



Otázka: British Cuisine

Jazyk: Angličtina

Přidal(a): Gabrielle

In different parts in Britain people have different eating habits. They have five or six meals a day: breakfast, elevenses (a morning snack), lunch, tea, dinner and later perhaps supper.

Breakfast

The British like to begin the day with a nice cup of coffee or tea in bed early in the morning. Then they have a leisurely breakfast, they do not like to hurry. The English take their time having breakfast. The renowned English breakfast starts with a glass of juice and a cereal, usually cornflakes with milk or cream and sugar, or porridge. This will be followed by fried or grilled bacon and eggs, sausages and grilled tomatoes or spicy beans in tomato sauce, or kippers. For most Englishman breakfast is a bowl of cereal followed by buttered toast and marmalade, and coffee or tea, of course.

Elevenses - brunch

In the middle of the morning they have elevenses, which is usually not more than a cup of coffee and biscuits. Sometimes, often at weekends, when they get up later, they have brunch, a combination meal which is eaten for breakfast and lunch.



Lunch

The midday meal is generally called lunch and is usually fairly light. If it is the main meal of the day, which is at Christmas or may be on Sunday, it is called dinner. Lunch often consists of a hot dish (for example soup if you eat a la carte in a restaurant), a salad, ham and cheese sandwiches, pizza, hamburgers and a dessert. The soup can be clear (beef, vegetable or chicken) or thick, such as cream of tomato, cauliflower, celery or mushroom.

Teatime

Around four o'clock it is teatime. While in our country an afternoon snack is not common, in Britain it is a special occasion. The traditional tea consists of thin slices of white or brown bread and butter with cheese, fish or ham, perhaps some vegetables, and jam (made of other kinds of fruit than citrus), cakes, fruit pies, biscuits and tea or coffee which in England are drunk with milk unless you ask for black coffee or only tea. Nowadays many people do not eat much at teatime but they have at least one cup of coffee or tea.

Dinner

The hot dinner which is served around 7 o'clock may have three or four courses. It consists of soup or some other starter, then the main course (meat and fish with vegetables) which is followed by a dessert and finally perhaps cheese and biscuits. The meat may be a stew, chops, a meat pie, a roast joint or fish if it is Sunday, with potatoes and one or two of the other vegetables (carrots, beans, peas, Brussels sprouts, cabbage or broccoli). Beef, mutton or lamb is much more favoured than pork. As a dessert they may have fruit, fruit salad, fruit cake, pudding with custard, jelly with cream, trifle or ice cream. With the meal they may have beer, cider or wine. They finish their dinner with coffee rather than tea.

High tea - supper

Between five and six they may have high tea. Some light dish as fish (fresh, tinned or smoked), ham, sausages, eggs or cheese is followed by homemade bread, buns, biscuits, cakes and cups of coffee and tea. Later in the evening more tea, milk, sandwiches, bread and butter, cheese,



cakes and biscuits may be eaten as supper.

British Cuisine

British cuisine has traditionally been limited in its international recognition to the full breakfast, fish and chips and the Christmas dinner – it usually consists of roast turkey (such as goose, chicken or duck are alternatives), sometimes with roast beef or ham. It's served with dessert of Christmas pudding (or *plum pudding*) with brandy butter or cream. Other famous British dishes include the Sunday roast, steak and kidney pie, shepherd's pie and bangers. There are also geographically indicated foods such as Cornish pasties, the Yorkshire pudding, Arbroath Smokie and Welsh cakes.