

# History of British Food

Can you connect these British foods with the description of how they were created?

Eton Mess

Cornish Pasty

Shepherd's Pie

Yorkshire Pudding

Victoria Sponge

Created in the North of England these were originally served as a starter with Gravy. This is because meat was very expensive, so these helped to fill people up and make the meat go further.

It is widely thought that this sponge cake sandwiched together with raspberry jam and dusted on the top with caster sugar was the Queen's favourite.

Traditionally made with lamb and mashed potato, this meal was an affordable way to use up the leftovers from a Sunday Roast.

Originally a lunch for people working in the tin mines. Mining was messy work and the thick crust of this food acted as a handle that stopped the bit they wanted to eat from getting dirty. The crust was then thrown away when the miners had finished!

As the story goes, this was created by accident when a strawberry pavlova was dropped at cricket match in the late 19th century. Instead of wasting the food it was just scooped into bowls and served smashed up!



## Activity:

See next worksheet for a Cornish Pasty recipe!

# Recipe

Curriculum Links: History  
Suitable for: KS2

## Step 1: You will need the following bits of equipment:

Sharp Knife  
(always let the adult hold and carry this to be safe!)  
Spoon or blunt knife  
Fork or small whisk  
Vegetable Peeler  
Mixing Bowl  
Small bowl  
Side Plate  
Pastry Brush  
(or use a new clean paintbrush – not one that's already been used for painting!)  
Baking Tray  
Rolling Pin

## Step 2: Get all of your ingredients ready!

**Recipe makes 5 pasties**  
250g Baking Margarine  
500g Plain Flour  
90ml Cold Tap Water  
1 Egg  
300g Beef (skirt or chuck works best)  
200g Onions  
200g Potatoes  
150g Swede  
½ tsp Black Pepper

## Step 4: Make the pastry!

In a bowl, add the margarine and flour

Use your fingertips to rub the ingredients together until the mix looks like breadcrumbs.

Then add half of the cold water and mix with the dry ingredients. Once mixed keep adding the rest of the water a splash at a time, until you have a firm dough

*Top Tip: All of the dough should form a big ball without any bits stuck to the bowl. If the dough looks too wet, add a bit more flour, but if the dough is too dry then you can add a bit more water!*

Cut the dough into 5 equal sized pieces, then put them on a plate and in the fridge for 20 mins.

## Step 3: Prepare the filling ingredients!

Peel your onions, swede and potatoes.

Ask an adult to help you cut all of the vegetables into little cubes that are about the same size as a pea.

Ask your adult to cut the meat into small chunks too – these need to be about the same size as a raspberry.

Put all of these ingredients in a bowl and mix everything together – then pop it in the fridge for later!

Make sure you wash your hands after touching raw meat to make sure you don't spread any germs!



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FOOD  
FARM

# Recipe

**Step 5: Preheat your oven to 220c / Gas Mark 7 / 200c Fan**

Ask your adult if you are unsure which type of oven you have!



## Step 6: Make your Pasties!

Sprinkle a little bit of flour onto a clean kitchen worktop. Then put the dough on top.

Using the rolling pin, roll out each piece of dough until they are large enough that you can put your side plate on top of it, to make a round about 20cm across.

With the plate on top of the pastry use your spoon or blunt knife to cut out a round, using the edge of the plate as your guide. If you find this is a bit tricky, ask your adult for some help!

Then take a handful of the filling mix and put it in the middle of your pastry round. Repeat until you have some filling on all bits of pastry. Make sure you leave space around the edge of the pastry as you need this gap!

Crack the egg into a bowl and whisk to mix it, then use your pastry brush to paint the egg onto the edge of each pastry circle around the filling.

Carefully draw up both sides so that they meet at the top, then pinch them together to seal.

Lift onto a non-stick baking tray and brush with the remaining egg to glaze

## Step 7: Cook the Pasties!

Bake your pasties for 10 mins, then lower the oven temperature to 180C/fan 160C/gas 4 and cook for another 45 mins until golden.

Ask an adult to help you get the pasties out of the oven and leave them to cool for 10-15 then enjoy!

Be careful, the filling will still be very hot!



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# Answers for Parents/Carers

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