



Food

The Sunday Roast

Sunday roasts are very popular. Beef, chicken, lamb, pork or, especially at Christmas, turkey is roasted in the oven. It's served with a selection of vegetables like roast potatoes, carrots, cabbage, Brussels sprouts, peas, as well as tiny sausages wrapped in bacon called 'pigs in blankets' and gravy made from the meat juices.

Fish and Chips

British people have been eating fish and chips since the 19th century. The fish, usually cod, haddock or plaice, is dipped in batter and deep-fried; the chips are cut thicker than French fries and are also deep-fried. Eat sprinkled liberally with salt and malt vinegar.

Pies

There is a huge variety of different pies around the UK: cottage pie (minced beef with a mashed potato topping), shepherd's pie (using lamb instead of beef), steak and kidney pie made with a suet-based (beef or mutton fat) pastry case, pork pies (famously made in Melton Mowbray, which is typically eaten cold, and Cornish pasties.