



## Is British Food Really Disgusting?

While living in Japan, I've heard many people say that British food is disgusting. I've even seen TV programs say that is it the most disgusting food in the world. I found one Japanese TV program that said, "98% of British households only eat six dishes regularly." I don't believe any of this is true, at least with my friends and family. While I can't say that British food is the best in the world, I do think we have many delicious dishes that aren't common in Japan. You should try them if you get the chance, or perhaps even try making them. Recipes can be found below.

### Roast Dinners

In the UK, almost everyone owns a big gas oven, so we have more dishes that include roast ingredients. One of which is the traditional Sunday roast dinner. Roast dinners are a selection of vegetables (peas, carrots, parsnips, red cabbage etc.), roast potatoes and roast meat (usually chicken, lamb, pork or beef) all covered in gravy. At Christmas we traditionally have a version of this food with Turkey.



### English Breakfast

These are a special treat for weekend mornings when the family are off work and school. They usually include eggs, sausage, bacon, baked beans and toast, but there are many other things that are commonly added such as hash browns, mushrooms, tomatoes, black pudding (pig's blood!) and more. They're not at all healthy, but they are delicious and make you feel very satisfied.

### Trifle

This is a popular cheap and easy to make dessert. All of the ingredients are available in Japan so please try to make one for yourself. They're a bit like Parfait. Trifles have many layers and it's up to you to choose what to use and which order to do them, but whipped cream always goes on the top. The other layers are fruits (usually strawberries and other berries but anything is OK), crushed biscuits or sponge cake, jelly and custard. If only adults are eating, you can add an alcohol such as sherry to the jelly.



### Shepard's Pie

This is a traditional evening dish. It may be called shepard's pie, but it's not really a pie at all. The bottom layer is minced lamb (you can use minced beef if you prefer) onions, peas, carrots, Worcester sauce, beef broth and any other seasoning you like such as bay leaves, salt and pepper. The middle layer is mashed potato. Finally, the top layer is grilled cheese.

*I hope I was able to show you some British dishes that you want to try in the future. Please go to page 2 for today's word bank and links to the recipes for these dishes.*

## Word bank

disgusting- まずい	households - 家庭	roast - ロースト	ingredient - 材料
owns - 所有する・持つ	traditional - 伝統的な	a selection of - いろいろな	turkey - 七面鳥
parsnip - パースニップ「イギリスにあるニンジンみたいな野菜」			treat - お楽しみ
bakes beans - 白インゲン豆とトマトソース		hash brown- ハッシュドポテト	
blood - 血	not at all - 全くない	be satisfied - 満足する	available - 利用可能
crushed - 破砕されたの	Worcester sauce - ウスターソース		broth - 出汁

## Recipes

Roast Dinner: <http://www.news-digest.co.uk/news/gourmet/british-food-and-sweets/15508-sunday-roast.html>

English Breakfast: <https://ouchi-gohan.jp/2883/>

Trifle: <https://macaro-ni.jp/22336>

Shepherd's Pie: <http://www.news-digest.co.uk/news/gourmet/british-food-and-sweets/16264-shepherds-pie.html>