



British Food



Traditional British food / UK food but also English 'modern' cuisine is becoming more popular these days. While most British people eat a lot of pasta, pizza and dishes influenced by Indian and Chinese cultures - like curries and stir fries – some of the old favourites are still on the menu, even if they're not eaten every

Fish 'n' chips



Brits have been eating fish and chips since the 19th century. This is street food, best eaten with the fingers, which used to be served wrapped in a piece of white paper and newspaper. These days the local chip shop or 'chippie' is more likely to hand it over in a polystyrene dish and with a little wooden fork. The fish, usually cod, haddock or plaice, is dipped in batter and deep-fried; the chips are cut thicker than French fries (more like American 'home fries') and deep fried twice: once to cook the potato; second to crisp up the outside. Eat sprinkled liberally with salt and malt vinegar, and as an accompaniment perhaps a pickled egg or onion, a giant pickled cucumber called a 'wally' or some curry sauce.

The British banger



Unlike European sausages, most British sausages ('bangers') are made from fresh meat rather than smoked or cured and then grilled, fried or baked. Sausages are usually made from casings filled with pork or beef and flavoured with herbs and spices and come in long 'links' or strings. The classic Cumberland sausage, originally from what is now Cumbria in the north of England, is a long, coiled sausage made from chopped pork, and seasoned with pepper. Chipolatas are thin sausages. Popular sausage dishes include 'toad in the hole' (sausages baked in a dish of batter) and 'bangers and mash' (sausages served with a pile of mashed potato and eaten with English mustard and/or an onion gravy).

The fry up - or 'Full English' breakfast



No one in the UK would eat this breakfast every day but most people admit to indulging every now and again. A 'fry up' may consist of fried or grilled bacon, a sausage or two, a fried egg, baked beans (tinned beans in a tomato sauce), grilled or fried tomatoes, a slice of fried bread (or toast), perhaps some slices of fried black pudding (sausage made from pig's blood), and fried mushrooms – eaten in any combination, with a dollop of either brown sauce or tomato ketchup on the side. Other traditional English breakfasts to try are smoked kippers, scrambled egg on toast, kedgeree (a rice and smoked haddock dish from the days of the British Raj) – or just a bowl of cornflakes and milk.

Lancashire hotpot



This stew, which originated in the north west of England, is made from mutton or lamb and vegetables, topped with sliced potatoes. It's simple to prepare and cheap to make, but cooked long and slow so that the meat is succulent and tender, it tastes delicious. It's often eaten with pickled red cabbage or beetroot. Other similar stews are scouse from Liverpool, Irish stew from Ireland and cawl from Wales.

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