

Hairst Bree

Servings: 4

Ingredients

1 kg Neck of lamb chops
1 Cauliflower; in flowerlets
1/2 kg Green peas
4 medium Carrots; chopped
4 small Yellow turnips; chopped
250 g Broad beans
6 Spring onions; chopped
1 small Lettuce; shredded
2 tspn Mint; chopped
1 tbspn Parsley; chopped
1 tspn Salt
1 tspn Sugar
1/2 tspn Pepper
2 1/2 L Water

Directions

In a deep pot boil lamb and salt gently in 10 cups water.

Skim any scum from top.

Simmer 1 hour, covered.

Add carrots, onions, beans, turnips and half the peas.

Simmer 1 1/2 hours more, covered.

Add cauliflower, lettuce, peas, mint, sugar, pepper and more salt if required.

Simmer for 1/2 hour or until meat and vegetables are tender and soup is thick.

Stir in parsley just before serving.

NOTES: Hairst Bree is Scots for harvest broth and is part soup and part stew. It is made with lamb, a natural choice in a country where sheep often ~~is~~ better than cattle and although this may sound unusual to people more accustomed to eating beef or chicken, it is delicious, especially when made with fresh meat and crisp, young vegetables. The vegetables can be substituted if desired; for example, replace the cauliflower with cabbage, and other vegetables may be used instead.

Scots Broth

Servings: 8

Ingredients

1 kg Mutton neck
1 Knuckle bone
1 large Onion; sliced
3 tbspn Barley
1 small Cabbage; shredded
150 g Peas or 1/2 cup split peas
3 Carrots; diced
2 medium White turnips; diced
2 tbspn Parsley; chopped
White part of 1 large leek; diced
2 1/2 L Water
Salt and pepper to taste

Directions

Trim off neck fat and chop into cutlets.

Bring meat to boil with 10 cups of water in a large saucepan.

Skim off any scum, season to taste.

If using split peas, add now and simmer gently for 1 hour.

Add fresh peas (if being used), carrot, onion, leek, turnip, and barley.

Cover and simmer for 20 minutes, then add cabbage and check seasoning.

Add parsley 3 minutes before serving.

Serve each diner a cutlet with the hot broth

Whisky Punch

Ingredients

3 Lemons
250 g Sugar
1 L Boiling water
1 Bottle Scotch whisky

Directions

Peel the lemons finely and squeeze out the juice, then add peel and juice to the sugar in a large jug or bowl. Pour the boiling water over the lemons and sugar and leave until cold.

Strain into a large bowl and add the bottle of Scotch whisky, stirring well. Chill for at least an hour before serving.

Veal And Ham Pie

Ingredients

Hot water crust pastry
110 g Ham
1/2 kg Veal shoulder
2 Eggs; hard boiled
4 tbspn Water or stock
235 ml Chicken stock
2 tspn Gelatine
1 pinch Mixed herbs
1 pinch Ground mace
Salt and pepper to taste

Directions

Roll out 2/3rds of pastry on floured board.

Keep rest warm and covered until ready to use.

Lift rolled pastry onto outside of pie dish, mould into pie shape.

Remove pie dish, place pastry shell on greased baking sheet.

Cut meat into small pieces, mix with herbs and seasoning.

Fill pastry shell with meat mixture, place eggs in middle.

Wet edges of pie, roll out rest of pastry to make a lid.

Seal pie edges, brush pastry lid with beaten egg or milk.

Tie greaseproof paper round pie.

Bake in oven 215 degrees for 20 minutes.

Lower heat to 180 degrees for 2 hours until meat is cooked.

Test to ensure meat is tender by testing with a thin skewer.

Dissolve gelatine in chicken stock.

When pie is cold, make two small holes in lid.

Pour in jelly stock, leave to set.

For four small pies, use jam jars as moulds.

(COOK ONE HOUR ONLY)

Warm Salad Of Black Pudding And Apples

Servings: 6

Ingredients

- 1 Frisee lettuce; trimmed of coarse leaves and well washed
- 18 1cm rings black pudding; stripped of wrapping or the same amount in 1cm cubes
- 100 g Bacon in a piece; sliced into lardons
- 2 tbspn Sunflower oil; (optional)
- 1 Green apple such as Granny Smith
- 1 Sweet red apple such as Fuji
- 5 tbspn Olive oil
- 1 tbspn Cider vinegar
- 1 tbspn Grainy mustard

Directions

Check the black pudding for stray plastic and gently fry in the oil or grill with the bacon. Meanwhile, whisk the oil, vinegar and mustard together in a large bowl and season.

Slice and core the apple into the dressing and toss to cover. (The acid in the vinegar will prevent the apple from discolouring).

Add the frisee and dress thoroughly. Divide between six plates and form into attractive piles. When the pudding has grilled to a pleasantly brown stage, drain away any excess fat and top the salad.

Serve with crusty bread immediately.

A glass of good cider would be the best match for this dish.

Cloutie Dumpling With Ginger Cream

Servings: 8

Ingredients

THE DUMPLING

1/2 kg Self-raising flour
170 g Fresh brown breadcrumbs
110 g Soft brown sugar
1 tspn Mixed spice
A little extra cinnamon
140 g Vegetable fat or butter
1 tbspn Black treacle
2 Apples cored, unpeeled, grated
1 Carrot; grated
225 g Currants
225 g Sultanas
1 Egg
1/8 L Milk
1 45cm sq. clean cotton sheet

GINGER CREAM

225 g Crabbe's Green Ginger Wine
3 Egg yolks
142 ml Single cream

Directions

Sieve the flour and mix it with the breadcrumbs, brown sugar and spices. Melt the butter or vegetable fat gently with the treacle. Mix the breadcrumbs, currants and sultanas. Beat the egg and milk together and add to the dry ingredients, with the grated carrot and apple - use your hands. Add more milk if necessary to give a soft mixture which drops easily from the spoon.

Put a square of cotton sheet in the pot of boiling water with an upturned plate on the bottom. Take out the scalded cloth, sprinkle it with flour and put in the dumpling. Draw up the edges, and tie up firmly with white string, leaving enough room for the pudding to expand. Lower the dumpling back into the boiling pan. Keep water topped up. Bring back to the boil. Boil steadily but gently for 4 hours. It can be longer but it shouldn't be less.

Remove the dumpling and dip it straight in and out of cold water. Unwrap the dumpling on to a serving plate. The skin will initially be white from the flour. Put the dumpling on its plate in a very low oven to dry off for 20 minutes, when it will develop a fine, dark glossy skin.

Meanwhile, make the ginger cream. Beat the wine with the egg yolks over hot water until the mixture is thick, white and fluffy. Stir in 142 ml single cream. Serve it in a pretty glass jug, with the hot pudding.

The dumpling cuts wonderfully rich and dark. Leftover slices are delicious fried in butter - lovely with cream for a special tea-time treat.

Athol Brose

Servings: 4

Ingredients

170 g Oatmeal; soaked

50 ml Whisky

470 ml Water

2 tbspn Heather honey

470 ml Cream

500 g Crushed raspberries

1 tbspn Caster sugar

Mint to garnish

Toasted oats to garnish

Directions

Put the oatmeal into a bowl and mix it with the water, leave it to stand for half an hour and then pass it through a fine strainer. Add the honey, stirring with a silver spoon until it is well blended. Taste for sweetness and add a little more honey if desired.

Add the sugar to the crushed raspberries. Whip the cream until it is stiff then mix with the crushed raspberries.

Alternate layers of cream mixture and oatmeal and serve with hot dropped scones.

Drop Or Dropped Scones

Ingredients

1/2 kg Self raising flour
2 tbspn Light golden syrup
1/2 tspn Salt
235 ml Milk
85 g Sugar
2 Eggs

Directions

Put the flour, sugar, salt and warmed syrup into the mixing bowl, add the milk and beaten eggs until the mixture forms a thick consistency like cream. Heat up the griddle or heavy frying pan and very lightly grease it.

Drop the mixture in tablespoons in rounds, seeing that they do not overlap and are even. Turn over when little bubbles appear on top and the bottom is golden brown, and then cook the other side. Cool on a clean tea cloth, keeping them wrapped unless they are to be eaten from the pan.

Serve them warm or cold with butter, heather honey or jam. They will keep for some time in a tin and can be heated up by putting them either in a warm oven or slow grill.

Tablet

Ingredients

225 g Butter or margarine

470 ml Water

2 1/2 kg Extra fine sugar

1/2 kg Tin sweet condensed milk

Directions

Melt butter on low heat in water in a deep saucepan.

Add sugar and bring to boil, stirring slowly all the time.

When boiling, add condensed milk and simmer, stirring to prevent sticking.

Stop stirring when all bubbles vanish (excess moisture has now gone).

Take off the heat and add the flavouring of your choice.

Beat well for at least 5 minutes.

Pour into a greased pan.

When cold, lift out and cut into bite-size cubes.

Wrap in waxed paper to store.

Makes 2 1/2kg.

NOTES: This is a traditional sweet and delicious fudge-type toffee. Flavour with vanilla, crushed or broken walnuts, clove, cinnamon, lemon, orange, peppermint or ginger, according to taste.