

British & Scottish Food & Cuisine

1. General

- ⊖ cheap food for poor farmers
- ⊖ nutritious dishes for the hard-working population
- ⊖ the people had to eat what was there in the nature
- ⊖ lots of different spices during the colonial time
- ⊖ impressed by a lot of different countries (e.g. India, France)

2. Traditional groceries

- ⊖ cereals (e.g. oat)
- ⊖ fish
- ⊖ vegetables (e.g. potatoes, carrots)
- ⊖ meat (e.g. sheep, turkey)

3. National dishes of Scotland

- ⊖ Haggis: sheep`s stomach stuffed with diced innards
- ⊖ Porridge: oat, boiled to a thick consistency in water or milk
- ⊖ Whisky



Haggis



Porridge