



Food and Drinks Listening

You're going to watch a video about the top 10 British meals. The transcript can be found below, but some key words are missing. Fill in the gaps at the same time as watching the video.

Link: <https://www.youtube.com/watch?v=O1VOJvdH-Bc&t=5s>

Hello everyone! This is Hannah, an English teacher from Virtually Fluent and in today's video, we're going to learn about traditional British foods. To read this blog in written form heard over to our website, you can find the link in the description below and in the blog on our website we also provide a free mini-lesson on countable and uncountable nouns. You can also subscribe to our blog for free on our website to receive emails of all the blogs we upload about British culture and the English language.

I've often heard the stereotype that British food isn't good and that's not quite true, it is very heavy and stodgy, but it is delicious! We're such a multicultural nation that so many other countries heavily influence the diets we have in the UK. Even in the tourist hotspots when you're wandering around, you'll probably see American, Indian, Chinese restaurants and probably not that many British places. So British food isn't really that well known. Let's take a look at 10 typical main course dishes from the UK.

1) _____

OK, so we didn't invent _____ and _____, but it's a traditional British meal and definitely something you should try if you visit the UK. We take our fish and chips very seriously, with national competitions for the best fish and chips.

Fish and chips grew in popularity following the first world war as it was one of the few foods that wasn't rationed, so people could eat however much they wanted and since then, it's become one of the most popular meals in the UK. You can find this in most pubs and British restaurants, but it's normally eaten as takeaway food.

The fish is deep-fried in oil to create a batter and it's served with chips on the side. The type of fish varies, but you'll usually find haddock or cod as the main choices. And the chips in the UK are chunky chips, so they're not quite the same as fries. Traditionally, this is wrapped in newspaper and then served to the customer. Before eating, we pour vinegar over the dish and then tuck in. You may also find tartar sauce (another name for mayonnaise mixed with herbs) and mushy _____ (garden peas mashed and mixed with mint and butter) on the side.

2) _____

A full English breakfast is a very well-known meal from the UK and it's often served in hotels and restaurants around the globe as a breakfast option. A traditional full English breakfast (also called a "fry-up" or "full English") should have fried _____, _____, back bacon, grilled _____, baked _____, a slice of toast and fried mushrooms. Of course, with a cup of _____.

The other British countries also have a take on this. The full Welsh breakfast includes cockles (a mollusc found on the beach) and laverbread (seaweed). The full Irish breakfast normally includes Irish soda _____ and a full Scottish breakfast includes a tattie scone (mashed _____ that's fried) and sometimes haggis (sheep's pluck mixed with oats and spices).

3) _____

The Sunday roast dates back to the 1700's and has very strong religious ties. After church on Sundays, the whole family would come together to eat a big meal. As this meal takes so long to prepare, the food would cook in the oven whilst the family were at the church service. Then after the service finished, the food would be ready for a big family gathering. Nowadays, it doesn't have strong religious ties, but it's maintained its importance as an excuse for a "family get together" on Sunday afternoons.

A Sunday roast is primarily one joint of _____ (beef, _____, lamb or pork), with some form of _____ (mashed or roasted), a selection of _____ and gravy (a _____ made from the juices of the meat). The combinations vary depending on each family, but most families will choose the same selection on a weekly basis. If the meat is beef, a traditional accompaniment is a Yorkshire pudding.

4) _____

So this isn't a meal in itself, but it's a very traditional British food. The history of the Yorkshire pudding lies in the north-eastern county of Yorkshire.

Yorkshire puddings are made by mixing flour, _____ and _____ together to create a batter. In the meantime, you place lard in a muffin tin (also called a Yorkshire pudding tin) and heat it to a very high temperature in the oven. Then you pour the batter into each hole in the tin and place it back in the oven to rise. This should rise on the outside, leaving a hole in the centre. Yorkshire puddings can also be eaten as a starter, served with _____ gravy.

5) _____

Toad in the hole is an adaptation of a Yorkshire pudding. Rather than filling the individual holes in a muffin tin, the Yorkshire pudding batter is placed in a large dish and _____ are spread around in the batter. Once this has cooked, it's served with gravy and sometimes mashed _____.

6) _____

Shepherd's pie and cottage pie are exactly the same thing but the name changes depending on the type of _____ you're using. Shepherd's pie is the name when the meat is lamb, and cottage pie is the name when the meat is beef.

It's a very simple dish with minced _____ (either beef or lamb) cooked and mixed with _____, _____, _____ purée, Worcestershire _____ and beef stock. This is placed on the bottom of a large dish and then mashed _____ is layered on top. Many people like to make patterns on the mashed potato using a fork. This is then placed in the oven to

cook through and it's ready to eat. The side for this meal is normally garden _____.

Traditionally, this meal was made the day after a Sunday roast to use up any leftover _____ and _____, but nowadays it's a meal in itself and you can find it at most British restaurants and pubs.

7) _____

Also a very simple meal, bangers and mash is another way of saying _____ and mashed _____ and it's usually served with gravy. This is another example of typical British food, something that's low cost and easy to make on mass, available in pubs, and we call this "pub grub".

The history of the name "bangers and mash" dates back to world war one. With the strict rations in the UK at the time, _____ wasn't readily available, so when sausages were made there was very little meat content and a very high quantity of _____ or other fillers. This led to the likelihood that the sausage could burst ("bang") at any moment when being cooked, hence the name bangers and mash.

8) _____

Lancashire hotpot comes from a north western county of Lancashire and it's similar to Shepherd's pie but the cooking style is slightly different.

The lamb is chopped into cubes and mixed with _____ and _____ whilst the _____ on top are thinly sliced. A Lancashire hotpot is a slow-cooking meal that can be left in the oven all day. During the industrial revolution when people had long working hours and lack of kitchen equipment in their houses, they used to take the hotpot to the local bakery and keep it cooking on an open fire all day, so it would be ready for dinner in the evening.

9) _____

A scotch egg is usually eaten as a light lunch or as part of a picnic. At the centre is a hard boiled _____, and this is then wrapped in _____ meat and topped with breadcrumbs. The entire scotch egg is then fried.

The history of the Scotch egg is unknown. There are many claims from different areas of the UK to the Scotch egg, so there is no definitive history of this food. Nowadays, it's readily available as a light lunch from supermarkets.

10) _____

Welsh rarebit is a traditional food from Wales and it has nothing to do with rabbits. A piece of toast is covered in melted _____. Simple but delicious! The sauce is normally made by mixing butter, beer, _____, mustard and Worcestershire _____ in a pan then it's poured over the toast and placed under the grill. There are many variations of this recipe, the main ones being different takes on this in each British country. The English rarebit uses wine instead of beer and the Scottish rarebit adds a slice of cheese on top of the melted cheese sauce.

As you can see, British food is quite heavy and stodgy and it's usually eaten at the main meal of the day, which is dinner. The best place to find British food would be in a British pub and you're never too far from a pub if you're visiting the UK.

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