

Travel, eat,
and drink
like a *local*.



**WATERMELON
LEMONADE**

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2000 Years
in One Hour

A LIVE, VIRTUAL TOUR TO
LONDON, ENGLAND

Famous Foods

FULL ENGLISH BREAKFAST

A culinary relic of their Anglo-Saxon roots, this dish became popular among all socioeconomic classes during the Industrial Revolution. Head to a “caff” and go for the works: sausage, bacon, baked beans, tomato, fried egg, fried slice and of course, a hefty slice of black pudding.

SCOTCH EGG

This is a staple of English snacks: a boiled egg, surrounded by pork meat, coated in breadcrumbs and fried. It's found everywhere from street food stalls to gas stations. This spherical beauty is a true taste of England, and certainly one of the favorite traditional food.

CHICKEN TIKKA MASALA

London is one of the best places in the world for Indian and Pakistani foods. It is the poster child for the Anglo-Indian cuisine that took the country by storm after the days of the British Empire. Rumored to have been created by a curry house in Glasgow, it's even considered by some to be their national dish.

Mix Your Own

WATERMELON LEMONADE

INGREDIENTS:

- 1 large or 2 small watermelons
- 1 c lemon juice (from a bottle or fresh)
- 2/3 c golden caster sugar
- 1l bottle soda water
- 1 lime, cut into slices
- small handful mint
- crushed ice

DIRECTIONS:

1. Cut the top off the watermelon and hollow it out using a large spoon. Mash the flesh through a sieve into a bowl. Put the flesh in a blender (or use a tall jug and hand blender) with the lemon juice and sugar, blend to a purée, stir in soda.
2. Heap some ice into the hollowed-out watermelon and fill it with the lemonade mixture. Serve the rest in a jug with the lime slices and mint. Have a bowl of extra crushed ice on the side so people can help themselves.

Famous Drinks

EARL GREY

A type of tea traditionally made with black tea flavored with bergamot oil. As the name is not trademarked, there are several varieties that may appear under the same name and which use different tea varieties or additional flavorings.

ENGLISH BREAKFAST TEA

One of the most popular tea varieties in the UK and the world. It is a blend typically made with Assam, Ceylon, Chinese, and Kenyan black tea. Its birthplace—as well as the origin of its name—is quite vague and often disputed.

GINGER BEER

Originally, ginger beer was an alcoholic brew made from fermented ginger, sugar, and water, however, many of today's commercial ginger beers have less than .5% alcohol and are classified as non-alcoholic. Ginger beer can be cloudy or clear, and it comes in a variety of different flavors.

Make Your Own

THE GREAT BRITISH BREAKFAST BAP

Ingredients:

- 2 tbsp sunflower oil
- 4 pork sausages
- 3 handfuls frozen chips
- 4 rashers smoked back bacon
- 4 eggs
- 4 large floury soft white baps
- 15 oz can baked beans
- butter, ketchup and brown sauce, to serve

Directions:

1. Heat oven to 425F. Use 1 Tbsp oil to lightly grease a large, shallow roasting pan. Scatter chips over 2/3 of the tin and line the sausages up on the other 1/3. Cook 20 mins, then toss the chips around, turn the sausages and return to the oven for 10 mins until chips are golden and sausage is browned. Push everything together to make room in the pan, then lay bacon rashers in the space and return to the oven for 10-15 mins or until the bacon fat is crisp.
2. Five mins before the bacon is ready, heat remaining oil in a frying pan and fry the eggs however you like. Heat the beans in a saucepan or in a microwave.
3. Split the baps so they are still hinged at one edge. Butter and sauce as you like, split each sausage lengthways and, building from the bottom up, layer chips, sausage, bacon and egg. Present the bap open for extra sauce and to keep yolk intact. Serve small pots of beans on side for dipping and spooning over.

London

THE CITY

London is many things to many people: grand, royal, full of tradition, yet there is a cozy pub on every corner (or maybe two or three!) It is big, noisy, and crowded, but around every corner there is always a bit of peace in the form of a gorgeous park or garden. It's been home to many for 2,000 years, and we will cover all those years in just 60 minutes.

THE TOUR

We begin at the remains of the City's Roman wall, where we talk about London's emperors, followed by kings and rulers (Saxon, Danish, and even Viking) that have led the City until a man from France came on the scene, William I. He is responsible for building The Tower of London. The Tower has had many uses through the years, including a fortress, prison, mint, and a few other things. It is situated next to the Thames River where we discern the difference between London Bridge and Tower Bridge. Later we travel past a church that goes back to the 600s and has American connections, to a pub aptly named, The Hung, Drawn and Quartered! Next we stop at buildings with scars from the fiery past of London. There is also a stop at the quaint Victorian market and finally we stop in amongst the towering buildings of the 20th and 21st centuries with very British nicknames like the Inside Out Building, the Cheesegrater and the Gherkin! Whew! 2,000 years in just 1 hour!

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