



Travel

BOSTON SUNDAY GLOBE APRIL 18, 2010 | BOSTON.COM/TRAVEL

ENGLAND

Traditions as old as its history
mix with tastes as global as its reach to make
a melting pot



Kebabs on the grill at Mangal, a Turkish restaurant in East London.

JOE RAY FOR THE BOSTON GLOBE



York Minster is a medieval giant of church history and architecture.

LISA HOWARD FOR THE BOSTON GLOBE

LONDON

Nostalgia 'n' mash hot on the menu

BY JOE RAY | GLOBE CORRESPONDENT

My friend Lexy likes to joke about teaching me “proper” English and the finer points of her culture. I am “excited,” she is “chuffed.” For years, she has tried to get me on the football (soccer) bandwagon. Recently she started telling me of the upswing in London cuisine and the mind-numbing goodness of the city’s ethnic offerings. I was leery. Historically, food from the United Kingdom has an awful reputation and a hefty price tag. I couldn’t imagine coming here just to eat.

My skepticism floats away with a bite of takeout the night I arrive. We eat Indian and Bangladeshi dishes from Tiffins Club that use subtlety, heat, and blissful flavor combinations to change my perceptions in a heartbeat.

More surprising is the resurgence of traditional English food. Typical offerings like bangers and mash (sausages with mashed potatoes) and fish and chips are ceding their spots on the menu to food prepared with a respect for tradition and an eye on the modern day. Hopping back and forth between the eastern and western ends of the city, ethnic and traditional come into a unifying whole.

At his West Kensington home, I pose the question of how to learn to love British food to Simon Hopkinson, former chef at London’s groundbreaking Bi-

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YORK

Roman remains, medieval mystique

BY LISA HOWARD | GLOBE CORRESPONDENT

I was disappointed to learn this small, charming city in northern England is not, in fact, the source of New York’s name. Ours was named after the eighth Duke of York (later King James II of England). But even if it is not technically “Olde” York, this city is positively vintage, dating to 71 AD when the Romans set up camp.

In addition to Roman and Viking ruins, visitors can experience England’s medieval past firsthand. Shops and restaurants operate in buildings that were antiques before Shakespeare was born in 1564. In addition to the magnificent York Minster cathedral, 18 medieval churches remain standing, and the city’s medieval walls — complete with macabre history — are some of the most intact in England. Every four years the city hosts the York Mystery Plays (July 11 and 18, 2010) a religious theatrical tradition dating to 1376.

Only two hours by train from London, York makes a perfect weekend excursion or side trip.

FRIDAY 4 p.m. The first thing to do is grab a map (you’ll need it) and pilot yourself around York’s labyrinthine cobblestoned streets and snickelways. Although the city has the usual British chain stores, colorful independents are scattered into the mix. Anti-Gravity offers an intriguing selection of juggling apparatuses; the French House inspired completely irrational thoughts about how

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RICHMOND

With pubs, palaces, and a panorama

By Valerie Gladstone
GLOBE CORRESPONDENT

“Richmond’s great for walking,” says a patron named Bruce, raising a glass of ale. “It’s best for seeing real history, without running into crowds,” counters Alan, who shares a wooden bench with him near the fireplace. It’s

easy to join the conversation at the Victoria, an inn and pub, and the men field my questions about the town with pride.

“What it is,” says John, the bartender, “is a place with everything but the irritations of the city. Now, don’t get me wrong, I love London. But we’ve

got almost everything it’s got.” He takes a moment to enumerate, “Palaces, theaters, parks, gardens, historic houses.” Bruce adds, “Don’t forget the Thames.”

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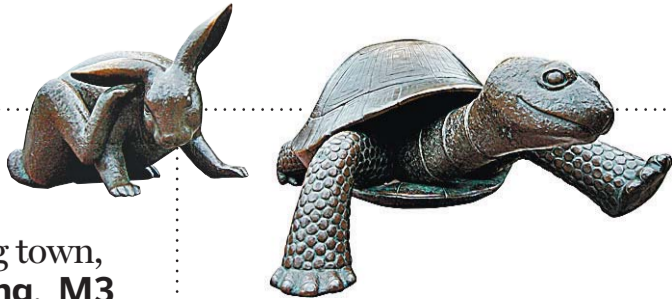
The Royal Botanic Gardens at Kew marked their 250th year in 2009.



WWW.VISITRICHMOND.CO.UK

INSIDE

Millions of years made a lasting impression on a small Wyoming town, now a mecca for fossil collecting. **M3**



EXPLORE NEW ENGLAND

Before or after the marathon, take an easier route through Boston. **M5**

Get up to dawdle and dine in Wiscasset as the lovely Maine village readies for summer. **M5**