

English dishes

Starter : Nothing! Or a soup? We are struggling to find a typical English starter as it is rare to have one in England

A/Main course: Roast dinner (Roast potatoes, steam vegetables, Yorkshire pudding and Roast beef or chicken)

1. For perfect roast potatoes:

- ┌ Heat oven to 200C/fan 180C and preheat your baking tray and fat (such as sunflower oil or duck/goose fat).
- ┌ Peel and cut potatoes into halves or quarters, roughly the same size.
- ┌ Place into a pan of cold water, bring to the boil and cook for 2 mins.
- ┌ Drain into a colander, add a sprinkling of flour and salt and shake the colander to roughen the edges.
- ┌ Tip onto the hot baking tray, coat the potatoes in the hot fat and roast for 1 hour or until golden and crispy. Turn the potatoes over once or twice during cooking

<https://www.bbcgoodfood.com/videos/techniques/how-roast-potatoes>

2. For perfect Yorkshire puddings:

1. Heat oven to 230C/fan 210C/gas 8. Drizzle a little sunflower oil evenly into 2 x 4-hole Yorkshire pudding tins or a 12-hole non-stick muffin tin and place in the oven to heat through.
2. To make the batter, tip 140g plain flour into a bowl and [beat](#) in four eggs until smooth. Gradually add 200ml milk and carry on beating until the mix is completely lump-free. Season with salt and pepper. Pour the batter into a jug, then remove the hot tins from the oven. Carefully and evenly pour the batter into the holes. Place the tins back in the oven and leave undisturbed for 20-25 mins until the puddings have puffed up and browned. Serve immediately. You can now cool them and freeze for up to 1 month.

<https://www.bbcgoodfood.com/recipes/9020/best-yorkshire-puddings>

2/ Dessert : Apple crumble

Ingredients

For the crumble

- ┌ 300g/10½oz plain flour, sieved pinch of salt
- ┌ 175g/6oz unrefined brown sugar
- ┌ 200g/7oz unsalted butter, cubed at room temperature
- ┌ Knob of butter for greasing

For the filling

- ┌ 450g/1lb apples, peeled, cored and cut into 1cm/½in pieces
- ┌ 50g/2oz unrefined brown sugar
- ┌ 1 tbsp plain flour
- ┌ 1 pinch of ground cinnamon

Method

1. Preheat the oven to 180C/350F/Gas 4.
2. Place the flour and sugar in a large bowl and mix well. Taking a few cubes of butter at a time rub into the flour mixture. Keep rubbing until the mixture resembles breadcrumbs.
3. Place the fruit in a large bowl and sprinkle over the sugar, flour and cinnamon. Stir well being careful not to break up the fruit.
4. Butter a 24cm/9in ovenproof dish. Spoon the fruit mixture into the bottom, then sprinkle the crumble mixture on top.
5. Bake in the oven for 40-45 minutes until the crumble is browned and the fruit mixture bubbling.
6. Serve with thick cream or custard.

https://www.bbc.co.uk/food/recipes/applecrumble_2971