



Sunday roast consisting of roast beef, roast potatoes, vegetables and Yorkshire pudding



Fish and chips, a popular take-away food of the United Kingdom.



The custom of afternoon tea and scones has its origins in Imperial Britain.

British cuisine is the specific set of cooking traditions and practices associated with the **United Kingdom**. British cuisine has been described as "unfussy dishes made with quality local ingredients, matched with simple sauces to accentuate flavour, rather than disguise it." However, British cuisine has absorbed the cultural influence of those that have **settled in Britain**, producing hybrid dishes, such as the Anglo-Indian **chicken tikka masala**."

Celtic agriculture and animal breeding produced a wide variety of foodstuffs for indigenous **Celts** and **Britons**. **Anglo-Saxon England** developed meat and savoury herb stewing techniques before the practice became common in **Europe**. The **Norman conquest** introduced exotic spices into **England in the Middle Ages**.^[4] The **British**

Empire facilitated a knowledge of [India's elaborate food tradition](#) of "strong, penetrating spices and herbs".^[4] [Food rationing](#) policies, put in place by the British government during wartime periods of the 20th century,^[5] are said to have been the stimulus for British cuisine's poor international reputation.^[4] It has been claimed, contrary to popular belief, that people in southern England eat more [garlic](#) per head than the people of northern France.^[6]

Varieties

Anglo-Indian cuisine



Kedgerree, an example of an Anglo-Indian dish

Some Anglo-Indian dishes derive from traditional British cuisine, such as [roast beef](#), modified by the addition of [Indian-style spices](#), such as [cloves](#) and [red chillies](#). [Fish](#) and [meat](#) are often cooked in curry form with Indian [vegetables](#). Anglo-Indian food often involves use of [coconut](#), [yogurt](#), and [almonds](#). [Roasts](#) and [curries](#), [ricedishes](#), and [breads](#) all have a distinctive flavour.

English cuisine

[English cuisine](#) is shaped by the [climate of England](#), its island geography and its history. The latter includes interactions with other European countries, and the importing of ingredients and ideas from places such as [North America](#), [China](#) and southern Asia during the time of the [British Empire](#)

Northern Irish cuisine

The cuisine of [Northern Ireland](#) is largely similar to that of the rest of the island of [Ireland](#). In this region, the [Ulster Fry](#) is particularly popular.

Scottish cuisine



Scottish cuisine: [Haggis](#), [neeps](#) and [tatties](#)

Scottish cuisine is the specific set of cooking traditions and practices associated with [Scotland](#). It shares much with English cuisine, but has distinctive attributes and recipes of its own. Traditional Scottish dishes such as [haggis](#) and shortbread exist alongside international foodstuffs brought about by migration. Scotland is known for the high quality of its beef, lamb, potatoes, oats, and sea foods. In addition to foodstuffs, Scotland produces a variety of [whiskies](#).

Welsh cuisine

Welsh cuisine has influenced, and been influenced by, other British cuisine. Although both [beef](#) and [dairy cattle](#) are raised widely, especially in [Carmarthenshire](#) and [Pembrokeshire](#), Wales is best known for its [sheep](#), and thus [lamb](#) is the meat traditionally associated with Welsh cooking.



Welsh Cawl