

The British Isles



The British Isles Historic Society

Heritage, History, Traditions & Customs

02-21b February Supplement



Editors Comments:

The purposes of the first two British Isles Historic Society newsletters in February are an effort to introduce those with a British Isles heritage but have never had the pleasure to travel to the British Isles the fantastic variety of deli dishes that have made the individual customs and traditions of England, North Ireland, Scotland, Wales, The Isle of Man, Cornwall and the Republic of Ireland so unique and distinctive.

Canada has no distinct foods that they can claim Canadian. Many of the American dishes are revisions of the original British Isles dishes by British chefs with U.S. ingredients.

Dining out in Canada consists of Chinese food, hamburgers, pizza, or some other fast food chain's menu. I personally would like to see the Irish, English and Scottish pubs and restaurants carry more menu items from the British Isles.

As a challenge for 2021, I invite all readers to try at least one dish from each of the countries in the British Isles at least once per month?

The Foods of the British Isles:

British cuisine is the heritage of cooking traditions and practices associated with the United Kingdom of Great Britain and North Ireland. The British Isles includes both United Kingdom and the Republic of North Ireland (EIRE) for the purposes of discovering Island deli dishes. The individual cultures and traditions of England, Scotland, Wales, Isle of Man, Cornwall, Northern Ireland and the Republic of Ireland are diverse and have varying degrees of overlap and distinctiveness.

Well-known traditional British Isle dishes include full breakfast, fish and chips, the Christmas dinner, the Sunday roast, steak and kidney pie, shepherd's pie, and bangers and mash. British Isles cuisine has many regional varieties within the broader categories of British Isles. Each has developed its own regional or local dishes, many of which are geographically indicated foods such as Cornish pasties, the Yorkshire pudding, Dublin Coddle, Cumberland sausage, Arbroath smokie, Ayrshire Bacon and Welsh cakes.

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



Brews of the British Isles

Brewing in Britain was probably well established when the Romans arrived in 54 BC. English beer styles include bitter, mild, brown ale and old ale. Stout,

porter, and India Pale Ale were also originally brewed in London. Lager style beer has increased considerably in popularity since the mid 20th century.

Lager: Made with bottom fermenting yeast that has a lower tolerance to alcohol, lagers can taste light and a little malty.

India Pale Ales (IPAs), which encompass numerous styles of beer, get their characteristics largely from hops and herbal, citrus or fruity flavors. They can be bitter and contain high alcohol levels, though the final product depends on the variety of hops used.

English pale ale are malty, medium-bodied and easy to drink. British Brown Ale, British Golden Ale

Stout beer: A dark beer, the flavor of stouts depends on where they come from. Sweet stouts largely originate from Ireland and England and are known for their low bitterness. In fact, Ireland's Guinness brand produces some of the world's most recognizable stout beer.



Porter: Traditional porters, which can trace their roots to the United Kingdom, are dark in color like stouts due to common ingredients like chocolate or other dark-roasted malts. Porters tend to taste less like coffee than stouts, with more of a chocolatey feel.

English Bitters: A bitter is an English or British style pale ale which is popular for its slightly

bitter but sessional and mild flavour.

Scottish Ales: Scottish-style ales vary depending on strength and flavor, but in general retain a malt-forward character with some degree of caramel-like malt flavors and a soft and chewy mouthfeel. Some examples feature a light smoked peat flavor. Hops do not play a huge role in this style.

Irish Red Ale: It originated with the Smithwick Brewery in the town of Kilkenny, in 1710, and was pretty similar to an English Pale Ale, the only difference is having a bit of roasted barley added to the grist. This type of malt gave the beer a darker, red color and added a toasty, dry flavor, making it very smooth and highly drinkable.

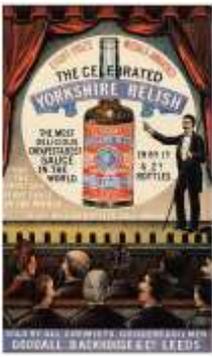


Mary Pack

Arthritis campaigner
b. Oct. 9, 1904,
Ampthill, England;
d. May 11, 1992,

Vancouver. The "angel of mobility" devoted her life to arthritis and rheumatism care and research. A teacher of physically handicapped children for the Vancouver School Board. In 1945, dismayed by lack of services, she started the B.C. Spastic Society which led to the B.C. Division of the Canadian Arthritis and Rheumatism Society (January 1948) of which she was executive secretary. Received Queen's Coronation Medal (1953), Post No. 2 Native Sons of B.C. Good Citizen Award (1956), Order of Canada, LL.D (UBC, 1974). In 1990, the Mary Pack-Arthritis Society Chair in Rheumatology was established at UBC.

Editors Note: I have had the great privilege of the use of the many services offered by the Mary Pack Arthritis Program. I suggest strongly that if you have arthritis, have your doctor recommend the Mary Pack Clinic. <http://mpap.vch.ca/>



Yorkshire Relish.

An English Piquant Sauce based on pureed pickled fruits rather than the taste of Worcestershire sauce or Harvey's or the spiced vinegar of the equally Yorkshire Hendersons Relish. Yorkshire Relish was the highest-selling bottled sauce in the

Victorian era. It was advertised as “the most delicious sauce in the world” by Goodall, Backhouse & Co. Robert Goodall (1831-1870) was born in Market Weighton, Yorkshire. Produced in both a liquid and a thickened version, most famously by Goodall, Blackhouse and Co, in Leeds in the 1830's, and now, as 'Goodalls of Ireland' at Tallagh outside Dublin, where they still manufacture both versions.

During the 1840s. Goodall's supplied tiny 4 1/2" saucers in the popular 'Willow Pattern' style with advertising slogans, presumably intended to sit under your bottle of YR and collect any drips. Yorkshire Relish is now relatively rare in England, but has a continuing popularity in Ireland where it is produced under the 'YR' brand by Robert Roberts.



The Pontarddulais Male Choir is a **Welsh** male voice choir from Pontarddulais near Swansea, Wales. It is the most successful choir in Wales and is internationally renowned having performed in many parts of Europe as well as Canada. Pontarddulais Male Choir was established in 1960, under the leadership of the late Noel Davies MBE. It was borne out of the Pontarddulais Youth Choir which had become too old for youth competitions. Under Noel's leadership the choir won a record 11 firsts at the Royal National Eisteddfod of Wales,



Ernest Willows

pioneering aviator. 'The Father of British Airships'
Born: 11 July 1886 **Cardiff, Wales**, Died: 3 August

1926 (aged 40), Kempston, Bedford, England. Ernest Willows constructed a number of airships, the naming of which probably didn't take up too much of his time. Willows 1, powered by a motorbike engine, was constructed in his workshop in East Moors Cardiff in 1905 when he was just 19 years old.

In 1910, in Willows 2, he succeeded in flying it to the city centre and landing near the City Hall netting him a £50 prize for the first aerial voyage in Wales. Buoyed by his success and now with a bit of publicity behind him, he did the same three days later, this time in front of a crowd of 40,000.

His next notable achievement was to fly from Cardiff to London in Willows 3 and become the first person to fly an airship over the Bristol Channel, something he could hardly avoid doing as it was on the way. Channel hopping became all the rage and in November 1910 he was the first person to fly an airship from London to Paris and the first to fly an airship over the English Channel at night

<https://roathlocalhistorysociety.org/2019/04/26/ernest-willows-airship-pioneer/>



Pateley Fritters, Puddings and

Sweet Deserts, **Yorkshire:** (no known recipe) Batter of white wheat flour, milk, lard and yeast. Allowed to froth and chopped apple, peel, dried fruit and sweet spices mixed in. Tablespoons of the batter fried in dripping, sprinkled with sugar, eaten hot.



Wedgewood China: 1770s:

Jasperware developed by Josiah Wedgwood. Josiah Wedgwood FRS (12 July 1730 Burslem, Staffordshire, England – 3 January 1795 Etruria, Staffordshire, England (age 64) was an English potter, entrepreneur, and abolitionist. He founded the Wedgwood company. He developed improved pottery bodies by a long process of systematic experimentation, and was the leader in the industrialisation of the manufacture of European pottery.

British / Irish Rashers

The English bacon tradition dates back to the Saxon era in the 1st millennium AD, bacon (or bacoun as it was spelt then) was a Middle English (11th/14th Century, High/Late Middle Ages) term that the English used to refer to a traditional cut of pork meat unique to the Great Britain at the time.

What the English were historically calling bacon at the time referred to a specific cut of pork belly and pork loin and mostly cut from breeds of pig that had been specifically bred to make what we now call back bacon.

British back bacon is a combination of both pork belly and pork loin in one cut, the rounded lean bit on a rasher (slice) of back bacon is the pork loin and the fatty streaky bit attached to it is the pork belly.



Irish bacon

Back bacon



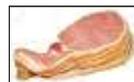
Ayrshire bacon

U.K. Streaky bacon



Gammon Streaky bacon

Shropshire bacon



Wiltshire bacon

British Isles Bacon vs Canadian Grocery Store Bacon

The most obvious difference is the shape and fat content of the bacon. Canadian bacon comes in thin strips with streaks of fat



Canadian Streaky Bacon

running along them. British / Irish bacon "Rashers" is leaner, with a border of fat along one edge, and comes in a rounder shape.



Irish Rashers



Canadian Back Bacon

The difference in shape is due to the fact that each style of bacon comes from

different cuts of pork. Canadian bacon comes from pork belly, which is a much fattier cut of meat. British / Irish bacon, on the other hand, comes from the loin which is a much leaner cut. In fact, U.K. bacon is from the same cut as pork tenderloin.

British bacon is very similar to Canadian back bacon, though it is fattier around the edges.

Traditional back bacon is most commonly used in sandwiches or in Full English Breakfasts, whereas streaky bacon tends to be used as trimmings on roast chicken or wrapped around sausages as "pigs in blankets".

NOTE: Canadian grocery store bacon is not called Canadian Bacon.



Canadian Store Pkged Bacon



The Druids

were a member of the learned class among the ancient Celts. They acted as priests, teachers, and judges. The earliest known records of the Druids come from the 3rd century BCE. Their name may have come from a Celtic word meaning "knower of the oak tree." Very little is known for certain about the Druids, who kept no records of their own.



John James Sainsbury

(12 June 1844 – 3 January 1928) was an **English** grocer and founder of what is now called the Sainsbury's supermarket chain.

John James Sainsbury was born on 12 June 1844 at 5 Oakley Street, **Lambeth**, to John Sainsbury (baptised 1809, d. 1863), ornament and picture frame maker, and his wife Elizabeth Sarah, née Coombes (1817–1902). During his childhood, his family moved house several times between rented rooms. The area in which they lived was close to the Thames wharves and to Waterloo station, which opened in 1848.

Sainsbury started work at the age of 14 years old. He may have stayed at school beyond the normal leaving age of 10 or 11, possibly helping out as a "monitor". His first job was with a grocer in the New Cut, Lambeth.

In 1863, Sainsbury's father died, and John James took on the additional responsibility of helping to support his mother and two sisters.

At the age of 24, he married Mary Ann Staples. It was 1869 when John James Sainsbury and his wife Mary Ann opened the first Sainsbury's store together at 173 Drury Lane, Holborn, London. The couple had probably saved a few pounds with which to buy shop equipment, but their circumstances were extremely modest. They shared the cramped accommodation above the little shop with three other families.

In 1872 John Sainsbury and Mary Ann Sainsbury opened their second shop at 159 Queen's Crescent. The following year the Sainsbury family moved to live above the shop.



From one store in Holborn, London, opened at 173 Drury Lane in 1869, Sainsbury built a chain of grocery stores which numbered 128 when he died in 1928. Sainsbury's remained a family business during his whole life. At the time of the firm's incorporation in 1922, Sainsbury took on the title of Chairman and Governing Director, a position which he held until his death in 1928. His last words were "Keep the shops well lit". Today, the group owns over 1,000 stores.

Died: 3 January 1928 (aged 83) London, England.

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



Thomas Saint. In 1790, the **English** inventor Thomas Saint invented the first sewing machine design, but he did not successfully advertise or market his invention. He took out British Patent No. 1764 on a machine for "quilting, stitching, and sewing, and for making shoes, and other articles. . . ." in 1790. Thomas was a cabinet maker born in Greenhill Rents parish of St. Sepulchre London, England.

Many years later in 1874 a man named **William Newton Wilson** found the patent of Thomas's machine. The original drawings were so complete he was able to rebuild it, and with slight amendments to the looper, he rebuilt Saint's sewing machine, proving it did work. His replica is now exhibited in the Science Museum. William Newton Wilson was born on May 3 1897 in Manchester,



Greenlees Brothers

of London, Glasgow, and Campbeltown, Argyllshire.

Lorne Whisky and Claymore Whisky.

1870 Established by James Greenlees.

1918 Acquired by William Williams and Sons



William Ferriman Salsbury Railway executive, alderman b. Feb. 16, 1847, **Surrey, England**; d. Jan. 5, 1938,

Victoria. Came to Canada in 1870. Worked with railroads from 1861. A manager of the Grand Trunk Railway of Canada until 1881, when he joined CPR's financial staff. Moved from Lachine, Que., arriving July 4, 1886, aboard the first overland train to Port Moody. Treasurer, CPR Pacific Division (1886-1921) when he retired. A prominent Vancouver figure, he served as alderman for Ward 1 (1893-94). An advocate and charter member of the Vancouver General Hospital (1901).

Early Shaughessy resident William Ferriman Salsbury spent \$25,000 on this three-storey house in 1912. Salsbury, who reportedly arrived in B.C. on the first transcontinental train, was one of the many CPR officials who settled in the railway's Shaughessy Heights.

After Salsbury retired to Victoria in 1921, he sold the house to Edward A. Morris, a successful Vancouver tobacconist. Salsbury House had a conservatory, a huge billboard room, and tennis courts.

A Salsbury Drive in Vancouver is named for him.

Photo Credit: Kelly Borget

<https://www.vancouverheritagefoundation.org/location/1790-angus-st-vancouver-bc/>



The Celtic Nations: The six territories widely considered Celtic nations are Brittany (Breizh), Cornwall (Kernow), Wales (Cymru), Scotland (Alba), Ireland (Éire) and the Isle of Man (Mannin or Ellan Vannin). Galicia: the unknown 7th Celtic nation



The **Fray Bentos** food brand is associated with tinned processed meat products, originally corned beef and, latterly, meat pies. The brand has been sold in the United Kingdom, other European countries, and Australia.

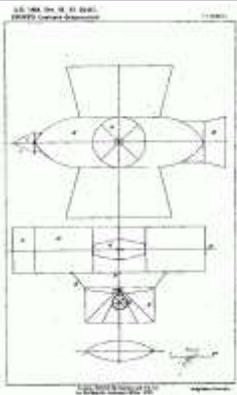
Created in the latter half of the 19th century, the name is derived from the port of Fray Bentos in Uruguay where the products were originally processed and packaged until the 1960s. The brand is now owned in the UK by Baxters, which manufactures the product range in Scotland. In 1865, Liebig's Extract of Meat Company was founded in Britain by German chemist Justus von Liebig. The company established a factory in Uruguay to manufacture a beef extract product that would later be sold under the name Oxo. In 1873, the factory began manufacturing tinned corned beef, which was sold in Britain under the name Fray Bentos, the town in Uruguay where the factory was located. Fray Bentos corned beef was targeted at a working-class market. https://en.wikipedia.org/wiki/Fray_Bentos



The Celtic Culture: It's believed that the Celtic culture started to evolve as early as 1200 B.C. The Celts spread throughout western Europe—including Britain, Ireland, France and Spain—via migration. Their legacy remains most prominent in Ireland where traces of their language and culture are still prominent today.

Stonehenge is perhaps the world's most famous prehistoric monument. It was built in several stages: the first monument was an early henge monument, built about 5,000 years ago, and the unique stone circle was erected in the late Neolithic period about 2500 BC. In the early Bronze Age many burial mounds were built nearby.





William Frost (Born: 28 May 1848 in **Saundersfoot, Pembrokeshire** –Died March 1935) was a Welsh designer of an early flying machine, the Frost Airship Glider. Despite his poverty he managed to construct the "Frost Airship Glider", which seems, in

principle, to have resembled a vertical takeoff airplane, with gas-filled tanks. Bill Frost, a Welsh carpenter who patented the aeroplane in 1894 and took to the skies in a powered flying machine the following year, eight years before the Wright brothers attempt at Kitty Hawk. Frost applied for a patent which was accepted and registered in London on 25 October 1894 under number 1894-20431. Unable to pay renewal fees, he allowed the patent to lapse four years later. He died without wealth or recognition in March 1935.



City of Surrey, B.C.

Surrey became incorporated in 1879, and encompasses land formerly occupied by a number of

Halqemeylem-speaking aboriginal groups. When Englishman H.J. Brewer looked across the Fraser River from New Westminster and saw a land reminiscent of his native County of Surrey in England, the settlement of Surrey was placed on the map.

Whalley: Named after Arthur Whalley, who operated "Whalley's Bar" on the corner of what is now known as King George Highway.

Cloverdale: Named after the station on the New Westminster Southern Railway.

Newton: Named after the E.J. Newton, who was a

settler and resided in the area in 1886.

Guildford: Named after its counterpart in Guildford, England.

Fleetwood: Named after Lance Corporal Arthur Thomas Fleetwood, who died fighting in the first World War.

<https://604now.com/history-surrey-bc-city/>



British Bread Sauce

A bread sauce is a British warm or cold sauce made with milk, which is thickened with bread crumbs, typically eaten with roast chicken or turkey (with a Christmas Dinner). A survivor of the medieval bread-thickened sauces, the traditional British bread sauce is made with milk, butter or cream, and bread crumbs, flavoured with onion, salt, cloves, mace, pepper, and bay leaf, with the fat from roasting often added as well. It typically accompanies domestic fowl such as turkey or chicken. The use of slightly stale bread is optimal, making it an economical way of using up leftover bread. The sauce is easy to make and uses readily available ingredients.

Bread sauce can be traced back to at least as early as the medieval period, when cooks used bread as a thickening agent for sauces. The utilisation of bread in this way probably comes from cooks wanting to use up their stale bread who discovered that it could be incorporated within sauces to make them thicker.



Parsley sauce is a cream sauce seasoned with parsley. It is essentially a simple béchamel (White) sauce containing chopped parsley. A variant called "liquor" is often served with pie and mash as a traditional British food, particularly in London.



Lush is a cosmetics retailer headquartered in **Poole, Dorset, United Kingdom**. The origins of Lush can be traced back to

co-founders Mark Constantine and Liz Weir meeting in the 1970s, and subsequently setting up a cosmetics business in 1995, with Constantine and Weir, along with Mo Constantine, Helen Ambrosen, Rowena Bird and Paul Greaves from Cosmetics-to-Go, opened a cosmetics shop on High Street in Poole, creating cosmetics from freshly purchased fruits and vegetables. It produces and sells creams, soaps, shampoos, shower gels, lotions, moisturisers, scrubs, masks and other cosmetics for the face, hair, and body using only vegetarian recipes, 85% of which are also vegan. The company operates stores in 49 countries globally in the United Kingdom, Canada, Croatia, Germany and Australia.



Mark Constantine, Born:1952, **Sutton, London**, is a British entrepreneur best known as the co-founder and CEO of Lush, described as "one of the world's biggest cosmetics firms

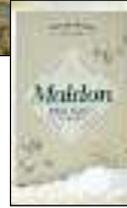


Mary Ellen Smith (née Spear) Politician, feminist b. Oct. 11, 1863, **Tavistock, England**; d. May 3, 1933, Vancouver. First female B.C. MLA and the first woman cabinet minister in the British Empire. As an

independent, she won the January 1918 Vancouver by-election called after the death of her husband, Ralph Smith, finance minister in B.C.'s Liberal government. Re-elected as a Liberal in 1920 and 1924. Served as minister without portfolio, March to Nov. 1921. An advocate of B.C.'s first mothers' pensions and Female Minimum Wage acts.



Maldon Salt



Maldon Salt is an English sea-salt. It comes in large, thin, uneven, crunchy salt flakes that have a very clean, pure salt taste. People have been panning on the Essex tide marshes for 2 millennia. The Domesday Book of 1086 reveals that there were 45 salt pans in the area. Officially, the Company Of Master Salt Makers behind Maldon Sea Salt has been trading under the name since 1882. The fine flakes and occasional pyramid crystals have a gentle saline flavor that makes pretty much anything you sprinkle them on sing. Maldon Salt is made in Essex County, England, in the town of Maldon (known by the locals as Maldon on the Mud) by the Maldon Crystal Salt Company.



Gaelic handball The modern game of handball is first recorded in Scotland in 1427, when King James I, an ardent handball player, had his men block up a cellar window in his palace courtyard that was interfering with his game. Gaelic handball (known in Ireland simply as handball; Irish: liathróid láimhe) is a sport where players hit a ball with a hand or fist against a wall in such a way as to make a shot the opposition cannot return, and that may be played with two (singles) or four players (doubles). The sport, popular in Ireland, is similar to Welsh handball, fives, Basque pelota, Valencian pilota, and more remotely to racquetball or squash. GAA Handball, a subsidiary organisation of the GAA, governs and promotes the sport.



Rout Biscuits, Now Extinct, recipe lost. Enriched paste with sugar and egg, rolled and cut, or moulded, into small decorative shapes. Lightly baked. The word 'Rout' means a large convivial gathering, where these biscuits would have been served. Original recipe (Alexis Soyer 1850)



John Mackintosh and Sons 1890 John Mackintosh opened up his sweet shop in **Halifax, Yorkshire**, and the idea for

Mackintosh's Toffee, not too hard and not too soft, came soon after.

1932 John Mackintosh and Sons acquired Caley's Chocolate, of Norwich. Caley's brand name used until early 1960s.

1936 Quality Street was launched.

1959 Launched the Caramac bar.

1969 Mackintosh's merged with rival Rowntree's to form Rowntree Mackintosh, which merged with Nestle in 1988.



John Oliver

Premier b. July 31, 1856, **Hartington, England**; d. Aug. 17, 1927, Victoria. Moved to Ontario in 1870; to B.C. in 1877 to farm in Delta. After serving in local politics, elected an MLA (1900). Leader of the Opposition, losing his seat in 1909. Re-elected in the sweeping 1916 Liberal victory; appointed minister of agriculture and railways. On Harlan Brewster's death in 1918, "Honest John" became premier until his death. Governed B.C. during the economic stagnation of the early 1920s. Promoted Okanagan orchards. Oliver, B.C., and Vancouver's John Oliver High School are named for him.

<https://www.oliverheritage.ca/walkingtour>



Gaelic football (Irish: Peil Ghaelach; short name Peil or Caid), commonly referred to as football or Gaelic, is an Irish team sport. It

is played between two teams of 15 players on a rectangular grass pitch. The objective of the sport is to score by kicking or punching the ball into the other team's goals (3 points) or between two upright posts above the goals and over a crossbar 2.5 metres (8.2 ft) above the ground (1 point).

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



Cricket is believed to have begun possibly as early as the 13th century as a game in which country boys bowled at a tree

stump or at the hurdle gate into a sheep pen. This gate consisted of two uprights and a crossbar resting on the slotted tops; the crossbar was called a bail and the entire gate a wicket.

The earliest reference to an 11-a-side match, played in Sussex for a stake of 50 guineas, dates from 1697. In 1709 Kent met Surrey in the first recorded intercounty match at Dartford, and it is probable that about this time a code of laws (rules) existed for the conduct of the game, although the earliest known version of such rules is dated 1744. Sources suggest that cricket was limited to the southern counties of England during the early 18th century, but its popularity grew and eventually spread to London, notably to the Artillery Ground, Finsbury, which saw a famous match between Kent and All-England in 1744. Heavy betting and disorderly crowds were common at matches.



Marie Rose sauce (known in some areas as cocktail sauce or seafood sauce) is a British condiment often made from a blend of tomatoes, mayonnaise, Worcestershire sauce,

lemon juice and black pepper. A simpler version can be made by merely mixing tomato ketchup with mayonnaise. The sauce was popularised in the 1960s by Fanny Cradock, a British celebrity chef. It is often accompanied with seafood, and prawns in particular.





British Made Vehicles

What are the U.K.'s greatest exports? In the food category Chocolates lead the field but in other products: 1.) is Machinery including computers: US\$73.3 billion (15.6% of total exports) and number 2.) Vehicles: \$50.7 billion (10.8%)

The automotive industry in the United Kingdom is now best known for premium and sports car marques including Aston Martin, Bentley, Caterham Cars, Daimler, Jaguar, Lagonda, Land Rover, Lister Cars, Lotus, McLaren, MG, Mini, Morgan and Rolls-Royce. Volume car manufacturers with a major presence in the UK include Honda, Nissan, Toyota and Vauxhall Motors (subsidiary of Opel, subsidiary of the French automotive company Groupe PSA). Commercial vehicle manufacturers active in the UK include Alexander Dennis, Ford, IBC Vehicles (owned by Groups PSA), Leyland Trucks (owned by Paccar) and London Electric Vehicle Company (owned by Geely).

Famous and iconic British cars include the Aston Martin DB5, Aston Martin V8 Vantage, Bentley 4½ Litre, Jaguar E-Type, Land Rover Defender, Lotus Esprit, McLaren F1, MGB, original two-door Mini, Range Rover, Rolls-Royce Phantom III and Rover P5.



<https://www.admiral.com/magazine/guides/motor/best-new-cars-made-in-Britain>

[https://en.wikipedia.org/wiki/](https://en.wikipedia.org/wiki/List_of_car_manufacturers_of_the_United_Kingdom)

[List_of_car_manufacturers_of_the_United_Kingdom](https://en.wikipedia.org/wiki/List_of_car_manufacturers_of_the_United_Kingdom)



Durham Mustard,

Historic records: Very fine milled husk-free mustard flour, produced by a process

developed c1720 by Mrs. Clements of Durham, and favoured by King George I. Although now lost, this is probably identical to the dry mustard flour of today, in contrast to the earlier in England and still commonplace elsewhere in Europe.

<http://www.foodsofengland.co.uk/durhammustard.htm>



Mustard was introduced into England in the 12th Century and in early times seeds were coarsely ground at the table using a mortar and it was eaten in this rough state. It had reached the North-East by about 1486 when monks on the Farne Islands (a monastic cell tied to Durham Cathedral) are known to have used quern stones in the grinding of "mwstert".

In those early days, it was used primarily to disguise the flavour of rotten meat and it was not until the late 1600s that it came to be recommended in its own right. At that time, the town of Tewkesbury was primarily noted for mustard making, but in those days it was a much weaker substance and it was not until 1720 that English-style mustard, resembling what we know today, really came into being.

English mustard was born largely due to the vision and energy of a Durham City woman by the name of Mrs. Clements.

<https://www.thenorthernecho.co.uk/>



Wow-Wow sauce; An English Piquant Sauce sauce, of the 19th century, for service with beef. Wow-Wow Sauce' appears several times as the title of a routine by the comedian and actor Charles Mathews, at least since a playbill for the Theatre Royal, Chester, for Feb 27th.,

1830 (Chester Chronicle - Friday 26 February 1830). A receipt for an actual sauce of the name appears in the 1825 edition of 'The Cook's Oracle' by William Kitchiner, 1830). It contains port, wine vinegar, parsley, pickled cucumbers or pickled walnuts, English mustard and mushroom ketchup in a base of beef stock, flour and butter.

British Isles Meat Pies

The pie was an English specialty that was unrivaled in other European cuisines. Two early examples of the English meat pies were shepherd's pie and cottage pie. Shepherd's pie was made with lamb and vegetables, and the cottage pie was made with beef and vegetable. Both are topped with potatoes.

A small pie was known as a tartlet and a tart was a large, shallow open pie (this is still the definition in England). Since pastry was a staple ingredient in medieval menus, pastry making was taken for granted by the majority of early cookbooks, and recipes are not usually included. It was not until the 16th century that cookbooks with pastry ingredients began appearing. Historians believe this was because cookbooks started appearing for the general household and not just for professional cooks.



Steak pies were originally available from chip shops, served with normal chips, referred to in Scotland as a steak pie supper. A steak pie supper is usually accompanied by salt and vinegar; however, around Edinburgh, a combination of spirit vinegar and brown sauce, known simply as "sauce" or "chippie sauce", is popular. The precise proportions of each ingredient are unique to each take-away. Some Fish and Chip shops, particularly in Scotland, heat precooked frozen pies by dropping them into the deep fat fryer.

Throughout the UK, meat pies (as well as burgers and chips) is a traditional hot food eaten at football games either before kick-off or during half time. So synonymous is the meat pie with football in the UK, at the British Pie Awards an award is given for Best Football Pie.

Many Scots celebrate New Year's Day with a

dinner of steak pie.



Shepherd's Pie: Lamb with vegetables in a rich gravy, topped with cheesy mashed potatoes, and baked.

Cottage Pie: Ground Beef with vegetables (peas, carrots, onions, etc.) in a rich gravy, topped with mashed potatoes, and baked.

Steak and Guinness (Ale) Pie: tender braised beef, onions, carrots, peas, potatoes, Worcestershire sauce with either a dark English Ale (English version) or Guinness (Irish version). Steak and Ale Pie is a classic dish found in most pubs around England and Ireland.

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 and then wrapped in a pastry and baked. ... Steak and kidney pie dates to the 19th century and is counted among Britain's national dishes.



Steak Pie, Steak & Vegetable, Steak & Mushroom: Steak pie are traditional British dishes consisting of a pastry shell filled with stewed steak, gravy, and various vegetables. The early versions, first recorded in the 18th century, consisted of a beefsteak pudding combined with suet.

Steak Pie and Stilton, The combination of rich stewing beef, funky Stilton, and bitter ale makes for a complex and filling Sunday Supper.



Meat and Potato Pie: braised steak, onions, potatoes, in a rich beef gravy.

Scotch Pie: or mutton pie as it was once called – seems to have originated in England some



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500 years ago, although records are predictably vague. Today the pie is almost synonymous with Scotland.



Chicken Pot Pie: Pot pie is a popular dish with a long and vivid history, dating back to the Roman Empire, when it was regularly served at banquets. The savory pies are always filled with meat such as chicken, beef, lamb, or turkey, along with vegetables such as peas, potatoes, and carrots. Pot pie is characterized by its top crust, which is traditionally made with flaky pastry. The ancient custom of pot pie was revived in 16th-century England.

Irish Lamb and Mint Pie: Lamb or Mutton with vegetables and mint.

Chicken and Vegetable, Chicken and Mushroom Pie: Usually a pot pie



English Pork Pie: Britain's favorite dishes since the 1300s, when they were made in the kitchens of King Richard. Made from moist, juicy, seasoned, and minced or chopped pork, golden pork jelly, and thick, hot water crust pastry.

London Pub Pie: By definition, a meat pie is any meat dish served in a pie crust. Which means everything from the lofty Beef Wellington to the lowly Cornish pasty can be considered a meat pie. Historians believe that the Greeks actually originated pie pastry. The pies during this period were made by a flour-water paste wrapped around meat; this served to cook the meat and seal in the juices. The Romans, sampling the delicacy, carried home recipes for making it (a prize of victory when they conquered Greece).

Cheese and Onion Pie: Cheese and onion pie is a savoury dish, the basis of which is an outer layer of savoury pastry filled with a mixture of cheese, onion, herbs and sometimes potato. Many recipes contain Lancashire cheese, indicating parentage of North

West England. Popular with vegetarians.



Pukka Pies The English word 'pukka' means genuine, and Pukka Pies really lives up to their name. Pukka Pies began back in the 1960's in Leicestershire, launching with their ever favourite Steak and Kidney Pie. Encased in a buttery pastry, the steak and kidney filling is moist and covered in a rich, meaty gravy.



Melton Mowbray Pork Pie: (Trade name protected) is a traditional British pie. It is usually eaten cold and consists of a thick and crumbly hot water crust pastry encasing a pork filling. The pork is roughly chopped, seasoned, and moistened slightly with pork jelly that lines the pastry sides.

Gala Pie: Very similar to the Pork pie, the Gala pie has a little twist to it to make it extra tasty. In each slice of the pork pie, the Gala has a perfect half slice of boiled egg nestled in the centre of the meat.



Game Pie: Game pie is a traditional English dish consisting of a pastry shell filled with rich gravy and slowly cooked game meat such as venison, rabbit, and pheasant.

Specialty Pies:



Cornish Pasty: is a baked pastry, a traditional variety of which is particularly associated with Cornwall, United Kingdom. It is made by placing an uncooked filling, typically meat and vegetables, on one half of a flat short crust pastry circle, folding the pastry in half to wrap the filling in a semicircle and crimping the curved edge to form a seal before baking. The traditional Cornish pasty, which since 2011 has Protected Geographical Indication (PGI)

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status in Europe, is filled with beef, sliced or diced potato, swede (also known as yellow turnip or rutabaga – referred to in Cornwall as turnip) and onion, seasoned with salt and pepper, and baked.

Corned Beef Pie: A pie with a filling of corned beef, onion and other vegetables such as corn, peas or carrot. The pie can be made with a mashed potato topping, as in cottage pie, or with a traditional pastry crust.



Steak and kidney pudding is a steamed savory dish made with chunks of beef, pork (or lamb) kidneys, and gravy in a pastry made with suet. Suet is the hard fat that surrounds the kidneys and loin in cattle, commonly used for frying as tallow. The pudding is steamed for several hours until cooked through, rendering the inside hot and bubbling and the pastry spongy and tender.



Forfar Bridies: are said "to have been 'invented' by a Forfar baker in the 1850s". The name may refer to the pie's frequent presence on wedding menus, or to Margaret Bridie of Glamis, "who sold them at the Buttermarket in Forfar". They are similar to pasties, but because they are made without potatoes, are much heavier in texture. Bakers in Forfar traditionally use short crust pastry for their bridies, but in the rest of Scotland, flaky pastry is sometimes substituted. The filling of a bridie consists of minced steak, butter, and beef suet seasoned with salt and pepper. It is sometimes made with minced onions.



Bedfordshire clanger; An elongated, suet crust pie with a savory filling at one end (meat, potatoes and vegetables) and a sweet filling (jam or fruit) at the other.



Custard tart: A baked pastry consisting of an pastry crust filled with egg custard.

Fish Pie: A dish made with white fish in a béchamel sauce with a mashed potato topping, similar to cottage pie. Popular in coastal towns.

Homity pie; A traditional British, open vegetable pie. The pastry crust contains a filling of potatoes and an onion and leek mixture, which is then covered with cheese.



Manchester tart: also called a **Bakewell tart.** A baked tart consisting of a short crust pastry shell, spread with raspberry jam, covered with a custard filling, and topped with flakes of coconut and a Maraschino cherry.



Mince tart: A small British sweet pie traditionally served during the Christmas season; a sweet pastry case filled with currants, suet and spices. Centuries ago they contained meat, suet and spices.



Treacle tart: A short crust pastry with a thick filling of golden syrup, breadcrumbs, and lemon juice.



Woolton pie: A pie filled with vegetables such as potatoes or parsnips, cauliflower, swede, carrots, and turnips, topped with potato pastry, grated cheese, and served with vegetable gravy.



Did I miss your favourite British Isles style pie? Please, I'd love to know which are your favorites.

Email: celticwarrior1942@gmail.com;

If you see any pie that looks appetizing why not give a recipe a try?

Our Heritage:



Mar. 1st. St. David's Day, Welsh



March 5th. St. Piran's Day,

Cornwall



Mar. 8th. Commonwealth Day

Mar. 17th. St. Patrick's Day,

Irish



March 20th Equinox



Berkeley Cheese, Historically:

Said by the current makers, Charles Martell, to be a "Full fat hard cheese made with pasteurised cows' milk and natural rennet. Includes annatto which gives it a mottled appearance. It has a natural rind and is wrapped in waxed paper. Softer in texture than a Double Gloucester. A cheese mentioned in literature in 1796 as being made in the Berkeley district of Gloucestershire. It had died out until resurrected on this farm in 1984."



Clotted Cream, Devon

Custard: It has long been disputed whether clotted cream originated in Devon or Cornwall,

and which county makes it the best. There is evidence that the monks of Tavistock Abbey were making clotted cream in the early 14th century. After their abbey had been ransacked by Vikings in AD 997, the monks rebuilt it with the help of Ordulf, Earl of Devon. Local workers were drafted in to help with the repairs, and the monks rewarded them with bread, clotted cream, and strawberry preserves. The 1658 cookery book *The Compleat Cook* had a recipe for "clouted cream"



Jam roly-poly, shirt-sleeve

pudding, dead man's arm or dead man's leg is a traditional British pudding probably first created in the early 19th century. It is a flat-rolled suet pudding, which is then spread with jam and rolled up, similar to a Swiss roll, then steamed or baked. In days past, Jam Roly-Poly was also known as shirt-sleeve pudding, because it was often steamed and served in an old shirt-sleeve, leading to the nicknames of dead-man's arm and dead man's leg.



Where are your personal interests?

Heritage, History, Traditions or Customs

Why are the History, Heritage, Customs and Traditions of the British Isles still so important to British Columbians? Who are the Welsh, the Irish, the Scottish, the English and the Cornish in British Columbia and more...

Who is Robbie Burns, St. David, St Piran, St. Patrick, St. George or St. Andrews?

What are the foods, customs and traditions of those from the British Isles?

Check out our British Isles Historic Society newsletters

<https://rssg.org.uk/branches/overseas/americas/canada/>

Mousecatcher Biscuits, (Now an Extinct

Biscuit, over time many biscuits styles and manufacturers have come and gone.). Known from correspondence in local newspapers c1970. They were bread slices (toasted on one side in the oven) then covered with grated ordinary ("mousetrap") cheese and scattered with small pieces of bacon and thinly sliced tomato. Some very small pieces of onion. They had to be baked crisp, the bread was fairly thin, "sandwich sliced" white. They were cut into pieces about the size of a cracker biscuit and they were delicious savouries.

Happy Valentine's Day