

# GH. I. BRATIANU SCHOOL

COMENIUS - PROJECT  
BEHAVIOUR AND INTERCULTURAL RESPECT - DEVELOPMENT  
IN SCHOOLS

B I R D S

TASTES  
AROUND THE WORLD

CLASS MAGAZINE

GRADE 5 A

JANUARY 2011



## THE UNITED KINGDOM

### *British Food*

British food has traditionally been based on beef, lamb, pork, chicken and fish and generally served with potatoes and one other vegetable. The most common and typical foods eaten in Britain include the sandwich, fish and

chips, pies like the *Cornish pasty*, *trifle* and *roasts* dinners. Some of the main dishes have strange names like *Bubble & Squeak* and *Toad-in-the-Hole*.

***Fish and Chips:*** Usually cod or haddock, although skate and plaice are often available. The fish is battered and deep-fried, and served with chips (french fries) and "mushy peas". You usually season it with salt and vinegar or lemon. The trick is to get fresh fish and not frozen, and your best chance is at the seaside resorts, an example of which is Whitby. Don't be scared to get a takeaway and eat it straight from the paper (it used to be newspaper) the traditional way - with your fingers!



***Roast Beef and Yorkshire Pudding:*** The traditional British Sunday lunch. Crispy on the outside, rarer inside, the beef comes with a rich gravy enhanced with its juices. Yorkshire pudding is made from a batter and was originally cooked in a tin under the rotating spit on which roast beef was cooking - the juices from the meat dripped on to it, giving a delicious flavour. Nowadays it's

often cooked separately in individual portions. Roast potatoes and seasonal vegetables complete the dish, and horesradish sauce and fresh English mustard provide added spice.

***Cornish Pastie:*** Another traditional pub staple, basically a dryish mixture of meat and potato and other vegetables baked in a folded-over pastry crust.





***Cheese:*** France may hold the blue riband for soft cheeses, but the UK's choice of hard cheeses is unmatched anywhere. Served after dessert in Britain, the best quality cheeses are not inexpensive but well worth seeking out. Blue and White Stilton, Cheddar, Red Leicester, Wensleydale, Sage Derby, Cornish Yarg, Double Gloucester, the list goes on and on. Accompany them with a fine port or tokay.

***Sherry Trifle:*** One of the rare cases where in my view, the newer versions are better than the rather simple original. Nowadays it usually consists of sherry-soaked sponge covered with mixed fruit and jelly, all topped with a layer of whipped cream and decorated with glace cherries, angelica plus anything the cook has on hand. Delicious!



## ***Tea***



Britain is a tea-drinking nation. Every day we drink 165 million cups of the stuff and each year around 144 thousand tons of tea are imported.

Tea in Britain is traditionally brewed in a warmed china teapot, adding one spoonful of tea per person and one for the pot. Most Britons like their tea strong and dark, but with a lot of milk.

***Did you know?***

***If someone asks you if you 'would like a cuppa', they are asking if you would like a cup of tea.***

***If someone says 'let me be mother' or 'shall I be mother', they are offering to pour out the tea from the teapot.***

Tea breaks are when tea and biscuits are served. The traditional time for tea breaks are at 11:00 am (Elevenses) and 4 pm in the afternoon

## ***Bitter***

Britain is also well known for its ale which tends to be dark in appearance and heavier than lager. It is known as "bitter"

Bitter is served in Pubs.



# England



## National costumes



Yeomen of the Guard

Beefeater

Beefeaters and Yeomen of the Guard are very important because they look after the queen and her jewels. Some people say this is the nearest thing to the national costume.

The Pearly Kings were the leaders of the Victorian street sellers. They got their name because they wore 'pearl' buttons on their hats as a sign of authority. Later they began to wear clothes covered all over in buttons.

The title of Pearly King is passed down in the family, and there are Pearly Queens, Princes and Princesses too. They now spend their free time collecting for charity.

## Morris Dancing

A traditional dance seen throughout the month of May is Morris Dancing. It is a traditional English form of folkdancing, performed by groups of men or women.

### Border Morris Dances

Morris Dancing has been danced for hundreds of years, and passed down through the generations in the villages of rural England. The dances are usually performed at festivals such as May Day, Whitsun and Christmas.



### The Origins of Morris Dancing

There are several thoughts to the origins of Morris Dancing. The name may refer to the possibility of the form of dancing coming to England from the Moors of North Africa; or it may have been called 'Moor-ish' simply because the dancers sometimes painted their faces black, and people compared this to the dark-skinned Moors.



### The Music

The dancing is very lively and accompanied by an accordion player, a melodeon or fiddle player (Cotswolds) or a noisy band with a drum (Border Morris or North West sides)



## Scotland

### National costumes



### *Scottish National Dress*

One of the most famous national costumes in the world is that worn in Scotland, the kilt, however some people say that the kilt is not as traditional as some would have it. Be that as it may it is certainly what people associate with Scotland, along with whisky and haggis that is.



Some people consider it very bad luck to wear a kilt in a tartan that does not belong to your family.

Just to remind you should you visit Scotland any time - the men do not wear skirts - they wear kilts - and don't you forget it!

Today traditional dress for men in Scotland is a kilt with shirt, waistcoat and tweed jacket, stockings with garter flashes, brogue shoes and a sporan. A bonnet is often worn displaying the clan crest. Traditionally ladies don't wear kilts, they do however wear dresses or pleated skirts in a tartan material. More often though they wear a light plaid or shawl of tartan material.

## *Traditional Scottish foods*



One of the most famous food in Scotland is Haggis  
And as a lot of people know that shortbread, Haggis is perhaps the best known Scottish delicacy, and it is wonderful stuff, with a rich flavour, although those partaking for the first time are often put off when they hear what it is made of...



Robert Burns said in his Address to the Haggis:

Fair fa' yer honest, sonsie face,  
Great chieftain o' the pudden race!

Haggis is made from sheep's offal (or pluck). The windpipe, lungs, heart and liver of the sheep are boiled and then minced. This is mixed with beef suet and lightly toasted oatmeal. This mixture is placed inside the sheep's stomach, which is sewn closed. The resulting haggis is traditionally cooked by further boiling (for up to three hours) although the part-cooked haggis can be cooked in the oven which prevents the risk of bursting and spoiling dumplings.

And Porridge is also famous for the Scottish breakfasts.



**Cullen Skink** is a thick Scottish soup made of smoked Finnan haddie, potatoes and onions. Lacking the traditional ingredient, any other undyed smoked haddock will suffice.

This soup is a local speciality, from the town of Cullen in Moray, on the north-east coast of Scotland. The soup is often served as a

starter at formal Scottish dinners.

**Scotch Collops** are a traditional Scottish dish. It can be created using either thin slices or minced meat of either beef, lamb or venison. This is combined with onion, salt, pepper, and suet, then stewed, baked or roasted with optional flavourings according to the meat used. It is traditionally served garnished with thin toast and mashed potato.



## *The Drink*

### **Scotch Whisky**

Scotch Whisky (or simply "Scotch") is certainly the best known Scottish drink. Scotch Whisky (only the Irish and American varieties are spelled with an "e") is distilled from a barley liquor and flavoured with peat tainted water. Known as the Water of Life or Uisge-Beatha in Gaelic.



## Hot Toddy

Place a teaspoon-full of sugar and a teaspoon-full of scottish heather honey in a warm glass. Add a measure of scotch whisky (usually not a malt) and top up with boiling water.

Traditionally should be stirred gently with a silver spoon.

An excellent cure for the common cold, or just when feeling down!



## Wales



The popular image of Welsh 'national' dress, of a woman in a red cloak and tall black hat, is one which largely developed during the nineteenth century. It was part of a conscious revival of

Welsh culture during a period when traditional values were under threat.

The costume regarded as national dress is based on clothing worn by Welsh countrywomen during the early nineteenth century, which was a striped flannel petticoat, worn under a flannel open-fronted bedgown, with an apron, shawl and kerchief or cap. Style of bedgown varied, with loose coat-like gowns, gowns with a fitted bodice and long skirts and also the short gown, which was very similar to a riding habit style.

The hats generally worn were the same as hats worn by men at the period. The tall 'chimney' hat did not appear until the late 1840s and seems to be based on an amalgamation of men's top hats and a form of high hat worn during the 1790-1820 period in country areas.



# Welsh Food

## Welsh Cawl

Warm up your family this winter with a hearty Welsh dish. Cawl is a wonderful dish, perfect for autumn and winter evenings, which can be adapted in many different ways. Traditionally it is a straightforward lamb (or beef) and vegetable stew. The vegetables included are dependent upon what is in season. Root vegetables are king here, apart from the ubiquitous Welsh leek, which absolutely, undeniably, indisputably must be included. And onions. Of course.



Sometimes Cawl would be served as a two-course meal. The broth would be strained off and served as a light soup then the meat and vegetables would be the main course.

## A hearty Welsh breakfast



A traditional Welsh breakfast is similar to a 'full English' but with variations.

A Welsh breakfast comprises grilled Welsh bacon, locally produced pork sausages, black pudding, eggs (may be poached, scrambled or fried), laverbread, grilled tomatoes, mushrooms (fried in butter) and baked beans. In some areas cockles may be on the menu too.

Mmmmm..... won't need to eat for three days after that little lot, cariad.

## Bara Brith

Bara Brith is a glorious cake-like fruited bread. Its name translates to 'speckled bread'. It can be made with or without yeast. The yeast-less version uses self-raising flour and is more cake than bread.

It was taken to Argentina by Welsh settlers in the 19th century and is now a traditional food item there known as 'torta negra' or 'black cake'.

The yeast version must be eaten fairly quickly as it doesn't keep for as long as the self-raising one. Though, really, that isn't a problem as this bread goes very nicely with a cup of tea. And talking of tea... the dried fruit is soaked in a strong cup of black tea overnight before making the cake the following day.





# Republic of Ireland



The traditional dress of Ireland during the early days was inspired by the Gaelic and Norse costumes. It consisted of check trews for men worn with a fringed cloak or mantle, or a short tunic for both men and women worn with a fringed cloak. Although the people of Ireland do not strictly wear their traditional costume, yet it has retained its importance through folk music and folk dance.

The dresses worn by women are similar to the traditional Irish peasant dress of the 8th

century AD. They are decorated with hand-embroidered Celtic designs based on the Book of Kells and Irish stone crosses. The imitations of the famous Tara Brooch are worn on the shoulder holding the flowing shawl which falls down over the back.



# *Irish Traditional Food*

## **Irish Stew**

The ingredients are simple, lamb, potato, onion and carrot, but the result is a hearty and warming dish which the Irish have enjoyed for generations.



## **Spotted Dog**

Food & Recipes from Ireland | 5  
Comments

Made with just a little sugar and plenty of dried fruit, this bread has been an Irish favourite, especially with children, for generations.

It's essentially a white soda bread recipe with added fruit and sugar and needs to be eaten the day it is made – which shouldn't present a problem!



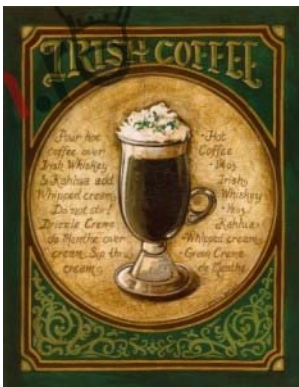
## **Colcannon**

The most traditional of Irish dishes, and a very simple one, made with potato, cabbage and generous amounts of creamy butter.

It doesn't sound like much, but there is something special about colcannon, it's the ultimate comfort food. It's so special that there is even a song in its praise!

## **Green Beer**

Beer is a favored drink among the Irish. Favorite Irish beers are Guinness and Kilkenny but any Irish stout will do you well. Add a bit of green food coloring to the glass and you've got something special for the holiday.



## **Irish Coffee**

It's chilly out in many parts today so a hot drink may be a better way to go and the Irish Coffee is the most obvious choice. Combine hot coffee and Irish whiskey. Add sugar and stir. Add liquid cream to the top of the drink and you've got something delicious that will warm you up from the inside out. This drink was originally invented in Limerick, Ireland; have enough of them and you'll be sharing bad limericks with everyone at the bar!

### Irish French Kiss

This is a lesser known Bailey's-rich drink that is great for people who want to try something totally different but still slightly Irish when they're at the bar this St. Patrick's Day. Combine equal parts Cointreau and Grand Marnier orange liquers with twice as much Bailey's, shake it all up and garnish with orange slices. Not your traditional St. Patrick's day drink but something different can be a little nice too.



**Frozen Leprechaun.** Another drink that's made with Bailey's Irish cream, this one is minty green which is perfect for Saint Patrick's Day. You mix equal parts Bailey's, Kahlua, peppermint schnapps and milk, blend it all with ice and then top it off with a sprig of mint.

## FRANCE



France has many regions, each with their own traditional dress. There is no one national dress. Regional costumes are based on late 19th century rural clothing for that region, as the 20th century brought on a lot of change, and very quickly the traditional dress fell out of use, only to be worn for special occasions (this is practically not done anymore, aside from a handful of exceptions, the costumes are now only worn for performances, be it historical recreations or traditional music/dance shows).



They can be very different from one region to another, especially in the women's hats, which go from small straw hats to huge starched lace contraptions. The only thing they all have in common is that men wear pants, women wear skirts, and both wear some kind of headdress.



## *French Food and Drinks*

*French cuisine* is one of the most recognized in the world, and is the pinnacle of culinary art where the rich traditions of cooking have been perfected over many centuries. France has largely retained its traditional cooking in its different regions, from the cream and apples of Normandy, the crepes and galettes of Brittany to the herbs and tomatoes of the south. Each region has its own particular specialities, some of which have evolved to become popular throughout France, and others that remain a peculiarity of their own region where the ingredients and possibly the method of production remain traditional and local. Some specialities are also only



produced for particular festivals or times of year, and the traditional recipes are passed down through the generations.

French cuisine is a style of cooking originating from France, that has developed from centuries of social and political chan



**Escargots** is a world-famous French dish of cooked land snails. First meticulously cleaned, the snails are removed from their shells, cooked in garlic butter and flavoured with parsley, pepper, wine, cognac, etc. Fitted back into the shells, they serve as a fine appetiser. In France, escargots are served only on festive occasions and eaten with a specially-devised set of cutlery: snail tongs that hold the shell and a small fork for the meat. Interestingly, the name of this absolute French classic derives from Catalan, which is spoken in neighbouring Spanish Catalonia.



**Cassoulet** is a thick stew of beans, vegetables, sausage, bacon and various kinds of meat, such as pork, mutton, duck or goose. Popular all over the country, it's thought to have been developed in Castelnaudry, a region in southwestern France which has proclaimed itself 'the cassoulet capital.' The Toulouse version of the specialty often features roast pork shoulder. Cassoulet is a dish of peasant origin. Its name derives from cassole, a traditional oval earthenware in which it's best prepared.

### **Ratatouille**

A classical vegetable stew from Provence, ratatouille can be served both as a main course and a side dish to another specialty. The name of this traditional dish probably derives from the French verb *touiller*, meaning 'to stir.' The first two syllables, *rata*, is a slang expression from the French Army literally translating as 'chunky stew.' National versions of the dish are popular in many countries under various names: the Maltese call it *kapunata*, the Spanish – *pisto*, the Hungarians – *lecsó*, and the Germans – *Letscho*.



### **Crème Brûlée**



This classical dessert consists of a base made of rich custard covered with a layer of hard, caramelised sugar heated over fire. The traditional flavour of the base is vanilla, but modern versions of the treat feature a wide range of other possible flavours, including chocolate, various kinds of liquor and fruit. The dessert is typically served in small glazed ceramic bowls. First recipes for the delight were known already in the 17th Century. The dessert is closely related to *crema catalana*, the Spanish catalonian cream, which also originated around that time. In French, 'creme brulee' literally means 'burnt cream' and it was actually known under this name in England in the early 18th Century.

## *La Bière et le Cidre*

France does make some of its own beer although it is not nearly as popular a drink as wine. French drinks also include cider which you will find in Normandy and other areas in the north of France.



## *Le Vin*

And of course one of the most popular French drinks is le vin, or wine. There are many French wine regions, each with its own distinctive wines and you could spend the rest of your life happily learning to appreciate each one.



## BELGIUM

The country of Belgium consists of people from different ethnic groups. You have the Flemish from Flanders and the local Dutch speaking crowd. Both these groups combined give color and character to the traditional clothes of Belgium.



## *Traditional Food*

### Recipe: **Mussels and Fries**

3 1/2 lbs mussels  
2 ounces unsalted butter  
1 onion , chopped  
2 ounces dry white wine  
1 tablespoon chopped fresh parsley  
mustard (to serve)  
mayonnaise (to serve)

Firstly, clean the mussels thoroughly. Use only undamaged mussels. In a big pan put some butter, onion, wine and some parsley as well as the mussels. Cook over high heat, shaking the pan to turn the mussels from time to time. If you notice that mussels are open, take the pan off the heat for some half an hour. Then put the dish on four plates, pouring it with sauce that left in the pan and sprinkling with the rest of the parsley. Enjoy the dish with fries and mayonnaise.



### **Belgian Waffle Recipe**

For a Basic Belgian Waffle recipe we will need:

3 1/4 cups (1 lb. — 500g) all purpose flour  
one sachet (7g) instant dried yeast  
4 medium eggs  
whole milk (you can also add some sparkling mineral water and make them even fluffier)  
two sticks (1/2 lb. — 250g) butter  
vanilla sugar  
some salt

There are 9 steps easy to follow:

1. Take a cup of milk and heat it until it is lukewarm then mix in your yeast. You can now leave the yeast standing for a while.
2. In the mean time - melt the butter, but stop as soon as it melts, don't over heat it or even burn it - you will lose the taste. You also need to...
3. ...separate the egg yolks from the egg whites and beat the egg whites until you get snow.
4. Now take a big giant huge bowl and throw in all the flour, vanilla sugar (one sachet) and some salt. Make a hole in the middle of the flour and fill it with melted butter, dissolved yeast and egg yolk.
5. Mix while you are adding milk (and some mineral water if you want). You should mix it really well so there are no lumps. The question you might ask here is how dense should the dough be, how much milk? It should be thick, think pancakes and then make it a bit thicker.
6. OK, now gently mix the beaten egg whites into the dough & hellip and hellip;STOP! Enough mixing.

7. We are really hungry right now but the hardest part of this recipe comes next - leave the dough to rest and rise at room temperature for a while. How long? Until the volume of the dough doubles or even triples! We told you to take a really big bowl. If you are in a hurry then wait for 30 minutes to one hour, but if you can, make the waffle dough in the evening and leave it overnight.
8. Use the oil to grease the waffle iron (which should be hot hot hot) so your waffles don't stick to it and pour the dough in it. Bake the until they turn golden brown.
9. This step is really easy & hellip;. Well, eat them already

## Belgium Chocolate

Most tourists know about famous belgium chocolate like Belgian chocolate truffles and gourmet belgian chocolate. Belgium may be known as the Capital of Europe but some consider the nation the Capital of Chocolate as well.



According to the International Cocoa Organization, Belgium ranks number two in per capita consumption of chocolate, with Belgians enjoying an average of 11.03 kilograms per year.

Belgian chocolate itself has been popular since the 18th century, but a new process created by Jean Neuhaus in 1912 increased its popularity ten-fold. Neuhaus used a special version of chocolate called "couverture" as a cold shell for what he called 'pralines'



Belgian chocolate pralines could be filled with a variety of flavored nougats or creams, such as coffee, hazelnut, fruit or more chocolate. Few other chocolatiers in Neuhaus' day could duplicate the complex flavors of his pralines. Many of the Belgian chocolate praline companies are still in operation today- Leonidas, Neuhaus, Godiva and Nirvana are famous for their gourmet pralines.

What makes Belgian chocolate unique is the quality of ingredients and an almost fanatical adherence to Old World manufacturing techniques. Even in today's world of automation and mass production, most Belgian chocolate is still made by hand in small shops using original equipment. In fact, these small chocolate outlets are a popular draw for tourists visiting Belgium today.

