

Photos of Traditional British and Regional Foods Answers

1. **p. Jam Roly Poly**

Ingredients: suet pudding with jam

2. **q. Sussex Pond Pudding**

Ingredients: suet pastry, filled with butter and sugar and sometimes a whole lemon

3. **t. Haggis**

Ingredients: sheep's heart, liver and lungs, and stomach (or sausage casing); onion, oatmeal, suet, spices

4. **m. Bubble and Squeak**

Ingredients: potato and cabbage, but carrots, peas, sprouts, or any other leftover vegetables may be added

5. **k. Eton Mess**

Ingredients: strawberries, meringue, and whipped cream

6. **n. Jellied Eels**

Ingredients: eel and spiced stock

7. **i. 'Full English' Breakfast**

Ingredients: bacon, fried egg, sausage, mushrooms, baked beans, toast, grilled tomatoes, and accompanied with tea or coffee

8. **s. Yorkshire Parkin**

Ingredients: ginger, oatmeal and black treacle

9. **r. Cumberland Sausage**

Ingredients: coarsely minced pork, herbs & spices and rusk

10. **d. Bakewell Tart**

Ingredients: shortcrust pastry, jam, frangipane and a topping of flaked almonds

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11. e. Eccles cake

Ingredients: flaky pastry and currants

12. b. Trifle

Ingredients: fruit, sponge fingers soaked in sherry or another fortified wine and custard, sometimes topped with whipped cream

13. a. Shepherd's Pie

Ingredients: lamb mince and mashed potatoes

14. j. Melton Mowbray Pork Pie

Ingredients: chopped pork and pork fat, jellied pork stock and hot water crust pastry

15. c. Cornish Pasty

Ingredients: pastry, beef skirt, potato, swede and onion

16. l. Lancashire Hotpot

Ingredients: lamb or mutton, onion and sliced potatoes

17. o. Roast Beef and Yorkshire Pudding

Ingredients: beef joint and egg, milk and flour

18. h. Fish and chips

Ingredients: fish (usually cod or haddock), flour, salt & pepper, water (or beer) for the batter and potatoes

19. f. Toad in the Hole

Ingredients: sausages and Yorkshire pudding batter

20. g. Manchester Tart

Ingredients: shortcrust pastry shell, raspberry jam, custard and topped with flakes of coconut and a Maraschino cherry