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The supersizers go regency

Sue Perkins (Great British Baking Show) and restaurant critic Giles Coren spend a week eating a diet that would have been familiar to the rich at Regency England. Using contemporary cookbooks, our hosts show everything from tea to playful hare, potted deer, cheese on toast, sweet breads (num!), little (original recipe, heavy in butter and cream), shrimp bisque, hare cake in gelatin (nyet) brandy and claret punch, stuffed wild boar head (not thanks), cakes and Wow Sauce. Other topics include laws of play, port, division between rich and poor, Corn Laws, the Duke of Wellington (yay!), the Prince Regent (booi), the drop, the laudanum, the bathing waters, Jane Austen, Italian ice creams (tea flavoured?!), battledore, the marriage market in London, the phathets, the cheese mites (yecht), the Beefsteak Club, 800 pounds of oxen (left) , cheese on toast, Beau Brummell, grocery stores, sedan chairs, French cuisine, spun sugar, testicles (no thanks), duels, Byron tea with egg diet (blech), Harris List (Huzzah!), Emma Hamilton, fan language, gambling, sandwiches, debtor prison, George IV Coronation, Beauty recipes of the Mirror of Graces, , please!), dancing (good and bad), syllab (never mind calories), with special guest star Ian Kelly! WARNING: Decidedly tongue in cheek! Watch the full episode here. The Supersizers Van... Supersizers Come... Title card for The Supersizers Eat, the additional word (e.g. The Eighties) is added for each individual episode. StarringGiles Coren, Sue Perkins, Cooks: Sophie Grigson Allegra McEvedy Mark Hix Rosemary ShragerMickael WeissNarrated byRoy MarsdenCountry of originUnited KingdomNo. series2No. episodes12Productor(s)Silver River ProductionsRunning time60 MinutesReleaseOriginal networkBBC TwoProduction 20, 2008 (2008-05-20) –July 27, 2009 (2009-07-27) The Supersizers Go... and The Supersizers Eat... are BBC television series about the history of food, mainly in Britain. Both are presented by journalist and restaurant critic Giles Coren and broadcaster and comedian Sue Perkins. The series originated in an off-edition edition in April 2007 as part of a season of programs about the Edwardian Supersize Me period,[1] a reference to Morgan Spurlock's film Super Size Me. [2] This program established the format for the later television series in which Coren and Perkins adopted the personality of a couple living in the Edwardian period and for a week ate the food that people in that period would have eaten. [1] In addition, they would also take in their interests and activities, even adopting the dress and mannerisms of the time, with a lot of sarcastic humor. Before and after the experience they underwent medical tests to see how the diet them. [1] As of August 2, 2010, the series was being broadcast on UK television channel Good Food. Episodes shown at Good Food were cut to 47-minute versions of the original, to accommodate commercial breaks. The series is also broadcast on Yesterday and Watch. In 2011 a single royal wedding special aired in the same week as Prince William's marriage to Catherine Middleton. [3] As of January 2012, the show was in the United States on The Cooking Channel, shown with commercial interruptions. He was also on the Food Network in Canada. Episodes Edwardian Supersize Me was produced as part of the season The Edwardians - the Birth of Now on BBC Four. Title Description Edwardian Supersize Me Diet original air date of the Edwardian period, with five meals a day, heavy in meat and pudding, which, one day, add up to 5,000 calories. Con la chef Sophie Grigson. April 16, 2007 The Supersizers Co... Sue Perkins and Giles Coren dressed in Victorian clothing. A six-episode series was commissioned by the BBC under the title The Supersizers Go... which aired since May 2008 and spanned different periods. Title Description Original Air Date The Supersizers Go... In wartime exploring the diet during World War II when food was subject to rationing. Con la chef Allegra McEvedy. May 20, 2008 The Supersizers Go... Restoration Exploring the diet of the Restoration period in the seventeenth century. Helped by chef Allegra McEvedy. Hosted by Ham House. May 27, 2008 The Supersizers Go... Victorian Diet of the Victorians at the end of the nineteenth century. With the help of chef Sophie Grigson. June 3, 2008 The Supersizers Go... Seventies Diet of Britons living in the 1970s. Helped by chef Mark Hix. June 10, 2008 The Supersizers Go... Elizabethan Cooked of Paul Merrett, presented at Sutton House. June 17, 2008 The Supersizers Go... Dietary Regency of the British in the Regency period of 1789-1821. Con la chef Rosemary Shrager. June 24, 2008 The Supersizers Eat... Sue Perkins and Giles Coren 1980s stereotypical fashion dresses. The Supersizers Eat sees Coren and Perkins sample the culinary delights of 1950s Britain, medieval England, 1980s London and the 1920s. Versailles of Marie Antoinette and ancient Rome also appear, so this is the first time that an entire episode was devoted to foreign historical cuisine. [6] Coren has said that he and Perkins are reluctant to make a third series (Sue and I can't sit at the tables anymore, pulling faces and making smart comments about food) but that the duo are likely to continue working with each other on the BBC. [4] Title Description Original Air The Supersizers Eat... The 1980s In the first episode, Giles and Sue investigated the country's diet in the 1980s. During the show try nouvelle cuisine, microwave meals, Viennetta, Champagne and Pop-Tarts, along with other typical meals from the 80s. Guest quest comments Jeffrey Archer and Ken Livingstone. June 15, 2009[7][8] The Eat Supersizers... Medieval Coren and Perkins take on the role of a Lord and The Lady of the Mansion in medieval England. With the help of chef Martin Blunos, organized at Penschurst Place. Coren thought the party of this period offered the best food in this series, a cockatrice, an imaginary bird made from the front of a turkey and the back of a pigstick, and the worst very dry peacock meat. [4] They were joined by guest restaurant Michael Portillo. June 22, 2009[9] The Supersizers Eat... The French Revolution The Supersizers experience the lives of Marie-Antoinette and King Louis XVI, devour a 5,000-calorie breakfast feast, try the exotic new plant madness, potato, and also observe the restaurant's advent. They were helped by French chef Mickael Weiss July 6, 2009 The Supersizers Eat... The Roaring Twenties Giles enjoys a breakfast of boiled eggs, toast and potted shrimp, while Sue does with vitamin pills and laxatives as diet fashion begins. Then they drink cocktails at The Ritz. July 13, 2009 The Supersizers Eat... The Fifties Eating subject to rationing, celebrating the Coronation of Queen Elizabeth II, American youth culture and a picnic by the road. Guests include Marguerite Patten. July 20, 2009 The Supersizers Eat... Former Rome Senator Giles Coren and Virgin Vestal Sue Perkins travel back to 44 BC-80AD for a journey through the early days of ancient Rome July 27, 2009[10] Special Title Description Original air date Giles and Sue's Royal Wedding Giles and Sue assume the roles of a modern prince and his dying princess at every step of the wedding planning process , culminating in a seven-course breakfast prepared by Mickael Weiss, head chef of Coq d'Argent. April 27, 2011 Foreign versions So far, the only foreign version of Supersizers is the popular Swedish tv show Historie-tarna (The History Eaters), shown on SVT. [11] Unlike the British show, the show had a third season, after Lotta Lundgren and Erik Haag as they live and eat in Swedish time periods from the 16th to the 21st century. The show also spawned a 24-episode Christmas special (or Advent calendar) for children in 2015 called Tusen r till julafon (sv) (One Thousand Years on Christmas Eve). Due to a legal conflict with Fremantle's media and later Sony over who owns the legal rights to the series, the Christmas special will not air again. References to b c Edwardian Supersize Me. BBC Four. Archived from the original on 13 November 2011. Consulted June 5, 2008. Roberts, Rachel (June 10, 2009). Interview: Sue Perkins and Giles Coren - Gluttons for punishment. The Scotchman. Retrieved 20 June 2009. Https://www.bbc.co.uk/programmes/b010tbjv a b c Fletcher, Alex (June 12, 2009). Giles Coren (The Supersizers Eat...), Digital spy. Retrieved 26 July 2009. BBC Two Spring/Summer 2009: Programmes O-S. O-S. Two press offices. April 22, 2009. Retrieved 27 April 2009. TV Scoop: Coming soon... The Supersizers Eat... BBC Two. Scoop TV. April 20, 2009. Archived from the original on 3 November 2013. Retrieved 27 April 2009. Network TV Programme Information BBC Week 24 Unplaced Week 24. BBC Press Office. February 10, 2004. Retrieved 4 June 2009. Programs - The Eat... Supersizers, Episode 1. BBC Two. Retrieved 11 June 2009. Supersizers Come... Medieval - Monday, June 22 - Program Details. Radio Times. Retrieved 11 June 2009. [link dead] Network TV Programme Information BBC Week 29 Monday 20 July 2009. BBC Press Office. July 20, 2009. Retrieved 29 July 2009. Comic-tarna. SVT (in Swedish). 2014. Retrieved 13 June 2014. External links Edwardian Supersize Me - BBC programmes The Supersizers Go... - BBC programmes The Supersizers Eat... - BBC Giles and Sue's Royal Wedding programmes - BBC Coren programmes, Giles (15 May 2008). Dinner? It was historic. The Times. Archived from the original on 11 October 2008. Supersizers go... in IMDb Retrieved The sixth and final episode of The Supersizers Go was dedicated to the Regency period, the time of Jane Austen and the milkman, gluttonous, foppish, who sets The Prince Regent trend, later George IV. Once again, Giles and Sue play a middle-class couple of the day - he is a small landowner with an inheritance of about 50,000 pounds - but instead of being married as in other episodes they are brothers. This is so that they can portray the difficult condition of a single woman (Sue) without much of their own income. The cold and sometimes horrified expressions on the faces of their aspiring suitors reacting to their desperate advances seemed a little too genuine. Here he is trying to hold on to a gentleman. Despite the elegance and relative comfort of the time for nobility, factors such as the Lockdown Act that prohibited anyone but landowners from hunting on land (anyone else was guilty of poaching), poor harvests and high taxes lead to food disturbances and famines. It was a desperate time for the poor. The episode only played slightly on this facet of La Regencia society, however, and concentrated on the frivolous lifestyle of the rich. (The scene in which Sue goes around the 'poor' distributing the leftovers reminded me of the scenes in Little Women where the girls go to poor German or Irish families and give them baskets, which are made up of their own wrapped food. Granted, Little Women was written in the second half 19th century and is set in New England, but the feeling seems to be the same. And it's very uncomfortable to read or look with modern eyes, or at least with my eyes. I was not born to act noblesse oblige.) At the beginning of the period, the English were at war with the French, French, all French foods and drinks (especially the dear claret) were banned from dinner tables. Instead, people in food that are even now recognized as very English: roast beef, Yorkshire Pudding, little, and so on. Later after Napoleon was defeated, French food was again politically correct, and the Prince Regent hired Marie-Antoine Carême, who is still regarded as one of the greatest chefs of all time. Just looking at the English menus in front of the French menus, it's no wonder that French haute cuisine became so revered. (Although surely the 'very English food' was not so bad?) A lot of things about this period were quite familiar to me, mainly I suspect all the hours I've spent watching Jane Austen dramas. (I have read Pride and Prejudice, but I admit never to have read your other books.) Even the ofal didn't seem so bad - I guess sweet bread is the closest thing to that, but it turns out I like sweet bread (it's pretty bland and soft, and it's usually fried until crispy on the outside in butter). The mandatory Animal Head Dish was a small boar stuffed and made (although they probably used a pig)... looked pretty cute. Here Sue takes a good slice of snout. Most of the food seemed pretty edible really, if a little heavy. I'd be happy to eat things like roast beef with Yorkshire pudding, little and ice cream, albeit in smaller quantities and with more vegetables. And now I finally know what the hare is. (It's chopped rabbit meat cooked with herbs and stuff in a jug that is hunted in a tub of hot water.) Other things about this episode: The lead chef was TV chef Rosemary Shrager, who is a very funny lady to watch. If you've never seen her, she's like the Fat Ladies, but down the ground. The chef of the 'restaurant' was Mickael Weiss of the London restaurant La Coq d'Argent, who also appeared in several other episodes. Exotic fruits were grown in greenhouses by the rich, and were highly desirable, as were imported nuts such as pistachios. Giles had an inheritance of 50,000 pounds, equivalent to 2.5 million euros today. I returned to Pride and Prejudice to compare this to what Mr Bingley and Mr Darcy had - Mr Bingley had an annual income of 4,000 pounds, while Mr Darcy's income was more than 10,000 pounds. No wonder Mrs. Bennett went crazy from her daughter's perspective 'catching' Mr. Bingley, and Mr. Darcy must have astonished her once she found out. Here's a great page with a chart comparing Regency's and current money figures, which seem to differ a little from what's indicated in but you can get a general idea. The cheese was quite maggotty... (but such cheese still exists in Sardinia!) Instead of French wine, people drank port (from Portugal), sherry (from Spain) and German wines. Drinking and bathing in mineral water (especially in Bath) was very popular for health. Many men suffered from gout, a very very very Disease. A single woman with no income of her own really had it difficult when it came to life prospects. There was a best-selling prostitute guide called Harris's List of Covent Garden Ladies. Sounds very useful. List of foods and drinks consumed in this episode Breakfast Toasted Bread Turtalong (breads that look like mini-bagels) Marmelade Jam Hot Chocolate Tea seed cake (complained of the weakness of tea... it seems that Sue Perkins prefers the dark tea strength of the buidler Cena Taken at any time between 11 a.m. and 2 p.m. First course: roasted mackerel with roast beef herbs (very well cooked) Yorkshire Pudding Spinach Wow-wow Sauce (sauce made with pickles, onions and port) Port Sherry Second Course: Arpa Jugged (cut bunny mixed with herbs and steamed in a jug for three hours) Deer beet pancakes in potted Asparagus Trifle German Wines Supper By the light of trendy candles , about 10PM Cold roast beef Sweet bread Apple bread English cake Rarebit (cheese on toast soaked in port) Stewy Celery Port Sherry Giles' breakfast in bed, as prince regent ate a large meatloaf with 2-3 pigeons and Champagne beef Port Moselle Claret Laudanum to kill pain (Prince Regent suffered from gout and became morbid obesity. His nickname in the press was the Prince of Whales.) Take the waters in the water of Bath Spring to treat what affects you with ice cream (flavors include brown bread, Parmesan, cinnamon, pumpkin, cardamon, nutmeg, tea) Lunch at the Inn on the way to London (Luncheon, also called Noonshine, was the precursor to lunch) Stilton cheese with optional maggots Cheddar cheese with cheese mites Sausage Meat Bread sparhors salad A patriotic meek dinner with members of the Sublime Society of Beefsteaks This is supposed to be a patriot, anti-French statement. The Society is still alive and well, apparently. (I confess, I instinctively wanted to hit my foot across the screen and kick these geezers for some reason.) Shallots Beetroot Beef Steaks Baked Potato Cheese at Port Stout Toasted Mustard Dinner at Marie-Antoine Carême First Course: Potage de Bisque a la Régence Pain de Volaille Champagne Sherry Second Course: Bure de Sanglier en Galatine (boar head stuffed and dressed, with jellies and fried cockatoos) Bêtelets a la Royale Saumon a la Rothschild (salmon poached in champagne with truffles) Chartreuse More Champagne Dessert : Pièce Montée (an elaborate sugary centerpiece) Strawberry Soufflé Meringues Marzipan Fruit Vol-au-Vents a la Neslé (a tasty puff pastry, with a surprise inside the rooster testicles, an Afrodiay) Even more Champagne Byron's Breakfast before a duel Apparently Byron was a and anoxic obsessed with this weight. Betting snack Where Giles plays his family fortune Sandwiches (meat among slices of bread, invented by hardened hardened Lord Sandwich) Giles in debtor prison A Cheshire pork pie, brought by Sue (to last several days) Port Ball to celebrate coronation (1821) Preliminaries: Sue massages her head with raw eggs and delivers a face of milk and lemon hoop, then rinses her hair with Ball Supper rum: For starters: Brandy and claret punch White Soup , veal, Bacon, Bacon, Almonds, Macaroni) Main: Hare Cake at Jelly Chicken Hogs Tongues Petit Pasties of Veal Collared Beef Pyramids of Crayfish (in jelly) Asparagus Sandwiches Artichoke Bottoms Triffles Sweetmeats Champagne Claret Sherry Hock Port Dessert: At the end of the Supersizers Go There are three things that will stay with me after watching the Supersizers Go series. Rich English people over the ages used to eat a lot. From. Meat. Gelatin (leaves or powder) must have been a revolutionary invention. Giles Coren looks fantastic in period costume. I think his best periods were Elizabethan and Regency. (It looks pretty ordinary in the current outfit.) Here he is enjoying breakfast in bed like a gentleman of the Regency, with his hair on curlers. I'm not sure how much educational benefit there was for the series in the end, but I'm sure it was entertaining. I wouldn't mind seeing another season, sending Giles and Sue to other periods or maybe even other lands. The Greeks? Byzantium? The Ottoman Empire? Vikings? The eighties? Why not? This, of course, concludes my long summaries. I hope you enjoyed them. Supersizers Go recap Filed under: tv bbc nutrition nutrition

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