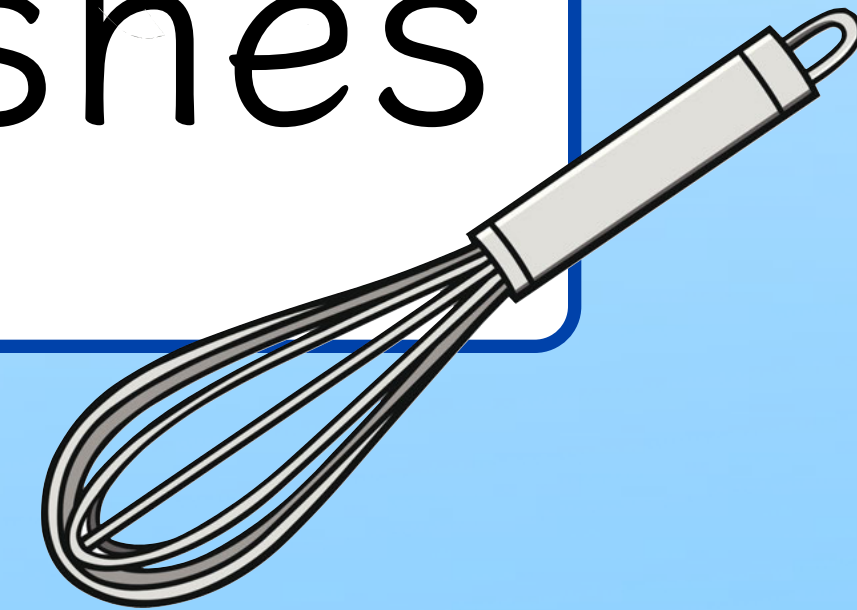




Great British Dishes



Learning Objective:

To learn about the influences of and similarities between cuisines from other countries

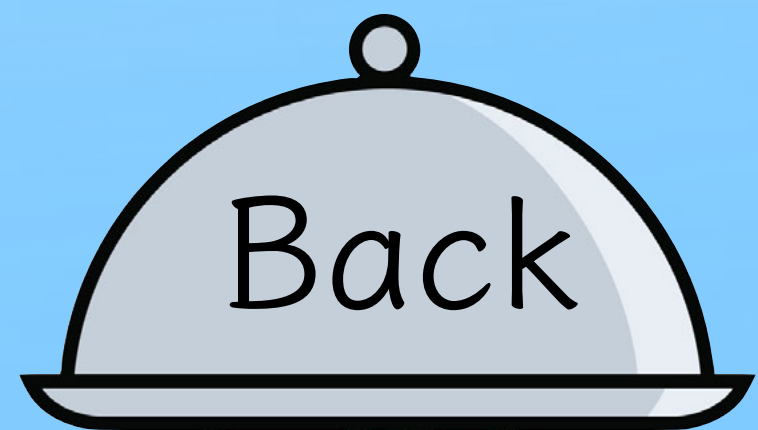




Over the years, the
cuisines of other
countries have influenced
British food.

What does 'cuisine' mean?

Think, pair then share your ideas.





‘Cuisine’ refers to the cooking styles and traditions used by a particular country.



Below are some essential ingredients used in the cuisine of one country in particular. Do you know which one?



Rice



A variety of different pulses such as lentils, peas and beans



Spices, including coriander, cumin, cardamom, saffron, cinnamon and curry powder



Coconut milk

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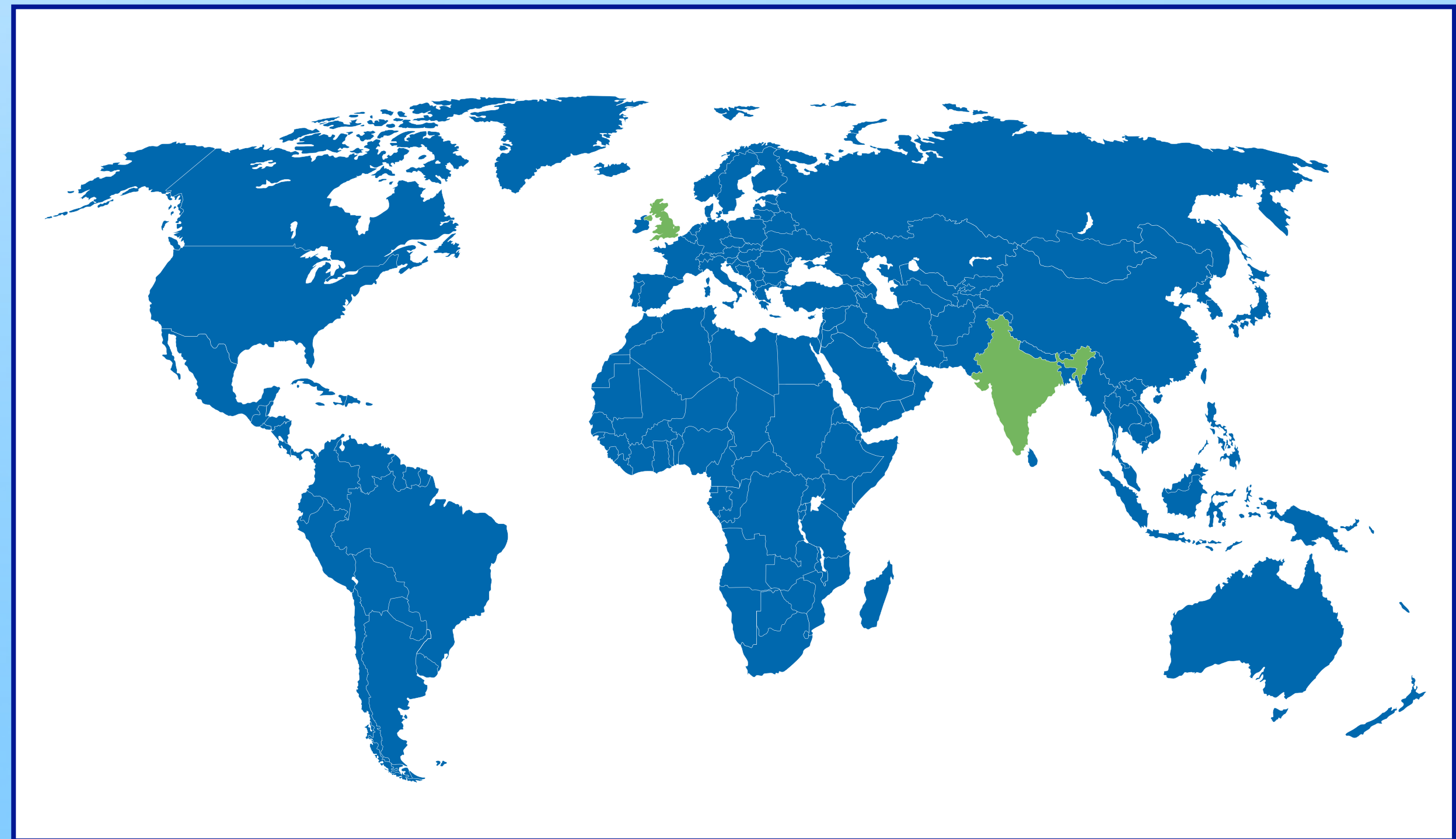
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These are essential ingredients in Indian cuisine!

Even though the two countries are 4500 miles apart, Indian food has had a huge influence on British dishes.

Do you know
why?



Can you spot Great Britain and India on this map?

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Before the mid 1800s, Indian food was a mystery to the British nation. The very first Indian restaurant to open in London in 1809 closed three years later due to lack of business! All this changed with the beginning of the British Raj (a period of the British Empire's rule over India) in 1858. The wives of the British military personnel who were stationed in India began to learn about the cuisine from the Indian cooks who worked for them. By the end of the British rule over India in 1947, many of the recipes for these Indian dishes had been brought back to Britain.



Queen Victoria was a big fan of Indian food - she had Indian staff who regularly cooked dishes for her!



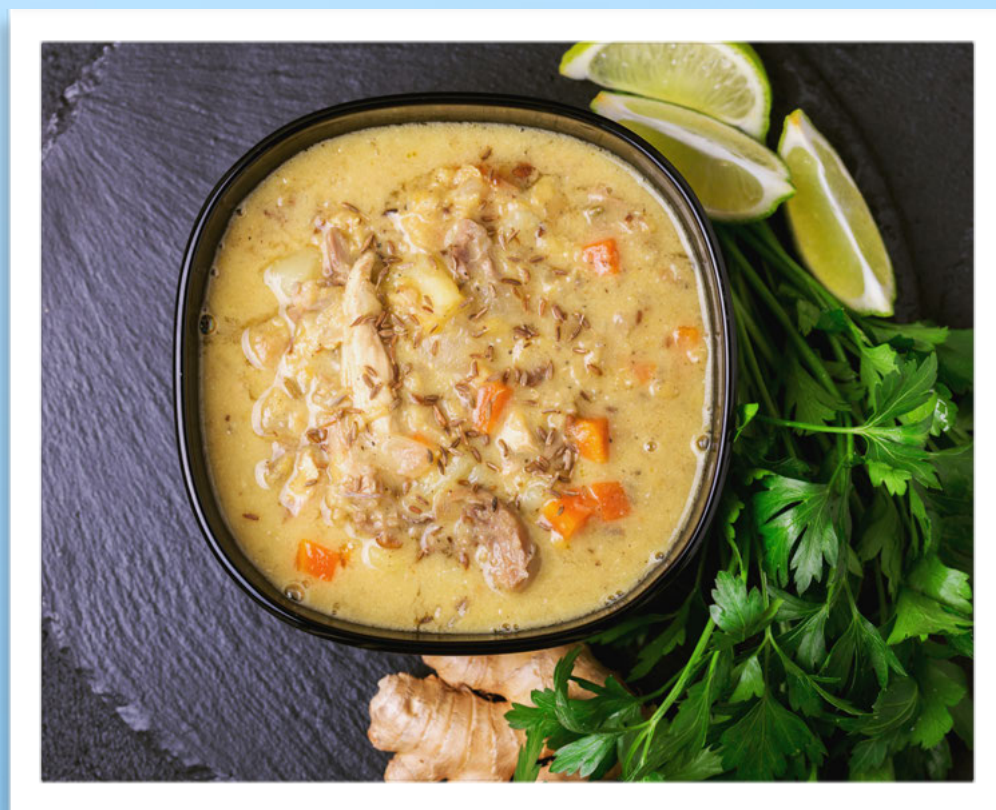
Queen Victoria

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Anglo-Indian cuisine is the name given to the food that developed during the British Raj. Let's have a look at some of these dishes:



Mulligatawny soup



Mango chutney



Kedgeree



Chicken tikka masala

Have you heard of any of these Anglo-Indian dishes before?

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Mulligatawny soup



This Anglo-Indian dish was very popular during the British Raj period. The name comes from the Tamil language - 'milagu' means pepper, and 'thanni' means water, so 'mulligatawny' roughly translates as pepper water! The original Indian recipe included black pepper, tamarind (a sweet and sour tasting fruit), lentils, chillies, onion, garlic and curry spices, which resulted in a light but spicy soup, which was served with rice. Early British alterations included adding meat and flour to create a thicker soup. In modern-day recipes for this dish, cream and coconut milk are popular additions.



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Which version do you think you would like best - the original Indian recipe, or the altered British recipe?



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Mango chutney

In traditional Indian cooking, a chutney is a sauce that accompanies a main meal. During the British Raj period, a range of different chutneys were developed which used fruit or vegetables, along with vinegar, sugar and spices. A particularly popular version was Major Grey's chutney, which was reportedly created by a British Army officer living in India. His recipe included mango, raisins, vinegar, lime juice, onion, tamarind, sugar and spices. Today, it is more commonly known as mango chutney.



Have you tried this or any other chutneys before?
Can you describe the taste and texture?

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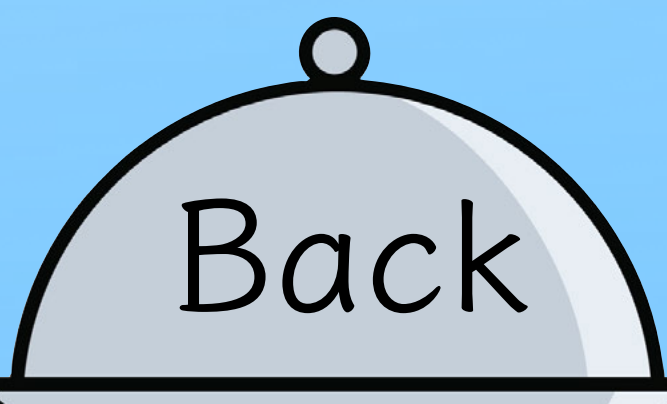
Kedgeree



This is based on a traditional, simple Indian dish called khichri, made primarily from rice and lentils. The Anglo-Indian version, called kedgeree, swapped the lentils for flaky fish (usually haddock) and added some extra ingredients: hard-boiled eggs, curry powder and butter or cream. It became a very popular dish in Victorian Britain, where it was served as a luxurious breakfast meal in wealthier households.



Would you like to eat this for breakfast?



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This dish consists of chunks of marinated chicken served in a spicy curry sauce. The origins of the meal are disputed – some people say it was created in India, but others believe it was almost ‘accidentally invented’ in an Indian restaurant in Scotland, in the 1970s. A customer sent a chicken curry back to the kitchen, complaining that it was too dry. The chef mixed together a sauce from tomato soup, yoghurt, cream and spices, and poured it over the chicken. He sent it back to the customer, who loved it, and from then on it was added to the menu. It is now one of the most popular foods in Britain, with some declaring it a national dish!

Chicken tikka masala



Are you a fan of curry? What ingredients do you like in yours, and why?



The influence that Indian cuisine has had on British tastes is huge – a wide range of Indian food is readily available in supermarkets, fast food outlets and restaurants, and lots of people regularly cook Indian dishes at home from scratch.



One of a large range of Indian ready meals available in supermarkets today



During the time of British rule over India, many of the British people who lived there still preferred to eat the food that they were used to from back home, so Indian chefs learned how to cook a wide variety of British dishes. This led to British cuisine influencing Indian food, as puddings, cakes, custards, ice cream, bread and sandwiches were introduced to the nation!

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India is not the only country to influence British cuisine.

After the end of WWII in 1945, people from different countries (mainly Europe) were encouraged by the government to come and live and work in Britain, in order to strengthen the depleted workforce. The newcomers brought with them the recipes of their home nations' cuisine, which introduced Britain to even more new cooking styles, tastes and flavours! In addition, the transportation of goods, including food, to and from all corners of the world was becoming much easier, which meant that people now had access to many more 'exotic' ingredients.



Which other countries do you think have influenced British dishes?

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You are now going to research
how the food of other countries
has influenced the cuisine of
Great Britain!

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Today, Great Britain has a diverse population, with people from all over the world living here. We have been introduced to new ingredients, cooking styles, flavours and recipes from many different cultures, which has influenced British cuisine and made our choice of food even more rich and varied!

Overall, which country's cuisine do you think has had the most influence on what is eaten in Britain?
Which has had the most influence on what you and your family eat?



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Think, pair, then share your ideas.

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