

Образовательный проект «Мое открытие Великобритании – 2017»

Путешествие со вкусом

В 2016-2017 учебном году группой учащихся 7 классов была исследована тема «Путешествие со вкусом» в рамках проекта «Мое открытие Великобритании» (Руководитель Мухтарова Р.М.).

Выбор данной темы обусловлен интересом ребят к особенностям британской национальной кухни, активным участием их в кулинарном клубе «**Моя английская кулинарная школа**», а также желанием систематизировать и дополнить полученные материалы, накопленные за предыдущий период обучения в данной группе (5-6 классы).

Целью проектной работы стало расширение знаний о кулинарных традициях Великобритании.

Перед семиклассниками стояли следующие задачи:

- найти и систематизировать материал по теме «*Еда в Великобритании*» по шести направлениям:
 - ✓ «Знаменитый повар – Джейми Оливер»;
 - ✓ «Сэндвич и его история»,
 - ✓ «Любимые блюда английской королевы»,
 - ✓ «Рецепт традиционного английского блюда»,
 - ✓ «Традиция английского чаепития»,
- создать интерактивный плакат.

В процессе работы над проектом помимо изучения исторических и страноведческих фактов ребята расширили словарный запас по темам «*Еда*» и «*Способы приготовления пищи*».

При подготовке презентации по проекту ребята использовали материалы различных интернет-ресурсов и учебный комплекс «Курс английского языка и культуры», разработанный Факультетом иностранных языков и регионоведения МГУ.

Презентация работы направления состоялась 15 декабря 2016 года.

JAMIE OLIVER

James Trevor "Jamie" Oliver, MBE (born 27 May 1975) is a British celebrity chef and restaurateur. He is most known for his typically English cuisine that has garnered him numerous television shows and restaurants.

Born and raised in the village of Clavering, Essex, he was educated in London before taking his first culinary engagement at Antonio Carluccio's Neal Street restaurant as a pastry chef. In this capacity he was noticed by the BBC and in 1999 debuted his television show, The Naked Chef which was followed by his first cook book subsequently becoming the No. 1 bestseller in the UK. After his Naked Chef Series he was endorsed by multiple companies and expanded his television capacity to include a documentary called

Jamie's Kitchen; garnering him an invitation from the Prime Minister to 10 Downing Street. In June 2003, Oliver was honored as a Member of the Order of the British Empire.

In 2005, Oliver initiated a campaign originally called Feed Me Better to move British schoolchildren towards eating healthy foods and cutting out junk food; this campaign was eventually backed by the British government. Soon after he launched his first high-end restaurant, Jamie's Italian, in Oxford in 2008 and hosted a TED Talk winning him the 2010 TED Prize.

ORIGIN OF SANDWICH & SANDWICHES

The origin of the word 'sandwich' for an item of food may have originated from a story about John Montagu, the 4th Earl of Sandwich. He didn't really 'invent' the sandwich but he may have made it popular.

It is said that in approx.1762, he asked for meat to be served between slices of bread, to avoid interrupting a gambling game. This story may have been rumour or adverse propaganda, put about by his rivals.

But soon people may have started ordering “the same as Sandwich”, and the name stuck!

WHAT THE QUEEN

REFUSES TO EAT (AND WHAT SHE LOVES THE MOST)

Queen Elizabeth knows what she likes. She only wears one nail polish shade, always carries the same purse, and famously adores a particular dog breed (corgis, of course). So it's no surprise that she's also a stickler when it comes to the royal menu.

Britain's longest-reigning monarch hates a certain kitchen staple, and sadly it's one that generally makes everything taste better. "At Buckingham Palace you don't cook with garlic," former palace chef John Higgins told the *National Post*. "I suppose in case you get the royal burp."

Higgins says you can tell when a royal recipe is authentic because it will never include the odorous flavor. Also missing from the menu? Rice, potatoes, and pasta are never served for dinner when the royal is dining on her own. The low-carb rule is part of the Queen's "disciplined" diet, her former personal chef Darren McGrady told the *Telegraph*. And when she does have sandwiches, the bread crusts are always cut off.

Don't worry — Queen Elizabeth still sneaks in some treats. She absolutely loves chocolate, especially chocolate biscuit cake, chocolate mousse, and chocolate ganache sponge cake. Other favorites include fresh fruit like mangos, strawberries, and peaches, especially ones grown at Windsor Castle. The Queen's not a teetotaler, either — the usual royal nightcap is a gin and Dubonnet. Cheers to that!

FISH, CHIPS AND MUSHY PEAS

“Proper old-school battered fish, chunky chips and comforting mushy peas – homemade heaven!”

Ingredients:

sunflower oil , for deep-frying

½ teaspoon sea salt

1 teaspoon freshly ground black pepper

225 g nice white fish fillets , from sustainable sources, pinboned, ask your fishmonger

225 g flour , plus extra for dusting

285 ml good beer , cold

3 heaped teaspoons baking powder

900 g potatoes , peeled and sliced into chips

For the mushy peas

1 knob butter

4 handfuls podded peas

1 small handful fresh mint , leaves picked and chopped

1 squeeze lemon juice

Method:

To make your mushy peas, put the butter in a pan with the peas and the chopped mint. Put a lid on top and simmer for about 10 minutes. Add a squeeze of lemon juice and season with sea salt and black pepper. You can either mash the peas up in a food processor, or you can mash them by hand until they are stodgy, thick and perfect for dipping your fish into. Keep them warm while you cook your fish and chips.

Pour the sunflower oil into your deep fat fryer or a large frying pan and heat it to 190°C/375°F. Mix the salt and pepper together and season the fish fillets on both sides. This will help to remove any excess water, making the fish really meaty. Whisk the flour, beer and baking powder together until nice and shiny. The texture should be like semi-whipped double cream (i.e. it should stick to whatever you're coating). Dust each fish fillet in a little of the extra flour, then dip into the batter and allow any excess to drip off. Holding one end, lower the fish into the oil one by one, carefully so you don't get splashed – it will depend on the size of your fryer how many fish you can do at once. Cook for 4 minutes or so, until the batter is golden and crisp.

Meanwhile, parboil your chips in salted boiling water for about 4 or 5 minutes until softened but still retaining their shape, then drain them in a colander and leave to steam completely dry. When all the moisture has disappeared, fry them in the oil that the fish were cooked in at 180°C/350°F until golden and crisp. While the chips are frying, you can place the fish on a baking tray and put them in the oven for a few minutes at 180°C/350°F/gas 4 to finish cooking. This way they will stay crisp while you finish off the chips. When they are done, drain them on kitchen paper, season with salt, and serve with the fish and mushy peas.

AFTERNOON TEA

*"There are few hours in life more agreeable than the hour dedicated to the ceremony known as afternoon tea."
Henry James*

Afternoon tea, that most quintessential of English customs is, perhaps surprisingly, a relatively new tradition. Whilst the custom of drinking tea dates back to the third millennium BC in China and was popularised in England during the 1660s by King Charles II and his wife the Portuguese Infanta Catherine de Braganza, it was not until the mid 19th century that the concept of 'afternoon tea' first appeared.

Afternoon tea was introduced in England by Anna, the seventh Duchess of Bedford, in the year 1840. The Duchess would become hungry around four o'clock in the afternoon. The evening meal in her household was served fashionably late at eight o'clock, thus leaving a long period of time between lunch and dinner. The Duchess asked that a tray of tea, bread and butter (some time earlier, the Earl of Sandwich had had the idea of putting a filling between two slices of bread) and cake be brought to her room during the late afternoon. This became a habit of hers and she began inviting friends to join her.

This pause for tea became a fashionable social event. During the 1880's upper-class and society women would change into long gowns, gloves and hats for their afternoon tea which was usually served in the drawing room between four and five o'clock.

Traditional afternoon tea consists of a selection of dainty sandwiches (including of course thinly sliced cucumber sandwiches), scones served with clotted cream and preserves. Cakes and pastries are also served. Tea grown in India or Ceylon is poured from silver tea pots into delicate bone china cups.

Nowadays however, in the average suburban home, afternoon tea is likely to be just a biscuit or small cake and a mug of tea, usually produced using a teabag.



В настоящее время ребята работают над созданием интерактивного учебного плаката в сервисе «**Discovery Education**», а в качестве рефлексии своей деятельности участники направления представят рецензии на проектную работу.

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