

Zakharovskaya school
(143022 Moscow reg., Odintcovo dist., set. Letniy Otdikh, 1b Green str.,
Zakharovskaya school)
Tel. +7 (498) 694-02-85

The competition work
Category (the English language)

“The Culinary Traditions of English-speaking countries”
(Project)

Developers:
Elena Demidova
(Odintcovo dist., set. Khlyupino, 24-4 Zavodskaya str.)

Arina Kondakova
Vil. Zakharovo, 157 a

Ekaterina Levina
(Odintcovo dist., set. Khlyupino, 6-76 Zavodskaya str.)

Alina Makarova
Set. Letniy Otdikh, 11a -65 Green str.

The scientific Head:
E.V. Palenkova,
the teacher of the English language
Zakharovskaya school

Letniy Otdikh
2019

Content:

1. Introduction	p.3
2. The Culinary Features of English-speaking Countries:.....	p.5
2.1. The UK	p.5
2.2. The USA	p.6
2.3. Canada	p.8
2.4. Australia	p.8
3. The main stages of the project.....	p. 10
4. Conclusion	p.14
5. Literature.....	p.15

Introduction

In English classes, we learn not only English, but also the culture and customs of English-speaking countries. Since elementary school, we have read and heard about haggis, pudding, the British 5 o'clock tea tradition, about lunch. For example, we surely know what the traditional English breakfast (pict.1) consists of. While watching the films about Sherlock Holmes, we often hear: "Your porridge, sir!" However, the modern Englishman has cereals or a toast, orange juice or coffee for breakfast. The British people eat porridge, as a rule, only in the cold season. The traditional English breakfast is served mainly at the hotels for tourists. We know that most children and adults in England take packed lunches. They consist of a sandwich, a bag of potato chips, a fruit and a drink. But we were surprised to know that the sandwich can be called 'butty' or 'sarnie' ¹. The traditional English dinner includes a slice of meat and two types of vegetables, such as carrots, green peas, cabbage and onions or potatoes, poured with brown gravy sauce.

So what, in fact, is eaten in English-speaking countries? What dishes are traditional? And what can cause confusion? What do these strange names in recipes really mean? We decided to find answers to these questions. After all, we think that the cuisine is a part of a culture and it helps to learn the traditions. In such way, we have set ourselves **the main objective:** to get acquainted with the cuisines of English-speaking countries, since we believe that knowledge of the culture and traditions of other nationalities can make the world closer, friendlier, better and more tolerant. To achieve the main objective, we have set the following **tasks:** **1)**to find and study information about food features and traditions of English-speaking countries (the UK, the USA, Australia, Canada); **2)**to find the traditional and most common dishes of these countries; **3)**to make a cookbook containing unusual and interesting recipes; **4)**to acquaint students of Zakharovskaya Secondary School with our research (to hold a presentation of the project and of the cookbook, to organize a drawing exhibition to theme "5 o'clock tea", to arrange a traditional English tea drinking ceremony, to hold a tasting and a cooking classes); **5)**to represent the project at the school's scientific and practical conference.

¹ «Англия, Англия. Гастрономическое путешествие», 2014, изд. «Твоя книга», серия British Food Ideas, p.12.

The product of our project is a cookbook, which can be a valuable source of authentic recipes from English-speaking countries. It can be used at the lessons of the English language, as a collection of recipes at household lessons. The book also contains complimentary chapters: tips for a young chef (information on weight measures, methods of cooking, methods of cutting and storing products); pages of healthy food and safety in the kitchen; vocabulary related to the topic “Food and cooking”.

The main stages of the project and results are:

1. The organizational stage (September - October 2018): to select the project’s theme, to draw up the plan for the project. We have chosen the theme and have drawn up the plan.

2. The initial stage (October-November 2018): to collect information from books and the Internet, films. We have learned a lot of information.

3. The main stage (November-December 2019): to process the information, to create a hand-made cook book “The Cookbook of Unusual Recipes from English-speaking Countries”, to hold announcement events. We have made the cook book, hold an exhibition to the theme “5 o'clock tea”, traditional English tea-drinking ceremony, tasting and cooking classes.

4. The final stage (January-February 2019): to represent the cook book and the project to the pupils of Zakharovskaya school, on the School Scientific Conference.

The time of working on the project is from September 2018 to February 2019.

The working on the project helped us to learn the cuisines of English-speaking countries, their history, cooking some dishes, learn the weight measures in other countries. We organized some actions and introduced the students of our school with the food habits and traditions of the UK, the USA, Canada and Australia.

To find the information, we used textbooks, reference books, cookbooks, magazines, various Internet sources, films. We think the books “England, England. Gastronomic journey”, “Culinary traditions of the world”, “the Course of the perfect meal. Recipes for an active life “, “Cooking for Friends”, “Culinary masterpieces of the world” very informative. And vintage books, such as “Western Cook book 250 tempting recipes”,

"The Modern Hostess Cook Book. All American Issues" inspired us to making a cookbook in a scrapbook technique.

2. The Culinary Features of English-speaking Countries:

2.1. Great Britain

When it comes to UK cuisine, people remember only English dishes, while this concept unites Scottish, Irish, and Welsh ones.

They say *the English cuisine* is pretty bland. The British eat a lot of meat: veal, beef, lamb, pork, game. Offal and blood are widely used as well. The British love fried fish (trout, cod) very much. The side dish is usually completely tasteless baked vegetables. British people finish their meals with cookies, burgers, muffins and biscuits, pies.

The Scottish cuisine is notable for its hot love for cereals. Oatmeal in all its forms appeared in the UK kitchen from the Scots. It is eaten not only as porridge: they make puddings with lard and onion from it, fill game with it, add it to the soup.

But *the Irish* prefer seafood, meat and milk, berries. The Irish cuisine has changed a lot after appearing of potatoes. The most common thing on the Irish table is Irish butter. They love it and are proud of it.

In colonial times, the British conquered half the world, and their cuisine was enriched by foreign traditions. India had the most influence: for example, many British people do not even remember that the chicken Tikka masala (pict.2) is not an original English dish.

And yet there is much common for all 4 parts of the UK. The most typical dishes of the British cuisine are: various types of sandwiches, world-famous fish and chips, different kinds of pies with baked or roasted meat (roast dinners), puddings, desserts, such as, for example, Trifle (pict.3).

Recently, takeaway food has become very popular in the UK. The traditional English dish, fish and chips (pict.4), is also now most often eaten at such fast food items. It consists of compulsory fish and French fries. Mashed green peas are added to this dish. Historically, fish and chips are seasoned with salt, sprinkled with vinegar and wrapped in a newspaper.

But there are dishes that you must try when visiting the UK. They are:

- Thick **porridge** made from oatmeal, cream or milk. It is eaten with toast and jam. Oatmeal for breakfast is a long tradition of all families in the country.



- **Pudding** is a classic English dessert made from flour, sugar, eggs, milk, fruit and spices. This dish is a must-have dish on the Christmas table.



- **Scotch Haggis pudding** is not a dessert. It is made from lamb offal with onions, oatmeal, lard, salt and cooked in a lamb stomach. Traditionally it is served with potato side dish. Haggis is being prepared on January 25, since the Scottish poet Robert Burns devoted an ode to the Scottish pudding.



- **Irish potato bread** is the country's national dish, popular and unusually tasty. Traditional Irish breakfast is not complete without fragrant fresh potato bread with butter.



- **Laverbred** is a national Welsh dish. Laverbred is roasted seaweed puree. It is served with slices of bacon.



2.2. The USA

The American cuisine is a variety of food traditions and cooking styles. The English cuisine of 12-13 centuries has mixed with the culinary traditions of American Indians (dishes of corn and sweet potatoes, maple syrup). However it has changed a lot over the last 300 years and has become a mixture of culinary traditions of the whole world. American dishes are German “Hamburg steaks” and sausages, Italian pizza and pasta, Chinese dishes.

The United States is a large and multi-cultural country. Of course, in different parts of the state cooking recipes have their variations, but these dishes are popular in every corner of the country:



- **Barbecue**

- **Peanut butter**





- Pancakes with maple syrup



- Whipped cheese (spray cheese) Burgers



- Apple pie

The USA is a very big country. Its food traditions were influenced by historical events, geographical location, climate. So the kitchen of the *central states* was greatly influenced by Europe. Migrants from France, England, Ireland came to this territory and settled in Kentucky, Tennessee and Alabama. In these places there is fertile soil. The most popular grown product was corn. They made bread, butter, cereal, American hot dogs, and more of it. The most famous dishes from corn are *corn dogs* (pict.5) and *grits* (pict.6) (a type of corn porridge). Grits is a traditional hot breakfast in the southern states of the United States. Corn porridge is eaten differently: without additives (plain), spicy (savory), sweet.

Southwest US cuisine absorbed the influence of Latin American countries. Spicy foods, meat, stewed vegetables - these are the main components of the cuisine of these states. *Taco* (pict.7) is a national Mexican dish, flatbread with various fillings (meat, vegetable and fish). It is believed that the best tacos are cooked in California, Texas and Arizona. *Chili con carne* (pict.8) is minced meat with hot chili peppers, as well as tomatoes and onions, garlic. It is very spicy. Seafood - fish, shrimps, clams, crabs - is a part of the gastronomic culture of the region. The famous “California” rolls (pict.9) are invented here and have no relation to Japan.

The northeastern US cuisine is known for seafood, pastries and vegetables. The most famous dishes of this area -*clam chowder* (pict.10)- are a clam soup with milk, ham

and vegetables and *Chicago pizza*(*pict.11*). It is a cake that is very popular not only in Chicago, but throughout the country.

New York cuisine is special. It absorbed the spirit of the Old World, Latin America, Africa. However, there are dishes that are associated only with New York. *The New York Bagel* (*pict.12*) is a bagel-shaped burger, most often with salmon and tender cheese. *New York Cheesecake* (*pict.13*) is the most popular cake in the United States. These cheesecakes are made from Philadelphia cheese.

2.3. Canada

The Canadian history has influenced the kitchen a lot. It is very diverse. British immigrants of the 15th century brought with them their usual food. French rule influenced Quebec to become the center of cheese making in modern Canada. Also, do not forget about the influence of the close neighbor- the United States, which loves fast food.

Thanks to immigrants, Canada is known as a country with a varied cuisine [9]. For example, Vancouver, where there are a lot of immigrants from China, became the center of Asian food, and in Toronto there are about 60 Russian restaurants and bistros. Therefore, you should not be surprised if you can enjoy a hamburger, Italian pizza or Ukrainian borsch as a national dish of Canada. Recently, such Canadian dishes are being revived, which in ancient times were prepared by native Indians. The inhabitants of this vast country were very fond of all sorts of fish and meat dishes.

In cooking, Canadians prefer seasonal and local products: vegetables (potatoes, carrots, cabbages), meat, poultry, seafood, milk, eggs. There are Canadian dishes that are worth trying: *stewed rabbit with vegetables* (*pict.14*), *pie with kidneys* (*pict.15*), *roasted chicken* (*pict.16*), *baked sturgeon* (*pict.17*), *oyster pie and ground potatoes* (*pict.18*), *ham in maple syrup* (*pict.19*). Traditional Canadian cuisine is hard to imagine without seafood, cheddar cheese, meat pates and cold boiled pork. For the first course, in Canada such soups are popular: *onion soup*, *pumpkin soup*, *pea soup*, *broth with croutons*, *a soup with homemade noodles*. *Maple syrup* is considered to be the national pride and favorite delicacy of all Canadians. It is added to sweet pastries, scrambled eggs with bacon and roast pork. Maple syrup is the best souvenir you can bring from Canada.

2.4. Australia.

Food in Australia is very simple and tasty. British, Irish, New Zealand, Italian, Greek, German, Vietnamese and Chinese traditions brought with them unique culinary diversity and originality². Australians eat kangaroo, rabbit, emu, opossum, crocodile kinds of meat. One of the most favorite meat dishes of Australians is *steak with blood* (pict.20). *Chickens Melbourne* (pict.21) are very popular. They are chickens fried in olive oil with a pink sauce and served with *mashed potatoes*, which are very fond of Australians. In addition, all kinds of soups are very popular in this country, especially *crab soup* (pict.22). Meat pies are also very popular. The traditional *Australian meat pie* (pict.23) is small and consists of roasted meat, vegetables, mushrooms and cheese. Another interesting dish is *pie-float* (pict.24). It is not very beautiful, but tasty.

Australian food is very simple. The following dish proves it. *Welsh rabbit* (pict.25) are croutons pored with a mixture of cheese, beer, butter and mustard.

Australia is surrounded by seas and oceans, therefore it is very rich in seafood: fish, oysters, mussels, scallops, octopuses, crabs, shrimps, lobsters, shark meat. The most popular types of fish are barracuda, trout, salmon. When talking about Australian desserts, first of all, they recall the traditional sweet dish of Australia - *the magic bread* (*fairy bread*) (pict.26). These are triangular pieces of bread and butter, sprinkled with special pastry dragees (hundreds & thousands). The most popular cake in Australia is *Pavlova cake* (pict.27). It was prepared for the ballet dancer Anna Pavlova and was named in her honor. It is made from fresh fruits, berries and whipped cream. Another dessert is the chocolate biscuit *Lamington* (pict.28), named after Baron Lamington. It is popular because of the simple recipe. It is a biscuit with chocolate icing and coconut chips.

A typical Australian breakfast is similar to Europeans. It includes muesli, juices, sandwiches and fruits. Also, breakfast is often eaten with *vegemite bread* (pict.29).

By special occasions (New Year and Christmas) in Australia, they eat *barbecue* from green asparagus, and strawberries for dessert. Another traditional dish is a *turkey*

² «Англия, Англия. Гастрономическое путешествие», 2014, изд. «Твоя книга», серия British Food Ideas, p. 116

3. The main stages of the project.

1. **The organizational stage** (September - October 2019): the selection of the project theme - “The Cookbook of Unusual Recipes from English-speaking Countries”. At the lessons of the English language, while reading books or watching programs or just on trips, everyone can face the realities of other countries. Food can be a problem. Especially problematic may be the situation when you need to order a dish but its name does not tell you anything about its content. Once we watched a piece from the movie where a man ordered Black Pudding. We expected to see the dessert and were very surprised to see the sausage. We decided to find information about this dish and found out that:



The Black pudding is one of the variations of blood sausage. It is prepared of pig blood with the addition of oatmeal, onions and fat. There are several variations of this dish: for example, instead of oatmeal they use barley, or breadcrumbs, flour. Black pudding is made in the sausage casing or baked in the form³.

We were interested in food traditions of English-speaking countries and other dishes that can confuse a foreigner and decided to **get acquainted with the cuisines of English-speaking countries.**

To achieve this main objective, we decided on the tasks:

to find and study information about food features and traditions of English-speaking countries (the UK, the USA, Australia, Canada), to find the traditional and most common dishes of these countries, to design a cookbook containing unusual and interesting recipes, to acquaint students of Zakharovskaya Secondary School with our research (to hold a presentation of the project and a cookbook, to organize a drawing exhibition “5 o’clock tea”, to arrange a traditional English tea drinking ceremony, to hold a tasting and a cooking classes), to represent the project at the school's scientific and practical conference.

³ Серия "Кулинарные шедевры мира", Том №11 Центрально-Европейская кухня шаг за шагом, 2013, изд. «Медиа Инфо Групп», p.172

2. **The initial stage** (October-November 2019): the collecting of information from books and the Internet, films.

At the very beginning of our project, we began to look for information about the food features of different countries, interesting facts about food traditions. We have read a lot of books, essays, studied the necessary literature (pict.30). So, we learned that in the USA they love fried chickens. Fried chicken is associated with traditional American cuisine. However, the tradition to cook the poultry in such way came from the UK. Eventually, fried chickens have become the national dish, and it is believed that the best poultry is served in Kentucky. By the way, KFC was founded there.

In addition, peanut butter is the most favorite treat of US residents. It is so popular in the country that January 24 was proclaimed the National Day of Peanut Butter. There is a large assortment of it in stores, and most often it is taken for breakfast.

We were looking for traditional recipes and the most popular in these countries. However, in the process of searching and collecting information, we met some recipes with strange names. So, we selected a number of recipes for our future cookbook, guided by the principle: the name of the dish doesn't say what this dish is made from. We found a lot of interesting ones.

Periwinkle (pict.31), for example, is a popular mollusk dish in the northern part of England. Before eating, they must be kept in fresh water for 12 hours and cooked right in the shells. Clams are especially delicious with salt, garlic and butter. Coastal periwinkle snails are usually found on the west coast of England and along the coast of the Atlantic Ocean. They still remain a favorite delicacy.

Or, for example Laverbread. Laverbread is made from seaweed. The best way to describe this dish is to say that it is very similar to green mucus or overcooked cabbage leaves. And this is not bread, as you can mistakenly conclude from the name, but algae. Laverbread is a Welsh delicacy. Laver, porphyra, or red algae grow well along the west coast of England. After the laver leaves have been collected and washed, they are stewed for several hours. Then they are ground to a jelly paste. Often the seaweed is fried and served with bacon, rolled in oatmeal and form a cake or even used as a side dish for lamb. Like many products that have a disgusting appearance, laver is good for the body, as it is a

source of pure vegetable protein, iodine and iron, as well as other important vitamins and trace elements. These algae are known in Japan as nori.

We also have found many other interesting recipes. For example:



- Toad - in - the - Hole
- Bubble - and - Squeak



- Fagot
- Scotch eggs
- Welsh Rabbit



3. The main stage (November-December 2018).

At this stage of the project, we have processed the collected information. For the cook book, we selected only those recipes that can be cooked by teens in Russia, do not cause harm to health, are cooked from available products and are easy to cook.

Therefore, we did not put some dishes cooked with blood (Black Pudding) or rare products, for example, the Australian fish barramundi. Barramundi (pict.32) is a delicacy and at the same time one of the symbols of the country. It is stuffed with vegetables, sprinkled with lemon juice and seasoned with fragrant herbs. Sometimes barramundi is cooked in a vacuum. The fish is boiled in a plastic bag in ocean water for an hour. It preserves juicy delicate taste, rich aroma and all useful elements.

Some dishes have ingredients that are hard to get in Russia. Vegemite is the most Australian dish. In 1922, the Australian Fred Walker invented a special nutritious and tasty "yeast extract" with celery, onion and salt. It looks like a thick dark mass, which can be spread on bread or used as a finished dish. Many recipes contained this ingredient, and we did not include recipes with it in our book.

In addition, we have excluded from our list all those recipes that are clearly bad to our health (butter, deep-fried, roasted coca-cola, cucumbers marinated in coca-cola, etc.). There are a lot of them in the United States.

After the information was collected, we put all the selected recipes in the recipe book. In the process of working on the book, we cooked some of the dishes (pict.33), held an event "Tasting and a master class on cooking of dishes of English-speaking countries." An English tea party was held at the elementary school, where we told pupils about the traditional 5 o'clock tea party, taught them how to set the table. At this event, we have read a piece from L. Carroll's fairy tale "Alice in Wonderland" about tea drinking ceremony at the Hatter, watched a cartoon and compared with the information that we found. Pupils painted pictures on the theme "Traditional English tea drinking" and we organized a little picture gallery (pict.34).

4. The final stage (January-February 2019): preparation to the presentation of "The Cookbook of unusual recipes from English-speaking countries", the presentation of the book and the project to the pupils of Zakharovskaya school and on the School scientific conference. We have designed the book. It turned out to be colorful and interesting (pict.35). We have left blank pages in it to continue our work in the future. The next step was to make a presentation of our project. We created the presentation of our project, where we showed and told briefly about the work we had done. We represented our project to other classes of our school (pict.36). We have prepared a presentation of the book and introduced it to the children of our class. Many of them wanted to take recipes and cook some dishes.

We plan to publish our project on the school website. The end of our project is a presentation at the School Scientific Practical Conference.

4. Conclusion.

We think the theme we have chosen is very interesting and useful. We have found a lot of information and can make some conclusions:

- 1. The culinary traditions are influenced by historical events, geography and climate of the country, neighbors.**
- 2. They can change.**
- 3. The names of the dishes sometimes do not say about them and do not describe them.**

Working on the project we have learned a lot on this theme. Now we can tell our friends, parents, classmates about traditions and features of English-speaking countries, help while ordering the meals at the cafes or restaurants, while mailing with pen-friends, going abroad.

The book we created can be used on the lessons of the English language, on the extracurricular classes. Besides, this book is not over and any student can add an interesting recipe, what helps to rise the interest to this subject.

Making this cook book we have not spent much money on it: we used old clothes, wallpaper, old pictures and boxes.

Working on the project, we practiced searching and selecting information, mastered the scrapbooking technique, expanded our horizons, learned how to cook some dishes, learned about weight measures in different countries. We have an opportunity to realize ourselves, to show our creative abilities in drawing, designing, cooking. It was very important to be able to work in a team, express and defend our points of view, and distribute responsibilities. We have shown our organizational skills in working with classmates and younger pupils.

We have learned and read a lot of useful cook books. We find them very interesting. In addition, we had a good opportunity to expand our vocabulary on the topic "Food and cooking", to practice English. The result of this project was "The Cook book of unusual recipes of English-speaking countries", made in the technique of scrapbooking by students with the help of teachers, and the event "Tasting dishes of English-speaking countries" and "English tea drinking". We are pleased with our results.

5. Literature:

1. Coyle R. «My first baking book», 1988, NY Workman Pub
2. Ramsey G., “Cooking for Friends”, 2009, HarperCollins Pub.
3. Scammell R.E. «Thistle Eaters Guide», 1969, Consolidated Printers Pub.
4. «The modern Hostess Cook Book», 1954, All American Issue Pub.
5. «Western Cook book. 250 tempting recipes», 1936, Culinary Arts publ.
6. Ананьева У.Г., «Кулинарные традиции мира», 2008г, изд. «АВСЭ»
7. Рамзи Г., «Курс идеальной еды. Рецепты для активной жизни», 2018, изд. «Колибри»
8. «Англия, Англия. Гастрономическое путешествие», 2014, изд. «Твоякнига», серия British Food Ideas
9. Серия "Кулинарные шедевры мира", Том №11 Центрально-Европейская кухня шаг за шагом, 2013, изд. «Медиа Инфо Групп»

The Internet Recourses:

1. FARMGIRLGOURMET.COM
2. LOTTIEANDDOOF.COM
3. LOVEEAT.COM
4. 101COOKBOOKS.COM
5. Лазеева Н.В. «СТРУКТУРНЫЕ И ЯЗЫКОВЫЕ ОСОБЕННОСТИ КУЛИНАРНЫХ РЕЦЕПТОВ ПОВАРЕННОЙ КНИГИ “COOKING FOR FRIENDS” Г. РАМЗИ»; Текст научной статьи по специальности «Языкознание»<https://cyberleninka.ru/article/n/strukturnye-i-yazykovye-osobennosti-kulinaryh-retseptov-povarennoy-knigi-cooking-for-friends-g-ramzi>

1 English "speaking countries"™ culture. As I mentioned above the concept culture can be spelled by capital C, which means the achievement culture. It is comprised of history, holidays, sports, literature, poetry, music, dance, visual arts, cinema, and architecture, those are the achievements that citizens are proud of. As a direct result of the British Empire, British cultural influence (such as the English language) can be observed in the language and culture of a geographically wide assortment of countries such as Canada, Australia, New Zealand, the United States, and the British overseas territories as well as in the others like Pakistan or India. English Speaking Cultures & Cultural Differences. English has become the leading language of international communication. It is the third most widely spoken language in the world and the official language of 53 countries. The United States is an English speaking culture and so is Great Britain. This paper will explore American and British culture as they relate to the English language. The United States is a multicultural and multilingual nation. The population is ethnically and racially diverse. Americans have many different traditions and values and the culture has been influenced heavil