

The official recipe book for . . .
From Scotland to your plate!



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**All the recipes are the recipes that appear on the site*

Haggis recipe

Haggis, the national dish of Scotland, a type of pudding composed of the liver, heart, and lungs of a sheep (or other animal), minced and mixed with beef or mutton suet and oatmeal and seasoned with onion, cayenne pepper, and other spices. The mixture is packed into a sheep's stomach and boiled.

Ingredients

TRADITIONAL HAGGIS

1 ox bung

1.4kg lamb's pluck, (heart, lungs and liver)

500g of beef, or lamb trimmings or stewing steak

200g of suet

500g of oatmeal, (coarse)

Haggis-

- 1) Rinse the whole pluck in cold water. Trim off any large pieces of fat and cut away the windpipe
- 2) Rinse the whole pluck in cold water. Trim off any large pieces of fat and cut away the windpipe Lift the meat from the pot with tongs or a slotted spoon, and rinse in cold water to remove any scum. Place into a bowl and leave to cool
- 3) Strain cooking liquid through a fine sieve and put back on the stove to reduce until you have roughly 500–1l of stock. Leave to cool



Cock-a-leekie recipe

While it is called "Scotland's National Soup", it probably originated as a chicken and onion soup in France. By the late 16th century, it had made its way to Scotland, where the onions were replaced with leeks

Ingredients

2 pounds 12 ounces whole chicken (fresh and free-range)

12 medium-sized leeks (well-washed and chopped to 1-inch lengths)

4 ounces long grain rice (washed)

3 to 4 medium-sized carrots (peeled and grated)

Salt (to taste)

Black pepper (crushed, to taste)

Garnish: Chopped parsley

Cock-a-leekie-

- 1) Cover the pan with a tight-fitting lid and simmer gently for 1 hour, or until the chicken is falling off the bone. The amount of time needed depends on the size and freshness of the chicken. An older chicken might take longer to cook to the desired consistency.
- 2) Take the pan off the heat and remove the chicken. Place the bird on a dish or large plate and reserve, covered, until it is cool. If you need to refrigerate the chicken at this stage, wait until it has cooled off completely.

- 3) Strain the broth into a clean pan large enough to hold the remaining ingredients.
- 4) Add the rice to the stock and cover with a tight-fitting lid. Cook for 10 minutes.
- 5) After 10 minutes, add the grated carrots and the rest of the chopped leeks. Continue cooking for 20 more minutes, uncovered.
- 6) Taste for the strength of flavor in the broth and, if necessary, reduce the liquid even further to increase it until it has reached your desired flavor.
- 7) Once you have reached the intensity of flavor you prefer, season the broth with salt and pepper.
- 8) Chop some of the reserved chicken into pieces, place it into hot bowls, and pour over the broth and vegetables. The soup is traditionally served with big chunks of vegetables and chicken. If using, add chopped parsley on top of each



Cullen Skink Recipe

The name of this soup originates from Cullen, a small town in North East of Scotland and also the home of this soup, one of Scotland's most famous dishes.

Ingredients

1 1/4 pints milk

Small handful flat leaf parsley (leaves and stalks separated)

1 bay leaf

1 pound smoked haddock fillet (not dyed)

2 ounces butter

1 medium onion (finely chopped)

8 ounces mashed potato (leftover or cooked fresh)

Salt (to taste)

Black pepper (to taste)



Cullen Skink-

1) Melt the butter in a saucepan over a medium heat, then add the onion and fry for 5-8 mins until translucent but not browned. Add the potatoes and 300ml water and bring to the boil. Reduce the heat slightly and simmer for 10-15 mins.

2) Meanwhile, put the haddock in another pan and cover with the the milk. Cook gently for 5 mins, or until just tender. Remove the haddock from the milk with a slotted spoon (reserving the milk), transfer to a plate and leave to cool slightly. When cool enough to touch, flake into large pieces, removing any bones.

3) Put the reserved milk and flaked haddock in the pan with the potato mixture and cook for another 5 mins. Season and sprinkle over the parsley to serve

Scotch broth recipe

Scotch broth is a filling soup, originating in Scotland

Ingredients

250g/8oz carrots, peeled, diced

250g/8oz turnips, diced

2 onions, peeled, diced

1 celery stalk, diced

1 leek, white part only, sliced

75-125g/3-4oz pearl barley

125g/4oz dried peas, soaked in water for 4-5 hours, drained

salt and freshly ground black pepper

2.3litres/4 pints lamb or mutton stock

85g/3oz kale, chopped (optional)



Scotch broth-

- 1) Heat all of the ingredients, except the kale, in a large saucepan until boiling.
- 2) Reduce the heat and simmer gently for a 2-3 hours, or until the peas and pearl barley are soft.
- 3) Stir in the kale and cook for a further 10-12 minutes, or until the kale is tender. Season, to taste, with salt and freshly ground black peppe

white pudding recipe

White pudding, oatmeal pudding or (in Scotland) mealy pudding is a meat dish popular in Scotland, Ireland, Northumberland, Iceland, Nova Scotia, and Newfoundland.

Ingredients

395gm Pork Shoulder (with plenty of fat)

265gm Medium Oatmeal

250gm Water

30gm Onion

23gm Potato Flour

15gm Salt

18gm Seasoning Mix - see below

Seasoning Mix

5gm White pepper

5gm Ground coriander

5gm Ground ginger

5gm Powdered sage

3gm Mace

3gm Nutmeg

2gm Allspice

Only 18gm of this mix is used in the sausage above.

White pudding-

white pudding

Soak the oatmeal in the water for 1 hour or so. Grind the meat and onion through the fine plate of a mincer, I used a 5mm plate, then add all the other ingredients and mix well. The sausage-meat will be on the stiff side. Stuff into large pigs' casings and boil/steam at 75°C - 80°C for 1 minute per mm of width of the sausage. The final internal temperature of the sausage should be 72°C Hold at this temperature for 2 minutes then cool in ice-cold water. To eat, slice crossways into 5 - 10mm chucks and fry until brown.



Black bun Recipe

Ingredients:

To the dough:

1. 3 cups flour
2. 180 gr batter
3. 1 cup cold water
4. Half teaspoon baking powder

To the filling:

1. 2.75 cups raisins without kernels
2. 2.75 cups cranberry
3. 0.66 cup Chopped almonds
4. 0.25 cup orange peel
5. 0.33 cup brown sugar
5. Half teaspoon of- Ginger minced, Cinnamon Powder, baking powder (spices)
6. Pinch black papper
7. 1 scrambled egg
8. milk

Black bun:

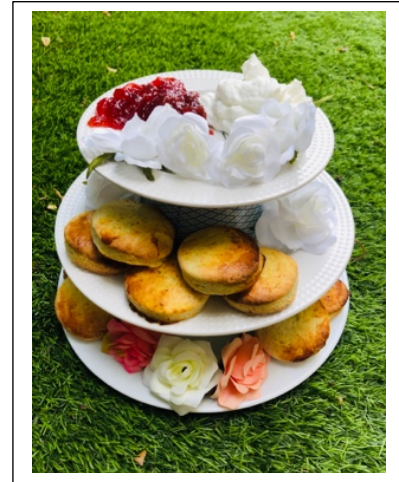
1. Oil a 20 cm pan
2. Mix the raisins, the cranberry, the almonds, the orange peels, the sugar and the spices together.
3. Add 0.75 off the egg and a bit milk to the mixture
4. Turn on the oven on 160c
5. Put into the mixer the flour, then the batter and baking powder, then the water. all while the mixer is on.
6. Cut the dough to 3 pieces.
7. Flatten one piece and put it on the pan
8. Take another piece, flatten and put on the laurels of the pan.
9. Spill the mixture into the pan.
10. Flatten the third piece of the dough and cover all the filling. Make sure that all the dough sticks together.
11. take a skewer and do 3 holes
12. Enter the pan to the oven to 2.5 hours



Scottish scones recipe

Ingredients:

2 cups white flour
2 1/2 teaspoons baking powder
1 pinch of salt
1 egg L
2/3 cup milk 3%
60 grams of butter
1/4 cup white sugar



Scottish scones:

1. Preheat oven to 220 degrees.
2. Add flour, baking powder and salt to the bowl.
3. Break an egg Learn a liter and add milk until it reaches 200 ml including the egg (about 2/3 cup milk).
4. Add butter cubes and crumbs to the flour bowl with your hands until crumbly.
5. Stir in the sugar. Make a hole in the center and add almost everything to the milk mixture - leaving about 20-30 ml. Mix in hands, for soft and slightly wet dough. Transfer the dough to a floured surface and knead until a large smooth dough ball is obtained without cracks and holes.
6. With floured hands, flatten the dough into a circle up to 2 cm thick. Crease circles 5 cm in diameter. Strain and scrape the leftover until the dough runs out.
7. Place slightly dense on a baking sheet lined pattern.
8. Brush with the remaining egg and milk mixture and bake 8-10 minutes, until golden brown.
9. Cool 5 minutes and serve in a cloth napkin to keep warm, accompanied by butter or cream cheese and jam.