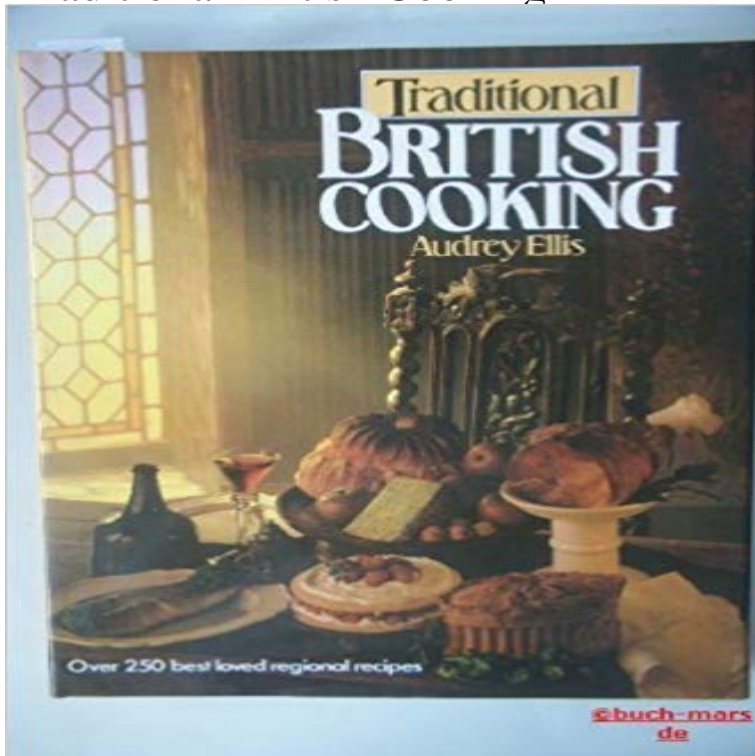


## Traditional British Cooking



From the front flap of this 157 page book: Here is British cooking at its most delicious. With a culinary history as rich and varied as the landscape itself, the superb food of Britain has too long been underestimated. Beginning a cooks tour of the British Isles, the book covers first Scotland, home of the haggis and fine-flavoured beef, then moves gradually southwards. As the map of Britain unfolds, so the remarkable differences in regional cuisine become apparent; many of the recipes have evolved over the years, based on local produce available; several are family recipes handed down through the generations and gradually woven into the pattern of regional fare. From the extremes of subsistence cooking in remote parts of Scotland, to the gentler indulgences of of the fertile Garden Counties, the dishes in this book are as wide ranging as they are original and delicious. Banbury Cakes, Bakewell Tart, Irish Stew and Lancashire Hot Pot are all well known, but equally toothsome and certainly as tempting are Cambridge Syllabub, Kentish Fruit and Cream, Glamorgan Sausages and Gloucestershire Melted Cheese. Try your hand as well at Saffron Dough Cake from Cornwall, or Londons Kensington Roll. The best recipes from each region have been chosen to cover soups and savouries, main dishes and vegetables, plus all manner of sweet delights. No small feature of this beautiful book is the outstanding full-colour photography which complements each chapter, reflecting the differences in regional cooking, produce and customs. Period black and white engravings have also been used, adding charm and authenticity to this heritage of national recipes. Gradually the pieces of this fascinating jigsaw fall into place, to give the whole delightful picture of the cuisine of the British Isles.

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