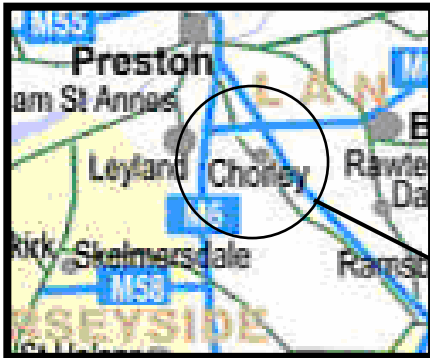


*Traditional
Foods
of
Poland*



England is divided into 86 different regions called Counties. Waterloo Lodge School is in the town of Chorley which is in the County of Lancashire. It is close to Manchester, Preston and Blackpool.

Traditional Foods

England has many traditions and also traditional foods.



Roast Beef and Yorkshire Pudding Dinner

Roast Beef is considered to be particularly English, as is **Fish and Chips**!



Fish and Chips with Green Peas

Each region or County within England is known for its own particular traditions and types of food.

Cheeses

Many different cheeses are called after the counties in which they are made. Lancashire cheese is the softest of the hard English cheeses so it melts well and is excellent for cooking.

Lancashire Dishes

Like many northern dishes, those from Lancashire are often based on economical ingredients and were designed to feed hard working people who had big appetites. When incomes were low, nothing could be wasted, everything had to be used up to keep a family well fed in a cold climate. In attempting to use every part of an animal to make cheap, nourishing dishes all types of offal were sold which were rarely seen in other parts of the country and are still popular today. For example tripe and black pudding is popular in Lancashire.



Tripe is the stomach lining of a cow. It is white with a rubbery texture. It is boiled and served with onions



Black Pudding is a pudding made of pig's blood, pork fat and spices which are stuffed into a sausage casing.

Other Dishes

Fish is caught off the Lancashire coast and shellfish is plentiful. Although fruit does not grow well in Lancashire, potatoes thrive and many traditional Lancashire dishes use potatoes such as Meat and Potato pie and Lancashire Hot Pot.



Meat and Potato Pie
made with beef, potatoes
and mixed vegetables



Lancashire Hot Pot made
with lamb, lamb's kidneys,
onions and layered potatoes

Cakes and Pastries

Chorley itself is famous for Chorley Cakes. They are sold all over the country and also to different countries. Northern people love cakes and pastries and several similar varieties of cake are made in the area. Chorley Cakes are made from shortcrust pastry filled with dried fruit, sugar and spice. In the nearby town of Eccles their equally famous cakes are made from filled puff pastry. Sad Cakes (also called Desolate Cakes) are also very similar and produced in the nearby town of Rossendale. The village of Goosenargh, near Preston and close to our school is known for their 'Goosenargh Cakes' which are flavoured with Caraway seeds.

In Design, Food Technology, pupils learn to cook these local dishes and then take them home (if they haven't eaten them by 2.50pm!) We have taken pictures of our Chorley Cakes and this is the recipe:

Chorley Cakes Recipe

Ingredients:

- **Pastry; - 8oz (225g) plain flour**
- **4oz (115g) hard margarine**
- **Water to mix**
- **Filling: - 6oz (170g) currants**
- **2oz (55g) finely chopped dried peel**
- **1 tablespoon soft brown muscovado sugar**
- **1oz (30g) butter**
- **¼ teaspoon each of ground nutmeg and mixed spice**

Method:

Rub margarine into flour until it resembles breadcrumbs. Add water slowly until the mixture binds together. Cover and leave for half an hour in a cold place.

In a thick pan slowly melt 1oz (28g) butter. Remove from heat, add currants, spices and sugar. Mix well and put aside to cool. Then stir in the mixed peel.

Grease a baking tray. Preheat oven to 200°C. Roll out the pastry on a floured surface until it is ¼" (5mm) thick. Using a saucer cut into rounds. In the centre of each round put a heaped tablespoonful of the dried fruit mixture. Dampen the edges of the pastry and carefully bring the edges to meet in the centre. Pat down to ensure the gaps of the pastry are closed, then with the rolling pin roll the cakes gently until you can just see the fruit through the pastry. Prick the surface with a fork. Transfer carefully to the baking tray and bake in the pre-heated oven at 200°C for about 20 minutes or until lightly brown.

They are particularly good eaten whilst just warm and spread with butter but will keep for several days

Our Picture Gallery



*Only thing left to do
is eat THEM !!!!!!!!!!!*