TRADITIONAL/ REGIONAL FOOD

The way food is prepared and made, along with customs, and the use of local and seasonal ingredients often combine to create dishes unique to a particular region. Traditional British meals have ancient origins, such as roasted and stewed meats and meat pies. However, traditions change with time – what would you consider to be a traditional British dish today?

TRADITIONAL OR REGIONAL MEALS

- **Irish Stew**
  - Northern Ireland
- **Ham and Pease Pudding Broth**
  - Northern Ireland
- **Lancashire Hotpot**
  - Lancashire
- **Toad in the Hole**
  - Yorkshire
- **Roast Beef and Yorkshire Pudding**
  - Yorkshire
- **Lobscouse**
  - Liverpool
- **Bedfordshire Clanger**
  - Bedfordshire
- **Welsh Lamb**
  - Wales
- **Welsh Beef**
  - Wales
- **Welsh Cawl**
  - Wales
- **West Country Beef**
  - Cornwall, Devon & Gloucestershire
- **West Country Lamb**
  - Cornwall, Devon & Gloucestershire
- **Cornish Pasty**
  - Cornwall
- **Squab Pie**
  - Cornwall, Devon & Gloucestershire
- **Newmarket Sausage**
  - Newmarket
- **Melton Mowbray Pork Pie**
  - Melton Mowbray
- **Fidget Pies**
  - Shropshire
- **Bedfordshire Glanger**
  - Bedfordshire
- **Steak & Kidney Pudding**
  - Sussex
- **Welsh Beef**
  - Wales
- **West Country Beef**
  - Cornwall, Devon & Gloucestershire
- **West Country Lamb**
  - Cornwall, Devon & Gloucestershire
- **Welsh Lamb**
  - Wales
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- **Squab Pie**
  - Cornwall, Devon & Gloucestershire

**KEY**

- Protected Geographical Indication (PGI)
  - Products which must be produced, processed or prepared within the geographical area and have a reputation, features or certain qualities attributable to that area.

- Traditional Speciality Guaranteed (TSG)
  - Products which are traditional or have customary names and have a set of features which distinguish them from other similar products. These features must not be due to the geographical area the product is produced in nor entirely based on technical advances in the method of production.

- Protected Designation of Origin (PDO)
  - Products which are produced, processed and prepared within a particular geographical area and have a reputation, features or certain qualities attributable to that area.

**TRADITIONALLY FARSED/PREPPED MEAT**

- Traditional or regional dishes
- Products with protected status
- Protected Geographical Indication (PGI)
- Traditional Speciality Guaranteed (TSG)
- Protected Designation of Origin (PDO)