

## Content

- I. Soup**
  - Highland Game Soup
  - Scotch Broth
  - Vegetable Soup
  
- II. Meal**
  - Chicken Bonnie Prince Charlie
  - Finnan Haddie
  - Haggis
  - Hotch Potch
  - Porridge
  - Porridge Oat Pastry
  - Potato Cheese Cakes
  - Stoved Howtowdie Wi' Drappit Eggs
  - Stovies
  - Vegetable Loaf
  
- III. Dessert**
  - Cranachan
  - Caledonian Cream
  - Chocolate Fudge
  - Drambuie Ice Cream
  - Honeyed Oat Breakfast
  - Marzipan Dates
  - Toffee Apples
  
- IV. Cakes & Cookies**
  - Apple & Cinnamon Crumble Bars
  - Date and Walnut Loaf
  - Ecclefechan Butter Tart
  - Gingerbread
  - Honey Cake
  - Oatmeal Raisin Cookies
  - Prince Charlie's Pancakes
  - Scots Crumpets
  - Scottish Parliament Cake
  - Shortbread

## Metric Conversions

### *Weights*

<i>Avoirdupois</i>	<i>Metric</i>
1 oz	Just under 30 gr.
4 oz ( $\frac{1}{4}$ lb)	App. 115 gr.
8 oz ( $\frac{1}{2}$ lb)	App. 230 gr.
1 lb	454 gr.

### *Liquid Measures*

<i>Imperial</i>	<i>Metric</i>
1 tablespoon (liquid only)	20 millilitres
1 fl. oz	App. 30 ml
1 gill ( $\frac{1}{4}$ pt)	App. 145 ml
$\frac{1}{2}$ pt	App. 285 ml
1 pt	App. 570 ml
1 qt	App. 1.140 l

### Learn Scottish by using these sayings dealing with food

(Say them while cooking!)

*A hungry man smells meat far.*

*Bees that has honey in their mooths has stings in their tales.*

*Eat in measure and defy the doctor.*

*Oh thou my Muse! Guild auld Scotch Drink! Inspire me, till I lisp and wink,  
to sing thy name!*

(Robert Burns)

*A black hen can lay a white egg.*

*A hungry louse bites sair.*

*A man wis ance hanged for leavin his drink,*

*A drink is shorter than a tale.*

*Aither live or dee wi honour.*

*Aathing has a end, an a puddin has twa.*

*Better a small fish than a empty dish.*

*Better smaa fish than nane.*

*Better have than want.*

*Dinna lift me afore I faa.*

*Drink little, that ye nicht drink lang.*

*Eat in measure an defy the doctor.*

*Eatin, drinkin, an cleanin needs but a beginnin.*

## Soup:

### *Highland Game Soup*

*A clear soup with a rich flavour.*

4 lb ( 2 kg ) well-hung game bones  
1 lb ( 500 g ) shin of beef, minced; giblets of game birds, if available  
2-3 carrots, sliced  
2 medium onions, sliced  
2 bay leaves; some parsley stalks  
4 oz ( 125 g ) celery, chopped  
4 oz ( 125 g ) white of leek, chopped  
1 doz peppercorns  
salt  
cold water  
port wine to taste  
Garnish - diced cooked game meat

*Brown the bones and onions in the oven or in a frying pan on top of the stove. Place in a large pot with the beef, giblets, carrots, celery, leeks, bay leaves, parsley, peppercorns and salt. Cover with cold water. Bring to the boil and simmer for about 4-5 hours, skimming when necessary. Do not stir. Leave to cool a little and settle, then strain through a fine muslin. Skim well, removing all the grease, then add the port and check seasoning. Garnish with diced cooked game meat. Serves 12-14.*

### *Scotch Broth*

*Mutton was a frequent ingredient in Scottish meals and when Scotch Broth soup was being made, the mutton would often be used as the main course, rather than being chopped up and returned to the pot. The quantities noted below will make enough soup for six people. You can use a boiling fowl (stewing fowl) instead of mutton, in which case it is called "Hen Broth".*

1lb mutton or one-year-old neck of lamb  
3 pints of water  
1oz pearl barley and 2oz dried peas, soaked overnight  
A large carrot a large onion, a small leek (all sliced), a small diced turnip and 4oz shredded cabbage  
1 level tablespoon of chopped parsley

*Trim any excess fat from the mutton and put in a large pan with the water, pearl barley, peas and seasoning. Bring to the boil and simmer for an hour.*

*Add the carrot, onion, leek and turnip, return to the boil and simmer for another 30 minutes or until the vegetables are just cooked. Add the cabbage and cook for another 15 minutes.*

*Remove the mutton from the pot and trim off the meat (into small pieces if they are to be served with the soup) and return it to the pot, discarding the bone. Skim off any fat, season to taste and sprinkle parsley on the piping hot bowls of soup before serving.*

### *Vegetable Soup*

*As in Ireland, potatoes became a staple of the diet of Scotland and was used in many recipes. Here is a recipe for a thick and hearty soup made from this ubiquitous vegetable.*

*1 medium onion or leek, finely chopped*

*3 stalks celery, finely chopped*

*3 medium-sized potatoes peeled and diced*

*Cup of milk*

*2 oz/50 g butter (1/2 stick)*

*A further one or two tablespoons of butter*

*Salt and pepper*

*Fresh parsley (or chives or dill) for garnish*

*Chop the vegetables into roughly even sized pieces. Melt the butter and sauté the onion until they are yellow and soft. Add the other vegetables and continue sautéing with the lid on, over a low heat, for 5-10 minutes.*

*Add 3 cups water or stock and season with salt and pepper and add the bay leaf. Cook until the vegetables are tender. When vegetables are ready, remove the bay leaf and add 1 cup of milk and 1-2 tablespoons butter. Reheat (but don't boil). Once the soup is on the soup plate, garnish with parsley (or chives or dill). Serve with crusty bread and butter.*

## Meal:

### **Chicken Bonnie Prince Charlie**

*The recipe for Drambuie (which gives this dish its flavour) is said to have been given to members of the MacKinnon clan in gratitude for their help after Culloden. The honey-sweet golden drink is enjoyed by millions around the world - and adds flavour to many recipes.*

*4 chicken breasts, skinned and boned  
2 or 3 tablespoons of Drambuie  
8 tablespoons (4 fluid ounces or 125ml or US half cup) chicken stock  
8 fluid ounces (250ml or one US cup) double cream (whipping cream)  
3 ounces (125g or ¾ stick) butter  
1 ounce (25 g) flaked almonds  
4 apples  
A little flour, salt and pepper*

*Flour and season the chicken breasts and fry in hot butter in both sides. When they are well browned, sprinkle with Drambuie, add the chicken stock, cover and simmer for ten minutes.*

*While the chicken is cooking, peel and core the apples. Cut them into thick slices and cook gently in butter until fairly soft - do not stir to avoid mashing. Remove the chicken to a serving dish, when ready, and keep warm in the oven. Make the sauce by adding more Drambuie, if required, to the stock left in the pan and gently stir in the cream. Heat but do not boil. Add the roasted flaked almonds. Cover the chicken with this sauce and garnish with the sliced apple.*

### **Finnan Haddie**

*There are references to smoked fish in Scotland going back to the 16th century. James Boswell wrote about them in the 18th century, mentioning that Scottish smoked fish could be obtained in London. But these were heavily smoked (as a preservative) and a bit tough. In the late 19th century, as fast transportation by train became available, the Aberdeen fishing village of Findon (pronounced locally as "Finnan") began producing lightly smoked and delicately flavoured haddock (haddies) which were of a much finer texture. They were an immediate success and variations on these tasty fish have become very popular. They can be simply grilled with butter but here is a recipe with milk and onions which turns them into a delicately flavoured fish stew. The quantities are sufficient for four people.*

*One pound (500g) smoked haddock  
One large onion, thinly sliced  
14oz (400ml or one and two thirds of a cup) milk  
½ teaspoon cracked pepper*

*1½ teaspoons mustard powder  
1oz (30g or ¼ stick) butter, softened  
2 teaspoons plain flour  
1 finely chopped spring onion  
Some finely chopped parsley*

*Place the thinly sliced onion in the base of a large pan. Cut the smoked haddock into pieces about ½" to an inch (2cm) wide and spread over the onion. Mix the milk, pepper and mustard and pour over the fish. Bring to the boil slowly, reduce the heat to low and simmer covered for five minutes. Then uncover and simmer for another five minutes.*

*Remove the fish from the pan with a slotted spoon to allow the juices to run off and place in a warm serving dish. Continue to simmer the mixture in the pan for another five minutes, stirring frequently.*

*Mix the warm butter and flour and add to the pan along with the finely chopped spring onion. Stir over a low heat until the mixture comes to a slow boil and thickens slightly. Pour over the fish and serve with some finely chopped parsley.*

### *Haggis*

*If there is one dish that is immediately identified as being Scottish then it must be haggis and yet it would be more correct to call it a British dish.*

*The English made haggis well into the 18th century before abandoning the dish, the Scots quite wisely continued to make haggis (it is excellent to eat, nourishing and uses up the last odds and ends of the animal) and it survives to the present day as a popular dish.*

*1 sheep's pluck, i.e. the animal's heart, liver, and lights (lungs).*

*Cold water.*

*1 sheep's stomach*

*1 lb lightly toasted pinhead oatmeal (medium or coarse oatmeal).*

*1-2 tablespoons.*

*1 level tablespoon freshly ground black pepper.*

*1 tablespoon freshly ground allspice.*

*1 level tablespoon of mixed herbs.*

*8 oz finely chopped suet.*

*4 large onions, finely chopped.*

*(lemon juice (or a good vinegar) is sometimes added as well as other flavourings such as*

*cayenne pepper).*

*Wash the stomach in cold water until it is thoroughly clean and then soak it in cold salted water for about 8-10 hours. Place the pluck in a large pot and cover with cold water. The windpipe ought to be hung over the side of the pot with a container beneath it in order to collect any drips. Gently simmer the pluck for approximately 2 hours or until it is tender and then leave the pluck to cool. Finely chop or mince the pluck meat and then mix it with the oatmeal. Add about half a pint of the liquor in which the pluck was cooked (or use a good stock). Add the seasonings, suet and onions, ensuring everything is well mixed. Fill the stomach with the mixture, leaving enough room for the oatmeal to expand into. Press out the air and then sew up the haggis. Prick the haggis a few times with a fine needle. Place the haggis in boiling water and simmer for approximately 3 hours. Haggis is traditionally served as "haggis, neeps and tatties". The neeps are mashed turnip or swede, with a little milk and allspice added, whereas the tatties are creamed potatoes flavoured with a little nutmeg. To add the authentic touch consume your haggis, neeps and tatties with a dram of good whisky.*

### ***Hotch Potch***

*(The soup that lured Queen Victoria's Prince Consort to the galley of a Highland loch steamer to inquire what was 'intill't')*

*Neck of Lamb - 2.5lbs / 1Kg or a Marrow Bone*

*Water - 5 pints / 3 litres / 12.5 cups*

*Salt*

*Green Peas, freshly shelled if possible - 8oz / 250g / 2 cups*

*Broad Beans - 4oz / 125g / 1 cup*

*6 Young Turnips, diced*

*6 Young Carrots, diced*

*6 Spring Onions*

*1 Cauliflower*

*A Lettuce*

*6 Sprigs of Parsley, finely chopped*

*Put the neck of Lamb or the marrow bone into the brothpot with the cold water and a little salt. Bring to the boil, and skim carefully. Shell the peas; shell and skin the beans; prepare and dice the turnips and carrots; peel and cut up the onions. Retain half the peas, and put the rest of the prepared vegetables into the boiling liquor. Draw to the side and simmer very gently for 3-4 hours, or longer. It can hardly be cooked too slowly or too long. Meanwhile put the*

cauliflower and the lettuce into cold water with a little salt, and let them lie for half an hour. Then break the cauliflower into sprigs and chop the lettuce; and, half an hour before serving, add them to the broth with the remainder of the peas. Just before serving add the parsley. The soup should be nearly as thick as porridge, and is a meal in itself. Eat with crusty bread and butter!

### **Porridge**

The origins of Porridge go far back into Scottish history. It used to be either cooked overnight or in the morning, eaten for breakfast and then the remainder left to set in slabs to be eaten during the day. There are many variations on the recipe. It is usually made, as below, with milk and cream though some recipes just use water with the oatmeal.

4 tablespoons medium oatmeal.

$\frac{3}{4}$  pint water.

$\frac{1}{4}$  pint milk,

$\frac{1}{2}$  teaspoon salt.

1 tablespoon cream

Place the oatmeal, salt, water and milk in a medium saucepan and bring to the boil.

Once the mixture has reached the boil, turn it down to simmer and stir continuously for 10-15 minutes. The mixture will bubble and thicken, so it is essential to keep stirring to make sure no lumps occur. When the mixture has thickened, add the tablespoon of cream and stir in thoroughly. Remove from the heat.

A number of toppings can be added to the porridge. These include brown sugar and milk or cream, as well as honey or treacle, sweet fruits like redcurrants, raspberries or blackberries and some soft fudges and chocolates for the sweet toothed.

### **Potato Cheese Cakes**

Half pound (225g) boiled and mashed potatoes

2.5oz (65g) flour

3 tablespoons melted butter

Half teaspoon salt

4oz grated cheese

2 well beaten eggs

Mash the potatoes while they are still warm and add the butter and salt. Add in enough flour to make it a pliable dough but without making it too dry. The



type of potato will affect this. Add four ounces of grated cheese and two well beaten eggs to the potato and flour. Make into small round cakes, dip in breadcrumbs or flour and fry until golden brown on each side.

### ***Stoved Howtowdie Wi' Drappit Eggs***

10 Chicken Joints Seasoned Flour  
8 oz Sliced Onion  
2.5 lb Sliced Potatoes  
2 oz Butter  
1 pint Chicken Stock Chopped Parsley  
10 Poached Eggs

Flour joints and brown lightly in butter. Place a layer of potatoes and onions in the base of a casserole; season and place some chicken joints on top. Continue in layers finishing with a layer of potato; add stock. Cover and bake for two to two and a half hours at 350F or gas mark 4. Remove lid towards the end of the cooking time; brush potatoes with butter and brown on top. Serve with poached eggs.

### ***Stovies (potatoes, onions and left-over meat)***

2 oz beef dripping (subflower oil may be substituted for the dripping)  
4 tablespoons of good gravy (water may be substituted)  
2 medium onion, finely chopped  
2 lb peeled and roughly sliced potatoes  
Left-over roast beef, chopped  
Parsley, chopped  
Salt & pepper

Cook the onions in the dripping until they are soft but do not brown them. Add the potatoes to the onions and mix well. Cover the pot and cook for about 10 minutes, stirring occasionally so as to prevent sticking. The gravy, meat, salt and pepper should now be added and mixed well. Again cover the pot and cook slowly until the thin potatoes are mushy and the thicker cut ones soft – an hour should be sufficient (this part of the cooking can be done in a large Pyrex dish in the oven, which will give a delightfully browned and crunchy topping).

### *Vegetable Loaf*

*This is a vegetable loaf, as opposed to a meatloaf, but the texture is quite similar. To make the dish vegan, use egg substitute and soy Parmesan substitute. Serve with potatoes and bread.*

*1 lb onion, chopped  
1 lb mushrooms, chopped  
1 bell pepper, chopped  
2 cloves garlic, minced  
Scant 5 c finely grated carrots  
5 eggs  
1 tsp thyme  
1 tsp basil  
1/2 tsp black pepper  
Salt, to taste  
1 c bread crumbs  
2 c cooked, seasoned lentils  
1/2 c Parmesan cheese*

*Saute first 4 ingredients in water or vegetable broth until soft. While they cook, grate carrots into a very large bowl. Add remaining ingredients. Add sauteed vegetables; mix well. Taste for salt and spices.*

*Spray 2 loaf pans with nonstick spray and fill with mixture. Bake at 350 degrees for 1 hour, covering the loaves with foil if they begin to dry too much.*

### *Porridge Oat Pastry*

*4 oz flour*

*4 oz porridge oats*

*pinch of salt*

*4 oz butter or margarine*

*1 egg, beaten*

*Set oven to 375°F or Mark 5.*

*Grease an 8 inch flan tin.*

*In a bowl, mix together the flour, oats and salt.*

*Rub in the butter or margarine, then mix in the egg and knead with floured hands.*

*Press the pastry into the flan tin, fill with baking beans and bake blind for 10 to 12 minutes.*

*The pastry case is now ready for a filling as required.*

*This pastry can also be used as a topping on meat and fish pies.*

**Desserts:**

### ***Cranachan***

*Cranachan is a traditionally Scottish dessert. Many Scots still use the name "crowdie cream" because, in the past, a soft Scottish cheese called crowdie was used in the place of cream.*

*This dessert is still very popular among Scots, and is best made with Scottish produce. However, it can be enjoyed by everyone as a Summer treat using locally available ingredients.*

*Approx 300g raspberries (strawberries can also be used).*

*280ml (10floz) double cream.*

*2 tablespoons good quality honey.*

*2 tablespoons single malt whisky.*

*2-3 tablespoons of oatmeal.*

*Place the oatmeal in a cool, dry pan and turn on the heat to simmer. Stirring occasionally, toast the oatmeal until it is golden brown. This process could take between 10-20 minutes. Once the oatmeal is brown, turn off the heat and let it cool in the pan.*

*Place the cream in a bowl and whisk up until soft and relatively thick. Add the honey and single malt whisky and fold it in with a whisk, until it is soft and creamy.*

*Pick out some of the best raspberries for decoration and add three or four to the bottom of each serving glass, leaving a few for final decoration. Add the rest of the raspberries to the cream mixture and fold in carefully, breaking up a few of the raspberries to obtain a slight colouring to the cream.*

*Spoon the mixture into the serving glasses, then add cream to the top to make an even base for the oatmeal.*

*By now the oatmeal will be cooler. Using a teaspoon, evenly sprinkle the oatmeal over the dessert. Add a raspberry for the finishing touch and chill for about three hours, or overnight. Serves 2.*

### ***Caledonian Cream***

*Here is a refreshing dessert which uses marmalade, a popular ingredient in Scottish cooking since its invention in Dundee in 1797.*

*Cream:*

*4oz cream cheese (about half a cup)*

*4 fluid ounces double cream (about half a cup)*

*1 tablespoon marmalade (thick, bitter marmalade is suggested but use what you have)*

*2 tablespoons brandy or rum*

2 teaspoons lemon juice

Sugar to taste

Base:

4 oranges, segmented and the pith removed

Blend all the ingredients for the cream in a liquidiser till smooth. Place the oranges in four long-stemmed glasses and, if you want, add a teaspoon of brandy (or rum) to these. Add the cream on top. Garnish with some orange zest (boil for a few minutes in water to reduce the bitterness). Serve chilled.

### **Chocolate Fudge**

Fudge (and tablet) is a popular form of sweet confection in Scotland - and it sells particularly well in tourist shops. It can have many flavours added to it, from various fruit essences to whisky. The one here uses vanilla but feel free to experiment! Unlike a number of fudge recipes, it does not involve boiling the ingredients.

3 ounces (90g or ¾ stick) full fat cream cheese

2 ounces (60g) chocolate, chopped into pieces

10 ounces (275g) sieved icing sugar (frosting)

Salt to taste

Vanilla essence to taste

Beat the cream cheese until it is smooth and then beat in the sieved sugar. Melt the chocolate in a basin over hot water. Allow the chocolate to cool but while still liquid, beat in the cheese and sugar mixture, together with the vanilla essence and salt. Press the mixture into a greased tin (measuring about 6x4) and smooth the top. Chill until smooth enough to cut into rough squares.

### **Drambuie Ice Cream**

Drambuie is supposedly made to a recipe which the fleeing Bonnie Prince Charlie gave to the Mackinnons of Strathaird as thanks for looking after him. It was made in small quantities by the Mackinnons until the start of this century when an astute member of the clan started making it in larger quantities for sale. The name comes from the Gaelic "an dram buidbeach" or "the drink that satisfies."

It is possible to just pour Drambuie liqueur over ice cream or sorbet and obtain a lovely dessert but here is a recipe for making home made ice cream flavoured with Bonnie Prince Charlie's personal liqueur.

4oz/125g caster sugar (fine granulated sugar)

6 tablespoons water

6 egg yolks

7 fluid ounces (210ml) double cream, lightly whipped

3 tablespoons Drambuie

Bring the water and sugar to the boil in a small saucepan and then set aside. Whisk the egg yolks over a bain marie. Once they are light in colour, add the water and sugar mixture and whisk until it forms a ribbon. Then remove from the heat and continue to whisk until it is cool. Add the Drambuie and the lightly whipped cream. Freeze overnight. Serve with soft fruit or apple pie.

### **Honeyed Oat Breakfast**

*A tasty and healthy way to start the day.*

2 tablespoons clear honey  
½ pt milk or more if a thinner consistency preferred  
6 tablespoons porridge oats  
2 tablespoons wheat or bran flakes  
2 tablespoons chopped nuts  
2 tablespoons raisins

Combine together the milk and honey, then add the liquid to all the other ingredients and mix thoroughly.

This mixture is delicious topped with slices of fresh fruit. Make at least 30 minutes before serving. Serves 2.

### **Marzipan Dates**

This is another recipe which originated in Dundee where almonds (the basis of marzipan) were imported. These sweeties (candies) are simple to make and do not involve any cooking at all!

8oz whole dates from which the stones have been removed.  
8oz marzipan  
4oz caster (fine granulated) sugar

Knead the marzipan until it is warm and soft. Take a small piece of marzipan (the amount will vary on your liking for marzipan!) and shape it into a roll slightly shorter than the length of the dates. Open the date with a knife, insert the marzipan and close over again. Roll the filled date in the caster sugar and

lay it on a separate plate. Repeat until the marzipan is finished. Place the Marzipan Dates in small paper cases and store in an airtight container.

### ***Toffee Apples***

*While the sugar, syrup and butter will certainly not help a politically correct caloric controlled diet. But at least the fruit is healthy!*

*2 pounds (1 kilo or 5 cups) demerara (light brown) sugar*

*Nut of butter*

*1 small teaspoon vinegar*

*1 desertspoon golden syrup (or light corn syrup)*

*Half cup water*

*Sticks for holding the toffee apples (ice lolly sticks do at a pinch)*

*Stir together the sugar, vinegar, syrup and water and heat until boiling, stirring continuously. Continue on a slow boil for 5/7 minutes, stirring occasionally. Insert the stick into the core of each apple and dip the apples into the mixture. Place on a greased tray, with the sticks in the air, until dry.*

## Cakes & Cookies:

### *Apple & Cinnamon Crumble Bars*

450g/1lb Bramley cooking apples, roughly chopped  
50g/2oz raisins  
50g/2oz caster sugar  
1 tsp ground cinnamon  
zest of 1 lemon  
200g/7 oz plain flour  
250g/9oz soft light-brown sugar  
½ tsp bicarbonate of soda  
150g/5oz rolled oats  
150g/5oz butter, melted  
crème fraîche or whipped cream to serve

Preheat the oven to 190°C 10 min before baking. Place the apples, raisins, sugar, cinnamon and lemon zest into a saucepan over a low heat. Cover and cook for about 15 min, stirring occasionally, until the apples are cooked through. Remove the cover, stir well to break up the apple completely with a wooden spoon.

Cook for a further 15-30 min over a very low heat until reduced, thickened and slightly darkened. Allow to cool. Lightly oil and line a 20.5 cm square cake tin with greaseproof or baking paper.

Mix together the flour, sugar, bicarbonate of soda, rolled oats and butter until combined well and crumbly.

Spread half of the flour mixture into the bottom of the prepared tin and press down. Pour over the apple mixture. Sprinkle over the remaining flour mixture and press down lightly. Bake in preheated oven for 30-35 min, until golden brown. Remove from oven and allow to cool. Serve cool or warm with cream or crème fraîche. Serves 16.



### ***Date and Walnut Loaf***

*This is a popular cake in tea rooms around Scotland which provide "home baking". The ingredients below will make a large loaf - you can divide into two smaller cake tins and bake for a slightly shorter time.*

*¾ cup of boiling water*

*One cup of cooking dates, de-stoned and chopped*

*One teaspoon baking soda/bicarbonate of soda*

*4 ounces/125g/one stick margarine*

*4 ounces/125g/¾ cup sugar*

*One egg*

*½ lb/250g/two cups plain flour*

*Half a cup broken walnuts*

*Few drops vanilla essence*

*Pour the boiling water over the dates and baking soda and allow to stand. Beat the margarine and sugar together, then add the egg and then the flour and mix well. Stir in the dates and the liquid, add a few drops of vanilla essence and mix well.*

*Bake in a greased and lined loaf tin in a pre-heated oven for an hour at 170°C.*

### ***Ecclefechan Butter Tart***

*When travel writer Bruce Stannard from [Scots Heritage Magazine](#) was staying at Coul House Hotel he was so impressed by the Ecclefechan Butter Tart that he asked for the recipe. Here it is. As for Ecclefechan, that's a small town in Dunfries and Galloway where the influential philosopher and historian Thomas Carlyle was born.*

*2 Beaten eggs*

*6oz (200 gr. or just under one US cup) soft brown sugar*

*1 tbsp vinegar*

*8oz (250 gr. or One and a quarter US cups) mixed dried fruit*

*2oz (50 gr.) chopped walnuts*

*Prepared shortcrust pastry*

*4oz (125 gr. or one stick) melted butter*

*Mix the sugar, butter and beaten eggs together. Stir in the vinegar, then add mixed fruit and nuts. Line patty tins with pastry and put a spoonful of the mixture into each. Bake in a fairly hot oven (190C) for 20-25 minutes.*

## **Gingerbread**

*This is another popular cake which is found in tearooms across Scotland. This particular version makes a very moist version.*

4oz (100g or 1 stick) margarine  
4 Oz (100g or half cup) soft brown sugar  
1 tablespoon treacle (molasses)  
6oz (150g or 1½ cups) plain flour  
2oz (50g or half cup) oatmeal  
1oz (25g or quarter cup) bran  
3 level teaspoons of ground ginger  
1 level teaspoon mixed spice (allspice)  
1 level teaspoon bicarbonate of soda (baking soda)  
2 eggs  
2 fluid ounces (50ml or quarter cup) milk,  
4 fluid ounces (100ml or half cup) orange juice

*Preheat the oven to 160C/320F/Gas Mark 3 (reduce the temperature by 10C or equivalent if a fan assisted oven). Mix the flour, bran, spices and soda together in a bowl. Put the milk and orange juice in another container and lightly beat in the eggs. Put the margarine, sugar and treacle/molasses in a saucepan on a low heat and stir until the sugar has dissolved. Remove from the heat and stir in the dry ingredients and then add the eggs/milk/juice mixture.*

*Pour the mixture into a 2lb loaf tin lined with baking parchment and bake for around 40 minutes. Alternatively, if you want to make iced gingerbread squares, put the mixture in a 9" (23cm) square, lined tin and bake for 35 minutes. When it's cold, use 8oz (250g or one and a quarter cups) icing sugar (frosting) and enough water to make a thick, spreadable icing.*

## **Honey Cake**

*The honey makes this cake nice and moist.*

3 oz. butter  
3 oz. sugar  
2 eggs, beaten  
4 oz clear honey  
8 oz self raising flour  
1 level teaspoon baking powder

*Set oven to 350F°.*

*Grease and line a 7 inch round cake tin. Cream together the butter and sugar in a bowl.*

*Add the eggs gradually and beat in the honey.*

*Sift together the flour and baking powder and stir into the honey mixture.*

*Transfer to the tin and bake for about 35 to 40 minutes or until a skewer inserted comes out*

*clean. Leave in the tin for about 10 minutes to cool then turn out on to a wire rack,*

### ***Oatmeal Raisin Cookies***

*175g/6oz plain flour*

*150g/5oz rolled oats*

*1 tsp ground ginger*

*½ tsp baking powder*

*½ tsp bicarbonate of soda*

*125g/4oz soft light-brown sugar*

*50g/2oz raisins*

*1 medium egg, lightly beaten*

*150 ml/ ¼ pint vegetable or sunflower oil*

*4 tbsp milk*

*Preheat the oven to 200C 15 min before baking. Lightly oil a baking sheet.*

*Mix together the flour, oats, ground ginger, baking powder, bicarbonate of soda, sugar and the raisins in a large bowl.*

*In another bowl, mix the egg, oil and milk together. Make a well in the centre of the dry ingredients and pour in the egg mixture.*

*Mix the mixture together well with either a fork or a wooden spoon to make a soft but not sticky dough.*

*Place spoonfuls of the dough well apart on the oiled baking sheet and flatten the tops down slightly with the tines of a fork,*

*Transfer the biscuits to the preheated oven and bake for 10-12 min until golden.*

*Remove from oven, leave to cool for 2-3 min, then transfer the biscuits to a wire rack to cool. Serve when cold.*

### **Prince Charlie's Pancakes**

*It is unlikely that Bonnie Prince Charlie made pancakes using his precious recipe for the drink which later became known as **Drambuie**. But there is no doubt that the addition of a liqueur, made from the finest Scotch malt whisky, sweetened with a hint of heather honey and flavoured with herbs, makes this a lot more than a humble pancake!*

*4 ounces (125g or one cup) plain (all-purpose) flour*

*2 beaten eggs*

*Half pint (300ml or 1 ¼ cups) milk*

*1 ounce (25g or 2 tablespoons) lard (shortening)*

*3 ounces (85g or ¾ stick) butter or margarine*

*4 ounces (125g or half cup) caster (superfine) sugar*

*2 tablespoons (30ml) Drambuie*

*Grated rind and juice from 3 large oranges*

*Grated rind and juice from two large lemons*

*Pinch of salt*

*Sift the flour and salt into a bowl and make a hollow in the centre. Stir in the beaten eggs and half the milk and beat until you have a smooth batter. Then slowly stir in the other half of the milk.*

*Melt a little lard in an 8 inch (20cm) frying pan (skillet). Pour in enough batter to cover the base of the pan, swirling the pan so that it becomes evenly coated. Fry (sauté) for a few minutes until bubbles appear on the surface. Turn the pancakes over and cook the other side. Then slide on to a tea towel (dish cloth) and keep warm. Make more pancakes in the same way until the batter is used up (there should be enough for about eight pancakes).*

*Melt the butter (or margarine) in another frying pan (skillet), then stir in the sugar and cook for one minute. Add the grated rind and juice of the oranges and lemons and bring to the boil. Then add the Drambuie and simmer gently for three minutes.*

*Fold the pancakes into quarters and place in the frying pan. Cook gently for three minutes, spooning the sauce over the top, until heated through. Serve immediately.*

### **Scots Crumpets**

*These are soft pancake-like fare but made larger and more thinly than pancakes. They can be spread with butter and/or jam and they are traditionally rolled up before eating. The quantities below will make about 16 crumpets.*

*8 oz plain flour (2 cups all purpose flour)  
2 tablespoons caster sugar/fine granulated sugar  
Pinch of salt  
2 large eggs, separated into whites and yolks  
2 tablespoons melted butter  
15 oz milk*

*Beat the egg yolks and blend in the sifted flour, sugar, salt. Then add in the melted butter and milk to make a thin batter about the consistency of thin cream. Beat the egg whites to the soft peak stage and quickly add to the batter, folding with a knife or metal spoon.  
Heat a lightly greased griddle or a frying pan and pour in large spoonfuls of the batter. Each crumpet should spread thinly to about 4/5" in diameter and you may have to roll the pan to achieve this. When the batter is brown underneath and slightly bubbly on top, turn and cook on the other side. Keep them warm by stacking on a clean tea towel and eat soon after.*

### **"Parlies" or "Scottish Parliament Cakes"**

*Not cakes at all, but small biscuits which were first supplied to the gentry and Members of the Scottish Parliament from a shop called "Luckie Fykie" in Waverley, Edinburgh.*

*8oz plain flour (2.5 cups)  
4oz butter or margarine  
4oz brown sugar  
1 egg  
4oz or 2 tablespoons treacle (molasses)  
2 teaspoons ground ginger*

*Mix the flour, ginger and sugar thoroughly. Melt the butter in a saucepan and add the treacle and bring to the boil, stirring continuously. Turn off the heat and add the other ingredients, mixing vigorously with a wooden spoon. When it has cooled sufficiently to handle, scoop up a small quantity of the mixture with a dessertspoon and push off with a teaspoon onto a well greased baking tray or sheet. Flatten slightly with a fork and leave space between each one to*

allow it to spread. Cook at 160C/325F/Gas Mark 3 for 25/30 minutes. Use a palette knife to lift the biscuits off the tray and store in an air-tight container.

### **Shortbread**

Shortbread is a classic Scottish dish. It is served with hot drinks as a warming treat. The dough can be made into small biscuits or the whole round. For variety add grated orange or lemon rind to the dough, or sprinkle the top with flaked almonds before putting into the oven.

200g butter at room temperature.

60g ground rice.

85g caster sugar and extra for decoration.

175g plain flour.

Preheat the oven to 150°C or 300°F or Gas Mark 2. Grease and line a baking tray. Using a wooden spoon or hand mixer combine the butter and sugar until the mixture is light, fluffy and creamy. Add the flour and ground rice to the bowl and, using a round bladed knife, form it into a dough. Use your hands to form the dough into a ball. Flour a flat surface and your hands. Place the dough on the surface, kneading it round, turning it over, but not over-handling it. Flour the dough and the surface again and form it into a round with a rolling pin. When rolling turn the dough 45° each time it is rolled. This will prevent it from shrinking while it bakes. Place the round on the prepared tray and using the back of a spoon handle make slight indents all the way around the edge. Score the round into 8 segments using a sharp knife. Place in the oven for 35-40 minutes. Leave to cook until it is slightly golden at the edge but still quite soft in the middle. Once it is ready, take it out and cut it into the segments straight away. Leave the shortbread to settle for a while, and after about 10 minutes sprinkle the top with sugar. Serve warm or cold.