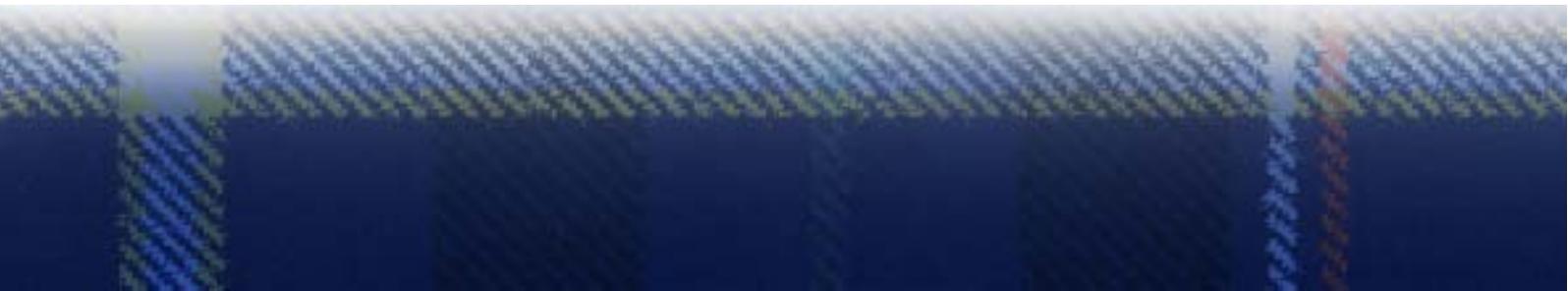


Prootas An Fadge



**AN ULSTER-SCOTS
COOKERY BOOK**



Prootas An Fadge

In this booklet you will find recipes for a Burns Night meal.

This should enable you to celebrate the poet's night on 25th January.

Some of the recipes are provided in Ulster-Scots and some in Standard English.

A few additional recipes are contained in the booklet and more will be added in the future.

Happy Cooking!



Traditional meal of haggis, neeps and tatties

A Burns Supper Running Order

This is the usual running order for an evening event. You could vary it to suit an event held during the day in your school.

Piping in the Guests

If you do not have a piper handy then simply play some traditional Scottish music as the guests enter the room.

Chairman's Welcome

Someone should act as chairman for the evening. It is their job to welcome everyone to the meal.

The Selkirk Grace

This is a short grace possibly written by Burns himself. You will find a copy of it in this booklet.

Piping in the Haggis

It is the usual practice for everyone to stand as the haggis is brought into the room. A piper usually plays but again a music CD will do just as well.

Address and Toast to the Haggis

Someone is chosen to recite Burns' "To a Haggis" and to make the first cut in the haggis. They then offer a toast which everyone joins in.



The meal

Everyone can have a taste of haggis, neeps an tatties.

After dinner entertainment

There are usually various speakers including someone speaking about Burns' life; someone reciting some of his poetry and a Toast to the Lassies to which one of the girls can make a reply.

Auld Lang Syne

The evening usually ends with the singing of one of Burns' poem.

Burns celebration Menu



COCK-A-LEEKIE SOUP

HAGGIS, NEEPS AN TATTIES

CRANACHAN AN SHORTBREAD

COCK A LEEKIE SOUP

INGREDIENTS:

1 boiling chicken
1lb. Leeks cleaned and cut into 1" strips
4 pints of stock or water
1 oz. long grain rice
4 ozs. cooked, stoned prunes
1 teaspoonful of brown sugar
Garni of bay leaf, parsley and thyme
Salt and pepper



METHOD:

Put the chicken in a large pan and cover with water.

Bring to the boil and remove any scum.

Add three-quarters of the leeks, the herbs, salt and pepper and bring to the boil.

Simmer gently for 2-3 hours adding more water if necessary.

Remove the chicken and add the rice and drained prunes to the pan along with the remaining leeks.

Simmer for a further 30 minutes.

Serve with a little chopped parsley.

(Pieces of the chicken can also be added before serving)

These amounts serve 6-8 people.

Haggis, Neeps An Tatties

INGREDIENTS:

1 Haggis

2-3 Potatoes per person (Maris Piper are good for mashing)

1 Turnip

METHOD:

Place the haggis in a large pan of boiling water, cover with lid and boil for 45 minutes. Turn the haggis from time to time.

Chop the turnip (removing the outer skin) and place in a pan. Boil.

Peel and halve the potatoes and place in a pan of water with a little added salt. Bring to the boil and cook until ready.

Drain the potatoes. Add a little butter, and mash.

Drain and mash the turnip.

Slice the haggis.

Serve a portion of each on a plate for each guest.



Cranachan An Shortbread

INGREDIENTS:

Cranachan -

- 1lb. fresh fruit
- 1/2 pint double cream
- 1 teaspoon of thick honey
- 1 heaped tablespoon of toasted oatmeal

Shortbread -

- 12 ozs. plain flour
- 3 ozs. cornflour
- 1 oz. ground rice
- 12 ozs. slightly salted butter
- 4 ozs. caster sugar

METHOD:

CRANACHAN -

1. Whisk the cream together with the honey.
2. Fold in the toasted oatmeal.
3. Pile on top of fresh fruit and serve with shortbread biscuits.



SHORTBREID -

1. Cream the butter and sugar together until pale and fluffy.
2. Work the sifted flours and rice into the creamed mixture until it forms a firm paste.
3. Knead it lightly on a well-floured board.
4. Roll it out until quite thin and cut into biscuit shapes.
5. Using a palette knife, lift the biscuits onto a well-buttered baking sheet.
6. Bake on the centre shelf at Gas Mark 5 (375F/190C) until pale golden in colour.
7. Remove from the oven and sprinkle with caster sugar while still warm.
8. Place on a wire tray to cool and firm up.
9. Store in an airtight container.

The Selkirk Grace



**Some hae meat and canna eat,
and some wad eat that want it,
but we hae meat and we can eat,
and sae the Lord be thankit.**

*** Although this grace is often attributed to Robert Burns, it is more likely that it was already in use before Burns' time.**

Address To A Haggis

Fair fa' your honest, sonsie face,
Great chieftain o' the pudding-race!
Aboon them a' yet tak your place,
Painch, tripe, or thairm:
Weel are ye wordy o'a grace
As lang's my arm.

The groaning trencher there ye fill,
Your hurdies like a distant hill,
Your pin was help to mend a mill
In time o'need,
While thro' your pores
The dew's distill like amber bead.

His knife see rustic labour dight,
An' cut you up wi' ready sleight,
Trenching your gushing entrails bright,
Like ony ditch;
And the, O what a glorious sight,
Warm-reekin', rich!

Then, horn for horn,
They stretch an' strive:
Deil tak the hindmost! On they drive,
Till a' their weel-swallow'd kytes believe
Are bent like drums;
Then auld Guidman,
Maist like to rive,
Bethankit! Hums.

Is there that owre his French ragout
Or olio that wad staw a sow,
Or fricassee wad make her spew
Wi' perfect sconner,
Looks down wi' sneering, scornful' view,
On sic a dinner?

Poor devil! See him owre his trash,
As feckles as wither'd rash,
His spindle shank, a guid whip-lash;
His nieve a nit;
Thro' bloody flood or field to dash,
O how unfit!

But mark the Rustic, haggis-fed,
The trembling earth resounds his tread.
Clap in his walie nieve a blade,
He'll mak it whistle;
An' legs an' arms, an' hands will sned,
Like taps o' trissle.

Ye pow'rs, wha mak mankind your care,
And dish them out their bill o' fare,
Auld Scotland wants nae skinking ware
That jaups in luggies;
But, if ye wish her grateful' prayer
Gie her a haggis!

ROBERT BURNS





celebrating Burns

The date is the 25th January, when all over the world, people of Scottish origin (and others) celebrate the life of Robert Burns, the Scots poet. Burns was born on this date in the year 1759 and his birthday is a suitable time to party and enjoy traditional Scottish food and drink while listening to his poetry.

Here Mark aged 14 from Glasgow reports for CBBC Newsround on his experiences of celebrating Burns Night both at home and in school -

“Loads of people celebrate Burns Night, in Scotland and in other places all over the world. There are lots of traditions that are connected to Burns Night and it can be celebrated in loads of different ways. Some Burns Night suppers are held in very grand, formal clubs. They often have a prize-giving as well as readings during the evening. A lot of people celebrate it at home with their families though.

Haggis

On Burns Night we go round to my gran’s house. As part of the traditional Burns Night supper we eat haggis, neaps and tatties. Neeps are turnips and tatties are potatoes. Both are mashed for the Burns Night supper. I like neeps and tatties but I’m not so sure about the haggis. It’s very meaty and it’s made out of bits of animal you’d rather not know about!

We all wear our good clothes for the supper. My papa gives a speech, which is for the haggis. There’s also a toast to the haggis as well. My papa then cuts the haggis and puts it on all our plates. For the last couple of years I’ve written a poem for our Burns Night supper. It’s only a wee short one about Robert Burns and I read it after dinner.

School Celebrations

We also have a Burns Night celebration at school too. We learn about Robert Burns in our English classes and there are lots of books about him in the library. Before the meal we say a poem to the haggis and a speech is made about Robert Burns. The Head Boy then makes a toast to the lassies (girls) and the lassies toast back. The toasts are cheeky but good natured. I think the toasts are the best bit. People write proper speeches and they’re always a laugh.

Keeping Traditions Alive

I think Robert Burns was really ahead of his time and had a lot to say. I think it’s very important to celebrate Burns Night so that he isn’t forgotten.”

Auld Lang Syne

Should auld acquaintance be forgot, and never brought to mind?
Should auld acquaintance be forgot, and auld lang syne.

(Chorus)

For auld lang syne, my dear, for auld lang syne;
We'll tak' a cup o' kindness yet, for auld lang syne.

And surely ye'll be your pint-stowp, and surely I'll be mine;
And we'll tak'a cup o' kindness yet, for auld lang syne.

We twa ha'e run about the braes, and pu'd the gowans fine;
But we've wander'd mony a weary foot sin' auld lang syne.

We twa ha'e paidl'd i' the burn, from mornin' sun till dine;
But seas between us braid ha'e roar'd sin' auld lang syne.

And here's a hand, my trusty fere, and gie's a hand o' thine;
And we'll tak'a right guid-willie waught for auld lang syne.



Additional Recipes



INGREDIENTS:

1 large potato - boiled and mashed
1 teaspoon butter or margarine
3/4 cup of flour
Salt and pepper - to taste
Cooking spray



METHOD:

Mix together the potato, margarine and salt and pepper.

Add the flour and combine, using your hands, until the mixture sticks together.

Turn out onto a floured board and knead until dough forms a soft ball.

Roll out (in a circle) to about 1/2 inch thickness and cut into eight triangles.

Using a non-stick griddle and non-stick cooking spray, cook triangles over medium heat until well browned, approximately 3 minutes per triangle

Oul Grannies Pancakes

INGREDIENTS:

Twa gopins o soda breed flour
A nievefa o' sugar
A egg
Buttermilk
Pook o' dripping

METHOD:

Heat the griddle an lightly creech wae dripping.
Siv the flour an sugar intae a muckle boul.
In a sepatat boul bate tha egg til airy.
Mak a well in the middl o tha dry mixture an gradually add tha egg an
enough buttermilk tae mak a airy batter.

Drop a drip o tha batter on tae tha griddle for each pancake.

When bubbles appear turn tha pancake ower tae cook on tha ither side.



Halemeal Scones



INGREDIENTS

Gopin o halemeal
Muckle o flure
Drip o sugar
Dree o saht
Sweet milk
A pree o bicarbonate o soda
Pook o creesh

METHOD:

Melder ingredients.
Add creesh an quarely rub in.
Add sweet milk an knead.
Rowl oot on a bakeboord an cut intae scone shape.
Cook in oven-pot fer 15-20 minutes.
Et wae lots o butter an jam.

Leftovers Broth

INGREDIENTS:

12ozs. cooked turkey
3ozs. o creesh
Yin pook o lythenin
Yin and a half pints o stock
Half a pint o craimy milk
Yin onion, wan wile big proota an celery
Parsley, saht an pepper

METHOD:

Melt creesh, add a muckle o chopped vegetables.
Soddle fae a ween o minutes an melder in yer milk.
Add a wee bit at a time whilst yer adding herbs and meat.
Soddle gently fro 40-50 minutes.
Add a taste o buttermilk, an soddle for a wheen o minutes.



Auld Fashioned Vegetable Soup



INGREDIENTS:

A wheen o prootas an carrots, a taste o celery an a leek
Knob o butter
A muckle o flure
A guid amount o stock
A nick o mixed herbs
Sahlt an pepper

METHOD:

Creesh vegetables in butter fer 3 minutes approximately.
Mix in flure an add stock.
Bring tae boil, season an add herbs.
Soddle fer 1 1/2 hours in a pan or twa hours in oor wee fire.

Griddle Breid

(Sometimes called Soda Farls)



INGREDIENTS:

1lb. Plain flour
1/2 tsp salt
1 level tsp Baking Soda
1 tsp Cream of Tartar
1/2-3/4 pint buttermilk

METHOD:

Sift the dry ingredients into a bowl.

Make a well in the centre and add enough buttermilk to make a soft dough.

Knead lightly on a floured board.

Roll out a round about 1/2" thick and cut in four to make four farls.

Cook on a hot griddle.

Wheaten Bread

INGREDIENTS:

12ozs. medium wholemeal flour

4 ozs. plain flour

1 teaspoon baking soda

Pinch of salt

3 ozs. sugar

4 ozs. hard margarine

At least 1/2 pint of buttermilk

METHOD:

Heat oven to 190 degrees centigrade (Gas Mark 3 1/2).

Put flours, baking soda and salt in a bowl and rub in the Margarine.

Mix in the sugar.

Make a well in the centre and add enough buttermilk to make a 'sticky' consistency.

Pour into a tin.

Bake in the centre of the oven for 35 minutes.



Griddle Scones

INGREDIENTS:

3 ozs. self-raising flour
3 ozs. caster sugar
1/4 teaspoon salt
1 egg
2 teaspoons cream of tartar
2-3 ozs. margarine
Milk
3/4 teaspoon bicarbonate of soda

METHOD:

Put dry ingredients into a bowl.

Rub in margarine and add beaten egg and milk to make a stiff dough.

Divide in three and put on floured board.

Roll out to 1/4" thick and cut into six parts.

Bake on a moderate griddle and turn when golden brown and brown other side.

Put in a towel on a cooling tray.

