



YOU ARE WHAT YOU EAT

**FORM PROJECT
STUDENTS'
PRESENTATION**



OUR ESSENTIAL QUESTION

What can national cuisine tell us?

Our unit question:

✓What can they tell us about the history of the country?

Our content questions:

✓What are English speaking countries national dishes?

✓How are they cooked?

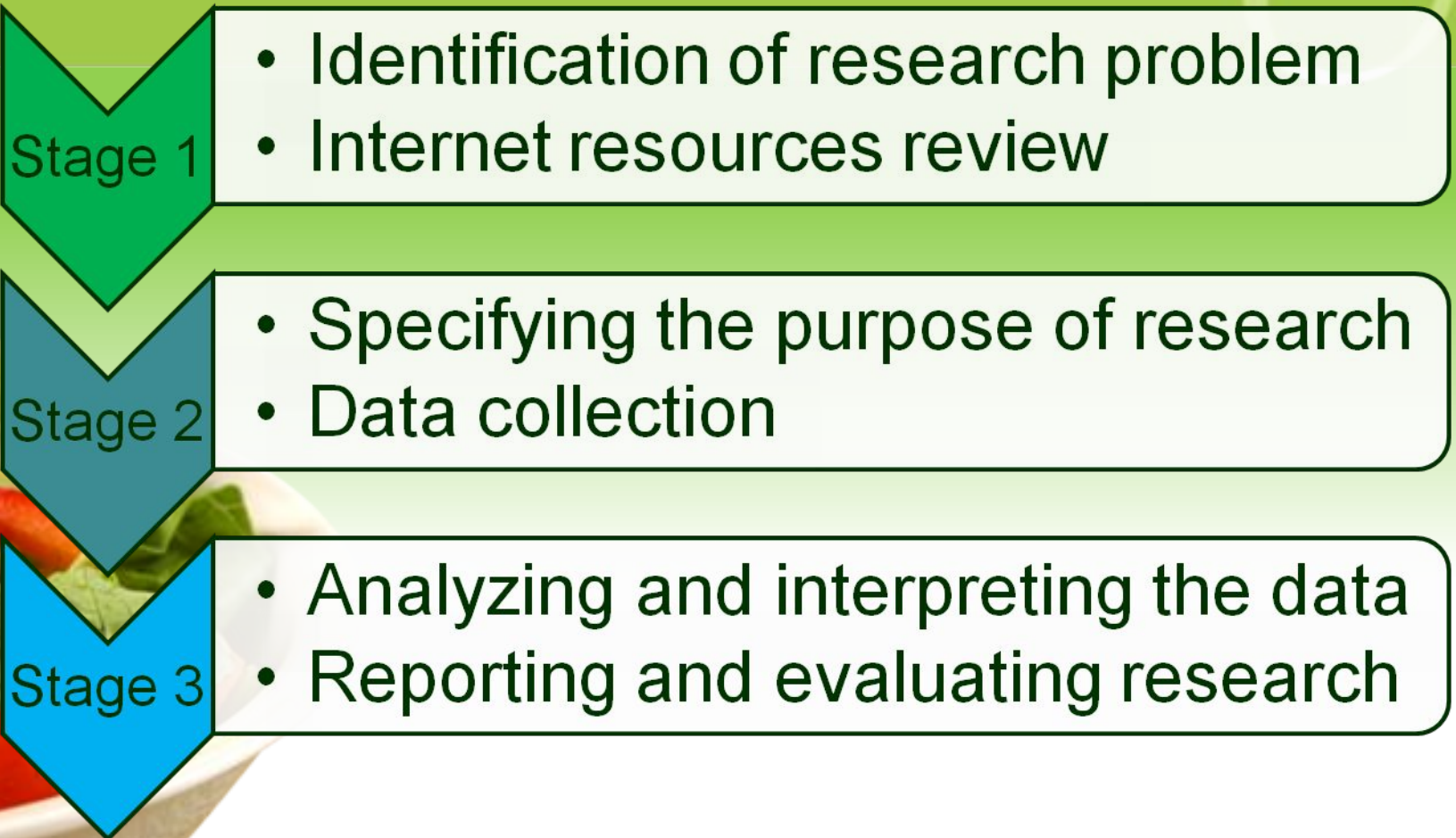
PROJECT GOAL: get and work out information on the topic “National Cuisine”

GROUP TASKS:

- 1)Find the names of the most popular dishes of English speaking countries national cuisines in Wikipedia ;
- 2)Find their recipes;
- 3)Understand why they are so important for English speaking nations;

RESEARCH METHODS: information and data analysis

OUR STEPS IN CONDUCTING RESEARCH



4 MOST POPULAR DISHES WE HAVE FOUND



FISH
AND
CHIPS



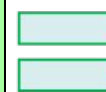
APPLE
PIE



PAVLOVA
DESSERT



ANZAC
BISCUITS



MOST
POPULAR
DISHES

FISH & CHIPS



HOW TO MAKE FISH AND CHIPS

For this recipe, you will need:

- three russet potatoes
- 1 1/2 pounds cod, cut into evenly sized pieces
- oil
- 1 1/2 cups beer
- 1 1/4 cups flour
- 1/4 cup cornstarch
- 1 teaspoon salt
- 1/4 teaspoon cayenne pepper

You will also need a large pot or a wok for frying, a thermometer, and a slotted spoon.



WHAT SHOULD WE DO WITH POTATOES?

Cut the Potatoes

First, we will cut the potatoes into evenly sized fries. Slice off the long edges of the potatoes to form rectangles.

Now, we will cut the potatoes into 1/2-inch slices, then turn them and cut them again. This gives us uniformly-sized fries, which will cook evenly.

Prepare the Potatoes

In a large bowl, mix together the potato slices and 1/4 cup of vegetable oil. Cover with waxed paper and microwave on high for about six minutes until the potatoes become pliable.

Rinse the potatoes, then pat them dry with a paper towel and let them sit for at least 10 minutes.

Fry the Potatoes

Pour about three inches of oil into the pot, and turn the burner up to about medium-high heat. We will let the oil get to 350 degrees.

When the oil is hot enough, we will add the potatoes, about a handful at a time, and let them fry for two minutes. Use a slotted spoon to remove the potatoes from the oil and let them drain on paper towels.

After the potatoes are done, turn up the heat and let the oil get up to 375 degrees.

WHAT SHOULD WE DO WITH FISH?

Coat the Fish in Batter

We will make the batter for the fish by mixing together the beer, flour, cornstarch, and spices. Dip the fish pieces into the batter and let any excess drip off.

Fry the Fish

Then, gently drop the fish into the oil. Fry the fish for about seven to eight minutes until it turns golden brown.

Remove the fish from the oil with a slotted spoon and let it drain on paper towels.

Serve the Fish and Chips

Now we will return the potatoes to the oil and let them fry for another three minutes until they turn golden brown.

You can serve the fish and chips with malt vinegar, which is traditional, or with tartar sauce.

HOW TO MAKE FISH AND CHIPS

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AMERICAN APPLE PIE ... x How To Make America... x Fish and Chips Recipe -... x

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Fish and Chips
with Gretchen Siegchrist



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Fried cod and potatoes complement each other perfectly in this hearty Serve with malt

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FISH & CHIPS IMPORTANT FACTS

- The story of the humble chip goes back to the 17th Century to either Belgium or France, depending who you believe.

- Around the same time, fried fish was introduced into Britain by Jewish refugees from Portugal and Spain.
- The fish was usually sold by street sellers from large trays hung round their necks.
- Charles Dickens refers to an early fish shop or "fried fish warehouse" in Oliver Twist (1839) where the fish generally came with bread or baked potatoes.

- Fish and chips are a national institution - and now chippies across the country are preparing to celebrate the 150th birthday of our most famous fast food.
- They sustained morale through two world wars and helped fuel Britain's industrial prime.

- Winston Churchill called them "the good companions".
- John Lennon smothered his in tomato ketchup.
- Michael Jackson liked them with mushy peas.

AMERICAN APPLE PIE



HOW TO MAKE AMERICAN APPLE PIE



Step 1: You will need:

for the crust:

500 g flour

360 g butter , cut into cubes

2 tsp salt

3 tbsp sugar

150 ml cold water

some extra flour for dusting

for the filling:

6 granny smith apples ,
peeled, cored, and cubed

65 g sugar

65 g brown sugar

$\frac{1}{2}$ tsp cinnamon powder

1 tsp lemon juice

1 tbsp flour

50 g melted butter

1 egg , beaten with 2 Tbsp
cream

1 mixer with the flat beater
attachment

1 spoon

1 knife

1 brush

1 pie pan

1 rolling pin

cling film

HOW TO MAKE AMERICAN APPLE PIE



Step 5: Roll out the dough

Sprinkle a little flour upon your work surface. Take the larger piece of dough and unwrap it. Dust the top with some flour. Roll it out to a large circle about less than half a centimetre in thickness. Move the dough around to help create a circle and to stop the dough sticking to the table. Wrap the dough around the rolling pin. Place it into to pie pan, being careful not to let it tear.

Step 6: Continue the shell

Mould the dough to the shape of the pan using your fingers. Cut off the excess dough that's over hanging leaving half a centimetre above the rim. Pinch the edge of the crust with your fingers to make little ridges. Transfer the shell into the fridge or freezer. Let it chill for at least 15-20 minutes.

Step 7: Make the filling

Into the bowl of apples add the white sugar, brown sugar, cinnamon, lemon juice, flour and the butter. Mix together well.

HOW TO MAKE AMERICAN APPLE PIE



Step 8: Prepare the top

Flour the work surface with flour. Roll out the remaining dough into a rectangle of 1/2 centimetre in thickness. Move it around in the flour to stop it sticking to the table. Then cut the dough into 8 long strips of about 1.5 centimetres wide.

Step 9: Prepare for the oven

Pour the apple filling into the chilled pastry shell. Spread and flatten the apple around the pan with a spoon. Brush the pastry edges with the beaten egg. Place the pastry strips diagonally across the top of the apples. Then weave them together, to create a lattice effect. Cut off the overhanging excess pastry. Press the edges down into the rim. Brush the pastry lattices with a little bit of the egg wash.

Step 10: Bake

Place the pie into the oven. Bake for about 60 minutes. Once brown, remove it from the oven.

Step 11: Serve

Allow the apple pie to cool before serving. Your apple pie is now ready to serve. It goes perfectly with a little vanilla ice cream!

HOW TO MAKE AMERICAN APPLE PIE


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How To Make American Apple Pie



1


to serve 6-8 people

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AMERICAN APPLE PIE IMPORTANT FACTS

- May 13 is National Apple Pie Day .



October is National Apple Month .



Vermont state pie is apple pie.

PAVLOVA DESERT



HOW TO MAKE PAVLOVA DESERT

You will need

- 3 medium egg whites
- 180 g caster sugar
- 1 tsp cornflour
- 1 tsp white wine vinegar
- 420 ml double or whipping cream
- 1 kg seasonal fruit



HOW TO MAKE PAVLOVA DESERT

Step 1: Preheat oven

Before you begin, preheat your oven to 170C.

Step 2: Beat meringue

The meringue is made with 3 eggs whites and 175g sugar. Whisk the egg whites until they're stiff then beat in half the sugar. Continue beating while you add the remaining sugar with 1 teaspoons cornflour and 1 teaspoons white wine vinegar. The meringue should be glossy and stiff.



HOW TO MAKE PAVLOVA DESERT

Step 3: Bake

Take a flat baking sheet and cover with baking parchment. Spread the meringue in a circle approximately 25cm in diameter with a slight dip in the middle. Sprinkle with a little caster sugar and bake in the oven for 30-40 minutes, until the baking paper peels away easily from the base of the meringue. It shouldn't be too coloured, just very slightly golden. When it's done, turn off the oven and open the oven door, letting the meringue cool completely before you remove it.

Step 4: Cream and fruit

Remove the paper and put the meringue on a serving dish. Fill the central hollow with whipped cream and top with plenty of fruit.



HOW TO MAKE PAVLOVA DESERT

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PAVLOVA DESERT IMPORTANT FACTS

- The dish was named for Russian dancer Anna Pavlova, who toured both Australia and New Zealand in 1926, launching a rivalry between the two countries as to who made the first serving of this now iconic dessert.

- No one knows who first created the Pavlova. Anna Matveyevna Pavlova (1881-1931), toured both Australia and New Zealand in 1926 and Australia again in 1929. Pavlova was considered the greatest ballerina of her time and her visit to New Zealand has been described as "the chief event of 1926."
- It was said "She does not dance; she soars as though on wings."

- 1927 - According to Volume III (published in 1982) of the supplement to the Oxford English Dictionary the first published reference to a "Pavlova" was contained in "Davis Dainty Dishes" (sixth edition) published in 1927 by Davis Gelatine New Zealand Ltd.



HOW TO MAKE AMERICAN APPLE PIE



Step 2: Make the crust

Pour the flour into the mixer. Add the salt, the sugar and the butter. Mix on slow, for roughly 2 minutes, only until it becomes the consistency of coarse salt, with some of the pieces of butter still intact. Slowly begin to add in half of the water. Continue adding the water in small amounts, but just until the dough begins to cling together. Remove the dough from the hook and make into a ball. Remove it from the bowl.

Step 3: Refrigerate the dough

Next, cut a third off the dough. Flatten and wrap both pieces of dough in cling film. Now place them in the fridge for a minimum of 30 minutes.

Step 4: Preheat the oven

Set the oven to 180°C (350°F/ gas mark 4).

ANZAC BISCUITS



HOW TO MAKE ANZAC BISCUITS

The recipe for Anzac Biscuits doesn't vary much, the main ingredients have remained the same since the original recipe was created. However, you can make them crunchy or chewy, depending on how you prefer to eat them.

Ingredients

- 1 cup rolled oats
- 1 cup plain / all-purpose flour
- ½ cup desiccated (dry unsweetened shredded) coconut
- 1 cup brown sugar
- 125 g / 4 ½ oz unsalted butter, chopped
- 2 tablespoons golden syrup or treacle
- 1 tablespoon boiling water
- ½ teaspoon bicarbonate of soda / baking soda



HOW TO MAKE ANZAC BISCUITS

1. Preheat the oven to 170°C / 325°F and line two baking trays with baking paper.
2. Place the rolled oats, plain flour, desiccated coconut and sugar into a medium sized bowl and stir until all the ingredients are mixed together.
3. In a small saucepan combine the butter and golden syrup and place over a low heat. Gently melt the butter and golden syrup being careful not to burn.
4. In a small jug add the bicarbonate of soda/baking soda to the boiling water then immediately pour into the melted butter mixture.



HOW TO MAKE ANZAC BISCUITS

5. Add this to the dry mixture gradually stirring until all the ingredients are combined.
6. Take tablespoons of the mixture, roll into balls and place on the prepared baking trays leaving plenty of room for the biscuits to spread.
7. Bake in the oven for 15 - 20 minutes or until golden brown.
8. Remove from the oven and transfer to wire racks to cool completely.



HOW TO MAKE ANZAC BICUITS

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Anzac biscuits Recipe Video

Anzac Biscuits are a delicious traditional dessert made in Australia and New Zealand during the month of April, in time for ANZAC Day. Anzac Biscuits can be prepared by baking method.

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Place the syrup in a saucepan.

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Summary

Difficulty Level: Easy | Health Index: Average

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ANZAC BISCUITS HISTORY



- ✓ The anzac biscuits recipe originated from a recipe that was brought to Australia from Scotland by the early Scottish settlers and were known as Scottish oat cakes.
- ✓ During the First World War the families of the men serving overseas used to send parcels of food to their men. Looking for something that would survive the long journey to the war front, they created a biscuit packed with as much nutritional value as possible. They needed a biscuit that did not require eggs, as eggs were very scarce at the time, and so golden syrup or treacle were used as the binding agent. They proved ideal because they were able to survive the long journey packed in airtight tins. They had to be mailed to the war front and the journey took two months by sea.
- ✓ At first the biscuits were named Soldier's Biscuits. On 25 April 1915 the ANZACs (Australian and New Zealand Army Corps) landed at Gallipoli and so the name was changed to Anzac Biscuits.
- ✓ Each year in Australia and New Zealand, Anzac Day is observed on 25 April to remember past lives lost in war and these biscuits are baked around the country.

A smiling chef with a grey beard, wearing a white chef's hat and a white double-breasted jacket with a blue neckerchief. He is standing against a green background with a faint circular pattern.

OUR RESEARCH CONCLUSION

Traditional dishes
of English speaking countries:

- ✓ can tell us unbelievable facts from their countries history;
- ✓ were made in difficult times for their countries/ by really remarkable people;
- ✓ are really delicious;
- ✓ can be easily cooked at home or lyceum canteen.

FOR MORE INFORMATION USE THE LINK!

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