

## British National Cuisine

**Task 1. Read the text and put the verbs in brackets in the right form.**

### BRITISH CUISINE

British cuisine has always been multicultural, a potpourri of eclectic styles. In ancient times it ... (to influence) by the Romans and ... in medieval times the French. When the Frankish Normans ... (to invade), they ... (to bring) with them the spices of the east: cinnamon, saffron, nutmeg, pepper, ginger. Sugar came to England at that time, and was considered a spice — rare and expensive. Before the arrival of cane sugars, honey and fruit juices were the only sweeteners.

During Victorian times good old British stodge ... (to mix) with exotic spices from all over the Empire. And today despite being part of Europe we ... (to keep) up our links with the countries of the former British Empire, now united under the Commonwealth.

Among English cakes and pastries, many ... (to tie) to the various religious holidays of the year. Hot Cross Buns ... (to eat) on Good Friday, Plum Pudding for Christmas, and Twelfth Night Cake for Epiphany.

The British tradition of stews, pies and breads, according to the taste buds of the rest of the world, ... (to go) into terminal decline. What was best in England was only that which ... (to show) the influence of France, and so English food let itself become a gastronomic joke and the French art of Nouvelle Cuisine was adopted.

In the late 1980's, British cuisine ... (to start) to look for a new direction. Disenchanted with the overblown Nouvelle Cuisine, chefs ... (to begin) to look a little closer to home for inspiration. Calling on a rich (and largely ignored) tradition, and utilizing many diverse and interesting ingredients, the basis ... (to form) for what is now known as modern British food. Game ... (to enjoy) a resurgence in popularity although it always had a central role in the British diet, which reflects both the abundant richness of the forests and streams and an old aristocratic prejudice against butchered meats.

In London especially, one can not only experiment with the best of British, but the best of the world as there are many distinct ethnic cuisines to sample, Chinese, Indian, Italian and Greek restaurants are amongst the most popular.

Although some traditional dishes such as roast beef and Yorkshire pudding, Cornish pasties, steak and kidney pie, bread and butter pudding, or fish and chips, remain popular, there has been a significant shift in eating habits in Britain. Rice and pasta ... (to account) for the decrease in potato consumption and the consumption of meat has also fallen. Vegetable and salad oils largely ... (to replace) the use of butter.

Roast beef is still the national culinary pride. It ... (to call) a "joint", and ... (to serve) at midday on Sunday with roasted potatoes, Yorkshire pudding, two vegetables, a good strong horseradish, gravy, and mustard.

Today there is more emphasis on fine, fresh ingredients in the better restaurants and markets in the UK offer food items from all over the world. Salmon, exotic fruit, Norwegian prawns and New Zealand lamb are choice items. Wild fowl and game are other special ties on offer.

In fact fish is central to the English diet, we are after all an island surrounded by some of the richest fishing areas of the world. Many species ... (to swim) in the cold offshore waters: hake, plaice, cod (the most popular choice for fish and chips), turbot, halibut, mullet and John Dory. Oily fishes also abound (mackerel, pilchards, and herring) as do crustaceans ... (to like) lobster and oysters. Eel, also common, ... (to cook) into a wonderful pie with lemon, parsley, and shallots, all topped with puff pastry.

**Task 2. Say if these sentences are true or false.**

1. In ancient times it was influenced by the German and in medieval times by the French.
2. Before the arrival of cane sugars, honey and fruit juices were the only sweeteners.
3. In the late 1980's, British cuisine started to look for a new direction.
4. Roast beef is served at midday on Saturday.
5. There are many distinct ethnic cuisines to sample, Chinese, Indian, Italian and Greek restaurants are amongst the

Potpourri	попури(різноманіття)
cinnamon,	кориця
saffron	шафран
nutmeg	мускатний горіх
ginger	імбир
cane sugars	тростининовий цукор
stodge	важка/ситна їжа
Commonwealth	співдружність
Pastries	хлібні вироби
Epiphany	богоявлення
Good Friday	чиста п'ятниця
Stews	печення ( жаркое)
Disenchanted	розчарований
Resurgence	відродження
gravy	соус, підлива
Wild fowl and game	дичина
Hake	мерлуза
Plaice	камбала
cod	тріска
turbot	риба Тюрбо ( вид палтуса)
halibut	палтус
mullet	кефаль
John Dory	риби
Mackerel	макрель
Pilchards	сардини
Herring	оселедець

crustaceans

lobster

oysters

Eel

Parsley

Shallots

ракообразніе

омар

устриці

Вугор

петрушка

шалот