Tuck-in Teaching Resource

Information for Teachers

Welcome to the Tuck-in Teaching Resource, a collection of information and activities for students of all abilities, which examines the history and customs associated with regional recipes.

Primarily created as a 'fun extra', this material can also easily be used as a springboard into other areas of study. Why not take it further, for example, and do some extension work on the global origins of multi-cultural foods?

There are also plenty of opportunities for cross-curricular project work with Geography and History.

In fact, there are lots of ways you can use this material:

- **As activities for pupils to carry out in small groups to encourage brain storming and idea sharing. A great opportunity to develop their HOTS! (higher order thinking skills).**
- **As straightforward design activities.**
- **As design and make activities - if each of your pupils makes up one of the ideas a range of ideas can then be made and tested.**
- **Adapt the activities for use in 'short' lessons, eg the meat base for a Shepherd's Pie could be made and frozen in one lesson and the topping made in the next.**

These activities are designed to be both fun and economical so there is nothing to stop you and your class from tucking in....

Did you know?.....

Lancashire Hotpot

This hearty meal has its origins in the Lancashire cotton industry and is traditionally made with lamb. Women mill workers, so the story goes, used to prepare this dish in the morning before they went to work and then place it in the fireside oven ready for serving up come dinner-time. How tasty is your mum's hotpot? Legend has it that a woman's prowess in hotpot determines the marriage prospects of her daughters!

Lobscouse

This meal is a cross between Irish stew and the Scandinavian stew-like 'Lobscaus'. It has its origins in the Baltic ports and was a big hit with seafaring men of the 18th and 19th centuries. In fact, it was first introduced to England via the port of Liverpool, hence the rise of 'scousers' as an affectionate name for Liverpudlians.

The favourite British meal - Curry

The first known English recipe for curry appeared in 1747 when 18th century clerks and officers of the Honourable East India Trading Company spent their meal times competing with each other as to who could eat the hottest curries their servants could devise. Not much has changed! This still seems to be a firm favourite with curry competing diners!
The first Indian restaurant was called the Salut-e-Hind and it opened in London in 1911. Less than 100 years later and there are now literally thousands of Indian restaurants in the UK!

Did you know?.....

Cornish Pasties

These tasty favourites have quite a history you know; we can trace this pasty back all the way to Tudor times! History also puts all us fans of the great pasty in with good company. In a letter written to Henry VIII's wife Jane Seymour, a baker writes:

I hope the pastie reached you in better condition than the last one...

Did you know that these pasties were the traditional meal of Cornish miners? They used the wide pastry crust as a handle and discarded it once they had finished the rest of the pastie. This helped prevent poisoning from the tin and copper dust on their fingers.

Yorkshire Pudding

The good old Yorkshire pudding was not always as we know it today. They were originally called dripping puddings and were served with mutton. In 1747 they were given their current, more familiar title by Hannah Glasse in her book the 'Art of Cookery'.
In Yorkshire it used to be, and in some places still is, the custom to serve the pudding with gravy as a first course. These days you are more likely to see it served together with roast beef as a main meal.

Skewered Meats

The custom of roasting meat on a skewer is indeed an ancient one. It wasn't quite the caveman art of skewering that was behind the cooking of one of Richard II's court chefs however. This fourteenth century cook served the King with a meal of dainty titbits of meat skewered upon tiny silver skewers. How posh!

Double Puzzle

Using either the information from the 'Did you know?...' section or from your own research, answer the following questions and then find the answers hidden in the wordsearch below.

A method of cooking meat .....
A spicy food from Asia .....
A traditional dish from Lancashire .....
A thickened liquid served with beef, lamb, pork and poultry .....
A sauce served with lamb .....
The name of the meat from a sheep .....
Once called dripping pudding .....
A traditional dish from Liverpool .....
A sauce served with beef .....
A dish made up from leftover meat and potatoes .....
A thin wooden or metal implement used to push through small pieces of meat and vegetables prior to cooking .....
Cornish tin miners ate these .....
A method of cooking meat slowly in liquid on the hob .....
A meat traditionally eaten with Yorkshire pudding .....

Why not make your own wordsearch? Create your own list of questions and see if you can do better than us!

S	H	E	P	H	E	R	D	S	P	I	E	A	B	R	S
L	O	B	S	C	O	U	S	E	V	M	O	G	T	E	H
O	R	A	F	T	L	S	L	R	S	B	U	S	I	O	A
W	S	E	B	A	K	P	E	O	E	J	K	T	R	S	F
N	E	M	R	L	G	W	L	N	Y	L	S	G	T	B	L
B	R	I	O	Z	E	C	M	Y	G	A	U	O	P	O	B
E	A	R	A	K	Y	H	V	F	P	A	P	E	K	S	N
A	D	N	S	D	R	A	E	W	E	T	D	F	E	T	E
F	I	E	T	S	R	K	L	P	O	T	B	A	L	L	S
C	S	F	I	G	U	U	A	H	G	P	S	D	A	A	C
J	H	F	N	L	C	M	V	H	T	N	I	M	M	C	M
I	B	A	G	N	I	W	E	T	S	A	T	U	B	H	I
Y	O	R	K	S	H	I	R	E	P	U	D	D	I	N	G

BRITISH MEAT education service

WHERE DO WE LEARN ABOUT FOOD?

www.bmesonline.org.uk

Putting Meals on the Map

Try to find out where the following dishes originate from and mark them on the map. Lancashire hotpot has already been done for you to get you started.

Cornish Pasties
Roast Beef and Yorkshire Pudding
Shepherd's Pie
Lobscouse
Pepperpot
Lamb Skuets
Pie and Mash
Squab Pie
Beef Stew and Dumplings
Curried Meats

How many more regional British meat dishes can you think of? Do some more research and see how many names you can get onto your map.

What am I? Where am I from?

These are all favourite dishes from regions across the UK and further afield, but where exactly do they come from and what exactly are they?

Working in pairs find out the:

- origin of each of these dishes
- their main ingredients
- any interesting facts you can find out about them, their history, any connected world records, silly stories....

Pan Haggerty

Toad-in-the-hole

Potted Beef

Pease Pudding

Bubble and Squeak

Cottage Pie

Scotch Broth

Lample Pie

Guard of Honour

Bangers and Mash

Cumberland Pie

www.bmesonline.org.uk

What am I? Where am I from?

Haggis

Beef Stroganoff

Chilli con Carne

Pot-au-Feu

Moussaka

Roganjosh

Navarin of Lamb

Goulash

Dolmas

Dopyaza

Biryani

Pasanda

Regional Favourites Get A Makeover

Explore Britain's favourite regional dishes, consider why they were originally created and investigate the changing tastes of the British public with these following activities.

Frozen Yorkshire puddings have become very popular because of their convenience. Originally they were served as a starter with gravy, but what quick, economical and healthy savoury fillings can you create to fill a modern Yorkshire pudding? You could base your recipe on traditional English meals or spice things up by looking at other countries for your culinary inspiration.

The Victorians saw Shepherd's pie as a way of using up leftover meat, gravy and potatoes. This dish is still very popular today, but is more commonly created from fresh ingredients rather than leftovers. Using the basic recipe as a starting point, design (and make) a modern day Shepherd's Pie that reflects current trends and consumer tastes.

The traditional dish of minced beef and dumplings has been a popular dish throughout the country for a long time. Using the basic recipe, add to this old English favourite and bring it up to date by creating a recipe that reflects our present day multi-cultural society.

Cornish pasties, based on a pastry case and a meat and vegetable filling, have been a popular lunch-box filler, picnic and quick snack favourite for many years. Design and make a new range of Cornish pasties by modifying both the pastry and the filling. Look to regional dishes from the UK and other countries for your inspiration.