

Name: _____

Period: _____

British Isles Study Sheet

Pages 502 - 511

1. The British Isles consist of 2 large islands and several small ones. What countries are included on both large islands?

a. The largest island – **England, Scotland and Wales**

b. The second largest island – **Ireland**

2. What are the key grains grown in the British Isles?

Wheat, oats and barley

3. What animals are important food sources?

Cattle, chicken, hogs, dairy cattle and sheep

4. How did the early Anglo-Saxons obtain food?

Hunting, fishing, and gathering nuts and berries

Foods of England

5. What is tripe?

Stomach tissue of cattle and oxen

6. What are the staple foods of the British diet?

Bread, meat, cheese, pies, and puddings

7. What is the most common way the British prepare their meats?

Roasting

8. What are *fish and chips*?

Battered, deep fried fish fillets (cod, haddock, sole) served with the British version of French fries.

9. Describe the following dishes made from leftovers.

A. *Bubble and squeak* – Cold cooked beef and potatoes mixed with cold cabbage or Brussels sprouts and cooked until crisp

B. *Shepherd's pie* – a mixture of finely chopped meat and leftover vegetables topped with mashed potatoes and baked

C. *Toad in a hole* – made by pouring a thick batter over pieces of leftover meat and baking the mixture

10. Name five ways apples are served in England.

Baked apples Apple pudding
Apples charlotte Apple Sponge
Apple crumble

11. How are vegetables usually served in England?

British usually serve vegetables right from the garden with just butter and simple seasonings

12. How is a *Steak and Kidney pie* assembled?

Cooks combine slices of kidney with beef chuck and a savory gravy and cover it with a pastry crust.

13. What are the basic ingredients for a *sweet pudding*?

Milk, sugar, eggs, flour and butter

What extra ingredients may be added?

Dried fruit, spices, and lemon juice

14. What is trifle?

Pudding cake- a mold or serving dish is lined with slices of pound cake and spread with a fruit jam. The cake is soaked with sherry. Then the mold is filled with layers of custard, fresh fruit, and whipped cream and slivered almonds

15. How is *tea* served in England?

Simple- tea and a few cookies

Elaborate- tea, sandwiches, sausages, cheeses, bread, cakes and cookies

Foods of Scotland

16. Describe *haggis* – is a sheep's stomach stuffed with a pudding made from oatmeal and the sheep's organs.

17. Match the food with its description.

- | | |
|---|-------------------------|
| ___B___ Soft breakfast roll | A. <i>Finnan haddie</i> |
| ___F___ Rich fruitcake sprinkled with almonds | B. <i>Baps</i> |
| ___D___ Soup of chicken broth and leeks | C. <i>Black bun</i> |
| ___C___ Fruitcake covered with a pastry | D. <i>Cock-a-leekie</i> |
| ___G___ Triangle shaped biscuit | E. <i>Shortbread</i> |
| ___A___ Split and smoked haddock | F. <i>Dundee cake</i> |
| ___E___ Rich buttery cookie made with flour, sugar and butter | G. <i>Scones</i> |

Foods of Wales

18. What are *Cockles*? (page 504)

Mussels that are found along the Welsh coast

19. How is the Welsh diet similar to the foods of England, Scotland and Ireland?

In its simplicity; they use home grown foods and prepare dishes that are substantial yet plain and economical.

20. Describe the following:

- A. *Cawl* – hearty soup of mutton, leeks, and other vegetables
- B. *Tatws slaw* – potatoes mashed with buttermilk & served with ham
- C. *Crempog* – buttermilk cakes
- D. *Bara brith* – bread filled with currants
- E. *Bara ceirch* – oatcakes spread with butter and eaten with buttermilk
- F. *Welsh rabbit* – toast covered with a rich cheese sauce

Foods of Ireland

21. What is the mainstay of the Irish diet?

Potatoes

22. Describe the following Irish dishes

A. *Boxty* – crisp fried cakes made from grated raw potatoes, flour, salt and milk

B. *Champ* – Potatoes mashed with finely chopped scallions and milk and served with melted butter

C. *Colcannon* – Mashed potatoes mixed with chopped scallions, shredded cooked cabbage, and melted butter

D. *Corned beef and cabbage* – Irish dish that economical because it is made with a beef brisket

E. *Barmbrack* – a light fruitcake served with butter; popular Irish cake