

Origins of Boxing Day

Boxing Day is celebrated on December 26th and traditionally was a day used by the rich in Victorian times to box up items they no longer needed and gave to the poor. It was also a day that servants would be given time off to spend with their families. Many would receive a special box of gifts and goodies from their employer as a thank you for their hard work over the year.

Traditional Boxing Day food included not only leftovers, but baked ham, pease pudding , mince pies, as well as a slice of Christmas cake (fruit cake) or other holiday desserts.

In the 18th century, Boxing Day also became a day for aristocratic sports such as hunting, horseracing and shooting. This tradition continues today and includes sports such as football, hockey and soccer.

Finally did you know that there is a nautical tradition related to Boxing Day? Ships that were setting sail would have sealed a box containing money on board as a sign of good luck. If the voyage was successful the box would be opened on Christmas and then given to the poor.

Boxing Day became a national holiday in the United Kingdom and the rest of the British Empire, including Canada, in 1871 and many other Countries follow the custom today.

Pease Pudding

Ingredients:

500g yellow split peas
2 tbsp. olive oil
1 onion, finely chopped
1 carrot, chopped
1 bay leaf
1 thyme sprig
1 tbsp. malt vinegar
30g butter

Method:

1. Place peas in bowl and cover with cold water; leaving them to soak overnight.
2. Heat oil in pan and add onion and carrot. Cook until soft and translucent.
3. Drain peas and add to pan, with the bay leaf and thyme. Cover with 1 liter cold water, bring to boil, and skim off any foam. Reduce the heat and simmer for 2 1/2 hours until the peas are soft. Remove bay leaf and thyme and blend until smooth. Add vinegar, butter, salt and pepper.



Recipe credit: <https://www.bbcgoodfood.com/recipes/pease-pudding>

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