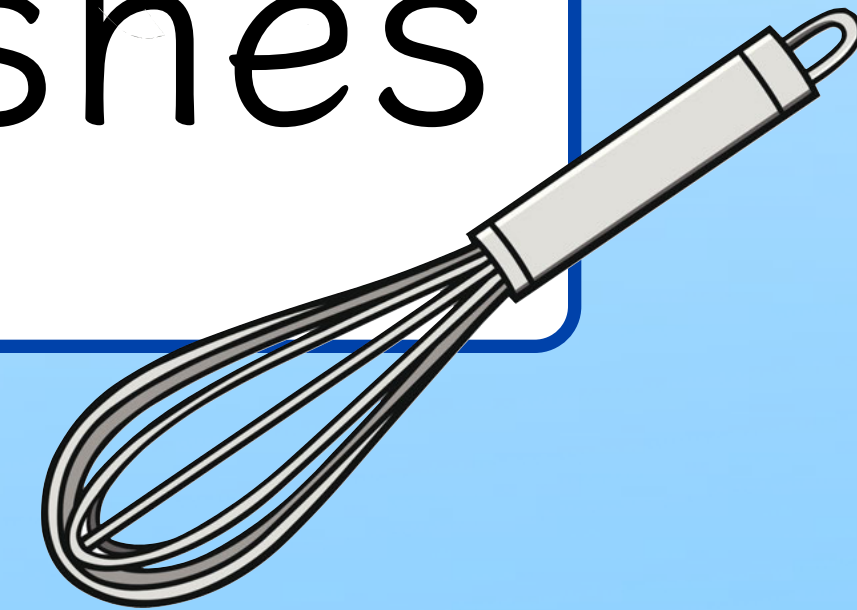




Great British Dishes



Learning Objective:

To learn about and make some national English
savoury dishes





What is a
national dish?



Back

Think, pair, then share your ideas.

Next



A national dish consists of food that is strongly associated with a particular country.

Why do you think different countries each have their own national dishes?

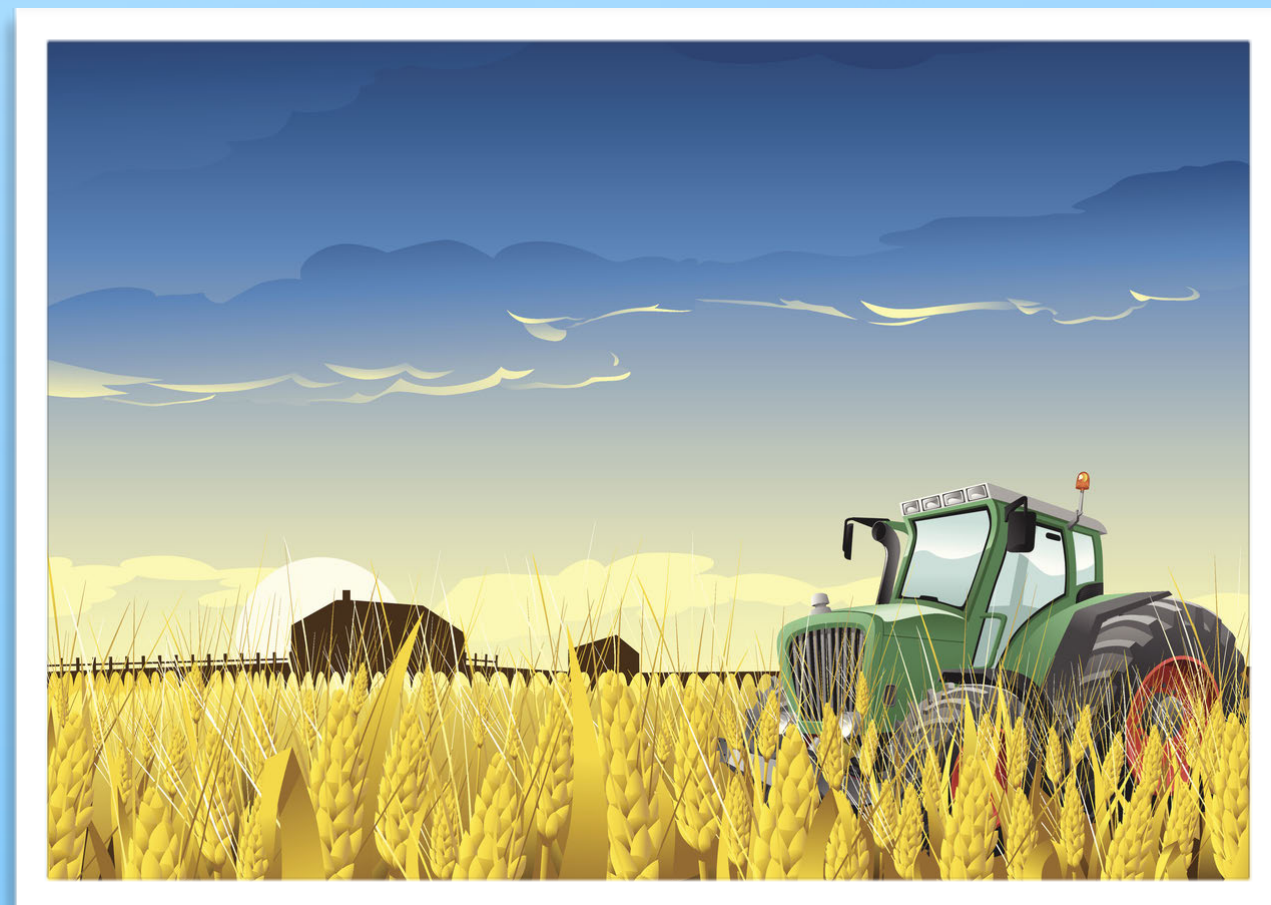
Back

Next



The national dish, or dishes, of a country are an important part of the nation's identity and self-image.

They are usually made from locally available foodstuff, and may contain special or exotic ingredients that are only found in that area.



The type of ingredients available can depend on the climate of the country and the current season, as they affect what crops can be grown and what animals can be reared.



Back

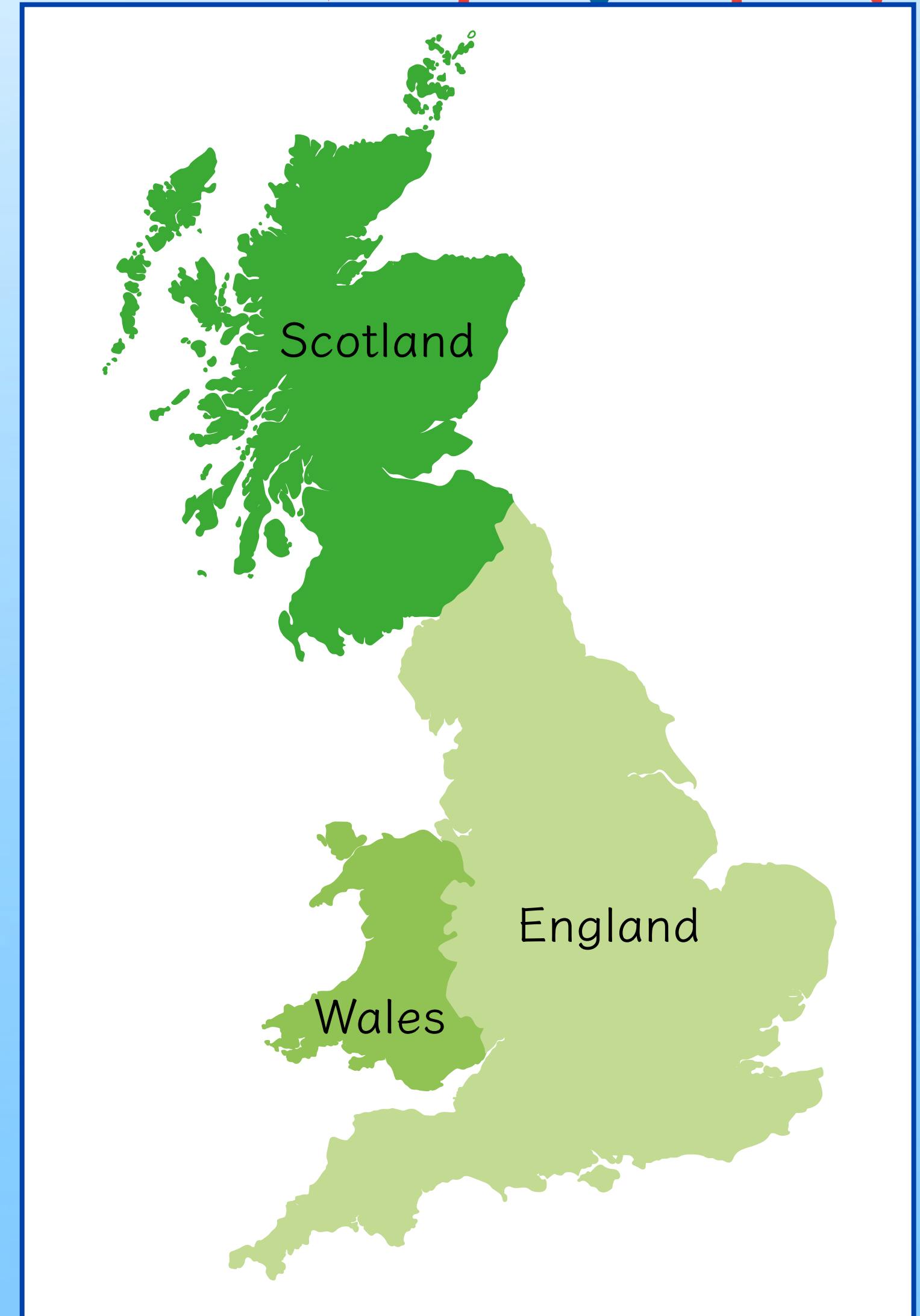
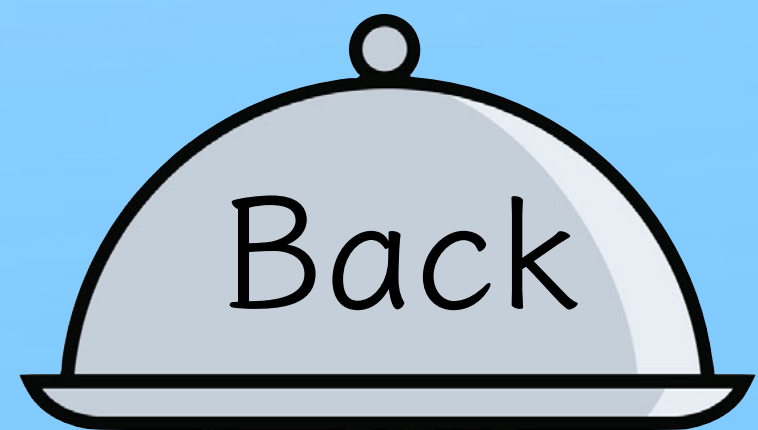
Next



Great Britain is an island which includes the countries of England, Scotland and Wales.



What types of food does the phrase, 'great British dishes' make you picture in your head?



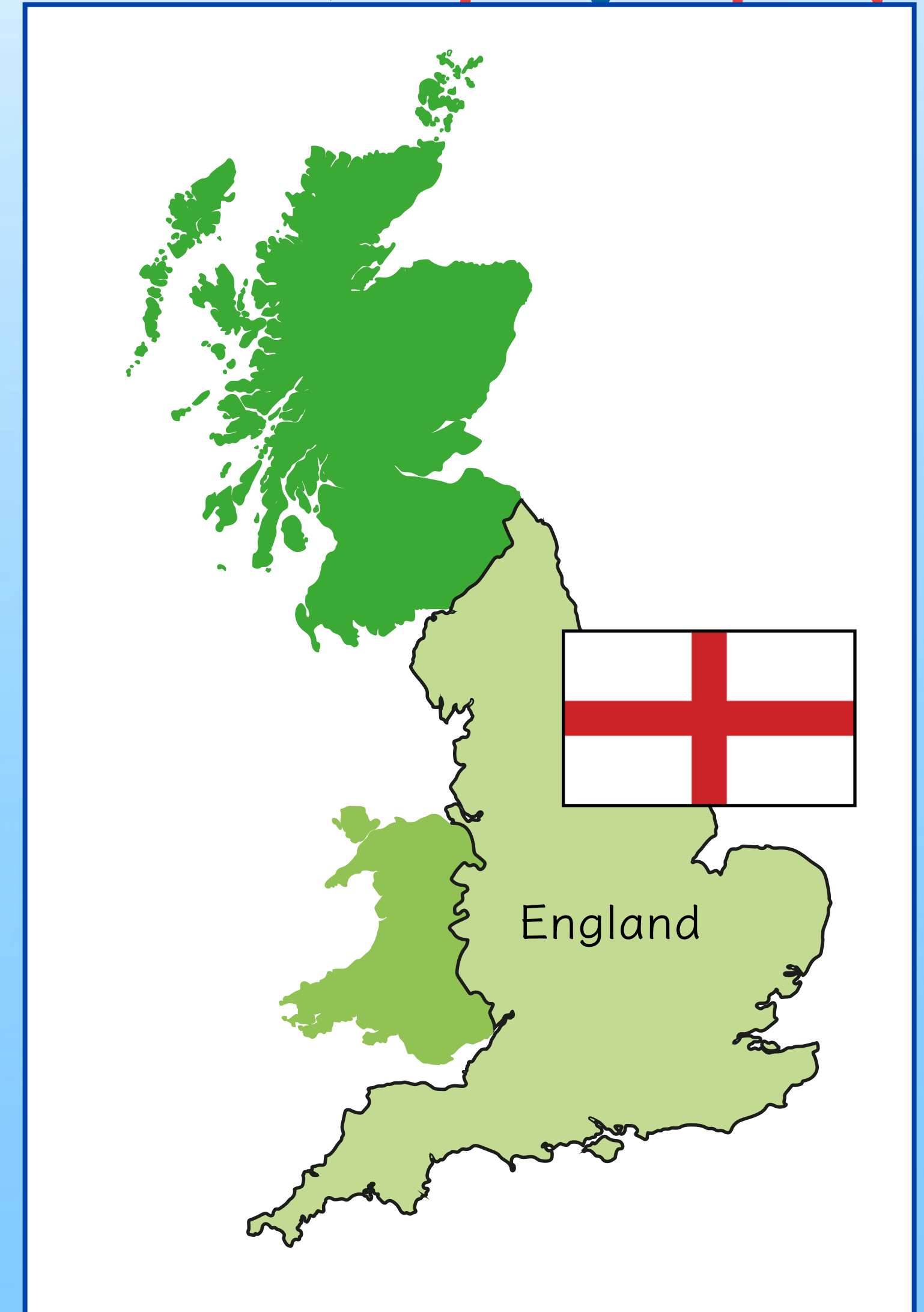
Think, pair, then share your ideas.





Today, we are going to focus on national savoury dishes from England.

What does savoury mean?



Think, pair, then share your ideas.

Back

Next



A savoury dish consists of food that has a salty or spicy flavour rather than a sweet one.

Now let's see if you can identify some of the national savoury English dishes on the next slide...

Back

Next



Back

Next



Fish and Chips



Roast Dinner



Cottage Pie



Fried Breakfast



Toad in the Hole

Can you name any of the ingredients in the dishes?

Which of these dishes have you eaten before?



Which of these dishes do you like, and why?



Cornish Pasty

Back

Next

Let's have a look at the origins of some of these dishes...

The tradition of breakfast dates back to the middle ages, when there were typically just two meals a day (breakfast being ale and bread). By the Victorian era, many people enjoyed a fried, or 'Full English', breakfast. For those working long, hard hours in the factories of the industrial revolution, a hearty meal first thing in the morning was necessary to help them through the day.



Fried Breakfast

Fried eggs, bacon, sausage, mushrooms, baked beans, tomato and toast.

How healthy do you think this meal is, and why?



Back

Next



Roast Dinner

Roast beef, roast potatoes,
Yorkshire puddings, carrots,
peas, gravy.

The tradition of eating roast beef on a Sunday after church was made popular during the Tudor period. Those with a large enough fireplace in their homes hung the meat over the fire and left it to roast for several hours. Those who did not have a large fireplace would take their meat to the baker's on their way to church, where it would be cooked in the bread ovens, and picked up on the way home!



How healthy do you think this meal is, and why?

Back

Next



“Toad in the Hole” is a dish consisting of sausages in Yorkshire pudding batter, usually served with onion gravy and vegetables. The origin of the name is not certain. Some think it refers to the sausage peeking out through the gaps in the batter. However, there is another myth that is more entertaining: during a game of golf in Northumberland, a golfer putted his ball into the hole, only for it to be pushed back out at him by an angry toad who had been resting there!

The chef at the hotel the golfer was staying at, having heard the tale, created the dish to resemble this funny moment!



Toad in the Hole

Sausages cooked in Yorkshire pudding, mashed potato and gravy

How healthy do you think this meal is, and why?



Back

Next



Fish and Chips

Fish fried in batter, chips,
mushy peas

The combination of battered fish and hot potato chips first appeared in the 1860s. By the late 19th century, it had become a popular meal among the working classes, as the development of the railway meant that fresh fish could be quickly transported to various towns and cities inland. By the 1930s, there were around 35,000 fish and chip shops! The meal was originally wrapped in sheets of old newspapers. Now, plain paper or plastic containers are used instead.



How healthy do you think this meal is, and why?

Back

Next



This dish is made by placing an uncooked filling (usually diced meat and vegetables) on one half of a circle of shortcrust pastry, folding the pastry in half, and then crimping the curved edge to seal the filling inside. The pasty is then cooked. In the 17th and 18th centuries, the pasty became a popular meal for miners - it was a complete meal that could be carried easily and eaten without cutlery. Some pasties even had a savoury filling at one end and a sweet filling at the other!



Cornish Pasty

Pastry wrapped around a filling of diced beef, potato, swede and onion.

How healthy do you think this meal is, and why?



Back

Next



Cottage Pie

Minced beef and vegetables
topped with mashed
potato.

Back



How healthy do you think this
meal is, and why?

Next

This dish was first made at the end of the 18th century, when the poorer people of Britain, who lived in cottages in the country, started using potatoes as an everyday food. Then, a pie made with any kind of meat and mashed potato was called a cottage pie, but nowadays we have some other variations: a shepherd's pie is made with lamb (named so because shepherds look after sheep), and a shepherdess's pie is a vegetarian version containing only vegetables and no meat.



Today you are going to make a national English savoury dish! But before you begin, let's have a look at health and safety issues when cooking...

Back

Next

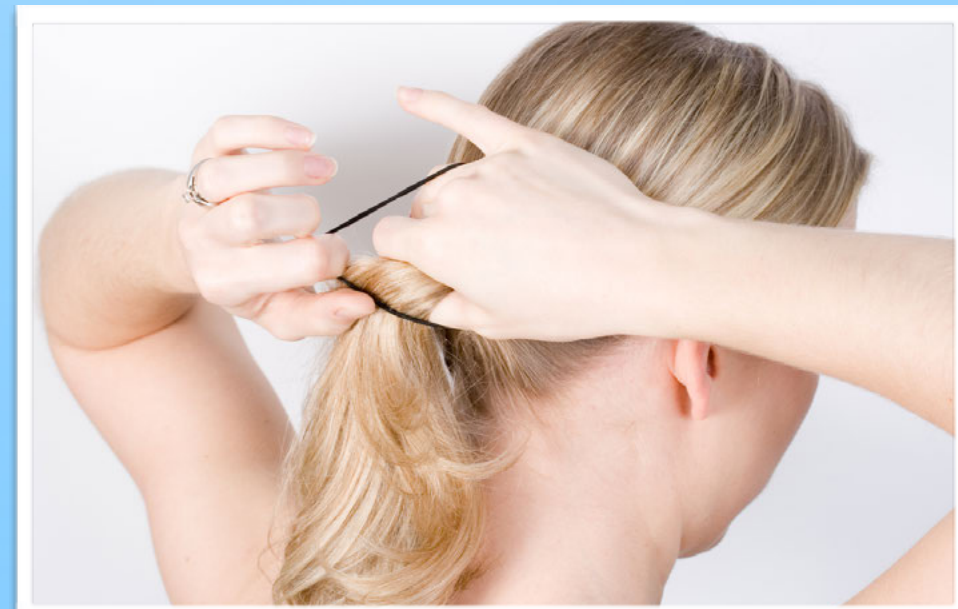
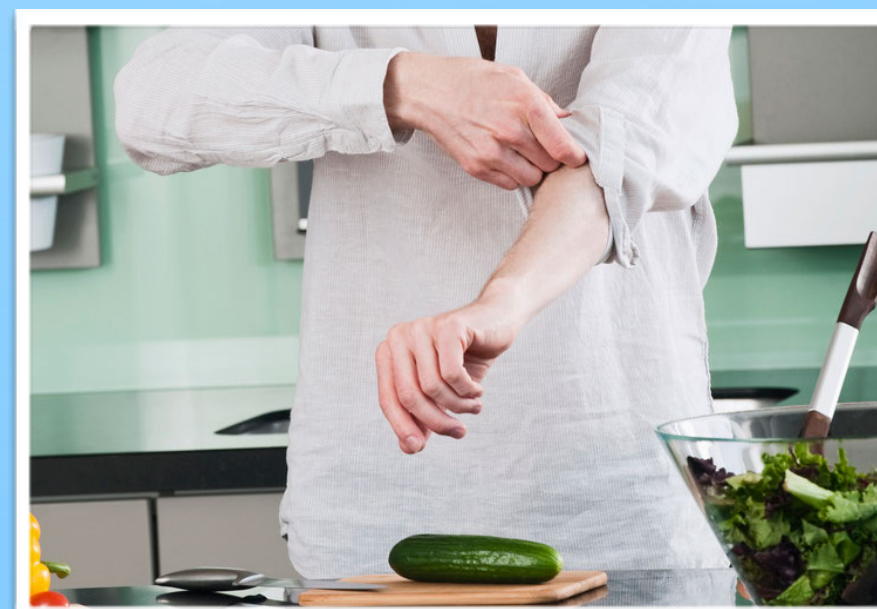
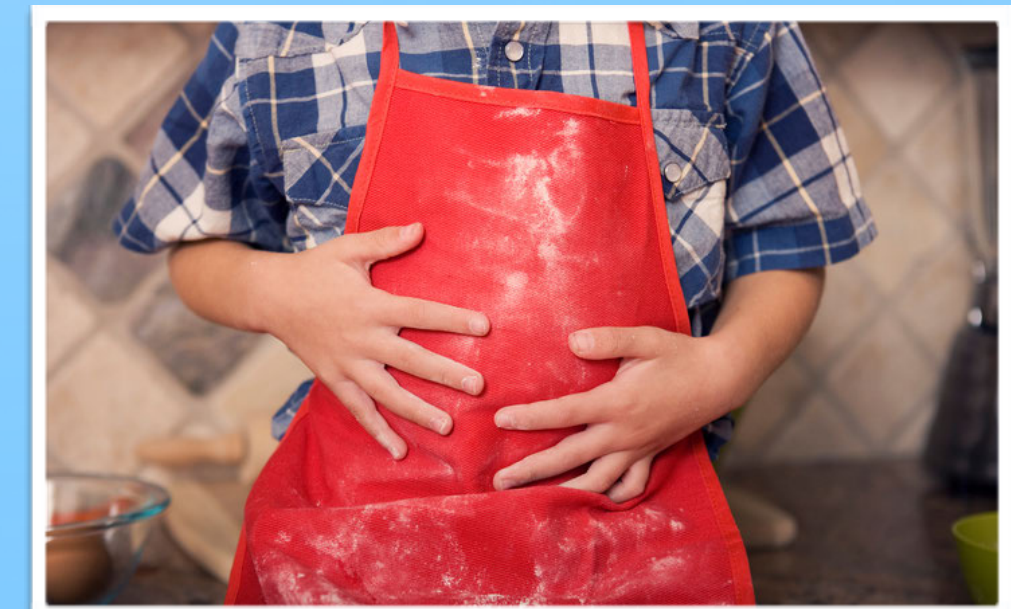


Prepare Yourself

If you have long hair, tie it back. Roll up your sleeves.

Wash your hands with hot water and soap. If you sneeze or cough into your hands, or blow your nose, you must wash your hands again straight away!

Wear a clean apron. If you need to go to the toilet, take off your apron first!



Back

Next

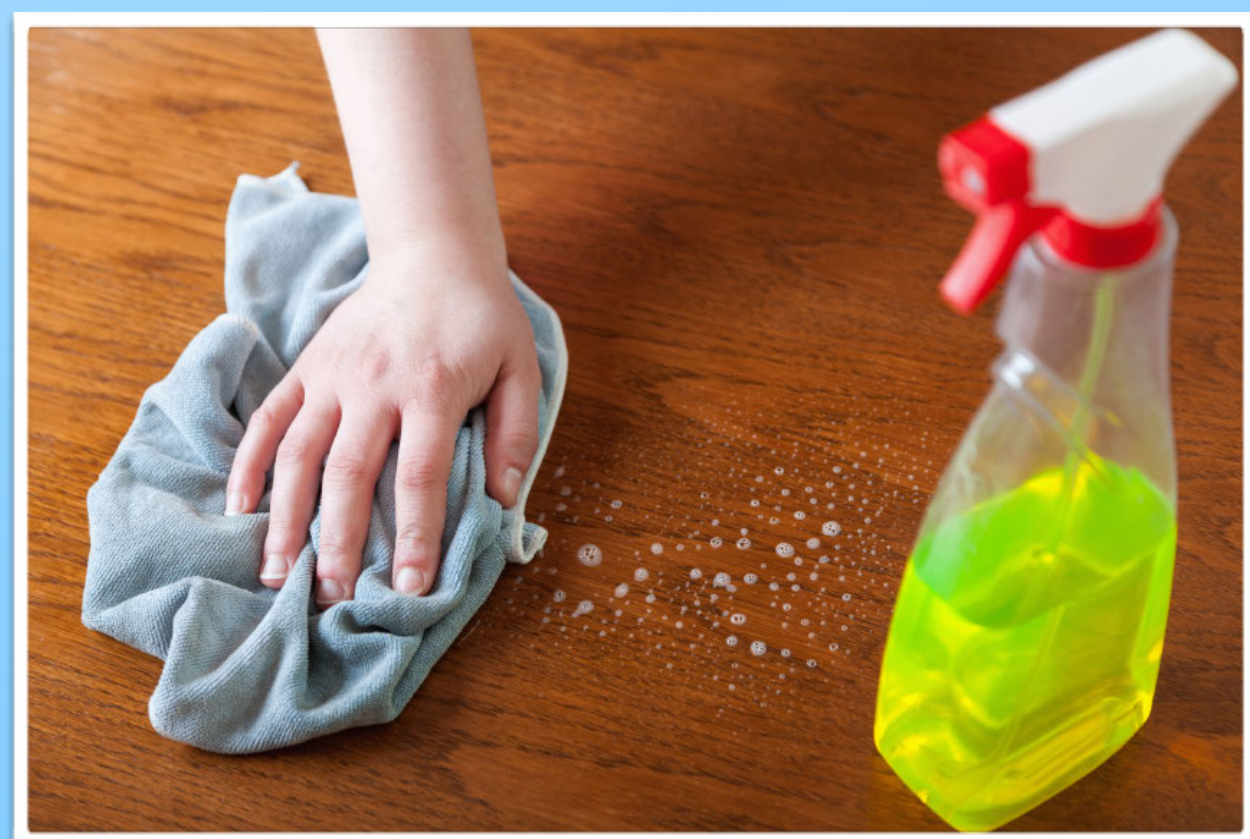
Keep It Clean



Wipe down all surfaces with anti-bacterial cleaner. Use a clean cloth or disposable wipes.

Check that all equipment is clean and not damaged before using it.

If you drop any equipment on the floor, wash it again before you use it.



Back

Next



Use Equipment Safely

Only get out the equipment you need.

Get all equipment and ingredients out before you start.

Never walk around with knives. Get an adult to bring knives or sharp equipment to you.

Make sure you know how to use equipment safely. If you've not been shown how to use something, don't use it until you have! Ask an adult if you're not sure.



Back

Next



Food Hygiene



Don't taste food unless an adult says it's OK. Some food is not safe to eat when it is raw; some food may be too hot to taste.



Don't taste food by licking your fingers! If you need to taste food as you are cooking, use a clean spoon. Don't put a spoon back in food if it's been in your mouth!

Follow instructions and recipes carefully. Make sure that food is cooked thoroughly. Not sure if something is cooked properly? Ask an adult.

Back

Next



Tidy Up!

Wash up all equipment with hot, soapy water when you have finished using it.

Put equipment away neatly.

Wipe down surfaces with anti-bacterial cleaner.



Back

Next



Now you know how to be
hygienic and safe whilst
cooking, let's begin!



Back

Next



Plenary:

Ingredients for a
traditional Cottage Pie:

- Minced beef
- Olive oil
- Onion
- Carrots
- Celery
- Chopped tomatoes
- Beef stock
- Salt and pepper

- Potatoes
- Butter
- Milk



Which of these ingredients would you exchange/add to this traditional recipe for cottage pie to improve it?

Cheese



Baked
beans



Green
beans



Peas



Herbs



Mushrooms



Sweetcorn



Mustard
seeds



Worcestershire
sauce



Back

Can you think of any other ingredients you could add?