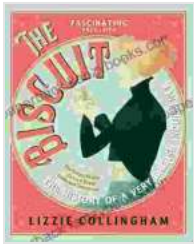


Lose Yourself in the History of Very British Indulgence



The Biscuit: The History of a Very British Indulgence

by Lizzie Collingham

★★★★☆ 4.6 out of 5

Language : English

Item Weight : 1.94 pounds

File size : 39140 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 312 pages

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There's nothing quite like a good cup of tea and a slice of cake, or a plate of fish and chips on a cold night. These are just a few of the many iconic British indulgences that have been enjoyed for centuries. But where do these traditions come from, and what's the story behind them?

In her fascinating book, *The History of Very British Indulgence*, author Jane Garmey takes us on a mouth-watering journey through the history of these beloved treats. From the origins of afternoon tea to the rise of the fish and chip shop, Garmey explores the cultural, social, and culinary significance of these indulgences, shedding light on their enduring appeal and the unique place they hold in British society.

Afternoon Tea: A Delicate Delight

Afternoon tea is a quintessentially British institution. It's a time to relax and enjoy a cup of tea and a few nibbles, usually in the company of friends or family. But how did this tradition come about?

Garmey traces the origins of afternoon tea back to the 17th century, when it was a popular way for women to socialize. In the 19th century, afternoon tea became even more popular, thanks in part to Queen Victoria, who was a great fan of this custom. Today, afternoon tea is enjoyed by people of all ages and backgrounds, and it's a tradition that's as popular as ever.

Fish and Chips: A British Classic

Fish and chips is another iconic British indulgence. It's a simple dish, but it's one that's been enjoyed for centuries. The first fish and chip shops opened in London in the 1860s, and they quickly became a popular destination for working-class families. Today, there are over 10,000 fish and chip shops in the UK, and it's a dish that's enjoyed by people of all ages and backgrounds.

So what's the secret behind the enduring popularity of fish and chips? Garmey argues that it's the combination of simple, yet delicious ingredients, and the fact that it's a dish that can be enjoyed at any time of day.

Other British Indulgences

In addition to afternoon tea and fish and chips, Garmey's book explores a wide range of other British indulgences, including:

- Pub culture
- Sunday roast

- Puddings
- Cream teas

Each of these indulgences has its own unique history and cultural significance, and Garmey does an excellent job of bringing these stories to life.

A Must-Read for Food Lovers

The History of Very British Indulgence is a must-read for anyone who loves food and history. It's a fascinating and informative book that will shed light on the origins and cultural significance of some of our favorite treats. So what are you waiting for? Pick up your copy today and start exploring the history of very British indulgence!

Free Download your copy today!



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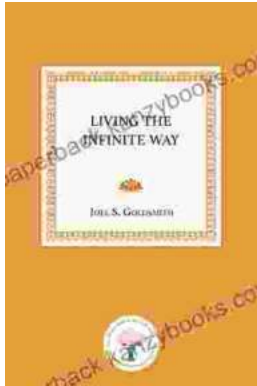
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