

# English Cuisine



# The features of English cuisine

- English cuisine includes, traditions, styles and recipes associated with England;
- It has distinctive attributes of its own;
- It also shares much with wider British cuisine;
- There was a large importation of ingredients and ideas from North America, China and India during the time of the British Empire and a result of post war immigration.



# Traditional Meals



- In the early modern period the food of England was historically characterized by its simplicity and a high quality of natural produce;
- Traditional meals have ancient origin such as bread and cheese, roasted and stewed meat, boiled vegetables, and broths, and freshwater and saltwater fish;
- The 14<sup>th</sup> century English cookbook contains recipes for these dishes;



# Modern English Cuisine

- Fish and chips were recently number one urban food eaten from newspaper with salt and vinegar;
- Pies and sausages with mashed potatoes, onion and gravy are very popular;
- Now all these dishes are matched in popularity by curries from India and stir fries based on Chinese and Thai cooking;
- Italian and French cuisine are also widely adopted;
- The innovation of fast food from the United States is absorbed.



# A "Full Breakfast"



- A "full breakfast" is eaten the whole of the Britain ;
- The names change depending on where it is served;
- The origin of the breakfast is believed to originate in rural England as a meal to carry a worker through a long morning;
- The "full breakfast" is traditionally served at breakfast time;
- But it is served at lunchtime everywhere in hotels and at the restaurants.

# At the restaurant

- Waiter: Hello! Can I help you?
- Mr. A: Well, could we have famous full English breakfast?
- Mrs. A: Dear, it's lunch time.
- Waiter: The full breakfast is served at lunchtime everywhere in hotels and at the restaurants.
- Mr. A: Fine. Bacon and eggs and... What do you recommend?
- Waiter: Bacon and eggs, but they are accompanied by sausages, grilled tomato, mushrooms, tea, toasts and marmalade.



# At the restaurant



Mr. A: Is this breakfast served all over Britain?

Waiter: Yes, but each country has its own accompaniments.

Mr. A: What kind?

Waiter: A full English breakfast may have black pudding, baked beans and fried bread. A full Irish – white pudding and soda bread, Welsh –loverbread.

Mr. A: Let's start with bacon and eggs and then...

Mrs. A: And tea with toast and marmalade.

# Sunday Roast

- The traditional English dinner for Sunday is known as Sunday Roast;
- It's time for families to get together and share a good meal;
- Roast beef is number one but pork and lamb work well too;
- Yorkshire puddings, roasted potatoes and vegetable are served with the main course;
- A delicious gravy is made of the pan juice, red wine, meat or vegetable stock and butter is added to the roast.





# What is tea for the British



- Tea is the national drink of the British;
- Britain imports about 20% of all the world's tea;
- It was introduced in Britain in 1657 by Catharine King Charles's wife;
- The English custom of afternoon tea goes back to the late 18<sup>th</sup> century;
- The British drink more than any other nation – about 4 kilos a head or 1,650 cups of tea a year;
- Most popular is black tea.

