

The British Isles



The British Isles Historic Society

Heritage, History, Traditions & Customs

Foods of the British Isles

Important dates in December to celebrate the traditions and customs of the British Isles

Dec. 21st. Winter Solstice, (see page 2.)

Dec. 25th. Christmas Day

Dec. 26th. Boxing Day, / St. Stephen's Day: In

Britain 'Christmas Box' was a name for giving a Christmas present. Boxing Day was a day off for servants and when they received a 'Christmas Box' from the master. 'Boxing day' would have been named after the 'Christmas box' of money or gifts which employers used to give to servants and tradesmen.

A box to collect money for the poor was placed in Churches on Christmas day. The money would be distributed the day after. 'Boxing day' would have been named after this custom.

Dec. 31st. New Years Eve

"Hogmanay" (Scotland)

Jan. 1st. New Years Day

Jan 6th. "Little Christmas" (Ireland)



Dear Readers:

In this issue we celebrate a number of special occasions: "the Winter Solstice", "Christmas Day", "Boxing Day / St. Stephen's Day", "New Years Eve", "Hogmanay (Scotland)" "Little Christmas (Ireland)".

All these events are opportunities to share the wealth of the fine foods that are the Heritage, History, Traditions & Customs of the British Isles.

Many other nations go to great lengths to share their nations customs and foods with others.

As many dishes and menu items got their start in the British Isles and when transported to other countries were adapted as a dish created in their new home land.

The British Isles Historic Society has now been in existence for a full year. We have held two British Isles Heritage Festivals and published newsletters featuring the foods, entertainment and history of the British Isles. We hope we have been successful in attaining some of the purposes of the society. (See page 2.)



The Winter Solstice December 21st. 2020

The winter solstice, hiemal solstice or hibernal solstice, also known as midwinter, occurs when one of the Earth's poles has its maximum tilt away from the Sun. It happens twice yearly, once in each hemisphere (Northern and Southern). For that hemisphere, the winter solstice is the day with the shortest period of daylight and longest night of the year, when the Sun is at its lowest daily maximum elevation in the sky. At the pole, there is continuous darkness or twilight around the winter solstice. Its opposite is the summer solstice. Also the Tropic of Cancer or Tropic of Capricorn depending on the hemispheres winter solstice the sun goes 90 degrees below the horizon at solar midnight to the nadir.

The winter solstice occurs during the hemisphere's winter. In the Northern Hemisphere, this is the December solstice (December 21st. 2020, 10:03) and in the Southern Hemisphere, this is the June solstice (usually 20 or 21 June). Although the winter solstice itself lasts only a moment, the term sometimes refers to the day on which it occurs. Other names are "midwinter", the "extreme of winter" (Dongzhi), or the "shortest day". Traditionally, in many temperate regions, the winter solstice is seen as the middle of winter, but today in some countries and calendars, it is seen as the beginning of winter. In meteorology, winter is reckoned as beginning about three weeks before the winter solstice.

Since prehistory, the winter solstice has been

seen as a significant time of year in many cultures, and has been marked by festivals and rituals. It marked the symbolic death and rebirth of the Sun. The seasonal significance of the winter solstice is in the reversal of the gradual lengthening of nights and shortening of days.

https://en.wikipedia.org/wiki/Winter_solstice



The purposes of The British Isles Historic Society

To do research and record Historic sites, locations, names and landmarks that were founded by the immigrants from the British Isles.

To dedicate the preserving, collecting, researching, and interpreting of historical information.

To disseminate information about the history of the community through exhibits, educational programs and publications based on the Society's research.

To create ways to help future generations understand their heritage.

To hold festivals and events related to the British Isles.

To circulate newsletters and other materials on historic sites and landmarks. Including British Isles Heritage, History, Traditions & Customs

To work with British and Celtic organizations as a public relations media.

NOTICE:

For copies of back issues of the British Isles Historic Society Newsletters on the Welsh, Irish, Scottish, Manx, Cornish, and English in B.C. go to the **Royal Society of St. George**, U.K. website: <https://rssg.org.uk/branches/overseas/americas/canada/>



Jacket Potatoes,

known in some parts of the United Kingdom (though not generally Scotland) as jacket potato, is a type of potato dish. When well cooked, a baked potato has a fluffy interior and a crisp skin. It may be served with fillings and condiments such as butter, cheese, sour cream, gravy, baked beans and even ground meat or corned beef.

A baked potato is sometimes called a jacket potato in the United Kingdom. The baked potato has been popular in the UK for many years. In the mid-19th century, jacket potatoes were sold on the streets by hawkers during the autumn and winter months. In London, it was estimated that some 10 tons of baked potatoes were sold each day by this method. Common jacket potato fillings (or "toppings") in the United Kingdom include grated cheddar cheese, baked beans, tuna mayonnaise, chili con carne and chicken and bacon.

Baked potatoes are often eaten on Guy Fawkes Night; traditionally they were often baked in the glowing embers of a bonfire.

As part of the upsurge for more healthy fast food, the jacket potato has again taken to the streets of the UK both in mobile units / street vendors and restaurants.

A Melton Mowbray or Pork Pie



A pork pie is a traditional English meat pie, served either at room temperature or cold. It consists of a filling of roughly chopped pork and pork fat, surrounded by a layer of jellied pork stock in a hot water crust pastry. It is normally eaten as a snack or with a salad. The Melton Mowbray pork pie is named after Melton Mowbray, a town in Leicestershire

While it is sometimes claimed that Melton pies became popular among fox hunters in the area in the late eighteenth century, it has also been stated that the association of the pork pie trade with Melton originated around 1831 as a sideline in a small baker and confectioners' shop in the town, owned by Edward Adcock.

The "gala pie" is a variety of pork pie where the filling includes a proportion of chicken and a hard-boiled egg (also known as a Grosvenor pie). Gala pies are often baked in long, loaf-type tins, with multiple eggs arranged along the centre.



Scotch Pies



History tells that the Scotch pie was originating in Scotland, although popular all over the United Kingdom, perhaps by his unique flavor added to the easiness to take it, eat it and go. The Scotch pie is a small double-crust filled with ground beef, spices, topped with a soft crust and baked.



On 1st. Dec. 1135 England's King Henry I died. He had fallen ill seven days earlier after eating too many lampreys. He was 66, and had ruled for 35 years.

Trivia

What makes those that have a heritage from the British Isles, Unique



Teatime in Great Britain

Afternoon tea: is a light meal typically eaten between 3.30 pm and 5 pm. Observance of the custom originated amongst the wealthy social classes in England in the 1840s, as the time of dinner moved later. Anna Maria, Duchess of Bedford, is widely credited with inventing afternoon tea in England as a late-afternoon meal whilst visiting Belvoir Castle in Leicestershire.

Cream Tea: This snack is associated with the West Country, i.e. Cornwall, Devon, Dorset and Somerset. It usually consists of scones, clotted cream, strawberry jam, plus, of course, tea to drink. Some venues will provide butter instead of clotted cream. In some areas, this is commonly referred to as Devonshire Tea.

High Tea: is a name for the evening meal, usually associated with the working class, and is typically eaten between 5 pm and 7 pm. This was also sometimes called a "meat-tea" in the past. In most of the United Kingdom (namely, the North of England, North and South Wales, the English Midlands, Scotland, and some rural and working class areas of Northern Ireland) people traditionally call their midday meal dinner and their evening meal tea (served around 6 pm), whereas the upper social classes would call the midday meal lunch or luncheon and the evening meal (served after 7 pm) dinner (if formal) or supper (if informal)

<https://en.wikipedia.org/wiki/Tea>



Anna Maria Russell, Duchess of Bedford (3 September 1783 – 3 July 1857) was a lifelong friend of Queen Victoria, whom she served as a Lady of the Bedchamber between 1837 and 1841. She was also the originator of the British meal "afternoon tea."



Robert Fortune (Born: September 16, 1812 Kelso, Berwickshire, Scotland Died: April 13, 1880 (aged 67) was a Scottish botanist, plant hunter and traveler, best known for introducing around 250 new ornamental plants, mainly from China, but also Japan, into the gardens of Britain, Australia, and the USA. He also played a role in the development of the tea industry in India in the 19th century.

https://en.wikipedia.org/wiki/Robert_Fortune



Empire Biscuit The biscuit was originally known as the "Linzer biscuit", and later as the "Deutsch biscuit". With the outbreak of the First World War it was renamed: in England to Empire biscuit, in Scotland to Belgian biscuit because Belgium had just been invaded, but in Northern Ireland it remains known as the German biscuit or biscuit bun. In Scotland the name now varies depending on the region, with the North-east typically calling it a double shortbread and the West an Empire biscuit. In Northern Ireland it is commonly found with a jam and coconut topping. It is also known as the "Belgian biscuit", due to being topped in a similar way to a Belgian bun, which is made of pastry or dough. There also exists a biscuit similar to the **Jammie Dodger** which is referred to as a Linzer biscuit.

https://en.wikipedia.org/wiki/Empire_biscuit



Bacon

Everyone loves Bacon / Rashers so why are there differences?



Irish Bacon/Rashers

This type is also known as “English bacon.” It’s another type of back bacon similar to Canadian bacon, but with a layer of fat around the outer edge of the slices. Rashers are a staple of the traditional Irish breakfast.



Peameal Bacon

Peameal is a traditional, popular variety of bacon in the Toronto region of Canada. It’s made from pork loin like regular Canadian bacon but unique: It’s wet-cured in a salty brine, then rolled in crushed, dried yellow peas or (more commonly today) in cornmeal. Also called Canadian Back bacon



Streaky Bacon

This one should sound familiar—it’s English style bacon made from pork belly, cured in salt and spices and then smoked. Varieties are created by the type of wood smoke (like hickory, pecan or apple) and added flavorings like maple or black pepper.



Ayrshire Bacon

Ayrshire bacon is made by the wet cure method much the same as Wiltshire Bacon a cure developed in the 1840s, the main difference being the specially fed somewhat fatter Scottish Large White pigs are completely boned before being immersed in the cure.

Wiltshire Bacon



The Wiltshire cure is a traditional English technique for curing bacon and ham. The technique originated in the 18th century in Calne, Wiltshire; it was developed by the Harris family. Originally it was a dry cure method that involved applying salt to the meat for 10–14 days. The Wiltshire cure has been a wet cure, soaking the meat in brine for 4–5 days, since the First World War.



European Back Bacon

Original Canadian back bacon less the peameal. Also Rindless Irish Bacon.



Cumberland Sausage

A local specialty of Cumbria for the past 500 years, Cumberland Sausage takes its name from the Cumberland Pig—a hardy breed that could withstand the harsh weather of Northern England winters. Rather than divided into links as with most sausage, the Cumberland is a continuous coil of about 50cm (21 in). Traditionally the meat content was very high at 85-98%, but mass production has lowered it to around 45% in some cases. The original version was also mixed with more spices—a consequence of the influx of spices into Britain during the 18th century.



On 24 Dec. 1508 London houses receive piped water again, for the first time in over a thousand years, since the Romans left town!



Lorne or Square Sausage

The Lorne sausage, also known as square sausage, slice or flat, is a Traditional Scottish sausage, but isn't actually a sausage since it isn't encased in a skin or is cylindrical. Usually made from minced meat, rusk, and spices. It is commonplace in traditional Scottish breakfasts. It is thought that the sausage is named after the region of Lorne in Argyll; 'Lorne Sausage' have been found in recipes as early as 1896.



Cheeses from the British Isles

The British Cheese Board states that "there are over 1800 named

British cheeses produced in the UK. The more popular are:

- ◆ Stilton Cheese
- ◆ Cheddar Cheese
- ◆ Cheshire Cheese
- ◆ Cornish Yarg
- ◆ Durham Blue Cheese
- ◆ Stilton Cheese
- ◆ Wensleydale Cheese
- ◆ Cornish Brie
- ◆ Cornish Blue Cheese
- ◆ Irish Dubliner Cheese



On 2 Dec.1697 Sir Christopher Wren's St Paul's Cathedral is opened in London.

Other Sausages by Region:

Ireland

Black pudding

Drisheen

Dubliner, made with Guinness

White pudding

United Kingdom

Stornoway Black Pudding. It was granted Protected Geographical Indicator of Origin status in May 2013 by The European Commission.

Battered sausage: United Kingdom,

Beef sausage

Black pudding

Chipolata

Glamorgan sausage

Hog's pudding

Pork sausage

Pork and leek (Welsh)

Saveloy

Snorkers

Stonner kebab

White pudding

English

Cumberland sausage

Braughing sausage

Cumberland sausage

Gloucester sausage – made from Gloucester Old Spot pork, which has a high fat content.

Lincolnshire sausage

Manchester sausage – prepared using pork, white pepper, mace, nutmeg, ginger, sage and cloves

Marylebone sausage – a traditional London butchers sausage made with mace, ginger and sage

Newmarket sausage

Oxford sausage – pork, veal and lemon

Yorkshire sausage – white pepper, mace, nutmeg and cayenne

Scottish

Haggis

Lorne sausage

Stornoway black pudding

Welsh

Glamorgan sausage

Dragon sausage - . A pork, leek and chilli sausage.

https://en.wikipedia.org/wiki/List_of_sausages#United_Kingdom

Traditional English Dishes

People were asked to identify traditional dishes that are characteristic of English food. While known for hearty dishes of stews and meats, people in England enjoy a variety of foods.



Yorkshire Pudding: This light and airy bread is a true staple in English cuisine.

Fish and Chips: This classic combination of breaded fish and fried potatoes has been made popular around the world, but it originated in England.



English Pancakes: English pancakes are a thin pancake comparable to the French crêpe. They are traditionally rolled up and eaten with sugar and lemon.



Shepherd's Pie: Made with lamb and topped with mashed potatoes, shepherd's pie is a hearty dish that is popular throughout the United Kingdom. Made with beef called a **Cottage Pie**.



Black Pudding: Black pudding is actually a sausage made with onion, pork fat, oatmeal, and congealed blood it is delicious.



White Pudding: White pudding, oatmeal pudding or mealy pudding (in Scotland) is a meat dish popular in Scotland, Ireland, Northumberland. White pudding is broadly similar to black pudding, but does not include blood. Modern recipes consist of suet or fat, oatmeal or barley, breadcrumbs and in some cases pork and pork liver, filled into a natural or cellulose sausage casing.



Trifle: A traditional English trifle has layers of fruit, cream, and cake to make an eye-catching dessert.



Full English Breakfast: This dish is aptly named the "full English breakfast." Enjoy a full platter for the most important meal of the day, with bacon, sausage, eggs, beans, toast, mushrooms, and tomatoes. Called **Ulster Fry-up** in Ireland

The following were all covered in earlier newsletters,

Toad in the Hole: Yorkshire pudding is made all the tastier by adding sausages to the batter and serving it with gravy.

Steak and Kidney Pie: Steak and kidney pie is a known British comfort food. It is a traditional pastry crust filled with kidney, chunks of steak, and gravy.

Scotch Egg: In this dish, a hard-boiled egg is traditionally wrapped in sausage and coated in breadcrumbs before being cooked.

Lancashire Hot Pot: Lancashire hot pot is a casserole of meat and vegetables topped with sliced potatoes.

<https://www.familysearch.org/blog/en/traditional-english-food/>



On 17 Dec. 1778 **Sir Humphrey Davy**, Cornish chemist who invented the safety lamp for miners. Discovered a whole bunch of 'ium's'

including sodium, barium, magnesium, potassium and strontium, also proved diamond is just another form of carbon



Every Sunday thousands of British families sit down together to eat a veritable feast of roasted meat served with Yorkshire pudding, roast potatoes, vegetables and other accompaniments. It is a tradition with a long pedigree, so read on...

How it all began:

THE SUNDAY ROAST



In medieval times the village serfs served the squire for six days a week. Sundays however were a day of rest, and after the morning church service, serfs would assemble in a field and practice their battle techniques.

They were rewarded with mugs of ale and a feast of oxen roasted on a spit.

Nowadays: The tradition has survived because the meat can be put in the oven to roast before the family goes to church and be ready to eat when they return.

Typical meats for roasting are joints of beef, pork, lamb or a whole chicken. More rarely duck, goose, gammon, turkey or game are eaten. The more popular roasts are often served with traditional accompaniments, these are:

Roast beef - served with Yorkshire pudding; and horseradish sauce or English mustard as relishes.

Roast pork - served with crackling (the crispy skin of the pork) and sage and onion stuffing; apple sauce and English mustard as relishes

Roast lamb - served with sage and onion stuffing and mint sauce as a relish

Roast chicken - served with pigs in blankets, chipolata sausages and stuffing, and bread sauce or cranberry sauce or redcurrant jelly

Any self respecting Sunday roast should be served with a gravy made from the meat juices.

Pubs will serve it as **"The Carvery"**



BANGERS AND MASH

You might see this on offer in a pub or cafe. Simply put, bangers are sausages, and mash is potato that's been boiled and then mashed up (usually with butter). The sausage used in bangers and mash can be made of pork or beef with apple or tomato seasoning; often a Lincolnshire, or Cumberland sausage is used.

The dish is usually served with a rich onion gravy. Although sometimes stated that the term "bangers" has its origins in World War II, the term was actually in use at least as far back as 1919.



BUBBLE AND SQUEAK

Bubble and squeak (sometimes just called bubble) is a traditional English dish made with the shallow-fried leftover vegetables from a Sunday roast dinner. The chief ingredients are potato and cabbage, but carrots, peas, brussels sprouts, and other vegetables can be added. It is usually served with cold meat from the Sunday roast, and pickles, but you can eat it on its own.

The cold chopped vegetables (and cold chopped meat if used) are fried in a pan together with mashed potato until the mixture is well-cooked and browned.

STEAKS - A British Tradition got its start in chop houses in London. However in the past steaks were so British that our elite troops were referred to as beefeaters, you can still see them in their traditional costume at the Tower of London. The term Porterhouse for a special large kind of steak cuts from British pubs where a special brand of dark beer, Porter beer, was served, and where a snack consisted of a steak some 2 lbs (about 900 grams) by weight - a single portion for a single man.

foodculture.html



THE HUMBLE SANDWICH - YES THAT'S OURS TOO!

Where would British be without the cheese sandwich or bacon butty? The origin of the sandwich is as British as it could be. The name refers to the Earl of Sandwich who lived 1718 to 1792. The British have always been keen on betting and gambling, but the Earl of Sandwich overdid it even by our standards. During his gambling days, taking meals was considered by him as highly unwelcome interruptions. He therefore invented a kind of meal not requiring him to exchange the gambling table for the dining table: sandwiches.

<https://www.learnenglish.de/culture/>

Other terms depending on the kind of sandwich it can be called Sarnie. If on a bun can be called bap or butty. (Note see issue 11-20c Page 14, Bit of Trivia for other variations)



LONDON — **The croissant**, the buttery breakfast pastry, means “crescent” in French. But don't tell that to the **British**.

Tesco, Britain's largest supermarket chain and a bellwether of sorts for popular tastes, is dispensing with the traditional curved pastry as of Friday and instead will sell only straight ones. The company offered a decidedly British rationale: It is easier to spread jam on the straight variety. The banishing of the crescent-shaped croissant spurred no shortage of dismay on both sides of the English Channel.



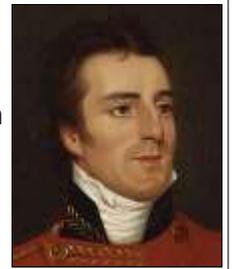
Beef Wellington is a

fillet of steak coated in pâté and then rolled in pastry. It is generally agreed that the dish was created in celebration of

the first Duke of Wellington, Arthur Wellesley, and his victory at the Battle of Waterloo on June 18 1815.

... Such an iconic character needed immortalizing, so (naturally) they named a pastry ensconced beef dish after him.

www.gordonramsayrestaurants.com/inspiration/why-the-history-of-beef-wellington

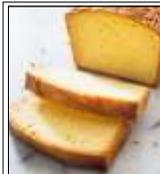


Henri Charpentier claims to have accidentally invented **Crêpes Suzette** in 1895 when he was a 14-year-old assistant waiter at the

Maitre at Monte Carlo's Café de Paris. In his autobiography, “Life à la Henri”, he recalls serving the Prince of Wales, the future **King Edward VII** of the United Kingdom: “It was quite by accident as I worked in front of a chafing dish that the cordials caught fire. I thought it was ruined. The Prince and his friends were waiting. How could I begin all over?”



Charpentier served the dish anyway, and the prince loved it so much that he requested it be named for a young woman who was in attendance. Thus, one of the most popular desserts in the world was born.



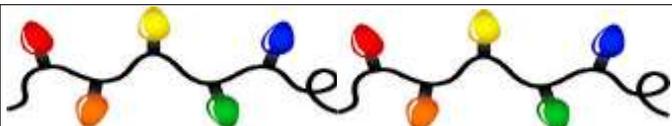
History of Pound Cake

The history of pound cake dates back to the 1700's and was an English creation. The traditional pound cake started with a pound of butter, a pound of flour, a pound of sugar and a pound of cracked open eggs.



First Recorded Celebration of Christmas, December 24, 336

Although Christmas celebrations started in the early 300s, the first celebration of Christmas that we have recorded evidence for occurred in Rome on December 24th in A.D. 336.





Steak and Kidney

pie, a traditional British dish consisting of diced steak, onion, and kidney—typically from a lamb or

pig—cooked in a brown gravy, flavoured with Worcestershire sauce and black pepper, and then wrapped in a pastry and baked. Mushrooms and bacon are sometimes included, and various ales, notably stout, can be added to the gravy. Steak and kidney pie dates to the 19th century and is counted among Britain’s national dishes.

<https://www.britannica.com/topic/steak-and-kidney-pie>

Other popular British pies are Steak and Guinness. Scots love Killie Pies, Scotch pies and Scotch Brides. The Irish love Steak and Irish Stout pies and the Cornish have their Cornish Pasty.



A Bakewell Tart

is an English confection consisting of a shortcrust pastry shell beneath layers of jam, frangipane, and a

topping of flaked almonds. It is a variant of the Bakewell pudding, closely associated with the town of Bakewell in Derbyshire.

Bakewell pudding is an English dessert consisting of a flaky pastry base with a layer of sieved jam and topped with a filling made of egg and almond paste.



Sir Robert Watson-Watt, Born: 1892, British inventor. He is considered the inventor of Radar (1935), although others had also done research on it. He was the first to create a working system. RADAR is an acronym for "RADIO Detection And Ranging." Died December 5, 1973



John, King of England

, born on 24 Dec. 1167, was the son of Henry II of England and Eleanor of Aquitaine. He was King of England from 6 April 1199, until his death. He became King of England after the death of his brother Richard I (Richard the Lionheart). His repressive policies and excessive taxation brought him into conflict with his barons, and he was forced to sign the Magna Carta at Runnymede in 1215.



Strawberry Shortcake

In the UK, the term shortcake refers to a biscuit similar to shortbread. They are generally less dense and more crunchy and dry than shortbread. The first strawberry shortcake recipe appeared in an English cookbook as early as 1588, according to Driscoll's berry growers. By 1850, strawberry shortcake was a well-known biscuit and fruit dessert served hot with butter and sweetened cream. They later appeared in a recipe book in 1594, and later featured in Shakespeare's play "The Merry Wives of Windsor."



An **Eccles cake** is a small, round pie, similar to a turnover, filled with currants and made from flaky pastry with butter, sometimes

topped with demerara sugar. The word cake has generally since narrowed in meaning to sponge cake, except this example and other specific foods like a barm cake, after the creation of an Eccles cake. The Eccles cake is named after the English town of Eccles, which is in the historic county of Lancashire and in the ceremonial county of Greater Manchester.





Joseph Rudyard

Kipling, Born: 30 December 1865, Malabar Hill, Bombay Presidency, British India, Died: 18 January 1936 (aged 70) Fitzrovia, London, England.

English author and poet, most of whose works are concerned

with India where he was born. Among his books for children are the Just So Stories and perhaps his most famous The Jungle Book.

Rudyard Kipling in Vancouver. It's not widely known, but three or four chunks of land in Metropolitan Vancouver were once owned by the famous English writer, Rudyard Kipling.

When Kipling first visited Vancouver in June 1889, (during a tour of North America), he was, at 23, just beginning to be famous. When next he came around in April 1892, he was very much more well-known. (And 15 years after that, on his third visit, October 5, 1907, he was the most famous author in the world.)



Shortbread

This buttery biscuit was first mentioned in a Scottish print recipe in 1736 and is now

one of the country's favourite treats. While you can eat shortbread in Scotland at any time of year, it is most often associated with Christmas and Hogmanay (New Year's Eve). If you're looking for a gift to bring back to your family, there's nothing better than a tin of Scottish shortbread.

John Wycliffe

born. circa 1330

English religious reformer. He directed the first English translation of the Bible (1382). In 1415, the Roman Catholic Church declared him a heretic, banned his writings, and declared his remains were to be removed from sacred ground. Died December 31, 1384



Vindaloo

is a British-Indian curry dish with meat (mostly lamb or chicken, but sometimes also pork) in a sharper-than-sharp sauce with pieces of potato. Once

vindaloo made its way to Great Britain, it was once again subject to some enthusiastic adjustments. This time, however, the changes were based on a misunderstanding of the name. In Hindi, 'aloo' means potato, so chefs from Pakistan and Bangladesh who had made their way to England to seek their fortunes were convinced that the humble spud was an obligatory ingredient.



Tayto Crisps

Joseph 'Spud' Murphy and his employee Seamus Burke produced the world's first seasoned crisps: Cheese & Onion and Salt & Vinegar. Companies worldwide sought to buy the rights to Tayto's technique.

Tayto was established by Joe 'Spud' Murphy in 1954 at a time when most crisps were imported from the UK and were unflavoured bar the small blue bag of salt included in each bag to enhance the flavour. Spotting a niche in the Irish market, Joe Murphy set up his own crisp factory. Credited with inventing the first ever Cheese & Onion flavoured crisps, the brand name Tayto has now become synonymous with crisps across Ireland. Production of the Cheese & Onion flavour crisps started in a factory on Moore Street, Dublin, where after being packed by hand in waxed greaseproof paper, the crisps were delivered to the retailer in an airtight tin, to help maintain their freshness.

Sir Isaac Newton

Born December 25, 1642

English mathematician, philosopher, astronomer. He discovered the three laws of motion, the law of gravity, and invented calculus. d. 1727



Guinness Irish Stew

Ingredients:

- 1L of Guinness Original Draft or Extra Stout (2 Cans)
- 2 lbs. Diced Beef or Lamb, cut into 1" pieces
- 2 Medium Carrots Diced
- 2 Celery Diced
- 3 Large Parsnip or Potatoes Diced
- 4 cups Beef Stock
- 2 tsp. Fresh Thyme and Rosemary
- Salt and Pepper to taste
- 1 tablespoon Worcestershire sauce
- 1 Med. Onion or Leek Diced
- Button Mushrooms

Marinate:

The beef or lamb in a sealable bag c/w one (1) can of Guinness, salt, pepper, Worcestershire, Thyme and Rosemary over night. Shaking the bag a few times to well coat all pieces of meat.

Method:

Sautee the onion and Stir Fry the Beef in a frying pan until tender and add to a large cooking pot

Add the Diced Vegetables, Potatoes and Herbs

Pour in the balance of Guinness and Beef Stock

Sir Well and let cook slowly on a medium heat for up to 2 hours

Should a thicker broth be desired stir in a

couple of tbsps. of flour

Garnish with parsley and sour cream before serving.

Serve with a loaf of Irish Soda Bread.

Recipe by L. McVittie



NOTE: Although Irish stew is generally made with lamb, potatoes, carrots, onions and parsley, purists maintain that it should be made with stronger-flavored mutton and only potatoes, onions, and water.

V.G.H. Thrift Store

DON'T THROW IT OUT

Thanks to the members of the British Isles Community for their donations to the Vancouver General Hospital Thrift Store.

The funds from your re-saleable household items, collectables, etc. has resulted in equipment that is helping saving the lives of those in the Hospital.



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