

JOURNEY TO SAFETY

HERITAGE TRAIL: FOOD



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Start	Liverpool Street Underground station
Landmark 1	Site of Blooms Restaurant
Landmark 2	Old matza bakery
Landmark 3	Beigel Bake
Landmark 4	Grodzinski's Bakery plaque
Finish	Liverpool Street Underground station

Food is central to any culture. When the Jews arrived from Eastern Europe they brought with them a very distinct cuisine. There are a few remnants of this in the area.

Harry Bibring describes how, as a child, understanding words for food were fundamental to his integration into British culture.

1 Site of Blooms Restaurant The original resutarant was opened in 1920 in Brick Lane and moved here in 1952. Following relocations to Golders Green and Edgware, it closed in 2010. , It is thought to have been the longest standing kosher restaurant in the country.

2 Old Matza Bakery Located at 31 Widegate Street, the bakery was established in 1710 and is thought to be London's oldest shop. Above the shop, you can see reliefs of people working.

Walk along Brick Lane and see the many curry restaurants, reflecting the more recent migration of Bengalis into the area.

3 Beigel Bake At 159 Brick Lane, this bagel bakery is still a popular place among locals. Bagels were brought over to Britain by Jews and have been sold in the area since the middle of the 19th century. The bakery also sells traditional Jewish salt beef.

4 Grodzinski's Bakery plaque This was put up to commemorate Grodzinski's centenary at Fieldgate Street (1888-1988). Although this branch has closed, it is still a thriving business in North West London.

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