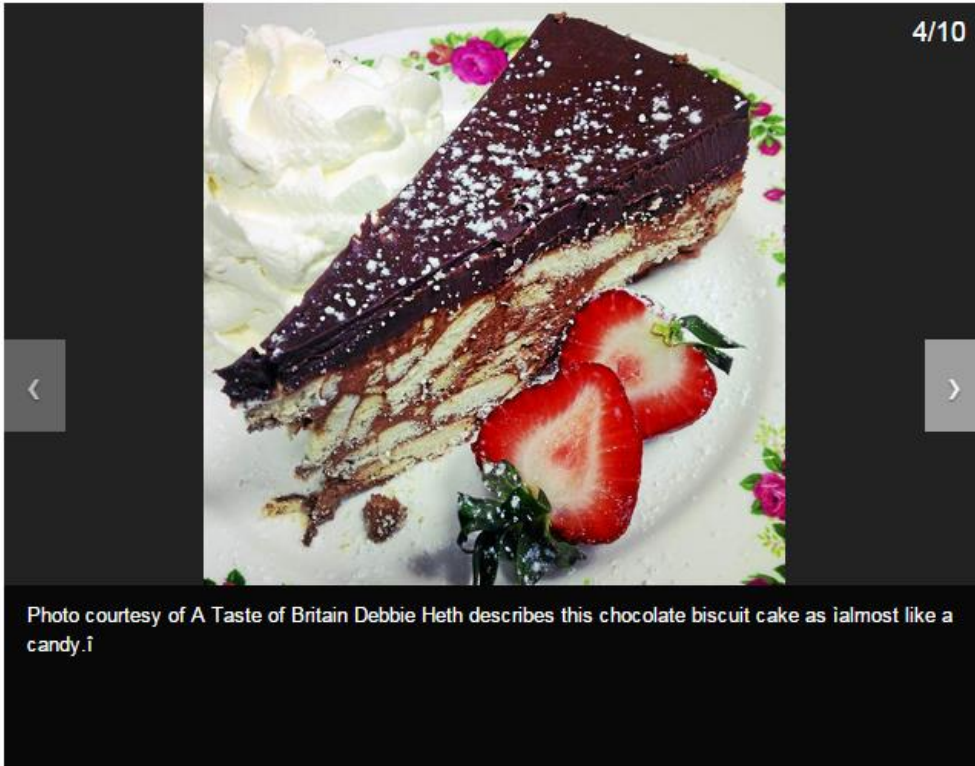


Practice your English — Dispelling this cuisine’s bad rep



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Ever heard of bangers and mash, bubble and squeak or a bacon butty? Better practice your English.

“English food has a bad reputation for being bland and not very exciting,” said K.C. Kulp of The Whip Tavern in West Marlborough. “We’ve proved that’s not true.”

Nestled in the Chester County countryside, his restaurant serves classics like sausage rolls and Scotch eggs, hard-cooked eggs “wrapped in house-ground local pork, lightly breaded and fried.”



A Taste of Britain serves full afternoon tea with mini pastries, scones and tea sandwiches.

Photo by Emily Ryan

“We’re able to get just some outstanding ingredients. I think that has a lot to do with taking something that people would shy away from and making it special,” Kulp described. “We get more of our products out of pickup trucks than we do 18-wheelers.”

The need for first-rate English food drove Mike Stone to open his own restaurant 15 years ago - Stoney’s, a British pub in Wilmington, Del.

“I traveled all over the United States in the music business, and I couldn’t find really good fish and chips, or steak and kidney pie, or anyone who could make Yorkshire pudding,” said the former promoter, who worked with The Rolling Stones, Spice Girls and Tina Turner. “Stoney’s was absolutely a labor of love – the love of the food that I grew up with.”

Topping the list: fish and chips.

“The recipe for the batter my mother got from a fish and chips shop we used to go to when I was a kid,” recalled Stone, originally from the Leeds area of Yorkshire. “At least once a week I have fish and chips. I have steak and kidney pie every couple of weeks. My wife doesn’t like the smell of my mouth afterward.”

All kidding aside, he shared his recipe for shepherd’s pie – sautéed beef and onions topped with mashed potatoes.

“When I came home after a long road trip, I would make a shepherd’s pie because start to finish, it’s 30 minutes,” Stone said. “British food is comfort food, and that’s what I specialize in.”

At A Taste of Britain in Wayne, expats can find everything from Branston Pickle (“chunky pickled vegetables”) to Heinz baked beans, “which are different than American baked beans,” noted owner Debbie Heth.

“We have a few English specialties that people are really excited to find if they grew up with the items,” she added. “It’s also fun to have an American who didn’t grow up with these items to try them and fall in love.”

Love desserts? A Taste of Britain sells chocolate biscuit cake, reportedly a favorite of Queen Elizabeth and Prince William.

“It is so good!” raved Heth. “It’s almost like a candy.”

Customers also enjoy sweet, citrusy lemon posset, which falls “between a mousse and an American pudding.”

“It’s made with heavy cream, sugar and fresh lemon juice. That’s it,” she said. “It’s super easy and super delicious.”

Still wondering about bangers and mash? They’re sausages with mashed potatoes. Bubble and squeak traditionally combines leftover cabbage and potatoes. And a bacon butty is a bacon sandwich with HP sauce.

“It’s kind of a British brown sauce. I might call it their version of A1 steak sauce,” Heth explained. “I love our Welsh rarebit, and I love our Cornish pasty with a little HP sauce on the side.”

Best wishes for the birthday boy!

It’s Prince George’s birthday, so celebrate the future king, English-style.

“I would recommend having a slice of biscuit cake with our Prince George tea,” said Debbie Heth of A Taste of Britain.

In honor of the little prince turning 2, she’s offering a special price on his tea by the quarter pound.

Not to be outdone, Princess Charlotte also has a tea named after her, which debuts at the café and tea shop today.

Recipes on next page.

Chocolate Biscuit Cake

8 oz semi-sweet chocolate (chopped into pieces, or use chocolate chips)

1 cup sugar

8 oz butter (2 sticks), room temperature

2 eggs

16 oz McVitie's Rich Tea biscuits

For Chocolate Ganache

8 oz semi-sweet chocolate

12 oz heavy cream

Melt the chocolate over a double boiler, or in 30-second intervals in a microwave. Using a stand mixer or hand mixer, beat the sugar and butter until light and fluffy. Add the melted chocolate, scraping down the sides of the bowl as needed. Add the eggs and beat until incorporated. In a separate bowl, break the Rich Tea biscuits into bite size pieces. Stir the chocolate mixture into the broken biscuits and combine with a spatula until the biscuits are fully coated.

Line the bottom of a spring form cake pan with parchment and lightly spray the sides. Pour the chocolate biscuit mixture into the pan and press down to fill the sides and smooth out the top. Refrigerate until solid.

Top the chilled biscuit cake with a thick layer of ganache and refrigerate until set.

When ready to unmold, run a knife along the sides of the cake pan so the ganache doesn't stick. Cut the cake into 12 pieces. Serve with fresh whipped cream and strawberries. Enjoy!

To make chocolate ganache:

Break up chocolate into small pieces in a heat-resistant bowl (or use chocolate chips). Bring heavy cream to a simmer and pour over the chocolate pieces, whisking to melt the chocolate. Add more cream if necessary to create smooth chocolate ganache.

Lemon Posset

3 cups heavy cream

1 cup white sugar

3 lemons, juiced

Bring the heavy cream and sugar to boil in a small saucepan, then whisk over low heat for one minute. Remove from heat and add the lemon juice, whisk until combined. Distribute the mixture evenly among 6 dessert dishes (or teacups!) and refrigerate until set, at least 4 hours or overnight.