



[Micki Wagner](#)

Follow

Credit: Author



[At University of Missouri](#)

I Came, I Saw, I Consumed: The Best Things I Ate In London And Edinburgh

 [Pin It](#)



Add to Collection

To add this article to a collection, you must be logged in.

Login Now

Collect

Jul 18, 2016

It was a wild ride.

On a recent trip to Great Britain, I discovered that their food is not far off from America's. I'm from the Midwest, so I'm used to meat-and-potato meals, and I found that the U.K. does a lot of that. But there were some stand-out dishes that I want to tell you about. Brew a cup of something hot and sip along as I take you on a tour of London and Scotland's most delectable eats.

London

To be completely honest, the food in London was hit or miss. What I can say, though, is that all the drinks were good. Disclaimer: The legal drinking age in the U.K. is 18, so consuming alcoholic beverages over there was legal for my 20-year-old self. Just in case you were worried.

Best Pub Grub: Bangers and Mash

In Covent Garden's market, there is a dark little pub, called Punch and Judy. This pub is home to a killer bangers and mash. Now, if you don't know what bangers and mash is, it's incredibly simple. Basically just pork sausages with mashed potatoes. But Punch and Judy elevated this working man's meal by lovingly putting three succulent pork sausages atop the velvety, smoothest mashed potatoes I've ever had and then smothering the mash in a deep, meaty gravy. They finished it off with caramelized sweet onion relish. The perfect bite was when all the components came together: the sausage, the mash, the gravy, the onions. It was silky and meaty, tangy and salty, slightly sweet, and altogether luscious. I'm salivating just thinking about it.



Best Dessert: Sticky Toffee Pudding

The Alchemist was hands down the coolest restaurant my travel partner (and best friend) discovered on the whole trip. And it was totally by accident. We were lost coming home from the Tube station one afternoon and ended up passing by it. It took us 45 minutes to find it again when we came back for dinner that night, but it was totally worth it. Because dessert. Oh yeah, I'm talking *sticky toffee pudding*. A warm golden cake just dripping in a gooey caramel sauce, with a scoop of vanilla ice cream melting over it. This dessert is an experience. It's a beautiful mix of sensations. Somehow it managed to be cold and hot and light and decadent all at once. Sticky toffee pudding is the Big Ben of British desserts. And rightfully so.



Best Drink: Raspberry Cooler

Let me start by telling you Perkin Reveller, which is located right next to Tower Bridge, makes a crap fish 'n' chips. I've had better fish 'n' chips in the States. So that was a bummer. But now that I've gotten that off my chest, let's talk about their raspberry cooler. Unlike their fish 'n' chips, their raspberry cooler was mesmerizing. Essentially, it was a virgin mint mojito with raspberry added into the mix. Tangy, with a hint of sweetness from the raspberry and a refreshing coolness from the mint, this drink was everything I didn't know I needed in my life.



Edinburgh

Surprisingly, I had better food in Scotland than in London. I say "surprisingly," but the truth is I had unrealistically high expectations for London and none whatsoever for Edinburgh. So I left more room to be pleasantly surprised in Edinburgh. Either way, Scottish food was strange by American standards, but very tasty and better seasoned than that of its English counterpart. It was weird, but I would eat it all again.

Best Pub Grub: Haggis

On our last night in Scotland, I ate the only food left on my list at a high-end pub called the Mitre. The Scottish classic that has turned American stomachs for ages: haggis. I'm going to tell you what haggis is, but be warned, it's not cute. Ready? Haggis is ground-up sheep's organs -- primarily lungs, heart, and liver -- mixed with oats and seasonings. I'll give it to you, it doesn't sound appetizing. But when you let go of the idea that it's weird and almost scary-sounding, I think you'd be shocked by how pleasant it actually is. It tasted like the stuffing we eat around Thanksgiving. It was hearty and earthy, but in an autumnal way. Honestly, if I didn't know what it was, I would've guessed it was some sort of Scottish stuffing or a really well-seasoned sausage with the casing taken off.

**Best Dessert: Salted Licorice Ice Cream**

I've already talked about the weird, so this should pale in comparison. Salted licorice ice cream with a chocolate ribbon at a little shop on the Royal Mile called Mary's Milk Bar. Salted licorice ice cream tastes a little like black licorice, but actually it almost had a berry flavor to it. I know most Americans don't like it, but I thought it was great. The ribbon of chocolate syrup running throughout didn't hurt either.



Best Drink: White Hot Chocolate With a Dram

Café Hub, located in a big medieval monument that now serves as an entertainment venue called the Hub, served up one of the most interesting drinks I've ever encountered: white hot chocolate with a dram. In my naivety, I thought "dram" meant marshmallows or whipped cream. Turns out, it's a shot of whiskey. Can you tell that I'd never drunk before this trip? Anyway, the white hot chocolate was delicious. Being that it was windy and in the low 60s that day, hot chocolate was better than a cashmere scarf when it came to warming me up. Of course, the whiskey helped too. The whiskey added an orangey kind of flavor to the drink, as well as a back-of-the-throat burn. That citrusy burn of the whiskey perfectly cut through the creamy luxuriousness of the hot chocolate. When I turn 21 this winter, I might have to recreate it.



What I learned on this trip is that, while Scotland has the stranger food, it was actually the better food when compared to London. As much as something like haggis isn't for the faint of heart, I like to travel by Andrew Zimmern's motto: "If it looks good, eat it."

You Might Also Like

[Here, There, And Everywhere: 5 Songs That Remind Me Of My Travels](#)

| | | |
|-------|-------|---------|
| Share | Tweet | Comment |
| Share | Tweet | Comment |



[Micki Wagner](#)

Follow

St. Louis native, journalism student and TV enthusiast. Currently binging 'Bones'.

Show Comments

Facebook Comments

0 Comments

Sort by



Add a comment...

Facebook Comments Plugin

Related Content

Aug 1, 2016



[At University of South Florida](#)[At University of South Florida](#)

[The Anthems Of My Summer In London](#)

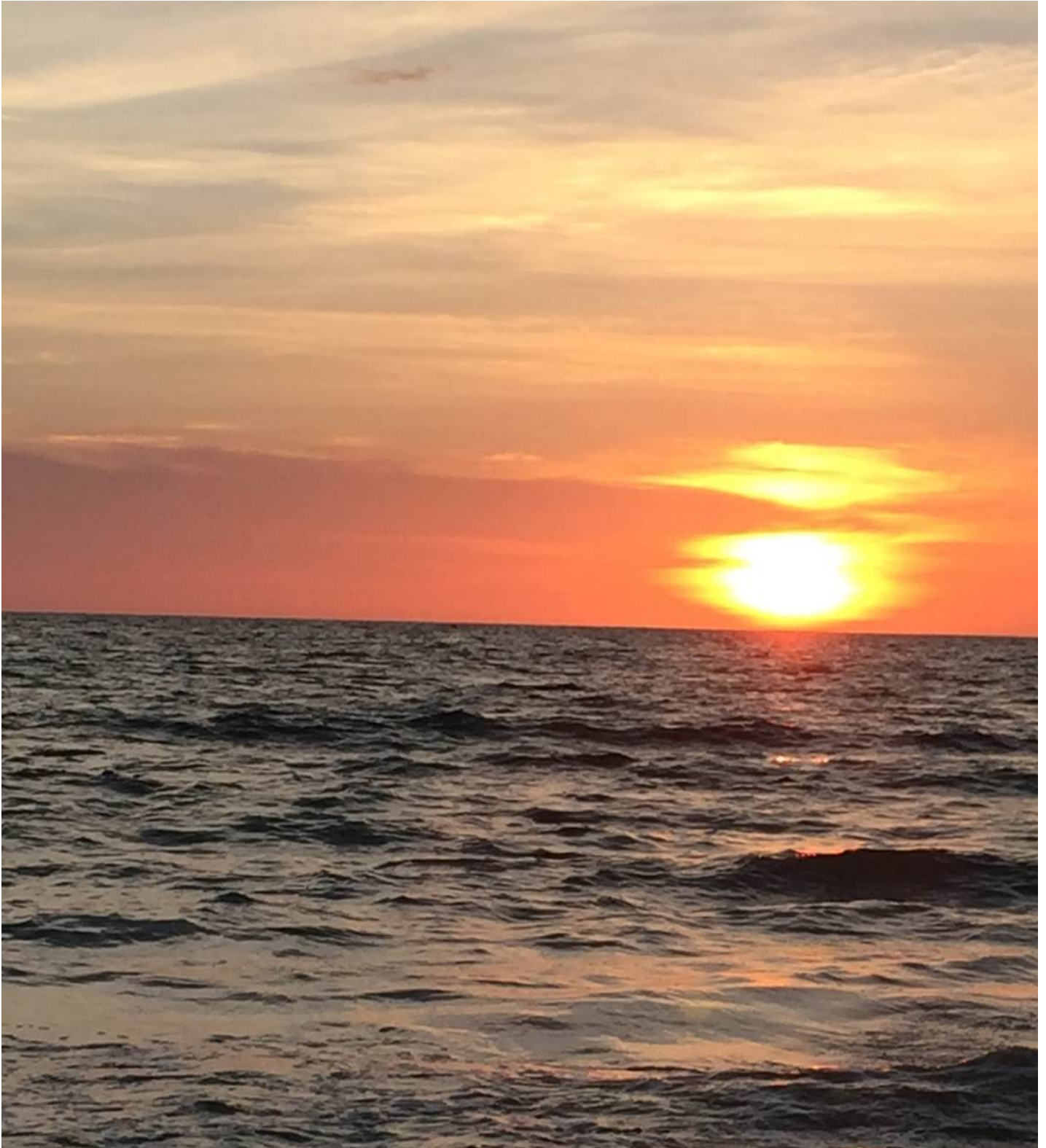


[Saadia Rose](#)

Follow

 **Trending** [At University of Missouri](#)

3 days ago





[At University of Missouri](#)[At University of Missouri](#)

[To The Family That Has Shaped Me Into The Woman I Am Today](#)



[Laura Marie Brusati](#)

Follow

Apr 11 , 2016



[At University of Missouri](#)[At University of Missouri](#)

[8 New Alternatives To The Usual Stress Busters](#)



[Olivia Wright](#)

Follow

Dec 5, 2016



[At University of MissouriAt University of Missouri](#)

[**Cheers To The One-Sided Holiday!**](#)



[Megan Hill](#)

Follow

Aug 8, 2016



[At University of MissouriAt University of Missouri](#)

[What I Learned From Being Average At My Sport](#)



[Siobhan Connors](#)

Follow

Feb 16, 2016



[At University of Missouri](#)[At University of Missouri](#)

[10 Things Millennial Democrats Are Tired Of Hearing](#)



[Olivia Wright](#)

Follow

Dec 26, 2016



[At University of Missouri](#)[At University of Missouri](#)

[An Open Letter To My Brother With Autism](#)

[N](#)

[Nina Hebrank](#)

Follow

Sep 12, 2016



[At University of Missouri](#)[At University of Missouri](#)

[Missing Your Mom At College](#)



[Madison Stanze](#)

Follow

Aug 23 , 2016



[At University of Missouri](#)[At University of Missouri](#)

[The 'Endless' Wait For Frank Ocean's Anticipated Album](#)



[Erin Bruce](#)

Follow

Jul 4, 2016



[At University of Missouri](#)[At University of Missouri](#)

[Make Caring Cool Again](#)



K

Karrington Lauren Scott

Follow

3 days ago



[At University of Missouri](#)[At University of Missouri](#)

A New Challenge for a New Year



H

Halie Dampf

Follow

[MuseRequest to Join](#)[Log In](#)
[AboutOdyssey Community](#)[Careers](#)
[Service Desk](#)[DMCA](#)[Report](#)[Policies](#)