

We are what we Eator ... the choice of the True Brit.

Enjoy Your Meal!

For generations, **envious** foreigners have made fun of our **eating habits** and our table manners (or lack of it). The fact is that Britain has one of the greatest **cuisines** in the United Kingdom. There is our famous “full” English breakfast of bacon, eggs, sausages, grilled tomatoes, fried mushrooms, fried bread, baked beans, black pudding, **kippers** and porridge. Furthermore we boast a wonderful range of national and local **specialties**, such as Lancashire Hotpot, Yorkshire Pudding, Bubble and Squeak, Shepherd’s Pie, Spotted Dick, and Tinned Pears with **Evaporated** Milk. Sadly, most visitors to this island never try these **delicacies** but **huddle** together in continental-style cafes or **fast food outlets**, eating pizza, **tapas**, kebab, noodles and all kinds of peculiar foreign imports.

It seems silly, doesn’t it, to go to another country and not **to sample** its own national cuisine. (This is why the true Brit sensibly stays at home for his holidays!)

Comprehension check.

- 1) What is the author’s point about British cuisine?
- 2) What are the necessary ingredients of Full English Breakfast?
- 3) What “delicacies” do most visitors to the British Isles prefer?
- 4) What criticism does the author express about “envious” foreigners’ attitude to British food?

Discussion tasks.

- 1) Find the recipes of the dishes mentioned in the text and describe the way they should be cooked.
- 2) Watch the video “British food to be Proud of” and choose of the not mentioned in the above text national British dishes, find their recipes and describe the way of cooking .
- 3) Watch the video “ Talking about British Food” . What are the points expressed by the people in the studio?
- 4) Comment on the picture. What is your opinion of British cuisine? Have you ever tried typically British dishes? Would you like to?

WHAT TO SAY BEFORE YOU EAT

A European Cultural Exchange Initiative

France



Bon appetit!

Germany



Guten Appetit!

Italy



Buon appetito!

Britain



Never mind!

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The Full English

Fried egg, **streaky** bacon, sausage, grilled tomato, mushrooms, baked beans, **black pudding**, a fried slice, not to mention the obligatory **starters** and accompaniments: grapefruit segments, **stewed prunes**, cereals, porridge, numerous rounds of toast, butter and marmalade, and, of course, unlimited cups of tea. With a **head start** like that no wonder the British built an Empire that **girdled** the earth, while their unlucky competitors struggled out into the world with only a bowl of milky coffee and a tiny bun **to line** their stomachs.

Sadly, in these decadent days, it is left to a determined few to start the day with the time-honoured “fry-up”. The rest run from bed to bathroom to front door pausing only to grab a “breakfast bar” or some equally **degenerate snack substitute**.

Happily though “the full English” survives in transport cafes and **B&Bs** throughout the land and the emergence of the popular “all-day breakfast” clearly demonstrates that the time is **ripe** for the British once more to fulfill their potential on the world’s stage.

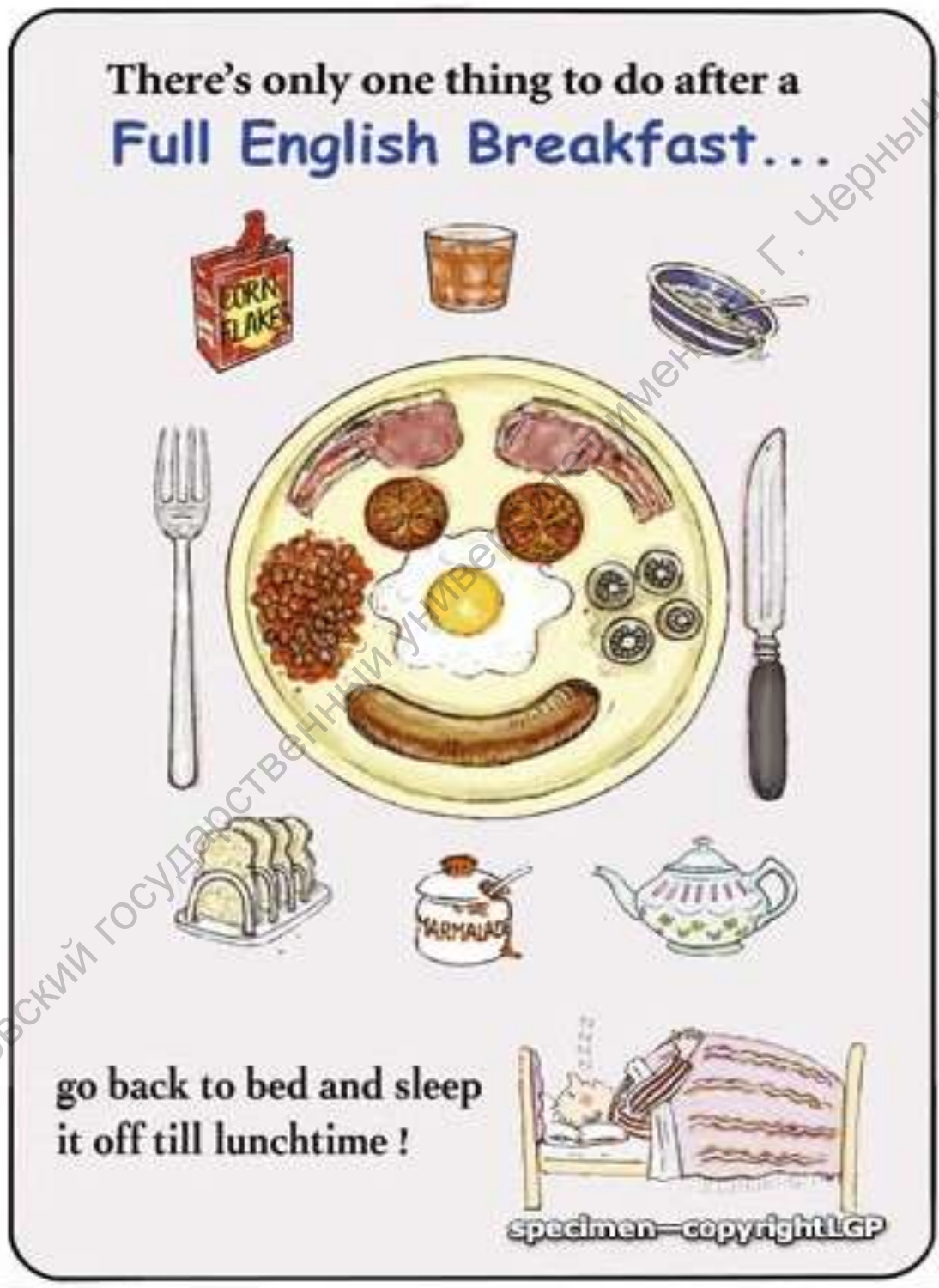
Comprehension check.

- 1) What is the reason for calling traditionally English breakfast “Full English Breakfast”?
- 2) What does the author think about the positive “historic” results of eating this kind of breakfast?
- 3) Has anything changed since then?
- 4) Is there any hope for restoring the nation’s interest to the “Big Fry Up”?

Discussion tasks.

- 1) Watch the videos of how to cook Full English Breakfast. Enumerate all the utensils needed and describe all the steps to take to cook it successfully. Is there anything different in the ways suggested in the videos?
- 2) Why do they say “There’s only one thing to do after a Full English Breakfast is to go back to bed and sleep it off till lunchtime.”

- 3) Look at the picture and enumerate all the ingredients of the Big Fry Up.
- 4) Is there anything in common between Full English Breakfast and the traditional Russian breakfast? What do you usually have for breakfast?



Fish and Chips

Or rather, “fish ‘n’ chips” – is another essential experience for the visitor. Britain is an island and eating fish reminds us of our practical and spiritual dependence on the sea. The chips symbolize our people: no two chips are the same, but we are all united because we are all cut from the same bag of potatoes, all deep-fried in the same oil.

A fish and chip supper is the oldest food **take-away** in Britain, perhaps in the world. The visitor should ask for **cod or haddock**, the fish of choice for any true Brit. (Also he should hurry up as these species are practically **extinct**.) The fish comes **dipped in batter**, a mixture of flour, egg and milk. When it is dropped into the hot fat the batter acts as a **sponge absorbing** the maximum amount of fat and so making it nice and juicy. A traditional fish fryer will wrap your order in yesterday’s newspaper. Before wrapping, he will ask: “Salt and **vinegar**?” to which you should reply “Yes, please!”

This supper should be eaten almost immediately, with the fingers, walking along the street, preferably in the dark, and with a light **drizzle** falling. Do NOT take the fish ‘n’ chips home, empty them onto a plate and eat them with **cutlery**. This is not the British way.

Comprehension check.

- 1) What is the “philosophical” explanation of the True Brit’s attitude to Fish ‘n’ Chips?
- 2) What sorts of fish should be used to cook this dish and why should we hurry?
- 3) What are the “secrets” of cooking the batter?
- 4) What makes the fish so “nice and juicy”?
- 5) What are the author’s recommendations of eating Fish ‘n’ chips?

Discussion tasks.

- 1) Is Fish ‘n’ chips a healthy dish? Why? Why do they say: “Eat Fish ‘n’ chips if it’s the last thing you do”?

- 2) Watch the videos of how to cook Fish 'n' chips. Enumerate all the necessary ingredients and utensils. Find the main differences in the ways of cooking demonstrated in the videos.



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The Mighty Spud

The **cornerstone** of our national cuisine is of course the potato. A true Brit will have nothing to do with pasta or noodles and will only eat rice if it's in a sweet and creamy rice pudding.

It's been said (by other nations, of course) that we Britons resemble our national vegetable in that we are thick-skinned, white-fleshed, cheap, and usually found covered in dirt. Such insults are not even worth **refuting**. The fact is that most of us would be flattered to be compared to the world's greatest vegetable.

Unpretentious, wholesome, versatile and full of goodness. Whether it is **chopped** and used **raw** in salads or boiled until it **dissolves** into the water, cut into **chunky** pointed chips or eaten baked in its jacket **stuffed** with cheddar cheese and **pickle**, the potato never **lets you down**. Incidentally, recent scientific research has shown that potatoes, if eaten in large quantities, have an aphrodisiac effect – which goes some way to explaining our true Brit's reputation as ardent and tireless lover!

Comprehension check.

- 1) In what way does the True Brit resemble the potato?
- 2) What are the positive features of the “cornerstone” of British cuisine?
- 3) What are the ways of cooking potato as suggested in the text?

Discussion tasks.

- 1) Do you know any traditionally British dishes cooked with potato as one of the main ingredients?
- 2) What are the most commonly spread ways of cooking potato in Russia?
- 3) Look at the picture and make up a story based on it.



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Land of Hope and Gravy

The **close-knit** British family keeps tradition alive in the **cherished** ritual of sitting down together to Sunday lunch. At the heart of this ritual is the Sunday **joint**, roasted in its juices with potatoes and parsnips, and accompanied by **steaming** heaps of cabbage, carrots, peas and **sprouts**, plus, if beef is on the menu, Yorkshire Pudding. This whole collation is then **drenched** with rich brown **gravy** – one of the world’s greatest, though still unsung sauces.

As lunch is prepared, the family gather round the **wireless** an listen to a programme of record requests played for brave members of the British Armed Forces serving in **far flung** corners of the Empire. Then Mother calls everyone to the table. Father **carves** the roast, and it’s “Dig in!”

After a brief interval to debate the top political and religious issues of the day, a **steaming suet** pudding is served, **speckled** with **sultanas**, over which is poured hot yellow **custard** – another sadly **underrated** British sauce.

Comprehension check.

- 1) What is the “heart” of Sunday lunch? What is it usually accompanied by?
- 2) Do the family members only chew or they are engaged in some special conversation?
- 3) What is “another sadly underrated” British sauce? Have you ever tasted it?

Discussion tasks.

- 1) Do you consider this British tradition modern or old-fashioned?
- 2) Do you have an alike tradition in your family? What is usually eaten?
- 3) Look at the picture and comment upon the remarks made by the characters.

Great British Traditions
Number 39: Sunday Lunch



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Tea

In most countries tea is a very disappointing experience: a **teabag** dropped into a glass of hot water with the string still attached. In Britain, by contrast, tea is not only a wonderful drink, but also a light but **substantial** meal of sandwiches, biscuits and cake, and an important ceremony of our national life.

It was of course the British who discovered the pleasant and **restorative** effects of this famous **infusion**. One day a gentleman called Earl Grey was walking with a friend through India when suddenly, in the middle distance, he noticed a small and undistinguished-looking **shrub** covered with greenish leaves. The sun was hot and both men were feeling very thirsty. In a moment of visionary inspiration, Earl Grey turned to his companion: “I say, Carstairs – do you see that undistinguished-looking bush or shrub over there? Now that would make a nice cup of tea!”

Thus was born the East India Tea Company and the habit of drinking this **refreshing beverage** in small **porcelain** cups, which has since spread throughout the world.

Comprehension check.

- 1) What is the usual tradition of drinking tea in most countries?
- 2) What is the way the True Brit drinks tea?
- 3) Who discovered the “pleasant and restorative effects of this famous infusion”?

Discussion tasks.

- 1) Are you a tea-person or a coffee-person?
- 2) Is there any special way of drinking tea in Russia?
- 3) Are there any other countries that have famous tea-drinking traditions?
- 4) Look at the picture and remember the instructions of the right way of drinking tea.

Great British Traditions Number Seventy-six: Teatime



What to drink



Keep it hot!



How to drink (nicely)



Necessary accompaniments



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Making a Meal of It

The foreign visitor invited to a British home for a meal should be aware of the **precise** terminology we use to describe what we eat and when we eat it. This is to avoid the embarrassment of arriving five hours early (or late), too hungry or not hungry enough.

Lunch: almost certainly in the middle of the day. May consist of anything from sandwiches to a three-course meal.

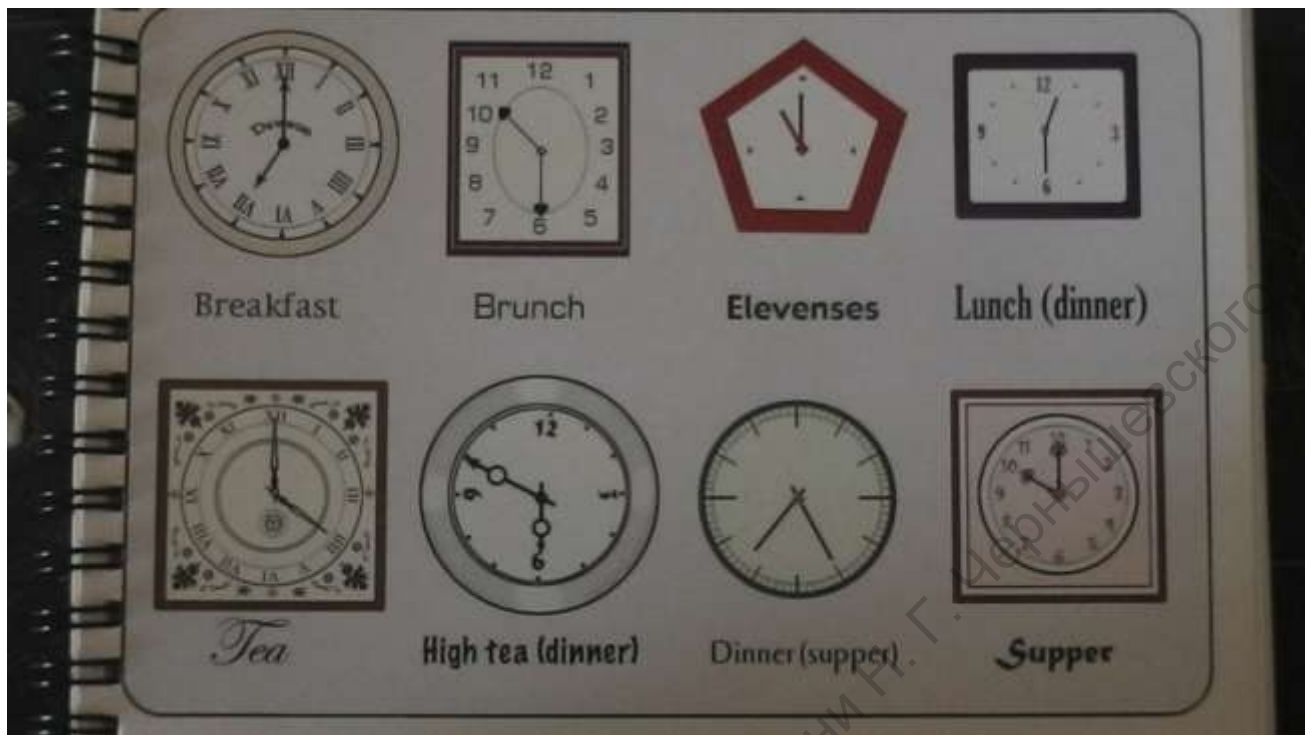
Luncheon: you will need to use a **serviette**.

Dinner: in the South of England around 7 or 8pm, but North of the Wash probably a hot meal in the middle of the day.

Tea: could be sandwiches, tea and cake at 4pm, or u North a hot meal around 5.30pm

High Tea: a larger meal than tea, probably involving pork pie and sliced **beetroot**.

Supper: used by **metropolitan sophisticates** to mean dinner (**braised ptarmigan**, and **halloumi patties** with a **blueberry coulis**, etc.) eaten late in the evening; to **humbler** folk, a bedtime snack as cheese biscuits with a hot milky drink.



Waiter, Waiter!

Match the parts of the following “Waiter, waiter” jokes.

- | | |
|-------------------------------------------------------------------------------|-------------------------------------------------------------------|
| 1. Waiter, this coffee tastes like mud! | a. So why aren't you laughing? |
| 2. Waitress, do you serve crabs? | b. No, sir, I'll be having a nice shepherd's pie when I get home. |
| 3. Waiter, is this all you've got to eat? | c. That's right, sir. Two chips and a pea. |
| 4. Waitress, you're not fit to serve a pig! | d. Yes, sir, it's a butterfly. |
| 5. Waiter, send the chef here. I wish to complain about this disgusting meal. | e. Sit down, sir - we serve anyone. |

6. Waiter, there's a dead beetle in my soup. f. Then that must be tea, sir. The coffee tastes like glue.
7. Waiter, do you call this a three-course meal? g. I'm not surprised, sir, it was ground only a few minutes ago.
8. Waiter, this soup tastes funny. h. I'm afraid you'll have to wait, sir. He's just popped out for his dinner.
9. Waiter, this coffee tastes like soap. i. I'm doing my best, sir.
10. Waiter, there's a fly in the butter. j. Yes sir, they're not very good swimmers.

Which of the jokes did you find the most interesting?

Are there any you don't understand?

Do you know any other "Waiter, waiter" jokes?

Food Idioms

Match the first part of food idioms to their endings.

- | | |
|----------------------------|-----------------------------|
| 1. I wouldn't do it | a. as a chocolate teapot |
| 2. It's as easy | b. a stick |
| 3. Don't put all your eggs | c. in many pies |
| 4. To go | d. in a pod |
| 5. It's as good | e. on his face |
| 6. Like two peas | f. the beans |
| 7. A carrot and | g. as pie |
| 8. To have a finger | h. in one basket |
| 9. to spill | i. bananas |
| 10. He's got egg | j. for all the tea in China |

Fill in the gaps with the words from the box.

egg cherrybean potato piegrapesbeans tea

1. To be-eyed;
2. It's not my cup of
3. He's a bad
4. To be full of.....
5. It's a hot
6. It's a case of sour
7. A second bite of the
8. I haven't got a

Do you know the meaning of the food idioms above? Watch the video to check.

<http://www.bbc.co.uk/worldservice/learningenglish/language/theteacher/>(Series 2 – Food idioms)

Do you know any other English food idioms?

Amazing facts about food

Fill in the gaps with the words bellow

raisin riceorange beer celeryCoca-Colabeans coconutsnuts tomatoescorn peanuts
cornflakes cranberries grapes ketchuppear watermelonsfishlemons

1.....explode when you put them in the microwave. You have been warned!

2.....was sold in the 1830s as medicine.

3.....was originally green.

4. No twoare identical!

5. By 3000 B.C. there were at least six different types of in Egypt.

6.....can cost up to \$100 in Japan!

7. The liquid inside youngcan be used as a substitute for blood plasma.

8.....are sorted for ripeness by bouncing them; a fully ripened can be dribbled like a basketball.

9.....is the chief food for half the people of the world.

10.....are used in the manufacture of dynamite.

11. There are more than 10,000 varieties of

12. Three quarters ofcaught are eaten – the rest is used to make things such as glue, soap, margarine and fertilizer.
13. The United Kingdom eats more cans of bakedthan the rest of the world combined.
14. If you put ain a fresh glass of champagne, it will rise and fall continuously.
15. If you shake a can of mixed....., the larger ones will rise to the top.
- 16..... always has an even number of ears.
17.contain more sugar than strawberries.
- 18..... does not rhyme with any other word.
- 19..... is a fruit that ripens from the inside out.
20.requires more calories to eat and digest than it contains.

These are several facts about the same food. Can you guess what it is?

1.

Consumingwas once considered a sin during the 16th and 17th century.

..... was used as medicine during the 18th century. It was believed thatcould cure a stomach ache.

.....contains the same chemical, phenyl ethylamine that your brain produces when you fall in love.

Don't give a dog!.....affects a dog's heart and nervous system; a few ounces are enough to kill a small dog.

.....is the number one foodstuff flavour in the world, beating vanilla and banana by 3-to-1.

2.

.....are 25% air, that is why they float.

.....are actually a part of the rose family.

....., not caffeine, are more efficient at waking you up in the morning.

3.

.....aren't fruit! They are a type of herb.

.....contain a natural chemical which can make a person happy. This same chemical is also found in Prozac.

Spottedare sweeter, with a sugar content of more than 20%, compared with 3% in a green.....

4.

.....were first cultivated in Afghanistan in the 7th century, and they started with yellow flesh and a purple exterior.

.....have zero fat content.

In its ancient form, thewas purple, changing in the 17th Century to orange with newer varieties.

5.

.....is used sometimes for antifreeze mixtures and in the center of golf balls.

.....is the only food that does not spoil.found in the tombs of Egyptian pharaohs has been tasted by archaeologists and found edible.

To make one kilo ofbees have to visit 4 million flowers, travelling a distance equal to 4 times around the earth.

Which of the facts about food had you known before?

Which of the facts did you find the most interesting?

Do you know any other interesting facts about food?

And Enjoy your meal!

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