



Kitchen of England & One day in the Future

FOOD/ RECIPES/FUTURE

By Helena/Jonas/Alexander/Celine | 3A (English week) | 20/04/2023

One day in the English kitchen

Today we would like to tell you something about English cuisine. We will also present you a whole daily menu.

Breakfast

For breakfast we would recommend the typical English breakfast with:

- Sausages
- Baked Beans
- Hash Browns
- Fried egg
- Grilled tomatoes
- Bacon
- Grilled mushrooms



The recipe

The first thing you would have to do is prepare the baked beans, either buy them at the supermarket or prepare them yourself. After that, you need to fry the sausages until golden brown. When the sausages are fried, you can fry the mushrooms and tomatoes. Of course, fried eggs are part of the English breakfast, you can prepare them in the same pan and that's how quick an English breakfast is ready. It only takes about one hour.

Lunch

For lunch, we want to introduce you to a not so traditional dish, namely the burger, which is not very typical, but still a specialty. For the preparation you will need:

- Bacon
- Cheese
- Meatball
- Salad
- Onion
- Tomatoes
- Sauce of your choice



The recipe

Take a pan and place the meatballs in it. In the same pan you can put the burger buns and roast them a little (if you like). After that, all you must do is put everything on the bottom of the burger bun and put the lid on top. If you wish, you can also add chips.

Other dishes

- Mac & Cheese
- roast dinner
- Shepherd's Pie
- Fish and Chips
- Chicken Tikka Masala

Dinner

For dinner we choose the Fish pie it is one of the Traditional foods in England. Of course, there is more traditional food.

For the dinner you need:

- floury potatoes
- eggs
- unsalted butter
- fresh bay leaves
- fish stock
- Cheddar cheese
- English mustard
- baby spinach



The recipe

Preheat the oven to 200°C/400°F.

Peel the potatoes and cut into chunks, then boil for about 15 minutes, or until tender. Add the eggs for the last 8 minutes. Meanwhile, make the sauce. Melt the butter in a heavy-bottomed pan over a low heat and stir in the flour. Add the bay, then bit by bit, add the stock and the milk, stirring after every addition until you have a smooth, silky sauce. Bring to the boil, then reduce to a simmer and cook for 10 minutes, or until

thickened. Stir in the mustard, grate in half the cheese, then squeeze in the lemon juice. Pick, finely chop and stir in the parsley, then keep stirring until the cheese is melted. Season with a little black pepper, then remove from the heat. Get yourself a baking dish. Check that there aren't any stray bones lurking in the fish fillets. Spread evenly over the base of the dish. Wilt and add the spinach, then peel, quarter and add the eggs (if using). Remove the bay leaves, then pour over the white sauce and allow to cool slightly. Drain the potatoes well and mash with a little extra virgin olive oil, a splash of milk and a few scrapings of nutmeg. Spoon the potatoes over the pie and scuff up the surface with a fork. Grate the remaining Cheddar over the top and bake in the oven for 45 minutes, or until the fish is cooked through, the sauce is bubbling up at the sides and the top is golden. Delicious served with lots of green veg with baked beans!

Other dishes

- Lancashire Hotpot
- Bangers and Mash
- Shepherd's Pie
- Roast chicken with mashed potatoes and gravy
- Toad in the Hole
- Macaroni Cheese
- Cheese Pudding
- Fish pie

Sweet dishes

There are many sweet dishes, we chose one called Chelsea buns.

Chelsea buns:

- egg
- yeast dough
- butter
- brown sugar
- currants
- sultanas
- lemon



The recipe

The dough is made, left to rise, and then rolled out.

It is smeared with a mixture of butter, brown sugar, currants, sultanas, and candied lemon peel. Then it is rolled up from the long side like a jelly roll (also called a Swiss roll) and cut into slices of rolled up dough. The rolls are laid flat in a buttered, square dish, allowed to rise again, and baked for about half an hour, then removed from the oven and glazed with a golden syrup while still hot. They are allowed to cool slightly and then turned out onto a wire rack to cool completely. The Chelsea Buns don't contain cinnamon, although more modern recipes add it, perhaps to mimic North American cinnamon rolls. The dough of Chelsea buns is richer and more tender than that of cinnamon rolls.

The Future



Our life in the future

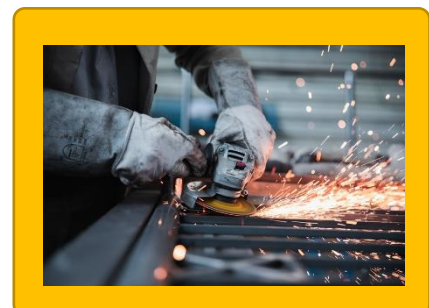
Open AI

The chatbot from the company Open AI „Chat GPT” became famous in the last months. Chat GPT was published on December 5th, 2022. Many researchers think the Artificial Intelligence¹ will change our world in many years. But the software had many problems, for example when you question the bot a thing and it saves it on a server. So, your data, like name, phone number, residence.... is taken by the Chatbot and the company might sell it to hackers.



What professions are changing?

- Newspaper writer
= a robot might write a newspaper
- Mathematician
= an AI solves problems
- Mechanic
= the cars will be electric
- Teacher
= a robot will be teaching children
- Farmer
= more electronic things and AI
- Shoemaker
= a robot will make shoes
- Stewardess
= a robot will take the job
- Postman
= a drone will deliver the mail



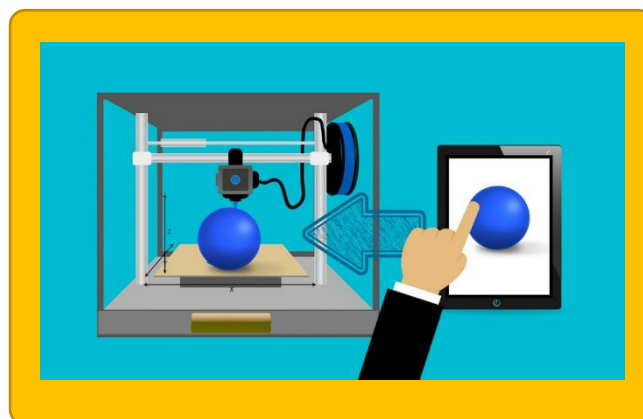
Transportation

Transportation is an important topic in the future because the combustion engines² will die, and the electric engine will be more important. Transportation is also an important topic because more products are produced in another land. And the greenhouse effect³ is also a reason to change the engine. In the year 2035 the EU⁴ want to change the combustion engines.



3D Print

This is a new kind of building things with plastic or metal and you can also print with chocolate, because the 3D printer is a tool you can buy also a normal person. For example, in the USA many houses are made from a 3D printer to give poor people a cheap home. By the way, the houses are CO² neutral and for build you need fewer workers.



The Glossar

The Future

1= This kind of memory to do many Tasks

(künstliche Intelligenz)

2= This is a kind of steam that works with petrol or diesel

(Verbrennungsmotor)

3= The effect that comes from cars or other things with steam

(Treibhauseffekt, Abgase)

