

# British Cuisine

Cuisine may be affected by many different factors, such as climate, type of soil available for growing plants, or history.

Immigrants and conquerors in the past have brought many new meals, ingredients, spices and cooking methods not previously known in the UK.



## Distinctive features and characteristics of cooking

Main ingredients used, traditional dishes and other factors which distinguish the cuisine from others.

**A** Identify five ingredients characteristic of British cuisine.

### Traditional ingredients:

- 1.
- 2.
- 3.
- 4.
- 5.

Traditional meals and dishes differ depending on the region (see below).



## Equipment and cooking methods

Kitchen utensils, dishes and cooking methods specific to a given cuisine.

### Equipment:

- Open fire for roasting, now replaced with ovens
- Thick ceramic dishes used for stews, soups and sauces
- Tins and moulds for making puddings, pies and tarts

### Cooking methods:

- Stewing, simmering and braising
- Roasting and baking
- Grilling and barbecuing
- Poaching
- Frying



## Eating patterns

The meals during the day vary between countries, both in the time they are eaten at and the meals that are served. This is changing dynamically due to busy lifestyles.

**B** Give examples of three eating patterns characteristic of British cuisine.

- 1.
- 2.
- 3.

## Presentation styles

How the food is served, how it appeals to appetites and tastes of the consumers.

- Presentation is usually simple, some garnish or sauce may be used to make the food more appetising.
- Meat or fish is served accompanied by potatoes, vegetables and gravy
- Puddings are also served with sauces, e.g. custard
- Desserts are served in individual portions rather than in large dishes to share



## Traditional and modern variations of recipes

Traditional recipes can be modified due to busy lifestyles, healthy eating patterns or medical conditions. They help to make the meal faster, easier and cheaper to cook.

- Meats, sausage and bacon can be exchanged for low-fat or low-salt products, or substituted with protein alternatives, such as soy chunks or tofu
- Traditional breakfast is replaced with more healthy, lighter options, such as toast with jam and orange juice or a bowl of cereal
- Instead of frying, people may choose to roast, grill or dry-fry the food to make it healthier and less fatty
- Lard and suet may be exchanged for vegetable oils and spreads
- New ingredients are introduced to meals as importing allows higher variety of foods

**C** List three foods associated with each of the countries of Great Britain.



### England

- 1.
- 2.
- 3.



### Wales

- 1.
- 2.
- 3.



### Northern Ireland

- 1.
- 2.
- 3.



### Scotland

- 1.
- 2.
- 3.

## Traditional Foods in Great Britain

