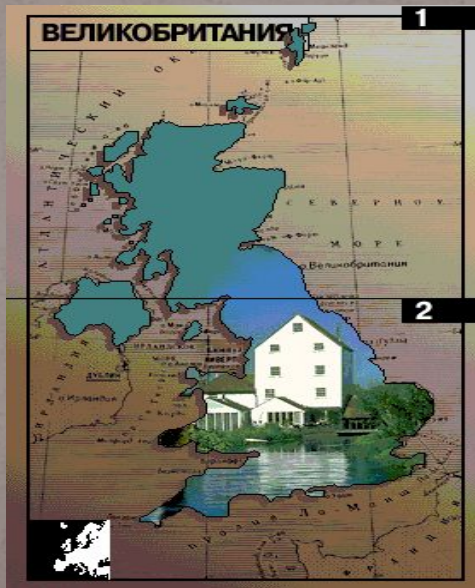


theme:

Than nourishment in England



The first tradition - an abundance of snacks, especially fish delicatessen, sandwiches. The second tradition - a commitment to natural meat dishes, often due to stuffing. Typically, this beef, veal, lamb, lean pork. Of the meat cook steak, roast beef, splints, not roasted until the end, and juicy and pink in the middle.



English breakfast

The English have taken hold two breakfast and lunch transfer for 18-20 hours. The first breakfast - 8 am: fried bacon (without garnish), pies, oatmeal with milk, smoked herring, mackerel, eggs (scrambled), or scrambled eggs with ham, green peas or tomatoes, butter. Required fruits and vegetables or vegetable juices, jams.

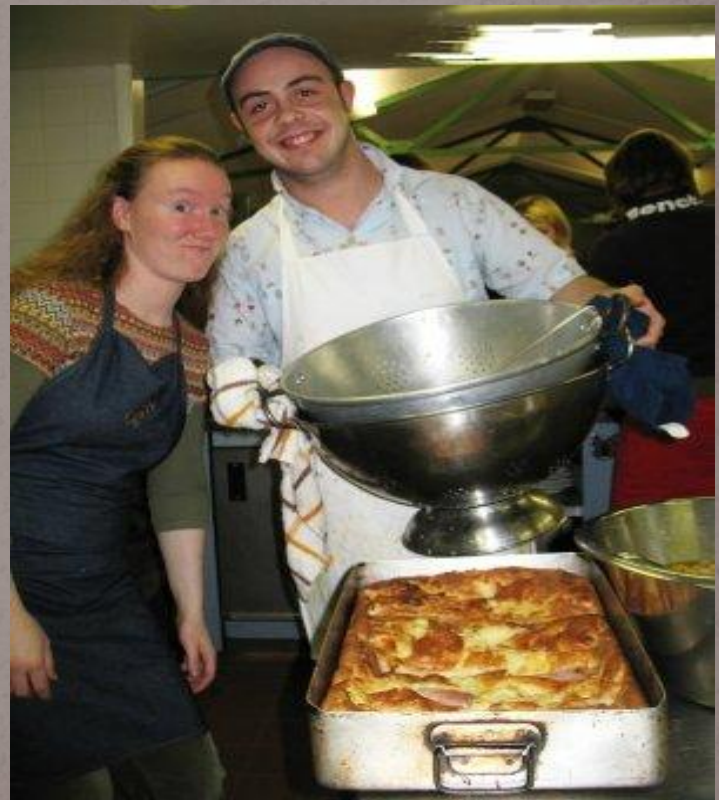
English breakfast consists of fried bacon, fried eggs, fried sausages, fried bread, fried black pudding, fried mushrooms, baked beans in tomato sauce and toast with butter. From drinks to the English breakfast - a large number of strong hot tea or coffee with milk.



Dinner

Second breakfast (lunch) for about 1 hour of the day - various sandwiches (closed sandwich) with fish, ham, pate, tongue, meat, juices and hot drinks.

Lancashire Hotpot consists mainly of meat, onions, potatoes. All this is baked all day in a heavy saucepan on low heat.



Evening supper

At 5 o'clock, the famous five o'clock tea - tea with cakes or biscuits. Lunch - at a fixed time (18-20 hours): cold appetizers (salmon with lemon, sturgeon, sturgeon with horseradish sauce, salad of venison or crab, chicken or roast turkey with salad), hot appetizers (fish fried in batter, pies with meat); butter and cold water must always be on the table.



Main courses - fish, beef, veal, venison, poultry, lean pork, vegetables, such as pike boiled with butter and karfelnoe puree, roasted sturgeon with vegetables, natural beef sirloin, fillet broshett (planted on a skewer and roasted on a spit bits sirloin, bacon, mushrooms and onions), Languette, roast beef, cauliflower cracer-butter sauce, the best for the English side dish - boiled rice with tomato sauce.
Englishmen like cocktails, especially with the addition of crushed ice.

Lancashire Hotpot consists mainly of meat, onions, potatoes. All this is baked all day in a heavy saucepan on low heat.



Dessert

Fruit drinks made of fresh and canned fruits, berries, fresh berries and fruit (traditionally - melon) fruit and berry salad, baked apples with whipped cream, gel, mousse, cream, ice cream with roasted nuts, chocolate, orange or lemon dessert cocktails, Bolely, mulled wine, punch. On the table - chilled water in the jug. Lunch can end with black coffee.

