**Traditional British Food**

Classic British dishes include: sandwiches, fish and chips, pies (Cornish pasty), Yorkshire pudding, trifle and roast dinners. The staple foods of England are meat, fish, potatoes, flour, butter and eggs. Many traditional dishes are based on these foods.

England has always been regarded as a nation of Beefeaters and most of its famous dishes are centered around it. Roast beef in particular and Yorkshire pudding have long been the country’s traditional Sunday dinner.

English people also love French and Italian cooking. It’s incredibly popular here. But it’s the Indian cuisine, first brought to Britain in the days of the Raj, that has become a quintessentially English food. Indian take-aways can be found all over the UK and are a favourite stop off point after a few pints of beer, especially at the week-end.

English cuisine has suffered a bad reputation over the years. It has frequently been accused of being heavy and bland. Strange sounding dishes like Bubble & Squeak and Toad-in-the-Hole, probably haven’t helped matters.

But things are different today. Nowadays British cooking is widely regarded as some of the tastiest in the world and London has developed a reputation as one of the world’s greatest dining cities.  
All over the UK, British cooking has been rediscovered and reinvented. Instead of looking for new recipes, cooks are proving that, when made skillfully and with good ingredients, generations-old recipes beloved by the Brits, are delicious and comforting