

- Food is an important part of any culture. Traditional cuisine is passed down from one generation to the next. It also operates as an expression of cultural identity.
- National cuisine is not only a means of satisfying a person's vital need for nutrition, it is an important form of social communication, a traditional value, expressing symbolic meaning.
- National food reflects the way of life and morals of the people inhabiting certain regions.
- Almost every dish has a story.
- Food shows our values & way of life.

‘... our relationship with the food we eat is more or less a loveless marriage. It is more like a sort of uneasy, uncommitted cohabitation. It is ambivalent, often discordant, and highly fickle. There are moments of affection, and even of passion, but on the whole it is fair to say that we do not have the deep-seated, enduring, inborn love of food’.

## British cuisine

- 'On the Continent people have good food; in England they have good table manners.' (1949, George Mikes, a Hungarian-born British journalist, humourist and writer)
- British cuisine absorbed the cultural influences of its post-colonial territories – in particular those of **South Asia**.
- British cuisine has many regional varieties within the broader categories of English, Scottish and Welsh cuisine and Northern Irish cuisine, and each has developed its own regional or local dishes.

## CULINARY CLASS CODES

‘When a woman asks for back I call her “madam”; when she asks for streaky I call her “dear”.

## Foods that come with invisible labels warning of lower-class associations include:

- **prawn cocktail** (the prawns are fine, but the pink 'cocktail' sauce is lower-middle class - and, incidentally, it does not suddenly become any 'posher' if you call it 'Marie-Rose' sauce)
- **egg and chips** (both ingredients are relatively classless on their own, but working class if eaten together) **pasta salad** (nothing wrong with pasta per se, but it's 'common' if you serve it cold and mixed with mayonnaise)
- **rice salad** (lower class in any shape or form, but particularly with sweetcorn in it)
- **tinned fruit** (in syrup it's working class, in fruit juice it's still only about lower-middle)

- sliced hard-boiled eggs and/or sliced tomato in a green salad (whole cherry tomatoes are just about OK, but the class-anxious would be advised generally to keep tomatoes, eggs and lettuce away from each other)
- tinned fish (all right as an ingredient in something else, such as fishcakes, but very working class if served on its own)
- chip butties (a mainly northern tradition; even if you call it a chip sandwich rather than a butty, it is about as working-class as food can get).

## Dinner/Tea/Supper Rules

- If you call it 'tea', and eat it at around half past six, you are almost certainly working class or of working-class origin. (If you have a tendency to personalize the meal, calling it 'my tea', 'our/us tea' and 'your tea' – as in 'I must be going home for my tea', 'What's for us tea, love?' or 'Come back to mine for your tea' – you are probably northern working class.) If you call the evening meal 'dinner', and eat it at around seven o'clock, you are probably lower-middle or middle-middle.
- If you normally only use the term 'dinner' for rather more formal evening meals, and call your informal, family evening meal 'supper' (pronounced 'suppah'), you are probably upper-middle or upper class.
- To everyone but the working classes, 'tea' is a light meal taken at around four o'clock in the afternoon, and consists of tea (the drink) with cakes, scones, jam, biscuits and perhaps little sandwiches – traditionally including cucumber sandwiches – with the crusts cut off. The working classes call this 'afternoon tea', to distinguish it from the evening 'tea' that the rest call supper or dinner.

## Anglo-Indian cuisine

- Some Anglo-Indian dishes derive from traditional British cuisine, such as roast beef, modified by the addition of Indian-style spices, such as cloves and red chillies.
- Fish and meat are often cooked in curry form with Indian vegetables.
- Anglo-Indian food often involves use of coconut, yogurt, and almonds.
- Roasts and curries, rice dishes, and breads all have a distinctive flavour.



# Major Grey's Chutney

**Chutney** is a cooked and sweetened but not highly spiced preparation of fruit, nuts or vegetables (a kind of a sauce). **MGC** has mango, raisins, vinegar, lime juice, onion, tamarind extract (occasionally), sweetening, and spices.

## Ingredients

- 2 ¼ lb. mangoes, peeled and finely chopped
- 1 cup sugar
- 1 cup packed light brown sugar
- 1 cup apple cider vinegar
- 1 cup raisins
- ½ cup finely chopped ginger
- 3 tbsp. fresh lemon juice
- 2 tsp. chile powder
- 1 tsp. freshly grated nutmeg
- 1 tsp. kosher salt
- ½ tsp. ground cloves
- ½ tsp. ground black pepper
- 2 cloves garlic, minced
- 1 large yellow onion, finely chopped
- 1 stick cinnamon



# Dishpash

A one-pot hotchpotch cooked with fragrant rice, chicken, veggies and some spices.



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## INGREDIENTS

- Basmati Rice: 250g
- Chicken: 500g (curry-cut with bone)
- Potato: 3
- Onion: 4
- Garlic: 10 clove
- Ginger: 2"
- Milk: 300ml
- Butter: 2 Tbsp.
- Salt: to Taste
- Lemon Juice: 2 Tbsp.

## Whole Spices:

- Cinnamon Stick: 2"
- Black Peppercorn: 20-25
- Black Cardamom: 2
- Clove: 10

## Scottish cuisine

- Scotland's natural larder of game, dairy products, fish, fruit, and vegetables is the chief factor in traditional Scottish cooking, with a high reliance on simplicity and minimal seasoning, without the rare and historically expensive spices found abroad.
- The mobile nature of Scots society in the past required food that should not spoil quickly.
- Food thrift was evident from the earliest times - as the result, all parts of an animal were used.
- Scottish food has long come under criticism for being fatty, beige and lacking in nutrition, with naughty-but-nice staples such as haggis, tablet and deep-fried Mars Bars giving it a bad reputation.

# Haggis

- It is a savoury pudding containing sheep's pluck (heart, liver, and lungs), minced with onion, oatmeal, suet (the raw, hard fat of beef or mutton found around the loins and kidneys), spices, and salt, mixed with stock (bone broth), and cooked while traditionally encased in the animal's stomach.
- Haggis is traditionally served with "neeps and tatties" (rutabaga and potatoes), boiled and mashed separately.
- The first known written recipes for a dish of the name are as "hagese", in the verse cookbook *Liber Cure Cocorum* dating from around 1430.



# Cullen skink

- It's a thick Scottish soup made of smoked haddock, potatoes and onions. An authentic Cullen skink will use finnan haddie (cold-smoked haddock), but it may be prepared with any other undyed smoked haddock.
- Local recipes for Cullen skink have several slight variations, such as the use of milk instead of water or the addition of single cream. Other variations include mashing the potatoes to make the soup thicker. Cullen skink was traditionally served with bread.



# Cloutie dumpling

It's a traditional pudding made with flour, breadcrumbs, dried fruit (sultanas and currants), suet, sugar and spice with some milk to bind it, and sometimes golden syrup. Ingredients are mixed well into a dough, then wrapped up in a floured cloth, placed in a large pan of boiling water and simmered for a couple of hours before being lifted out and dried near the fire or in an oven.



# Cranachan

- The dessert of cream and fresh seasonal raspberries is bolstered by Scottish oats and whisky. It has been called 'the uncontested king of Scottish dessert'.
- Cranachan owes its origins to crowdie, a popular breakfast in which crowdie cheese is combined with lightly toasted oatmeal, cream, and local honey. Raspberries, when in season, might be added to the breakfast.



# Deep-fried Mars bar

- It is an ordinary Mars bar normally fried in a type of batter commonly used for deep-frying fish, sausages, and other battered products.
- The deep-fried Mars bar has become a worldwide symbol of all that is wrong with the high-fat, high-sugar Scottish diet.





# Tablet

It is a medium-hard, sugary confection from Scotland. Tablet is usually made from sugar, condensed milk, and butter, which is boiled to a soft-ball stage and allowed to crystallise. It is often flavoured with vanilla or whisky, and sometimes has nut pieces in it.



## Welsh cuisine

- Welsh cuisine has influenced, and been influenced by, other British cuisine. Although both beef and dairy cattle are raised widely, especially in Carmarthenshire and Pembrokeshire, Wales is best known for its sheep, and thus lamb is the meat traditionally associated with Welsh cooking.

- Vegetables, beyond cabbages and leeks, were historically rare and the leek became a significant component of many dishes. It has been a national symbol of Wales for at least 400 years and Shakespeare refers to the Welsh custom of wearing a leek in 'Henry V'.

# Cawl

- It's a traditional Welsh soup, the most common recipes are with lamb or beef with leeks, potatoes, swedes, carrots and other seasonal vegetables. Cawl is recognised as a national dish of Wales.
- Cawl was traditionally eaten during the winter months in the south-west of Wales. Its recipes date back to the fourteenth century.
- The dish was traditionally cooked in an iron pot or cauldron over the fire and eaten with wooden spoons.



# Bara brith

Sometimes known as "speckled bread" (the literal translation of the original Welsh-language name), Bara brith is a yeast bread either enriched with dried fruit or made with self-raising flour (no yeast). It is traditionally flavoured with tea, dried fruits and mixed spices, and is served sliced and buttered at tea time.



## Northern Irish cuisine

- The cuisine of Northern Ireland is largely similar to that of the rest of the island of Ireland.
- Northern Ireland's culinary heritage has its roots in the staple diet of generations of farming families; bread and potatoes. Historically, limited availability of ingredients and low levels of immigration resulted in restricted variety and relative isolation from wider international culinary influences.

# Ulster fry

- The best known traditional dish in Northern Ireland. An Ulster fry, although not originally particularly associated with breakfast time, has in recent decades been marketed as Northern Ireland's version of a cooked breakfast. It is distinguishable from a full breakfast by its griddle breads – soda bread and potato bread, fried (or occasionally grilled) until crisp and golden. Sometimes also includes small pancakes. Bacon, sausages, an egg, and (as a modern development) tomato and sometimes mushrooms complete the dish. It is usually served with tea and toast.



# Champ

It is made by combining mashed potatoes and chopped scallions with butter, milk and optionally, salt and pepper. As recently as the mid-20th century it was sometimes made with stinging nettle rather than scallions but this is rarely seen now. It is simple and inexpensive to produce. In some areas the dish is also called «poundie».



## English cuisine

- English cuisine encompasses the cooking styles, traditions and recipes associated with England. It has distinctive attributes of its own, but also shares much with wider British cuisine, partly through the importation of ingredients and ideas from the Americas, China, and India during the time of the British Empire and as a result of post-war immigration.
- England continues to absorb culinary ideas from all over the world.



# Eton mess

It is a traditional English dessert consisting of a mixture of strawberries, meringue, and whipped cream. First mentioned in print in 1893, it is commonly believed to originate from Eton College and is served at the annual cricket match against the pupils of Harrow School.

- It was originally made with either strawberries or bananas mixed with ice-cream or cream. Meringue was a later addition. An Eton mess can be made with many other types of summer fruit, but strawberries are regarded as more traditional.



# Bedfordshire clanger

- It is a suet crust dumpling with a savoury filling one end, sweet filling the other. The savoury filling is usually meat with diced potatoes and vegetables. The sweet filling can be jam, cooked apple or other fruit.
- Historically, the clanger was made by women for their husbands to take to their agricultural work as a midday meal: it has been suggested that the crust was not originally intended for consumption but to protect the fillings from the soiled hands of the workers.



# Stargazy pie

- Stargazy pie (sometimes called starrey gazey pie, stargazey pie and other variants) is a Cornish dish made of baked pilchards (or sardines), along with eggs and potatoes, covered with a pastry crust.
- Although there are a few variations with different fish being used, the unique feature of stargazy pie is fish heads (and sometimes tails) protruding through the crust, so that they appear to be gazing skyward.



# Food idioms

- bring home the bacon
- butter someone up
- use your noodle
- one smart cookie
  - gravy train
  - full of beans
- As sour as vinegar
- That's the way the cookie crumbles
  - For peanuts
  - Finger in the pie



# Food Adjectives



- Acid
- Acidic
- Ample
- Appealing
- Appetizing
- Aromatic
- Astringent
- Aromatic
- Baked
- Balsamic
- Beautiful
- Bite-size
- Bitter
- Bland
- Blazed
- Blended
- Blunt
- Boiled
- Briny

- Boiled
- Briny
- Brown
- Burnt
- Buttered
- Caked
- Calorie
- Candied
- Caramelized
- Caustic
- Center cut
- Cheesy
- Chocolate
- Cholesterol free
- Chunked
- Classic
- Classy
- Cold
- Cool

- Crafted
- Creamed
- Creamy
- Crisp
- Crunchy
- Cured
- Cutting
- Dazzling
- Deep-fried
- Delectable
- Delicious
- Delight
- Distinctive
- Doughy
- Dressed
- Dripping
- Drizzle
- Dry
- Dull

- Edible
- Elastic
- Ethnic
- Extraordinary
- Famous
- Fantastic
- Fetid
- Fiery
- Filet
- Fizzy
- Flaky
- Flat
- Flavored
- Flavorful
- Fleshy
- Fluffy
- Fragile
- Free
- Fresh

- Fried
- Frozen
- Fruity
- Furry
- Famy
- Garlic
- Generous
- Gingery
- Glazed
- Golden
- Gorgeous
- Gourmet
- Greasy
- Grilled
- Gritty
- Harsh
- Heady
- Honey
- Hot

- Icy
- Infused
- Insipid
- Intense
- Juicy
- Jumbo
- Kosher
- Large
- Lavish
- Lean
- Leathery
- Lite
- Lively
- Low
- Low-fat
- Luscious



# CULINARY VERBS



cut  
mince  
dice  
slice  
chop  
julienne  
pound  
dredge

peel  
scrape  
shave  
shred  
tear  
trim

beat  
whisk  
whip  
fluff  
aerate  
toss

stir  
scramble  
mix  
blend  
fold

crush  
pulverize  
pound  
whack  
crack  
grind  
mash  
skin  
slash

squeeze  
pat  
peel

pop  
puree  
squash

strain  
sieve  
filter  
sift  
separate  
skim

drizzle  
dust  
sprinkle  
spritz

top  
glaze  
ice  
garnish  
bedeck  
coat  
baste  
slather  
nap  
cover  
veil  
enrobe  
encase  
enclose  
enfold

submerge  
dunk  
soak  
saturate  
macerate  
marinate

braise  
sear  
sizzle  
broil  
simmer  
saute  
poach  
fry  
bake  
boil  
blanch  
scald  
roast  
toast  
singe  
scorch  
char  
burn  
blacken  
caramelize

dish up  
present  
plate  
serve  
offer  
dole out

When you're trying to stay healthy but  
your demons still haunt you

