

Festival Food

RECIPE

Make your own pancakes!

Ingredients

250 g flour
3 eggs
2 large spoons sugar
600 ml milk
salt
butter for frying

Method

Put the flour, salt and sugar in a big bowl. In another bowl, whisk the eggs and the milk. Add this slowly to the flour mixture. Beat it very well with a wooden spoon. Leave to stand for an hour.

Melt a piece of butter into a small, thick frying pan. When the butter begins to go brown, pour in a little of the mixture. Let it make a thin 'coat' in the pan. Then turn it over and cook the other side.

Put the pancake on a plate. Spread a little more butter on it, some sugar, and some lemon juice. Keep the pancake warm. Make more pancakes.

Eat the pancakes *quickly*.

NOTE: The best pancakes are very, very thin!



Food is an important part of many festivals. Take a look at some of these traditions at different times of the year.



MARCH-APRIL

Pancake Tuesday (UK/France)

In the Christian calendar, Lent begins on Ash Wednesday. Mardi Gras (Fat Tuesday) is the last day of Carnival.

Why? Well, many people don't eat meat, milk or eggs during Lent. So on the last day before Lent, they have a big meal to eat up all this food. And with the milk, eggs and butter, they make pancakes.

In Britain, the name of this day is Pancake Day. In some places, there are pancake competitions. There is a famous pancake race in Olney, a village in the south of England. People run 400 metres, throwing their pancakes in the air at the same time.

WORD FILE

beat (v)	To mix something quickly.
blow up (v)	To inflate.
commemorate (v)	To do something to remember a person or event.
eat up (v)	To eat everything.
effigy	A model of a person.
melt (v)	When a solid becomes liquid.
race (v)	To run in a competition.
share (v)	To divide something between two or more people.
sticky	It adheres to your fingers.
thin	Only a few millimetres high.
traditional	Done in the same way for many years.
whisk (v)	To beat eggs and milk quickly, so that air enters.

favorite meter millimeter molasses pan

favourite metre millimetre treacle tin



NOVEMBER

Bonfire Night (UK)

This is a great night for bonfires and fireworks in Britain. In 1605, Guy Fawkes wanted to blow up the English Parliament (with the King inside) in London. He chose a day in November, but he didn't succeed. Today, people still commemorate the event on 5th November. Children make an effigy of Guy Fawkes, and collect money.

Then they burn the effigy on a bonfire. November is a cold time of the year in Britain. So people eat hot sausages, and gingerbread while they watch the fireworks.



Thanksgiving (US)

This is a very important North American festival. It is a national holiday, and people like to celebrate it with their families.

The Thanksgiving Dinner is a 'thank you' for the good things in the past year.

It is also an opportunity to share these things with your family and friends. It is always on the fourth Thursday of the month.

The Thanksgiving Dinner commemorates the Pilgrim Fathers in North America. In 1621, they had a feast to celebrate their first year in New England. They ate birds and deer and local fruit and vegetables.

Today turkey and cranberries, with pumpkin pie and sweet potatoes, are the favourite food for this festival.

DECEMBER

Christmas Eve

(Italy/France/East Europe) Christmas Day (UK)

In some countries, people go to church at midnight on 24th December (Christmas Eve) and eat a big meal. This is often fish.

On Christmas Day, the traditional food is roast turkey, or goose, or chicken, or ham, or beef. And lots of different vegetables. And Christmas Pudding, and mince pies... A lot of food!

Many people like to eat special cakes at Christmas. In Italy, panettone is popular. This is a light cake of eggs and dried fruit and vanilla. It is traditional to give a panettone to friends when you visit them at Christmas. So some of these cakes 'travel' a lot. It's a problem if they return to the first 'giver'!

RECIPE

Make your own English Gingerbread!

Ingredients

225 g flour
225 g black treacle
450 g oatmeal
75 g melted butter
100 g dark brown sugar
2 teaspoons ground ginger

Method

Mix all the dry ingredients together. Make a hole in the middle and pour in the treacle and the butter. Mix it well. Put the mixture into a buttered cake tin. Cook in the oven at 170 for one and a half hours.

NOTE: Store it in a tin for several days before you eat it. It's really dark and sticky!



Explain a special festival meal in your culture to a foreign penpal.



Find a recipe for a special festival food. Better idea: prepare and eat it!