

## SCOTCH EGG

12 oz. pork sausage meat  
2 teaspoons parsley, finely  
chopped  
4 eggs  
1 oz. flour, seasoned with  
salt and pepper  
1 egg, beaten  
4 oz. dried breadcrumbs  
Vegetable oil for deep frying

Boil the eggs for 10 minutes. Cool and remove the shells. Place the sausage meat in bowl. Add the chopped parsley and mix well; hands are best. Coat the eggs with the seasoned flour and cover completely with a layer of sausage meat; wet hands help to mould it evenly. Dip into the beaten egg and roll in the breadcrumbs. Fry in deep fat until golden brown. Drain well on kitchen paper. Serve hot or cold. Serves 4.

*Twenty-Six*

## PORRIDGE

2 pints water  
or 1 pint water and 1 pint milk  
5 oz. porridge oats  
Pinch of salt

Bring the water, or milk and water to the boil in a saucepan; add the oats. Stir briskly to avoid lumps. Simmer with the lid on for 10 minutes. Remove from the heat. Add the salt, replace on the heat and cook for a final 10–15 minutes. Serves 4.

Traditionally porridge would be served with separate bowls of double cream. Each spoonful of porridge is then dipped into the cream before eating. For an extra treat sprinkle with sugar and whisky.

*Twenty-One*

## TREACLE AND MARMALADE TART

8 oz. shortcrust pastry  
8 oz. golden syrup  
4 oz. marmalade  
8 oz. white breadcrumbs  
2 tablespoons lemon juice

Set oven to 350°F or Mark 4. Roll out the pastry, and line an 8 inch flan dish. Trim the edges and reserve the extra pastry. Sprinkle the breadcrumbs evenly over the pastry base. Warm the syrup and marmalade very gently in a saucepan over a very low heat. Stir in the lemon juice. Pour the mixture over the breadcrumbs. Roll and cut the left-over pastry into thin strips and make a lattice pattern over the tart. Cook for 25–30 minutes until golden brown. Serve hot or cold with whipped cream. Serves 6.

*Twenty-Seven*



# FAVOURITE SCOTTISH RECIPES

compiled by  
*Johanna Mathie*

SALMON



## OATMEAL BANNOCK

6 oz. flour  
2 oz. medium oatmeal  
1 level teaspoon salt  
1 oz. butter  
1 tablespoon baking powder  
 $\frac{1}{2}$  pint milk  
1 oz. caster sugar

To test for the correct heat of the girdle sprinkle it with a little flour. If the flour browns at once it is too hot; it should take a few seconds to turn colour.

Sift the flour, salt and baking powder into a bowl. Add the butter and rub into a fine consistency. Gently mix in the oatmeal and the sugar. Make a well in the centre. Gradually pour in the milk, stirring the mixture lightly with a wooden spoon until it forms a sticky soft dough. Turn on to a lightly floured surface, and knead very gently (handle as little as possible). Roll out lightly and shape into one or two  $\frac{1}{2}$  inch thick rounds. Heat a girdle or heavy bottomed frying-pan, and sprinkle with a little flour to prevent sticking. Cook for about ten minutes on one side. When the underside is brown turn once only and cook other side. Cool on a wire rack. Slice thinly and serve with butter and jam.

Twenty-Three

## FORFAR BRIDIES

1 lb. Shortcrust pastry  
12 oz. best stewing steak  
1 medium onion, chopped finely  
3 oz. shredded suet  
 $\frac{1}{2}$  teaspoon mustard powder  
Salt and pepper  
Beaten egg to glaze

Set oven to 350°F or Mark 4. Chop the meat into very small pieces or mince coarsely. Place in a bowl with the chopped onion, salt, pepper and mustard. Sprinkle on the suet and mix well. Cut the pastry into 3 pieces and roll out each piece to a round about  $\frac{1}{4}$  inch thick. Spoon the meat on to one half of each round, taking care not to overfill. Dampen the edges of the pastry, fold to make semi-circles and pinch the edges together to resemble small Cornish pasties. Place on a plain baking sheet. Brush with beaten egg and make a hole in each one for the steam to escape. Bake for about 1  $\frac{1}{2}$  hours until golden brown; if the pastry browns too quickly, cover with foil. Serve hot with vegetables or cold as a snack.

Three



1 large boiled crab  
3 oz. long grain rice  
1 pint chicken stock  
1 pint milk  
 $\frac{1}{2}$  pint single cream  
 $\frac{1}{2}$  teaspoon anchovy essence  
Salt and pepper

Remove all the meat from the crab and set aside the flesh from the large claws. In a pan boil the rice in the milk until soft but take care not to over cook. Add the crab meat, (except from the claws), and rub the mixture through a sieve into a clean pan. Bring to the boil gradually, stirring in the chicken stock. Remove from the heat and add the anchovy essence, the meat from the claws and salt and pepper to taste. Reheat but do not boil, stir in the cream and when hot serve immediately. Serves 4.

## PARTAN BREE - CRAB SOUP

Forty-Three

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, 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.

## WHISKY AND CHOCOLATE CRUNCH

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Cover pictures: *front* A croft near Loch Elvie; *back* Autumn in the Trossachs

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## POACHED SALMON WITH GREEN MAYONNAISE

Put all the bouillon ingredients together in a saucepan. Simmer for 30 minutes. Strain and replace the liquid in the pan. Add the salmon, bring to the boil and boil for 2 minutes. Remove from heat and set aside; the salmon will continue to cook in the bouillon while you make the mayonnaise. Put the eggs in a food processor or blender with the mustard, salt and pepper. Switch on and whilst blending, pour in the oil and vinegar in a steady stream until the sauce thickens. Add the chopped herbs. Check that the salmon is cooked (10–12 minutes). Lift on to a serving dish. Garnish with sliced cucumber and serve hot or cold with the mayonnaise.

6 salmon cutlets  
Cucumber, sliced for garnish  
COURT-BOUILLON  
2 pints water  
1 cup white wine  
1 carrot, chopped  
1 onion, chopped  
2 sticks celery, chopped  
Bay leaf  
Salt and pepper  
MAYONNAISE  
2 eggs  
½ pint olive oil  
1 teaspoon salt  
1 teaspoon mustard powder  
Pepper to taste  
Dash wine vinegar  
Freshly chopped parsley and chives to taste

Eight

## OATY CRUMBLES

4 oz. self-raising flour  
½ teaspoon salt  
4 oz. rolled oats  
2 oz. caster sugar  
1 generous tablespoon golden syrup  
4 oz. butter or margarine  
Oatmeal for sprinkling

Originally, black treacle would have been used in this recipe.

Set oven to 350°F or Mark 4. Grease a 7 inch cake tin. Melt the sugar, syrup and butter in a saucepan and remove from the heat. Sift the flour and salt into a bowl and add the oats. Pour the cooled syrup mixture on to the dry ingredients. Mix well. Press the mixture into the cake tin and sprinkle with some oatmeal. Bake for 20 to 25 minutes until light golden brown. Mark into slices, allow to cool in the tin and then turn out and break up on a wire tray.

Five

## SKIRLIE STUFFED CHICKEN

A 3–3½ lb. chicken  
4 oz. medium or coarse oatmeal  
1 medium onion, chopped  
2 oz. shredded suet or 2 oz. dripping  
Salt and pepper  
Mixed herbs (optional)

Set oven to 350°F or Mark 4. Remove the giblets for the gravy. Rinse and wipe the chicken well. Put the oatmeal, onion and the suet or dripping into a bowl. Add salt, pepper and herbs to taste. Mix well with a fork. Stuff the chicken. Take care not to overfill the cavity as the oatmeal swells when cooked. Place the chicken in a roasting tin and roast for about 20 minutes to the pound and possibly 20 minutes over depending on the bird. Serve with roast potatoes and fresh vegetables. Serves 4.

A versatile dish, Skirlie was often eaten instead of meat, especially when times were hard. Here it makes a delicious stuffing.

Forty

