

The British Five-in-one

England is well-known for roast beef and fish and chips. However, breakfast is one aspect of British gastronomy that is often overlooked.

The traditional British breakfast includes five courses. First, a glass of fresh orange juice is served, or half a grapefruit slightly sprinkled with sugar. At the second course, children are served cereal, in general a bowl of Corn Flakes. Connoisseurs enjoy a bowl of porridge to which they add some butter, brown sugar and warm milk. The third course is the main meal, which consists of eggs. There are several ways to prepare eggs; purists prefer them fried on one side only or sunny side up. They are served with ham or bacon, small sausages, mushrooms and tomatoes. Then it is at the fourth course that true breakfast enthusiasts reveal themselves. After the main meal, they carry on with lamb kidneys served with spicy sauce. To end breakfast, coffee or tea is served with toasted bread and orange marmalade. Traditionalists swear by smoked herring alone; they enjoy it lightly fried.

People everywhere have tried to imitate the British breakfast. However, specialists agree that no copy has ever come close enough to the same island flavours typical of this country rich in traditions.

