

Great British dishes

Food is always a good talking point in any conversation. So today, let's talk about some great British food dishes. Britain has some fabulous mouth watering choices. So what are they? Well, let's start with one of the most popular – freshly bought fish and chips from the fish and chip shop. In England, cod is the favourite fish in the south; haddock in the north. The chips are sprinkled with salt and vinegar. Northerners like mushy peas with theirs. Another British dish is Steak and Kidney Pudding or Pie. The former is made with suet, the latter with pastry. Both are filled with succulent cut-up pieces of British beef and ox kidney. They are delicious with potatoes and English vegetables and some Lea & Perrin's Worcestershire sauce. A similar traditional pub meal is pie and mash. These days pie is made with beef. More than 50 years ago however, Londoners from the East End made this pie with jellied eels, as eels were then cheaper than beef.

Another great British dish is Bangers & Mash, commonly known as sausage and mash. Cumberland sausages are a favourite choice for this dish. The mash should be buttered with some pepper, served with a couple of meaty bangers and doused with onion gravy. The term banger was actually coined during World War II when, due to food shortages, they contained so much water they sometimes exploded when cooking. Bangers & Mash with baked beans is another highly popular dish. One shouldn't forget to mention the Great British Breakfast. A typical breakfast includes; bacon, eggs, sausages, mushrooms, tomatoes, baked beans and fried bread. Sometimes black pudding is also served as part of a British breakfast. Black pudding, made from pig's blood, stems from the Northwest of England, particularly Greater Manchester. In Western-Super-Mare, a British seaside resort, black cooked seaweed is also on your breakfast plate. It is delicious! The great British breakfast is best washed down with a hot mug of tea with milk!

Sheppard's Pie is another classic pub favourite. It is made with minced lamb, carrot and some onion, with a layer of mashed potato. The dish actually originated from using left over roasted lamb. This dish should not be confused with Cottage Pie, which is made with minced beef, carrots, peas and tomatoes together with a layer of mashed potatoes. I mustn't

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Level: Intermediate / Upper intermediate

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forget to mention Hotpot! This Lancastrian delight is made with lamb, sliced potatoes, and onions. It is served with red cabbage or baby carrots. Wonderful! A classic dish is beef stew and dumplings. The meal is prepared using suet, beef, onions, carrots and leeks. Parsnips, swedes and sliced cabbage can also be added. Again, a sprinkling of some Worcestershire sauce on top does the trick!

Roast Beef and Yorkshire Pudding is one of Britain's most popular dishes. Other choices include roast lamb, pork and chicken. Having a Sunday lunch in a British pub is an experience worth savouring. A British favourite is Yorkshire pudding. It is served with most Sunday roasts. In Yorkshire it is served with gravy as a starter dish with the meat and vegetables to follow. Another classic British dish is Toad in the Hole. This is made with batter and sausages that are cooked together in a glass dish in an oven. At Christmas most dinner tables will have a roast turkey with all the trimmings with it. Roast goose or duck also make it on to some tables.

What should be done with the leftover vegetables of a Sunday roast meal? Make them into Bubble and Squeak; mashed potatoes mixed with vegetables. It makes a delicious quick meal alongside the cold leftovers of the Sunday roast the next day. Incidentally, the vegetables were originally boiled in water, hence bubbles and then fried which makes them squeak! Other classic English dishes include Cornish pasties. Made with meat and potato the D-shaped pastry dish originates from Cornwall. It is a cheap pub dish normally served with baked beans. For centuries it was the staple diet of working men in Cornwall. It was actually popular with tin miners who used the crimped edge to hold and discard due to the high levels of arsenic in the mines back then.

Another classic British pub favourite is the Ploughman's Lunch. It consists of a chunk of Cheddar cheese or a spread of different English regional cheeses together with pickled onion, pickle, or a serving of piccalilli from the jar, or some chutney, and a huge chunk of white bread. It is sometimes served with gherkins and beetroot. Cherry tomatoes and celery can be added. Brits also like to eat Melton Mowbray Pork Pies. In 2008, this legendary British dish managed to get protected geographical status, which means that only those producers who make the pie in the vicinity of Melton Mowbray can use its name. Made with chopped pork and pork jelly it is encased with a delicious shaped crust pastry. Its hand shaped crust gives it its special shape. Bon appétit! **Note:** There are many more British dishes – this is just a taste!

EXERCISES

1. Geography: Great Britain: Where is Great Britain? What countries make up Great Britain? Draw a map on the board then look on Google maps.

2. Great British dishes: What do you think are the top three British food dishes? Name three other British dishes. Go round the room swapping details.

3. Dictation: The teacher will read four to six lines of the article slowly and clearly. Students will write down what they hear. The teacher will repeat the passage slowly again. Self correct your work from page two - filling in spaces and correcting mistakes. Be honest with yourself on the number of errors. Advise the teacher of your total number of errors. Less than five is very good. Ten is acceptable. Any more is room for improvement! More than twenty - you need to do some work!

4. Reading: The students should now read the article aloud, swapping readers every paragraph.

5. Vocabulary: Students now look through the article and underline any vocabulary they do not know. Look in dictionaries. Discuss and help each other out. The teacher will go through and explain any unknown words or phrases.

6. The article: Students look through the article with the teacher.

- a) What is the article about?
- b) What do you think about the article?
- c) Would you like to try more British food dishes? If yes, which?

7. Let's think! Food: Think of five different great British food dishes. Add five different favourite food dishes from your country. Write them below. Explain to your partner why you chose these? Compare dishes. Which do you prefer and why? Which dishes might you like to try?

Five great British dishes	Five favourite dishes from your country
1	1
2	2
3	3
4	4
5	5

The teacher will choose some pairs to discuss their findings in front of the class.

8. Let's talk! In pairs. Imagine you are in a restaurant. Over a meal discuss Great British dishes. Which are your favourite dishes? What British food don't you like? What dishes would you like to try? Where is a good *restaurant/pub/cafe* to try them? Try to make it light hearted. *5-minutes*.

9. Let's debate: In pairs. Students A think British food is fantastic. Students B think otherwise. Explain why.

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10. Let's do 'The Article Quiz': Have the students quiz each other in pairs. They score a point for each correct answer and half a point each time they have to look at the article for help. See who can get the highest score!

Student A

- 1) What happened in 2008?
- 2) What did East Londoner's eat 50 years ago?
- 3) Name three great British pies.
- 4) What is a great British breakfast?
- 5) What is Hotpot?

Student B

- 1) Why do we call sausages 'bangers'?
- 2) What is the difference between Sheppard's Pie and Cottage Pie?
- 3) What is Bubble and Squeak?
- 4) Where do Cornish Pasties come from?
- 5) What is a typical Christmas dinner?

11. **Presentation:** In pairs, groups or individually: Prepare in class or at home a 2 minute presentation on **Great British food**. Stand at the front of the class to give your presentation to the class. The class can vote on the best presentation. Class – After the presentations go through the strong and weak points on each presentation. Learn from the results.

12. **Let's talk! At a restaurant:** *In pairs/groups.* Imagine you are at a restaurant. You are at a table. One of you is about to order a meal. You need a menu. The other person can be the *waitress/waiter*. If there is a third person they can be also choose from the menu. Order some drinks then order a meal. Try to add some fun into the situation. For example, there is a fly in my soup! What will be done about it! *5-10 minutes.*

13. **Let's write an e-mail:** Write and send a 200 word e-mail to your teacher about **Great British dishes**. Your e-mail can be read out in class.

14. **Sentence starters:** Finish these sentence starters. Correct your mistakes. Compare what other people have written.

- a) My favourite food is _____
- b) British pub food _____
- c) An English breakfast _____

15. **Quickfire!** In a group in a circle. A quickfire session. The teacher asks the class, **"I love food because..."**

DISCUSSION

STUDENT A's QUESTIONS

- 1) Did the headline make you want to read the article?
- 2) What are your three favourite British dishes?
- 3) What British dishes don't you like?
- 4) Have you tried an English breakfast? If yes, how was it?
- 5) Have you ever tried a Hotpot?
- 6) Have you ever tried a traditional Sunday roast dinner? If yes, which?
- 7) Have you ever eaten Toad in the Hole?
- 8) What do you think of Cornish Pasties?
- 9) Do you like eating kidney? Why? Why not?
- 10) What do you eat with sausages?

STUDENT B's QUESTIONS

- 1) What do you think about what you read?
- 2) Have you ever made Bubble and Squeak?
- 3) Have you ever tried a traditional British Christmas dinner of Roast Turkey with all the trimmings?
- 4) Have you ever tried Worcestershire sauce?
- 5) Have you ever eaten cooked seaweed?
- 6) What is the most unusual food you have ever eaten?
- 7) What do you like to eat in a pub?
- 8) Have you ever tried a Ploughman's? If no, would you like to?
- 9) Would you like to try eating jellied eels and mash? Why? Why not?
- 10) Did you like this discussion?

SPEAKING

Let's play a game! Great British dishes

Allow 10 minutes – As a class / small groups / pairs / 1 to 1

Form a circle or go round the room in a clockwise direction.

"I went to a British restaurant and I ordered ..."

The idea of the game is that each person has to remember what was previously said then add one more *Great British Dish*. The list will therefore get longer and longer.

When a student cannot remember the order or cannot think of another *Great British Dish* they are 'eliminated'!

The winner is the one at the end not eliminated!

The teacher can moderate the session.

GAP FILL: READING

Put the words into the gaps in the text.

Great British dishes

(1)_____ is always a good talking point in any conversation. So today, let's talk about some great (2)_____ food dishes. Britain has some (3)_____ mouth watering choices. So what are they? Well, let's start with one of the most popular – freshly bought fish and chips from the fish and chip shop. In England, cod is the favourite fish in the south; haddock in the north. The chips are sprinkled with salt and vinegar. Northerners like mushy peas with theirs. Another British dish is Steak and Kidney Pudding or (4)_____. The (5)_____ is made with suet, the (6)_____ with pastry. Both are filled with (7)_____ cut-up pieces of British beef and ox kidney. They are delicious with potatoes and English vegetables and some Lea & Perrin's Worcestershire sauce. A similar (8)_____ pub meal is pie and mash. These days pie is made with beef. More than 50 years ago however, Londoners from the East End made this pie with jellied eels, as eels were then cheaper than beef.

Another great British dish is Bangers & Mash, commonly known as sausage and mash. Cumberland sausages are a favourite choice for this (1)_____. The mash should be buttered with some pepper, served with a couple of meaty (2)_____ and (3)_____ with onion gravy. The term banger was actually (4)_____ during World War II when, due to food shortages, they contained so much water they sometimes exploded when cooking. Bangers & Mash with baked beans is another highly popular dish. One shouldn't forget to (5)_____ the Great British Breakfast. A typical breakfast includes; bacon, eggs, sausages, mushrooms, tomatoes, baked beans and fried bread. Sometimes black pudding is also served as part of a British breakfast. Black pudding, made from pig's blood, (6)_____ from the Northwest of England, particularly Greater Manchester. In Western-Super-Mare, a British seaside resort, black cooked seaweed is also on your breakfast plate. It is (7)_____! The great British breakfast is best washed down with a hot (8)_____ of tea with milk!

British
succulent
former
fabulous
Pie
latter
traditional
food
mug
bangers
doused
dish
mention
coined
stems
delicious

GRAMMAR

Put the words into the gaps in the text.

Great British dishes

Food is always a good talking point in any conversation. So today, let's talk about (1)___ great British food dishes. Britain has some fabulous mouth watering choices. So what are (2)___? Well, let's start with one of the most popular – freshly bought fish and chips from the fish and chip shop. In England, cod is the favourite fish in the south; haddock in the north. The chips are sprinkled with salt and vinegar. Northerners like mushy peas with theirs. Another British dish is Steak and Kidney Pudding or Pie. The former is made with suet, the latter with pastry. Both are filled with succulent cut-up pieces of British beef and ox kidney. They are delicious with potatoes and English vegetables and some Lea & Perrin's Worcestershire sauce. A similar traditional pub meal is pie and mash. (3)___ days pie is made with beef. (4)___ (5)___ 50 years ago (6)___, Londoners from the East End made this pie (7)___ jellied eels, as eels were (8)___ cheaper than beef.

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Another great British dish is Bangers & Mash, commonly known (1)___ sausage and mash. Cumberland sausages are a favourite choice for this dish. The mash should be buttered with some pepper, served with (2)___ couple of meaty bangers and doused with onion gravy. The term banger was actually coined during World War II when, due to food shortages, they contained (3)___ much water they sometimes exploded when cooking. Bangers & Mash with baked beans is another highly popular dish. One shouldn't forget to mention the Great British Breakfast. A typical breakfast includes; bacon, eggs, sausages, mushrooms, tomatoes, baked beans (4)___ fried bread. Sometimes black pudding is also served as part of a British breakfast. Black pudding, made from pig's blood, stems from the Northwest of England, particularly Greater Manchester. (5)___ Western-Super-Mare, a British seaside resort, black cooked seaweed is also (6)___ your breakfast plate. It is delicious! (7)___ great British breakfast is best washed down with a hot mug (8)___ tea with milk!

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SPELLING TEST

The teacher will ask the class individually to spell the following words that are in the article. Afterwards, check your answers with your teacher, using the following ratings: **Pass = 12, Good = 15, Very good = 18, Excellent = 20**

1	conversation	11	particularly
2	fabulous	12	sausages
3	suet	13	northerners
4	legendary	14	traditional
5	seaweed	15	succulent
6	eels	16	similar
7	favourite	17	incidentally
8	latter	18	experience
9	commonly	19	classic
10	delicious	20	actually

LINKS

<http://uktv.co.uk/food/stepbystep/aid/571297>

http://en.wikipedia.org/wiki/British_cuisine

<http://ezinearticles.com/?Ten-Best-British-Gourmet-Dishes---Warning---May-Be-Dangerous-to-Your-Health&id=3476377>

<http://www.goodtoknow.co.uk/recipes/British>

ANSWERS

GAP FILL: Great British dishes: Food is always a good talking point in any conversation. So today, let's talk about some Great **British** food dishes. Britain has some **fabulous** mouth watering choices. So what are they? Well, let's start with one of the most popular – freshly bought fish and chips from the fish and chip shop. In England, cod is the fish top choice in the south; haddock in the north. The chips are sprinkled with salt and vinegar. Northerners like mushy peas with theirs. Another British dish is Steak and Kidney Pudding or **Pie**. The former is made with suet, the latter with pastry. Both are filled with **succulent** cut-up pieces of British beef and ox kidney. They are **delicious** with potatoes and English vegetables and some Lea & Perrin's Worcestershire sauce. A similar **traditional** pub meal is pie and mash. These days pie is made with beef. More than 50 years ago however, Londoners from the East End made this pie with jellied eels, as eels were then cheaper than beef.

Another great British dish is Bangers & Mash, commonly known as sausage and mash. Cumberland sausages are a favourite choice for this **dish**. The mash should be buttered with some pepper, served with a couple of meaty **bangers** and **doused** with onion gravy. The term banger was actually **coined** during World War II when, due to food shortages, they contained so much water they sometimes exploded when cooking. Bangers & Mash with baked beans is another highly popular dish. One shouldn't forget to **mention** the Great British Breakfast. A typical breakfast includes; bacon, eggs, sausages, mushrooms, tomatoes, baked beans and fried bread. Sometimes black pudding is also served as part of a British breakfast. Black pudding, made from pig's blood, **stems** from the Northwest of England, particularly Greater Manchester. In Western-Super-Mare, a British seaside resort, black cooked seaweed is also on your breakfast plate. It is **delicious**! The great British breakfast is best washed down with a hot **mug** of tea with milk! **(V1)**



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