

Food Culture In Great Britain

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The Influence of foreign invasion on British Food

- Most of the food we eat in Britain has been influenced by foreign invaders, for example:



- Vikings brought us the new idea of cooking fish in different ways.



- Normans brought Cornwall many herbs such as saffron.

- Romans brought us wine and beans, they also made long roads for the ease of trade through the country.



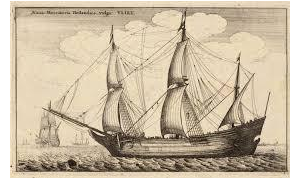
The British Empire and Trade

The British empire had a large influence on the food we eat in Britain today.

When traders came back from their voyages to countries in Asia and Africa, they found the food boring.

This led to food such as Curry, Sushi, Chicken Tikka masala and many other rich and exotic foods being introduced to the UK

The largest influence on British food culture was the exploration and trading in China, leading to the nation's most beloved drink and addiction, Tea.



A Brief History of the Cornish Pasty

In Cornwall the most beloved food is the famous Pasty.

- Cornish Tin mining was the largest source of economy for Cornwall from the 1750s to the 1970s
- Tin miners worked all day in deep mines making it hard for them to eat food.
- Pasties were the perfect solution for carrying whole meals into the mines. They were self containing and insulative.
- At first, Pasties contained savoury fillings in one side and sweet in the other, but now they are meat, potato, swede and herbs wrapped in a layer of golden pastry.



CORNISH PASTY Traditional steak



Crimpers' Kitchen Manual



Min 25% veg
Turnip (*swede*), potato,
onion, salt, pepper



Min 12.5% meat
Diced or minced beef

Pastry
Shortcrust, rough puff
or puff

Glaze
Egg or milk



Shape
Sealed with a side crimp in
the distinctive 'D' shape

Bake
All ingredients must
be uncooked when
assembled and
slow-baked til 'ot



Roast beef

This is the traditional Sunday lunch for most British people around the UK.

It consists of a joint of beef and a selection of vegetables, with roast potatoes, gravy and a Yorkshire pudding.



Yorkshire pudding *

This is a common English side dish consisting of a baked pudding made from batter consisting of eggs, flour, and milk or water.





Stargazy

pie is a Cornish dish made of baked pilchards, along with eggs and potatoes, covered with a pastry crust. the unique feature of stargazy pie is fish heads poking through the crust, so that they appear to be gazing skyward

The Mousehole Cat is a children's book, based on the legend of a cornish fisherman and the stargazy pie, it tells the tale of a cat who goes with its owner on a fishing expedition in rough and stormy seas and as a reward they eat stargazy pie.

Bakewell tart



A Bakewell tart is an English confection consisting of a shortcrust pastry shell beneath layers of jam, frangipane, and a topping of flaked almonds. It is associated with the town of Bakewell in Derbyshire.



Cuppa tea *

TEA WAS BROUGHT BY THE UK
FROM INDIA WHICH WAS AT
THAT TIME PART OF THE EMPIRE

ALTHOUGH IT ORIGINATES FROM
INDIA IT WAS THE BRITISH WHO
INTRODUCED THE IDEA OF
DRINKING IT WITH MILK .



Fish and chips fridays

Eating fish and chips on a friday is a longstanding tradition since the roman catholic belief that meat should not be eaten on a friday and most schools still serve fish and chips on a friday. This is also the best time of the week to get fresh fish because all of the boats that have been out all week fishing finally come in with their fresh catch to sell. Also up until 1960 the pope enforced the rule that said meat could not be eaten on a friday excluding fish.



Pubs

Pubs first appeared in England 2,000 years ago they have been an important part of communities across Britain ever since. They have now since developed to be Inns providing a room for travellers and providing food for families. Even after all of this time they are essential to a good community in most small villages and large cities across England.



Afternoon Tea

Afternoon tea was introduced in England by a Duchess, who would become hungry around four o'clock in the afternoon. The evening meal in her household was served fashionably late at eight o'clock, and so asked that a tray of tea, bread and butter and cake be brought to her room during the late afternoon. This became a habit of hers and she began inviting friends to join her.

This pause for tea became a fashionable social event. During the 1880's upper-class and society women would change into long gowns, gloves and hats for their afternoon tea which was usually served in the drawing room between four and five o'clock.

Traditional afternoon tea consists of a selection of dainty sandwiches, scones served with clotted cream and preserves, and cakes and pastries were served also. Tea grown in India or Ceylon is poured from silver tea pots into delicate bone china cups.



Shrove Tuesday

Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday, which is celebrated by eating pancakes and taking part in pancake races.

A traditional English pancake is very thin and is served immediately. Golden syrup or lemon juice and caster sugar are the usual toppings for pancakes.



In the UK, pancake races form an important part of the Shrove Tuesday celebrations, where large numbers of people, often in fancy dress, to race down streets tossing pancakes. The object of the race is to get to the finishing line first, carrying a frying pan with a cooked pancake in it and flipping the pancake as you run.

TRADITIONAL DRINKS

Though Port is not produced in the UK, historically it is regarded as a thoroughly British drink. We tend to drink it with traditional Christmas food, especially the rich Christmas pudding, Christmas cake, Mince Pies or a cheeseboard.

We typically drink champagne on new year, the sparkling fizziness reflecting the joy and happiness of the festivities.

A British favorite is a glass of Sloe Gin. The gin is made from sloes in the autumn and served on Boxing Day. Sloes are similar to grapes, although they are hard and bitter when you bite into them, tasting much better as a drink.



Christmas dinner

This meal can take place any time from the evening of Christmas Eve to the evening of Christmas Day itself. The meals are often particularly rich and substantial and form a significant part of gatherings held to celebrate the arrival of Christmastide. In many cases, there is a ritual element to the meal related to the religious celebration, such as the praying of grace.

The main course of Christmas dinner generally consists of:

- Turkey
- Roast potatoes
- Stuffing
- Pigs in blankets
- Yorkshire pudding
- Brussel sprouts
- Gravy & Cranberry sauce

Dessert is typically a christmas pudding or chocolate log.



Modern day impacts on food in Britain

- Sustainability, Climate change, and pressure to keep fit through social media have all had a part to play in food choices of modern day society in the UK.
- One of the main diets in the UK people resort to is Veganism
- Veganism is the most rapidly increasing diet in the UK with 600,000 out of people participating in the trend
- A new challenge called vegan-january (Veganuary) has started where as many people as possible around the UK try to sustain a vegan diet for the entire month.
- The UK has the largest interest of Veganism in the world

People give a variety of reasons for eating less meat

% of respondents citing each reason (more than one could be given)

■ People interested in cutting down meat consumption ■ Non-meat eaters

