

WARM UP

1 Match the names of these dishes with their descriptions.

- 1 Cumberland sausage
- 2 Cumberland stuffed herrings with mustard sauce
- 3 Pan Haggerty
- 4 Stottie cake
- 5 Westmorland pepper cake
- 6 Yorkshire curd tarts

- a a fish dish
 b a potato dish
 c bread
 d cheesecake
 e fruitcake
 f spicy sausage

TRADITIONAL NORTHERN FOOD UK: YORKSHIRE PUDDING RECIPE

The climate in the north of England tends to be cold and many traditional North England dishes are made from inexpensive ingredients, which grow well and last in cold weather. Nevertheless, the traditional foods of Northern England are quite diverse and include meats, fish, vegetables, pastries and locally-made cheeses. Here are some examples.

Westmorland pepper cake

a dessert from Westmorland in Cumbria made of dried fruit, sugar, flour, milk and spices. If you have never tried adding pepper to a sweet dish before now, you'll be pleasantly surprised by its effect. It adds unusual spiciness and is just one example of the wide variety of fruitcake recipes from this area.



Stottie cake, found in the north east of England and not actually a cake, but a type of bread made from flour, yeast, fat, milk and salt. It is sometimes called 'oven-bottom bread' because of being baked on the bottom of the oven, and cannot often be found outside the north of England.



Yorkshire curd tart, a dessert found in Yorkshire, which is made from cheese curds, lemon, eggs, nutmeg, flour, sugar and brandy and tastes a little like cheesecake.



Cumberland sausage, a pork sausage with a distinctive coiled shape, chunky texture and spices, notably pepper, found across Northwest England and often served with a fried egg, peas and chips.



Staying in Cumbria, **Cumberland stuffed herrings with mustard sauce**, combines the oily flesh of herrings with the contrasting bite of English mustard. This dish can be made with any other type of oily fish, such as mackerel, which is abundant along the English coastlines.



Pan Haggerty is a well-known dish from Northumberland, though it can be found across the whole of the north east and most of England. It is a filling dish of potatoes, onions, cheese and sometimes a little cabbage and often served with sausages, or meat, but delicious alone.



READING COMPREHENSION

2 Read the text about the traditional dishes of northern England and answer these questions. Be careful, some questions have more than one answer.

Which dish...

- 1 can be eaten as a main course or a side dish?
- 2 can be made with any oily fish?
- 3 combines sweet and savoury ingredients?
- 4 is baked on the bottom of the oven?
- 5 is spicy?
- 6 is traditionally found in the Northeast of England?
- 7 is typically found in Cumbria?
- 8 sounds like a cake but is a type of bread?

Pan Haggerty

3 Complete the recipe for Yorkshire pudding with the words from the box.

whisk • down • place • oven • plain • serve • bowl • turn • pour • prevent

YORKSHIRE PUDDING

Ingredients

- 225 g (1) _____ flour
- salt and freshly ground black pepper
- 8 free-range eggs
- 600 ml milk
- 55 g dripping

Method

- (2) _____ the flour and a little salt and freshly ground black pepper into a (3) _____.
- Add the eggs, mixing in with a (4) _____, then gradually (5) _____ in the milk, mixing slowly to (6) _____ lumps forming.
- Cover the bowl with clingfilm and chill in the fridge overnight.
- Preheat the oven to 220°C/gas mark 7.
- Put a little of the dripping in four non-stick Yorkshire pudding tins. Place the tins in the (7) _____ until smoking hot.
- Remove from the oven and quickly fill the moulds with the batter. Return to the oven and cook for 20-25 minutes.
- (8) _____ the oven (9) _____ to 190°C/gas mark 5 and cook for a further 10 minutes to set the bottom of the puddings.
- Remove from the oven and (10) _____.



SPEAKING

4 Work in pairs and discuss how you could adapt any of the traditional Northern English recipes to an audience of your country.

- A *We could make Pan Haggerty, but lighten it by adding olive oil and cream.*
- B *That's a good idea and why don't we...*

WRITING

5 Write up your new 'nationalised' recipes and display them for your classmates to see. Decide which ones you like best.