



Photo from: <http://3.bp.blogspot.com/-1mmbwD2CBxc/Ug9eV5dlyRI/AAAAAAAAAQo/ibZ9ZLYUpps/s1600/photo+3.JPG>

Meals:

- **Breakfast:** is usually a small meal eaten between the hours of 7-9 am. Breakfast in the U.K is usually simple and consists of cereal, bread, orange juice, and coffee. However, more substantial items, like eggs, sausage, beans, and bacon, are also breakfast staples.
- **Lunch:** lunch is a slightly larger meal eaten in the early to mid-afternoon. Sandwiches are the most common lunch in the U.K, served alongside a piece of fruit and a bag of chips. Wraps and salads are also common items.
- **Dinner:** Typically the most substantial meal of the day, dinner is eaten in the late afternoon and commonly includes meat and two vegetable components. However, because of the influence of Indian cuisine on England, curry has become an incredibly popular dish.
- **Sunday Roast:** usually a combination of both lunch and dinner and primarily reserved for family gatherings, the Sunday roast includes a large piece of meat, two vegetables, potatoes, and Yorkshire pudding.
- **[Additional Information](#)**

Frequently Used Foods:

- **Fruits and Vegetables:** apple, orange, banana, lemon, pear, melon, peach, strawberry, potato, carrot, pea, cabbage, onion, garlic, mushroom, turnip
- **Protein:** beef, pork, chicken, lamb, eggs, salmon, herring
- **Spices:** basil, bay leaf, chive, coriander, dill, fennel, mint, parsley, rosemary, sage, thyme, salt, pepper, cardamom, mace, nutmeg, cinnamon, curry [Additional Information](#)
- **Oils/Misc:** butter, vegetable oil, rice, milk, cheese

(Things such as curry, cinnamon, and rice are not part of the traditional cuisine of the United Kingdom, but have become incredibly popular in the country over the last century)

Ten Regional Favorite Dishes With Links to Interesting Recipes:

- **Scotch Pie:** ([recipe](#)) ([images](#))
- **Yorkshire Pudding:** ([recipe](#)) ([images](#))
- **Roast Beef:** ([recipe](#)) ([images](#))
- **Ploughman's Lunch:** ([recipe](#)) ([images](#))
- **White Pudding:** ([recipe](#)) ([images](#))
- **Shepherds' Pie:** ([recipe](#)) ([images](#))
- **Fish and Chips:** ([recipe](#)) ([images](#))
- **Chocolate Potato Cake:** ([recipe](#)) ([images](#))
- **Stovies:** ([recipe](#)) ([images](#))
- **Battenberg Cake:** ([recipe](#)) ([images](#))
- [Additional Popular Dishes](#)

Religion: Roughly 60% of all U.K citizens are Christian. Also, there is a growing non-religious portion of the population, accounting for almost 26% of the entire U.K.

National Holidays and Dietary Requirements:

- **St. Patrick's Day:** Celebrated in Northern Ireland on March 17th, St. Patrick's Day commemorates St. Patrick and the arrival of Christianity in Ireland. This holiday is also used to celebrate Irish heritage and is highlighted by the National St. Patrick's Day Festival and drinking. [More on St. Patrick's Day](#)
- **The Twelfth:** Celebrated in Northern Ireland annually on July 12th, this holiday recognizes the Glorious Revolution and the victory of William of Orange over King James II. Parades involving Orangemen and bands highlight this holiday, while families gather to eat and drink.
- **Hogmanay:** The Scottish word for the final day of the year, Hogmanay begins on December 31st, and usually ends on January 2nd. Many local customs are featured during this holiday, like the giving of symbolic gifts and fist-footing. [Hogmanay Information](#)

Etiquette: Most meals in the United Kingdom are eaten with cutlery. The only foods that take exception are fruit, sandwiches, and chips.

If bread is served with a meal, break off pieces before buttering and eating. It is rude to eat a roll or piece of bread whole.

Make sure to finish the food in your mouth before taking another bite or having anything to drink.

[More U.K Etiquette](#)

Food History: The cuisine of the United Kingdom, although not internationally regarded as elite, is intricate and vast. Many cultures have had an impact on modern U.K cuisine, beginning with the French over 500 years ago. During the Victorian times, the vast British Empire brought a multitude of exotic spices to the isles, and help to establish a complex culinary ideology. Today, some of the most popular staples in British cuisine (tea, curry) have their roots in Eastern Asia. The U.K can be seen as a sort of culinary melting pot, adopting an expansive array of components from all over the world.

Additional Information and Acknowledgements:

<http://www.learnenglish.de/culture/foodculture.html> - history

<http://www.edinburghshogmanay.org/>

<http://www.educationscotland.gov.uk/scotlandshistory/medievallife/foodanddrink/index.asp>