

# ENGLISH LEARNING FOR CURIOUS MINDS





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## **Episode #172**

### **The Curious Taste of British Food**

#### **2nd Jul, 2021**

[00:00:00] Hello, hello hello, and welcome to English Learning for Curious Minds, by Leonardo English.

[00:00:12] The show where you can listen to fascinating stories, and learn weird and wonderful things about the world at the same time as improving your English.

[00:00:22] I'm Alastair Budge and today we are going to be talking about The Curious Taste of British Food.

[00:00:30] Now, when you hear the words "British Food" you might think of all sorts of things.

[00:00:36] Fish and chips. Large breakfasts. Roast Beef.

[00:00:40] But British food probably isn't at the top of your list of favourite foods. If you had one last meal on Earth, you might not choose to spend it at a British restaurant.



## The Curious Taste of British Food

[00:00:52] So, in this episode we are going to talk about the history of British food, how the [overall](#)<sup>1</sup> tastes of British food have developed over the years, and the factors that have influenced it.

[00:01:05] Perhaps you might come to the conclusion that it is now not nearly as bad as people think it is, and even if you don't come to that conclusion, you'll know a little bit more about why it tastes the way it does.

[00:01:20] Before we get right into today's episode though, I want to remind you that you can become a member of Leonardo English and follow along with the subtitles, the transcript and its key vocabulary over on the website, which is [leonardoenglish.com](http://leonardoenglish.com).

[00:01:35] Membership of Leonardo English gives you access to all of our learning materials, as well as all of our bonus episodes, so that's more than 170 different episodes now, as well as two new ones every week, plus access to our awesome private community where we do live events, challenges, and much, much more.

[00:01:56] Our community now has members from over 50 countries, and it's my mission to make it the most interesting place for curious people just like you to improve their English.

[00:02:08] So, if that is of interest, - and I can't see a reason why it wouldn't be - then the place to go to is [leonardoenglish.com](http://leonardoenglish.com).

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<sup>1</sup> general



## The Curious Taste of British Food

[00:02:18] Right, let's get started, and talk about The Curious Taste of British Food.

[00:02:25] This podcast has many listeners from countries like Spain, France, and Italy.

Countries where British food doesn't have a great [reputation](#)<sup>2</sup>.

[00:02:35] For many people, it is considered [dull](#)<sup>3</sup>, boring, without a taste.

[00:02:41] A [cuisine](#)<sup>4</sup> full of heavy food, meat covered in too much sauce, potatoes, and [overcooked](#)<sup>5</sup> pasta.

[00:02:50] Now, British food is not completely innocent of those [accusations](#)<sup>6</sup>, and there is a lot about the [cuisine](#) of the British isles that is [rightly](#)<sup>7</sup> [deserving](#)<sup>8</sup> of some criticism.

[00:03:03] But it is not as bad as you might think!

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<sup>2</sup> the opinion that people have about something

<sup>3</sup> not interesting, boring

<sup>4</sup> a style of cooking

<sup>5</sup> cooked for too long

<sup>6</sup> statements or claims that something is wrong

<sup>7</sup> correctly

<sup>8</sup> worthy



## The Curious Taste of British Food

[00:03:06] Whatever your view on British food, it is **undeniable**<sup>9</sup> that it is a curious mix, and is a product of a **myriad**<sup>10</sup> of foreign influences. Some of which, as we will find out, have been changed so much that it is hard to see any relation between them and the original.

[00:03:27] To understand how British food got to where it is today, we need to go on a little trip down memory lane, we need to go back almost a thousand years to find the first major event that impacted British food.

[00:03:42] And that was with the arrival of the Normans.

[00:03:47] As you may know, in 1066 William the Conqueror sailed over from northern France to Britain, **overcame**<sup>11</sup> the local Saxon king, King Harold, and became King William I of England.

[00:04:02] Although the Norman Conquest involved some **brutal**<sup>12</sup> behaviour by the new King towards the local people, the influence of the invasion on British cooking was a positive one.

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<sup>9</sup> without doubt, certain

<sup>10</sup> a very large number

<sup>11</sup> defeated

<sup>12</sup> cruel and violent



## The Curious Taste of British Food

[00:04:14] The Normans had strong trade links with the southern Mediterranean, which in turn traded with the middle east, and therefore there were some Persian influences in Norman [cuisine](#).

[00:04:26] The Normans also changed the meat that British people ate. Previously, the most popular meats were beef, lamb and [mutton<sup>13</sup>](#), the meat of sheep, and goat. The Normans were also fans of pork and chicken, and these two meats started to find their way onto British tables.

[00:04:48] Much of the more [sophisticated<sup>14</sup>](#) cooking, the cooking involving exciting spices, was only available to the richest in society, but a clear tradition was [established<sup>15</sup>](#) in Southern England in particular of good and imaginative cooking amongst those who could afford it.

[00:05:06] Our next influential event is the Protestant Reformation in the 16th century when King Henry VIII, who, if you can have seen his portrait, looks like the sort of person who might have enjoyed a large meal, took England out of the Church of Rome.

[00:05:23] What has this possibly got to do with cooking, you might ask?

[00:05:28] Well, quite a lot, actually.

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<sup>13</sup> the meat of an adult sheep

<sup>14</sup> complicated, developed

<sup>15</sup> recognised and generally accepted



## The Curious Taste of British Food

[00:05:30] Before the break with Rome, the medieval Christian calendar contained almost 200 holy days: Wednesdays, Fridays, Saturdays, as well as lots of other Christian holidays.

[00:05:43] These were days when, because of the need for people to maintain a calm, [contemplative](#)<sup>16</sup> and [devout](#)<sup>17</sup> state of mind, you were not allowed to eat meat, as it was thought that it was likely to make you full of passion or strong feelings – sexual passion in particular.

[00:06:01] Instead of eating meat, those that could afford to would eat fish.

[00:06:07] Much of the [inventiveness](#)<sup>18</sup>, of the invention of new dishes, had actually come from cooks in [monasteries](#)<sup>19</sup> and [aristocratic](#)<sup>20</sup> homes inventing clever, heavily flavoured or spiced recipes to make the fish that had to be eaten on the nearly 200 holy days of the year as tasty as possible.

[00:06:30] And one way in which cooks made these fish dishes more interesting was through the clever use of herbs and spices.

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<sup>16</sup> thoughtful

<sup>17</sup> having deep religious feelings

<sup>18</sup> the quality of making new things, creativity

<sup>19</sup> buildings in which people live under religious rules

<sup>20</sup> belonging to the high social class



## The Curious Taste of British Food

[00:06:39] The Reformation resulted in the [banning](#)<sup>21</sup> of all [monks](#)<sup>22</sup> and their [monasteries](#) – the [dissolution](#)<sup>23</sup> of the [monasteries](#) as it was called.

[00:06:48] Its main effect was to make Henry VIII much richer as he took the land for the crown - for himself - and [distributed](#)<sup>24</sup> some to his favourite noblemen; but the effect on British [cuisine](#) was that the [incentive](#)<sup>25</sup> to create interesting dishes disappeared.

[00:07:07] You could now eat meat any day you wanted, so fish [plummeted](#)<sup>26</sup> in popularity.

[00:07:14] At the same time, there was a general move against what were regarded as dangerously foreign dishes, food with too much spice or taste, associated with the now forbidden Catholicism, from continental Europe.

[00:07:29] English food, [plain](#)<sup>27</sup>, healthy and in its natural form was especially promoted.

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<sup>21</sup> the act of not allowing, prohibition

<sup>22</sup> member of a group of religious men who live in a monastery

<sup>23</sup> the act of ending an organisation

<sup>24</sup> gave out to several people

<sup>25</sup> a thing that makes people do something

<sup>26</sup> fell very quickly

<sup>27</sup> simple, with nothing added





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[00:07:36] With no [shortage](#)<sup>28</sup> of [fertile](#)<sup>29</sup> land for animals, beef and mutton, often [roasted](#)<sup>30</sup> or [boiled](#)<sup>31</sup>, became the main ingredient of the diet of wealthy people in the 16th century.

[00:07:49] The next stopping point on our British [culinary](#)<sup>32</sup> journey comes with The Industrial Revolution, and the French Revolution shortly afterwards, in 1789.

[00:08:00] What impact might these two events have had on the development of British food?

[00:08:05] Firstly, the Industrial Revolution brought significant advances in the way in which food could be produced.

[00:08:13] Not only did the amount of grain or potatoes that each [hectare](#)<sup>33</sup> of land could produce increase by several times, but also the technology that allowed food to be preserved improved dramatically.

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<sup>28</sup> a situation in which there is not enough of something

<sup>29</sup> able to produce a large number of quality crops

<sup>30</sup> cooked over a fire

<sup>31</sup> cooked in very hot water

<sup>32</sup> connected with cooking

<sup>33</sup> a unit of measuring an area of land, equal to 10,000 square metres



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[00:08:27] Indeed, the use of industrial methods in food production - from the development of [nitrates](#)<sup>34</sup> in fertiliser to freezing, drying and [canning](#)<sup>35</sup> - was the beginning of mass food manufacture and was [a mixed blessing](#)<sup>36</sup> for people in Britain, there were positive and negative aspects.

[00:08:47] For the British the invention of [canning](#), of using a [can](#)<sup>37</sup> to [preserve](#)<sup>38</sup> food, was the most influential invention, so here is a brief summary of how we learned to [preserve](#) food in [cans](#)<sup>39</sup>, and the impact it had on British [cuisine](#).

[00:09:04] The technology was initially [devised](#)<sup>40</sup> by a Frenchman by the name of Appert in 1809, but quickly spread to Britain shortly afterwards.

[00:09:15] It was designed [initially](#)<sup>41</sup> for military use, but before long became a [vital](#)<sup>42</sup> way of dealing with food [shortages](#)<sup>43</sup>; for example in the 1860s a cow disease in Britain

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<sup>34</sup> chemicals used as fertilizers

<sup>35</sup> keeping food in its original condition in small metal containers

<sup>36</sup> something that has advantages and disadvantages

<sup>37</sup> a small metal container

<sup>38</sup> keep food in its original condition

<sup>39</sup> small metal containers

<sup>40</sup> made for the first time, invented

<sup>41</sup> at the beginning

<sup>42</sup> very important, necessary

<sup>43</sup> situations in which there is not enough of something



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was no reason for the people to stop eating beef, as **tinned**<sup>44</sup> beef could be imported from South America and Australia.

[00:09:36] American producers joined in - notably Heinz, the famous producer of baked beans - and by the 1930s, cheap **canned**<sup>45</sup> food had increased choice and convenience in all British homes.

[00:09:50] Food became cheaper, and would last for longer.

[00:09:54] The average British person could now eat meat more frequently than before, **albeit**<sup>46</sup> highly processed meat out of a can.

[00:10:02] But another related result of the Industrial Revolution was that workers spent more time working in the factories, and there simply wasn't a huge amount of time to cook properly.

[00:10:14] Combined with the fact that food was cheaper and didn't really need to be prepared, many Brits just ended up eating quick, low quality food, and a lot of the culture of preparing healthy, fresh food was forgotten.

[00:10:31] Indeed George Orwell, writing in 1937, said "We may find in the long run that **tinned** food is a deadlier weapon than the machine gun."

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<sup>44</sup> kept in metal containers or cans

<sup>45</sup> kept in small metal containers

<sup>46</sup> although



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[00:10:43] This was for the average person in Britain, but for the richest in society it was a different story directly after the French Revolution.

[00:10:54] As you will have heard if you have listened to the episode on the French Revolution, the French [aristocracy](#)<sup>47</sup> suffered considerably during these bloody years; some, like the King, literally lost their heads to the [guillotine](#)<sup>48</sup>, whilst the more lucky or wise ones [fled](#)<sup>49</sup> the country.

[00:11:12] A considerable number of chefs employed by their [aristocratic](#) French masters fled to England and found work as chefs in large English houses, in the houses of the richest people in British society.

[00:11:28] These British people were not only the traditional [aristocrats](#)<sup>50</sup>, the lords and ladies, but they were also joined by merchants and early [industrialists](#)<sup>51</sup> who were the main [beneficiaries](#)<sup>52</sup> of the enormous wealth created by the Industrial Revolution.

[00:11:46] For the richest in society, the arrival of so many expert French chefs and the British attraction to French high class cooking or, to use the correct French term, “haute

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<sup>47</sup> a high rank class of people

<sup>48</sup> a device used in the past for killing people by cutting off their heads

<sup>49</sup> ran away from danger

<sup>50</sup> people belonging to the highest social class

<sup>51</sup> people involved in industrial activities

<sup>52</sup> people who receive money as a result of something



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cuisine”, meant that this wealthy or [affluent](#)<sup>53</sup> landed class could display their wealth in the most fashionable way, through showing off the best French dishes at their [lavish](#)<sup>54</sup>, [extravagant](#)<sup>55</sup> dinner parties.

[00:12:14] The wealth that was creating so many newly rich people in this large, socially competitive upper middle-class meant that the display of wealth and [sophistication](#)<sup>56</sup> may well have become even more important than the quality of the food itself.

[00:12:32] If you visit any of these great houses that were owned by wealthy [industrialists](#), many of which are now owned by the National Trust, so they are open to the public, you can often see examples of menus from this [era](#)<sup>57</sup>, from this time in history.

[00:12:49] These menus are displayed in the [grand](#)<sup>58</sup>, [elegant](#)<sup>59</sup> dining rooms of the time. With [industrialised](#)<sup>60</sup> methods of making beautiful China plates and cups, and

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<sup>53</sup> wealthy

<sup>54</sup> expensive and plentiful

<sup>55</sup> expensive and impressive

<sup>56</sup> the quality of knowing about culture, fashion and other matters that are considered important in a society

<sup>57</sup> a period of time

<sup>58</sup> large and impressive

<sup>59</sup> attractive, showing a good taste

<sup>60</sup> made by a system of industries





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expensive, silver [cutlery](#)<sup>61</sup>, dinners must have been quite [theatrical](#)<sup>62</sup> in their display of [opulence](#)<sup>63</sup> - or extreme wealth.

[00:13:09] Fast forward now to the early 20th century and the eve of the 1st World War, which is probably just after the highest point of the British Empire and Britain's industrial power relative to other nations.

[00:13:24] The British Empire had a [profound](#)<sup>64</sup> effect on what Britons eat - both through what early [imperialists](#)<sup>65</sup> brought back from [far-flung](#)<sup>66</sup>, from distant lands and, yet more significantly, from what immigrants from the former empire brought into the country after 1945.

[00:13:45] The first of these influences of empire on the national [palate](#)<sup>67</sup> is perhaps best illustrated by the story of the well known dish, curry.

[00:13:56] When you hear or see the word curry, you might think of it as an Indian dish.

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<sup>61</sup> equipment used for eating food, such as knives, forks, spoons etc.

<sup>62</sup> prepared to create an impressive effect

<sup>63</sup> extreme wealth

<sup>64</sup> very deep, great

<sup>65</sup> people from powerful countries who control other countries

<sup>66</sup> places that are a great distance away

<sup>67</sup> flavour, taste



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[00:14:02] Well, you are [half-right](#)<sup>68</sup>.

[00:14:05] The word curry is an Anglicised version of the word “kari”, from the Tamil word meaning a sauce that is added to rice.

[00:14:15] What had happened was that the British [incomers](#)<sup>69</sup> to India, with their appetite for meat and their desire to take their meat-eating habits into this foreign territory, took a liking to a combination of meat and this sauce that the locals ate.

[00:14:34] This new dish made their favourite beef or [mutton](#) much tastier through all the wonderful spices, especially the most important spices for curry, being coriander seeds, turmeric, cumin and chili peppers.

[00:14:50] By 1747 curry had appeared in a book of British recipes.

[00:14:56] By 1809 it was served in coffee houses in Britain.

[00:15:00] When the most [influential](#)<sup>70</sup> cookery book of the Victorian [era](#) was published, by a lady called Mrs Beeton in 1860, numerous curry recipes, sent to her by [enthusiastic](#)<sup>71</sup> housewives, were included.

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<sup>68</sup> not entirely right

<sup>69</sup> people who had come to live there

<sup>70</sup> so important that had a great effect on people

<sup>71</sup> showing great interest and excitement



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[00:15:16] This lady, Mrs Beeton, and her famous book, “Mrs Beeton's Book of Household Management”, had a powerful [influence](#)<sup>72</sup> on British cooking for decades.

[00:15:27] It is thought that in the 1930s her book was still being used in almost half of the households in Britain.

[00:15:36] Many food historians, searching for the reasons that British food had become so [unimaginative](#)<sup>73</sup> and boring, drew attention to the influence of Mrs Beeton.

[00:15:49] Her book was [influential](#) in setting out what was socially acceptable in what was often called polite society [meaning the higher classes of British society].

[00:16:00] In the minds of many generations of British women, and it being a [patriarchal](#)<sup>74</sup> society, it was almost exclusively the women who were responsible for cooking, these [strict](#)<sup>75</sup> rules, combined with a strong fear of being seen to do the wrong thing and the resulting social [stigma](#)<sup>76</sup>, led to a real [decline](#)<sup>77</sup> in [inventiveness](#) of British cooking.

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<sup>72</sup> the power to have an effect

<sup>73</sup> not creative, boring

<sup>74</sup> controlled by men

<sup>75</sup> demanding and limiting people's freedom

<sup>76</sup> a mark of shame

<sup>77</sup> decrease



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[00:16:23] It is important to remember that the Victorian era, that is Britain in the 19th Century, was an age of [puritanism](#)<sup>78</sup> with its fear of pleasure and a particular [emphasis](#)<sup>79</sup> on [decorum](#)<sup>80</sup> - meaning a set of rules, or a code of behaviour - which needed to be kept strictly.

[00:16:44] How you run your house and what you serve at your dining table were all part of [decorum](#) and social respectability.

[00:16:52] So, Mrs Beeton laid down the rules with this incredibly [influential culinary](#) guidebook.

[00:16:59] No to spices and other foreign flavourings - unless in the familiar creation of curry.

[00:17:06] Vegetables needed to be heavily cooked – [boiled](#) to death in fact - as she believed they could cause stomach problems if eaten [raw](#)<sup>81</sup>.

[00:17:16] So, to summarise the potential causes of the [decline](#) in British cuisine by, say, 1930 they include an [over-emphasis](#)<sup>82</sup> on display and [decorum](#), the fear of any

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<sup>78</sup> the belief that people should live simply and avoid physical pleasures

<sup>79</sup> the importance or attention given to something

<sup>80</sup> correct, respectful and polite behaviour

<sup>81</sup> not cooked

<sup>82</sup> the act of giving something too much importance



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strong flavouring or spices, [suspicion](#)<sup>83</sup> of foreign influences, the frequent use of [tinned](#) food and the resulting forgetting of how to prepare good, fresh food.

[00:17:42] The Second World War brought with it an additional factor which would mark British eating for decades afterwards: [austerity](#)<sup>84</sup> and food [rationing](#)<sup>85</sup>, meaning limits being placed on what food you were allowed to buy.

[00:17:57] With food [rationing](#) in place from 1939 until 1953, a whole generation of people grew up with war time habits of [frugality](#)<sup>86</sup> – or, to put it another way, the habit of living simply and cheaply.

[00:18:13] If you add these factors into the ones mentioned previously, you can see why the diets of those, like my parents, who grew up in the 1950s and 1960s, were characterised by dishes that were born out of post-wartime [austerity](#) and [shortages](#).

[00:18:30] For example, my father will talk of a childhood favourite of his, called corned beef hash.

[00:18:38] This was in fact a dish made out of Argentinian [tinned](#) beef but mainly consisting of potatoes.

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<sup>83</sup> the feeling of not trusting something

<sup>84</sup> difficult economic conditions

<sup>85</sup> limiting the availability of something

<sup>86</sup> the habit of living simply and cheaply





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[00:18:46] There's a reason you will struggle to find it in a modern British restaurant because...well, it's not very nice.

[00:18:53] Some wartime eating habits still remain; for example, the national love of the sausage [or “[banger](#)<sup>87</sup>” to use the [affectionate](#)<sup>88</sup> name it acquired in the War].

[00:19:05] Home cooking in Britain was given a [boost](#)<sup>89</sup> by the popularity and health benefits of the so-called Mediterranean diet in the 1970s. A cookery writer called Elizabeth David helped [popularise](#)<sup>90</sup> French cooking in particular.

[00:19:22] Subsequent TV cooks, such as Jamie Oliver and Gordon Ramsay, have done much to increase the [glamour](#)<sup>91</sup> of cooking and [thereby](#)<sup>92</sup> encourage Britons to cook more imaginatively.

[00:19:34] Well, what is the situation like now in 2021, perhaps you are asking yourself?

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<sup>87</sup> sausage

<sup>88</sup> showing feelings of liking

<sup>89</sup> improvement

<sup>90</sup> make something popular

<sup>91</sup> the attractive and exciting quality of something

<sup>92</sup> as a result



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[00:19:41] Thankfully, things have moved on from the days of the endless [tinned](#) and [dehydrated](#)<sup>93</sup> food of the 1960s and 1970s, but the British diet is still [markedly](#)<sup>94</sup> different to that of other European nations.

[00:19:58] One perhaps surprising difference is the UK's addiction to [takeaways](#)<sup>95</sup>, to [takeaway](#)<sup>96</sup> food.

[00:20:05] Indeed, the UK has 40% of the [takeaway](#) market of the whole of Europe.

[00:20:12] These are not just in the long-established styles of Chinese and Indian food which dominated the foreign restaurant scene some 40 years ago, but people's tastes are truly global and include Thai, Middle Eastern, Turkish, Greek, Mexican, you name it.

[00:20:31] The [influx](#)<sup>97</sup> of immigrants from all over the world means that the national [palate](#) has become much more receptive to all these wonderful, varied tastes.

[00:20:43] This [draw](#)<sup>98</sup> towards ethnic foods is evident in supermarkets as well, where the sections containing "ready meals" are huge – far larger than similar sections in, say, French or Italian supermarkets.

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<sup>93</sup> having the water removed in order to be preserved

<sup>94</sup> significantly

<sup>95</sup> food bought from a shop to be eaten elsewhere

<sup>96</sup> food bought from a shop to be eaten elsewhere

<sup>97</sup> the arrival of a large number of people

<sup>98</sup> attraction



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[00:20:59] And in general, the standard of these [oven-ready](#)<sup>99</sup> meals is pretty good.

[00:21:05] COVID-19 has, of course, [accelerated](#)<sup>100</sup> a [trend](#)<sup>101</sup> which was already quite [marked](#)<sup>102</sup>: Brits are eating an increasing proportion of food which they either bring into the house already completely cooked or which they take home and warm up.

[00:21:22] And when it comes to 'foreign' food, to dishes that Brits might consider to be foreign, but are very often eaten in Britain, many are either British [adaptations](#)<sup>103</sup> of foreign dishes or, in the case of one of the country's favourite meals, Chicken Korma, a dish which was invented in Britain and given an Indian name.

[00:21:45] So, that is a brief introduction to the curious taste of British food. Like many British things, British [cuisine](#) is a mix, a [mish-mash](#)<sup>104</sup> one could say, of influences from all over the world.

[00:21:59] From France, Italy, Spain, Scandinavia, India, China, the Middle East. And much like the English language, all of these influences have been brought to this little island, in many cases put together, and that's how we have come up with British food.

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<sup>99</sup> ready to be cooked

<sup>100</sup> increased

<sup>101</sup> a general direction in which something is developing

<sup>102</sup> noticeable

<sup>103</sup> changes in something in order to fit in different conditions

<sup>104</sup> a confused mix



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[00:22:17] The result is, I hope you'll agree, not as bad as most people think.

[00:22:24] OK then, that is it for today's episode on The Curious Taste of British Food.

[00:22:31] I hope you enjoyed it, and that it has given you a little insight into why British food tastes like it does.

[00:22:39] We actually did a mini-series on some specific British dishes, such as [Oysters](#)<sup>105</sup>, The Sandwich, Fish and Chips and the English Breakfast, so if you want to know more about those, then I would recommend giving those ones a listen. Those are actually episodes 16, 17, 18, and 19, from about 18 months ago.

[00:23:00] And as always, I would love to know what you thought of this episode.

[00:23:04] Have you ever actually tried British food? What do you think of it? I hope you might have been [pleasantly](#)<sup>106</sup> surprised...

[00:23:12] If you are a member of Leonardo English you can head right into our community forum, which is at [community.leonardoenglish.com](http://community.leonardoenglish.com) and get chatting away to other curious minds.

[00:23:23] And if you are not yet a member of Leonardo English, today might be the day to change that.

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<sup>105</sup> large flat sea creatures

<sup>106</sup> in an enjoyable way



[00:23:29] Membership of Leonardo English means unlocking all of our bonus episodes, plus the transcripts, subtitles, and key vocabulary, as well as member only events, challenges, and much much more.

[00:23:42] I am on a mission to make Leonardo English the most interesting way of improving your English, and I would love for you to join me, and curious minds from 50 different countries, on that journey.

[00:23:56] The place you can go to for all of that is [leonardoenglish.com](http://leonardoenglish.com).

[00:24:01] You've been listening to English Learning for Curious Minds, by Leonardo English.

[00:24:07] I'm Alastair Budge, you stay safe, and I'll catch you in the next episode.

[END OF EPISODE]





## Key vocabulary

Word	Definition
Overall	general
Reputation	the opinion that people have about something
Dull	not interesting, boring
Cuisine	a style of cooking
Overcooked	cooked for too long
Accusations	statements or claims that something is wrong
Rightly	correctly
Deserving	worthy
Undeniable	without doubt, certain
Myriad	a very large number
Overcame	defeated
Brutal	cruel and violent



## The Curious Taste of British Food

<b>Mutton</b>	the meat of an adult sheep
<b>Sophisticated</b>	complicated, developed
<b>Established</b>	recognised and generally accepted
<b>Contemplative</b>	thoughtful
<b>Devout</b>	having deep religious feelings
<b>Inventiveness</b>	the quality of making new things, creativity
<b>Monasteries</b>	buildings in which people live under religious rules
<b>Aristocratic</b>	belonging to the highest social class
<b>Banning</b>	the act of not allowing, prohibition
<b>Monks</b>	member of a group of religious men who live in a monastery
<b>Dissolution</b>	the act of ending an organisation
<b>Distributed</b>	gave out to several people
<b>Incentive</b>	a thing that makes people do something
<b>Plummeted</b>	fell very quickly
<b>Plain</b>	simple, with nothing added



## The Curious Taste of British Food

<b>Shortage</b>	a situation in which there is not enough of something
<b>Fertile</b>	able to produce a large number of quality crops
<b>Roasted</b>	cooked over a fire
<b>Boiled</b>	cooked in very hot water
<b>Culinary</b>	connected with cooking
<b>Hectare</b>	a unit of measuring an area of land, equal to 10,000 square metres
<b>Nitrates</b>	chemicals used as fertilizers
<b>Canning</b>	keeping food in its original condition in small metal containers
<b>A mixed blessing</b>	something that has advantages and disadvantages
<b>Can</b>	a small metal container
<b>Preserve</b>	keep food in its original condition
<b>Cans</b>	small metal containers
<b>Devised</b>	made for the first time, invented
<b>Initially</b>	at the beginning
<b>Vital</b>	very important, necessary



## The Curious Taste of British Food

<b>Shortages</b>	situations in which there is not enough of something
<b>Tinned</b>	kept in metal containers or cans
<b>Canned</b>	kept in small metal containers
<b>Albeit</b>	although
<b>Aristocracy</b>	a high rank class of people
<b>Guillotine</b>	a device used in the past for killing people by cutting off their heads
<b>Fled</b>	ran away from danger
<b>Aristocrats</b>	people belonging to the highest social class
<b>Industrialists</b>	people involved in industrial activities
<b>Beneficiaries</b>	people who receive money as a result of something
<b>Affluent</b>	wealthy
<b>Lavish</b>	expensive and plentiful
<b>Extravagant</b>	expensive and impressive
<b>Sophistication</b>	the quality of knowing about culture, fashion and other matters that are considered important in a society
<b>Era</b>	a period of time



## The Curious Taste of British Food

<b>Grand</b>	large and impressive
<b>Elegant</b>	attractive, showing a good taste
<b>Industrialised</b>	made by a system of industries
<b>Cutlery</b>	equipment used for eating food, such as knives, forks, spoons etc.
<b>Theatrical</b>	prepared to create an impressive effect
<b>Opulence</b>	extreme wealth
<b>Profound</b>	very deep, great
<b>Imperialists</b>	people from powerful countries who control other countries
<b>Far-flung</b>	places that are a great distance away
<b>Palate</b>	flavour, taste
<b>Half-right</b>	not entirely right
<b>Incomers</b>	people who had come to live there
<b>Influential</b>	so important that had a great effect on people
<b>Enthusiastic</b>	showing great interest and excitement
<b>Influence</b>	the power to have an effect





## The Curious Taste of British Food

<b>Unimaginative</b>	not creative, boring
<b>Patriarchal</b>	controlled by men
<b>Strict</b>	demanding and limiting people's freedom
<b>Stigma</b>	a mark of shame
<b>Decline</b>	decrease
<b>Puritanism</b>	the belief that people should live simply and avoid physical pleasures
<b>Emphasis</b>	the importance or attention given to something
<b>Decorum</b>	correct, respectful and polite behaviour
<b>Raw</b>	not cooked
<b>Over-emphasis</b>	the act of giving something too much importance
<b>Suspicion</b>	the feeling of not trusting something
<b>Austerity</b>	difficult economic conditions
<b>Rationing</b>	limiting the availability of something
<b>Frugality</b>	the habit of living simply and cheaply
<b>Banger</b>	sausage



## The Curious Taste of British Food

<b>Affectionate</b>	showing feelings of liking
<b>Boost</b>	improvement
<b>Popularise</b>	make something popular
<b>Glamour</b>	the attractive and exciting quality of something
<b>Thereby</b>	as a result
<b>Dehydrated</b>	having the water removed in order to be preserved
<b>Markedly</b>	significantly
<b>Takeaways</b>	food bought from a shop to be eaten elsewhere
<b>Takeaway</b>	food bought from a shop to be eaten elsewhere
<b>Influx</b>	the arrival of a large number of people
<b>Draw</b>	attraction
<b>Oven-ready</b>	ready to be cooked
<b>Accelerated</b>	increased
<b>Trend</b>	a general direction in which something is developing
<b>Marked</b>	noticeable



## The Curious Taste of British Food

<b>Adaptations</b>	changes in something in order to fit in different conditions
<b>Mish-mash</b>	a confused mix
<b>Oysters</b>	large flat sea creatures
<b>Pleasantly</b>	in an enjoyable way

*We'd love to get your feedback on this episode.*

*What did you like? What could we do better?*

*What did you struggle to understand?*

*Let us know in the forum [community.leonardoenglish.com](https://community.leonardoenglish.com)*

