

## Scotland Recipes

### Cullen Skink

**Ingredients:**

1 pound smoked haddock, skin on  
1 bay leaf  
1 tablespoon butter  
1 onion, peeled and finely chopped  
1 leek, washed and cut into chunks  
1 medium potato, unpeeled, cut into chunks  
2 cups whole milk  
Chives, chopped, to serve

**Directions:**

Put fish into a pan large enough to hold it comfortably, and cover with about 1 ½ cups cold water. Add the bay leaf and bring gently to a boil. Remove from the pan and set aside to cool. Take the pan off the heat.

Melt the butter in another pan on a medium-low heat and add the onion and the leek. Cover and allow to cook for about 10 minutes until softened. Season with black pepper. Add the potato and stir to coat with butter. Pour in the haddock cooking liquid and bay leaf and bring to a simmer. Cook until the potato is tender. Meanwhile, remove the skin and any bones from the haddock, and break into flakes.

Lift out a generous slotted spoonful of potatoes and leeks and set aside. Discard the bay leaf. Add the milk and half the haddock to the pan, and either mash roughly or blend until smooth. Season to taste, and serve with a generous spoonful of the potato, leek and haddock mixture in each bowl, and a sprinkling of chives.

## Dundee Cake

### Ingredients:

1 cup raisins  
1 cup dried currants  
½ cup diced candied mixed fruit peel  
½ cup candied cherries, quartered  
1 tablespoon grated orange zest  
1 cup butter, softened  
1 cup white sugar  
4 eggs  
1 ⅔ cups flour  
1 teaspoon baking soda  
1 ounce ground almond  
½ cup whole almonds  
1 tablespoon corn syrup



### Directions:

Combine raisins, currants, mixed peel, cherries, and orange rind. Dredge with ⅓ cup flour. Cream butter and sugar until fluffy. Beat in eggs 1 at a time until light. Combine flour, baking powder, and ground almonds; fold into batter mixture. Mix in fruit.

Spread in foil-lined 8" x 3" round pan. Bake at 325° F for about 1 ½ hours, until an inserted wooden pick comes out clean. Remove cake from pan. Toast almonds in 350° F oven until lightly browned, about 5 minutes. Heat corn syrup, and brush over top surface of hot cake. Place almonds in whatever design you like. Let cool.

## Rumbledethumps

### Ingredients:

½ head green cabbage, thinly sliced (about 8 cups)  
2 ½ pounds russet potatoes, peeled, coarsely chopped  
½ cup unsalted butter  
¼ cup chopped chives  
1 cup grated extra-sharp cheddar cheese (4 ounces)



**Directions:**

Butter an 8-cup baking dish. Preheat oven to 350°F. Cook cabbage in a large pot of boiling, salted water until tender, about 2 minutes. Using a slotted spoon, transfer cabbage to a bowl. Return water to a boil and add potatoes. Cook until tender. Drain and return potatoes to the pot. Add butter and mash potatoes. Mix in chives and then cabbage. Season to taste with salt and pepper. Spoon mixture into prepared dish. Sprinkle with cheese. Bake about 35 minutes until cheese bubbles.

## Scottish Butter Tablet

**Ingredients:**

1 (14-ounce) can sweetened condensed milk  
1 cup cream  
4 ½ cups white sugar  
½ cup chilled, unsalted butter, cut into cubes  
1 dash salt  
1 teaspoon vanilla

**Directions:**

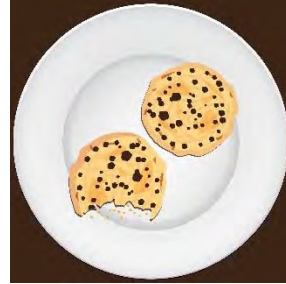
Generously butter a 13" x 18" sheet pan and set aside. Stir together condensed milk, cream, sugar, salt, and butter in a large heavy-bottomed saucepan. Place over medium heat, and bring to a boil, stirring constantly. When the mixture has reached a boil, turn heat to low, and continue cooking and stirring, until a candy thermometer reaches between 234 and 240° F, or until a small amount of the mixture dropped into cold water forms a soft ball that flattens when removed from the water and placed on a flat surface. This should take about 20 minutes.

Once the mixture has attained a light tan color, remove from heat, and beat vigorously with a wooden spoon until the mixture cools and thickens. Stop beating when you can feel the mixture turn from smooth to grainy. Pour into the prepared pan. Don't scrape any crystallized bits from the bottom of the pan, or it may cause the whole batch to crystallize. Allow to cool 6 hours to overnight until set. Cut into squares with a serrated knife.

## Bannocks

### Ingredients:

4 ounces medium oatmeal  
2 teaspoons melted fat (bacon fat, if available)  
2 pinches baking soda  
Pinch of salt  
 $\frac{3}{4}$  tablespoon hot water  
Additional oatmeal for kneading



### Directions:

Mix the oatmeal, salt, and baking soda, and pour in the melted fat into the center of the mixture. Stir well and add enough water to make into a stiff paste. Cover a surface in oatmeal and turn the mixture onto this.

Divide into 2 parts and roll one half into a ball; knead with hands covered in oatmeal to stop it sticking. Roll out to around a  $\frac{1}{4}$ " thick. Put a plate that is slightly smaller than the size of your pan over the flattened mixture and cut round to leave a circular oatcake. Cut into quarters and place in a heated pan which has been lightly greased. Cook for about 3 minutes until the edges curl slightly, turn, and cook the other side.

## Ham and Haddie Pie

### Ingredients:

12 ounces smoked haddock  
4 ounces chopped bacon  
8 ounces tomatoes, sliced  
2 ounces grated Scottish cheddar cheese  
Small quantity butter for frying  
1 small onion, chopped  
 $\frac{1}{2}$  cup breadcrumbs  
2-3 tablespoons water



**Directions:**

Heat the oven to 375°F. Grease a medium-size ovenproof dish. Melt the butter in a pan and fry the onion until it is soft. Add the chopped bacon and cook for another 2 to 3 minutes.

Arrange half of the tomato slices in the dish and cover with the onion and bacon mixture. Put the haddock on top of this and top with the remaining tomato slices. Pour on the water and sprinkle with the breadcrumbs and cheese. Cover with a lid or foil and cook for 20 minutes. Remove the lid or foil and cook for another 10 minutes until the topping has turned brown.