

Comfort food

Comfort food is food that makes you feel happy and relaxed! It is often a traditional food. Here are some favourite UK comfort foods.

Sausages



Five million sausages are eaten every day in the UK. Sausages and mashed potato is called 'bangers and mash'. Half of British sausages are eaten for an evening meal. And more sausages are cooked on Saturday in England than on any other day! People also like sausage sandwiches and barbecued sausages.

Puddings

In the 1690s a French visitor to London wrote, 'Ah, what an excellent thing is an English pudding'. Sponge puddings are steamed in water in a saucepan. They are like a hot cake and are served with custard. Other favourite puddings are rice puddings, fruit pies and Christmas puddings. Nowadays families don't have a pudding every day, but it is still a favourite. People often buy ready-made traditional puddings now.



Tea and biscuits



165 million cups of tea are drunk each day in the UK! Tea is often served with biscuits and 98% of Brits have it with milk. You'll find two tea-making things in every British kitchen: the kettle, which is used for boiling the water, and the teapot, which is used for making the tea. But nowadays many teenagers don't drink tea and prefer cold drinks.

Traditional roast lunch

This is usually served at lunchtime on Sunday. It is when families get together. It consists of roast meat, usually beef, lamb or pork, served with roast potatoes, Yorkshire pudding (a kind of savoury batter), vegetables and lots of gravy! It is often followed by a traditional pudding, too! Sunday lunch is a popular meal to eat out at the pub. And students away from home miss it because a roast lunch means family life.

