

# 1. English Cooking

## **Task 1:** British cuisine and traditions

- 14th century - game meat, fish, bread, cheese, stewed vegetable
- 18th century (colonial empire) - spices, potatoes, fish and chips, meat pies, sausages...

## **Task 2:** Traditional British dishes

## **Task 3:** It's all in the names

## BRITISH CUISINE - EXAMPLES



→ contains → meat, potatoes, vegetables + desserts → cheese

- **SHEPHERD'S PIE** → originated in Scotland & the North of England  
→ made from: Minced lamb → many families use beef (then it should be referred to as Cabbage Pie)  
Potatoes  
→ the dish is not often served at restaurants
- **BEEF WELLINGTON** → fillet steak coated in pâté, rolled in pastry  
→ based on French dish → filet de bœuf en croûte
- **FISH AND CHIPS** → most typical dish  
→ often can be disappointing  
→ the fish has to be freshly cooked
- **STEAK AND KIDNEY PIE/PUDDING** → filling: diced steak, chopped onion, kidney from pig/lamb  
: brown gravy, mushrooms (occasionally)  
→ accompanied with mashed potatoes, green beans and lots of gravy
- **HAGGIS, NEEPS & TATTIES** (fuj) → haggis → mixture of sheep's heart, liver and lungs  
→ it's boiled in sheep's stomach  
→ neeps → turnip  
→ tatties → potatoes  
→ Scotland
- **YORKSHIRE PUDDING** → sort of savory pastry  
→ made of: batter of eggs, flour, water or milk  
→ served as side dish

## IT'S ALL IN THE NAMES

### Toad in the hole (sausage toad)

- sausages in Yorkshire pudding batter
- usually served with onion gravy and vegetables
- Yorkshire pudding – dough made of eggs, flour and milk or water



## Bubble and squeak

- cooked potatoes and cabbage, mixed together and fried

## Spotted dick

- traditional British steamed pudding, made with suet (=lůj, tuk) and dried fruit, served with custard



## Stargazy Pie

- cornish dish made of baked potatoes (sardines), with eggs and potatoes, covered with a pastry crust
- fish heads/tails protruding (=vyčuhující) through the crust



## **Stinking bishop**

- washed – rind cheese produced by Charles Martell and Son at Hunts Court Farm, Dymock, Gloucestershire, in the west of England
- it made from the milk of Gloucester cattle (=dobytek)
- fat content – 48%

## **The Devil on Horseback**

- dried fruit stuffed with cheese or nuts, wrapped in bacon, prosciutto or pancetta
- fried or baked



## **Pigs in blankets**

- sausage wrapped in bacon
- served as a side dish

## **Shepherd's pie**

- cooked minced meat (beef or lamb) topped with mashed potato and baked together

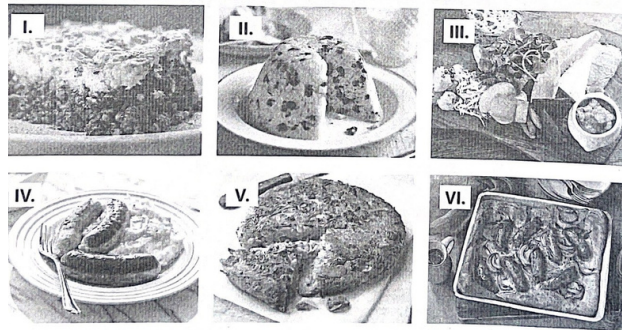


### It's All in the Name

English wouldn't be English if it made sense, and English food names are just as unpredictable as the rest of the language. Can you match the names to the descriptions of the foods and the photos?

- |                            |                           |
|----------------------------|---------------------------|
| <b>A</b> Ploughman's Lunch | <b>D</b> Shepherd's Pie   |
| <b>B</b> Bubble and Squeak | <b>E</b> Toad in the Hole |
| <b>C</b> Bangers and Mash  | <b>F</b> Spotted Dick     |

- 1 This was originally made from cooked cabbage mixed with beef and fried as a kind of pancake. It was extremely popular. Since the beef shortages of the Second World War, it has been made with potatoes instead of meat. The name comes from the sounds it makes while frying.
- 2 An old classic, this one! Despite the name, there is no frog-like animal in it. It's made from sausages baked with the same kind of batter that's used to make Yorkshire puddings.
- 3 This is a meal of bread, some raw vegetables, a pickled onion or two and some cheese or ham. The name suggests the simple, traditional food of a farmer, but it was actually invented in the 1980s as a quick-and-easy lunch option for pubs without a proper kitchen.
- 4 Not an unfortunate schoolboy, or an even more unfortunate disease. This is a sweet kind of cake (well, a pudding, in the English sense) with currants in it.
- 5 Although the name would suggest that it is a pastry case with a filling (this kind of food is huge in British cuisine, with fillings that can be anything from fruit to meat), this is actually a baked dish of mashed potato on top of minced lamb.
- 6 A favourite of many small children, this one is very easy. It consists of sausages and mashed potato, usually served with onion gravy.



## 2. British meals and meal times

**Task 1:** What's a typical English breakfast?

## TYPICAL ENGLISH BREAKFAST

- BRITISH BREAKFAST SANDWICHES – sausages, bacon, egg in two slices of buttered bread  
-inspired by the “full breakfast”



- BRITISH BREAKFAST CEREALS – Porridge – traditional food from Scotland  
- Oatmeal, granola, muesli



- THE CONTINENTAL BREAKFAST – typical for hotels and restaurants  
– baked breads, pastries, muffins, served with jams and

marmalades. Also fruit and yoghurts. A lighter alternative to a “Full Breakfast”

**EGG DISHES-** boiled eggs, Omelettes, eggs Benedict



## SMOKED SALMON



**Task 2:** What's a traditional English breakfast?

## TRADITIONAL ENGLISH BREAKFAST

- FULL BREAKFAST - consists of sausages, eggs, toast, beans, black pudding, sausages, bacon, mushrooms and tomatoes
- Usually served with a cup of coffee and orange juice



**Task 3:** What's a typical British lunch?

## Typical British lunch

- on Sunday: Roast beef with Yorkshire pudding, pot roast pork with apples or roast lamb with green beans with mint sauce  
- family occasion
- during week: sandwich eaten with a bag of crisps

## Task 4: What's a traditional British dinner?

### TRADITIONAL BRITISH DINNER → for example:

#### Pie & Mash

- classic British pie
- mashed potatoes
- served with gravy + vegetables
- = podstawna' uczta
- British dinner is very substantial affair in the UK.
- popular: meat, gravy, stews, hearty soups, vegetables, potatoes

#### Cottage Pie

- beef mince filling in gravy sauce
- topped with mashed potatoes
- sprinkled parmesan
- has to be crusty

## Task 5: What's a typical British dinner like today?

The traditional meal is rarely eaten today (apart from Sundays). A recent survey found that most people in Britain eat curry <sup>and</sup> rice or pasta dishes.

## Task 6: Meal times

## BRITISH MEALS - Task 2

- Main meals :
  1. Breakfast - 7am to 9am
  2. Lunch - 12 ~~am~~ to 1:30 pm
  3. dinner (supper) - 6:30pm to 8:00pm
    - main meal
- Traditionally :
  1. Breakfast - 7am to 9am
  - (on Sundays) <sup>Brunch</sup> 2. Dinner - 12 ~~am~~ to 1:30 pm
    - main meal
  3. Tea - anywhere from 5:30 pm to 6:30 pm