

Fish and Chips

- 1 Ahh.... Fish, chips and mushy peas!
There is no dish more popular in our country than fish and chips. Freshly cooked, piping hot fish and chips, smothered in salt and soured with vinegar, wrapped in newspaper and eaten out-of-doors on a cold and wintry day – it simply cannot be beaten! So how, when and where did this quintessentially British dish come about?
- 2 The potato is thought to have been brought to England from the New World in the 17th century by Sir Walter Raleigh, although it is believed that the French invented the fried potato chip. The populace soon decided that putting fried fish and chips together was a very tasty combination and so the dish of fish and chips was born!
- 3 Through the latter part of the 19th century and well into the 20th century, the fish and chip trade expanded greatly to satisfy the needs of the growing industrial population of Great Britain. 8, you might say that the Industrial Revolution was fuelled partly by fish and chips! The development of the steam powered trawler brought fish from all over the North Atlantic, Iceland and Greenland and the steam railways allowed easy and fast distribution of the fish around the country.
- 4 So are fish and chips any good for us? Fish and chips are a valuable source of protein, fibre, iron and vitamins, providing a third of the recommended daily allowance of vitamins for men and nearly half for women. The famous English food scientist Magnus Pyke cited it as an example of a traditional dish once jeered at by food snobs and even censured by health food devotees but now fully appreciated as a healthy combination.
- 5 In 2021, the British were said to consume approximately 382 million meals from fish & chip shops annually, which includes 167 million portions of fish & chips. There are also estimated to be around 10,500 fish and chip shops across the UK – that's eight for every one McDonald's outlet, making British Fish and Chips the nation's favourite take-away.



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