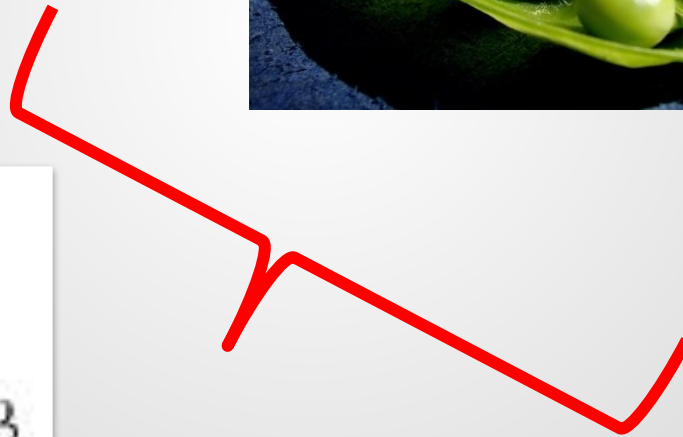




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What exactly is an English breakfast ???



THE STAPLES OF AN ENGLISH BREAKFAST ARE SOME MEAT, SOME EGG, BREAD IN THE FORM OF TOAST, POSSIBLY FRUIT JUICE, AND LOTS OF TEA.

The meat is usually bacon and sausage



black or white pudding





Scotland is the home of porridge

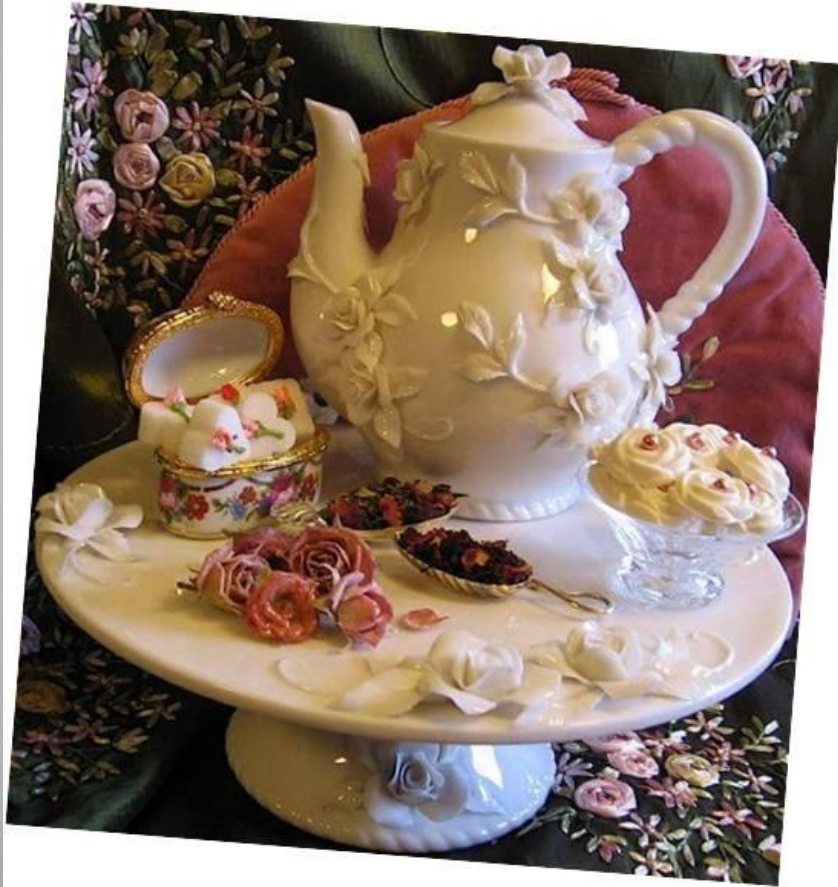


Eggs.....

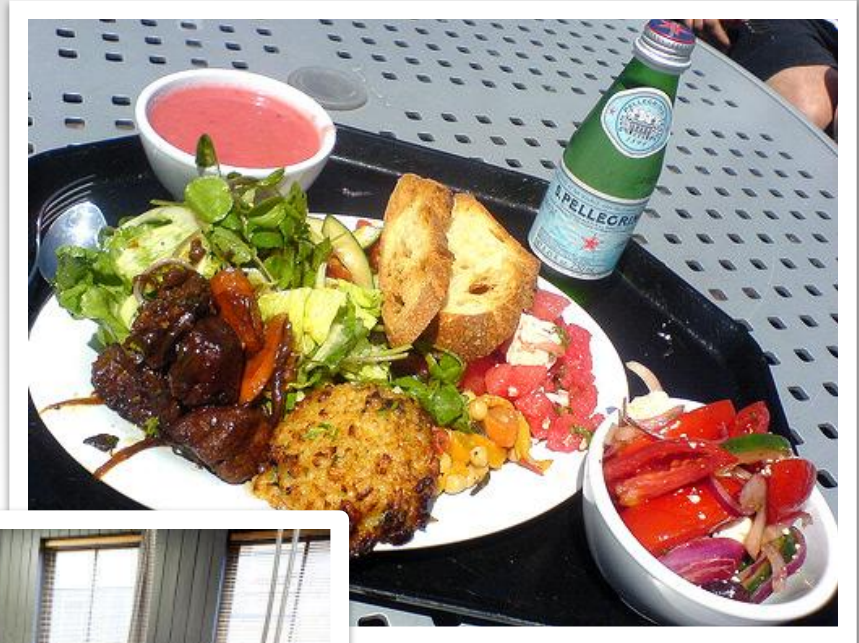
white or brown wholemeal bread...



Many of us English need a cup of tea just to get started in the morning!



Drinks...







An English Afternoon Tea is a very special treat to prepare for your family and friends. This very English tradition is said to have been started around 1840. Tea is usually taken between 3 and 5 o'clock. This tradition is still kept up in all the fine Hotels in Britain and in little Tearooms all around the country. You start with a selection of very thin sandwiches, like thinly sliced cucumber, smoked salmon and egg mayonnaise and mustard cress sandwiches. This is followed by scones with strawberry jam and clotted cream and a selection of cakes. Tea with cold milk or slices of lemon is served with this.



English Afternoon Tea



Dinner is usually the main meal of the day and consists of two courses. The usual time about 7 o' clock. For dinner Englishs usually have meat, fried or baked potatoes with ketchup or sour cream, corn, peas, sometimes macaroni and cheese or spaghetti; ice-cream, fruit or cake may be for dessert.