

Where Food Comes From: Cultures and Cuisines Knowledge Organiser

England

Typical Ingredients

Vegetables	potato, swede, leek, onion, root vegetables (carrot, beetroot)
Fruit	apples, pears, rhubarb, soft fruits (berries)
Fish	haddock, mackerel, herring, eels
Seafood	oysters, prawns, shrimp
Cheese	regional cheese: Cheshire, Blue Stilton
Poultry and Game	chicken, turkey, goose, pheasant, duck, venison
Meats	beef, lamb, pork

Signature Dishes

Description

Dakewell tart	Short crust pastry shell filled with jam and frangipane layers topped with icing and almonds.
Bath buns	Sweet rolls made from a yeast dough.
Bread and butter pudding	Heavy pudding layered with bread soaked in milk baked with eggs, dried fruit and spices.
Canterbury pudding	Dry pastry filled pudding made with breadcrumbs, brandy, milk and lemon juice.
Cornish pasty	Pastry hand held snack filled with meat and vegetables – formed into a 'D' shape and crimped closed.
Cromer crab	Tender cooked crab.
Cumberland sausage	Pork sausage rolled into a coil.
Devonshire cream tea	Afternoon tea with scones, clotted cream, and jam.
Devonshire splits	A sweet yeast bun served with whipped cream and butter or jam.
Eccles cakes	Small sweet round pastries filled with currants.
Fidget pie	Savory pie with onions, apples, bacon and potatoes.
Glazed gammon and cider	Cooked cured pork with cider.
Jellied eels	Chopped cooked eels in jelly.
Lancashire hotpot	Lamb baked in the oven with onion and topped with sliced potato.
Parkin	Gingerbread cake made with oatmeal and treacle.
Stottie	A leavened bread indented in the middle.
Yorkshire pudding	Egg, flour and milk batter cooked in a hot oven – served alongside roast beef.

Wales

Typical Ingredients

Vegetables	potato, leek
Fish	wye salmon, sea trout
Seafood	oysters, crab, lobster, cockles, mussels
Laverbread	type of seaweed
Cheese	wide variety: Caerphilly
Poultry and game	chicken, duck, pheasant, Brecon venison
Meat	beef, lamb, pork

Signature Dishes

Description

Bara Brith	A rich spiced fruit loaf made with tea.
Cawl	Soup made with lamb and vegetables.
Faggots	Meatballs made from offal served with mushy peas and onion gravy.
Glamorgan sausages	Vegetarian sausage made with Caerphilly cheese, leek and mustard rolled in breadcrumbs.
Lavercakes with bacon and eggs	Small laverbread patties with bacon rashers and a fried egg.
Sewin	Sea trout with cockles and laverbread butter sauce.
Welsh cakes	Sweet biscuits like products flavoured with spice and dried fruit, baked on a griddle.
Welsh goat cheese and leek flan with Carmarthen ham	Short crust pastry filled with cheese, leek and ham.
Welsh rarebit	Cheese on toast with added ale and mustard.