

1 Indian food is great in Britain

- Host:** Welcome to *Food Around the World*. Today we are talking about Indian food in Great Britain and our guest is Professor Arjun Gupta. Indian food has become very popular in Great Britain and many people think that a curry is a British dish. How did it all start?
- Professor:** Well, it started more than 200 years ago, when British people got interested in Indian food and started trying it. To begin with they found it strange and too hot. When they cooked Indian dishes, they didn't put so many spices in them. It wasn't easy to get all the ingredients. Some things you couldn't buy in Britain.
- Now there are restaurants in Britain that serve food which is like the food in India. India is a big country and there are many kinds of food. Chicken Tikka Masala was the first Indian dish that became popular in Great Britain, but it isn't from India. Some British people wanted sauce with their Chicken Tikka, and an Indian cook added a Masala sauce. It's made with yoghurt, coconut cream and many different spices. Indian Chicken Tikka became Chicken Tikka Masala.
- Host:** I see. So, when did Indian food get popular in Britain?
- Professor:** About 60 years ago. Indian people who moved to Great Britain wanted to eat their own dishes. They brought a lot of Indian food with them. They also opened restaurants. Going for a curry or having an Indian takeaway became more and more popular.
- Host:** How about today?
- Professor:** Well, today, Indian food has become an important part of British food culture. I think it's great that people can choose from so many different kinds of food.
- Host:** I agree with you Professor Gupta. Thanks for joining us today. Next week our topic is Turkish food in Germany.