

Porridge



How To Make Porridge

How to make porridge the traditional Scottish way is to use the finest Scots porridge oats or a good quality oatmeal.

Ideally soak the oats overnight in the quantity of water needed for each portion. This results in fluffier and tastier porridge recipes and is especially important for those using finer oatmeal.

Traditionally you should stir clockwise but stirring this way and anticlockwise would help break up the oats and stop it sticking to the saucepan.

Some like to cook porridge recipes with water, others like milk. One option is to use water for the cooking and once the portion of porridge is in the bowl add cold milk and/or some fruit.

The easiest way is to use 50 grams of oats per portion to 300mls of water or milk. Mix this into a pan and heat on a medium setting on the stove or hob. Stir continuously and once thickened turn off the heat and serve. Those who prefer to use oatmeal, especially medium oatmeal or pinhead oatmeal will need to allow up to 30 minutes simmering time until their porridge recipe is thoroughly cooked. Those wanting a quick meal should stick to Scotch porridge oats. This has the added advantage of being able to be cooked in the microwave.



Scotch Broth



Ingredients

1kg neck of mutton or lamb 75g
pearl barley
1 large onion
75g split peas or fresh peas
1 large leek
3 neeps (turnip)
1 swede
water depending on thickness required - try 2.5 litres
3 carrots
2 tablespoons of freshly chopped parsley
salt and pepper
small cabbage (optional)

Cooking instructions

1. Pre soak the barley and split peas
2. Chop all the vegetables
3. Melt some lard/cooking oil and add the chopped onion. Once softened add the water and meat (you can just add stock rather than boil meat) and boil, skimming off any fatty deposits from the top.
4. After boiling for about half an hour add the barley and peas and simmer for another 30 minutes.
5. Add the remaining vegetables.
6. If used, remove the bone and strip off the meat and return this to the pot.
7. Add parsley before serving. Great with warmed bread rolls.

Haggis



Haggis Ingredients:

- 1 sheep's stomach bag**
- 1 sheep's pluck - liver, lungs and heart**
- 3 onions**
- 250g beef Suet**
- 150g oatmeal**
- salt and black pepper**
- a pinch of cayenne**
- 150mls of stock/gravy**

Haggis Cooking Directions:

- 1. Clean the stomach bag thoroughly and soak overnight. In the morning turn it inside out.**
 - 2. Wash the pluck and boil for 1.5 hours, ensuring the windpipe hangs over the pot allowing drainage of the impurities.**
 - 3. Mince the heart and lungs and grate half the liver. Chop up the onions and suet.**
 - 4 Warm the oatmeal in the oven.**
 - 5 Mix all the above together and season with the salt and pepper. Then add the cayenne. Pour over enough of the pluck boiled water to make the mixture watery.**
 - 6 Fill the bag with the mixture until it's half full.**
 - 7 Press out the air and sew the bag up. Boil for 3 hours (you may need to prick the bag with a needle if it looks like blowing up!) without the lid on.**
- .Serve with neeps and tatties.**

Scottish Tablet



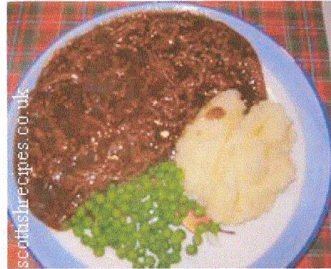
Tablet Ingredients:

1 teacup of milk
Large tin of condensed milk
900g of sugar
100g of butter

Tablet Cooking Directions:

1. Melt the butter and sugar. Add the condensed milk and the teacup of milk.
2. Stir and turn up the heat and keep stirring until it reaches boiling point.
3. Turn the heat down low and stir for 45 minutes
4. Remove from the heat and beat 60 times with a wooden spoon. Put a wee bit on a plate and if it sets then it's ready to be put onto the shallow trays.
5. Score the tablet surface marking into squares and allow to set and get cold.

Mince and Tatties



Ingredients For Mince And Tatties
500g of minced beef
Four large potatoes for the mash
3 carrots
One large onion
500mls of gravy stock

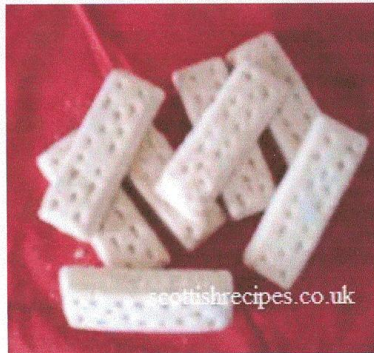
Peel the potatoes and carrots. Make mashed potatoes as normal.

The mince should be browned in a frying pan over a medium heat along with the chopped onions. Remove from the heat and drain any excess oil.

Add the chopped carrots and onion. Add the stock or gravy mixture and return to the heat. Bring to the boil and then turn down the heat and gently simmer for about thirty minutes.

Once the mince is cooked serve with the mashed potato and any additional vegetables.

Shortbread



Shortbread Ingredients:

175g of self raising flour (replacing 2 teaspoons with 2 teaspoons of ground rice)
50g of sugar
100g of butter
Ground rice for sprinkling

Baking instructions

1. Cream the butter and sugar until almost white and gradually add the flour.
2. Squeeze the whole mixture into a large ball.
3. Remove from the bowl and dust in ground rice.
4. Press into an 8inch square tin and smooth and make pinpricks all over.
5. Bake in the oven at 160c, 325f or gas mark 3 for 25 minutes.
6. Remove, dust with caster sugar and cut into 12 fingers