

ISSUE 001

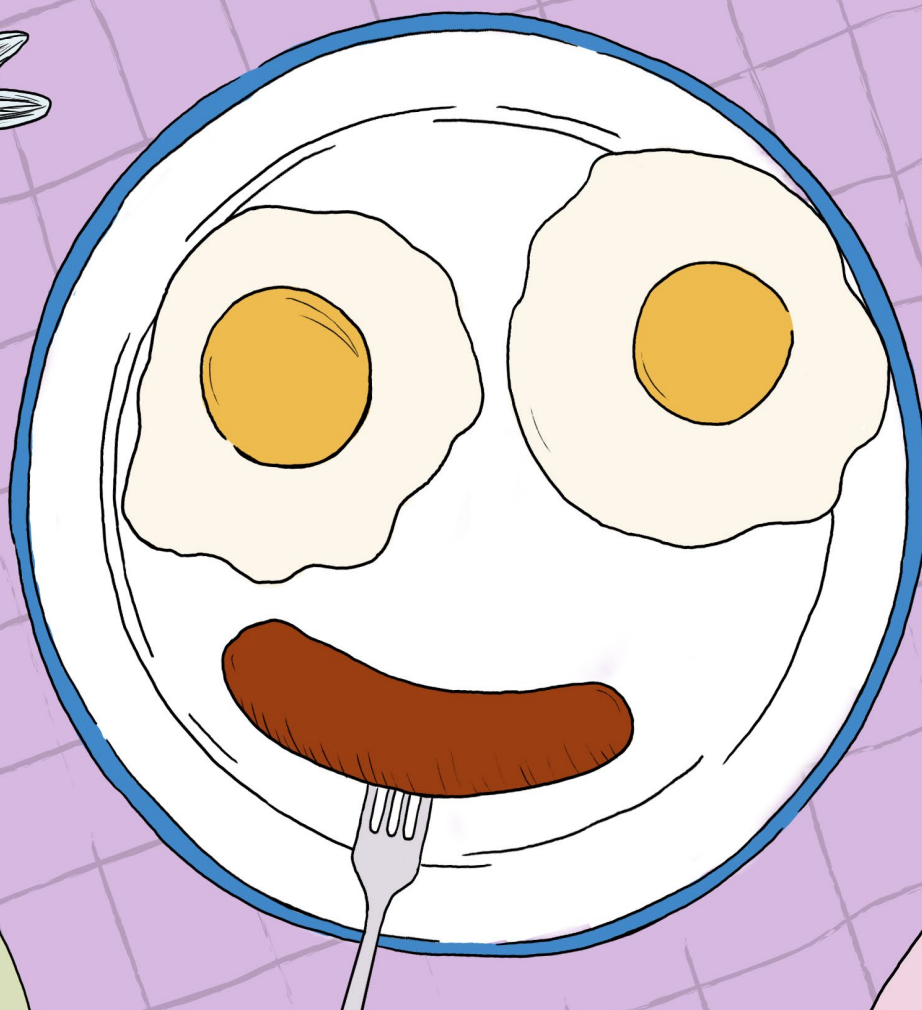
Premier Inn
Rest easy



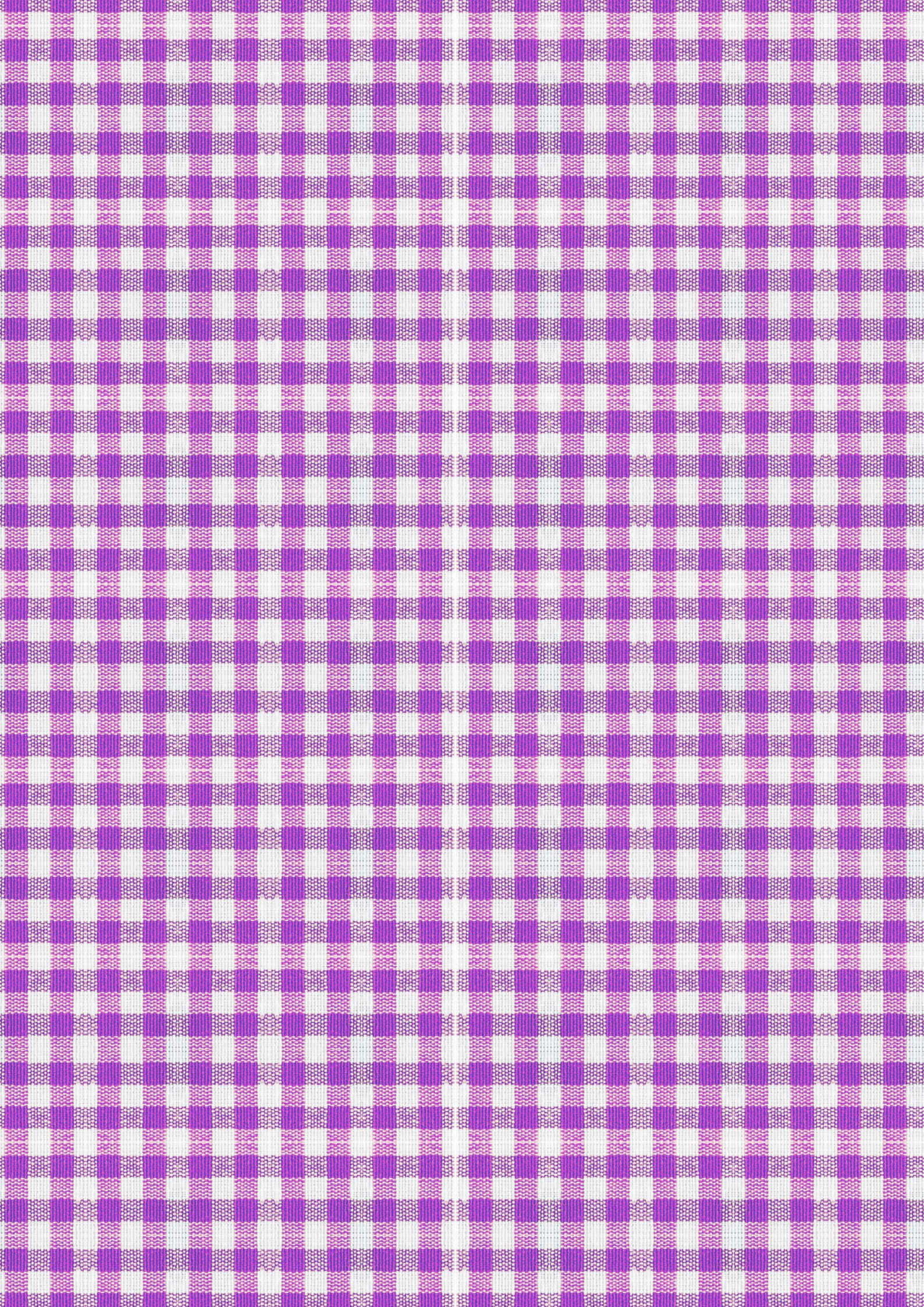
HOLIDAY GUIDES

A EUROPEAN DISPATCH

TO
THE UK BY THOSE WHO KNOW IT BEST. EUROPEANS!



UK FOODS



WELCOME

BY ANDRÉ, FROM PARIS

WE FRENCH KNOW FOOD. It's a part of our culture and everyday life. From the croissant to coq-a-vin we have a dish to suit any palette - and we have led the culinary world for centuries...

...and that's why I holiday in the UK.

That's right. I might j'adore la cuisine français... but you British have so many special dishes I love, I make sure to beeline for your shores at the earliest opportunity every single summer.

And frankly, you British don't know what you've got on your doorstep. All that stuff about you lot travelling the world and forgetting to bring back any of the spices? Total rubbish.

From pies and pasties and soups and sweets, to ancient delicacies and modern treats...there is a whole world of UK food out there worth travelling for. And a range that cannot be matched anywhere in the world.

You might have dismissed these foods as a bit naff or not as delicious looking as what we have going

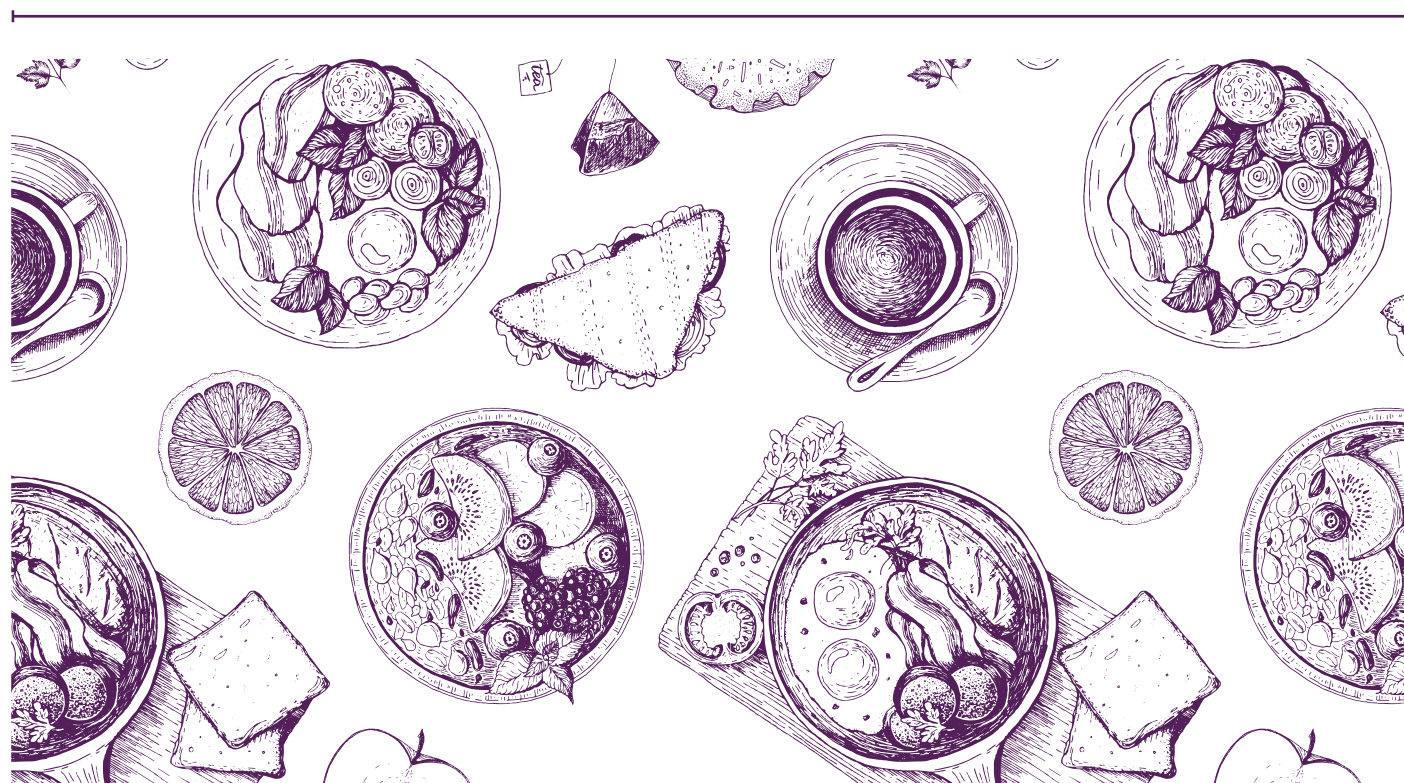
on in France – but the millions of French who travel to the UK every single year would disagree!

I hope, mon ami, that after reading this European dispatch on UK food, you will be inspired to rate what's on your plates, and come to see that so much of what you have dismissed are in actual fact delicacies worth travelling for that rival anything in my beloved France.

I know that I certainly enjoyed my journey across the UK seeking all those 'lovely jubbly' delicacies out. Let's tuck in! ■

REGIONAL DELICACIES

FANCIFUL FOODS AND WHERE TO FIND THEM



AH! THE REGIONAL DELICACY. Sometimes tasty, other times bewildering. Always an incredible holiday experience.

I know that back in my humble French hometown tourists often pop into local cafes for our local onion soup. I've shared with those tourists my recommendations of where to have the best, even if I never personally felt it was worth travelling for...but then again when you have things in front of you

your whole life, it is hard to appreciate them.

Something that is very true of you Brits. Your famous self-deprecating humour had me believe, on my first visit to this land of changeable weather, that there was nothing worth eating. That there were no delicacies to be found. Besides, perhaps, a bar of Cadbury chocolate, or a newspaper full of fish and chips by the sea.

But, after journeying across every corner of the land, I know for a fact that is not the case!

It seems like every region of the UK has a unique delicacy, with a unique history, and a very unique taste. And yet it seems that more of my fellow Europeans have tried and fallen in love with these dishes than you British have even heard of!

Well, it's time to change that!

BATH AND THE SOUTH-WEST



The West Country...this may be my favourite place in the UK if I was ever to pick one. It's full of history yes, but every town feels like it is overflowing with vibrancy. It is the land of rolling fields, cider, and in Bath – one of the world's greatest and least known delicacies: The Bath Bun. It's a beautifully large scone-type bun. And did we mention it comes in sweet and savoury flavours?

To tuck in, visit:

Sally Lunn's, Bath

sallylunns.co.uk

CORNWALL

Ah, Cornwall. One of the world's most picturesque places. It makes sense that it has an equally visually striking dish would hail from there: Stargazey Pie.

This whimsical dish features protruding fish heads, gazing up at the sky. But don't worry mon ami, the filling isn't simply star-gazing pilchards. It's also packed with boned fish, eggs and potatoes. Hearty fare that pairs well with a good old pint.

Make it at home: [BBC food](http://BBC.co.uk)

Or visit where it was invented:

shipinnmousehole.co.uk



BRIGHTON



Brighton! Las Vegas of the British Isles. It makes sense that a place as popping with vibrancy and bright colours would have a delicacy reflective of that: Brighton Rock. It's a classic piece of British confectionary to rival any French sweet or Swiss chocolate. Simply a must.

To tuck in, visit:

Charlie's Sweet Emporium, Brighton

[Instagram: charliesbrighton](https://www.instagram.com/charliesbrighton)



LIVERPOOL

Ever wondered where the term 'scouse' or 'scouser' came from to describe people from Liverpool? The link is a little odd when you think about it.

Until you learn of course that they're named after an incredible regional delicacy called 'lobscouse'. A hearty beef, mutton and vegetable stew once so popular it birthed the regions famed nickname.

To tuck in, visit:

The Wellsford Bistro at Liverpool Cathedral, Liverpool
liverpoolcathedral.org.uk/visiting-us/the-wellsford-bistro



EDINBURGH

The capital of Scotland is a place of myth and history. How appropriate that it is also the best place to enjoy a delicacy which could be described in the same way. The Haggis.

Far from being the scare-filled foodstuff that American television would have us believe, it is a delicious dish that everyone needs to try once. And then again, many, many, times.

To tuck in, visit:

The Royal McGregor, Edinburgh
kingdomtaverns.co.uk/venues/royal-mcgregor



LONDON

The capital of this historic sea-faring nation is home to two fish-based delicacies that simply must be tried: Eel Pie and Jellied Eel.

Don't let the name of the latter fool you, it's far from being a sweet treat! it's a classic working person's savoury dinner. While it's somewhat of a rarity these days, those places that do serve it have perfected the art.

To tuck in, visit:

M.Manze, Bermondsey, London
manze.co.uk



MANCHESTER

Manchester, one of the great northern cities, so often shrouded in weather that makes its gorgeous mix of gothic and modern architecture even more striking. No wonder it's home to a sweet treat sure to brighten any day: The Manchester Tart.

It's a shortcrust pastry shell, spread with raspberry jam, and a custard filling, topped with flakes of coconut.

To tuck in, visit:

Robinson's Artisinal Family Bakery, Manchester
 Instagram: [robinsonsbakery](https://www.instagram.com/robinsonsbakery)



YORKSHIRE

The land of rolling hills and sheep has much more than just world-class views on offer.

It's home to the famed Yorkshire Pudding. Despite the name, these iconic northern baked goods aren't sweet. But still remain... the perfect treat. Best paired with a Sunday roast with full trimmings, or baked with sausages to make Toad in the hole.

To tuck in, visit:

The York Roast Co., York
theyorkroastco.com



NEWCASTLE

A city of ale, football, and fish. Newcastle is home to 'Craster Kippers' an incredible dish of smoked herring, that is soaked in brine before being hung for around sixteen hours.

After smoking the fish has a distinctive tan/golden colour and is usually eaten with some buttery toast and a cup of tea

To tuck in, visit:

L Robson and Sons, Newcastle
kipper.co.uk

ANDRE'S RECOMMENDATIONS

THERE'S SO MUCH EXCELLENT BRITISH GRUB AVAILABLE regionally. But the dishes that are eaten nationwide are rightly the things us Europeans would want to turn too first on our visits, as they're iconic in their own right.



CREAM TEA

For one of the best, visit

- 1. **The Balmoral**, *Edinburgh*
thebalmoralhotel.com
- 2. **Warren Farm**, *Isle of Wight*
farmhousecreamteas.co.uk
- 3. **Fingle Bridge Inn**, *Drewsteignton, Devon*
finglebridgeinn.co.uk
- 4. **Fortnum and Mason**, *London*
fortnumandmason.com/afternoon-tea
- 5. **The Secret Garden**, *Mersham le Hatch, Kent*
secretgardenkent.co.uk

FISH AND CHIPS

For one of the best, visit

- 1. **Alrewas Fryer**, *Burton-on-Trent, Staffordshire*
- 2. **Auckley Friery**, *Doncaster, South Yorkshire*
- 3. **Burnham Fish and Chips**, *Slough, Berkshire*
- 4. **Callaway's Fish & Chips**, *Dorchester, Dorset*
- 5. **East Coast**, *Musselburgh, East Lothian*

THE FULL ENGLISH

For the best 835 breakfasts in the world, there's Premier Inn. There's one in every region:

- 1. **Premier Inn**, *Llanelli Central East*
- 2. **Premier Inn**, *Glasgow (Cumbernauld)*
- 3. **Premier Inn**, *Manchester City (Piccadilly)*
- 4. **Premier Inn**, *Belfast City (Alfred Street)*
- 5. **Premier Inn**, *London County Hall*

OUR TOP PICKS

CREAM TEAS

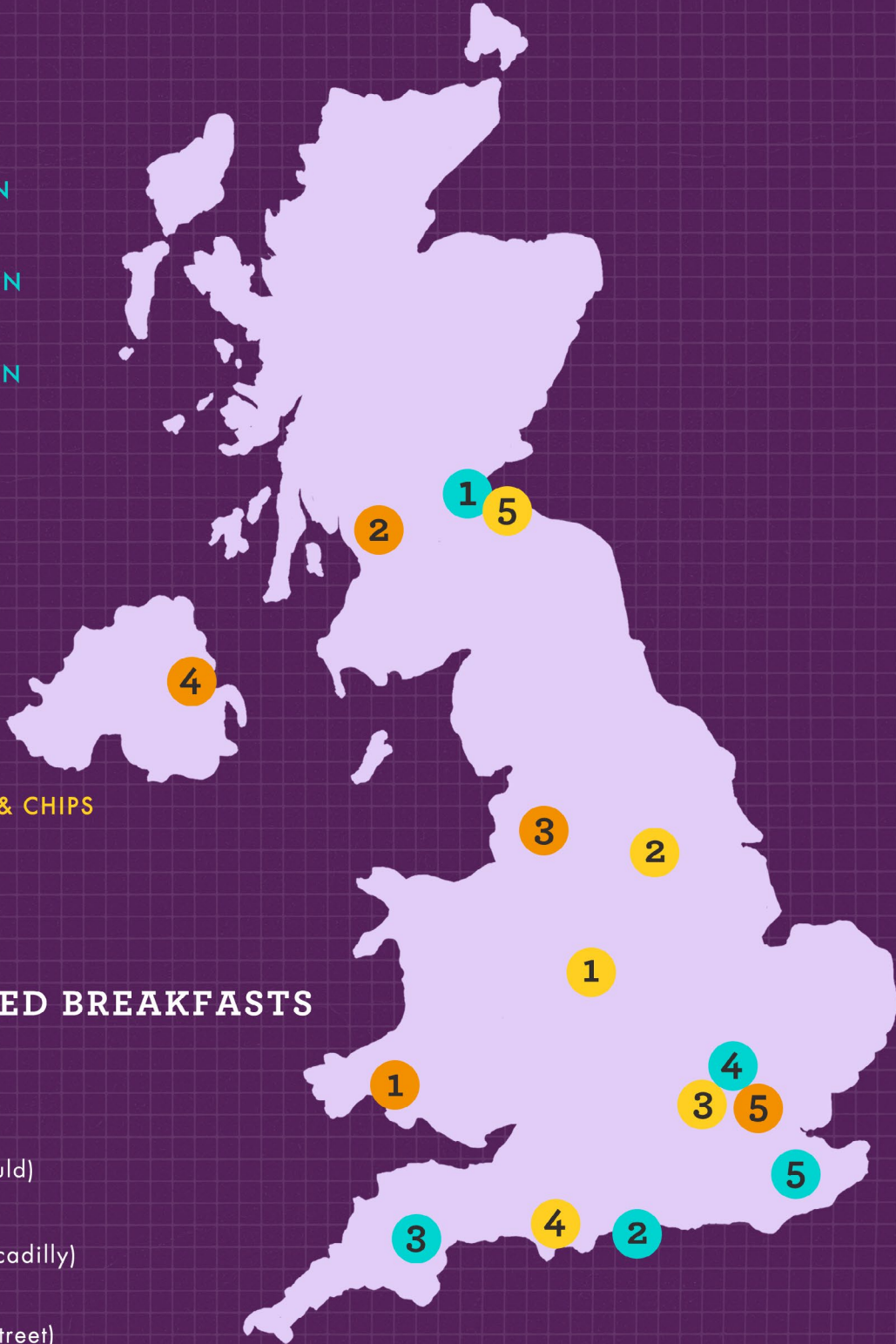
- 1. **THE BALMORAL**, *Edinburgh*
- 2. **WARREN FARM**, *Isle of Wight*
- 3. **FINGLE BRIDGE INN**, *Devon*
- 4. **FORTNUM & MASON**, *London*
- 5. **THE SECRET GARDEN**, *Kent*

FISH & CHIPS

- 1. **ALREWAS FRYER**, *Burton-on-Trent*
- 2. **AUCKLEY FRIERY**, *Doncaster*
- 3. **BURNHAM FISH & CHIPS**, *Slough*
- 4. **CALLAWAY'S FISH & CHIPS**, *Dorchester*
- 5. **MUSSELBURGH**, *East Coast*

PROPER COOKED BREAKFASTS

- 1. **PREMIER INN**, *Llanelli Central East*
- 2. **PREMIER INN**, *Glasgow (Cumbernauld)*
- 3. **PREMIER INN**, *Manchester City (Piccadilly)*
- 4. **PREMIER INN**, *Belfast City (Alfred Street)*
- 5. **PREMIER INN**, *London City (Old Street)*



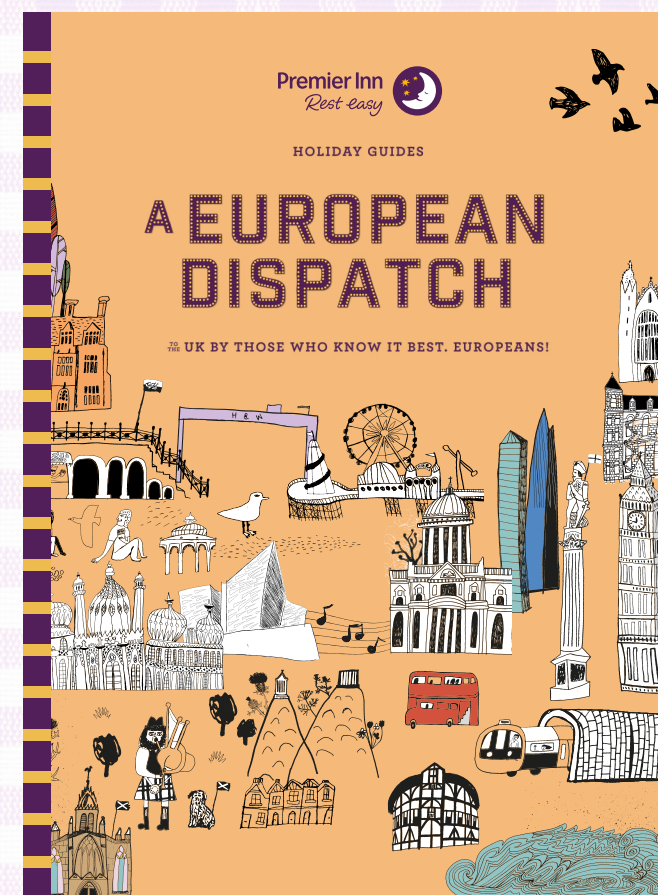
AU REVOIR!

J' restaurant I have included here – food always makes good memories – and the food I have discovered while travelling these lands has been the most memorable for me, ever.

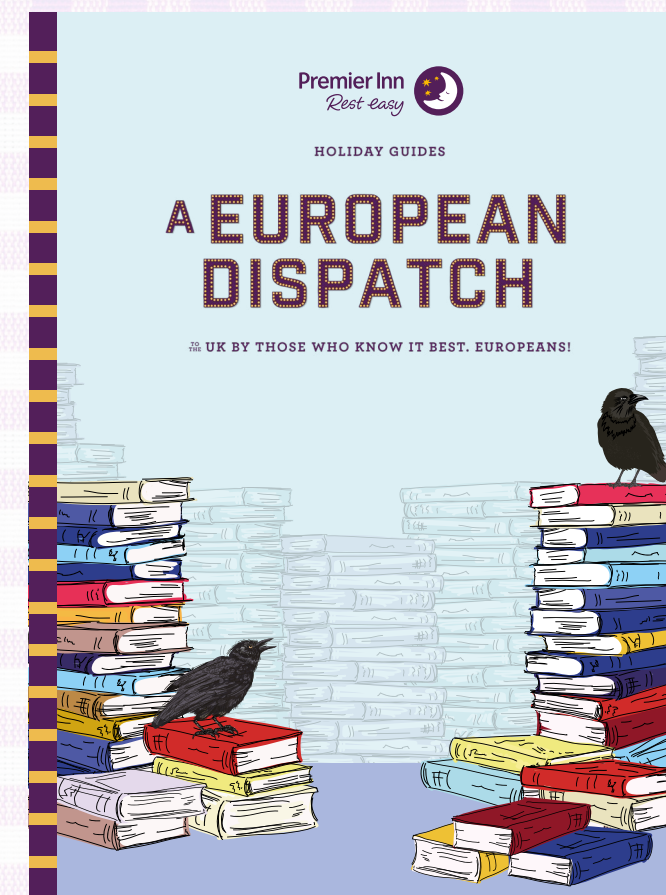
From the weird and wonderful, to the sweet that takes me back to my childhood years, there is something for everyone.

You Brits need to hit the road and try these places for yourselves.

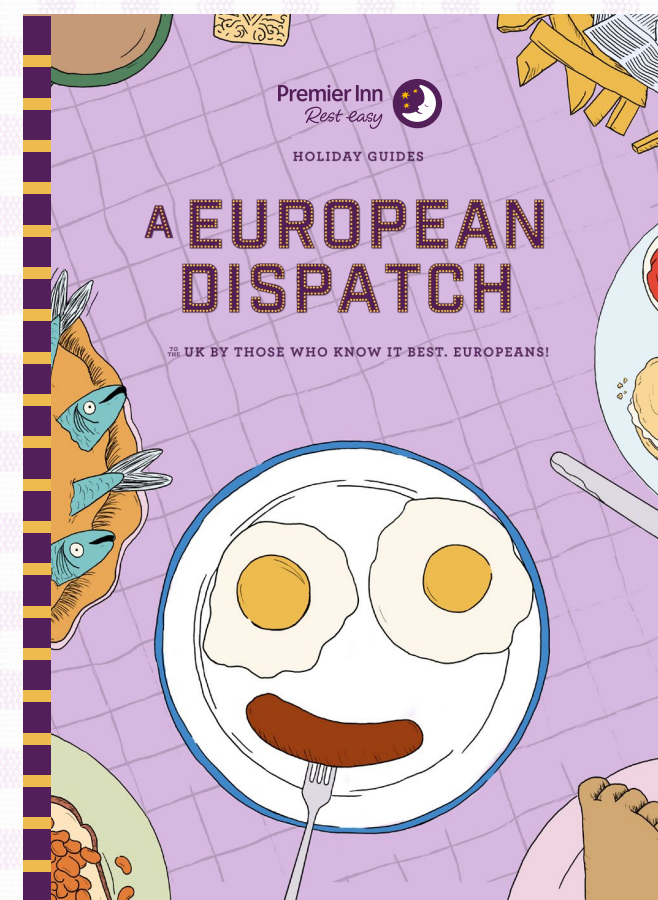
But be quick sharp this Summer! The millions of us Europeans who travel to these shores every single year to enjoy these delicacies will soon eat them all up if you are not careful. ■



ON UK ART & CULTURE



ON UK HISTORY



ON UK FOOD

COLLECT ALL
THREE ISSUES OF

Premier Inn
Rest easy 
HOLIDAY GUIDES

**A EUROPEAN
DISPATCH**

TO THE UK BY THOSE WHO KNOW IT BEST. EUROPEANS!

AVAILABLE ONLINE

ANDRÉ
« LA FRANCE »



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