



Otázka: English speaking countries specialties

Jazyk: Angličtina pro hotelové školy

Přidal(a): Kristýna Koutníková

Speak about traditional dishes of English speaking countries

United Kingdom

British people have three main meals a day. Some people have their biggest meal in the middle of the day and some have it in the evening, but most people today have a small mid-day meal – usually sandwiches, and perhaps some crisps and some fruit.

- Breakfast – between 7:00 and 9:00,
- Lunch – between 12:00 and 1:30 p.m.
- Dinner (sometimes called Supper) – The main meal. Eaten anytime between 6:30 and 8:00 p.m. (Evening meal)

Traditionally, and for some people still, the meals are called:

- Breakfast – between 7:00 and 9:00,
- Dinner (The main meal) – between 12:00 and 1:30 p.m.
- Tea – anywhere from 5:30 at night to 6:30 p.m.
- On Sundays the main meal of the day is often eaten at midday instead of in the evening. This meal usually is a Roast Dinner consisting of a roast meat, yorkshire pudding and two or three kinds of vegetables.



Breakfast - What is the traditional English Breakfast?

The traditional English breakfast consists of eggs, bacon, sausages, fried bread, baked beans and mushrooms. Even though not many people will eat this for breakfast today, it is always served in hotels and guest houses around Britain. The traditional English breakfast is called the 'Full English' and sometimes referred to as 'The Full English Fry-up'. Now-a-days, however, a typical English breakfast is more likely to be a bowl of cereals, a slice of toast, orange juice and a cup of coffee. In the winter many people will eat „porridge“ or boiled oats.

Lunch - What is a typical British Lunch?

Many children at school and adults at work will have a 'packed lunch'. This typically consists of a sandwich, a packet of crisps, a piece of fruit and a drink. The 'packed lunch' is kept in a plastic container.

Dinner - What is a traditional British Dinner?

The evening meal is usually called 'tea', 'dinner' or 'supper'. A typical British meal for dinner is „meat and two veg“. We put hot brown gravy, (traditionally made from the juices of the roast meat, but more often today from a packet!).

Most Britons like their tea strong and dark, but with a lot of milk. The traditional way of making tea is:

- Boil some fresh cold water. (We use an electric kettle to boil water)
- Put some hot water into the teapot to make it warm.
- Pour the water away
- Put one teaspoon of tea-leaves per person, and one extra tea-spoon, into the pot.
- Pour boiling water onto the tea.
- Leave for a few minutes.



If someone asks you if you **‘would like a cuppa’**, they are asking if you would like a cup of tea.

Coffee is now as popular in Britain as tea . People either drink it with milk or have it black and either have freshly- made coffee or instant coffee.

Bitter Britain is also well known for its ale (beer) which tends to be dark in appearance and heavier than lager. It is known as „bitter“ Bitter is served in Pubs.

Wine – Britain’s wine industry is growing from strength to strength and they now have over 300 wine producers. A growing number of British vineyards are now producing sparkling white wine as well as full bodied red wine. There are over 100 vineyard in Kent.

American eating habits.

For many people American food means only one thing – McDonald’s, Burger King, Pizza Hut or Kentucky Fried Chicken. But American food is more than fast food. It is the ethnic food that was brought to the US by immigrants, such as Italians, Mexicans, and Greeks. Breakfast and lunch are usually eaten on the run. People have youghurt or a pastry in the morning and then fast food at lunch. The biggest meal of the day is usually eaten in the evening. At home, the evening meal typically has some kind of meat, a vegetable, and bread. If there is no time for cooking, they bring home Chinese food or have a pizza delivered instead. Americans love to eat out. Italian food is very popular (pizza), mexican food is also common – burrito (tortila with Mexican rice and beans). And of course hamburgers!

Canadian specialties

Canada doesn’t really have a traditional cuisine. As a nation of mostly immigrants from all over the world, Canada has adopted the cuisines of its immigrant population. Thai, Greek, Italian, French, Indian and many other ethnic restaurants, as well as Chinese restaurants and English fish-and-chips-style pubs are common in Canadian towns. Uniquely Canadian is **Poutine** (French fries with cheese and hot gravy) or **French Canadian Pea soup**. **Maple syrup** is a truly Canadian dietary tradition, usually eaten with pancakes.



Australian food

Australia has lot of cattle and sheep, beef and lamb is very popular. A typical meal is **beef steak with green salad and chips**. Sea food is also very popular.

New Zealand

New Zealanders enjoy eating **Pipis and Toheora** – New Zealand shellfish. Through the whole year people like to have barbeques or barbies. Sometimes Christmas dinner is BBQ on the beach.