



Climate conditions affect when the food is produced in the UK. Seasonality is the time of year when a food type is at its best in terms of flavour or harvest. Here is a seasonality chart:



Spring

Meat

- Beef Steaks
- Chicken
- Sausages
- Spring Lamb - Grills

Vegetables

- Asparagus
- Carrots
- Cauliflowers
- Celeriac
- Cucumbers
- Curly Kale
- Purple Sprouting Broccoli
- Savoy Cabbage
- Sorrel
- Spinach
- Spring Greens
- Spring Onion
- Watercress



Fruit

- Gooseberries
- Rhubarb

Fish

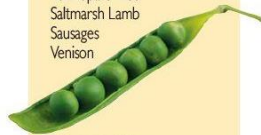
- Crab
- Haddock
- John Dory
- Lobster
- Mackerel
- Monkfish
- Prawns
- Sea Bass
- Sea Salmon
- Trout
- Turbot



Summer

Meat

- Beef Steaks
- Burgers
- Chicken - Kebabs & Grills
- Ham
- Lamb - Grills
- Pork Pies
- Pork Spare Ribs
- Saltmarsh Lamb
- Sausages
- Venison



Vegetables

- Beetroot
- Broad Beans
- Carrots
- Cauliflowers
- Courgettes
- Cucumber
- Fennel
- Fresh Peas
- Garlic
- Green Beans
- Lettuce & Salad Leaves
- New potatoes
- Radishes
- Runner Beans
- Sage
- Salad Onions
- Squash
- Tomatoes
- Watercress

Fruit

- Blueberries
- Currants - black, white and red
- Elderflower berries
- Greengages
- Loganberries
- Plums
- Raspberries
- Strawberries
- Tayberries

Fish

- Crab
- Pilchards
- Wild Salmon

Autumn

Meat

- Chicken
- Grouse
- Ham
- Heather-fed Lamb
- Pies
- Pork
- Roasts
- Sausages
- Venison

Vegetables

- Field Mushrooms
- Lettuce
- Marrow
- Potatoes
- Pumpkin
- Rocket
- Squashes
- Sweetcorn
- Watercress



Fruit

- Apples
- Blackberries
- Damsons
- Elderberries
- Pears
- Plums
- Sloes

Fish

- Brill
- Dabs
- Dover Sole
- Flounders
- Oysters
- Skate

Winter

Meat

- Casseroles
- Chicken
- Gammon
- Goose
- Partridge
- Pheasant
- Pies
- Roasts
- Sausages
- Turkey
- Venison
- Wild Duck



Vegetables

- Bay Leaves
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac
- Curly Kale
- Fennel
- Leeks
- Parsnips
- Potatoes
- Red Cabbage
- Swede
- Tumpis

Fruit

- Apples
- Pears
- Quince



Fish

- Grey Mullet
- Mussels
- Scallops

British Food Map



FRESH INGREDIENTS WE CAN ADD



sweet potato



tomato



peppers



carrots



potato

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S O P S

TASTE

fruity
salty
spicy
sweet
acidic
bitter
savoury
herby
smoky
sour

APPEARANCE

dark
pale
bright
colourful
dull
firm
runny
lumpy
sticky

AROMAS

roasted
sweet
sour
floral
rancid
burned
smoky
garlicky
fishy

TEXTURE

tender
juicy
soft
crunchy
chewy
crispy
lumpy
greasy
smooth
creamy
gritty
slimy

Soups are either clear varieties based on *broths* and prepared stocks, or *thick soups* which are beat together with starches and dairy products to give them more body. Soup categories also include *ethnic or national soups* based on popular cuisines including:



Minestrone, a hearty Italian vegetable soup often with added pasta or rice



Miso, a Japanese soup prepared with a light *Dashi* (seaweed) broth



Consommés, a French cold jellied soup made of a flavoured stock or broth



Borscht is a sour soup, made with meat stock, vegetables and seasonings



Roasting keeps flavour locked in by using dry heat and hot air to cook the food evenly on all of the sides.



Blending ingredients means flavours can be mixed and combined to change the aroma, taste, appearance and texture.



Textures can be created by adding dry ingredients after the soup is cooked. A popular addition is **croutons** (dried bread).

