The British (serves 60 million)

Take some Picts, Celts and Silures And let them settle, Then overrun them with Roman conquerors. Remove the Romans after approximately 400 years Add lots of Norman French to some Angles, Saxons, Jutes and Vikings, then stir vigorously.

Mix some hot Chileans, cool Jamaicans, Dominicans,Trinidadians and Bajans with some Ethiopians, Chinese, Vietnamese and Sudanese. Then take a blend of Somalians, Sri Lankans, Nigerians And Pakistanis, Combine with some Guyanese And turn up the heat.

Sprinkle some fresh Indians, Malaysians, Bosnians, Iraqis and Bangladeshis together with some Afghans, Spanish, Turkish, Kurdish, Japanese And Palestinians Then add to the melting pot. Leave the ingredients to simmer.

As they mix and blend allow their languages to flourish Binding them together with English. Allow time to be cool. Add some unity, understanding, and respect for the future, Serve with justice

And enjoy.

Note: All the ingredients are equally important. Treating one ingredient better than another will leave a bitter unpleasant taste.

Warning: An unequal spread of justice will damage the people and cause pain. Give justice and equality to all.

From Wicked Boy, By Benjamin Zephaniah