**British national cuisine**

Every nation has its own national cuisine. It is part of the culture and traditions of any country and its people. Modern British cookery is based on old national traditions which have passed a long historical evolution/ development and of course they have their own traditional dishes, such as fish and chips, Yorkshire pudding and black pudding, roast beef and roast potatoes, bangers and mash, shepherd’s pie.

Traditionally British people have three meals a day: breakfast, lunch and dinner. Breakfast is served in the morning. It used to be a large meal with cereal, eggs and bacon, sausages, tomatoes. But such a large breakfast takes a long time to prepare and is not very healthy. Nowadays, Britain’s most popular breakfast consists of cereal, toast with marmalade, juice and yogurt with a cup of tea or coffee. Lunch is a light meal. Most people have no time to go back home for lunch so they eat at school, cafes, pubs or restaurants. The main meal is dinner, which is usually between 6 and 7 p.m. A typical evening meal is a meat dish with vegetables and dessert. The most important meal of the week is the Sunday dinner, which is usually eaten at1 p.m. The traditional Sunday dish used to be roast beef, but nowadays pork, chicken or lamb are more common. On Sunday evenings people have supper or high tea. The famous British afternoon tea is becoming rare, except at weekends.

Some people criticize English food. They say it’s unimaginable, boring, tasteless, it’s chips with everything and totally overcooked vegetables. If you ask foreigners to name some typically English dishes, they will probably say “Fish and chips” then stop. There is no tradition in England of eating in restaurants. English people prefer cooking food at home. So it is difficult to find a good English restaurant with reasonable prices. In most cities in Britain you’ll find Indian, Chinese, French and Italian restaurants. In London you’ll also find Indonesian, Mexican, Greek… Some people will say that this is because English have no “cuisine” themselves, but this is not quite the true.