

Scottish Cooking Cookbook, Recipe and Resource List

Compliments of Clan Mackintosh of North America

www.cmna.org

Compiled by Ken McIntosh and James Mackintosh

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Introduction

The May 2004 issue of *Bon Appétit Magazine* was dedicated completely to Scotland. The issue was entitled “A Taste of Scotland: Magical Places, Wonderful People and Delicious Food.” If you visit www.bonappetit.com you may be able to secure a back issue. What this signified was a shift from people’s possible perception of Scotland as being something less than a sophisticated, international destination of preference of people from all over the world. Although you can find traditional food there, you can also find any other type of food imaginable. We hope you will be able to go to Scotland and experience this for yourself. In the meantime, we hope you will enjoy the resources included herein.

A Few Fun Beverages and Recipes to Get You Started

Refreshing Beverages

Following are some ideas for Scottish-type beverages and some background on the products.

Applejack Cocktail

Enjoy straight and over ice or mixed with soda, or apple juice or in coffee or hot tea.



Apple juice and unfermented sweet apple cider, and slightly fermented hard cider were produced widely by early American settlers, including Scottish emigrants. Apple orchards, such as those of John McIntosh and his famous McIntosh apple, were plentiful. The distillation process for making hard cider may have been initiated in Virginia or New England, this is uncertain. The “hard” version of the beverage became known as “applejack” or “apple brandy.” This hard cider was the favorite and less expensive spirit in colonial times. Early descriptions for making it often referred to “the Scotch method” as one that would yield a bright liquor.

In 1698 Alexander Laird, a County Fife Scotsman, emigrated from Scotland to America aboard the ship *Caledonia*, accompanied by his sons, Thomas and William. William settled in Monmouth County, New Jersey. While he was in Scotland, William was involved in the production of Scotch whisky. Thus upon his arrival to America, he applied his distilling skills to the most abundant natural resource available in the area of the New World...apples! He began the production of applejack for his own use, as well as his friends and neighbors.

William's grandson, Robert Laird, founded Laird & Co. in 1780, which is the oldest commercial distillery in the United States, obtaining "License #1." George Washington was so impressed with the Laird's version of the applejack drink that he wrote to them and asked for the recipe.

Today, Laird & Co. is the nation's top producer of apple brandy and the only producer of *Applejack*® liquor. In its blended 80-proof form, it has the same potency as any other whiskey, but it retains the unique and delicious flavor and bouquet of ripe apples. The more expensive *Applejack Brandy* is unique in the brandy world and can also be used for cooking, as it was in early times.

The product can be enjoyed by itself or in one of many cocktails that have been devised over the years, such as the classic "Jack Rose." This consists of 2 ounces of *Applejack*, one teaspoon of freshly squeezed lemon juice and one teaspoon of Grenadine syrup, blended and served over ice or in a chilled cocktail glass.

Although now a multi-million dollar concern, the company is still family-owned and has expanded its operations to include many other products.

Apple Juice

Yes, apple juice is appreciated by Clan Mackintosh members in honor of John McIntosh (1777—1846) who developed the McIntosh apple. He was a Scottish Highlander who immigrated to North America in the early 1800s. Some sources indicate that he may have started growing his apples in Dundas County, Ontario, Canada, as early as 1811. Known as Gem apples before 1835, McIntoshes are among the world's oldest cultivated varieties of apples. Some believe it is a descendant of the very old Fameuse, a similar-looking variety. The McIntosh apple is also a favorite variety for making apple pies! Pictured below is the original McIntosh apple tree.



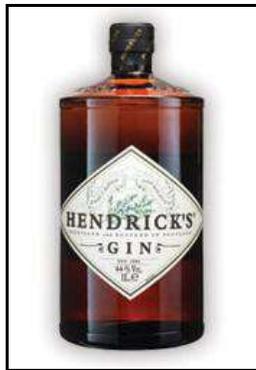
Cranberry (aka Red Whortleberry) Juice

Cranberry and Red Whortleberry are the same fruit by different names. Red Whortleberry is the Clan Mackintosh plant badge. Enjoy fully tart or a blended version of this refreshing and healthful beverage chilled or over ice and perhaps with a lemon or lime garnish as an added flavor. Yes, some type of spirit combined with it might also be good!



Hendricks Gin Cocktail (from Scotland)

Hendrick's is a small batch gin distilled in Ayrshire, Scotland. Its unusual distillation process combined with its delicious set of infusions yields a one-of-a-kind gin that is passionately loved by a small yet growing handful of individuals all over the world. No other gin tastes like it because no other gin is made like it. It is usually served with a cucumber garnish, although that is up to you.



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Irn-Bru Carbonated Soft Drink



Irn-bru (pronounced “iron brew”) is a popular carbonated soft drink produced in Cumbernauld, Scotland, where it has been made by A.G. Barr of Glasgow since moving out of their original Denniston factory in the mid 1990s, and at a second manufacturing site in Mansfield, England. In addition to being sold throughout the United Kingdom, Barr's Irn-Bru is also available in many key markets throughout the world and can usually be purchased where there is a significant community of people from its native Scotland. It is one of the best-selling soft drinks in Scotland where it competes directly with massive global brands such as Coca-Cola and Pepsi. It is known for its bright orange color and subtle citrus flavor.

Irn-Bru was first produced in 1901, in the town of Falkirk, under the name Strachan's brew. In 1946 a change in laws required that the word "brew" be removed from the name, as the drink is not technically brewed. The chairman of the company came up with the idea of changing both halves of the name to a phonetic spelling, giving the current Irn-Bru brand.

Presbyterian Cocktail

Using a tall highball glass filled with ice

1. Rim the glass with a lemon twist and drop into the glass
2. Pour in 1 ounce of your favorite **Bourbon** (Bourbon was invented by Elijah Craig in 1789 in Bourbon County, Kentucky. His parents were Scots.)

(NOTE: Some people do use Scotch in this recipe however.)

3. Fill with equal portions of club soda and ginger ale
4. Stir

Rob Roy Cocktail

In a mixing glass half full of ice

1. Pour in 1 ½ to 2 ounces of Scotch
2. Pour in ¼ to 1/3 ounce of Sweet Vermouth
3. Add 4 to 5 drops of Angostura bitters
4. Stir and strain into a 3 ounce cocktail glass (or over ice if preferred)
5. Garnish with a lemon twist

This drink was named after the 18th century Scots freedom fighter Rob Roy MacGregor.

Scotch Rickey Cocktail

Using a rocks glass filled with ice

1. Pour 1 to 2 ounces of Scotch into the glass
2. Squeeze in the juice of ½ a lime
3. Squeeze in the juice of ¼ lemon
4. Fill with club soda
5. Stir; straws are optional

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Single-Malt Scotch Whisky

We know, a blend would be okay too, but single malts are more numerous and of greater diversity. By itself, with a little water or even with some ice if you prefer, a wee dram can be very beneficial. We're not making any recommendations here, although one single-malt that is not bad and is made in Clan Mackintosh territory up there by Moy is the **Tomatin 12 year**. Moderately priced, we have never had any complaints about it when serving samples at our festival booth.



Scottish Beers/Ales

Find one at a pub or liquor store and drink it! These beers and ales are of a wide variety but are often classified by alcohol content (and a bunch of other traits like origin, location, flavor, aroma, balance, seasonality, gravity, attenuation/body, color and bitterness):

- Scottish Light Ale: 2.5—3.2% by volume (Generally unavailable in the United States)
- Scottish Heavy: 3.2—4.0% by volume (Example: Caledonian Amber Ale)
- Scottish Export: 4.0—5.2% by volume (Examples: Belhaven, McEwan's)
- Scotch Ale/Wee Heavy: 6.2—8% by volume (Examples: Traquair House, Founders Dirty Bastard)

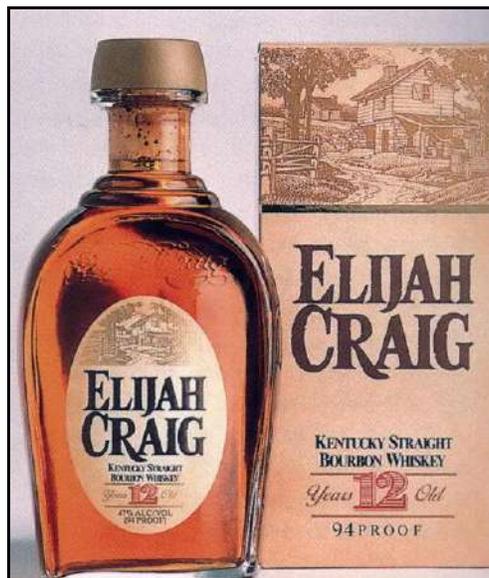
Happy "testing"!

Scottish-American Whiskey Cocktails

Your favorite, fixed however you like it, whiskey (notice the difference in spelling) such as

- Applejack
- **Elijah Craig Bourbon (a 12 year Bourbon, shown below)**
- Old Crow Bourbon (named in honor of the Scots chemist Dr. James C. Crow, the inventor of the sour mash distilling process). Old Crow is a Straight Bourbon however.
- Old Forester Bourbon (created by George Brown and named in honor of his friend Dr. William Forester). Both were Scottish-Americans.
- Jack Daniels Sour Mash (if you want a good read, buy *Blood and Whiskey: The Life and Times of Jack Daniels* by Peter Krass
- Hiram Walker Canadian Club (Walker was also a MacFie; he was a Scottish-American who started producing his whiskey in Canada in 1858)

All were created by Scottish-Americans.



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About Wine, The Scots and Australia...

The Scots couldn't very well produce wine in Scotland's climate, except for some sweet berry wines, which are difficult to obtain in North America. So an enterprising Scot, **James Busby** (1801—1871), who was born in Scotland and studied viticulture in Europe, came to Australia in 1824 and started planting vines he had brought with him. He is, in fact, known in Australia as 'the father of Australian wine.'



Several of the Australian wines bear Scottish family names such as

- Allan Scott Family Winemakers
- Angus the Bull (Aberdeen Wine Company)
- Hardy's: Stamp of Australia
- McPherson Wines
- McWilliams
- McLaren Vale
- **The McRae Wood (shown above)**
- Tim Adams: The Fergus
- Heggies Vineyard
- Kim Crawford Wines
- **Wallace (shown above)**

There are also American wines that have been produced by Scottish-Americans. A couple of these are **Fess Parker** and **Kendall-Jackson**. Both are California wines; try them.

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Appetizers

Haggis Wontons



If you know how to make haggis, or can find a canned version,

1. Take a teaspoon of the **cooked** haggis product and place it in a wonton wrapper
2. Fold up the wrapper by the corners and pinch them together
3. Bake them in a 350 degree oven for 10 minutes or until golden brown
4. Serve hot as is or with a warm brown sauce

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Scottish Meatballs (Drambuie Flavored)



Making Scottish meatballs using this recipe simply involves combining the commercial ingredients and heating it all up. You will need

- One or more packages of plain meatballs
 - One or more jars of plain beef gravy
 - Some parsley
 - A half a cup or more of Drambuie Scotch Liqueur
1. Use one or more packages of regular (“Homestyle” but not “Swedish” and not “Italian”) frozen meatballs or whatever source you may have (60 or so in a package).
 2. Use at least one jar, if not 2, of any brand of savory or “Homestyle” brown beef gravy (or something similar) **per bag of meatballs**.
 3. Mix the gravy and perhaps a little water with a half a cup of Drambuie liqueur **for each bag of meatballs** in a separate bowl. Blend them well.
 4. In a metal oven pan or glass oven dish, or a crock-pot, pour in part of the gravy and Drambuie mixture on the bottom of the pan and place the frozen (or partially thawed) meatballs over that. Pour the rest of the gravy over the meatballs and mix them up well, adding the parsley as you go. Make sure all the meatballs are covered with gravy. Alternately, mix all of the ingredients together in a large bowl and then pour the mixture into the pan, dish or crock pot.
- Note:** If you would like the meatballs to marinate in the mixture for a while, that would not be a bad thing to do.
5. Heat the meatballs up in the oven or heating device at 300 degrees or higher until they are hot and ready to serve. These are “pre-cooked” so you are just thawing and warming them. You may have to stir them around in order to heat and blend them evenly during this heating process. The heating process time can vary widely depending on if the meatballs are frozen and how hot the oven is and how many bags of meatballs you are heating up.
 6. Serve them separately or over rice or mashed potatoes, and with other dishes such as broccoli or other vegetables.

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Main or Side Dishes

Angus Steak or Hamburger

Using Angus beef, the breed that came from the east coast of Scotland, make this any way you want! You know how you like your steaks and burgers; don't make us invent some recipe you might not like anyway.

Cock-a-leekie Soup

Serves 8

The chicken and leek soup is a standard in Scotland. The leek is an onion-like root plant and offers a great flavor as well as a great texture. It also features the ever-popular barley.



- 1, 4-pound chicken, including legs and wings
- 1 pound of leeks (about 12), cleaned and cut into 1-inch pieces
- 4 pints of water , or chicken stock (broth) depending on how much flavor you prefer
- 1 teaspoon of brown sugar

- 2 bay leaves
 - 1 teaspoon of dried thyme
 - 3 tablespoons of fresh parsley
 - salt and pepper to taste
 - ¾ cup of barley
 - This last ingredient is optional: 4 ounces of cooked prunes (yes, that is correct), or raisins could be used.
1. Place the chicken in a large saucepan and cover with water.
 2. Bring the water (or chicken stock) to a boil and remove any scum from the top.
 3. Add three-quarters of the leeks you have prepared (the green and the white portions can be used).
 4. Add the bay leaves and thyme, brown sugar and salt and pepper.
 5. Return to boil and simmer for **2 to 3 hours**, adding more water if necessary.
 6. Remove the chicken from the pan and pull the meat from the bones using two forks (it will be hot so it could be too hot for your hands) and cut it into smaller pieces. Also discard the skin.
 7. Place the meat back into the pan and add the barley and the remaining leeks.
 8. Simmer for another **30 minutes**.
 9. Remove the bay leaves and parsley before serving.
 10. Test it for flavor before serving.
 11. When served up in bowls, garnish with chopped parsley.
 12. Add the prunes or raisins if desired.

Excerpted with permission from *Confident Cooking: Step-By-Step Scottish Cooking* Murdoch Books 1994, Könemann, ISBN 3-89508-987-7

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Forfar Bridies

The name comes from the fact that this meat pastry originates in Forfar, Scotland, and was reportedly invented by Maggie Bridie of Glamis.



Preparation time: 25 minutes

Total cooking time: 1 hour 20 minutes

Makes 6 bridies

- 750 grams (27 ounces or 1.75 pounds) of boneless sirloin steak
- salt
- pepper
- 1 teaspoon of dry mustard powder
- 1 large onion, grated
- 1/3 cup prepared or packaged suet mix (substitute butter or margarine for this)
- ¼ cup rich beef stock
- 600 grams (24 ounces) of flaky pastry mix

1. Preheat oven to 400 degrees (F)
2. Brush a 12 by 10 inch baking tray or pan with vegetable oil
3. Trim the meat of excess fat and gristle
4. Cut the meat into small, ½ inch cubes
5. Place meat in a medium size bowl
6. Add the salt and pepper, mustard, onion, butter and beef stock
7. Mix the ingredients well

For the pastry:

1. Prepare the pastry according to the directions on the package
2. Divide the pastry and meat into six portions
3. Roll one pastry at a time into a circle 8 inches in diameter

4. Place a portion of the meat mixture onto the center of the round pastry
 5. Brush the outer edge of half of the pastry round with water
 6. Fold the pastry over the filling to form a half moon
 7. Pinch or flute the edge of the pastry to close it up tightly
 8. Stand the bridie upright on the prepared tray
- Repeat the process with the remaining pastry and filling
1. Bake the bridies for 20 minutes
 2. Reduce the temperature of the oven to 350 degrees (F)
 3. Cook for an additional 60 minutes or until the bridie is firm and lightly browned

Serve as a meal or with a salad and other accompaniments

Don't like beef? You might try using chicken and chicken broth.

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Oatcakes

The old standard, oatcakes, can be made in a variety of ways. Here is our recipe.

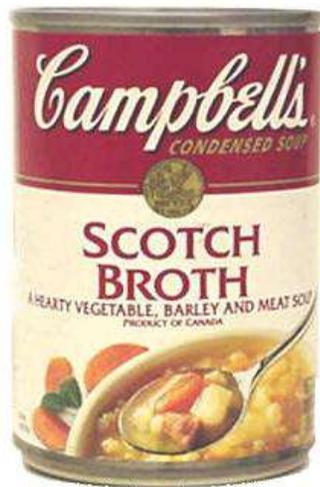


- 1 cup of fine oatmeal
 - 1 cup of medium oatmeal
 - ½ teaspoon of baking powder
 - ½ teaspoon of salt
 - 1 teaspoon of caster (superfine) sugar
 - ½ cup of butter, melted
 - ½ cup of warm water
1. Preheat oven to 350 degrees F
 2. Line two 12 by 12 inch oven trays with baking paper
 3. Combine the two oatmeal types, baking powder, salt and sugar in a large mixing bowl
 4. Make a small well in the center of the mixture
 5. Pour the butter and water into the well
 6. Blend the mixture into a firm dough
 7. Place the mixture on a surface lightly sprinkled with fine oatmeal and press into a square
 8. Roll the dough out to a 12 by 12 inch square about ¼ inch thick
 9. Using a flat-bladed knife, cut diagonally into 2.5 inch diamond-shaped pieces
 10. Place the diamonds on the tray about a quarter of a inch apart
 11. Bake for 25 minutes
 12. Let cool on trays.

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Scotch Broth

The Campbell Soup Company (a fine Scottish-American institution) was founded by Joe Campbell in 1869 in Camden, New Jersey. The company still offers a Scotch Broth product consisting of meat, barley and other vegetables. But if you want to make your own from scratch use this recipe. (And, no, it does not contain any Scotch whisky!)



- 6 (27 ounces or 1.75 pounds) lamb neck chops/rosettes
 - ¼ cup of dried peas (if frozen or fresh, re-hydrating is not necessary)
 - 2 tablespoons of pearl barley
 - 1.5 quarts of water
 - 1 leek, cut into small pieces
 - 1 turnip (this is actually a rutabaga, that is, a yellow or Swedish turnip), cut into small pieces
 - 1 large carrot, cut into small pieces
 - 1 stick of celery, cut into small pieces
 - 2 cups of shredded cabbage
 - salt
 - pepper
 - ¼ cup of chopped parsley
1. If using dried peas, place in a bowl and cover with warm water, let stand overnight, rinse and drain well (if frozen or fresh, this re-hydrating is not necessary)
 2. Place peas, barley, chops and water in a large, heavy-based deep pan
 3. Bring to a boil
 4. Remove the froth from the top
 5. Add the leek and turnip (rutabaga)
 6. Reduce heat to low and simmer, covered, for 1 ½ hours
 7. Add the celery and carrot pieces
 8. Simmer for an additional 30 minutes

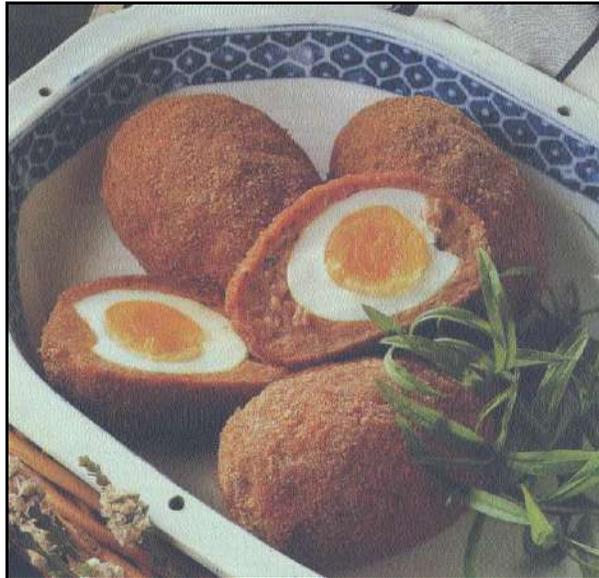
9. Add the cabbage and stir until just heated through and tender
10. Season to taste with the salt and pepper
11. Stir in parsley just before serving

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Scotch Eggs

If you like eggs and sausage, this dish is for you! Served hot or cold Scotch eggs are very popular and are frequently found at Scottish, Irish and Celtic restaurants and at Scottish festivals.



- 9 ounces of your favorite sausage, minced up very fine
 - 1 small onion
 - 2 tablespoons of dried breadcrumbs
 - 1 egg, separated (into egg yolk and egg white)
 - 1 tablespoon chopped parsley
 - salt
 - pepper
 - a pinch of nutmeg
 - 4 hard-boiled eggs
 - ½ cup dried breadcrumbs, extra, set aside
 - vegetable oil for deep-frying
1. Place the sausage mince, onion, breadcrumbs, egg yolk, parsley, salt, pepper and nutmeg in a medium size bowl
 2. Stir to combine
 3. Divide the mixture into four parts
 4. Using wet hands, press one portion of the mince sausage large enough to cover one egg into the palm of your hand
 5. Press the mixture over one egg to enclose it
 6. Repeat this process with the remaining mince and each egg
 7. Coat each Scotch egg in the lightly beaten egg white and coat with breadcrumbs
 8. Heat oil in a deep, heavy-based pan

9. Lower the eggs into the oil with a large spoon and cook over a medium heat until golden brown
10. Remove from the oil with a large spoon and drain on a paper towel

Scotch eggs are often served with a **mustard sauce**.

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Scottish Meat Pies



Serves 8 to 10 people

The most challenging part of making the famous Scottish meat pie is the pastry that contains the delicious meat concoction. This takes some practice. The dough must be warm to work with it effectively. The use of glasses or jars to form the bottom of the shell is indicated herein, but special baking pans are also used; they are just hard to find. There are actually several versions of the meat pie including beef, lamb, chicken, and various vegetable ingredients as might be used in the Shepherd's Pie version. The following recipe uses lamb, but beef is also commonly used. The gravy can be used to moisten the meat filling, and to pour over the top for added moisture. And, although only a modest amount is indicated here, pepper is usually used generously. Enjoy!

Meat filling:

- 1 pound of lean ground lamb (or beef)
- ¼ teaspoon of mace or nutmeg
- 2 teaspoons of Worcestershire Sauce
- ¼ teaspoon salt
- ¼ pepper (or more)

Gravy

- 2 tablespoons butter
- 2 tablespoons vegetable shortening, or bacon fat
- ¼ cup flour
- 1, 15-ounce can of beef broth

Hot water pastry

- 4 cups of all-purpose flour
- ¼ cup butter
- ½ cup vegetable shortening, or lard (if you dare!)
- ¾ cup water (you may need more)

- ¼ teaspoon salt
- Some milk for glazing the top of the pastry after baking

NOTE: As mentioned, you will also need glasses or jars, preferably with round bottoms, that are approximately 3 to 3 ½ inches in diameter, to shape the pastry. You will also need a rolling pin and a 3 ½ to 4 inch round cookie cutter.

1. Preheat oven to 275 degrees F.
2. **Meat filling:** In a medium bowl, mix together the ground lamb or beef, mace or nutmeg, Worcestershire Sauce, and salt and pepper.
3. **Gravy:** In a medium saucepan, melt butter and shortening over medium heat. Add flour and cook, stirring constantly, for 30 seconds. Slowly whisk in beef broth making sure no lumps form. Set aside.
4. **Hot water pastry:** In a large bowl, sift together the flour and salt.
5. In a large pan, melt the butter and shortening in ¾ cup of water. When it is bubbling, add the flour and mix thoroughly.
6. Take a small amount (remember the mixture should make 8 to 10 pies, with their tops) and form into a ball and keep the rest warm while making each pastry. (NOTE: If two or more people can help with this process it is a good idea.) This is done by rolling out a suitable amount for each pie and shaping the crust around the base of a glass or jar. Make sure there are no cracks in the pastry.
7. Trim off the bottom of the pastry with a knife to make it even. As the pastry cools, remove it from the glass and continue until you have about a quarter of the pastry left to make the lids.
8. Divide the meat between the shells that you have made and add a tablespoon of gravy to moisten the meat mixture.
9. Roll out the remaining pastry and use the 3 ½ to 4 inch round cookie cutter to cut out the lids.
10. Wet the edges of the lids, as well as the inside lip of the shell, and place it over the meat pressing down lightly over the filling.
11. Pinch the edges together to form a seal.
12. Cut a small hole in the center of the lid to allow steam to escape.
13. Glaze the lids with milk using a pastry brush.
14. Bake for about **45 minutes** at 275 degrees F.
15. Serve warm with additional gravy as desired.

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Skirlie

Yep, it sounds like a disease but is simply a hearty mix of oats and onions. Skirlie, or skirl-in-the-pan, is an old Scots oatmeal stuffing. The name comes from the sizzling sound made by the fat or butter frying in a skillet. It can be eaten on its own as a side dish, used as a stuffing for a mock-sausage, "the mealie pudding," or used as a stuffing for chicken (most commonly) or other fowl. Another name for it is "Mealie Jimmy." Following is the basic recipe, but you can also add things like fresh or canned salmon and/or scrambled eggs to make a basic meal.



- 4 ounces of butter or 4 tablespoons of vegetable oil
- 2 onions, finely chopped
- 1 $\frac{3}{4}$ cups medium oatmeal which may be lightly toasted
- (NOTE: Using *rolled* oats is less traditional and less appealing)
- Salt and pepper to season

1. Melt the fat or heat the oil in a large frying pan
2. Add the onion and cook until soft and golden
3. Add the oatmeal and mix in well
4. Cook for about 5 minutes, stirring frequently until the oatmeal is cooked and crisp
5. Season well with pepper and serve with light creamy mashed potatoes

If you use it as a poultry stuffing

You do not need to first fry the onions or oatmeal in the butter or oil. Just add some stock or water to slightly moisten the mixture and stuff it lightly into the bird's cavity.

Stovies

This hearty mixture of meat, potatoes and onions is a perfect hearty Highland stew. Although lamb is traditional, beef or chicken could certainly be used as well. Without meat it is known as Potato Stovies. It is often served with ice-cold buttermilk.



- 1 cup of shredded cooked lamb, or any meat product (especially leftovers)
 - 2 large onions, coarsely chopped
 - 2 pounds of potatoes, thickly sliced
 - ½ cup of butter
 - 1 teaspoon of salt ¼ teaspoon of pepper
 - 1 cup of water
 - 1 tablespoon of chopped parsley
1. Melt butter (or drippings/lard) in a medium size, heavy-based pan
 2. Add the onions
 3. Cook over low heat 5 minutes or until lightly golden
 4. Add in the potatoes, salt and pepper; stir until the potatoes are well coated
 5. Pour the water down the side of the pan and cover the pan with a tight-fitting lid
 6. Simmer gently for 35 minutes; shake the pan occasionally to prevent the potatoes from sticking or burning
 7. Add in the meat and the parsley
 8. Shake the pan gently
 9. Simmer covered for a further 10 minutes and then serve

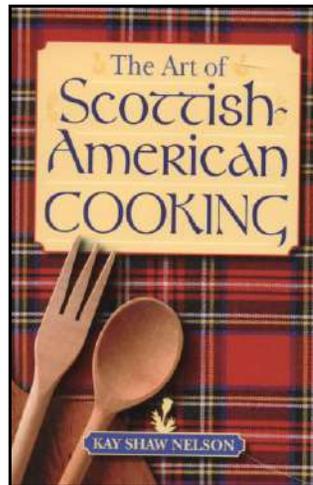
Excerpted with permission from *Confident Cooking: Step-By-Step Scottish Cooking* Murdoch Books 1994, Könemann, ISBN 3-89508-987-7

Scottish Cookbooks

The Art of Scottish-American Cooking by Kay Shaw Nelson

Pelican Publishing, Gretna, LA 2007 ISBN 978-1-5-58980-386-2

This is a very interesting book. Kay has combined recipes with historical perspectives about how the Scots brought their food traditions to America and how they invented foods and drinks when here. Would you believe fried chicken?

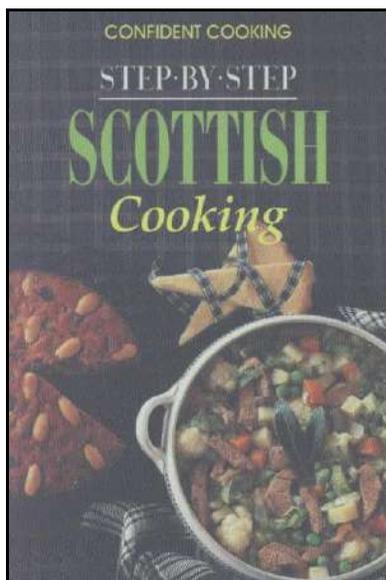


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Confident Cooking: Step-By-Step Scottish Cooking

Murdoch Books 1994, Könemann, ISBN 3-89508-987-7

This is a very helpful book in that it has plenty of photographs. The recipes are the standard tried and true ones.



NOTE: Murdoch Books has generously given us permission to excerpt several of their recipes and accompanying photographs from this publication.

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Favourite Fish Recipes

J. Salmon Ltd, Sevenoaks, England



NOTE: There may also be a “Favourite Scottish Fish Recipes” title available as well.

Favourite Scottish Country Recipes: Traditional Fare from Hearth and Home

By Johanna Mathie, J. Salmon Ltd, Sevenoaks, England

ISBN: 1-902842-21-9

This also contains great illustrations by H. J. Dobson RSW



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Favourite Scottish Recipes

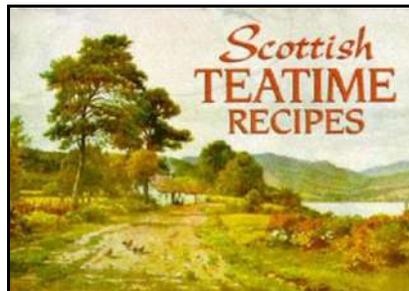
J. Salmon Ltd, Sevenoaks, England

This series is really a treasure. Small but good, the booklets tell you what you need to know as well as show you some charming artwork.



Favourite Scottish Teatime Recipes

J. Salmon Ltd, Sevenoaks, England

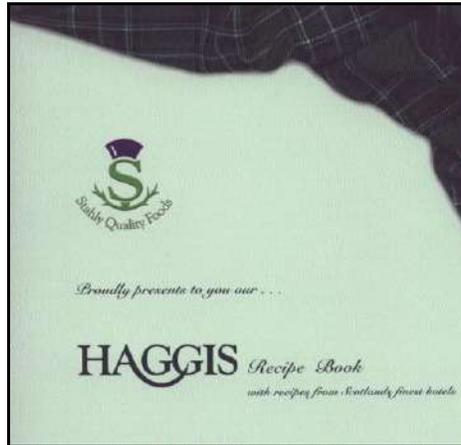


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Haggis Recipe Book by Stahly Quality Foods

Glenrothes, Fife, Scotland
KY6 2RU

We're certain you'll agree that this is a very specialized cookbook. It contains sixteen gourmet recipes using haggis, canned or homemade. Also visit their Web site at www.thehaggis.com.



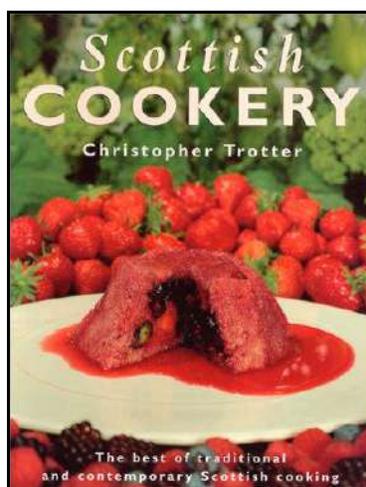
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Christopher Trotter Books

Christopher Trotter, often along with people such as Carol Wilson, Georgina Campbell, and Annette Yates, has written at least 7 cookbooks with a Scottish focus by a variety of publishers. Following are these seven, only two of which are accompanied by graphics.

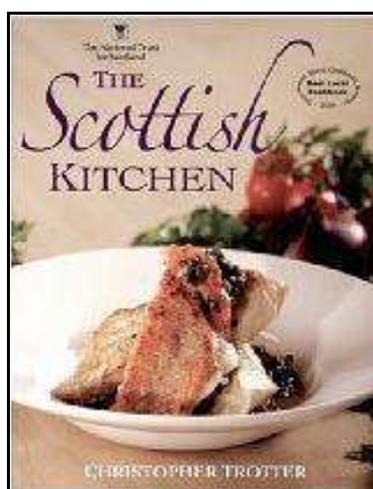
Scottish Cookery by Christopher Trotter

Lomond Books, Edinburgh, Scotland, 1998



The Scottish Kitchen by Christopher Trotter

Trafalgar Square, Edinburgh, Scotland, 2006



Essential Scottish Cookery: Classic Recipes from the Scottish Kitchen

by Carol Wilson, Christopher Trotter, 2007

The Food and Cooking of Scotland: Discover the Rich Culinary Heritage of This Historic Land in 70 Classic Step-by-Step Recipes and 300 Glorious Photographs

by Christopher Trotter, 2008

The Illustrated Encyclopedia of British Cooking: A Classic Collection of Best-Loved Traditional Recipes from the Countries of the British Isles With 1000 Beautiful Step-by-Step Photographs

by Annette Yates, Georgina Campbell, Christopher Trotter, 2009

Scottish Heritage Food and Cooking: Capture the Tastes and Traditions with over 150 Easy-to-Follow recipes and 700 Stunning Photographs, including Step-by-Step Instructions

by Carol Wilson, Craig Robertson (Photographer), Christopher Trotter, 2005

Scottish Traditional Recipes: A Celebration of the Authentic Food and Cooking of Scotland

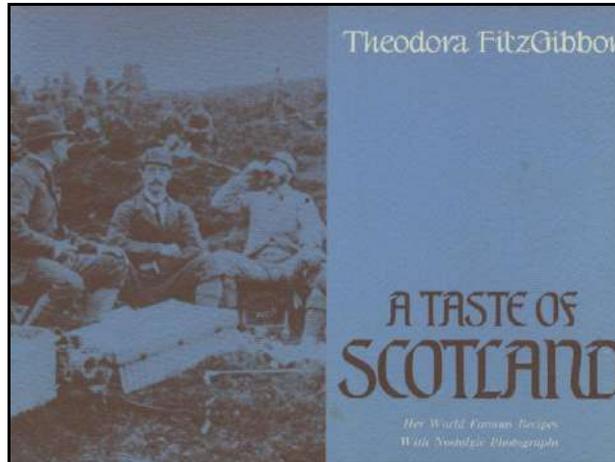
by Carol Wilson, Christopher Trotter, 2009

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A Taste of Scotland: Scottish Traditional Food by Theodora FitzGibbon

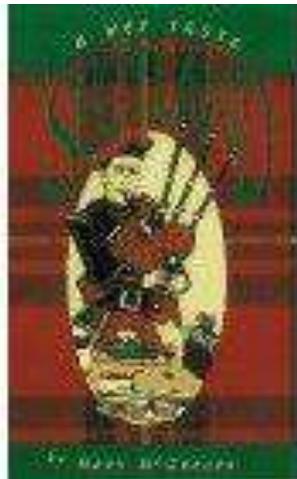
Houghton Mifflin Company, Boston
1971, ISBN 0-395-12430-1

This is a classic and contains photographs that are to die for. It may or may not be currently in print but copies are to be found on the Web and other sources. It's worth the search. The recipes are authentic Scots recipes. Fitzgibbon also wrote an Irish cookbook of the same type.



A Wee Taste o' Scotland by Mary McGregor

Westcoast Printing, Venice, Florida, 1995



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Web Sites

Straight-away, this is not a complete list of books, recipes or Web sites, so try using www.Google.com to search on term combinations such as 'scottish cooking' or 'scottish cookbooks' and go to www.Amazon.com or other bookstore sites such as www.BarnesandNobel.com and do the same thing.

A few Web sites are

www.fife.50megs.com/scottish-cooking.htm

www.heartoscotland.com/Categories/ScottishCooking.htm

www.mysterious-scotland.com/recipe/recipes.html

thecapitalscot.com/scotvariety/generalcooking.html

www.visitdunkeld.com/scottish-cooking.htm

www.siliconglenn.com/Scotland/13_2.html

www.thescottishgrocer.com/Scottishcookbooks.html

www.nicknairncookschooll.com/site/index.php (Nick Nairn is a well-known Scots celebrity chef, restaurant owner and cooking school owner)

www.gordonramsay.com (Gordon Ramsay is a well-known Scots celebrity chef and restaurant owner)

www.scottishrecipes.co.uk

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Some More Fun Recipes For You

Desserts and Teas

Apple Pie Made with McIntosh Apples!

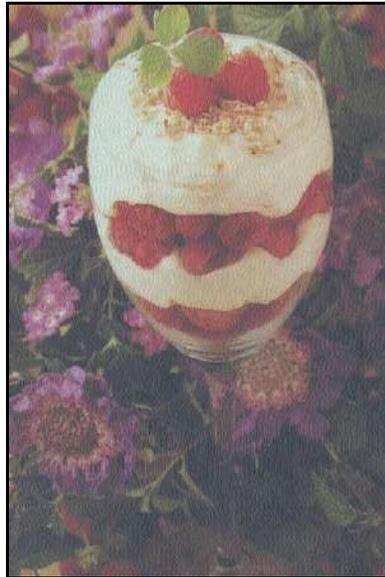
No, we're not going to tell you how to make an apple pie because we know that you already have a favorite recipe for this. But we would like to suggest that you use **McIntosh** apples which many people prefer for pie making. Enjoy!

Butterscotch Candy

- 1/2 cup brown sugar
 - 1/4 cup butter
 - 1/2 cup white sugar
 - 1/2 cup water
 - 2 teaspoons vinegar
 - 1 pinch salt
 - 1/2 teaspoon vanilla extract
1. Generously butter a 10x15 inch baking pan (with sides).
 2. In a medium saucepan over medium heat, combine brown sugar, butter, white sugar, water, vinegar and salt.
 3. Cover and bring to a boil.
 4. Remove lid and heat, without stirring, to 270 to 290 degrees F (132 to 143 degrees C), or until a small amount of syrup dropped into cold water forms hard but pliable threads.
 5. Pour in vanilla, but do not stir.
 6. Remove from heat and pour into prepared pan.
 7. Let cool slightly before cutting into squares and allowing candy to cool completely.
 8. There are also many recipes using the butterscotch flavor as a topping or as an ingredient (see Scotcherros in the next section).

Cranachan (or Cream Crowdie)

Raspberries, whipped cream and caramelized steelcut oats with honey and whisky! Very refreshing!



Serves 4

- ¼ cup of steelcut oats (pinhead, not rolled!)
 - 2 tablespoons of brown sugar
 - 1 cup heavy whipping cream
 - 2 tablespoons of granulated sugar
 - 1 cup of raspberries
 - 1 tablespoon whisky (Scotch preferred) for the recipe (more will be needed for drizzling)
 - 1 tablespoon of warm honey (more will be needed for drizzling)
1. In a **small pan** and over medium heat, mix together the oats and brown sugar
 2. Stir continuously and **cook for 3 to 4 minutes**, or until the sugar begins to caramelize; remove from heat immediately.
 3. In a **small bowl**, toss the rinsed raspberries with 1 tablespoon of whisky and one tablespoon of warm honey. NOTE: The honey can be warmed up over the stove or in the microwave but for a very short time; it should not 'cook.'
 4. In a **mixing bowl**, whip the cream until soft peaks form. Add the sugar and continue to mix until stiff peaks form.
 5. In a **parfait glass**, layer the oats, then raspberries, and then the cream, and repeat this process once. Top with extra raspberries and drizzle with a tablespoon of war honey and whisky.

Excerpted with permission from *Confident Cooking: Step-By-Step Scottish Cooking* Murdoch Books 1994, Könemann, ISBN 3-89508-987-7

Scotcheroos Dessert

These rice crispy-type treats with chocolate and butterscotch topping are a hit with almost anyone. Are they authentic Scottish fare? Well, no, but the butterscotch ingredient is the source of the name and adds a great flavor. There are two processes: one for the base 'cake' and one for the topping. Enjoy!

- 1 cup sugar
 - a cup dark Karo syrup
 - ¼ cup water
 - 1 cup peanut butter
 - 6 cups rice krispies
-
- 1 16 ounce package of semi-sweet chocolate chips
 - 1 16 ounce package butterscotch chips
-
1. Combine sugar, syrup and water in a 3 quart saucepan. Heat over moderate heat stirring frequently until the mixture begins to bubble.
 2. Remove from heat and stir in peanut butter. Mix well
 3. Add rice krispies and stir until well-blended and fairly thick but not dry.
 4. Press the mixture into a buttered pan such as a 12 by 8 inch cake pan. The thickness of the base 'cake' depends on the size of the pan you use.

Topping:

1. Using a double boiler pan set with hot water in the bottom part, melt the chocolate and butterscotch chips together over the hot water BUT NOT BOILING water.
2. Stir until well-blended then removed from the heat and immediately spread evenly over the rice krispies base 'cake.'
3. Let cool until firm.
4. Cut into squares or bars of desired size.

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Scottish Coffee

Using your favorite cup or mug

1. Pour in 1 ounce (or more) of **Drambuie Liqueur** (Scotch blended with honey and spices)
2. Fill with hot black coffee
3. Add milk or cream if desired; whipped cream topping is optional also

(And, yes, you could certainly use Scotch whisky; preferably an inexpensive blend.)



Drambuie is mainly known as an after-dinner drink however. It is Scotch mixed with honey and secret spices. The name means, roughly, 'the drink that satisfies' or 'drink beautiful.' The story goes that Bonnie Prince Charlie himself brought the recipe with him from France to the Isle of Skye in Scotland in 1745. A label on the bottle reads (in Gaelic) 'Cuimhnichan Tabhartas Prionnsa' or 'Remember the Gift of the Prince.' He gave the recipe to Captain John MacKinnon who had served him well. The MacKinnon family produced it from that point on. It was later produced in Edinburgh.

Following is an old magazine advertisement for Drambuie in Gaelic:



The small text in the ad translated reads

'Drambuie has been made in Scotland since the Year of Charlie. It has been made according to a special recipe that the Prince himself gave to MacKinnon of Skye . . . a recipe that has been in the family to this very day. Drambuie is now famous throughout the whole wide world.'

The Drambuie Liqueur Company recommends enjoying it over ice; unless it is taken in Scottish Coffee of course! By the way, the Drambuie Web site (www.drambuie.com) has a long list of recipes for you to consider.

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Scottish Teas

As in any area, and especially in Britain, there are many varieties of teas. The same is true of Scottish teas. Brands we would like to include herein are

Edinburgh Tea & Coffee Company's Heather Tea and **Thistle Tea**. These come in tins and are loose bulk, not bags. They are unique and worth the effort to find. As you probably know, heather grows all over Scotland as does the unofficial national symbol of Scotland the purple thistle. The company also produces a **Scottish Breakfast** variety.

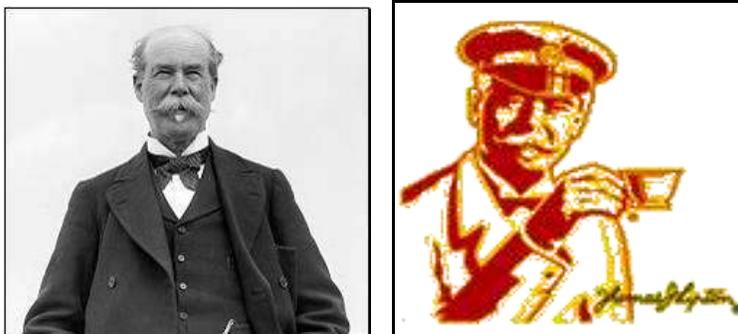


Scottish Blend tea is a black tea and rather strong in nature. It is usually boxed and held in pyramid-style teabags. It is probably Scotland's most popular brand of tea and manufactured by Unilever UK Foods. The first tea to take the needs of the Scottish market in to account, it is specially blended to taste good in the soft waters of Scotland.



Lipton Tea: The Story

When not able to find a tea that is produced in Scotland, there is always Lipton tea!



Thomas Lipton (1850–1931) stowed-away at fourteen on a ship to America from Glasgow, Scotland. He earned his living as a farm laborer in Virginia and South Carolina, and later became a grocery clerk in New York. In 1870 he returned to Glasgow, and four years later opened his own grocery store, grew it into a chain of stores, and became a millionaire.

He popularized tea in America in 1890. To ensure a supply of tea that met his high standards of quality at low prices, Lipton bought his own tea estates in Ceylon (Sri Lanka) and transported the tea to America in clipper ships. He was the first to package tea in small tins to maintain freshness and consistent amount. He left much of his fortune to the city of Glasgow to aid the poor and to build hospitals. His hobby was yachting, although he was terrible at it!

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