

# BRITISH CUISINE

Combining language and culture

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gateway  
school of english

## FULL ENGLISH BREAKFAST

Includes bacon, fried, poached or scrambled eggs, fried or grilled tomatoes, fried mushrooms, fried bread or toast with butter, and sausages. Black pudding (Scotland), baked beans, bubble and squeak and hash browns are often also included.

Commonly called a "fry-up".



[Click here for a slightly healthier recipe!](#)

## STEAK & KIDNEY PUDDING



A savoury pudding made by enclosing diced beef steak and lamb's or pig's kidney pieces in gravy in a suet pastry.

The first recipe for steak and kidney pudding to appear in print came from Sussex, in a book by Mrs Beeton published by Ward, Lock and Tyler in 1861

[Click here for a more modern twist to this traditional recipe!](#)

## BANGERS & MASH

Bangers and mash gets its name because sausages used to burst (or bang) while cooking, due to rusk (dried bread) being added to the meat. Mash, meanwhile, refers to the mashed potatoes.

[Click here to learn how to re-make this mouth-watering dish!](#)



## FISH & CHIPS

Consisting of fried battered fish and hot potato chips. It is a common take-away food and an early example of culinary fusion. Fish and chips first appeared in the 1860s; by 1910 there were more than 25,000 fish and chips shops across the UK, and by the 1930s there were over 35,000!



[Click here to see the renowned Gordon Ramsay's take on this dish!](#)

## CORNISH CREAM TEA

An afternoon tea light meal, consisting of tea taken with a combination of scones, clotted cream, and jam. Traditionally a speciality of Devon and Cornwall, cream teas are offered for sale in tea rooms in those two counties, as well as in other parts of England, and elsewhere in the Commonwealth.



[Click here in order to be able to re-make this delicacy!](#)

## PUB FOOD

In the mid-20th century, pubs were drinking establishments with little emphasis on the serving of food, other than "bar snacks", such as pork scratchings, pickled eggs, salted crisps, and peanuts, which helped to increase beer sales. If a pub served meals these were usually basic cold dishes such as a ploughman's lunch, invented in the 1950s. In the 1950s some British pubs started to offer "a pie and a pint", with hot individual steak and ale pies made easily on the premises by the landlord or his wife. In the 1960s this was developed into the then-fashionable "chicken in a basket", a portion of roast chicken with chips, served on a napkin, in a wicker basket, by the Mill pub at Withington.

[Click here to see which are the best hidden British Pubs!](#)

