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







Questions?

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Charles Dickens

Scrooge

Themed Tour

A LIVE, VIRTUAL HOLIDAY
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 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



### INGREDIENTS:

- Twinings English Breakfast or Earl Grey tea bag
- Boiling water
- 1 teaspoon milk
- 1 teaspoon sugar

#### DIRECTIONS:

- 1. Boil the water, make sure it is boiling
- 2.Add the boiling water to a teacup with the tea bag already in place. This is important!
- 3. Leave the bag in the water for at least two minutes -longer if you prefer your tea strong. Do not dunk the bag, leave it until it is ready
- 4.Add milk and sugar to taste
- 5. Enjoy with scones, shortbread, sandwiches or pastries!

# 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 eaas
- 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



#### THE TOUR

