

## **Diet Peculiarities in England**

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National English cuisine is not particularly sophisticated. Experts in the field of gastronomy find it quite boring and typical: traditional beef steak, raw vegetables and pudding for dessert.

Englishmen begin their day with a morning tea or orange juice. Fried eggs with bacon, porridge and toast with orange jam are usually served for the first breakfast. Others prefer herring or sausages better than fried eggs.

Lunch menu includes mostly hot-pot (always with fried potatoes and green vegetables), dessert, pudding, rice with milk, sometimes cottage cheese that is eaten not only with bread but also with special biscuits and butter.

The British consume a lot of meat (except fat pork). Dishes with chopped meat are very popular. Meat is served with various sauces, marinades, frequently tomato sauce and pickles. Mint sauce, which is a blend of mint leaves, water, sugar and vinegar, is very common. Fish (cod, smoked herring) possesses an important place in the British diet. Only vegetables and potatoes are served for garnish. Vegetables assortment is very limited. The most common are turnips, cabbage, onions, carrots, green salad, potatoes, herbs (dill, parsley, celery, etc.). Capers are frequently consumed too.

Snacks are quite diverse, especially a lot of fish gastronomy. The British prefer various sandwiches and canapés. Broth and cream soup are the most popular for the first course, but they do not refuse from beetroot and cabbage soup, pickle soup, or vegetable soup). Eggs dishes are traditional. Englishmen prefer soft-boiled eggs, omelette with cheese, ham, bacon, or scrambled eggs. Bread is consumed in small quantities. Fresh fruit, fruit and berry puree with cream, and ice cream are widespread for dessert. Apples are the most common fruit. Apple pie is a national dish. Grapes, lemons, oranges, plums, figs, almonds and other nuts are used to bake cakes. Compote of dried fruit with cream is regular too.

Tea is the most popular drink in England. The English drink tea seven times a day. They consume mainly black tea using porcelain and crockery ware. Tea is brewed in small teapots and drunk with high cups. Excellent English tea with milk is always offered in any English cafe. Cakes with candied fruit, almonds or other nuts, crackers, spicy bread or thinly sliced bread with oil are served with tea.

### **References**

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