

Atholl Highlanders Newsletter Recipes

May your cup overflow with health and happiness



The logo is circular with a green outer ring containing the text "Atholl Highlanders Pipes & Drums" in yellow. Inside the ring is a blue shield with three white stars and two crossed swords. Above the shield is the text "Stone Mountain Georgia" and below it is "1981". At the bottom of the inner circle is the text "USA".

2013

FOREWORD

As a member and Pipe Major of the Atholl Highlanders Pipes and Drums USA, I used to do a monthly newsletter. This simple compilation contains the recipes printed in the newsletter.

Here's to the food, the music, here's to band, here's to Pam, Marissa, KK, Bobby, Jim and Carol.

Aefauldie,
Evan Kohler-Camp
PM Emeritus Atholl Highlanders USA
January 2, 2013

© Evan Kohler-Camp 2002-2013

Contents

Auld Alliance	6
Bacon Puff Parcel	6
Baps (Scottish Yeast Rolls)	7
St Brigid Day Boxy Cakes	9
Scottish Cheddar Cheese Soup	9
Chicken Tikka Masala	10
Mem Sahib's Chutney Potato	12
Scotch Collops	12
Collops in the Pan	13
Cranachan	13
Cullen Skink	13
Deep Fried Candy Bars (AKA Ron's Delight)	14
Drambuie Cocktails	15
Fairy Cakes	16
Finnan Haddie Rarebit	16
Fish and Chips.	17
Forfar Bridies	17
Gaelic Coffee and Café au Drambuie	18
Guinness Chocolate And Walnut Cake	18
Gypsy Tart	19
The Humble Haggis	20
Haggis as a Modern Food	20
Haggis	21
The (Bag-less) Haggis	22
Robert Burns's 'Address to a Haggis'	23
Burns Night "Reply From The Lassies"	24
Jim Thompson's Haggis	25
Jim Thompson's Haggis Chili	26
Haggis (Mock)	27
Haggis (Scotch-Canadian)	28
Kedgeree- Finan Haddie Dish	28
Kitty Litter Cake	29
Irish Soda Bread	30
Lancashire Spread.	30
Limerick Ham	31

Macaroons	31
Maisie Magennis Dumpling	32
Neeps	32
Savoury Oatcakes	32
Sweet Oatcakes	33
St. Brigids Oaten Bread	33
Pease Pudding	34
Scottish Paradise Cake	34
Porridge	35
Potato Scones	36
Scottish Oven-Roast Potatoes	36
Potted Hough	36
Raspberry and Whisky Cheesecake	37
Rumbledthumps	38
Salmon Paté	38
Scotch Eggs (Pamela's Low-fat version)	39
Scotch Eggs	39
Scotch Pies	40
Scotch Trifle	41
Geri's Scotch Trifle	42
Skirlie	43
Geri's Strawberry Salad	43
Tatties	43
Scottish Oven-Roast Tatties	44
Spiced Brandy Butter	44
Spotted Dick & Jam Roly Poly	45
Venison Stew	45
Whiskey Cake by Janet Carroll	46
Scottish Cherry Whiskey Cake by Marcia Watt	46
Whisky and Apple Jelly	47
Whiskey And Chocolate Crunch	47
Geri's Woopie Pies	48

**Here's Tae us !
Who's like us?
Damn Few
And
They're all deid!**

Auld Alliance

This simple cheese cream from Overscaig in Sutherland is delicious served as a cream pate for the first course or at the end of a meal as a savoury.

Ingredients:

350g Roquefort cheese
Whiskey

Method:

Pound the cheese to a thick cream. Add drop by drop as much whisky as it will 'drink' to make a firm cream.

Pack into small earthenware pots and chill in the fridge for 3 to 4 hours.

Serve with hot buttered toast or oatcakes.

Serves: 4.



Submitted by Evan Kohler-Camp



Bacon Puff Parcel

From a Wee Lass in Glasgow.

Ingredients:

13oz puff pastry (can use Pepperidge Farm Puff Pastry)
2 tomatoes, sliced
2 hard boiled eggs, shelled and sliced
12oz cooked bacon, chopped
1 oz butter
1 oz plain flour
1/2 pint milk
Salt and pepper
Beaten egg to glaze

Method :

Roll out pastry into rectangle approx (1 in x 12in).
Place sliced tomatoes and eggs down centre.
Make white sauce with butter, flour, milk and seasoning and stir in chopped bacon.
Pour sauce over tomatoes and eggs.
Brush pastry edges with beaten egg and draw up into envelope shape, pressing well together.
Brush pastry with beaten egg. Place on baking tray.
Bake until pastry is golden brown.
Oven 225°C 20-25 mins

Serves 4-6



Baps (Scottish Yeast Rolls)

Ingredients:

2 scant teaspoons active dry yeast (or less than 1 package)
2/3 cup lukewarm milk (whole is best)
2/3 cup water
2 teaspoons salt
3 cups unbleached flour, plus extra for finishing

Method:

Dissolve the yeast in the milk and water in a medium bowl. Sift the salt with the flour into a large bowl. Pour the well-mixed wet mixture into the dry mixture and stir. If this dough is too stiff, add a little more milk. Turn out onto a floured board and knead lightly. Place dough in an oiled bowl, cover with a clean towel, and let rise in a warm place for about 1 1/2 hours.

Flour a baking sheet. Punch down the dough and divide it into 8 or 9 portions. Form these into ovals, and set them on the baking sheet, leaving as much room as possible between them. Cover with plastic wrap touching the dough to prevent a skin from forming and let them sit for 15 minutes to rise again. Preheat the oven to 425 degrees Fahrenheit.

Brush the tops and sides of the baps with milk, and then sprinkle with flour. With a floury finger, make a deepish impression in the center of each bap.

Bake on the center shelf of the oven for 15 to 20 minutes, or until puffed and just golden. More flour can be sifted over the finished baps if desired. Serve warm.

Serves: 8-9 rolls.

Submitted by Evan Kohler-Camp



Black Bun

This is a traditional recipe for a treat, which is often eaten at the end of the year at Hogmanay. But it needs to be made several weeks in advance so that it can mature. Indeed, it can be kept for up to six months if kept in an airtight container. Don't be put off by the formidable list of ingredients. It is relatively easy to make and every cook has his or her own variations on the ingredients.

Ingredients for Pastry Case:

12 oz plain flour (3 cups)
3 oz lard (6 tablespoons)
3 oz butter or margarine (6 tablespoons)
(Note that if you don't want to use lard, increase the butter/margarine by an equivalent amount)
Pinch of salt
Half-teaspoon baking powder
Cold water

Ingredients for Filling:

1 lb seedless raisins (2¾ cups)
1 lb cleaned currants (2¾ cups)
2 oz chopped, blanched almonds (Third of a cup)
2 oz chopped mixed peel (¼ cup)
6 oz plain flour (1½ cups)
3 oz soft brown sugar (Third of a cup)
One level teaspoon ground allspice
Half level teaspoon each of ground ginger, ground
Cinnamon, baking powder
Generous pinch of black pepper
One tablespoon brandy
One large, beaten egg
Milk to moisten

Method:

Grease an 8-inch loaf tin. Rub the fats into the flour and salt and then mix in enough cold water to make a stiff dough (remember, it is going to line the tin). Roll out the pastry and cut into five pieces, using the bottom, top and four sides of the tin as a rough guide. Press the bottom and four sidepieces into the tin, pressing the overlaps to seal the pastry shell.

Mix the raisins, currants, almonds, peel and sugar together. Sift in the flour, all the spices and baking powder and bind them together using the brandy and almost all the egg and add enough milk to moisten. Pack the filling into the lined tin and add the pastry lid, pinching the edges and using milk or egg to seal really well. Lightly prick the surface with a fork and make four holes to the bottom of the tin with a skewer. Depress the center slightly (it will rise as it cooks). Brush the top with milk or the rest of the egg to create a glaze.

Bake in a pre-heated oven at 325F/160C/Gas Mark 3
For 2½ to 3 hours. Test with a skewer, which should come out clean; if not, continue cooking. An uncooked cake sizzles if you listen closely!
Cool in the tin and then turn onto a wire rack. Cool thoroughly before storing until Hogmanay.



St Brigid Day Boxy Cakes

In Ireland this dishes is just one of those prepared in honour of the Saint. (See St. Brigids Oaten Bread on page 26)

Ingredients:

1/2 pound hot cooked potatoes
1/2 pound grated raw potatoes
2 cups flour
1 teaspoon baking soda,
1 1/2 cups buttermilk
butter for frying
salt and pepper.

Method:

1. drain, peel and mash the hot potatoes.
2. stir in the raw potatoes, flour and baking soda.
3. add salt and pepper to taste.
4. mix well with enough buttermilk to make a stiff batter.
5. Shape into 3 inch patties about 1/4 inch thick.
6. Fry on hot greased griddle until crispy and golden on both sides.

Makes 12.

Scottish Cheddar Cheese Soup

This is a recipe from Toravaig House Hotel, a small family hotel at Knock Bay in the south or garden of Skye, five miles south of Armadale.

Ingredients:

2 Onions -- thinly sliced
55 g Butter
55 g Flour
2 1/2 c Stock
2 1/2 c Milk
1 pinch Pepper
170 g Scottish Cheddar Cheese grated



Method:

Melt the butter in a saucepan and cook the onions for a few minutes. Add the flour and cook for another minute.

Stir in the milk and stock, bring to the boil, season and simmer gently for about 5 minutes. Toss the grated cheese gently into the soup and simmer until melted.

DO NOT ALLOW TO BOIL.

Serves 6

Submitted by Evan



Chicken Tikka Masala

Indian in origin, it has been adopted all over the United Kingdom.

Marinade ingredients:

2 tblsp cumin seeds
2 tblsp coriander seeds
2 tblsp paprika
1 tsp mango powder (optional)
1 tsp chili powder (optional or to taste)
Pinch of red food coloring (optional, but it looks nice)
Juice of a lime (or lemon, but lime is better)
About 10 oz good thick yogurt
Salt to taste

Other ingredients:

About 1.5 lb chicken, diced
3-6 cloves garlic, chopped (to taste - I like loads!)
1 large onion, very finely chopped
Chicken stock or Water
Oil for frying

Method:

Grind the spices and mix with marinade ingredients. Immerse chicken in marinade and leave in the fridge for 24 hours. Heat Oil in a frying pan (skillet!) or wok until very hot. Stir-fry chicken vigorously for about 5 minutes (you may need to do it in 2 batches, depending on the size of your pan). Remove chicken and keep warm.

Fry onion and garlic until just light brown and return chicken with any remaining marinade, plus stock, plus more spices if you think the sauce needs it; an extra tsp of cumin and coriander may 'lift' it a little. Simmer until chicken is cooked and sauce is nice and thick.

Serves: Serves 4 with rice.

Submitted by Evan Kohler-Camp



Traditional Christmas Pudding

Ingredients:

8oz self raising flour
4oz fresh breadcrumbs
4oz ground almonds
1-1/4lb soft dark brown sugar
6oz shredded suet
1lb currants
1lb sultanas
1lb raisins
2 tsp Ground Cinnamon
1 tsp Ground Coriander
1 tsp Ground Nutmeg
1 tsp Ground Allspice
1 tsp salt
6 size 3 eggs
1 orange
1 lemon
6 Tbs brandy
1/2 pint brown ale

Method:

Place the flour, breadcrumbs, ground almonds, sugar, suet, dried fruits, spices and salt into a large mixing bowl. Mix them together thoroughly. Beat the eggs in a separate basin. Grate the rinds and squeeze the juice from the orange and lemon. Add the eggs, fruit rinds and juices, the brandy and brown ale to the ingredients in the bowl. Stir the mixture very well, ensuring that the ingredients are thoroughly combined. Grease three 1-1/2 pint pudding basins. Fill them with the mixture to within 1 in" of the top. Cover each basin with a circle of greaseproof paper, folded and tucked to allow for expansion of the puddings. Cover the paper with an 18 in" square of muslin or foil.

Tie a length of string several times around the basin to secure the covers. Knot opposite ends of the muslin over the top of the basin. Place the puddings in a steamer or stand them in covered saucepans of boiling water to come halfway up the sides of the basins. Steam them for 6 hours, topping up the water if necessary. Allow the puddings to cool. Remove the muslin or foil covers and replace them with clean ones. Store in a dry, cool place. It is not necessary to freeze the puddings. Steam the puddings for 3 hours before serving decorated with a sprig of holly and accompanied by brandy butter, brandy sauce or cream.



Mem Sahib's Chutney Potato

Ingredients:

1/4 cup chopped walnuts
2 baked potatoes
1 tablespoon corn oil
1/2 cup chopped green onions, including the tops
1/2 cup plain yogurt
1 teaspoon curry powder
1/4 cup chopped chutney
1 cup cubed cooked lamb
Chopped egg, raisins, coconut, pineapple or any other classic condiments (optional)

METHOD:

Toast the chopped walnuts in a 350F oven for 8 to 10 minutes, or until golden brown. Watch them carefully as they burn easily. Set aside. Cut the potatoes into halves.
Scoop out the potato pulp, being careful not to tear the shells.
Mix pulp well and set aside in a covered bowl.
Keep potato shells warm. Heat the corn oil in a skillet.
Add the chopped green onions and cook over low heat until tender, about 10 minutes.
Combine the yogurt, curry powder, chutney, mashed potatoes, lamb and walnuts, and add to the cooked onion in the skillet. Mix well and heat to serving temperature.
Heap the mixture into the warm potato shells.
Serve with an assortment of classic condiments if desired.

Scotch Collops

(Collops: From the French 'escalope'; also used to mean veal or small slices of any meat. Equally good meats to use for this dish are hare, venison or other game, seasoned with allspice; cooked in stock composed of half regular stock and half port wine.)



A recipe dating from 1783, but just as good as when it was first set down on paper. The idea that cooking from past centuries was primitive is widespread but totally erroneous, especially as fresh ingredients were fresh, not battery-reared or chemically treated.

Ingredients:

Thin veal slices from calf thigh
1 tbsp butter
1 cup stock
Peel of 1/2 lemon, grated
Pinch of mace
3 tbsps wine
Beurre manié (nut of butter rolled in flour)
6 pickled oysters or 6 pickled mushrooms
1 egg yolk
1 tbsp cream
Salt to taste
Pinch of nutmeg

Method:

Pound veal slices well. Melt butter in skillet, brown veal slices. Add stock, lemon peel, mace, wine; simmer gently for 20 minutes. Thicken with beurre manié; add oysters or mushrooms. Beat egg yolk with cream, salt, nutmeg. Stir in, heat up, but do not re-boil. Serves 2. Pan and simmer very gently for 15 minutes, stirring frequently. Add the salt at this point and simmer and stir for a further 5/10 minutes (time depends on the quality of the oats). It should be a thick but pourable consistency. Serve hot in wooden bowls if you have them.



Collops in the Pan

Ingredients

8 x 1/4"-thick rump or fillet steak slices
2 tbsps butter
4 medium sliced onions
Black pepper and salt to taste
1 tbsp walnut pickle juice or
1 tbsp mushroom ketchup or
1 tbsp oyster juice

Method:

Melt butter in a large skillet and heat. Add onion slices; soften, push to side of pan, add steak slices. Brown quickly on both sides, add pepper, and mix with onion. Cover, cook gently for 10 minutes. Remove steaks and keep warm. Add walnut juice or mushroom ketchup or oyster juice and salt to pan. Boil for 1 minute and pour over steaks.

Serves 4

Submitted by Evan



Cranachan

A sweet little desert.

Ingredients:

3 oz (half cup) pinhead or coarse oatmeal
Half pint double cream
1 tablespoon Drambuie (optional)

Method:

Toast the oatmeal in a frying pan on a high heat until lightly brown. Whisk the cream into a soft consistency and mix in the oatmeal and Drambuie (alternatively, use a few drops vanilla essence or other flavouring of your choice). Serve in tall glasses. A popular variation is to mix in 6oz (one and a half cups) of fresh raspberries. Or use vanilla ice cream instead of cream



Cullen Skink

Ingredients:

1 lb. smoked haddock
1 diced yellow onion
3 c. whole milk
3-4 c. mashed potatoes
1 T. butter
Salt and pepper

Method:

1. In a large pot, bring haddock and 1 quart of water to a simmer. Cook for 15 minutes gently.
2. Sieve the broth. Remove fish, de-skin and de-bone. Break the fish into flakes and return to pot.
3. Add raw onion, simmer 20 minutes.
4. Heat milk and add to pot.
5. Whisk in rest and reheat.

Serves: 6 - 8



Deep Fried Candy Bars (AKA Ron's Delight)



Version One

Ingredients:

1 egg
1 cup of milk
1 tablespoon of vegetable oil
1 cup all purpose flour
1 teaspoon of baking powder
A pinch of salt

Method:

1. Combine egg, milk and vegetable oil in a cup. In a bowl combine flour, baking powder and salt. Pour the wet ingredients into the dry and mix well with a whisk. Cover and chill for a few minutes as you heat the oil.
2. Use a chocolate covered candy bar for best results and make sure that it is chilled, some bars work better if frozen (Mars is the "traditional" bar but Snickers, Almond Joy, and even Twix and Kit Kat will work.) After the candy bars are chilled and cut remove the batter from the refrigerator and adjust the consistency if necessary.
3. Heat about 4 cups of oil or shortening in a medium skillet to 385 F. Drop the chilled candy bar in the batter and gently place into the oil. Cook only until the outside is golden. Remove and drain on brown paper. Allow to cool a minute; the inside can easily burn your mouth.

Version Two

Ingredients:

1 cup self-rising flour
Beer
Mars Bars (frozen)
Oil

Method:

1. Grab one cup of your self raising flour and add some of your beer to the flour until it becomes smooth but still thick.
2. With a small amount of batter make sure the oil has reached it required temp, by placing it in the oil and seeing if it bubbles on the surface.
3. Place the Mars bar in the batter and make sure you cover it well. Quickly put the bar in the oil until golden brown. Pull it out of the fryer and sit back and enjoy your deep fried mars bar.



Drambuie Cocktails

Black Tartan

Ingredients:

1 part Johnnie Walker Black whisky
1 part Irish whisky
1 part Drambuie
1 1/2 part Kahlua
Shake with ice and strain over ice.

Kiltlifter

Ingredients:

1.5 oz single malt Scotch
1 oz Drambuie or Glayva
2.5 oz Rose's Lime Juice
Shake gently and pour over ice in old fashioned glass.

Loch Lomond

Ingredients:

2 oz Scotch whisky
1/2 oz Drambuie
1/2 oz Dry Vermouth
1 twist of Lemon peel
In a mixing glass half-filled with ice cubes, combine the Scotch, Drambuie, and vermouth. Stir well. Strain into a cocktail glass. Garnish with the twist of lemon peel.

Empire Biscuits

In honour of "Attack of the Clones."

Ingredients:

1 lb. Butter
4 cups sifted flour
1 cup sugar
raspberry jam (for filling)
maraschino cherries (for biscuit tops)
2 lbs. confectioners sugar
8 tbsp. Milk

Method :

Have butter at room temperature
Cream butter and sugar.
Gradually add flour until all are mixed well.
Roll dough out on a lightly floured surface to 1/4 inch thickness.
Cut out into rounds, bake at 350°F for 10 minutes.
Remove from oven and let cool.
Take one round and cover top with jam.
Place second round on top, repeat with remaining biscuits.
Mix confectioners sugar with 8 tbs. milk to spreading consistency.
Spread on top of assembled biscuits.
Top each biscuit with half a cherry.



Fairy Cakes

Ingredients:

4 ozs softened butter
4 ozs caster sugar
Finely grated zest and juice of 1 lemon (or orange, or lime)
2 well-beaten eggs
8 ozs self-raising flour
1/4 cup milk
Pinch of salt

Icing

Icing sugar diluted with lemon (orange or lime) juice
Garnish with silver beads, citrus zest or crystallized flower petals

Method:

Preheat the oven to 200°C/400 F
Arrange 12 double-thickness paper cases on a baking tray.
Beat the butter and sugar until pale and fluffy, then beat in your chosen citrus zest, followed by the egg.
Sift the flour and salt into a bowl.
Using a metal spoon, quickly fold the flour into the butter mixture followed by a tablespoon of your chosen citrus juice. Spoon the mixture into the paper cases and bake for 15 minutes until they are well risen and golden.

If you press a cake lightly, the sponge should bounce back. Cool on a wire rack.
Sift some icing sugar into a bowl. Add some of your chosen citrus juice into the icing sugar until it forms a thick icing. Dip your knife in hot water and carefully spread the icing over the top of each cake. It will creep further down each cake as it sets. Once firm, gently press in your garnish. Before packing, remove the extra paper casing.

Always store in an airtight container as these cakes are best eaten on the day of baking or the following day.



Finnan Haddie Rarebit

Ingredients:

1 Finnan haddock
1 c. milk
2 tbs. flour
4 tbs. cheese
2 eggs
2 tomatoes
Salt and pepper

Method:

Clean fish; simmer in salted water for 7 minutes.
Remove fish, skin and flake flesh.
Place tomatoes in boiling water till skin loosens, remove, skin.
Place with fish in ovenproof dish.
Blend flour with a little milk, add in rest of milk.
Bring to a boil, stirring to keep mixture smooth, 3 minutes.
Grate cheese, beat eggs, and add to sauce.
Heat until sauce thickens, don't boil.
Pour over fish and tomatoes.

Fish and Chips.

The perfect chip should be crisp on the outside, soft and dry in the center. Chip your potatoes, soak for 1/2 hour or rinse well under cold water to remove starch. Important, dry thoroughly with tea towel or kitchen paper. Best fried in beef dripping, if possible, or cooking oil or lard. Cooking temp 375f.

Ingredients

Fish Batter
110g self-raising flour,
1/2 teaspoon salt,
150ml water,
1 tablespoon vinegar.

Sift the flour and salt into mixing bowl then gradually add water and vinegar whisking continuously until batter smooth and free of lumps. Best fish - Haddock, cod or whiting.

Method:

Dip fish into batter remove excess and place into hot fat. Fry until brown, when it will rise to top of pan.
Serves: 4

Submitted by Evan



Forfar Bridies

Preparation time: 30 minutes

Cooking time: 35 minutes

Yield: 8 to 16 pastries

Ingredients

12 ounces lean ground lamb or ground beef
1 medium onion, chopped
3/4 teaspoon Worcestershire sauce
Salt, freshly ground pepper to taste
2 tablespoons beef broth or stock
Pastry for a double-crust pie
1 egg white, frothed lightly with a fork

Directions

1. Cook meat until it is no longer pink; drain thoroughly and add onion, Worcestershire sauce, salt, pepper and just enough stock or broth to moisten the mixture.
2. Heat oven to 350 degrees. Roll pastry on a floured board to a 1/8-inch thickness. Cut into rounds; depending on preference, they can be from 3 to 6 inches in diameter.
3. Spoon filling onto the bottom half of each circle; fold over and crimp edges tightly. Brush lightly with egg white and cut three slashes in top of each.
4. Place on flat baking sheet. Bake until golden, 30 to 35 minutes. Serve hot

Serves: Serves 8-16.

Submitted by Evan Kohler-Camp



Gaelic Coffee and Café au Drambuie

Here are some good ways to round off a meal - whether it has been a Scottish one or not. The only difference between Gaelic Coffee and Café au Drambuie (or Irish coffee for that matter) is in the type of alcohol used for flavouring.

Ingredients:

3 dessertspoons Drambuie liqueur/whisky
1 level dessertspoon light brown sugar
Fresh, strong coffee
Double cream

Method:

Heat a stemmed wine glass with hot water and dry quickly. Add the Drambuie/whisky and stir in the sugar.

Pour in the coffee, leaving an inch below the rim. Keep stirring until the sugar has dissolved and pour in the cream over the back of a teaspoon so that it floats on the surface to the depth of about half an inch.



Guinness Chocolate And Walnut Cake

A fascinating combination of flavours this can be baked as a loaf or a cake. Spread with butter and served with good strong flavoured cheddar cheese it is delicious.

Ingredients:

2 oz butter, cut into small pieces
5 oz self raising flour
2 oz demerara sugar
3 oz walnuts, chopped
100 g bar of Cadbury's Bournville chocolate
6 fl oz Guinness
1 large egg
1/2 level teaspoon bicarbonate of soda
1/2 level teaspoon baking powder
A 7 inch)round cake tin or 2 lb loaf tin, greased and base lined with greaseproof paper.

Method:

Rub the butter into the flour, stir in the sugar and nuts.

Break up the chocolate and melt it in the Guinness in a saucepan, over a gentle heat.

Whisk lightly.

When cool, blend the liquid into the dry ingredients with the beaten egg and rising agents.

Transfer the mixture to the chosen tin and bake in a moderate oven

180 deg C, 350 deg F for 45 minutes until a skewer inserted into the center comes out clean.

Allow to cool in the tin for 10 - 15 minutes before turning out onto a wire rack.

This cake moistens as it is kept.

Serves: 6-8

Gypsy Tart

Every now and again, I like a gypsy tart.

Ingredients:

6 servings

1 14oz tin of Evaporated milk.

12oz Dark muscovado sugar.

1 10in shortcrust pastry case Pre baked.

Method:

Pre heat oven to 400 /F.

Whisk evaporated milk and sugar together for 10 - 15 minutes until light and fluffy. The mix should be coffee coloured. Pour the mix into the pastry case and bake in the oven for 10 minutes. The gypsy tart will have a slightly sticky surface but will not be set completely until it has been left to cool.

Serve cold.

Submitted by Evan

The Humble Haggis

Haggis is a sausage or savoury pudding containing sheep's 'pluck' (heart, liver and lungs), minced with onion, oatmeal, suet, spices, and salt, mixed with stock, and traditionally simmered in the animal's stomach for approximately three hours. Most modern commercial haggis is prepared in a casing rather than an actual stomach.

One description by the French 'Larousse Gastronomique' magazine, "Although its description is not immediately appealing, haggis has an excellent nutty texture and delicious savoury flavour".

The haggis is a traditional Scottish dish memorialized as the national dish of Scotland by Robert Burns' poem 'Address to a Haggis' in 1787. Haggis is traditionally served with "neeps and tatties" (Scots: swede, yellow turnip or rutabaga and potatoes, boiled and mashed separately) and a "dram" (i.e. a glass of Scotch whisky), especially as the main course of a Burns supper. However it is also often eaten with other accompaniments.

Haggis as a Modern Food

Haggis is served in Scottish fast-food establishments deep fried in batter. Together with chips, this makes a "haggis supper". Then we have a "haggis burger," which is a patty of fried haggis served on a bun. A "Haggis Pakora" is another deep fried variant, available in some Indian restaurants in Glasgow. Italian restaurants in Edinburgh are providing dishes using Haggis.

A modern haggis variant often served in higher class restaurants is the "Flying Scotsman", which is chicken breast stuffed with haggis. This can in turn be wrapped in bacon to create a dish known as "Chicken Balmoral." Haggis is also used as a substitute for minced beef in various recipes.

Since the 1960s various Scottish shops and manufacturers have created vegetarian haggis for those who do not eat meat. These substitute various pulses and vegetables for the meat in the dish.

Starting in Vancouver, British Columbia, and having since spread in popularity, **Gung Haggis Fat Choy** dinners, celebrating a fusion of Scottish and Chinese cultures, have been hosted since 1998. These dinners include traditional haggis as well as haggis-stuffed won tons and haggis lettuce wrap.



Atholl Highlanders Burns's Supper

Haggis

This recipe makes enough to serve 6-10. If you are able to find a sheep's stomach, double the amounts. Rinse and repeat till clean.

Ingredients:

1 Plastic baking bag-OR-
1 Sheep's stomach*, thoroughly cleaned -OR- large sausage casing
1 Sheep liver, heart, and lights (lungs)
1/2 lb Beef Suet
1 Onion, large;*
1 T-Salt
1/2 ts Black pepper; freshly ground*
1/2 ts Cayenne
1/2 ts Allspice
1 lb Oatmeal; old fashioned, slow-cooking type
1 c Broth; in which liver, heart-were cooked; up to 1 1/2c

Method:

This recipe makes enough to serve 6-10. If you are able to find a sheep's stomach, double the amounts. Rinse and repeat till clean.

Note, I would increase both the pepper & onion; most of the haggis I've eaten makes liberal use of these ingredients. If the butcher has not trimmed the heart, liver and lungs do that first. (Cut the heart open to rinse it so it may cook more quickly.) Put them in a large pot with 1 to 1/2 cups water, bring to a boil and simmer for about an hour and a half. Let it all cool and keep the broth.

Run the liver and heart through the meat grinder. Take the lungs (lights) and cut out as much grisly part as you can and run them through a grinder too. Next put the raw beef suet through the grinder. As you finish grinding each thing, put it in the big pot. Peel, slice and chop onions and then add them to the meat in the kettle. Add the salt and spices and mix.

Toast or brown oatmeal lightly in heavy bottomed pan on top of the stove. Add to pot and mix thoroughly. Add 1 to 1/2 cup broth left from boiling the meat. Check if it sticks together when you grab a handful of the mixture. If not, add more broth so that it holds together. Stuff in plastic baking bag till about 3/4 full. If you are using a sheep stomach, have the smooth side out and stuff it about 3/4 full and sew up the opening. Wrap in cheesecloth so that when it is cooked, you can handle it. Prick with a skewer (so it won't explode from the steam). (You may wish to do this occasionally early on when cooking).

Fill large pot with at least 1 gallon of water and bring to a boil. Boil gently for 4 to 5 hours. Serve with neeps (turnips) or clapshot (mashed turnips & potatoes)

Serves: 6-10



The (Bag-less) Haggis

Ingredients

1/2 lb. beef liver
2 lamb kidneys
3/4 lb. lamb shoulder
1/4 lb beef suet
2 onions, minced
1 c. oatmeal
1 c. stock
Salt and pepper

Method:

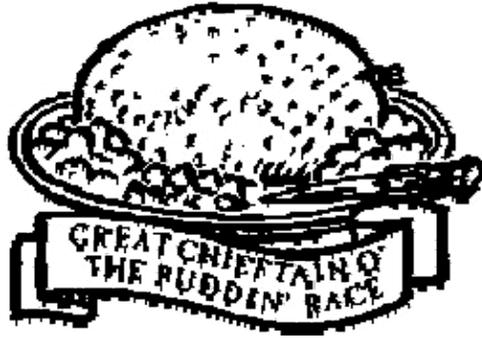
Boil the meats for an hour. Cool. Grate the liver. Chop the others fine. Chop the suet. Toast the oatmeal in a shallow pan in the oven, shaking occasionally. Mix the meats, suet, onions and oatmeal together with a cup of the stock in which liver and meats were cooked. Add salt and plenty of pepper to taste.

Turn into greased Pyrex bowl. Cover with 2 or 3 layers of foil. Steam on a rack in a pan of boiling water for 2 hours, adding more boiling water as it boils away.

Serves 6.



Admiral of the Galley, our own Pat Deering



Robert Burns's 'Address to a Haggis'

Fair fa' your honest, sonsie face,
Great chieftain o' the pudding-race!
Aboon them a' ye tak your place,
Painch, tripe, or thairm :
Weel are ye wordy o'a grace
As lang's my arm.

The groaning trencher there ye fill,
Your hurdies like a distant hill,
Your pin wad help to mend a mill
In time o'need,
While thro' your pores the dews distil
Like amber bead.

His knife see rustic Labour dight,
An' cut you up wi' ready sleight, *
Trenching your gushing entrails bright,
Like ony ditch;
And then, O what a glorious sight,
Warm-reekin', rich!

Then, horn for horn, they stretch an' strive:
Deil tak the hindmost! on they drive,
Till a' their weel-swallow'd kytes belyve
Are bent like drums;
Then auld Guidman, maist like to rive ,
Bethankit! hums.

Is there that owre his French ragout
Or olio that wad staw a sow,
Or fricassee wad make her spew
Wi' perfect sconner ,
Looks down wi' sneering, scornfu' view
On sic a dinner?

Poor devil! see him owre his trash,
As feckless as wither'd rash ,
His spindle shank , a guid whip-lash;
His nieve a nit,
Thro' bloody flood or field to dash,
O how unfit!

But mark the Rustic, haggis-fed ,
The trembling earth resounds his tread.
Clap in his walie nieve a blade,
He'll mak it whistle ;
An' legs an' arms, an' heads will sned ,
Like taps o' thrissle .

Ye Pow'rs, wha mak mankind your care,
And dish them out their bill o' fare,
Auld Scotland wants nae skinking ware
That jaups in luggies ;
But , if ye wish her gratefu' prayer
Gie her a haggis !"

Burns Night “Reply From The Lassies”

Comes now the reply from the lassies
and a bonnie collection are we!
Our heads we have all put together
And written this tribute to thee.

So on this momentous occasion
While possessed of inspiration and time
We immortalize the Atholl Highlanders
In a celebration of wit and bad rhyme:

To the men who go “regimental”
And wear nothing up under their kilt:
We can only grow more sentimental
When you sit with your knees all a-tilt.

For it's true what they say
and a word to the wise –
That no matter your wares,
It pays to advertise!

To Drummie Don and Evan the Piping Bear
Who lead us wherever we go,
To Jimmy and his booming bass drum
Keeping tempo, not too fast or too slow.

To Wayne, our favorite damned Yankee:
His musical talents abound
With a wit and a humor so raunchy
They shock and amaze and astound!

To Vitalie, our friend from Estonia
Of his musical talents we rave.
We love the sound of his Samba drum
Like Santana doing “Scotland the Brave”!

And there's Jerry, the Long Droned Piper:
Of him, well....what more can be said?
He takes his beer like his women:
Full-bodied and with lots of head.

To John Rose and his “road kill” sporrán,
To Konrad and Ron on the sides
To sweet Chris, who we'll miss when he leaves
us:
Well....you're **ALL** a tremendous source of pride.

So always remember your bonnie lassies,
Even with the passing of time,
For it's of you that we boast
and now raise a glass in toast:

To the men of the Atholl Highlanders!!

-G.M. Lumsden
January 25, 2002





Jim Thompson's Haggis

The Atholl Highlanders USA Haggis

Ingredients:

Lamb hearts 2

Lamb kidneys 2-3

Lamb Tongue 2-3

Lamb Liver 1/2 lb (1/2-1 cup)

2 cups "Steel Cut or Pin oats (wherever whole grains are sold) Black Pepper 1 tbsp (1.5tbsp for hot)

Cayenne 1tsp (hot recipe only)

allspice 1 tsp

Coriander 1 tsp

Mace 1tsp

Nutmeg 1 tsp

ginger 1 tsp

Worcestershire Sauce 2-3 Tbsp

1/2 cup Suet or ground beef fat (Freeze suet before food processor) 1-2 Sweet Vidalia onions or something similar

Method:

Clean and quarter the hearts (cut away fat and veins) cut tongues and kidneys into smaller pieces You can combine these into any proportions you want you will need 1.5-2 cups of the ground meat for the recipe Cover all the meats in water and slow boil for 1.5-2 hours boil liver separate about an hour Drain and let cool meats

Chop (food processor recommended) the meats chop Suet
chop onion

Toast Oats (hot pan , NO oil or anything) just until you smell a wonderful nutty smell Bring Lamb Stock
(remember the Lamb Stock?) to room temperature You are now ready to assemble the Haggis

In the largest bowl you have

combine Oats, Meats, liver, Onions

combine the Spices with the Worcestershire sauce (this will come out as sort of a paste) Add the Spices to
mixture and mush around until well combined Slowly add the Lamb Stock until you can form a Ball that
more or less keeps its shape Now it's time for the LARGE Reynolds oven bags Add entire mixture to the
Bag using one corner as the bottom until you more or less have the 'Ball" shape in the bag (It's never
perfect so don't worry about it) Close the bag with twist ties about three inches above the mixture Poke
holes in top of bag above the mixture (allows steam and expansion)

In a LARGE pot put some kind of rack on the bottom you don't want direct heat on the Haggis Place
Haggis on the rack in the pot and add water until Haggis is at least Half covered. You can fiddle with the
water level, the important thing is not to cover the vent holes.

Bring to a Boil and reduce heat to a Fast simmer/slow Boil I cook them two at a time for between 2.5-3
hours There you have it!!

At this point if you Haven't had several Drams it's time to start.

The Haggis can be reheated in the microwave Watch out for wire covered Twist ties!!

There you have it Evan.

That's what I do every year!!

As my clan usually says after a Dram CRUACH MOR!!!

Jim Thompson's Haggis Chili

Ingredients:

2-3lb ground beef (I used 2.5 in first batch)

2 onions (chopped)

1-2 green peppers (chopped)

1 6-8 oz can tomato paste

2 28 oz cans Red kidney beans

6-10 cloves garlic (minced)

3 16oz cans tomatoes

1 beer (I use Amstel light or Guinness)

Extra virgin olive oil

Spices

- 3 tbsp Worcester sauce
- 1/2-1 tsp cayenne (to taste)
- 1 tbsp black pepper
- 1 tsp each Allspice, coriander, mace, nutmeg andginger.
- salt to taste (sea salt is best)

Method:

Brown beef in oil, drain and set aside.

Sweat onions, peppers and garlic in oil.

Re add beef and add spices

Add tomato paste, tomatoes and Beer

Heat to boil

Reduce heat and simmer 2-3 hours

Add red kidney beans for last 45 minutes



....and THAT my friend will make "**Scottish Chili**"

(Editor's Note: It's really, really, really good! Add some of Jerry's Salsa as a side and enjoy!. Evan)

Haggis (Mock)

"Haggis, 'The great Chieftain of the pudding' race", as Robert Burns, described it, is indeed a toothsome morsel and it is a great pity that many English people look upon it as more a Scottish joke than a good Scottish dish. However since Haggis is made from the stomach, lungs and other internals of a sheep it is a rather gruesome sight during certain stages of it's cooking, as anyone who has witnessed the process will agree. The lung must be first be heating in a pan of hot water with the trachea hanging over the side to allow any blood and froth to escape and the stomach bag must be cleaned and scraped very thoroughly before it is used. I must say from experience that it takes needs a fairly robust stomach to first prepare and then eat it. If you can buy prepared haggis I do strongly recommend you to try it. All you need to do is slice it and fry it in a lightly greased frying pan. If you cannot buy ready-made haggis, then the following is tasty substitute."

Ingredients

1/2 lb Liver; 225 grams
1/2 lb Beef, minced; 225 grams
2 md Onions
6 oz Oatmeal, medium; 175 grams
6 oz Suet; shredded; 175 grams
1 ts -Salt
1 pn -Pepper
1 pn Nutmeg grated
1/3 c -Water; 50 ml approx.-in which liver had been boiled
1 pn Cayenne pepper

Method:

Boil the liver for five minutes. Drain and put aside to cool. Toast the oatmeal in a dry frying pan or in the oven until it begins to turn a pale brown. Peel and mince the onions and the liver. Mix all the ingredients with the seasoning and stir in some of the water in which the liver has been boiled. The mixture should be thoroughly moist but not wet. Have ready a greased basin large enough to give the mixture room to swell. Cover with greaseproof paper and a cloth and boil or steam for three hours. The traditional way to serve haggis is with mashed potatoes and turnips - "tatties and neeps", as they are called in Scotland - and to give the meal a truly Scottish flavour you should serve a glass of whiskey along with it. I like to let the mock haggis go cold and then slice it and heat it through in a frying pan (without fat) until golden brown on both sides. This way it is very good with poached eggs and even with chips.

(Note: if your mince looks to be on the fatty side, then cut down the quantity of suet to 4 oz (100grams).
SOURCE: "Lillian Beckwith's Hebridean Cookbook" by Lillian Beckwith an English writer who lived in the Hebrides as a crofter for 20 years.)



Haggis (Scotch-Canadian)

This New Brunswick recipe reflects a change in the traditional haggis - a change that recent Scottish arrivals consider akin to sacrilege.

Ingredients:

2 1/2 lb Pork fat or salt pork
1 lb Pork liver; approx 3 lb
1 1/2 c Rolled oats
2 ts Salt
1/2 ts Pepper

Method:

Grease a 9x5x3 inch loaf pan. Cut Pork fat in cubes and fry out the fat from the pork or salt pork fat. Pour off the grease as it accumulates. When the pieces are golden brown and crisp they are called "crackin's in Ontario, or "Kips" in the Maritimes. Drain well. Cool. Wash the pork liver and place in a large pot. Cover with boiling water and boil for about 1 hour, or until a fork can easily be inserted. Remove liver and allow to cool. Reserve liquid. Put cooled liver and 2 cups of cracklin's through the food grinder. Mix together. Stir in the oats, salt and pepper. Add sufficient cooking liquid to hold mixture together. Press into prepared loaf pan, cover with waxed paper and foil. Steam for 1 hour. Cool. To Serve, slice 1/2 inch thick and pan fry until golden brown on both sides. Serve piping hot.

Serves: 8-10



Kedgerree- Finan Haddie Dish

NOTE: To freshen finnan haddie, soak it in cold milk for an hour, drain then poach it in fresh milk. The milk sweetens the fish and tames its saltiness.

Ingredients:

2 Eggs, hard-cooked - peeled, chopped fine
1 1/2 c Flaked finnan haddie- freshened, boned, skinned,- (or any smoked fish)
3 c Cooked basmati rice
-(try brown basmati rice)
3/4 c Heavy cream
1 1/2 ts Curry powder (or to taste)
1/2 ts Freshly grated nutmeg
Generous grindings of pepper
3 tb Lemon juice
Lime wedges

Method:

PREHEAT OVEN TO 325F.

Put the eggs, fish and rice in a large mixing bowl; toss together lightly to mix. Put the cream in a small saucepan, add the curry powder and nutmeg, heat, stirring until the spices are blended. Add the cream mixture, pepper, and lemon juice to the rice mixture, and gently toss. Taste for salt and seasoning and adjust if needed (the dish won't need any salt if the smoked fish is salty). Put the Kedgerree in a casserole and heat in oven only until piping hot. Serve on a platter surrounding softly scrambled eggs, and garnished with lime wedges.

Serves: 4

Kitty Litter Cake

Ingredients:

1 spice or German chocolate cake mix
1 white cake mix
2 large pkg vanilla instant pudding mix, prepared (I like Bird's® dessert mix)
1 large pkg vanilla sandwich cookies
green food coloring
12 small Tootsie Rolls®
1 new kitty litter pan
1 new plastic kitty litter pan liner
1 new pooper scooper

METHOD:

Prepare cake mixes and bake according to directions (any size pans).

Prepare pudding mix and chill until ready to assemble.

Crumble white sandwich cookies in small batches in food processor, scraping often. Set aside all but about 1/4 cup. To the 1/4 cup cookie crumbs, add a few drops green food coloring and mix until completely colored.

When cakes are cooled to room temperature, crumble into a large bowl. Toss with half the remaining white cookie crumbs and the chilled pudding. Important: mix in just enough of the pudding to moisten it. You don't want it too soggy. Combine gently.

Line a new, clean kitty litter box. Put the cake/pudding/cookie mixture into the litter box.
Continued next Column

Put three unwrapped Tootsie rolls in a microwave safe dish and heat until soft and pliable. Shape ends so they are no longer blunt, curving slightly. Repeat with 3 more Tootsie rolls bury them in the mixture. Sprinkle the other half of cookie crumbs over top. Scatter the green cookie crumbs lightly on top of everything -- this is supposed to look like the chlorophyll in kitty litter.

Heat 3 Tootsie Rolls in the microwave until almost melted. Scrape them on top of the cake; sprinkle with cookie crumbs. Spread remaining Tootsie Rolls over the top; take one and heat until pliable, hang it over the side of the kitty litter box, sprinkling it lightly with cookie crumbs. Place the box on a newspaper and sprinkle a few of the cookie crumbs around for a truly disgusting effect!

Irish Soda Bread

Here's the basic recipe for white soda bread. In Ireland, "plain" soda bread is as likely to be eaten as an accompaniment to a main meal. When someone makes soda bread over here, they automatically put fruit in it. This is *not* the normal approach in Ireland. People do put raisins, currants and so forth in soda bread, but almost always as a "tea bread", not in the "plain soda" which is the stuff of everyday consumption.

Ingredients:

450 g / 1 lb / 3 1/2 cups flour (either cake flour or all-purpose: but cake flour works better)

1 teaspoon sugar

1 teaspoon salt

1 teaspoon bicarbonate of soda

Between 200-300 ml / 8-10 fluid ounces sour milk, buttermilk, or plain ("sweet") milk, to mix

"Sour milk" is milk which has had a couple of teaspoons of buttermilk stirred into it, has been put in a scalded container and wrapped in a towel, and left in some peaceful corner at about 75 degrees F for 24 hours. The original Irish name is *bainne clabhair* (BAHN-yeh clavAIR), "clabbered milk", or "bonnyclabber" as the Scots have anglicized it. If you don't have time to do sour milk, buttermilk will do perfectly well. "Sweet" or plain milk doesn't work quite as well, but you can still use it: just add 1/2 teaspoon of baking powder to the recipe.

Method :

Sift the dry ingredients together several times to make sure the bicarb is evenly distributed. Put the sifted dry ingredients in a good big bowl (you want stirring room) and make a well in the center. Pour about three-quarters of the buttermilk or sour milk or whatever in, and start stirring. You are trying to achieve a dough that is raggy and very soft, but the lumps and rags of it should look dryish and "floury", while still being extremely squishy if you poke them. Add more liquid sparingly if you think you need it.

Blend quickly (but not too energetically!) until the whole mass of dough has become this raggy consistency. Then turn the contents of the bowl out immediately onto a lightly floured board or work surface, and start to knead.

Shape the bread. For cake, flatten the lump of dough to a slightly domed circle or flat hemisphere about 6-8 inches in diameter, and put it on the baking sheet (which should be dusted lightly with flour first). Then use a very sharp knife to cut a cross right across the circle: the cuts should go about halfway down through the sides of the circle of dough, so that the loaf will "flower" properly.

Then bake for 45 minutes at 400-450F. (One local source suggests you give it the first 10 minutes at 450, then decrease to 400. I would agree with this.)



Lancashire Spread.

Ingredients

1/2 pound Cheddar, finely grated (about 2 cups);

1 small onion, finely chopped and lightly fried;

6 slices bacon, fried until translucent and finely chopped;

4 thick slices of bread;

4 Tbs. softened butter; and pepper.

Method:

Work the cheese, onion, and bacon together. With the flat side of a knife blade until a soft paste is formed, working in Tbs. of the butter and seasoning the mixture with pepper. Ten minutes before serving, toast the bread on one side. Lightly spread the un-toasted side with the remaining butter and then with the prepared spread. Place under the broiler and grill for 5 minutes or until the top is golden and bubbly - do not let it burn!

Serve at once.

Serves 4.



Limerick Ham

A great flavor and easy to make-great for a festive meal.

Ingredients:

One ham-cured and cooked- not a salted country ham.
1/4 cup juniper berries (if dried soak until soft)
1 1/2 cups French style mustard (country style coarse if possible)
1 cup Gin
1 cup brown sugar

Instructions

Score the ham to a depth of 1/2 inch on all sides.

Method:

Rub juniper berries into the cuts all over
Mix the gin, brown sugar and mustard.
Cover the ham with the mixture. Bake in a hot oven covered with foil until heated through. Remove foil and bake until skin is crisp. From time to time baste with liquid from bottom of pan.

Macaroons

Ingredients:

1/3 cup sifted flour
1/4 teaspoon flour
1/8 teaspoon salt
2 eggs
1 teaspoon vanilla
3/4 cup sugar
1 tablespoon butter, melted
2 2/3 cups flaked coconut

Method: Sift together flour, baking powder and salt; set aside. Beat together eggs and vanilla in bowl until foamy, using electric mixer at high speed. Gradually beat in sugar. Continue beating at high speed until thick and lemon-colored. Blend in butter. Gradually add dry ingredients to egg mixture, using electric mixer at low speed. Fold in coconut. Drop mixture by rounded teaspoonfuls, about 2 inches apart, on greased baking sheets. Bake in 325 degree oven 15 minutes, or until golden brown around the edges. Remove from baking sheets, cool on racks.

Makes 2 1/2 dozen.



Maisie Magennis Dumpling

Ingredients:

1 lb. Self-Raising Flour

2 cups of Sugar

small packet Mixed Spice

1 teaspoon Cinnamon

1 teaspoon Ginger

4 oz. Vegetable Suet (e.g. "Atore" brand or similar)

2 lbs. Seedless Raisins, Californian

1 grated Apple

1 grated Carrot

Also, Linen Cloth to contain all ingredients while cooking. And a Pot big enough to take it all.

Method:

Mix together all dry ingredients then add raisins, suet, grated apple and grated carrot. Mix with cold water to a stiff batter.

Dust Cloth with flour, after rinsing the bottom of Cloth in boiling water. Tie Cloth tightly, but leave space to swell; tied halfway up is about right. Put in Pot.

Fill Pot with boiling water. Keep boiling and simmering for at least three hours.

At the stiff batter stage, we used to put silver threepenny pieces, wrapped in greaseproof paper, into the dumpling for the children to find. You might try the same with your decimal equivalent of the Silver "Thruppny".



Neeps

Ingredients:

Turnips

Method:

Peel and quarter turnips. Boil until tender. Mash well, season with butter, salt and pepper to taste



Savoury Oatcakes

Ingredients:

1 lb. oatmeal, plus extra for dusting

1/2 tsp baking soda

1 oz bacon fat, lard or margarine

1/2 tsp salt

1/2 pint hot water

Method:

Melt fat with the hot water. Add baking soda and salt to the oatmeal. Make a well in the centre of the oatmeal, pour in the melted fat and water and mix to a fairly moist dough. On a board, well dusted with oatmeal, roll out as thinly as possible to an even round, dusting with oatmeal during the rolling to prevent sticking, and rubbing in more oatmeal with the palm of your hand. Cut in farls (Scottish for quarters) or rounds with a pastry cutter. Place on a baking-sheet, un-greased, and bake in a 350 oven, turning several times to prevent steaming. Bake for approximately 20 minutes, until the oatcakes are crisp and faintly golden.



Sweet Oatcakes

Ingredients:

3 c. rolled oats
3 c. flour
1 c. sugar
1/2 tsp salt
2 c. shortening
1/2 c. cold water

Method:

Combine the rolled oats, flour, sugar and salt in a large bowl. Cut in the shortening or work it in with the hands, until the dough is manageable. Moisten with cold water. Roll, not too thin, using rolled oats on the board to prevent the dough from sticking. Cut into desired shapes, or use a knife and cut into diamonds or squares. Bake in a 350 oven for 15 minutes. Makes 6-7 dozen.

Submitted by Evan

St. Brigids Oaten Bread

In Ireland this dishes is just one of those prepared in honour of the Saint. (See St Brigid Day Boxtty Cakes on page 9)

Ingredients:

1 cup flour, 1 tablespoon sugar
3/4 teaspoons baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
3 tablespoons butter in small pieces
3/4 cup uncooked oatmeal flakes
1 egg
1/2 cup buttermilk

Method:

- 1.heat oven to 425 degrees.
2. grease baking sheet.
- 3.combine flour, sugar, baking powder, baking soda and salt in bowl and mix.
- 4.Add butter bits and cut in with knife until mixture is crumbly.
- 5.add oats and toss to combine.
- 6.in other bowl beat egg with buttermilk.
- 7.make a well in the dry ingredients. Pour in the egg mixture and mix with a fork until crumbs hold together. Make dough into ball and transfer to floured surface. Knead 20-25 times. Add flour if sticky.
- 8.pat dough into 8-inch round and transfer to baking sheet.
- 9.score a deep cross into the bread but do not cut it through 10.bake 15-20 minutes till brown.

Submitted by Evan



Pease Pudding

Ingredients:

1 cup (approx. 1/2 lb.) split green peas
1-3/4 cups water
2 Tbsp. unsalted butter
1 cup frozen tiny peas (defrosted under cold water)
1/4 tsp. grated lemon zest
1 egg, beaten
salt and pepper
additional butter
some fresh mint, thyme, or marjoram, minced fine

Method:

Wash and pick through the split peas carefully. Put them in a small bowl, pour over the water, and let soak overnight. The next day, pulverize the split peas with any remaining liquid into a coarse-textured gruel in a food processor set with the steel blade.

Then work in a tablespoon of the butter, melted; the beaten egg; and the grated lemon zest. Season to taste with salt and lots of grated pepper. Stir the defrosted fresh tiny peas into the pudding mixture with a spatula. Use some of the remaining butter to generously grease a 1-1/2 quart earthenware soufflé or similar ovenproof dish. Pour in the pea mixture and dot it over with small bits cut from what remains of the butter. If possible, cover with plastic wrap and let rest in the refrigerator a few hours before baking. To bake, preheat oven to 350°F. Unwrap the cooking dish and put it in the oven. Bake for one hour, or until pudding has set. While pudding bakes, melt a small additional amount of butter, pour into a small pitcher, and stir in one to two teaspoons minced fresh herb. Let this steep in a warm place on the stove. When the pudding is done, run a sharp knife around the inside edge of the dish to free it and turn it out onto a serving plate. Serve in slices, bringing the pitcher of melted herb butter to table for each eater to dribble over their own slices as they like.

Serves: four to six

Scottish Paradise Cake

Ingredients:

8oz Shortcrust pastry
Raspberry jam
4 oz Margarine
4 oz Caster sugar
1 Egg, beaten
2 tb Chopped glace cherries
2 tb Chopped walnuts
2 tb Ground almonds
Vanilla essence
Caster sugar for dusting

Method:

Set oven to 350F or Mark 4. Grease an 11 inch x 7 inch baking tin. Roll out the pastry on a floured surface and use to line the tin. Bake blind for 10 minutes. Meanwhile cream the margarine and caster sugar together in a bowl. Stir in the beaten egg and the cherries, walnuts and almonds. Add the vanilla essence and mix well. Spread a layer of raspberry jam over the bottom of the pastry case. Spoon the mixture on to the jam, level off and bake for 30-35 minutes. Sprinkle with caster sugar and leave to cool in the tin. When cold cut into squares.

From the booklet "Scottish Teatime Recipes"



Porridge

Oatmeal was once described as "the backbone of many a sturdy Scotsman". Porridge was one of the main ways of eating oats, in days gone by. There is a lot of mystique about making porridge and lots of traditions associated with cooking and eating it (most of which can be ignored). The important thing is to obtain good quality medium-ground oats (rather than rolled oats) and to keep stirring it to avoid solid lumps.

Ingredients (sufficient for two people):

One pint (half liter) water;
(Some people use half water and half milk)
2.5 ounces medium-ground oats
Pinch of salt

Method:

Bring the water (or water and milk) to a good rolling boil, preferably in a non-stick pan. Slowly pour the oatmeal into the boiling liquid, stirring vigorously with a wooden spoon all the time. Keep stirring until it has returned to the boil again, reduce the heat, cover the pan and simmer very gently for 15 minutes, stirring frequently. Add the salt at this point and simmer and stir for a further 5/10 minutes (time depends on the quality of the oats). It should be a thick but pourable consistency. Serve hot in wooden bowls if you have them.

Traditions:

Stirring the porridge should always be clockwise (though going in different directions probably mixes more efficiently).

Porridge used to be served with separate bowls of double cream. A spoonful of porridge (in a horn spoon) was dipped into a communal bowl of cream before eating.

Porridge is eaten standing up. While some people have suggested that this is out of respect for the noble dish, it probably arose from busy farmers doing other things while eating their morning porridge - or as an aid to digestion.

While some people frown at the idea of sugar on porridge others not only approve but also suggest a tot of whisky. Each to their own!

Porridge used to be poured into a "porridge drawer" and once it had cooled, it could be cut up into slices. These were easier to carry than brittle oatcakes.

Spurtle: Traditional Scottish kitchenware for porridge



In his book 'Treen and other wooden bygones', Edward Pinto tells us "both spatulas and spurtles have their origins in Scotland. There is some confusion in terminology, but generally the drum-stick-like porridge stirrer is called a spurtle and a flat-sided stirrer is a spatula. Both types of implement have a long history. In some districts the spurtle is called a thieval or theevil.



Potato Scones

Ingredients:

1 cup warm mashed potatoes
1/3 cup melted butter
1 teaspoon salt
1/2 cup sifted all-purpose flour

Preheat a 12-inch seasoned cast-iron frying pan or griddle over moderate heat.

Mix together all ingredients until thoroughly blended. Turn the dough out onto a floured board and divide into thirds. Roll into a circle about 1/4 inch thick. Score each circle into 6 wedges. Sprinkle the griddle with flour and bake each circle for about 5 minutes, until edges begin to brown, turning once to cook both sides

Serves: 18 scones. Serve hot or cold.



Scottish Oven-Roast Potatoes

The secrets of oven-roast potatoes are to select a floury type and to score the surface well to provide extra surface for crisping.

Ingredients:

Required amount of floury potatoes
Dripping
Salt

Method:

Put a roasting pan in a hot oven with enough dripping to melt to a 1/2 inch depth. Peel the potatoes, cut into even sized pieces and par-boil for 7 to 10 minutes depending on the size. The potatoes should still be firm. Drain the potatoes, cool slightly until touchable then score the surfaces roughly with a sharp fork. Put the potatoes into the roasting tin and baste with the dripping. Roast for around 30 to 40 minutes, or until golden brown and crisp, turning and basting well now and again. Drain the potatoes and dry on kitchen paper. Salt lightly before serving.

Potted Hough

Hough is the Scottish name for "shin". This is a very traditional dish, excellent for sandwiches, for supper with toast, or for picnics.

Ingredients:

2 and 1/2lb beef hough (piece of shin bone,) cracked
salt, pepper
pinch of cayenne
pinch of ground all-spice

Method:

Put the meat in one piece with the bone and seasonings into a large saucepan, then just cover it with cold water.
Bring to boiling point, skim and turn down to a very slow simmer. Let it cook like this for at least 6 hours. Strain off the liquid, allow it to go cold then skim off any fat from the surface.
Mince the meat finely and return it to the stock. Taste for seasoning, then cook again for around 15 minutes.
Wet some small molds or dishes and divide the mixture between them.
Chill until they are set.
Un-mold to serve.

Raspberry and Whisky Cheesecake

Here's a simple cheesecake which uses two ingredients for which Scotland is well known - whisky (of course) and raspberries. Two thirds of the raspberries grown in Britain come from Scotland, many of them from Blairgowrie. Instead of raspberries, you can use other soft fruit such as blackcurrants or loganberries. The quantities below should provide six portions of cheesecake.

Ingredients for the Base:

4 ounces butter

8 ounces Graham crackers

1 tablespoon Scotch whisky

Ingredients for the Filling:

8 ounces cream cheese

2 ounces granulated sugar

10 fluid ounces double cream

1 tablespoon Scotch whisky

Ingredients for the Topping:

8 ounces raspberries

2 tablespoons honey

3 fluid ounces (6 tablespoons) Scotch whisky

3 level teaspoons arrowroot

1 level teaspoon caster sugar (granulated sugar in North America)

5 fluid ounces whipping cream

1 tablespoon Scotch whisky

Method

Melt the butter in a non-stick pan, add the tablespoon of whisky, crush the digestive biscuits (Graham crackers) and add to the pan. Mix well and then press into a greased, loose-bottomed 8-inch cake tin and chill for about half an hour in the refrigerator.

Beat the cream cheese and sugar together. Whip the double cream and whisky until softly stiff and fold into the cream mixture. Spread over the biscuit base and chill.

Soak the raspberries in the honey and whisky for about 30 minutes. Strain the raspberries. You will need about 4 fluid ounces of juice and you may have to top it up with whisky if necessary. Take two ounces of juice and the arrowroot and mix to form a paste. Heat the rest of the juice with the sugar until almost boiling and then stir in the arrowroot paste and continue stirring over a low heat until the glaze is thick. Then stir the raspberries into the glaze and leave until cool.

Spread the raspberries and glaze over the base. Whip the cream mixed with a tablespoon of whisky until softly stiff and then decorate the cheesecake. Finally, sprinkle a tablespoon of malt whisky over the top just before serving.

Submitted by Evan



Rumbledthumps

The name for this dish means "mixed together" - rumbled, and "bashed together" - thumped. This is a meatless main course but can also be served as a vegetable dish along with meat.

Ingredients:

1 lb potatoes
1 lb white cabbage, spring cabbage, or kale
1 medium onion or the white part of two leeks, finely chopped
3 oz butter
A little single cream
2 oz mature cheddar cheese
Chopped fresh chives
Black pepper and salt to taste

Method:

Slice the potatoes thickly and boil in a little salted water. Once cooked, drain and mash.
Slice the cabbage and boil gently in salted water, do not over cook!
Melt the butter in a heavy bottomed pan and cook the onions or leeks. Once soft right through, add the cooked potatoes and cabbage. Add a little cream, season to taste and beat together.
Place the mixture in an oven safe dish, cover with grated cheddar cheese and place under a hot grill or oven to brown.

Serves 4



Salmon Paté

Ingredients:

1lb cooked, or canned salmon (pink or red)
4 x 1in.thick slices of white bread from large loaf
1/2 pint milk
1oz butter, softened
1 egg yolk
2 tbsp chooped parsley
Juice of 1/2 lemon
Salt and pepper

Method:

If using canned salmon, drain. Flake salmon into bowl.
Break bread into small pieces and soak in milk for 5-10 minutes, or until soft. Stir into fish.
Add softened butter, egg yolk, parsley, lemon juice and seasoning.
Beat together until thoroughly mixed.
Turn mixture into (1 pint) greased ovenware dish and cover with lid or foil.
Place dish in roasting pan containing (1 in.) of water.
Bake: 350 F 1-11/4 hours
Leave to cool, and then refrigerate before serving with toast.

Serves 4-6



Scotch Eggs (Pamela's Low-fat version)

Ingredients

5 eggs
1 lb. Low-fat turkey sausage meat
1/3 cup flour
freshly ground black pepper to taste
2 oz. brown breadcrumbs

Directions

Boil four of the eggs for 12 min. until hard. Shell and cool in cold water. Mix flour (less 2 tbsp.), salt, and pepper and sprinkle on a cutting board. Divide the sausage into four parts and flatten on floured board into round cakes large enough to cover eggs. Roll the eggs in the reserved flour and then wrap the sausage cakes around each egg to completely encase them. Flatten the end so that the eggs will stand upright.

Lightly whisk the remaining egg. Put the breadcrumbs on a piece of foil or in a foil pie dish. Brush the coated eggs with the whisked egg and then roll them in the breadcrumbs to cover.

Bake in an oven at 350 degrees till dark golden-brown. Serve hot or cold.

Serves 4.



Submitted by Pamela Kohler-Camp



Scotch Eggs

Ingredients

5 eggs
1 lb. pork sausage meat
approx 1/3 cup flour
1/2 tsp. salt
Freshly ground black pepper to taste
2 oz. brown breadcrumbs

Directions

Boil four of the eggs for 12 min. until hard. Shell and cool in cold water. Mix flour (less 2 tbsp.), salt, and pepper and sprinkle on a cutting board. Divide the sausage into four parts and flatten on floured board into round cakes large enough to cover eggs. Roll the eggs in the reserved flour and then wrap the sausage cakes around each egg to completely encase them. Flatten the end so that the eggs will stand upright.

Lightly whisk the remaining egg. Put the breadcrumbs on a piece of foil or in a foil pie dish. Brush the coated eggs with the whisked egg and then roll them in the bread crumbs to cover.

Heat the oil until hot. Carefully lower the Scotch eggs into the oil and cook for about 5 min. Remove and drain on paper towels. Serve hot or cold.

Serves 4.

Submitted by Evan Kohler-Camp



Scotch Pies

Ingredients Filling:

1 lb. lean lamb, or mutton * free from fat, bone, gristle, etc.
1 tsp. Worcestershire sauce
1 small minced onion or shallot
1/2 tsp. ground nutmeg
4 tbs. stock (can use tinned beef broth)
Salt and pepper to taste

Ingredients Hot Water Crust Pastry:

1 lb. plain flour
1/2 tsp. Salt
1 c. water
1/2 c. beef dripping or lard

Method:

1. To make pie pastry, bring fat and water to boil in saucepan.
2. Put flour and salt in a basin; make a hole in the middle.
3. Pour boiling water and fat into hole.
4. Mix with a spatula until cool enough to handle.
5. Form quickly into a ball before fat hardens too much.
6. Turn on to a floured board, knead well, and pat into a flat shape.
7. Divide into halves, put one half aside, keep warm.
8. Roll other half out to make a large oval.
9. Stand a small jar (about 3 inches across) in the middle.
10. Mold pastry up the sides to 3 inches high to make filling holder.
11. When it stays up firmly, remove jar and repeat process.
12. Roll out saved halves, cutting them into rounds to fit filling holders.
13. Cut lamb into very small pieces or chop into mince.
14. Mix all filling ingredients together and fill pastry, filling holders.
15. Dampen edges, pinch tops on.
16. Make a slit in centre of each top to let steam out.
17. Brush tops with milk or beaten egg.
18. Bake for 45 minutes on baking sheet in oven at 250°F (120°C).

Makes about 4 pies.



Submitted by Evan



Scotch Trifle

This is a popular sweet, particularly at Christmas time. The version below is known as the "Topsy Laird" as it contains sherry and Drambuie liqueur (or else whisky or brandy). If you don't want to be typsy, you can use fruit juice instead. Likewise, if you don't want to make your own custard, the commercial variety will do. You can make your own Ratafia biscuits or use almond flavoured cookies or dried macaroons instead.

Ingredients:

6 sponge cakes
Half pound raspberry or strawberry jam
2oz ratafia biscuits
Rind from a lemon, finely grated
Vanilla essence/extract
Quarter pint double (whipping) cream
Flaked browned almonds, glacé cherries, angelica
Quarter pint medium sweet sherry
2 tablespoons Drambuie
Ingredients for Custard:
4 egg yolks
2 egg whites
1 pint milk
1oz caster (granulated) sugar

Method:

The custard is made by putting the milk and sugar into a saucepan and bringing to the boil. Mix egg yolks and whites and pour the hot milk over them, stirring well. Return to the saucepan and stir over a gentle heat with a wooden spoon. When the custard runs in ribbons down the back of the spoon, strain into a basin and cover with dampened greaseproof paper to stop a skin forming.

Split the sponges, mix with jam and put in a glass dish. Crush the ratafia biscuits and scatter on top with the lemon rind. Mix the sherry and Drambuie and pour over the sponges. Leave to soak.

Pour the custard evenly over the sponge etc. Whip the cream until stiff and sweeten a little, if preferred. Spread over the trifle. Sprinkle with flaked almonds, small ratafia, biscuits, sliced angelica. If you have any "hundreds and thousands" confection, sprinkle that on too, just before the trifle is served..



Geri's Scotch Trifle

This is a modification of the original recipe by Geri Lumsden made for our Burn's Night and it's nothing to be trifled with!
Evan

The version below is known as the "Topsy Laird" as it contains sherry and Drambuie liqueur (or else whisky or brandy). If you don't want to be topsy, you can use fruit juice instead. Likewise, if you don't want to make your own custard, the commercial variety will do. You can make your own Ratafia biscuits or use almond flavoured cookies or dried macaroons instead.

Ingredients:

6 sponge cakes
Half pound raspberry or strawberry jam
2oz ratafia biscuits
Rind from a lemon, finely grated
Vanilla essence/extract
Quarter pint double (whipping) cream
Flaked browned almonds, glacé cherries, angelica
Quarter pint medium sweet sherry
2 tablespoons Drambuie

Ingredients for Custard:

1-1/2 cups granulated sugar
2/3 cup of flour
1/4 tsp salt
4 cups scalded milk
1 tsp vanilla extract
4 tbsp butter or margarine
4 eggs well beaten

Method Custard/Cream Pie Filling :

Combine butter, sugar, salt, flour and eggs. Add scalded milk slowly, stirring constantly. Cook in a double boiler over hot water until thick and smooth. Remove from heat and add vanilla. (To use as pie filling, pour into a baked pastry shell and cover with whipped cream or meringue.)

Method Scotch Trifle:

Split the sponges, mix with jam and put in a glass dish. Crush the ratafia biscuits and scatter on top with the lemon rind. Mix the sherry and Drambuie and pour over the sponges. Leave to soak.

Pour the custard evenly over the sponge etc. Whip the cream until stiff and sweeten a little, if preferred. Spread over the trifle. Sprinkle with flaked almonds, small ratafia, biscuits, sliced angelica. If you have any "hundreds and thousands" confection, sprinkle that on too, just before the trifle is served.



Skirlie

Skirlie accompanies meats, Game Birds, Cod with Mustard Sauce, Soups or mashed potatoes. Uncooked, its nutty texture makes a delicious stuffing for chicken or boiled mutton. It is also known as Mealie Pudding in some parts of Scotland, where it is steamed in a greased basin for one hour before being turned out. Small spoonfuls are often rolled into balls and cooked in boiling soup like dumplings.

Ingredients:

2 cups medium oatmeal
2 cups medium onions, finely chopped
Salt
4 oz. grated suet or
4 tbs. good dripping
Freshly ground pepper

Method:

1. Melt suet or dripping in a very hot pan.
2. Add onions, brown lightly.
3. Stir in oatmeal to make a fairly thick mixture.
4. Keep stirring 5 - 7 minutes on gentle heat until totally cooked.
5. Season to taste.

Serves: 4 - 6. Serves 4 with rice.



Geri's Strawberry Salad

(it's a "salad", but it's really better as a dessert)

Ingredients:

2 small packages strawberry jello
1-20 oz can crushed pineapple, drained
1 cup coarsely chopped nuts (either walnuts or pecans)
1 cup boiling water
1 lg. container sour cream
2-10 oz. pkgs. frozen strawberries, thawed

Method :

Dissolve the 2 pkgs. of jello in the boiling water. Once dissolved, add strawberries, drained pineapple, nuts and mix well. Pour half of this mixture in a glass serving bowl and refrigerate until mixture has gelled. Remove from fridge and add a layer of sour cream. Add another layer using the rest of the strawberry mixture. Refrigerate until gelled. Serve.



Tatties

Ingredients: Potatoes

Method:

Peel and quarter potatoes. Cover with water and bring to boil, cook until tender. Mash and whip in milk. Butter, salt and pepper to taste

Scottish Oven-Roast Tatties

The traditional method, if a joint of meat is being roasted, is to place the potatoes around the joint to cook. The secrets of oven-roast potatoes are to select a floury type, and to score the surface well to provide extra surface for crisping.

Ingredients:

Required amount of floury potatoes
Dripping (Canola or Olive oil can be substituted)
Salt

Method:

Put a roasting tin in a hot oven with enough dripping to melt to a 1/2 inch depth. Peel the potatoes, cut into even sized pieces and par-boil for 7 to 10 minutes depending on the size. The potatoes should still be firm.

Drain the potatoes; cool slightly until touchable then score the surfaces roughly with a sharp fork. Put the potatoes into the roasting tin and baste with the dripping. Roast for around 30 to 40 minutes, or until golden brown and crisp, turning and basting well now and again. Drain the potatoes and dry on kitchen paper. Salt lightly before serving.

Submitted by Evan



Spiced Brandy Butter

Ingredients:

8oz unsalted butter
8oz caster sugar
1 tsp Ground Cinnamon
3-4 Tbs brandy

Method:

Cream the butter and sugar together until mixture is pale yellow. Add the cinnamon and brandy and blend thoroughly.

Chill the brandy butter in the refrigerator and serve with mince pies or Christmas pudding. Brandy butter may be frozen for 4 months. Thaw in the refrigerator. 6 servings



Spotted Dick & Jam Roly Poly

Ingredients:

8 oz self raising flour,
or plain flour + 2 teaspoons baking powder
4 oz suet
1/4 teaspoon salt
1/4 pint water

For Spotted Dick, add 4 oz currants to the dough or to taste

For Jam Roly Poly, you will need 8 oz red jelly.

Method:

Pre heat an oven to 425°F
Liberally grease a baking tray, preferably one with no lip.
Put flour, baking powder, suet, and salt in a mixing bowl.

(If making Spotted Dick, add the currents as well.) Pour in the water and stir the ingredients together until they form a soft dough.

Turn the dough out on a lightly floured surface.

For Spotted Dick, form into a rough cylinder about 8 inches long.

For Jam Roly-Poly, roll out to a rectangle about 8"x12" and spread the jam over the pastry to within about 1/2 inch of the edge. Turn in the edges to fold in the jam and brush them with water.

Roll up the pastry from the shortest side and the wet edges will seal it all together. Roll the whole thing onto a baking tray if possible, rather than lifting it. Make sure the seam is underneath. Bake for 40 minutes and golden brown. If it starts to brown early, reduce the heat to 400°F.

Serves: 6-8

Venison Stew

A rich traditional Scottish dish which would grace any Christmas table. Popular on tables of gentlefolk at Christmastide and New Year in the 18th-19th century.

Ingredients:

1lb lean venison
1lb streaky bacon
1oz butter
1lb carrots
stick of celery
1 large onion
grated peel of one orange

Method:

Cut 1lb lean venison into strips. Cut off the rind from 1lb streaky bacon. Put 1oz butter into a non-stick pan, and brown the two meats briskly. Add salt & pepper to taste. Slice small 1lb carrots, a stick of celery, 1 large onion and grated peel of one orange. Add to meats. Then put in about 3/4 pint milk, just to cover meat, add a spray of thyme, and cover. Simmer for two hours until venison is tender.

Remove meat & vegetables, thicken juices with a little flour, and then add 2 tablespoons whisky and 1/4 pint cream. Heat gently until thick and smooth. Pour over the meat and vegetables in the dish. Grate a little cheese over, and brown in the oven until it bubbles. Serve with buttered mashed potatoes and buttered mashed "Swedes" (turnips).

Whiskey Cake by Janet Carroll

1 Box Golden Butter Cake Mix (Duncan Hines)
1 Box Instant Vanilla Pudding -- large or small
1 oz whiskey
4 eggs
1 Cup milk
1/2 Cup vegetable oil
1 Cup chopped nuts

Combine the above 6 items and beat 5 minutes medium speed.
Add 1 cup chopped & floured nuts.
Bake in a greased & floured tube pan at 350 degrees for 55 minutes or longer until toothpick comes out clean.

5 minutes before cake is done, melt 1/4 Cup butter (1/2 stick), 1 Cup white sugar and 2 or 3 ozs of whiskey in a sauce pan. Cook until sugar dissolves. As soon as cake comes from oven, pour half of mixture over cake. Pour remainder of mixture over cake when you remove it from tube pan.
ENJOY!!!



Submitted by Janet Carroll



Scottish Cherry Whiskey Cake by Marcia Watt

Here's the basic recipe for white soda bread. In Ireland, "plain" soda bread is as likely to be eaten as an accompaniment to a main meal. When someone makes soda bread over here, they automatically put fruit in it. This is *not* the normal approach in Ireland. People do put raisins, currants and so forth in soda bread, but almost always as a "tea bread", not in the "plain soda" which is the stuff of everyday consumption.

Ingredients:

1/2 cup granulated sugar
1/2 cup light brown sugar, firmly packed
1 cup unsalted butter, softened
4 eggs
1/4 teaspoon nutmeg
grated rind of 1 lemon
3 tablespoons Scotch whiskey
2 cups sifted flour
pinch of salt
1 cup cut-up candied red cherries
2 cups currants
3/4 cup mixed diced angelica, citron and candied orange peel

Method :

Preheat oven to 350 F.
Combine sugars and cream with butter until light and fluffy. Add eggs, one at a time, beating well between additions. Add nutmeg, lemon rind and whiskey. Resift flour with salt into batter. Fold in thoroughly. Ad fruit and fold in. Turn batter into a well-buttered 9 inch loaf pan. Bake for about 2 to 2 1/2 hours, or until tester comes out clean. Sprinkle with a little more whiskey while warm. Cool and store in an air-tight container for 1 week before serving.

Sprinkle with powdered sugar before slicing and serving.



Whisky and Apple Jelly

Here is another recipe which uses one of Scotland's favourite ingredients - whisky - combined with apples to make a delicious tasting jelly.

Ingredients:

Six pounds of cooking apples

Granulated sugar (quantity depends on amount of juice extracted)

Water

Whisky (quantity depends on personal taste)

Method

After washing the apples and removing any over-ripe brown elements, quarter them and just cover in a large preserving pan. Boil the apples until they are soft (but not pulpy). Scald a jelly bag (layers of cheesecloth), suspend it over a bowl and pour in the fruit and liquid. Allow to drip overnight. Don't be tempted to squeeze the bag, as this will produce a cloudy jelly.

Allow one pound of sugar for every pint of juice (2 cups of sugar for ever 2½ cups of liquid). Put both the juice into a pan and stir in the sugar over a moderate heat until all the sugar dissolves. Then, stirring continuously, bring to the boil, and boil rapidly for about ten minutes. Remove any scum, which forms. You can check to see if the jelly will set by dropping a little on a cold plate. Once the setting point has been reached, remove from the heat and allow it to rest/cool for a few minutes. Add about a tablespoon of blended whisky (vary the amount according to taste). Then pour the jelly into warm, clean jars, cover, label and store. It is best not to use the jelly for at least three months.

Submitted by Jim Thompson



Whiskey And Chocolate Crunch

6 oz. chocolate digestive biscuits, crushed

1 pint whipped cream

3 tablespoons whisky

1 oz. caster sugar

2 egg whites

2 drops vanilla essence

1 oz toasted split almonds

Grated chocolate to decorate

Crush the biscuits and spread equal amounts in the bottom of six glass sundae dishes. Whip together in a bowl the cream, whisky, sugar and vanilla until stiff. In a separate bowl whip the egg whites until stiff, and then fold into the cream mixture. Spoon equal quantities of the mixture into the dishes, covering the biscuits. Chill and decorate with toasted almonds and grated chocolate.



Geris Woopie Pies

This is a favorite New England recipe and a taste treat. Okay- It's not Scottish, it's good!

Pies:

3 tblspn shortening
3 cups granulated sugar
3 eggs
3 cups milk
1-1/2 tsp. Salt
3 tsp. Vanilla
6 cups flour
3 tsp. Baking soda
18 heaping tblspn baking cocoa

METHOD:

Mix ingredients together and drop rounded tspns of batter on un-greased cookie sheet. Bake at 350 degrees for 15 minutes. Will be of cake-like consistency when done.

Filling:

2 sticks margarine
1-1/2 cups confectioner's sugar
2 tspn. Vanilla
1 pinch salt
12 tblspn marshmallow crème (Fluff)

Mix all ingredients together until smooth.

Spread filling between two cooled "pies", keep cool until served.

