



Traditional British dishes

AND THEIR HISTORY

Fish and chips

- ▶ **Fish and chips** is a hot dish consisting of [fried fish](#) in [batter](#), served with [chips](#). The dish originated in England, where these two components had been introduced from separate immigrant cultures; it is not known who created the [culinary fusion](#) that became the emblematic British meal.^{[1][2]} Fish and chips is a common [take-away food](#) in the [United Kingdom](#) and numerous other countries, particularly in English-speaking and [Commonwealth](#) nations.



Baked beans



- ▶ **Baked beans** is a dish traditionally containing white beans that are parboiled and then, in the US, baked in sauce at low temperature for a lengthy period. In the United Kingdom, the dish is sometimes baked, but usually stewed in sauce. Canned baked beans are not baked, but are cooked through a steam process.

Shepards pie

- ▶ The term *shepherd's pie* did not appear until 1854, and was initially used synonymously with cottage pie, regardless of whether the meat was beef or [mutton](#).^{[[pages needed](#)][[excessive citations](#)]} However, in the UK since the 21st century, the term *shepherd's pie* is used more commonly when the meat is [lamb](#).^{[[13](#)][[14](#)][[15](#)]}
- ▶ The French name *hachis Parmentier* is documented in French in 1900, and in English in 1898, and is generally defined as synonymous or equivalent to shepherd's pie. A *hachis* is anything finely chopped; the English word '[hash](#)' is borrowed from it. 'Parmentier' is [Antoine-Augustin Parmentier](#), after whom many potato dishes were named, as he was instrumental in the promotion of the potato in France in the 18th century.



Sausage roll

▶ A **sausage roll** is a [savoury](#) pastry snack, popular in current and former [Commonwealth](#) nations. They are sold at retail outlets and are also available from [bakeries](#) as a [take-away food](#). A miniature version can be served as buffet or party food. Similar meat and pastry recipes include the Czech [klobásník](#), the Dutch *saucijzenbroodje*, the German *Münsterländer Wurstbrötchen* and [sausage bread](#) in the United States. The basic composition of a sausage roll is sheets of [puff pastry](#) formed into tubes around [sausage](#) meat and glazed with egg or milk before being baked. They can be served either hot or cold. In the 19th century, they were made using [shortcrust pastry](#) instead of puff pastry.



Crumpet

- ▶ A **crumpet** ([/ˈkrʌmpɪt/ \(listen\)](#)) is a small [griddle](#) cake made from an unsweetened [batter](#) of water or milk, [flour](#), and [yeast](#), eaten in the [United Kingdom](#), [Canada](#), [New Zealand](#), and [Australia](#).
- ▶ Crumpets are regionally known as **pikelets**, a name also applied to a thinner, more pancake-like griddle bread: a type of the latter is referred to as a *crumpet* in [Scotland](#). Crumpets have been variously described as originating in [Wales](#) or as part of the [Anglo-Saxon](#) diet, based on proposed etymologies of the word. In either case, breads were, historically, commonly cooked on a griddle wherever [bread ovens](#) were unavailable. The *bara-planc*, or griddle bread, baked on an iron plate over a fire, was part of the everyday diet in Wales until the 19th century.



Sources:

- ▶ Fish and chips: https://en.wikipedia.org/wiki/Fish_and_chips
- ▶ Baked beans: https://en.wikipedia.org/wiki/Baked_beans
- ▶ Shepards pie: https://en.wikipedia.org/wiki/Shepherd%27s_pie
- ▶ Sausage roll: https://en.wikipedia.org/wiki/Sausage_roll
- ▶ Crumpet: <https://en.wikipedia.org/wiki/Crumpet>