



# ENGLISH CUISINE IN YOUR HANDS!

**English 7**

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# Full English Breakfast

## INGREDIENTS:

- 4 Pork Sausages
- 6 Strips Of Back Bacon
- 4 Eggs
- 1 Tomato
- 2 Cups Of Mushrooms
- 1 Can Of Baked Beans
- 200g Of Black Pudding
- Tea or Coffee
- Fresh Orange Juice
- 6 Pieces Of Sliced Bread
- Selection Of Newspapers



## INSTRUCTIONS:

1. The first thing to do is grill your bacon, that will take the longest and grilling it under 200 degrees, turning it occasionally will make sure it cooks evenly on both sides. Cut notches in the fat so it doesn't curl up when it cooks, making it more difficult to crisp up the fat.
2. Next you need to start frying your bread. Fried bread is one of the English breakfasts dirty little pleasures because its so greasy, but fried bread is brilliant with a fried egg on top and makes your breakfast deliciously crunchy. Fry two slices and put them on a plate to stay warm near the grill.



3. Once your fried bread is done, now start frying your tomatoes and mushrooms. They only need to be lightly fried before being put on the hot plate with your fried bread to await breakfast assembly.
4. Now start cooking your sausages and black pudding, you can fry them in the same pan and they need to be fried evenly and well to make sure they are both cooked inside and out.
5. Before your sausages are done cooking, put the other two pieces of bread in the toaster or under the grill. When they are toasted, put them on the hotplate with the other waiting ingredients.
6. When you put your toast in is a good time to start cooking your baked beans, they usually just need to be heated up and you can do that in 2 minutes in a microwave or in a small pan on the stove. We like to serve them in a little pot so that they do not spread.
7. When your sausages and black pudding are ready, assemble all of the ingredients on their final plates for serving. Plates should be large enough to hold all the ingredients of a full English breakfast comfortably without everything feeling cramped.
8. Serve the breakfast with lots of fresh tea and coffee, together with a glass of fresh orange juice, it's also nice to serve a glass of water with breakfast too.
9. Make sure there is a selection of jam, butter and marmalade for the toast on the table, as well as salt, pepper, tomato sauce and HP Brown sauce if you can get it.
10. Enjoy your breakfast! After all of that preparation you have earned it and this is the point where the newspapers are consumed, they are best when nobody has read them before you.



What should be on the list of 'standard' ingredients in an English breakfast is hotly debated, some people argue that black pudding is a prerequisite, others argue that french fries or hash browns have no place on an English breakfast plate and we would agree with them.



In this recipe, we are going to stick to the cultural norm and standard ingredients; back bacon, pork sausage, black pudding, beans, eggs, tomato, fry and mushrooms. This English breakfast contains approximately 850-1250 calories, between 45g-60g of fat, of which roughly 15g-20g are saturated.

It's fine to substitute the back bacon for Canadian or American bacon if you cannot get hold of any, I could not get any black pudding for instance, even the sausages can be substituted with a local variety, in fact in the old days local varieties of meat ingredients was the norm. Do not be afraid to reach for a tin of Heinz baked beans rather than bake your own, a generation of us grew up on them.

## Potted Shrimps

Take 500g of shrimps (brown ones if you can get them, but the more common pink ones will do) and rinse.

Heat 100g / 4oz butter in a pan.

Add 1/2 teaspoon of mace (or nutmeg), a pinch of paprika, a pinch of ground ginger and pepper to taste.

Stir the spices into the butter, then add the shrimps.

Heat through, making sure they're well coated in the spicy butter. Take care not to overcook them.

Ladle your butter and spice coated shrimps into ramekin dishes and press well down. Pour the liquid butter from the pan over them to seal.



Leave to cool before serving. They'll keep for a couple of days in the fridge, so make an excellent standby when you're expecting guests and time is in short supply. Whether you make them or buy them, enjoy one of England's great traditional foods.

## Crumpets

Heat the milk and water together in a small saucepan till they are 'hand hot'. Then pour into a jug, stir in the sugar and dried yeast and leave it in a warm place for 10-15 minutes till there is a good frothy head on it.



*Crumpet*

Meanwhile, sift the flour and salt into a mixing bowl and make a well in the centre. When the yeast mixture is frothy, pour it all into the mixing bowl.

Slowly work the flour into the liquid with a wooden spoon. Beat well at the end to make a perfectly smooth batter.



Cover the mixing bowl with a tea-towel and leave to stand in a warm place for about 45 minutes - by which time, the batter will have become light and frothy.

When you're ready to cook, grease the insides of the cooking rings very well and add a little oil to your frying pan before placing it over a medium heat.

When the pan is hot, arrange the rings in the frying pan and spoon 1 tablespoon of the batter into each ring.

Let them cook for 4 or 5 minutes: first tiny bubbles will appear on the surface and then, suddenly, they will burst, leaving the traditional holes.

Now take a large spoon and fork, lift off the rings and turn the crumpets over. Cook on the second side for about 1 minute only. Re-grease and reheat the rings and pan before cooking the next batch.

Serve the crumpets while still warm, generously buttered and topped with anything that takes your fancy. Strawberry jam or lemon curd are particularly good.

If you are making your teatime treat in advance, then reheat them by toasting lightly on both sides before serving. (Bought crumpets need toasting on the highest setting of your toaster to give you a similar result).

## Muffins

Just as if you're making bread by hand, start by warming the water and milk until hand-hot. You can do this in the microwave or in a small pot on the stove.

When the liquid is warm, add the sugar and yeast and mix in well. Then leave it to stand until frothy - this will take about 10-15 minutes, depending on how warm your kitchen is.

Meanwhile, sift the flour and salt into a bowl.

Make a well in the centre and when the yeast is ready, mix the liquid into the flour. Using a spoon and later your hands, mix the ingredients to a soft dough. It's the right consistency if it leaves the bowl clean.

Add a little flour if the mix is too sticky, or a little more water if it seems dry.

Now turn out the dough onto a flat work surface and knead it for 10 minutes. Give it some elbow-grease and it will turn out beautifully smooth and elastic.





Place the kneaded dough back into the bowl and put the bowl into a warm place, covered with a damp dishcloth. Leave it to rise until doubled in size. 30-45 minutes, depending on how warm your kitchen is.

Then turn the dough out onto a floured surface and roll it out to the thickness of a finger - about 1 cm or so. Use a large cookie cutter or English Muffin Rings to shape the dough into rounds.

You should get about 12 muffins.

Place them onto a lightly floured baking sheet and leave to rise again in a warm place for 25-30 minutes.

Now it's time to cook - not bake - your muffins.



Heat a thick-bottomed, heavy frying pan or griddle over a medium heat. Add a little lard - butter won't work here, because it will burn before you're finished cooking the muffins.

Put in some muffins - as they are or in a ring if you like that better - and turn the heat down low. Cook them until nice and golden. The muffins will take about 6-8 minutes on each side.

Keep them warm while you cook the rest and then enjoy with plenty of fridge-cold butter and a pot of tea!

# Orange Marmelade

## Mrs Beeton's Way

Mrs Beeton's 'traditional' method involves thinly slicing the oranges and soaking them in water for three days before boiling until soft. They are then mixed with sugar and cooked to set.

I've never tried it this way, but if you have the time, give it a go!

Another Traditional Method



Alternatively, boil the whole oranges and lemons in the water in a large preserving pan until soft. This can take up to two hours. And the fruit is soft enough when a knife pierces them easily.

Lift the fruit out onto a plate and leave to drain and cool before slicing as thickly or thinly as you like. Remove any pips. Then mix with sugar and water and boil to set.



# English Pancakes

Did you know that pancakes have held a spot in England's history for centuries? I was surprised to learn that the universal favorite has had its *own* day—Pancake Day—since before the beginning of Christianity.

When I read about the celebration, I imagined my medieval ancestors whisking eggs, flour, and milk to make the tasty, crepe-like treat our family loves today.

Pancake Day has its origins as a pagan holiday celebrating the arrival of spring. Making and eating hot, round pancakes symbolized the sun. By eating them, people believed they received power, light, and warmth.

As Christianity spread across Europe, the holiday became identified with Shrove Tuesday. It was a day of repentance, celebration, and feasting in preparation for the 40-day fast for Lent that required giving up bad habits and pleasurable foods such as meat, fatty foods, sugars, eggs, and dairy.

English pancakes were first featured in 1400s cooking books. And, according to the 17th-century "Pasquil's Palinoda", the act of flipping the pancakes is nearly as old as the cooking process itself. It says, "And every man and maide doe take their turne, and tosse their Pancakes up for feare they burne."



English pancakes—which are much thinner than American pancakes—are traditionally eaten rolled up, with sugar and a squeeze of lemon, but it's fun to experiment with jam, syrup, honey, chocolate spread, or whatever sounds good. We even tried them filled with chicken salad, and they were delicious!

I doubled the Foolproof Traditional English Pancake recipe and was happy with the results. The biggest challenges were to flip the pancakes (it worked every time!) and to cook them as fast as they were consumed. They immediately became a family favorite.

### **Yield: About 24 Pancakes**

#### **Ingredients**

- 16 ounces (453 grams) all-purpose flour
- 1/8 teaspoon salt
- 4 large eggs
- 5 cups milk
- 4                      teaspoons  
melted butter, plus extra  
for cooking



#### **Instructions**

1. Sift flour into a large bowl, and add salt.
2. Make a well or an indentation in the center of the flour. Add eggs, and beat until smooth.
3. Add half the milk and 4 teaspoons of melted butter. Beat until smooth.
4. Add the remaining milk, and stir. Let the batter rest for 15 minutes.



5. Lightly grease a frying pan with oil or butter. Heat until very hot.
6. Add a ladleful of batter so it evenly and thinly coats the base of the pan. Cook until set and lightly golden.
7. Slide the pancake to the edge of the pan, and toss it over to cook it about 30 seconds more. You can also use a spatula, but it's not as fun.
8. Slip the pancake from the pan onto a plate, and continue as above until all the batter is gone.

## Yorkshire Pudding

### History of Yorkshire Pudding

Yorkshire pudding dates back at least to the 1700s, when it was described as "Dripping Pudding" in *The Whole Duty of a Woman*. Cooks in the 18th century roasted meat on a spit over the flames in the kitchen fireplace, where it dripped as it cooked. The puddings were carefully placed beneath to catch and be flavored by those drippings.



That book on womanly duties wasn't nearly as widely read as *The Art of Cookery Made Plain and Easy*, by Hannah Glass in 1747. Modern-day cooks can follow the simple Yorkshire pudding recipe Hannah left for their great-great-great-grandmothers. However, the narrative may be puzzling to 21st-century cooks:

"Take a quart of milk, four eggs, and a little salt, make it up into a thick batter with flour like a pancake batter. You must have a good piece of meat at the fire, take a stew-pan and put some dripping in, set it on the fire; when it boils, pour in your pudding; let it bake on the fire till you think it is nigh enough. . . . Set your stew-pan [on a downturned pan] under your meat, and let the dripping drop on the pudding, and the heat of the fire come to it, to make it of a fine brown."

Lest the puddings become too greasy, Hannah cautioned the cook to drain the fat from the pudding, set it on the fire again to dry a little, and then add melted butter to the middle, to form "an exceeding good pudding; the gravy of the meat eats well with it."

Today's enthusiasts might not relate to the dish as described by Hannah Glass. The pudding in its various iterations gradually moved from beneath the spit into the roasting pan and, by the 21st century, into cake pans, muffin pans, or pudding tins. A host of Yorkshire pudding variations are relished by diners in restaurants across Great Britain, Europe, Australia, New Zealand, and Canada. Today's dish typically doesn't usually include the grease bath recommended by Hannah Glass, but it may still be flavored with beef drippings.

The wonder of this light, puffy bread is that the recipe includes the ingredients that also form the basis of such flat forms as French crepes—nearly equal parts flour, eggs, and milk, with a bit of salt. The secret is to whisk the liquids until they are light and foamy and then to bake the bread in a preheated tin pan in a hot oven. The heat will cause the bread to puff up high and set quickly and then turn a golden brown.

This modern, simple Yorkshire pudding recipe is adapted from the *New York Times*.

### Modern-Day Simple Yorkshire Pudding Recipe

#### Ingredients

- 3 large eggs
  - 3/4 cup milk
  - 3/4 cup flour
  - 3/4 teaspoon salt
  - 1/2 cup melted butter
- (Rendered beef or pork fat can be substituted for butter for a more traditional flavor.)



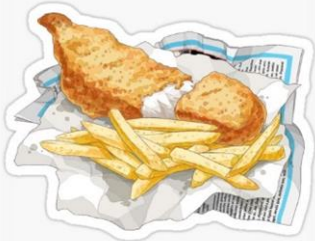
#### Directions

1. Preheat the oven to 400 degrees Fahrenheit.
2. Whisk together eggs and milk until they are foamy, and then mix with flour and salt. Do not overmix. Allow the batter to rest at room temperature for 30 minutes.
3. Add about a teaspoon of fat to each cup of a muffin tin. Place the tin in the oven to heat for five to seven minutes.
4. Fill each cup of the muffin tin to about half full, and return the tin to the oven for 10 to 12 minutes, or until the puddings are crisp and golden brown. Serve immediately, drizzled with remaining melted butter as desired.

# Fish and Chips

Where Did Fish and Chips Come From?

Potatoes were part of British diets for generations, especially for poorer classes, but oddly enough, the combination of fried potatoes and fish may have been an accident. The chip may have been introduced as a substitute for fish when no fish could be had, and inventive housewives cut potatoes into fishy shapes and fried them in lard or beef drippings to provide a filling meal for hungry families.



In the 16th century, Jewish immigrants from Spain and Portugal introduced the British to the practice of dipping fish in flour and frying it. It was only a matter of time for cooking practices to marry potatoes with fried fish to create the earliest fish and chips. In 1845, Alexis Soyer noted this cooking method in his first edition of a cookbook entitled *A Shilling Cookery for the People*.

By the 1860s, the first chip shops brought the happy pairing into a commercial setting. Joseph Malin, a Jewish immigrant, opened his first combined fish and chip shop in East London. John Lees, an entrepreneur opened his "chippie" shop in a wooden hut around the same time in Mossley Market near Oldham in



Lancashire. The debate regarding who came first continues to be hotly contested.

The Industrial Revolution accelerated the growth of the fish and chips trade. Fishing trawlers increased production, and railroads

brought fresh fish from the North Sea over rail to fish markets in English cities. Ice machines meant fish were fresh and readily available. Fish and chip shops multiplied, reaching a peak of around 35,000 in 1927 as savvy Brits seized business opportunities. Old newspapers were the standard presentation because the paper absorbed oil until newsprint was banned because the ink contained lead!

Fish and chips were so important to the economy and so much a part of culinary culture in England that government ministers, in the interest of keeping morale high during World War I and World War II made keeping supplies of fish and potatoes a priority. Both were exempted from rationing.

