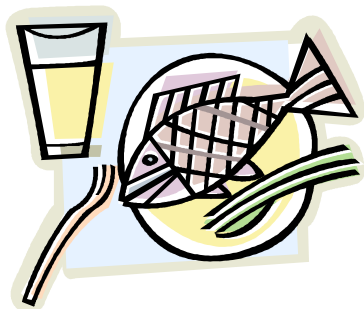
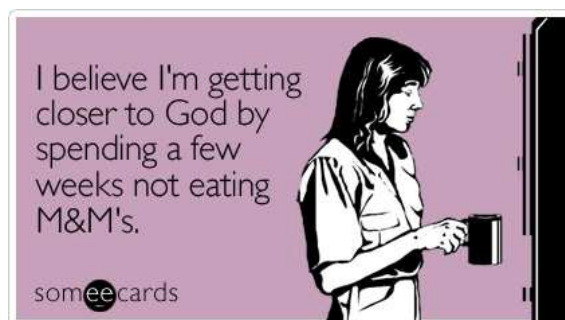


# FAST FOOD

## NO, NOT THAT KIND...

Lent is the time for fasting and abstinence. Many people just give up something small, like chocolate or sweets, but actually, the old rules are still in place, and they are a bit more strict.



During Lent, and on every Friday of the year, the Church bids us to abstain from eating the meat of mammals and birds, as well as anything made from animal fats or juices, such as gravy. Many people still follow this today, and if you're a carnivore, it's a good discipline to observe. You won't go hungry, but you definitely will notice what you're doing!

Because of the ban on meat, fish became the order of the day (that's how we got into the habit of going to the chippy on a Friday!). In Poland, the traditional Lenten fare is herring and gruel. They are solemnly brought into the home on midnight at the end of Shrove Tuesday, then joyfully taken out again on Holy Saturday (the day before Easter), dragged through the streets in disgrace and buried in a nearby field!

In days gone by, eggs, butter and milk were all off the menu during Lent too (the Eastern Orthodox still observe Lent this way, becoming Vegan for the whole season). Some time around the Fifth Century, Christian monks devised a doughy bread for Lent, simply made of out of flour and water.

The dough was knotted with three loops to symbolise the Holy Trinity, and two arms like the arms of someone praying. They called their creation *bracellae*, little arms. 1600 years later, via the German language, we know it better as the Pretzel.

