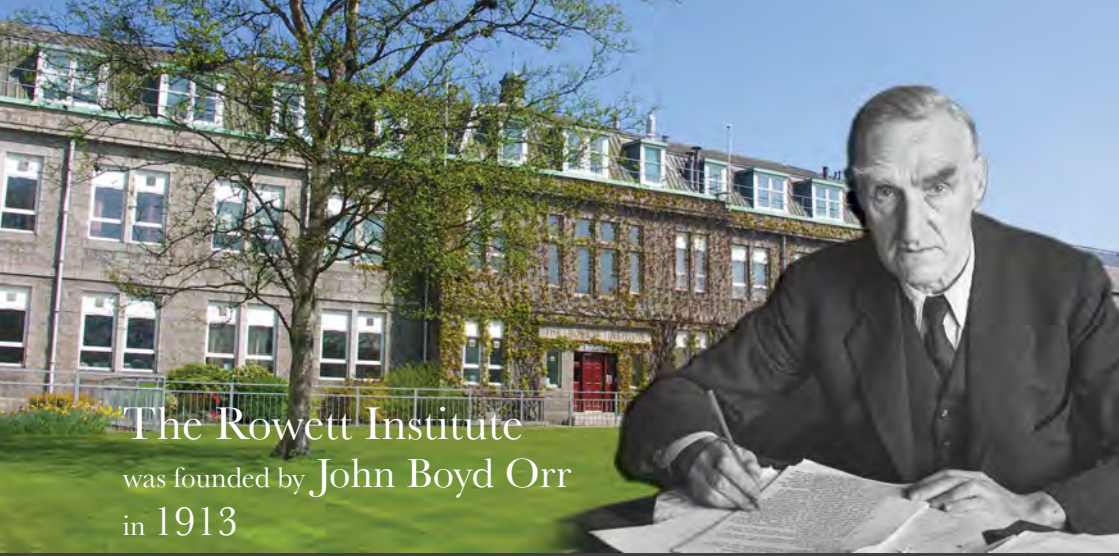


Stovies *Reloaded:*

Traditional Scottish Recipes Made Healthier

Garry Duthie





The Rowett Institute
was founded by John Boyd Orr
in 1913

Introduction

The Rowett Institute of Nutrition and Health, University of Aberdeen, Scotland has conducted research in diet and health for over 100 years. The Institute was founded by Nobel Prize winner Lord Boyd Orr and, over the subsequent years, staff at the Rowett have undertaken research which has contributed hugely to the modern science of nutrition as we know it today.

Scotland has a great natural larder. Unfortunately the Scots have an international reputation for eating unhealthy, artery-clogging food. As part of the Rowett's Centenary celebrations, this recipe book attempts to revive interest in traditional Scottish foods and combat the impression that being Scottish or living in Scotland condemns us to a bad diet.

Diet and Health

The food we eat markedly affects our health. For example, a 'Mediterranean diet' (which is a combination of foods such as olive oil, seafood, legumes, whole grain cereals, fruits and vegetables) is associated with low levels of heart disease, strokes and cancers. In contrast, a 'Scottish diet' is thought to contribute to many thousands of unnecessary deaths each year. Despite numerous public health campaigns, we still eat foods with too much salt, sugar and saturated fat and do not eat enough fruit and vegetables.

Stovies Reloaded: Traditional Scottish Recipes Made Healthier



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Traditional Scottish Food

Before the beginnings of the industrial revolution in the 19th Century, Scottish food relied heavily on ingredients we now regard as healthy. Early Scots mainly ate cereals such as oats and barley, root vegetables and seafood. Sources of lean meat included venison, rabbit and pheasant. The weather and harsh economic conditions also influenced our diet and deficiencies in some vitamins did occur. Typical Scottish staples such as porridge, soups, stews, bannocks and haggis were made from cheap, locally grown ingredients and nothing was wasted.

A change in dietary pattern was linked to industrialisation. Improved transport meant greater access to a wider variety of 'exotic' ingredients including herbs and spices. On the other hand it increased availability of refined sugar, salt and flour. We began to consume more of these in cakes, biscuits and sweets. Reliance on home grown cereals and vegetables decreased and the Scots turned away from the coarser foods such as oatcakes and bannocks which up until then had been major sources of carbohydrate and fibre.

In addition to its unhealthy reputation, the modern Scottish diet is often regarded as being bland, stodgy or deep fried. However, many traditional dishes involved braising, simmering and stewing for long periods at moderate temperatures. This 'slow-cooking' allowed subtle flavours to develop and a wide range of ingredients could be used to make distinctive stocks and gravies. In addition, the dependency on seasonal and locally available ingredients produced variety. There are many traditional recipes to sample, each with a distinct local focus. Indeed towns and villages often laid claim to their own delicacies e.g. Cullen Skink, Forfar Bridies and Fochabers Gingerbread.

Recipes

In the past food had to supply lots of energy to sustain a more physically active lifestyle. Many of the recipes in this book are likely to have been well known to your grandmother and great grandmother but are largely forgotten by the younger generations. However, modern constraints make resurrecting them a challenge. For example, cooking dishes regarded as distinctly Scottish took time and was mainly done by the women of the family. Today we have increasingly busy lifestyles and traditional cooking skills are being lost.

Using current nutritional knowledge our central goal has been to improve the health profile of traditional recipes by suggesting alternative ingredients which result in a lower saturated fat, sugar and salt content. Where possible, we have also tried to select recipes that are quick and straightforward to make with easily accessible ingredients.



For example, the traditional recipe for stovies, which is often a concoction of Sunday's leftovers, is high in saturated fat and has a medium amount of salt. By introducing a few small adjustments to the traditional recipe, we succeeded in almost halving the fat and salt content and lowering the saturated fat content from 43% to 14% of an adult's reference intake (below).

Bringing back traditional Scottish recipes with a modern twist could have several benefits from a culinary and health perspective!

Traditional Ingredients

Energy 1621kj 387kcal	Fat 17.3g	Saturates 8.5g	Sugars 3.0g	Salt 1.0g
19%	25%	43%	3%	17%

Down by almost 50% Down by almost 75% Down by almost 50%

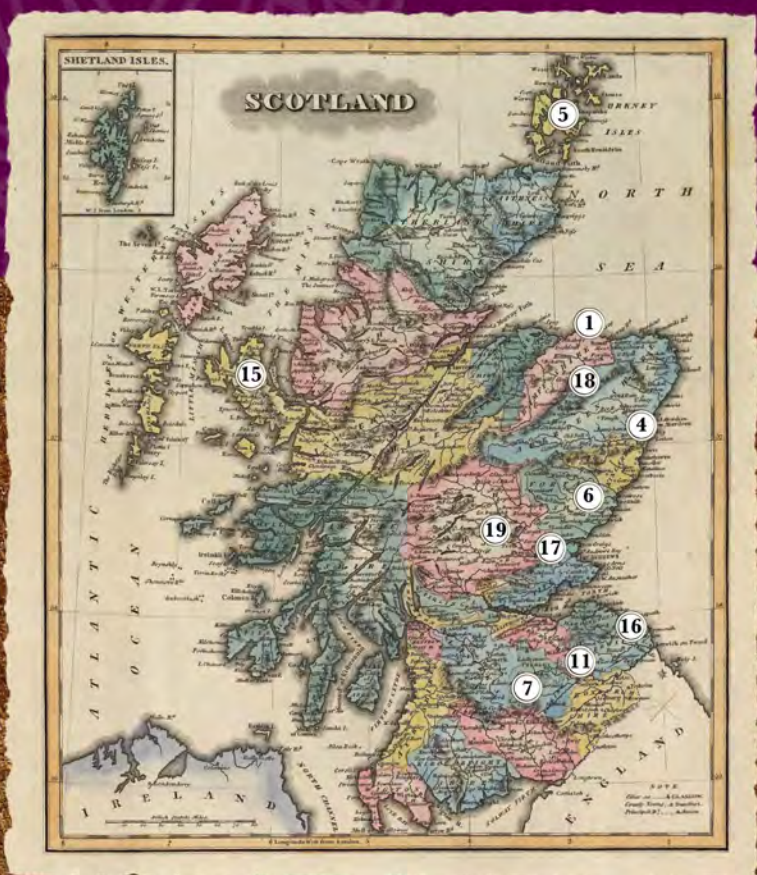
Healthier Ingredients

Energy 1455kj 346kcal	Fat 9.6g	Saturates 2.7g	Sugars 3.3g	Salt 0.6g
17%	14%	14%	4%	10%

For a more detailed explanation of this colour-coded scheme and related nutritional information see appendix.

Origin of recipes

Some of these traditional Scottish recipes originate from particular regions within Scotland.



1. Cullen skink



4. Aberdeen sausage



5. Clapshot



6. Forfar bridies



7. Rumbledethumps



11. Tweed kettle



15. Glistie pudding



16. Border tart



17. Dundee cake



18. Fochabers gingerbread



19. Pitcairly bannocks



2. Partan bree



3. Scotch broth



8. Scotch pie



9. Stoved howtowdie
wi' drappit eggs



10. Stovies

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12. Cloutie dumpling



13. Cranachan



14. Dunfillan bramble
pudding



20. Scotch pancakes





Cullen Skink

A wee bit about Cullen Skink.....

Originating from the East-coast fishing village of Cullen, this soup (skink) is traditionally made with smoked Finnan haddock from the Moray Firth, onions and potatoes.



Traditional Ingredients

- 2 smoked haddock fillets (boneless)
- Water
- 1 onion, chopped
- 600 ml full fat milk
- 450 g (1 lb) potatoes, boiled
- 25 g (1 oz) butter
- 1 g salt
- Pepper to taste

Alternative Ingredients

- ♥ Use semi-skimmed milk
- ♥ Replace butter with a vegetable fat spread
- ♥ Omit salt

Method

- 1 Skin the haddock if necessary and place in a pan with enough boiling water to just cover it and no more. Bring to the boil and add the chopped onion, then turn down the heat and simmer gently.
- 2 When the haddock is cooked, take it out and flake the fish then add it back in to the stock.
- 3 In a separate pan, bring the milk to the boil and add it to the stock. Simmer for a few minutes.
- 4 Mash the potatoes with butter and add to the pan. Stir to thicken the stock to a soup consistency.
- 5 Season with salt and pepper.

Traditional Ingredients

Per 300g serving

Energy 951kJ 226kcal	Fat 8.8g	Saturates 5.3g	Sugars 6.9g	Salt 1.5g
11%	13%	27%	8%	25%

Typical values per 100g: Energy 317kJ / 75kcal

Alternative Ingredients

Per 300g serving

Energy 799kJ 190cal	Fat 4.5g	Saturates 1.7g	Sugars 7.4g	Salt 1.4g
9%	6%	9%	8%	23%

Typical values per 100g: Energy 266kJ / 63kcal
Using 45% vegetable fat spread

% of an adult's reference intake



Partan Bree

A wee bit about Partan Bree.....

This is a speciality from North-East Scotland, with *partan* being the Scots word for 'crab' and *bree* meaning 'liquid' or 'soup'. Adding a dash of tabasco gives this soup a little extra kick.



Traditional Ingredients

- 225 g (8 oz) crab meat, cooked
- 50 g (2 oz) rice
- 450 ml full fat milk
- 300 ml fish stock, made using 1 fish stock cube
- ½ teaspoon anchovy puree
- 8 drops of tabasco
- 1 g salt
- Pepper to taste
- 150 ml single cream
- 2 tablespoons parsley, finely chopped
- Cayenne pepper to taste

Alternative Ingredients

- ♥ Use wholegrain rice
- ♥ Use semi-skimmed milk instead of full fat milk and single cream
- ♥ Omit salt
- ♥ Use half the amount of the fish stock cube. Alternatively, use a reduced salt stock cube (use chicken if fish is not available) or the stock from boiling the crab if you do not buy the crab meat already cooked
- ♥ Use half the amount of anchovy puree

Method

- 1 Separate the brown and white crab meat.
- 2 Cook the rice in the milk until it is soft. Add some stock if more liquid is required. Place this in a liquidiser with the brown crab meat and mix until smooth.
- 3 Return the mixture to the pan and stir in the stock, anchovy puree, tabasco and seasoning.
- 4 Bring to the boil, add the white crab meat and heat through. Gradually stir in the cream but do not allow the soup to boil.
- 5 Garnish with parsley and cayenne pepper.

Traditional Ingredients

Per 300g serving

Energy	Fat	Saturates	Sugars	Salt
1699kj 407kcal	23.4g	12.3g	8.5g	3.4g
20%	33%	62%	9%	56%

Typical values per 100g: Energy 566kj / 136kcal

Alternative Ingredients

Per 300g serving

Energy	Fat	Saturates	Sugars	Salt
1360kj 323kcal	10.3g	3.6g	12.3g	2.4g
16%	15%	18%	14%	41%

Typical values per 100g: Energy 453kj / 108kcal

% of an adult's reference intake



Scotch Broth

A wee bit about Scotch Broth.....

Another of Scotland's iconic dishes, Scotch broth is a hearty, tasty soup. A range of root vegetables are used and seasonal vegetables (e.g. green peas) may be added. Barley is traditionally used as a thickening agent, but this may be substituted with rice.



Traditional Ingredients

- 450 g (1 lb) neck or shoulder of lean boiling beef
- 2.5 litres cold water
- 50 g (2 oz) pearl barley, washed
- 2 carrots, chopped
- 2 leeks, chopped
- 1 onion, chopped
- 1 small turnip, diced
- ¼ small cabbage, finely shredded
- 2 tablespoons peas
- 1 tablespoon parsley, finely chopped
- Pepper to taste

Alternative Ingredients

This traditional recipe is already healthy.

- ♥ Any salt added to the broth should be limited

Method

- 1 Put the meat, water and pearl barley into a large pan with a lid. Bring to the boil and simmer for 1 hour. Skim well.
- 2 Add the vegetables and simmer gently for a further 2 hours or until the meat is cooked.
- 3 Remove the meat to serve separately, or shred and return to the stock.
- 4 Skim any fat from the broth, and add the parsley and pepper.

Traditional Ingredients

Per 300g serving

Energy 406kJ 96kcal	Fat 1.8g	Saturates 0.6g	Sugars 3.3g	Salt 0.1g
5%	3%	3%	4%	1%

Typical values per 100g: Energy 135kJ / 32kcal

% of an adult's reference intake



Aberdeen Sausage

A wee bit about Aberdeen Sausage.....

More like a meat loaf than a traditional sausage, Aberdeen sausage can be eaten hot or cold. Serve with potato salad and beetroot.



Traditional Ingredients

- 450 g (1 lb) minced beef
- 225 g (8 oz) streaky bacon, minced
- 1 onion, peeled and sliced
- 110 g (4 oz) rolled oats
- 2 teaspoons Worcester sauce
- 1 tablespoon horseradish sauce
- 1 egg, beaten
- 1 g salt
- Pepper to taste
- 2 tablespoons stock
- 50 g (2 oz) toasted breadcrumbs

Alternative Ingredients

- ♥ Use lean beef
- ♥ Use back bacon with the fat trimmed off
- ♥ Omit salt
- ♥ Use greaseproof paper to line the tin
- ♥ Use wholemeal breadcrumbs

Method

- 1 Preheat the oven to 350°F / 180°C / fan oven 160°C / gas mark 4.
- 2 Mix all the ingredients together (except the stock and breadcrumbs).
- 3 Grease a 1 lb baking tin and press the mixture into it. Avoid leaving any gaps.
- 4 Cover the top with buttered paper and then with tin foil or a lid. Place the tin in a tray of water (about 2.5 cm/1 inch deep). Bake in the oven for 1½ to 2 hours.
- 5 Remove the foil after cooking and add the stock over the sausage while still hot. Cover again with foil and leave overnight.
- 6 Once cool, roll in toasted breadcrumbs until well coated. Slice thickly.

Traditional Ingredients

Per 150g serving

Energy 1379kJ 331kcal	Fat 19.7g	Saturates 7.2g	Sugars 1.8g	Salt 1.5g
17%	28%	36%	2%	25%

Typical values per 100g: Energy 920kJ / 220kcal

Alternative Ingredients

Per 150g serving

Energy 1050kJ 250kcal	Fat 10.4g	Saturates 3.8g	Sugars 1.8g	Salt 1.4g
13%	15%	19%	2%	23%

Typical values per 100g: Energy 700kJ / 167kcal

% of an adult's reference intake



Clapshot

A wee bit about Clapshot.....

An Orcadian dish. May be served with cheese as a main meal, or as an accompaniment to a meat dish such as stew or haggis.



Traditional Ingredients

- 450 g (1 lb) potatoes
- 450 g (1 lb) turnips
- 50 g (2 oz) butter
- 1 dessertspoon chives, finely chopped
- 1 g salt
- Pepper to taste

Alternative Ingredients

- ♥ Replace butter with a vegetable fat spread
- ♥ Omit salt

Method

- 1 Boil the potatoes and turnips and mash them together with butter.
- 2 Add the chives, salt and pepper.
- 3 Mix thoroughly and serve very hot.

Traditional Ingredients

Per 200g serving

Energy 676kj 162kcal	Fat 8.9g	Saturates 5.5g	Sugars 2.4g	Salt 0.4g
8%	13%	28%	3%	7%

Typical values per 100g: Energy 338kj / 81kcal

Alternative Ingredients

Per 200g serving

Energy 530kj 127kcal	Fat 5.0g	Saturates 1.0g	Sugars 2.3g	Salt 0.2g
6%	7%	5%	3%	4%

Typical values per 100g: Energy 265kj / 63kcal
Using 45% vegetable fat spread

% of an adult's reference intake



Forfar Bridies

A wee bit about Forfar Bridies.....

Forfar bridies are savoury pastries. Shaped like a horseshoe, Forfar bridies differ from Cornish pasties in that they don't contain potatoes.



Traditional Ingredients

- 450 g (1 lb) beefsteak
- 1 g salt
- Pepper to taste
- 75 g (3 oz) shredded suet
- 1 onion, chopped
- 450 g (1 lb) short-crust pastry

Alternative Ingredients

- ♥ Use lean beefsteak
- ♥ Replace suet with a vegetable fat spread
- ♥ Omit salt

Note: the fat content has been reduced but remains high (red) due to the pastry

Method

- 1 Preheat the oven to 400°F / 200°C / fan oven 180°C / gas mark 6.
- 2 Beat the steak with a rolling pin and cut it into thin strips.
- 3 Season the meat with salt and pepper and divide into 4 portions.
- 4 Roll the pastry out about ½ cm thick and cut it into 4 equal sized oval shapes.
- 5 Cover half of each oval with a quarter of the meat, leaving a narrow margin around the edge.
- 6 Sprinkle the suet and onion over the meat.
- 7 Wet the edges of the pastry with water, fold over, and crimp with finger and thumb.
- 8 Cut a hole on top of each to allow the steam to escape and bake in the oven for about 30 minutes.
- 9 Serve hot or cold.

Traditional Ingredients

Per 260g serving

Energy	Fat	Saturates	Sugars	Salt
3607kJ 867kcal	58.9g	23.8g	3.0g	1.5g
43%	84%	119%	3%	25%

Typical values per 100g: Energy 1387kJ / 333kcal

Alternative Ingredients

Per 260g serving

Energy	Fat	Saturates	Sugars	Salt
3314kJ 794kcal	48.1g	14.6g	3.2g	1.7g
40%	69%	73%	4%	28%

Typical values per 100g: Energy 1275kJ / 306kcal
Using 45% vegetable fat spread

% of an adult's reference intake



Rumbledethumps

A wee bit about Rumbledethumps.....

Rumbledethumps originated in the Scottish Borders and is similar to the English bubble and squeak, the North-East colcannon, or the Highland kailkenny. The dish is often made from leftover vegetables.



Traditional Ingredients

- 450 g (1 lb) potatoes, boiled and mashed
- 450 g (1 lb) cabbage, shredded and boiled
- 1 large onion, finely chopped
- 50 g (2 oz) butter
- ½ teaspoon salt
- ½ teaspoon pepper
- 50 g (2 oz) cheddar cheese, grated

Alternative Ingredients

- ♥ Replace butter with a vegetable fat spread
- ♥ Omit salt
- ♥ Use reduced fat cheese

Method

- 1 Preheat the oven to 400°F / 200°C / fan oven 180°C / gas mark 6.
- 2 Mix the potatoes and cabbage together.
- 3 Fry the onion (or chopped spring onions) in butter.
- 4 Mix together the potatoes, cabbage, fried onion, salt and pepper.
- 5 Place in an ovenproof dish, sprinkle with grated cheese and bake until the top is golden.

Traditional Ingredients

Per 250g serving

Energy 988kJ 237kcal	Fat 13.7g	Saturates 8.3g	Sugars 4.4g	Salt 1.1g
12%	20%	42%	5%	18%

Typical values per 100g: Energy 395kJ / 95kcal

Alternative Ingredients

Per 250g serving

Energy 763kJ 182kcal	Fat 7.3g	Saturates 2.3g	Sugars 4.4g	Salt 0.4g
9%	10%	12%	5%	6%

Typical values per 100g: Energy 305kJ / 73kcal
Using 45% vegetable fat spread

% of an adult's reference intake



Scotch Pie

A wee bit about Scotch Pie.....

Scotch pies are a stalwart of the Scottish fast food tradition, and are often associated with football matches where they are served at half-time. They consist of a double-crust, raised, round pastry shell traditionally filled with salted, seasoned minced mutton. Other fillings such as mince, steak or macaroni cheese can be used. The pie is topped off with a pastry lid which has a hole in the centre to allow the steam to escape as the pie is cooked.



Traditional Ingredients

For the filling:

- 350 g (12 oz) lean lamb
- 3 mushrooms, chopped
- 1 shallot, chopped
- 1 teaspoon parsley, finely chopped
- ½ teaspoon thyme, finely chopped
- 1 g salt
- Pepper to taste
- 2 teaspoons Worcestershire sauce

For the hot-water crust pastry:

- 310 g (11 oz) flour
- 2 g salt
- 75 g (3 oz) fresh beef dripping
- 200 ml water
- A little milk

Alternative Ingredients

♥ Omit salt

♥ Replace beef dripping with a vegetable fat spread

Method

- 1 Preheat the oven to 425°F / 220°C / fan oven 200°C / gas mark 7.
- 2 Chop the lamb into small pieces. Mix together with the other filling ingredients and set aside.
- 3 Sieve the flour into a bowl and add the salt.
- 4 Put the dripping and water into a saucepan and bring to the boil, then pour immediately into a well in the flour. Mix at first with a spoon or knife, then use your hands when cool enough and mix quickly into a lump. Turn onto a floured board and knead gently until free from cracks.
- 5 Put aside one third of the pastry and keep warm, then divide the rest into 6 pieces. Roll out each piece very thinly. With these, line 6 small ring tins or mould them into small cases around a glass.
- 6 Fill the cases with the meat mixture.
- 7 Cut rounds from the rest of the pastry, moisten the edges with water, and cover the pies, pressing the edges of the pastry firmly together. Trim the edges with a pair of scissors.
- 8 Make a hole in the centre of each pie lid and brush with a little milk.
- 9 Bake in the oven for 15 minutes, then for a further 30 minutes at 350°F / 180°C / fan oven 160°C / gas mark 4.

Traditional Ingredients

Per 150g serving

Energy	Fat	Saturates	Sugars	Salt
1603kJ 383kcal	18.0g	8.7g	1.3g	0.7g
19%	26%	44%	1%	11%

Typical values per 100g: Energy 1068kJ / 255kcal

Alternative Ingredients

Per 150g serving

Energy	Fat	Saturates	Sugars	Salt
1440kJ 343kcal	12.0g	3.9g	1.3g	0.4g
17%	17%	20%	1%	6%

Typical values per 100g: Energy 960kJ / 228kcal
Using 45% vegetable fat spread

% of an adult's reference intake



Stoved Howtowie wi' Drappit Eggs

A wee bit about Howtowie.....

A *howtowie* is a young chicken, and *drappit* refers to the eggs which are 'dropped' into the hot stock to cook them.



Traditional Ingredients

- 900 g (2 lb) chicken
- 1 g salt
- Pepper to taste
- 50 g (2 oz) butter
- 225 g (8 oz) shallots, chopped
- A bunch of rosemary, chopped
- 450 ml chicken stock
- 4 eggs
- 400 g kale or spinach, cooked

For the stuffing:

- 1 onion, finely chopped
- 1 clove of garlic, crushed
- 10 g (½ oz) butter
- 110 g (4 oz) fresh breadcrumbs
- 1 tablespoon fresh green herbs, chopped

Alternative Ingredients

- ♥ Replace butter with a vegetable fat spread
- ♥ Omit salt
- ♥ Use a reduced salt stock cube for preparing the chicken stock

Method

- 1 To make the stuffing, soften the onion and garlic in butter, add the breadcrumbs and green herbs and fry until golden.
- 2 Season the chicken inside and out, and stuff the chicken with the herb stuffing.
- 3 Melt the butter in a casserole dish and brown the chicken all over. Add the shallots and rosemary. Pour the stock over the top.
- 4 Cover tightly and simmer for 1 hour until the chicken is tender.
- 5 Remove the chicken from the casserole and keep it warm.
- 6 Ladle some of the stock into another pan and poach the eggs in it.
- 7 To serve, place flattened balls of cooked kale or spinach onto a serving dish, place the poached eggs on top and place the chicken in the middle.

Traditional Ingredients

Per 300g serving

Energy	Fat	Saturates	Sugars	Salt
1463kJ 349kcal	16.1g	6.8g	3.5g	1.7g
17%	23%	34%	4%	28%

Typical values per 100g: Energy 488kJ / 116kcal

Alternative Ingredients

Per 300g serving

Energy	Fat	Saturates	Sugars	Salt
1324kJ 316kcal	12.7g	3.2g	3.3g	1.2g
16%	18%	16%	4%	20%

Typical values per 100g: Energy 441kJ / 105kcal
Using 45% vegetable fat spread

% of an adult's reference intake



Stovies

A wee bit about Stovies.....

The modern-day version of this dish consists of potatoes, onions, left over meat (roast beef, corned beef, sausage or mince) and gravy. Often accompanied by oatcakes and beetroot.



Traditional Ingredients

- 900 g (2 lb) potatoes, thickly sliced
- 1 onion, thickly sliced
- 50 g (2 oz) butter and dripping, mixed
- 300 ml stock
- 1 g salt
- Pepper to taste
- 225 g (8 oz) cooked leftover beef, roast lamb or other meat

Alternative Ingredients

- ♥ Replace butter and dripping with a vegetable fat spread
- ♥ Omit salt
- ♥ Use lean meat
- ♥ Use a reduced salt stock cube for preparing the stock

Method

- 1 Melt the butter and dripping in a pan and add the potatoes and onion. Fry for a few minutes.
- 2 Add the stock, salt and pepper. Cover and bring to the boil. Simmer for 1 hour, stirring occasionally to prevent sticking.
- 3 Add the meat and cook until the potatoes are slightly brown and the meat is hot.

Traditional Ingredients

Per 300g serving

Energy 1621kJ 387kcal	Fat 17.3g	Saturates 8.5g	Sugars 3.0g	Salt 1.0g
19%	25%	43%	3%	17%

Typical values per 100g: Energy 540kJ /129kcal

Alternative Ingredients

Per 300g serving

Energy 1455kJ 346kcal	Fat 9.6g	Saturates 2.7g	Sugars 3.3g	Salt 0.6g
17%	14%	14%	4%	10%

Typical values per 100g: Energy 485kJ /115kcal
Using 45% vegetable fat spread

% of an adult's reference intake



Tweed Kettle

A wee bit about Tweed Kettle.....

The dish gets its name from the fish kettle used by anglers to cook freshly caught salmon on the banks of the river Tweed. Clapshot is the perfect accompaniment to Tweed Kettle.



Traditional Ingredients

- 1.3 kg (3 lb) fresh salmon
- 1 g salt
- Pepper to taste
- Pinch ground mace
- 300 ml fish stock
- 300 ml dry white wine
- 2 shallots, very finely chopped
- 2 tablespoons chopped dill or parsley

Alternative Ingredients

This traditional recipe is already healthy. While this dish has a medium amount of fat, the amount of saturated fat is low

♥ Any salt added to this dish should be limited

Method

- 1 Place the salmon in a deep saucepan and cover with hot water. Bring to the boil and simmer for five minutes.
- 2 Remove the salmon from the pan, keeping the stock. Remove the skin and bones from the fish and break up the flesh. Season with salt, pepper and mace.
- 3 Put the flaked salmon back into the pan and add the fish stock, wine and shallots. Cover and simmer for 20-25 minutes.
- 4 Add the chopped dill or parsley before serving.

Traditional Ingredients

Per 200g serving

Energy 1140kj 273kcal	Fat 15.3g	Saturates 2.6g	Sugars 0.6g	Salt 0.3g
14%	22%	13%	<1%	4%

Typical values per 100g: Energy 570kj / 137kcal

% of an adult's reference intake



Cloutie Dumpling

A wee bit about Cloutie Dumpling

A fruit-filled pudding steamed in a cloth (clout), cloutie dumpling developed as the sweet version of that other famous savoury pudding, the haggis. Cloutie dumpling can be served cold, cut into slices, or hot with custard. This is an old family recipe dating back to the late 19th Century.



Traditional Ingredients

- 350 g (12 oz) self-raising flour
- 110 g (4 oz) suet, shredded
- 110 g (4 oz) fresh white breadcrumbs
- 110 g (4 oz) dark muscavado sugar
- 2 g salt
- 2 teaspoons mixed spice
- 2 teaspoons cinnamon
- 1 apple, grated
- 225 g (8 oz) currants
- 350 g (12 oz) raisins
- 300 ml full fat milk
- 1 tablespoon treacle
- 1 cotton or linen cloth or tea towel
- 50 g (2 oz) plain flour for dusting

Alternative Ingredients

- ♥ Use half white flour and half wholemeal flour
- ♥ Replace suet with a vegetable fat spread
- ♥ Use wholemeal breadcrumbs
- ♥ Reduce sugar to 60 g (2½ oz)
- ♥ Omit salt
- ♥ Use semi-skimmed instead of full fat milk

Method

- 1 Mix the flour, suet, breadcrumbs, sugar, salt, mixed spice and cinnamon. Add the grated apple, currants and raisins. Stir in the milk and treacle until well blended.
- 2 Scald the cloth in boiling water and dust liberally with flour.
- 3 Spoon the mixture onto the cloth, gather up the edges and tie securely with clean string, leaving room for the pudding to swell.
- 4 Have ready a saucepan of boiling water. Place a plate upside down on the bottom of the pan and place the pudding on it. Boil for 3-4 hours and top up with boiling water every hour or so: never allow the water to drop below half the depth of the pudding.
- 5 Drain the pudding in a large colander. Untie the string and remove the cloth. Place the pudding on a baking tray in a low oven (300°F / 150°C / fan oven 130°C / gas mark 2) for 10 minutes to form a dry, glossy skin.

Traditional Ingredients

Per 150g serving

Energy	Fat	Saturates	Sugars	Salt
1744kJ 414kcal	9.6g	5.2g	42.4g	0.7g
21%	14%	26%	47%	11%

Typical values per 100g: Energy 1163kJ / 276kcal

Alternative Ingredients

Per 150g serving

Energy	Fat	Saturates	Sugars	Salt
1475kJ 349kcal	5.5g	1.3g	39.0g	0.6g
17%	8%	7%	43%	10%

Typical values per 100g: Energy 983kJ / 233kcal
Using 45% vegetable fat spread

% of an adult's reference intake



Cranachan

A wee bit about Cranachan

Not strictly speaking a 'traditional' recipe, more a modern classic, cranachan used to be called cream-crowdie because a soft Scottish cheese called crowdie was used instead of cream.



Traditional Ingredients

- 3 tablespoons oatmeal or rolled oats
- 300 g (11 oz) fresh raspberries
- 300 ml double cream
- 2 tablespoons malt whisky
- 2 tablespoons honey to serve (optional)

Alternative Ingredients

- ♥ Use reduced fat crème fraiche instead of double cream
- ♥ Reduce the amount of honey by half

Method

- 1 Lightly toast the oatmeal in the oven or in a dry frying pan over a gentle heat until it has a light, nutty smell and is golden brown (10-20 minutes). Be careful it does not burn.
- 2 Keep 4 tablespoons of cream aside for later. In a large bowl whisk the rest of the cream to form stiff peaks (do not whisk crème fraiche if using the healthier ingredients). Fold in the whisky and honey until it is soft and creamy.
- 3 Keep some raspberries to one side for later and add 3 or 4 raspberries to the bottom of each serving glass. Fold in the remaining raspberries to the cream mixture, breaking up a few raspberries to give the cream some colour.
- 4 Spoon the mixture into the serving glasses.
- 5 Finish with a layer of cream, a sprinkling of oatmeal and a raspberry or two for decoration. Cover the glasses with plastic wrap and chill for about 3 hours.

Traditional Ingredients

Per 170g serving

Energy	Fat	Saturates	Sugars	Salt
1908kJ 462kcal	39.9g	24.5g	12.9g	0.1g
23%	57%	123%	14%	<1%

Typical values per 100g: Energy 1122kJ / 272kcal

Alternative Ingredients

Per 170g serving

Energy	Fat	Saturates	Sugars	Salt
863kJ 208kcal	12.0g	7.8g	9.9g	0.1g
10%	17%	39%	11%	1%

Typical values per 100g: Energy 508kJ / 122kcal

% of an adult's reference intake



Dunfillan Bramble Pudding

A wee bit about Dunfillan Bramble Pudding

Dunfillan bramble pudding is a traditional Scottish version of a classic dessert based on a milk and egg batter with flour, sugar and butter, baked on a fruit base. A variety of other fruits may be used such as stewed apple (for Eve's pudding) or mixed berries. A flavouring of lemon, cinnamon or clove can be added to the fruit if desired.



Traditional Ingredients

For the filling:

- 450 g (1 lb) brambles
- 110 g (4 oz) sugar
- Pinch of salt

For the Dunfillan paste

- 50 g (2 oz) butter
- 50 g (2 oz) caster sugar
- 1 egg, beaten
- 110 g (4 oz) plain flour, sifted
- Pinch of salt
- 2 tablespoons full fat milk
- ¼ teaspoon baking powder
- Rind of 1 lemon, grated

Alternative Ingredients

♥ Reduce the amount of sugar to 60 g (2½ oz) for the filling and 30 g (1 oz) for the Dunfillan paste

♥ Omit salt

♥ Replace butter with a vegetable fat spread

♥ Use half white flour and half wholemeal flour

♥ Use semi-skimmed instead of full fat milk

Method

- 1 Preheat the oven to 350°F / 180°C / fan oven 160°C / gas mark 4.
- 2 Cook the fruit until soft, adding a little water if necessary. Turn into a pie dish, sprinkling each layer with sugar. Add the salt.
- 3 Beat the butter and sugar to a cream, then add the egg, flour to which the salt has been added and the milk. Add the baking powder mixed with the last spoonful of flour and flavour to taste with the lemon rind. This should look like a smooth batter.
- 4 Spread smoothly over the fruit. Do not worry if the paste sinks into the fruit slightly. Bake in the oven for 35 minutes.

Traditional Ingredients

Per 120g serving

Energy 1064kJ 253kcal	Fat 7.7g	Saturates 4.4g	Sugars 28.4g	Salt 0.3g
13%	11%	22%	32%	5%

Typical values per 100g: Energy 887kJ / 211kcal

Alternative Ingredients

Per 120g serving

Energy 847kJ 202kcal	Fat 5.3g	Saturates 1.2g	Sugars 19.4g	Salt 0.2g
10%	8%	6%	22%	4%

Typical values per 100g: Energy 706kJ / 168kcal
Using 45% vegetable fat spread

% of an adult's reference intake



Glister Pudding

A wee bit about Glister Pudding.....

Glister Pudding originated on the Isle of Skye. It is a traditional steamed sponge pudding flavoured with marmalade, ginger and lemon juice. Once cooked, it can be served hot with custard.



Traditional Ingredients

- 110 g (4 oz) plain white flour
- ½ teaspoon ground ginger
- 2 eggs, beaten
- 110 g (4 oz) butter
- 110 g (4 oz) caster sugar
- 1 teaspoon bicarbonate of soda
- 2 tablespoons marmalade
- 2 teaspoons lemon juice

Alternative Ingredients

- ♥ Use half white flour and half wholemeal flour
- ♥ Replace butter with a vegetable fat spread
- ♥ Reduce the amount of sugar to 60 g (2½ oz)

Method

- 1 Sift the flour and ground ginger together.
- 2 Cream the butter and sugar and beat in the eggs and flour alternately, a little at a time.
- 3 Dissolve the bicarbonate of soda in a little water, and add along with the marmalade and lemon juice.
- 4 Lightly mix all the ingredients.
- 5 Turn into a greased pudding bowl and cover with a large circle of greaseproof paper. The paper should be gently placed and patted on top of the mixture and up the sides of the bowl.
- 6 Gently scrunch a large sheet of aluminium foil into a rough disc shape and place this into the bottom of a pan. Place the pudding bowl on top, ensuring the pudding bowl doesn't touch the direct heat of the pan.
- 7 Add enough water to reach halfway up the side of the pudding bowl.
- 8 Cover the pan with the lid and steam for 2 hours.

Traditional Ingredients

Per 85g serving

Energy 1284kJ 307kcal	Fat 16.7g	Saturates 9.8g	Sugars 22.5g	Salt 0.8g
15%	24%	49%	25%	13%

Typical values per 100g: Energy 1510kJ / 361kcal

Alternative Ingredients

Per 85g serving

Energy 1091kJ 261kcal	Fat 12.3g	Saturates 2.9g	Sugars 17.4g	Salt 0.9g
13%	18%	15%	19%	15%

Typical values per 100g: Energy 1284kJ / 307kcal
Using 45% vegetable fat spread

% of an adult's reference intake



Border Tart

A wee bit about Border Tart

A short-crust pastry tart filled with a rich mixture of dried fruit, nuts and coconut, sometimes finished off with white glacé icing, and cut into slices for serving. Also known as Eyemouth tart.



Traditional Ingredients

- 225 g (8 oz) shortcrust pastry
- 50 g (2 oz) walnuts
- 50 g (2 oz) currants
- 50 g (2 oz) raisins
- 50 g (2 oz) coconut
- 50 g (2 oz) cherries, chopped
- 75 g (3 oz) sugar
- 1 egg, beaten
- 25 g (1 oz) butter, melted
- 225 g (8 oz) icing sugar

Alternative Ingredients

- ♥ Reduce the amount of sugar to 40 g (1½ oz)
- ♥ Replace butter with a vegetable fat spread
- ♥ Omit the icing

Note: following removal of the icing the serving size decreases to 60 g

The fat content has been reduced but remains high (red) due to the pastry

Method

- 1 Preheat the oven to 375°F / 190°C / fan oven 170°C / gas mark 5.
- 2 Roll out the pastry and use it to line a baking tin.
- 3 Mix the dry ingredients, then add the beaten egg and melted butter.
- 4 Spread the mixture over the pastry and press down firmly with the back of a metal spoon, ensuring the mixture goes right into the edges.
- 5 Bake in the oven for 25-30 minutes until the pastry is golden brown.
- 6 Mix the icing sugar with a little cold water and ice the tart.
- 7 Serve cold.

Traditional Ingredients

Per 100g serving

Energy	Fat	Saturates	Sugars	Salt
1812kJ 432kcal	18.8g	7.7g	48.5g	0.4g
22%	27%	39%	54%	6%

Typical values per 100g: Energy 1812kJ / 432kcal

Alternative Ingredients

Per 60g serving

Energy	Fat	Saturates	Sugars	Salt
1188kJ 285kcal	17.0g	6.2g	16.7g	0.3g
14%	24%	31%	19%	6%

Typical values per 100g: Energy 1981kJ / 475kcal
Using 45% vegetable fat spread

% of an adult's reference intake



Dundee Cake

A wee bit about Dundee Cake.....

A rich, round fruit cake traditionally topped with whole almonds, although modern versions of the recipe include mixed spices and cherries, with split almonds now often replacing whole almonds as a topping.



Traditional Ingredients

- 110 g (4 oz) currants
- 110 g (4 oz) raisins
- 110 g (4 oz) sultanas
- 110 g (4 oz) candied peel, chopped
- 225 g (8 oz) unsalted butter
- 225 g (8 oz) caster sugar
- 5 eggs, beaten
- 275 g (10 oz) plain white flour, sifted
- 75 g (3 oz) ground almonds
- Rind of one orange, grated
- Pinch of salt
- ¾ teaspoon bicarbonate of soda
- 1 teaspoon milk
- 50 g (2 oz) split almonds

Alternative Ingredients

- ♥ Replace butter with a vegetable fat spread
- ♥ Reduce the amount of sugar to 150 g (5 oz)
- ♥ Use half white and half wholemeal flour
- ♥ Omit salt

Method

- 1 Preheat the oven to 325°F / 160°C / fan oven 140°C / gas mark 3.
- 2 Grease and line a tin with greaseproof paper.
- 3 Mix the currants, raisins, sultanas and candied peel.
- 4 Cream the butter and sugar. Add the eggs and flour alternately, beating well.
- 5 Add the fruit, ground almonds, grated rind and salt.
- 6 Lastly, add the bicarbonate of soda which has been dissolved in the milk.
- 7 Turn into the tin and cover the surface with the split almonds.
- 8 Bake in the oven for 2½ - 3 hours. Test by sticking a skewer in the cake. If the skewer comes out dry then the cake is ready.

Traditional Ingredients

Per 110g serving

Energy	Fat	Saturates	Sugars	Salt
1899kJ 454kcal	22.2g	10.1g	39.3g	0.6g
23%	32%	51%	44%	10%

Typical values per 100g: Energy 1727kJ / 413kcal

Alternative Ingredients

Per 110g serving

Energy	Fat	Saturates	Sugars	Salt
1694kJ 404kcal	17.2g	3.1g	36.4g	0.6g
20%	25%	16%	40%	10%

Typical values per 100g: Energy 1540kJ / 367kcal
Using 45% vegetable fat spread

% of an adult's reference intake



Fochabers Gingerbread

A wee bit about Fochabers Gingerbread

One of the many regional variations of gingerbread, this version originates from the Morayshire town. Fochabers gingerbread includes treacle and beer which lends a richer flavour than some of the other regional favourites which include Kirriemuir, Dundee, Edinburgh and Inverness gingerbreads.



Traditional Ingredients

- 110 g (4 oz) butter
- 110 g (4 oz) sugar
- 110 g (4 oz) treacle
- 1 egg
- 225 g (8 oz) plain white flour
- 50 g (2 oz) sultanas
- 50 g (2 oz) currants
- 40 g (1½ oz) ground almonds
- 40 g (1½ oz) candied peel, finely chopped
- 1 level teaspoon mixed spice
- 2 level teaspoons ground ginger
- 1 level teaspoon ground cinnamon
- ½ teaspoon ground cloves
- ½ teaspoon bicarbonate of soda
- 150 ml beer

Alternative Ingredients

- ♥ Replace butter with a vegetable fat spread
- ♥ Reduce the amount of sugar to 75 g (3 oz)
- ♥ Use half white flour and half wholemeal flour

Method

- 1 Preheat the oven to 325°F / 160°C / fan oven 140°C / gas mark 3.
- 2 Grease and line a tin with greaseproof paper.
- 3 Cream together the butter and sugar. Add the treacle.
- 4 Break in the egg, beating well.
- 5 Mix the flour, fruit, ground almonds and spices together. Add to the butter mixture.
- 6 Dissolve the bicarbonate of soda in the beer, add to the mixture and mix together thoroughly.
- 7 Pour the mixture into the tin and bake in the oven for 45 minutes to 1 hour. The cake is ready when the top springs back easily when pressed.
- 8 Cool in the tin for 10 minutes then turn onto a wire rack. Store in a tightly covered cake tin.

Traditional Ingredients

Per 50g serving

Energy 796kJ 190kcal	Fat 7.5g	Saturates 3.8g	Sugars 16.9g	Salt 0.3g
9%	11%	19%	19%	4%

Typical values per 100g: Energy 1593kJ / 380kcal

Alternative Ingredients

Per 50g serving

Energy 632kJ 150kcal	Fat 4.8g	Saturates 0.9g	Sugars 14.0g	Salt 0.2g
8%	7%	5%	16%	4%

Typical values per 100g: Energy 1264kJ / 301kcal
Using 45% vegetable fat spread

% of an adult's reference intake



Pitcaithly Bannocks

A wee bit about Pitcaithly Bannocks.....

Pitcaithly bannocks are a type of festive shortbread originating in Perthshire. They are traditionally baked as a round and decorated with almonds or crystallised fruit.



Traditional Ingredients

- 250 g (9 oz) butter
- 110 g (4 oz) caster sugar
- 50 g (2 oz) rice flour
- 375 g (13 oz) pastry flour, sifted
- 50 g (2 oz) ground almonds
- 50 g (2 oz) candied orange peel, finely chopped

Alternative Ingredients

- ♥ Replace butter with lighter butter
- ♥ Reduce the amount of sugar to 85 g (3½ oz)

Method

- 1 Using your hands, work together the butter and sugar on a pastry board or slab. Work in the rice flour and then the pastry flour. Alternatively, use an electric mixer to mix the butter, sugar and flours.
- 2 Add the ground almonds and peel and knead until smooth. Wrap in greaseproof paper and leave until the next day.
- 3 Preheat the oven to 375°F / 190°C / fan oven 170°C / gas mark 5.
- 4 Re-knead the paste. Do not roll out but press with the hand into two round cakes on a sheet of baking paper. The cakes should be around ¾ inch (2 cm) thick and 8 inches (20 cm) in diameter.
- 5 Pinch the edges neatly with your finger and thumb and prick all over with a fork.
- 6 Put the cakes into the oven and reduce the heat to 300°F / 150°C / fan oven 130°C / gas mark 2 for about 1 – 1¼ hours until the shortbread has crisped off to a pale golden brown.
- 7 Cool on a wire rack.

Traditional Ingredients

Per 65g serving

Energy 1397kJ 335kcal	Fat 19.1g	Saturates 10.6g	Sugars 11.7g	Salt 0.3g
17%	27%	53%	13%	6%

Typical values per 100g: Energy 2149kJ / 515kcal

Alternative Ingredients

Per 65g serving

Energy 1232kJ 295kcal	Fat 15.1g	Saturates 5.1g	Sugars 10.0g	Salt 0.2g
15%	22%	26%	11%	4%

Typical values per 100g: Energy 1896kJ / 453kcal

% of an adult's reference intake



Scotch Pancakes

A wee bit about Scotch Pancakes.....

A small, round, golden cake cooked on a girdle and usually served with butter, honey or jam. Sometimes known by their Anglicised name 'drop scones', they are formed by dropping small quantities of the mixture onto a hot girdle to form the typical round shape. Scotch pancakes should be served as fresh as possible.



Traditional Ingredients

- 110 g (4 oz) self-raising white flour
- 50 g (2 oz) caster sugar
- 1 egg, beaten
- Pinch of salt
- 120 ml full fat milk

Alternative Ingredients

- ♥ Use half white flour and half wholemeal flour
- ♥ Omit sugar
- ♥ Omit salt
- ♥ Use semi-skimmed milk instead of full fat milk. (More milk may need to be added to get the right consistency of batter)

Method

- 1 Heat a well-greased girdle or pan until it is moderately hot.
- 2 Sieve the flour into a bowl and add the sugar and salt.
- 3 Add the egg and milk to make a thick batter.
- 4 Drop the batter onto the girdle, a spoonful at a time. The pancakes should be a neat round shape.
- 5 When the pancakes are covered with bubbles, slip a broad knife under them, and if they are of a golden brown colour, turn and brown the other side – turn once only.
- 6 When cooked, wrap them in a clean tea-towel until cool, unless they are to be eaten hot.

Traditional Ingredients

Per 30g serving

Energy 334kJ 79kcal	Fat 1.2g	Saturates 0.5g	Sugars 5.8g	Salt 0.2g
4%	2%	3%	6%	3%

Typical values per 100g: Energy 1114kJ / 263kcal

Alternative Ingredients

Per 30g serving

Energy 292kJ 69kcal	Fat 1.2g	Saturates 0.4g	Sugars 0.9g	Salt 0.1g
3%	2%	2%	1%	2%

Typical values per 100g: Energy 973kJ / 231kcal

% of an adult's reference intake

Nutritional Information

The amount of energy (in kJ and kcal) and the number of grams of fat, saturated fat, sugars and salt in one serving is provided for each recipe. This information is colour-coded using the Department of Health (UK Food Standards Agency) criteria to show at a glance if the food has a high (**red**), medium (**amber**) or low (**green**) amount of fat, saturated fat, sugars and salt.

Energy kJ kcal	g	g	g
%	Low	Med	High

Information is also given on the contribution these nutrients and energy make towards the reference intake (as a percentage). Reference intakes are a guide to the approximate amount of energy and nutrients needed for a healthy diet, and are based on an average sized woman, doing an average amount of physical activity. This information can be used to show how the alternative, healthier ingredients can improve the nutritional composition of traditional Scottish recipes.

Energy

Kilojoules (kJ) and kilocalories (kcal - or 'calories') are units of energy which we obtain from protein, fat, carbohydrate and alcohol. The reference intake for an average woman is 8400 kJ or 2000 kcal per day. An average man will require approximately 10,500 kJ or 2500 kcal per day.

Fat

Fats provide energy, supply essential fatty acids and fat-soluble vitamins, improve flavour and give a pleasing texture to foods. However, a high intake of saturated fat (found in butter, cream, suet and fatty cuts of meat) can increase levels of blood cholesterol which increases the chance of developing heart disease. The reference intakes for fat and saturated fat are 70 g and 20 g respectively.

Sugars

Sugars are added to many foods such as biscuits, cakes, sweets, chocolate, and some fizzy drinks and juice drinks. Too much added sugar can cause tooth decay and contribute to weight gain. Sugars are also found naturally in fruit and milk, but it is not necessary to reduce our intake of these types of sugars. The reference intake is 90 g.

Salt

A diet that is high in salt can cause raised blood pressure which can increase the risk of stroke and heart disease. Foods that are high in salt include bacon, cheese, ham, salami, gravy granules and stock cubes. The reference intake is 6 g.

The Team

Many people from the Rowett Institute of Nutrition and Health have contributed to this book:

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The energy and nutrient content has been estimated using WISP 4.0 (Tinuviel Software 2013) which uses the UK food composition tables (McCance and Widdowson's The Composition of Foods 6th Edition (2002), 5th edition plus supplements). Food label data has been used in addition to the UK food composition tables where necessary.

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