

NOT-FOR-PARENTS

LONDON

Everything you ever wanted to know

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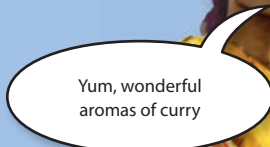
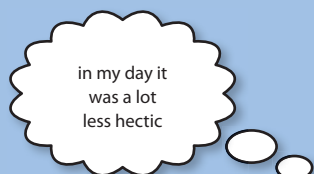


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NOT-FOR-PARENTS


THIS IS NOT A GUIDEBOOK. And it is definitely Not-for-parents.

IT IS THE REAL, INSIDE STORY about
one of the world's most famous cities – London. In this book you'll hear
fascinating tales about famous and infamous people,
creepy underground places,
dark history and strange characters galore.

Check out cool stories about **graffiti artists**, murdered princes
and people from all over. You'll find royalty, **punks** and sleuths,
and some amazingly **weird food**.

This book shows you a **LONDON** your parents
probably don't even know about.



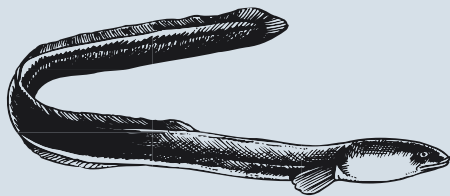


I'm outta here.
I hate jelly.

I wouldn't even
eat me.

BELLY UP!

When you have no money to buy food, and no land to farm, what do you do? You catch some squirmy eels from the local river, boil them up, let them cool and then eat them. If you can get past the slime factor, eels are good for you.



YUM!

JELLIED EEL RECIPE

Ingredients (serves 4):

Two freshwater eels cleaned, gutted and skinned, 1½ cups water, 5 tablespoons white wine vinegar, 10 black peppercorns, 1 bay leaf, salt and a knob of butter.

Method:

Chop the eels into pieces about 5cm (2 in) long.

Grease a casserole dish with the butter.

Put the eel pieces in the dish with the rest of the ingredients and season with the salt.

Put the lid on the casserole dish and bake in the oven at 170°C (325°F) for about an hour.

Let the eel and its liquor cool before putting it in the fridge overnight until the liquid has jellied.

Cut the slime
with spicy chilli
vinegar.



First fast food

Jellied eel is the original London fast food. Cockneys were the first to put jellied eel on the map. They caught the wriggling delicacy in the nearby Thames.



Eel coupons

In World War II food was limited and even eels were scarce. Shoppers were given coupons to use instead of money, so that everyone had a fair share of the food available.

Mash it up!

It's not a London meat pie and mashed potato without mushy peas or a green sauce that looks like it came from an alien's nose (but is really leftover eel juice mixed with parsley).



Bean there...

To start your day the London way, have some baked beans with your eggs, bacon, toast and tea.

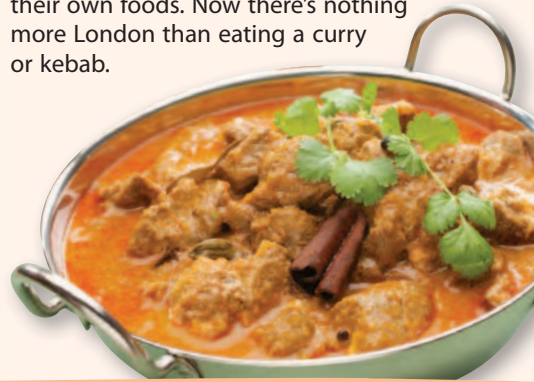


Frying times

Fish n' chips is a longtime local favourite. In wartime, when other foods were hard to find or cost too much, Londoners could still get fish n' chips from a 'chippy'.

The world on a plate

People moving to London from other parts of the world have introduced their own foods. Now there's nothing more London than eating a curry or kebab.



WANT
MORE?