



British and International Cuisines

A **cuisine** is a style of cooking that is **representative** of a **particular country** or **region**. Different cuisines may have different **ingredients**, **serving styles** and **preparation techniques**.



Each Part of the UK Has Its Own Dishes

- 1) The United Kingdom has four countries — **England**, **Wales**, **Scotland** and **Northern Ireland**. Great Britain just consists of England, Wales and Scotland. Not a lot of people know that.
- 2) Traditional cooking techniques involve **stewing**, **roasting**, **baking**, **grilling**, **boiling** and **frying**.
- 3) Meals are eaten **three** times a day — breakfast, lunch and dinner (or breakfast, dinner 'n' tea if yer from up North like us).
- 4) Main courses usually pair **meat** or **fish** with potatoes and other vegetables and are often served with a **sauce**, e.g. roast beef with gravy.
- 5) Here are some traditional **ingredients** and **dishes** from across the UK:

Meat and fish: Beef, lamb, pork, haddock, eel, shellfish (e.g. crab, mussels, oysters).
Vegetables: Potato, carrot, parsnips, cabbage, leek, onion, green beans, cauliflower.
Dairy and eggs: Milk, cream, butter, cheese, chicken eggs.
Fruit: Apples, pears, strawberries, blackberries, gooseberries, rhubarb, blackcurrants.

England

- **Cumberland sausage** — a coiled sausage flavoured with pepper and herbs.
- **Cottage pie** — beef mince, gravy and vegetables topped with grilled, mashed potato.
- **Cornish pasty** — pastry containing beef, potato, onion and swede.
- **Potted shrimps** — shrimps in melted butter.
- **Bread and butter pudding** — buttered bread soaked in milk, eggs, sugar and spices.

Northern Ireland

- **Crubeens** — boiled pigs' feet, which are battered and fried.
- **Soda bread** — bread made with bicarbonate of soda and buttermilk instead of yeast.
- **Potato farl** (Irish potato cakes) — a savoury Irish potato pancake.
- **Ulster fry** — a fried breakfast with soda bread, potato farls, bacon, sausage, egg and tomato.

Wales

- **Welsh rarebit** — toasted bread with a cheese sauce, often containing mustard, beer or wine.
- **Bara brith** — cake with dried fruit and spices.
- **Laverbread** — slow cooked seaweed paste.
- **Glamorgan sausage** — a vegetarian sausage made with cheese and leeks, and coated in breadcrumbs.
- **Welsh cakes** — small, round flat cakes with raisins baked on a griddle.

Scotland

- **Scotch broth** — soup made with red meat, root vegetables, barley and dried pulses.
- **Neeps and tatties** — swede and potatoes cooked in oil and mashed.
- **Haggis** — lamb (and sometimes beef), suet, onion, oatmeal, seasoning and spices.
- **Shortbread** — a buttery and crumbly biscuit made with butter, flour and sugar.



India



- Cuisine is influenced by the climate (tropical) the physical geography and by religion. Buddhism, Hinduism, Sikhism, Christianity, Jainism and the Muslim faith all have foods that are forbidden along with a range of celebrations and periods of fasting.

- Some areas are vegetarian

Spain



In Spanish Cuisine Lunch is the Largest Meal of the Day

- 1) In Spain three main meals are eaten throughout the day. Smaller eats may occur between main meals.
- 2) Typical cooking methods in Spain are stewing, charcoal grilling, plate grilling and cooking in a sauce.
- 3) **Breakfasts** are **small** and **light**, and are eaten first thing in the morning. People often break for a larger **snack** at around 10 am.
- 4) The **largest** meal of the day is **lunch** (2-4 pm), which often consists of 3 courses — a **starter**, **main**, and **dessert** and/or coffee. **Dinner** is a **lighter meal** eaten around 9-11 pm.
- 5) The Spanish lunch **usually** has three courses, but can have up to six: Appetiser, first course, fish dish, meat dish, dessert and coffee.
- 6) Typical **ingredients** and **dishes** in Spanish cuisine are:

Meats: Pork, chicken and seafood.
Herbs and spices: Peppers, nutmeg, paprika, cumin and coriander.
Fruit and Veg: Peppers, olives, garlic, tomatoes, oranges, lemons.
Other: Almonds, olive oil, beans, wine (often served with meals).



A collection of small dishes, giving a small taster of different dishes in Greece is called a meze, in Spain is called Tapas and in India is called a Thali.

