

## 28 KEYS TO DECODING BRITISH PUB MENUS



Even pubs tucked into the hills and dales of the English countryside have gone global or at least continental in recent years, offering such fare as gazpacho and rillettes, but traditional British food abides.

Meanwhile, English menus can still befuddle the people. While most of the people know that fries are British chips and chips are British crisps, but in some cases it can get trickier. So, a glossary to help you out of puzzling British menu muddles.

### 1. COCKLES



When to buy cockles, you know cockles are some kind of shellfish, but to be exact they're a type of clam a *Cerastoderma edule* found in coastal areas of the eastern Atlantic.

## 2. PUDDING/PUDDING WINE



The first instinct on being offered a pudding wine is probably to say Thanks Very Much, but I'll pass, but you needn't.

Pudding in British English isn't just the soft, creamy stuff, it's any kind of dessert, and a pudding wine is a dessert wine.

## 3. BLACK PUDDING



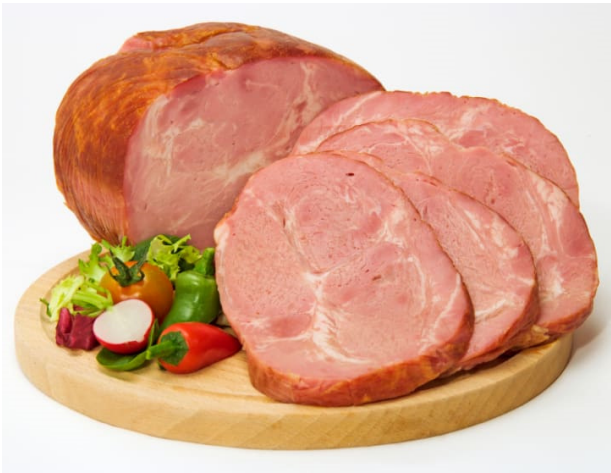
On the other hand, you might want to pass on this one. It's not a dessert but a large sausage made of blood and suet, sometimes with flour or oatmeal.

## 4. YORKSHIRE PUDDING



Many peoples know and love this popover made of baked unsweetened egg batter, typically eaten with roast beef.

## 5. GAMMON



Gammon can mean the bottom piece of a side of bacon and including a hind leg, but usually refers to ham that has been cured or smoked like bacon.

## 6. TREACLE



You may have first encountered the word treacle in Alice's Adventures in Wonderland when the dormouse talks about a trio living at the bottom of a treacle.

We also describe that something is overly sentimental as treacle, meaning it's something sweet and sticky. That's because it's the British word for molasses.

## 7. HIGH TEA



Not to be confused with afternoon tea the posh pinkies-extended, four-o'clock indulgence with crustless cucumber sandwiches, petit fours, and cream tea, high tea is a working-class supper that includes a hot dish like meat pie or sausages and is served around 5:00.

## 8. WELSH RAREBIT



This name for seasoned melted cheese on toast is an alteration of the original early 18th century name Welsh rabbit, a teasing reference to the Welsh who were too poor to afford rabbit.

## 9. JUGGED



Jugged refers to a whole game animal, most often a hare or rabbit, sometimes a fish, stewed in a tightly covered container such as a casserole or an earthenware jug.

## 10. POTTED



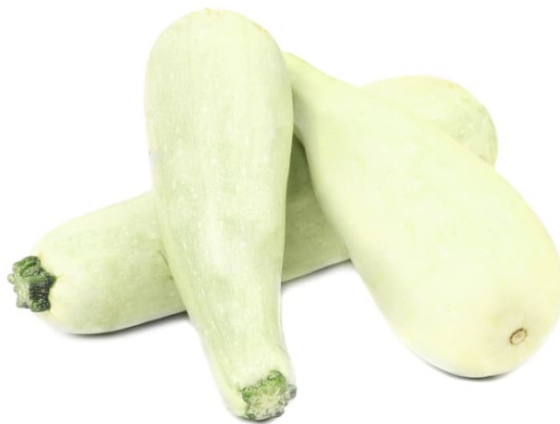
Potted meat or fish is preserved in a sealed pot or jar.

## 11. TOAD-IN-THE-HOLE



With or without the hyphens the name refers to meat, usually sausages, baked in batter. In 1792, Fanny Burney called something as ill-fitted as the dish they call a toad in a hole, putting a noble sirloin of beef into a poor paltry batter-pudding.”

## 12. MARROW (VEGETABLE)



Marrow refers to several types of summer and winter squash, especially the white-fleshed, green-skinned kind resembling large zucchini. Squash to the English usually means either a racquet game or a soft drink such as lemon or orange squash.

## 13. COURGETTE



The British use the French word courgette, which translates as little gourd for the squash Americans call by the Italian name zucchini, which also means little gourds.

#### 14. SCOTCH (ED) EGG



A Scotch now often written Scotched Egg is a hard-boiled egg enclosed in sausage meat, coated in breadcrumbs and fried, typically served cold.

#### 15. JELLY



Probably using an older meaning of jelly still prevalent in Britain gelatin.

#### 16. ROCKET



Don't worry, your salad isn't going to shoot into the sky and explode in a pyrotechnical display. Rocket is English for the leafy vegetable the people know as arugula.

## 17. SULTANAS



Sultana is short for sultana raisin a golden raisin made from the sultana grape, known as the Thompson Seedless in the U.S and It is commonly used in pastries.

## 18. SWEDE



A swede is a rutabaga.

## 19. BANGERS AND MASH



Bangers and mash are a slightly slangy way to say sausages and mashed potatoes.

Norman Schur in *British English A to Zed* tells of a pub that offered sausages and mash for one price in its public bar and sausages and creamed potatoes at a higher price in the fancier saloon bar, the same dish.

## 20. BISCUIT



Biscuit can mean either cookie or cracker. The American use of cracker is creeping into Britain, but generally cracker in the UK refers to the sausage-shaped party favors wrapped in tissue that explode and drop tiny prizes when tugged sharply at both ends.

The closest equivalent of the American

biscuit is the scone.

## 21. PORRIDGE



Porridge usually means oatmeal, but it can also be a thick soup and when in doubt, ask.

## 22. PICCALILLI



Perhaps a blend of pickle and chili, piccalilli is a condiment made from a mixture of chopped vegetables, mustard, and hot spices.



### 23. BAP



Since around 1600, bap has meant small loaf or roll of bread, made of various sizes and shapes in different parts of Scotland and more recently the word has become a slang term for breast.

### 24. SHEPHERD'S PIE



A shepherd's pie usually consists of chopped or ground meat topped with mashed potatoes and baked.

### 25. PLOUGHMAN'S LUNCH



A ploughman's lunch is a cold meal, usually including bread and cheese with pickle and salad.

the early 19th century.

No ploughman ever survived on these scraps grumbles a character in Barry Maitland's 1994 novel *The Marx Sisters*, but the combination has been a pub standard since

## 26. SOLDIERS



Soldiers are thin strips of bread or toast, lined up like soldiers on parade.

## 27. KNICKERBOCKER GLORY



Mentioned by Graham Greene in *Gun for Sale* in 1936, the Knickerbocker Glory, an elaborate ice-cream parfait that may contain gelatin, cream, fruit, meringue, and sometimes liquor, is still seen on pub menus.

## 28. CRISPY PIG'S HEAD/ CHARGRILLED OX TONGUE



Sorry. These are just what they sound like.