

## DIFFERENCES AND SIMILARITIES BETWEEN ITALY AND THE UK

# FOOD



There are many differences between British food and Italian food, and the second is certainly far better known than the first. This is because for British people food isn't the most important thing in life, and they don't spend much time on preparing food or eating. On the contrary, however, Italians consider food very important and they love eating together with their families and friends.



British food is known for a few dishes, like the typical British breakfast, made of eggs and bacon (plus sausages, mushrooms, beans, fried bread and other, regional additions). British food is on the map for its “Sunday roast”, that consists of roast beef, roast potatoes, “Yorkshire pudding” (made with flour, eggs and milk), seasonal vegetables and “gravy” (a vegetable or meat sauce).

In recent years, a modern ‘British cuisine’ has seen traditional recipes presented with a few ‘new’ ingredients, intended to appeal to an international clientele. Many world famous chefs are now working in London, where it is possible to eat in two (or three) of the world’s best restaurants.

**To be continued...**