Typical English food

One is always served different kind of food in different countries. We visited England for one week and we experienced what English people like to eat. We picked three typical English dishes for you.

I want to start with scones. I was given the recipe of the best scones I’ve ever eaten. You need:

- 500g plain flour
- 300 ml milk
- 1 teaspoon salt
- 1 large egg, beaten, for egg-wash
- 2 teaspoons bicarbonate of soda
- 4 ½ teaspoons cream of tartar
- 50 g cold unsalted butter, diced
- 25g Trex, in teaspooned lumps

Preheat the oven to 220°C mark 7

Sift the flour, salt, bicarb and cream of tartar into a large bowl. Rub in the fat till it goes like damp sand. Add the milk all at once, mix it briefly - briefly being the operative word - and then turn out onto a floured surface and knead lightly to form a dough. Roll out to about 3 cm thickness. Dip the cutter into some flour, then stamp out at least 10 scones. You get 12 in all of this, but may need to reroll for the last 2. Place on the baking tray very close together- the idea is that they bluge and stick together on cooking - then brush the tops with egg-wash. Put in the oven and cook for 10 minutes or until risen and golden.

Always eat freshly baked, preferably still warm from the oven, with clotted cream and jam or, my favourite, Thunder and Lightning, which is clotted cream and black treacle.
Next are the fantastic “baked beans”. The recipe is for 2-3 portions and you need:

- 250 g dried white beans (soaked overnight in water, then cooked in salt water for 25 minutes) OR
- 350 - 400g white beans of the glass (goes faster, they are already appropriately cooked)
- 4 EL tomato paste

Salt and pepper - to taste
- 2 EL maple syrup
- 2 EL of brown or cane sugar
- 1 onion
- 3 tbs oil
- 1 clove of garlic

Preparation

Put oil into a hot pan and saute the finely diced onions in it. When the onions are light brown add the crushed garlic and cook until it is lightly browned. Next add the tomato paste and saute shortly, then fill in 250 ml deglazed water. After that add the maple syrup, the brown sugar, salt and pepper as well as the bacon. At last add the beans. Heat the beans either briefly through cooking or in an oven for about 20 minutes at 200°C (Air circulation) to bake. Serve warm.

These beans taste great on baked potatoes, or quite simply to toast.

Franziska & Hanna & Raphael