *Black bun*

It's a very rich fruit cake, which is made with raisins, currants, finely-chopped peel, chopped almonds and brown sugar with the addition of cinnamon and ginger.





# TRADITIONAL FOOD IN SCOTLAND

## Colcannon

This dish is made from boiled cabbage, carrots, turnip, potatoes.



# TRADITIONAL FOOD IN SCOTLAND

## Cock-a-Leekie

This Scottish specialty can be classified as a soup or a stew. It combines beef, chicken, leeks, and prunes to unusual and spectacular ends.





# TRADITIONAL FOOD IN WALES

## Cawl

It's a broth or soup. The main ingredients are: home-cured bacon, two Welsh staple vegetables (leeks and cabbage), scraps of Welsh lamb, swede, potatoes. This classic dish originally was cooked in an iron pot over an open fire. Today, recipes for cawl vary from region to region and from season to season, depending on what vegetables and produce are available. While *cawl* can be eaten all together, in some regions the broth is served first followed by the meat and vegetables.



# TRADITIONAL FOOD IN WALES

## Cawl Cenin

It's also as a cawl is the traditional Welsh leek and potato soup, but this humble soup originally contained no meat, not even a single bone, although today it is most often made with chicken stock. Cawl cennin is seasoned with a good grind of black pepper and typically served with a dollop of cream and some freshly made crusty bread spread with Welsh salted butter.





# TRADITIONAL FOOD IN WALES

## *Bara lawr or laverbread*

It's traditional dessert in Wales is made from an edible seaweed. This dessert usually is eaten sprinkled with oatmeal, then warmed in hot bacon fat and served with bacon for breakfast or supper. The seaweed itself can be found in some parts of the west coast, clinging to the rocks at low tide.



# TRADITIONAL FOOD IN WALES

## Glamorgan Sausages

This dish doesn't consist meat at all. But it is shaped like sausages and have the word sausage in their name. So in order to find some middle ground, they're often dubbed vegetarian sausages. Glamorgan sausages are made with a combination of Caerphilly cheese, leeks, and breadcrumbs. Due to the fact that there is no sausage casing, eggs are used to bind the mixture so that it doesn't fall apart. The mixture is shaped into a sausage, and it is then fried. Sometimes people like to add spring onions, nutmeg, thyme, parsley or mustard into the mixture. The dish should be served hot, ideally paired with a mustard dip and a glass of cold beer on the side.





# TRADITIONAL FOOD IN WALES

## Roast Lamb with Laver sauce

It's a traditional dish, that is regarded by many people as the national dish of Wales. The dish is made by roasting a rack of lamb until it becomes tender and well-flavored. The meat is then accompanied by a deep-green, gelatinous sauce made from stewed seaweed, locally known as laver.



# TRADITIONAL FOOD IN WALES

## Anglesey eggs

This Welsh dish consists of hard-boiled eggs baked in bed of soft mashed potatoes, all smothered in a thick, creamy sauce made with leeks, butter, and cheese. Then dish is topped with some more grated cheese. Though Anglesey eggs is substantial enough to be enjoyed on its own, Anglesey eggs are also often served as a side dish with grilled sausages or bacon chops.





# TRADITIONAL FOOD IN WALES

## Bara Brith

It's the traditional tea bread loaf, which is made by soaking dried fruit in strong black tea overnight and then folding it into a mixture of flour, brown sugar, eggs, marmalade, cinnamon, and mixed spices the following day. This national fruitcake is typically enjoyed fresh from the oven, but it can also be toasted and spread with Welsh salted butter. It is widely available in shops, bakeries, and tearooms all over Wales.



# TRADITIONAL FOOD IN WALES

## Welsh rarebit

It's a traditional snack, ideally based on locally produced Cheddar or Caerphilly cheese, melted and mixed with butter and cream or ale, then poured over a piping hot, buttered toast.





# TRADITIONAL FOOD IN WALES

## Faggots

It's old-fashioned, traditional meatballs characterized by their large size. Faggots are very popular in Wales and the Midlands region of England. This dish is made from pork offal and cheap cuts of meat such as heart and liver that are mixed with spices and fresh herbs, making it an inexpensive, yet extremely nutritious dish. Traditionally the dish is served with mushy peas, mashed potatoes, and onion gravy.



# MEALS IN BRITAIN

## *There are three kinds of meals in Great Britain:*

- breakfast - between 7:00 and 09:00
- lunch - between 12:00 and 1:30 p.m.
- dinner (sometimes Supper) - the main meal, eaten anytime between 06:30 and 08:00 p.m. It is evening meal

## *But traditionally there are:*

- Breakfast
- dinner (the main meal, between 12:00 and 1:30 p.m.)
- tea - anywhere from 05:30 at night to 06:30 p.m.

So, on Sundays, the main meal of the day is often eaten at midday instead of in the evening. This meal is a Roast Dinner: a roast meat, Yorkshire pudding and two or three kinds of vegetables.





# MEALS IN BRITAIN

## *The traditional British breakfast:*

It consists of eggs, bacon, sausages, fried bread, baked beans and mushrooms. That is why, traditional breakfast is called the «Full English», and sometimes referred to as «The Full English Fry-Up».



## *The typical British breakfast:*

It consists of a bowl of cereals, which made with different grains, such as corn, wheat, oats and etc., a slice of toast, orange juice and a cup of coffee.



# MEALS IN BRITAIN

## *The traditional British lunch:*

People have cold mutton (left over from yesterday's dinner), ham with boiled or fried potatoes, salad and pickles with some pudding or fruit to follow. By the way, mutton in Britain is a treat and it is prepared in such a way, that you wouldn't know it is mutton and salad gets only the clean green leaves and the so called "salad-dressing", a mixture of oil, vinegar, salt, pepper and mayonnaise. Some people for lunch may also have a mutton chop or steak and chips, followed by biscuits and cheese and a cup of coffee. Some people like to drink water and light beer with lunch



## *The typical British lunch:*

Many children and many employees and businessmen usually find it impossible to come home for lunch. That is why, they have lunch in a canteen, or a café, or a restaurant. Children very often have lunch at school or they take «a packed lunch». This lunch consists of a sandwich, a packet of crisps, a piece of fruit and a drink and it is kept in a plastic container. Also, sandwiches are also known as a «butty» or «sarnie» in some parts of the UK.





# MEALS IN BRITAIN

## *The British dinner*

It begins with some soup. After the soup, fish, roast chicken, potatoes and vegetables and dessert are followed. Also you may have beefsteak accompanied by roast potatoes, and a second vegetable (probably cabbage and carrots). English lamb chops make a very tasty dish, particularly when eaten with fresh spring peas, new potatoes and mint sauce. Apple pie is a favorite sweet, and English puddings are an excellent ending to a meal. In Scotland Grand hotels can offer five or six courses for dinner, but usually there are only three. Dessert is often followed by a range of specialist cheeses and oatcakes. Outside the larger towns and cities, dinner is usually eaten between 6pm and 9pm, and no later. In Scotland lunch is sometimes called “dinner” and the evening meal may be called “tea”



# MEALS IN BRITAIN

## *The afternoon and high tea*

Afternoon tea follows between four and five o'clock. People still enjoy afternoon tea, which may consist of a simple cup of tea or a formal tea that starts with tiny crustless sandwiches filled with cucumber or watercress and proceeds through scones, crumpets with jam or clotted cream, followed by cakes and tarts - all accompanied by a proper pot of tea.



High tea in Britain is not so popular as Afternoon tea (the traditional 6 o'clock tea). Britons, who work, didn't have the opportunity to have the afternoon tea. They had a meal about midday and a meal after work. The last was called «High tea» or «Just tea». Today, people in Britain refer to the evening meal as dinner or supper.





# EATING OUT IN GREAT BRITAIN

-There are a lot of places, when you can have eating: different restaurants with Indian, Chinese, Italian, Greek cuisine; MacDonald's, Burger King, Subway. But, the most popular place for eating out in Great Britain is pubs;

-There are about 53 000 pubs in England and Wales, 5200 in Scotland;

-The most pubs in Great Britain belong to a brewery (a company which makes beer). But pubs sell different kinds of beer: some on tap (from a big container under the bar) and some in bottles;

-The most popular kind of British beer is bitter, which is dark and served at room temperature. And British beer is brewed from malt and hops. But more popular beer today in Great Britain is lager, which is lighter in colour and served cold. Also pubs sell soft drinks too.

-As for food, pubs are served light meals and main meals;



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Thanks a lot  
for your  
attention!