



British food has traditionally been based on beef, lamb, pork, chicken and fish; generally served with potatoes and one other vegetable.

The most common foods:

- **fish and chips**
- **pies**
- **trifle**
- **roast dinners**
- **sandwich**

The staple foods of Britain are meat, fish, potatoes, flour, butter and eggs.

The fish (cod, haddock, huss, plaice) is deep fried in flour batter and is eaten with chips. Traditionally, the fish and chips are covered with salt and malt vinegar.

In the north of England, fish and chips is often served with "mushy peas" (mashed processed peas).



PIES are very popular in England, are a baked dish consisting of a filling such as chopped meat or fruit enclosed in or covered with pastry (a mixture of flour and butter).

- **Pork pie**, consists of pork and pork jelly in a hot water crust pastry and is normally eaten cold.
- **Cornish pastie / Cornish pasty**, A type of pie, originating in Cornwall, South West England. It is an oven-cooked pastry case traditionally filled with diced meat - nowadays beef mince (ground beef) or steak - potato, onion and swede.



- **Steak and Kidney pie**, cooked mixture of chopped beef, kidneys, onions, mushrooms and beef stock. This mixture is placed in a pie or casserole dish, covered with a pastry crust and baked until crisp and brown.
- **Stargazy Pie**, Herrings are cooked whole in a pie. with their heads looking skyward and tails in the middle.
- Also there are fruit (sweet) pies as:
 - Apple pie
 - Rhubarb pie,
 - Blackberry pie,
 - A mixture of fruits such as apple and rhubarb or apple and blackberry.



TRIFLE, A pudding is the dessert course of a meal ('pudd' is used informally). In England and the rest of the UK, we also use the words 'dessert, 'sweet' and 'afters'.

Not all our puddings are sweet puddings, some are eaten during the starter or main course like Yorkshire Pudding and Black Pudding.

There are hundreds of variations of sweet puddings in England, but each pudding begins with the same basic ingredients of milk, sugar, eggs, flour and butter and many involve fresh fruit such as raspberries or strawberries, custard, cream, and cakes.



Recipe: Sandwich ladyfingers with strawberry preserves; cut into pieces and arrange on bottom of glass serving dish. Use sherry to moisten, then arrange fruit on top. Make custard following directions on package. Pour over fruit and cake. Allow to cool, then cover and refrigerate overnight. This allows flavors to blend. Whip the heavy cream; use to top trifle. Garnish as desired with slivered almonds. Chill until ready to serve.



Roast Lamb Dinner,

The beloved 'baked dinner' is as popular today as it has been for generations. The only difference is that we cook the lamb a little less than our grandmothers did, so that it remains juicy and pink.

Mediterranean Roasted Lamb,

Just a few fresh ingredients, simply cooked, make a warmly satisfying meal. Eggplants and shallots, whose flavours intensify with roasting, make perfect partners for tender, succulent lamb. Serve with warm, crusty bread.



Roasted Chicken with Garlic Potatoes,

Always an impressive dish, a whole bird (eaten without the skin) provides plenty of protein, little saturated fat, and good amounts of B vitamins and zinc.

Stuffed Roast Pork with Prunes;

Try this tasty roast pork recipe. The pork and prunes combination is given an extra flavour boost with ginger and orange



Roast Turkey with Celery Stuffing and Celery Sauce,

A delicious Roast Turkey recipes that will highlight your Christmas lunch or dinner



To make proper tea sandwiches, the bread must be very thin. If you are slicing the bread yourself, partially freeze the bread first to make slicing easier. You can flatten the bread

further by using a rolling pin. Favorites include thinly peeled and sliced cucumber on lightly buttered white bread, egg sandwiches, and thinly sliced baked ham with watercress and cream cheese. After making the sandwiches, cut the crusts off and cut into triangles, squares, or else rounds (use a round cookie cutter). To serve, place the sandwiches on a iceberg lettuce-lined platter.

□ Sandwiches are also know as a 'butty' or 'sarnie' in some parts of UK.