Some Brit favorites: Cornish pasties, Ty-phoo tea and Bisto gravy mix

graphed books by Cedric Dickens, great-grandson of Charles, who writes about British food and drink.

As one would expect, high tea is a high point at Oliver Twist. Served from 2 p.m. to 5 p.m. Monday through Saturday and 2 p.m. to 3 p.m. on Sunday, high tea includes Ty-Phoo, a popular British tea, a selection of finger sandwiches including cucumber and salmon, an array of fresh fruit and English cheeses, and scones served with Devon cream and jam. The $7.00 tab includes unspoken permission to while away the afternoon: "Many of our women customers spend long afternoons chatting with friends," says Everist. "I've been told my high tea is better than what's served at the Drake or Ritz-Carlton hotels downtown."

To put a bit of Britain's and Scotland's best fare on your own serving table, seek out some of these high-quality goodies:

Baxters Soups: Made with wild game and produce from Scotland's Spey Valley, these specialty soups are made in small quantities and taste-tested by the producers to guarantee high quality. Look for onion, minestrone, lobster bisque and Scotch salmon bisque.

Blair Atholl Scottish Oatmeal: Gives new meaning to the words "hot cereal."

Blue Stilton cheese: This most-loved of British cheeses is a crumbly cheddar with distinctive blue veining. Cured for six months, it's slightly salty, a little dry and wonderful with port wine.

Double Gloucester cheese: Golden in color, it's a smooth, seasoned cheddar, good in sandwiches or served with fresh fruit.

Huntsman cheese: A mixture of three layers of Stilton and four layers of double Gloucester.

Tiptree Preserves: Exceptional preserves—the orange marmalade, for example, is made from fresh Spanish Seville oranges instead of canned or frozen pulp.

Twining's Tea: Find your favorite among the Earl Grey, English breakfast, orange pekoe, or other teas.

Walkers Scottish Shortbread: Each piece is made individually with the best sugar, flour and butter available.

The list goes on...but the space here doesn't. For more on British food and recipes, look for "The Taste of Britain" by Marc and Kim Millon or Time-Life Books' "The Cooking of The British Isles." N

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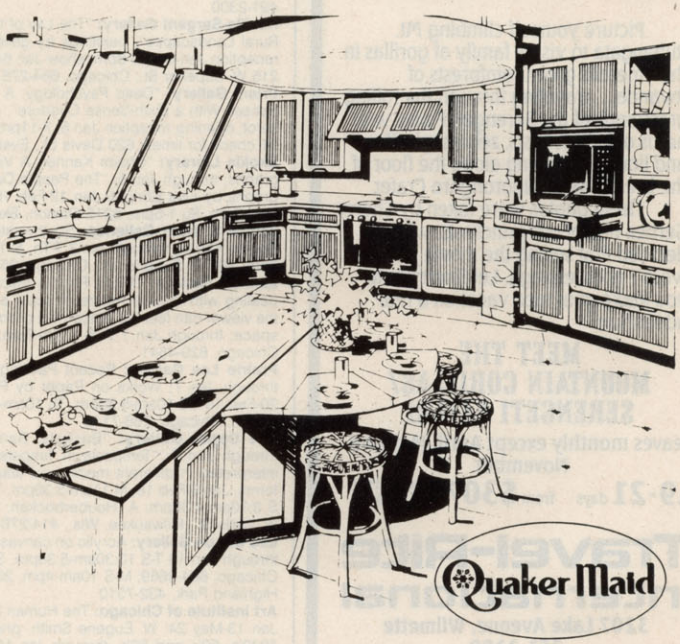

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