

ENGLISH CUISINE



INTRODUCTION

English cuisine is shaped by the country's temperate climate, its geography, and its history. The latter includes interactions with other European countries, and the importing of ingredients and ideas from places such as North America, China, and India during the time of the British Empire and as a result of post-war immigration. Traditional meals have ancient origins, such as bread and cheese, roasted and stewed meats, meat and game pies, boiled vegetables and broths, and freshwater and saltwater fish. The 14th century English cookbook, the *Forme of Cury*, contains recipes for these, and dates from the royal court of Richard II.



Traditions and holidays

There is no other nation that clings to the past with the tenacity of the British. The British have a sense of the continuity of history. They love to go through their ancient ceremonies as they have always performed them, with the consciousness that they are keeping faith with their ancestors, that they are maintaining the community they have created. The British don't often change their manner of carrying out official acts, and if they ever do, the new method at once becomes a tradition.



Main holidays

1 January	New Year's Day
21 March	Good Friday
24 March	Easter Monday
5 May	May Day Bank Holiday
26 May	Spring Bank Holiday
25 August	Summer Bank Holiday
25 December	Christmas Day
26 December	Boxing Day




New Year's Day

Not all English people celebrate New Year. A lot of people go to the Trafalgar Square to see the New Year tree. They have a New Year party at home. On that day they wish their dearest and nearest a “Happy New Year”. When Big Ben strikes twelve they drink a toast to the New Year.





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Easter Monday

- *The special dishes*
- It's traditional to bake a simnel cake or hot cross buns for Easter.



Roast lamb

- **Roasted spring lamb** is traditionally served at Easter.



Christmas Day

- *The special dishes*
- **Christmas pudding** is a type of pudding is a type of pudding traditionally served on Christmas is a type of pudding traditionally served on Christmas Day (December 25) as part of the Christmas dinner is a type of pudding traditionally served on Christmas Day (December 25) as part of the Christmas dinner. It has its origins in medieval England, and is sometimes known as **plum pudding** or **Christmas Pudding**. The pudding is composed of many dried fruits. Held together by egg and suet, sometimes





Christmas Turkey

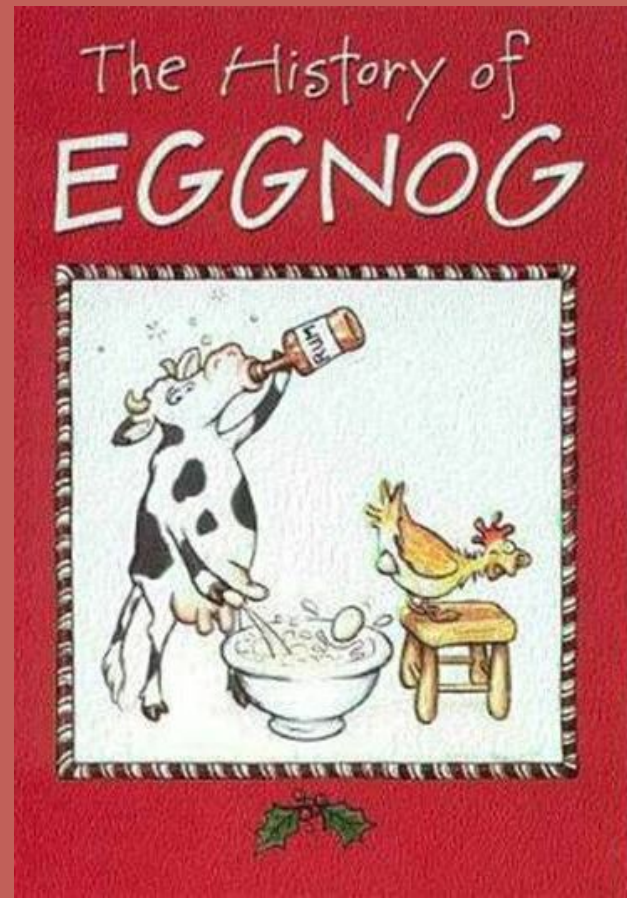
Turkey is the traditional Christmas dinner.



Christmas eggnog

- **Eggnog**, or **egg nog**, is a sweetened, is a sweetened dairy, is a sweetened dairy-based beverage, is a sweetened dairy-based beverage traditionally made with milk, is a sweetened dairy-based beverage traditionally made with milk and/or cream, is a sweetened dairy-based beverage traditionally made with milk and/or cream. **SUGAR** is a





**Thank you for your
attention !**

