



Food and drink in Britain

On these pages, you can find out more about breakfast and other typical food in Britain.

Breakfast in Britain



A 'full English'

- Eggs (usually fried but can also be scrambled)
- Fried or grilled bacon
- Fried or grilled sausages
- Baked beans
- Fried tomatoes
- Fried mushrooms
- Black pudding (blood sausage)
- Toast or fried bread

To eat ...

Hotels and guesthouses usually offer a full English breakfast (or just 'full English'), but British people don't often have this at home. A lot of people think it's too unhealthy, and it takes too long to make. At a hotel or guesthouse you can usually get a 'continental breakfast' too. This is similar to a French breakfast, with croissants, bread, jam and perhaps some fruit and yoghurt. Again, this is not a typical breakfast in British homes.

Here are some other popular breakfasts:

- ★ cereal or muesli with milk
- ★ toast with marmalade, jam or other spread
- ★ eggs on toast
- ★ porridge

But the most popular breakfast of all is ... nothing! Surveys tell us that more than half of British people usually skip breakfast.



Porridge

To drink ...

The most popular breakfast drink is tea - strong, with milk and perhaps sugar. Coffee (often instant) and fruit juice are also popular at breakfast time.



English tea with milk

You are staying in a British guesthouse. What are you going to order for breakfast? You don't have to have a complete 'full English'. You can choose the parts you want.

You are staying with a British family. They offer you all of the 'everyday breakfasts' above. Which do you want? What do you want to drink with it?

food and drink [fu:d.ənd drɪŋk] Speisen und Getränke ○ fried egg [fraɪd 'eg] Spiegelei ○ scrambled egg [skremblɪd 'eg] Rührei ○ mushroom ['mʌʃrʊm] Pilz ○ guesthouse ['gesthaʊs] Pension ○ continental [ˌkɒntɪ'nentl] kontinental; europäisch ○ everyday ['evrɪdeɪ] alltäglich ○ spread [sprɛd] Aufstrich ○ porridge ['pɒrɪdʒ] Porridge; Haferbrei ○ to skip [skɪp] überspringen; auslassen ○ instant coffee ['ɪnstənt 'kɒfi] löslicher Kaffee



More British food facts

School cafeteria lunches are famous for being unhealthy and not very tasty, and people often joke about them. In fact, many schools now serve good, healthy food.



Some people enjoy 'afternoon tea' at weekends or when they are on holiday. This is a cup of tea with cakes, biscuits and perhaps some small sandwiches. A 'cream tea' is afternoon tea with special cakes called scones with jam and lots of cream. Not very healthy, but very tasty.

The sandwich was named after its inventor, The Earl of Sandwich. He was an English aristocrat who liked gambling and didn't want to interrupt his games when he was hungry. So this was his idea of a practical snack: two slices of bread with some meat in between. That way he kept his hands clean for the cards. Today, the sandwich is one of the world's most popular snacks.

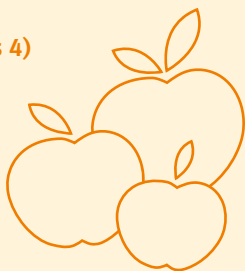


How to make apple crumble

This popular traditional British dessert is very easy to make.

Ingredients (serves 4)

500g sliced apples
200g sugar
200g butter
300g flour



Method

1. Make the crumble mixture:
put the flour, butter and 150g of sugar into a large bowl.
2. Rub the ingredients together until you have very small, crumbly pieces of dough.
3. Put the apples and the other 50g of sugar into an oven dish.
4. Put the crumble mixture on top.
5. Bake it in an oven at 180°C for about 45 minutes, until the crumble is brown.
6. Serve with cream, ice cream or custard.



serve [sɜ:v] servieren ◯ scone [skɒn] brötchenartiges Buttergebäck ◯ tasty ['teɪsti] lecker ◯ inventor [ɪn'ventə] Erfinder/-in ◯ aristocrat [æ'rɪstə,kraet] Aristokrat/-in; Adlige/-r ◯ gambling ['gæmblɪŋ] Glücksspiel ◯ to interrupt [ɪntə'rʌpt] unterbrechen ◯ crumble ['krʌmbl] Streusel ◯ dessert [dɪ'zɜ:t] Dessert; Nachtsch ◯ flour ['flaʊə] Mehl ◯ mixture ['mɪkstʃə] Mischung; Gemisch ◯ to rub [rʌb] reiben ◯ oven dish ['bʌn, dɪʃ] Auflaufform