I. BRITISH ISLES

A. ENGLAND
1. The British perfected the art of ____________ centuries ago and it is still popular today.
2. They also love fish. ____________ and ____________ shops are scattered throughout England serving deep-fried fish and french fries.
3. Leftovers are used for: (describe each)
   a. Bubble & Squeak- cold cooked ____________ & potatoes mixed with eith cold cabbage or Brussels spouts & cooked until crisp
   b. Shepherd’s Pie- finely chopped meat and vegetables topped with ____________ ____________ and baked (pic pg. 506)
   c. Toad in the Hole- pour a thick ____________ over pieces of leftover meat and baking
4. The British serve hundreds of sweet puddings. Each pudding begins with the same basic ingredients: milk, ____________, eggs, flour & butter (pic. Pg. 506)
5. Another popular dessert is trifle- a pudding cake where the serving dish is lined with slices of ____________ cake spread with a jam. Cake soaked with sherry then filled with layers of ____________, fruit, whipped cream, and slivered almonds.
6. ____________ refers to a light meal. In rural areas this may be the evening meal. In the cities, it is more often a snack in the afternoon.

B. SCOTLAND
1. ____________ and ____________ have long been staple foods and used to make breads and porridges. Also used to prepare the traditional Scottish dish called HAGGIS- sheep’s ____________ stuffed with a pudding made from oatmeal & the sheep’s organs.
2. Two traditional soups: (describe)
   a. Scotch Broth- ____________ & barley
   b. Cock-a-Leekie- leeks & ____________ broth
3. ____________ is an important industry and, as a result, it is often eaten.
4. Scottish cooks consider ____________ to be one of their greatest skills and are most apparent at high tea.
   Ex: Scones- rich, ____________ shaped biscuits (pic. Pg. 508)

C. IRELAND
1. ____________ have been the mainstay of the Irish diet for centuries and is their largest resource.
2. They are eaten every day as a vegetable and are also used in soups, stews, breads, rolls, and cakes. There are many popular potato dishes including:
   a. Boxy- fried ____________ from grated raw potatoes
3. Irish Stew- a savory blend of ____________, potatoes, onions, carrots & seasoning simmered until tender. (pic. Pg. 509)
4. Irish ____________ are considered to be some of the best in the world.
   Examples:

D. WALES
1. ______________ and ______________ are prominent in the Welsh diet. They also eat
   beef, pork, veal and seafood.
2. Cawl- __________ from mutton, leeks, & vegetables
3. Describe the famous dish “Welsh Rabbit”.

II. FRANCE

A. French Cuisine
1. French cooking can be divided into 3 styles. (Describe each)
   a. Haute cuisine- elaborate and ____________/ lavish use of eggs, __________
      & butter, rich sauces, puff pastry, fancy desserts
   b. Provincial cuisine- style used by most French families/ flavors of locally
      grown foods are enhanced by simple cooking methods/ less ______________
      and lavish creations.
   c. Nouvelle cuisine- emphasizes lightness and ____________ taste in foods.
      Belief – richness spoils the natural flavor & goodness of food.
      Idea- to preserve _______________ and natural taste of foods.

B. Foundations of French Cooking
1. Two Basic Points form the secret of good French cooking.
   a. Ingredients must be of ____________
   b. Successful cooks are _______________ - this is the difference between
      being good and being excellent.

French Sauces
a. Roux- (base of all white sauces) - ______________ & ______________
b. béchamel- ______________ added to a roux
c. veloute- add chicken, veal or fish _________ to roux
d. demi-glace- classic French ______________ sauce
e. hollandaise- egg __________, lemon juice & butter often served over green
   vegetables. (pic. Pg. 514)
f. vinaigrettes- _________ & vinegar- commonly used as dressings on salads

2. ___________ are just as important to French cooking as sauces.

C. French Appetizers and Soups
1. Hors d’oeuvres- small dishes designed to stimulate the ______________.
2. Soup often follows
D. Vegetables and Salads
1. The French usually serve a green salad ____________ the main course but before dessert.
2. France is famous for its ________________, and is serve with fresh fruit after the green salad and before dessert in a large meal.

E. Baked Goods
1. The French serve ______________ at every meal.
   a. __________________ (long French bread) is the most common.
   b. Brioche- Rich yeast roll that contains ___________. (pic. Pg. 517)
   c. Croissants- Flaky, buttery __________ rolls shaped into crescents. (pic.Pg.516)
2. The dessert course may be simple or elaborate.
   a. Éclairs- slender pastry shells filled with _________ or cream filling and iced

F. Regional Cuisine
1. Crepes-Thin, delicate ________________ usually rolled around a filling (fruit, custard, etc) (pic. Pg. 520)
2. Truffles-A rare type of ____________.
3. Boeuf a la Bourguignonne-beef ______________
4. Escargots-__________ eaten as food
5. Quiche Lorraine-A custard tart containing grated ________________ ____________, crumbled bacon, and diced onions along with eggs and cream.

III. GERMANY

A. German Cuisine
1. The Germans produce _______________ of types of sausages. Ex: bratwurst- made of freshly ground, seasoned ____________ for grilling.

B. German Side Dishes
1. Germans usually serve ________________ accompaniments with pork & game dishes. Ex: apples, prunes, raisins
2. __________ is a staple in the German diet and are eaten during at least one meal a day.
   (pic. Pg. 523)
3. Sauerkraut, another German specialty, is fermented or pickled ________________, especially popular with pork.
4. Spätzle- small ________________ made from wheat flour & a popular side dish

C. German Baked Goods
1. Stollen – rich ____________ ____________ filled with almonds, raisins, & candied fruit/ usually served at Christmas time.
2. Strudel- paper-thin layers of ________________ filled with plums, apples, cherries or poppy seeds.

IV. SCANDINAVIA

A. Three major factors have affected Scandinavian cuisine.
   a. ________________ - hard for farming – except in Denmark
   b. ________________ ________________ - separated from most of Europe
c. __________________ - long winters and short growing season so much of food is preserved.

B. Denmark
1. Of all the Scandinavian foods, Danish foods are the ___________________. They use butter, cream, cheese, eggs, pork, and chicken in large quantities.
2. Smørrebrod- open-faced _______________ usually made with thin, sour rye bread spread thickly with butter. Toppings can be nearly any type of meat, ________, cheese or vegetable. Commonly eaten for lunch
3. The Danes often begin their day with a substantial breakfast. The breakfast begins with several ____________ products ( __________ right breakfast) EX: yogurt, sour milk with cereal, cheese, and milk.

C. Norway
1. Because agriculture is difficult, Norwegians have relied on ______________ as a staple in their diet. Ex: smoked and pickled herring, lutefisk- dried ________ soaked in a lye solution before cooking, halibut, cod & salmon are all popular.
2. Traditionally use ____________ cream, unlike the Danish cooks that use sweet and whipped cream.
3. Rosettes- light and airy _______________ cooked on the ends of special irons in hot fat. ( pic pg. 534)

D. Sweden
1. The famous smorgasbord originated here. It is a _______________ that includes a wide variety of hot and cold dishes.

E. Finland
1. Because of the large amounts of forests there is a lot of _______________. mushrooms and potatoes.
2. At one time, the Finns lived under Russian rule. As a result, some Russian foods became part of the Finnish cuisine. Ex: pasha- a type of _________________.
3. A Finnish tradition is the sauna.