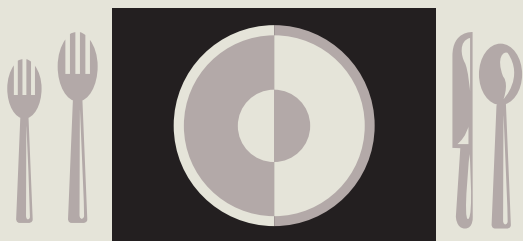


Eating at oor place



These recipes

like our family, come from all around the globe. They offer the reader the opportunity to expand their culinary and cultural horizons.

... Enjoy ...



Table of Contents

The menu at oor place includes meals from...

Nationality	Chapter
America	1
Australia	2
Austria	3
Canada	4
England	5
Indonesia	6
Scotland	7
Auld Lang Syne	8
Glossary	9
Index	Appendix A



Introduction

This recipe book is a collection of family recipes from many diverse and far ranging family members. In July 2009 I decided to expand my family history research to include some more in-depth information on each of the living branches of our family. What could be more in-depth than what they liked to eat.

Within its pages you will find the favourite recipes from many of our living relatives, some with local flavour whilst others reflect the various ethnic heritages our family encompasses. I have not forgotten those relatives who have long since passed on, they are remembered with traditional recipes in the Auld Lang Syne chapter.

Each family was asked to contribute some favourite recipes that they currently enjoy making and sharing. For convenience these have been grouped into chapters that relate to where each group currently lives, and so you will find some recipes that may appear out of place. Family cooking often reflects our ethnic origins as much as where we are now located and so I have allowed these anomalies.

To each of those who have contributed I offer my heartfelt thanks, and to those who have not yet contributed I say it is never to late, please feel free to send in any additions you may have. This is a living and ever expanding book and like my grannies and my mother's recipe books it will constantly be added to.

If you need help converting some of the units visit this site, I found it very helpful <http://www.convert-me.com/en/convert/cooking>

In presenting this recipe book I have only two wishes. The first is that you get as much enjoyment out of reading it and trying the various dishes as I did in compiling it, and my second wish is that it helps to further bind together oor wee family group.

So, as my granny used to say, "Come on in, I'll just put the kettle on and get something tae eat. Dinna be silly, it's nae bother."

Jack Waite

Cranbourne 2009



Chapter 1: America

Recipes from the land across the pond.

Contributors to this chapter are:







Chapter 2: Australia

Recipes from the land down under.

Contributors to this chapter are:

- John Waite Snr
- Rhoda Hoult
- Beverley Waite
- Trish Waite
- Iris Wilkinson
- Bevan Waite
- Brigette Glynn
- Luke Glynn
- Jack Waite
- Betty Milne
- Angela Henderson
- Cara Hammond







Home Made Hummus



Contributed by Bevan Waite.

Notes and tips:

Try roasting 5 medium cloves of garlic in the oven until tender then use them in place of the raw garlic cloves.

Ingredients:

- 1 x 400g can chickpeas drained and rinsed
- or 200g dried chickpeas
- 3 small cloves garlic
- 1/2 tsp salt
- 2 tbs tahini
- juice of 1 lemon
- 80 ml extra virgin olive oil
- 1/2 tsp smoked paprika
- toasted pita bread cut into small wedges

Process:

- If using dried chickpeas soak overnight in 1 litre water. Drain well and transfer to a large saucepan, cover with cold water. Bring to boil then simmer for 45 minutes until tender. Drain and allow to cool.
- Place chickpeas, oil, garlic, salt, smoked paprika, tahini and lemon juice into a blender and process until a smooth paste.
- Adjust seasoning to taste and process again if required
- Transfer into a small container and store in fridge until required. If left overnight the flavours will develop even more.





Ingredients:

- 3/4 cup Soy sauce
- 2 tbs Brown sugar
- 1 tbs Mirrim
- 1 tbs Rice wine vinegar
- 2 tsp Cornflour
- 2 tsp Cold water
- 1 bunch Bok Choy

Process:

- Place soy sauce, sugar, mirrim and rice wine vinegar together in a bowl and whisk to blend.
- Mix cornflour and cold water together until they form a stiff paste.
- Combine cornflour paste and sauce, whisk well to mix. The sauce should thicken to the consistency of oyster sauce which it resembles in looks and taste. Put to one side.
- Cut bok choy into quarters length ways. Wash well under running water and leave wet.
- Place bok choy in a sauce pan and heat until it wilts and changes colour. Add the sauce mix to the bok choy and heat for a further 30 seconds. Remove from heat and serve immediately.



Vegan Oyster Sauce and Bok Choy

Contributed by Bevan Waite.

Serves 4 - 6.

Notes and Tips:

Serve as a side dish to a stirfry or as a light snack.

Substitute spinach, chinese cabbage or silverbeet.



Baby Rocket and Parmesan Salad



*Contributed by Trish Waite.
Serves 8.*

Notes and tips:

Baby spinach leaves can be substituted in place of the rocket.

Ingredients:

- 60g Parmesan cheese
- 200g Baby rocket leaves
- 80g Semi – dried tomatoes (halved lengthways.)
- ¼ cup Pine nuts (toasted)
- ¼ cup Balsamic vinegar
- ¼ cup Extra virgin olive oil

Process:

- Shave cheese into long wide pieces.
- Combine rocket with tomatoes and nuts in a large bowl.
- Add cheese pieces.
- Combine oil and vinegar and drizzle over the salad.
- Toss gently so as not to break up the cheese pieces.



Ingredients:

- 1kg Pork spare ribs
- 4 tbs Barbeque sauce
- 4 tbs Honey
- 4 tbs Brown sugar
- 1 tbs Chilli sauce
- 2 tbs Soy sauce
- ¼ tsp Five spice powder
- 1/3 cup Dry sherry
- 1 Clove garlic
- 2.5cm Piece of green ginger (grated or finely sliced)

Process:

- Put spare ribs into a large saucepan and cover with water.
- Bring to the boil, then simmer for twenty minutes.
- Combine all of the other ingredients and mix to form a sauce/marinade.
- Remove ribs from the water and place in a baking dish and pour the sauce over ensuring that all of the ribs are coated. Marinate for 1 hour.
- Bake in a moderately hot oven about 180 degree C for 1 hour until the pork is tender. Check and baste to keep the pork moist.



Pork Spare Ribs

*Contributed by Trish Waite.
Serves 4 - 6.*

Notes and Tips:

Serve on a bed of rice. or with a side salad





Chai Sze Mein

Contributed by Iris Wilkinson from a recipe given to her by her mother Ella Waite

This is a family favourite dish that can be whipped up quickly and is a tasty meal on a cold winters evening.

Serves 6 - 8.

Notes and tips:

Can be frozen and reheated. Serve with crusty bread.

Ingredients:

- 1 1/2lbs lean minced steak.
- 1/2 medium cabbage (shredded)
- 2 onions (finely chopped)
- 1/2 lb string beans (finely chopped)
- 1 cup of celery (thinly sliced)
- 1 packet of chicken noodle soup
- 1 cup of rice (uncooked)
- 3 cups of water or chicken stock
- 1 desert spoon of curry powder
- 1/2 cup of carrot (finely chopped) optional.

Process:

- Lightly brown mince and onions in pan with a small amount of oil or butter.
- Toss in all of the other ingredients and cook on a medium heat until the rice is soft about 25-30 minutes. Serve with crusty bread.

•



Ingredients:

- 4 white onions halved and thinly sliced.
- 8 large eggs.
- 120 mls thin cream.
- 1 wedge of blue vein cheese.
- 100 grams tasty cheese shredded (Add more to taste).
- short pastry to fit dish. (Puff pastry can be used as a substitute).
- butter.
- salt and pepper to taste.

Process:

- Line the baking dish with pastry, place a piece of baking paper on the base and fill with rice.
- Blind bake the pastry at 200 degrees for 15 minutes, then remove rice and paper and return to oven at 150 degrees until pastry is dry in the middle.
- Remove and allow to cool.
- Place butter and onions in frypan and lightly fry until translucent. Don't over cook or allow to brown.
- In a bowl beat the eggs and cream then add onions, grated cheese, salt and pepper and gently mix through the eggs.
- Pour mixture into the pastry and place in oven at 150 degrees for 45 minutes to 1 hour. Less in a fan forced oven.
- Quiche is ready when you can press the centre and it bounces back and is firm to the touch.



Blue Vein Quiche



Contributed by Rhoda Hoult. Serves 4 - 6

Notes and tips:

Remove and serve hot or cold with a salad.

For a change try decorating the cooked quiche with tomato rings placed down the centre and a line of piped hot, mashed potato down each side.



Vegetarian Sausage Rolls



Contributed by Jack Waite

Notes and tips:

Make them in advance and freeze the uncooked sausage rolls.
Remove from fridge and cook as per instructions.

Ingredients:

- 1 cup mashed kidney beans
- 1 cup mashed berlotti beans
- 1 cup crushed roasted peanuts
- 1 cup grated zucchini
- 1 cup grated pumpkin
- 1 cup grated sweet potato
- 1 cup chopped mushrooms
- 1 cup roughly chopped fresh basil
- 3 celery stalks – chopped
- 1 tablespoon garam masala
- 1/2 teaspoon nutmeg
- 1 cup rolled oats
- salt and pepper to taste
- vegan puff pastry
- soy milk (for glazing)

Process:

- Combine all ingredients (except pastry obviously) in a large bowl and mix well.
- Place mix onto puff pastry sheets and form into rolls.
- Pierce the rolls with a fork and glaze with soy milk before putting in a 180 C oven for approx 25 mins, until golden brown.



Ingredients:

- 300g pkt baby brussels sprouts, halved
- 1 bunch baby carrots, trimmed, scrubbed
- 60g butter
- 2 tbs olive oil
- 1/2 cup slivered almonds
- 3 garlic cloves, crushed
- 1 tbs chilli paste (optional)

Process:

- Place sprouts and carrots in a steamer basket or insert over a saucepan of barely simmering water. Cover and steam for 7-10 minutes or until just tender. Set aside.
- Melt butter and oil in a large frying pan over medium heat until butter is foaming. Add almonds and garlic. Cook, stirring, until golden. Add chilli paste and stir.
- Increase heat to medium-high. Add sprouts and carrots. Cook, tossing, for 1-2 minutes. Season to taste.



Almond & garlic baby Brussels Sprouts



Contributed by Jack Waite. Serves 4

Notes and Tips:

Delicious served as an accompaniment with lamb cutlets.



Filo Croutons



Contributed by Jack Waite.

Notes and tips:

Use in salads or with a hearty soup.

Ingredients:

- 6 sheets frozen filo dough, thawed
- 3 tablespoons butter, melted
- 1/3 cup freshly grated Parmesan

Process:

- Preheat the oven to 400 degrees F. (210 degrees C)
- Line a large heavy baking sheet with parchment paper.
- Stack the filo sheets on a work surface and roll up into a cylinder.
- Cut the rolled stacked filo sheets crosswise into 1/2-inch-wide sections.
- Unroll the filo sections and toss in a large bowl to separate the strips.
- Gradually drizzle the butter over the filo, tossing constantly to coat. (The filo strips might break up into smaller pieces.)
- Sprinkle the Parmesan over the filo and toss gently to coat.
- Arrange the filo mixture evenly over the prepared baking sheet.
- Bake until the mixture is crisp and golden, about 10 minutes. Cool the filo mixture, and then coarsely break it apart into desired pieces.

Ingredients:

- Melted butter, to grease
- 6 (about 1kg) potatoes, peeled, thinly sliced
- 70g butter, melted
- 30g (1/3 cup) shredded parmesan
- 1 tsp fresh thyme leaves
- Salt & freshly ground black pepper
- Mixed salad leaves, to serve

You will need a round 18cm (base measurement) cake pan for this recipe.

Process:

- Preheat oven to 220°C. Brush a round 18cm (base measurement) cake pan with melted butter to lightly grease.
- Place the potato slices in a large bowl. Add the melted butter and gently toss until potato slices are well coated.
- Arrange one-third of the potato slices over the base of the prepared pan.
- Combine parmesan and thyme in a bowl. Sprinkle potato slices with one-third of the parmesan mixture. Season with salt and pepper.
- Continue layering with the remaining potato slices, parmesan mixture and salt and pepper, finishing with a layer of parmesan mixture.
- Bake in preheated oven, pressing the potato down with the back of a large spoon a couple of times during cooking, for 1 hour or until tender and golden.
- Remove from oven and set aside for 5 minutes to cool slightly. Turn onto a serving plate.



Potatoe Layered Cake

Contributed by Jack Waite. Serves 4 - 6

Notes and Tips:

Cut into wedges and serve with mixed salad leaves.

Try flaked fish instead of parmesan cheese between the layers. Top with a shredded tasty cheese.



Bridie's Shepherd's Pie



Contributed by Brigitte Glynn. Serves 4

Notes and tips:

For a quick fix meal in a hurry, Brigitte suggests that frozen vegetables can be used in place of fresh. This is a recipe best done by taste.

Ingredients:

- 500 g Beef Mince
- 1 cup diced vegetables (peas carrot corn)
- 2 Tablespoons tomato sauce
- 1 tablespoon curry powder
- 1 tablespoon soy sauce
- 1 cup Beef gravy (home made preferred)
- 3 Large potatoes
- Grated cheese

Process:

- Preheat oven to 180 C and brown the mince in fry pan.
- Put in vegetables, tomato sauce, curry powder and soy sauce cook for 1 min.
- Put in gravy and stir till all is covered. (You want it to be thick like a thick shake) add more tomato sauce curry powder soy to your own taste,
- Peel and cut potatoes and cook till soft mash with a little butter.
- Put mince mix in a casserole dish place mash on top put on cheese and cook in oven for 15 min or until cheese is brown.

Ingredients:

- 1 lemon -- thin sliced
- 2 tsp curry powder
- 2 tsp mixed herbs
- 2 tsp butter
- 250 g scallops -- 8oz dry-shucked
- remove membranes and intestines
- 2 tbsp coconut milk
- 1 tbsp coriander -- or parsley chopped

Process:

- Cut lemon into thin slices. Place on 2 plates.
- Heat a heavy-based pan and, with the pan dry, quickly brown curry powder and herbs.
- Add butter to the curry and herb mix and gently toss-fry scallops for about 1 minute.
- Drizzle coconut milk on top of scallops and heat through.
- Place scallops on lemon slices and garnish with coriander or parsley.



Curried Tasmanian Scallops



Contributed by Jack Waite. Serves 2

Notes and Tips:

Low Carb Seafood Scallops





Curry Puffs



Contributed by Jack Waite. Makes about 60 puffs

Notes and tips:

Best served warm. Can be stored in fridge and reheated.
Nice with or without a dipping sauce.

Ingredients:

- 1 kg minced topside.
- 3 medium potatoes finely diced.
- 3 medium carrots finely diced.
- 2 cups of green peas (frozen will do).
- 2 medium onions finely diced.
- 1 tin of coconut cream 140 ml.
- 2 cloves of garlic, crushed or 2 teaspoons of garlic paste.
- 2 teaspoons of ginger paste.
- 3 tablespoons of a good quality curry paste. Hot or mild as preferred.
- 1 teaspoon of hot chilli paste or 1 finely chopped hot chilli.
- 1 tablespoon of balsamic vinegar.
- 1 teaspoon of soya sauce.
- 1 tablespoon of red wine vinegar.
- 2 chicken stock cubes.
- 2 cups of water.
- 2 tablespoons of vegetable oil.
- ¼ teaspoon of Chinese 5 spice mix.
- Salt and pepper to taste.
- Sheets of puff pastry.



Process:

- Place the oil in a deep pot and heat on a medium heat.
- Add the onion, garlic and ginger paste and cook for 2 minutes stirring to prevent burning.
- Mix in the mince and keep stirring. Cook until the meat is browned.
- Add the carrots, potatoes, curry paste and chilli paste. Stir to cover in the oil and cook for about 5 minutes stirring to ensure it doesn't burn.
- Add the vinegar and scrape the bottom of the pot with a wooden spoon to release the flavour. The vinegar will help to break down these.
- Add all of the rest of the ingredients except the peas and salt. Stir in then cover and cook on a low heat for about 30 – 35 minutes. Stir occasionally.
- Remove the cover, add the peas and salt to taste. Cook for a further 15 minutes. This will reduce the liquid content of the mix making it fairly dry
- Remove from the heat and allow to cool.

Making the puffs:

- Lightly flour your work top to prevent your pastry sticking.
- Cut a sheet of pastry into quarters. I use a pizza cutter. Or cut into circles about 75 mm in diameter, an egg ring is ideal for this.
- Place a tablespoon of the mix slightly off center on a square or circle. Don't over fill or they will burst open when cooked.
- Wet the edges of the pastry with cold water.
- Fold over to form a triangle which seals in the mix and press down the edges with the prongs of a fork.
- I usually fold in the three points to provide a neater package and they take up less space on the tray.
- Place on a tray which has been covered with aluminium foil that you have lightly floured.
- This will help to prevent the pastry from sticking to the foil. Baste with a milk and egg wash then place in a pre heated oven until golden brown. About 180 C in a fan forced oven and 220 C in a normal oven. Cooking time is about 15 – 20 minutes.
- Alternatively omit the milk/egg wash and deep fry until golden. They are ready when they float. Don't overcrowd the pan. Remove and drain on kitchen paper. Turn once.
- You can replace the potatoes with sweet potatoes or even have a mix of both.

Note: I use Singapore curry paste as it is especially smooth.



Bevan's Stuffed Tomatoes



Contributed by Bevan Waite. Serves 4

Notes and tips:

Serve as a side to almost any meat or fowl or two per person with a green salad for a light lunch.

Ingredients:

- 1 cup mushrooms finely chopped
- 1 cup breadcrumbs
- 2 tsp capers finely chopped
- 1 red onion finely diced
- 2 large cloves of garlic mashed.
- 2 tbs humus
- 4 tsp parmesan cheese
- 4 large tomatoes
- 2 tbs olive oil

Process:

- Remove the top of each tomato with a sharp knife and scoop out the inside with a teaspoon.
- Pre-heat the oven to 180 degrees Celsius.
- In a heavy based frying pan place the olive oil and heat over a medium heat. When it is hot enough put in the garlic and onions. Stir to begin cooking but do not let them burn.
- Add the capers, humus and mushrooms and cook through for about two minutes stirring to ensure the mixture doesn't seize.
- Toss in the breadcrumbs and stir to absorb the oil and juices. The mixture should be dry, if it isn't add more breadcrumbs. Cook until the breadcrumbs start to take on a little colour.
- Remove from heat and stuff the tomatoes with the mixture.
- Top with a teaspoon of parmesan cheese on each and place in the oven long enough to melt the cheese. This should take 5 – 6 minutes.



Ingredients:

- 2 small onions - finely chopped
- 2 tins crushed tomatoes
- 3 – 4 tbsp tomato paste
- ½ tsp sugar
- 1 Granny Smith apple – grated
- 1 large pinch nutmeg
- 1 large pinch cinnamon
- 1 – 1 ½ cups water
- Salt and pepper to season

Process:

- Saute onion in a little oil on a medium heat until transparent
- Add tomatoes, apple, tomato paste and stir gently until warmed through
- Add 1 cup of water stirring as you go, cook on medium heat for 5 minutes
- Add rest of ingredients, lower heat, cover and simmer very slowly for one hour. Keep an eye on the mixture and if necessary add a little more water



Pasta Tomato Sauce

Contributed by Betty Milne Serves 4

Notes and Tips:

Can be kept sealed in the fridge for a few days.



Lukes Green Beans



Contributed by Luke Glynn. Serves 4 - 6

Notes and tips:

Great as a part of a light lunch or on a vegetable tray.

Ingredients:

- 500 g green beans
- 1 knob o butter.
- 2 large cloves of fresh garlic.
- salt and pepper.
- pine nuts (optional).
- 2 tbsp vegetable oil (optional).

Process:

- Top and tail the beans and cut in half.
- Place in a pot of boiling salted water and cook until tender.
- When cooked remove and drain well.
- Discard the water in the pot and place the butter and garlic into the pot on a low heat and allow the butter to melt and infuse the garlic.
- Once it has achieved this add the beans and toss thoroughly.
- Season to taste.
- Serve hot.
- A tasty variation on this dish is to toast the pine nuts in a little oil and then add them to the beans prior to serving.



Ingredients:

- 8 eggs
- 1/2 kg leeks. Large ones are best.
- 1 medium cauliflower. Cut into florettes.
- 3 tsp chopped fresh chives
- 2 1/2 cups green beans.
- 1 1/4 cups cream.
- 1 cup grated tasty cheese.
- 1 tsp mustard.
- Salt and pepper to taste.

Process:

- Hard-boil 2 eggs by covering them in cold water, bringing it to the boil, simmering gently for 9 minutes and cooling them under cold running water.
- Place the cauliflower and beans in boiling salted water and cook until tender. About 10 minutes.
- Lightly oil the inside of a casserole dish that has a heavy lid. You can use vegetable oil or butter.
- Cut the leeks in half length ways and wash well to remove any sand or grit. Dry and slice in thin pieces across ways.
- Melt some butter in a frying pan and saute the leeks until tender. Put to one side and allow to cool.
- Toss the cauliflower, beans, leeks and half of the cheese together in the casserole. Take care not to break up the cauliflower too much.
- Whisk 6 eggs with the cream and chives and seasoning. Pour over the vegetables in the casserole.
- Cover the mix with the rest of the cheese.
- Cover and cook in an oven at 180 C. until the eggs are set.



Egg Casserole

Contributed by Betty Milne. Serves 4 - 6.

Notes and Tips:

Shell the boiled eggs and slice. Place on top of the casserole and serve. Excellent summer dish by its self or as a side dish





★ Chicken and Almond Casserole ★

Contributed by Bev Waite. Serves 6

Notes and tips:

A hearty meal if served with mashed potatoes or on a bed of rice. For a light lunch serve with a green salad.

Ingredients:

- 1 chicken 2 – 3 lbs
- 1 small onion – chopped
- 1 cup mayonnaise
- 4 eggs - hard boiled and chopped
- 1 can cream chicken soup
- 1 can cream mushroom soup
- $\frac{3}{4}$ cup rice
- 1 cup slivered almonds
- 1 cup frozen peas
- 1 $\frac{1}{2}$ cup diced celery
- 2 tbsp lemon juice
- $\frac{1}{2}$ cup soft breadcrumbs
- Butter

Process:

- Cook the rice until just tender
- Steam or boil the chicken until tender.
- Cool and remove bones and skin.
- Dice chicken meat and combine with onion, peas, mayonnaise, eggs, soup, rice, almonds, celery and lemon juice in a greased casserole dish. Mix well.
- Top with knobs of butter and breadcrumbs.
- Bake uncovered in moderate oven (150 C) for 45 minutes.



Ingredients:

- 2 ozs butter
- 1 ½ lb blade steak – cut into 1 inch pieces
- 1 onion sliced
- 1 can vegetable soup
- ½ cup light brown sugar
- 1 dessert sp soya sauce
- ½ lb fresh bean sprouts
- 1 tbsp flour blended with ½ cup water
- 1 dessertspoon Worcestershire sauce
- ½ cup cider vinegar
- Salt and pepper to season
- 1 large can pineapple pieces – drained



Process:

- Melt butter in a sauté pan and add meat, sauté until brown.
- Add onion and continue cooking until onion is transparent.
- Add vinegar, soup, sugar, sauces and salt and pepper, cover and simmer on a low heat for 1 ½ hours. Check after 1 hour and if necessary add a little water.
- Add pineapple and bean sprouts and cook for a further 10 minutes.
- Add blended flour, bring to boil and cook for 2 minutes to removed the flour taste and to thicken.

Sweet and Sour Beef

Contributed by Bev Waite. Serves 6

Notes and Tips:

Serve on a bed of steamed rice or with some crunchy bread sticks.



★ Grilled Fish with Egg White ★

Contributed by Bev Waite. Serves 6

Notes and tips:

Best served as a light meal with side salad.

Ingredients:

- 4 pieces of fish fillets
- 4 egg whites
- 1 cup grated cheese
- salt and pepper to season
- Lemon slices to decorated

Process:

- Lightly grill fish on one side until cooked through.
- Beat egg whites and pinch of salt in a bowl until stiff peaks form. Fold in grated cheese.
- Turn fish and spread egg mixture thickly over fish.
- Season to taste.
- Grill until golden brown.
- Serve hot straight from the grill with a couple of lemon slices and crips chips.

Note: It is best if you use a firm fish fillet that is sliced evenly and not to thick through..



Ingredients:

- 8 large ripe tomatoes
- 6 large onions
- 2 cups bread crumbs
- 75 g butter
- 1/4 cup sugar
- 1 cup grated tasty cheese (optional)
- 1/2 cup of grated parmesan cheese (optional)
- Salt and pepper to season

Process:

- Place tomatoes in a bowl and cover with boiling water. Allow to stand for 5 minutes then remove and peel.
- Slice tomatoes thickly about 5mm.
- Peel and slice onions thinly.
- Place a layer of tomatoes in the bottom of an oven proof dish. Then a layer of onions.
- Sprinkle with salt and pepper and a little sugar.
- Repeat until dish is full.
- Top with breadcrumbs and knobs of butter.
- Place in medium oven and cook until top is golden. About 1/2 to 3/4 hours.



Tomato and Onion Pie

Contributed by Betty Milne. Serves 6

Notes and Tips:

If using cheese sprinkle a little tasty cheese between layers. Toss the breadcrumbs and parmesan cheese together before topping the dish. Serve hot or cold.



Chicken Liver Pate



Contributed by Betty Milne

Notes and tips:

Will keep in fridge if sealed airtight.

Ingredients:

- 1 large clove of garlic
- 85g butter
- 1 tbsp Brandy
- 1 medium onion
- 250g chicken livers washed and trimmed
- 1 small handful parsley
- Mixed herbs
- Salt and pepper to season
- 2 bay leaves

Process:

- Melt 25g of butter in pan over low heat.
- Crush garlic and finely dice onion and add both to melted butter. Cook until soft and translucent.
- Increase heat and saute livers for 2-3 minutes and parsley. They should remain pink on inside.
- Sprinkle with chopped herbs and cook for a further 1 minute.
- Remove from heat remove bay leaves and allow to cool then put through food blender.
- Melt remaining butter and stir into liver with brandy. Season to taste.
- Pack into moulds and seal. Turn out when ready to serve.





Ingredients:

- 1 level tsp mustard
- 2 level tbsp sugar
- 2 cups bread crumbs
- 1/2 level tsp salt
- 1 egg
- 8 tbsp milk
- 4 tbsp vinegar

Process:

- Mix salt, mustard and sugar until smooth.
- Add egg and mix well.
- Add milk and continue to blend.
- Add vinegar 1 tbsp at a time whisking as you go.
- Place bowl in boiling water over heat and whisk until mixture thickens.

For a tangier dressing add extra mustard. I prefer mustard powder.



Salad Dressing

Contributed by Betty Milne.

Notes and Tips:

Can be stored for 1 - 2 days in fridge. Nice with potato salad or coleslaw.



★ John's Mustard Salad Dressing ★

Contributed by John Waite

Ingredients:

- 2 tbsn Balsamic vinegar
- 2 tsp Dijon mustard
- ½ tsp Hot English mustard
- 1 tbsn Soy sauce
- 1 tsp Sesame oil
- 1 tsp lemon juice

Process:

Place all ingredients into a container with a fixed lid.

Mix all ingredients well by shaking vigorously.

Pour into a jug or bowl and serve at the table.

Notes and Tips:

This dressing has a nice sharp taste and works well with a fresh basil salad.



Ingredients:

- 2 cups of pearl barley
- 500 g beef trimmed and cubed
- 1 small onion finely diced
- 2 tbsn olive oil
- 2 cloves garlic
- 1/2 stem lemon grass
- 10 small cherry tomatoes quartered
- 60 g feta cheese
- Salt and pepper to taste
- 10 Kalamata olives halved
- Handful of rocket leaves

Process:

- Place oil , 1 clove of garlic (crushed) and finely chopped lemon grass into a pot and warm over medium heat to infuse the oil with the herbs.
- Drain off the oil into a frying pan to remove the herbs and add the meat, onion and 1 clove of crushed garlic. Brown the meat over a medium heat.
- Thoroughly rinse the pearl barley to remove any starch.
- Place in a pot and cover with chicken stock. Bring to boil and reduce heat, simmering until the barley is soft, about 25 minutes. Add salt and pepper to taste.
- When barley is cooked drain well and place on serving plate. Place meat on top of barley and crumble the fetta, olives, rocket leaves and tomatoes over the meat.



Barley and Beef

Contributed by Cara Hammond

Notes and Tips:

Serve while still hot. You can add coriander green beansr with the fetta and tomatoes.



Homestyle Beetroot



Contributed by Brigitte Glynn. Serves 4

Notes and tips:

Try cutting the cooked beetroot into wedges as an alternative to slicing. This can add that visual appeal to a special dish.

Ingredients:

- Beetroot (3 x medium size)
- Plastic Bag (freezer bag)
- Microwave proof container
- 1 cup Brown Vinegar
- 2/3 cup Sugar
- Gloves

Process:

- Place beetroot in oven bag and seal
- Place in microwave proof container (no lid this is to avoid staining of the microwave).
- Cook in microwave for 7 min take out and shake then cook for another 7 min.
- Take beetroot out and put on gloves (this is so you don't stain your hands) peel and cut beet root into slices.
- Put brown vinegar and sugar in a bowl and cover place in microwave for 1 min 30 sec or till sugar is dissolved pour over beetroot slices
- Refrigerated this will keep for awhile.

Ingredients:

- Half ounce of cloves.
- Half ounce of Cayenne pods.
- 1 ounce Peppercorns.
- 1 quart of vinegar.
- 8 ounces of moist sugar.
- 1 pennyworth of burnt sugar.

Process:

- Put cloves, cayenne pods and peppercorns into a pan with half pint of water, boil for 20 minutes.
- Add 1 quart of vinegar, 3 ounces of salt, 8 ounces of moist sugar & 1 pennyworth of burnt sugar.
- Let it all boil together for 2 or 3 minutes, strain and it is ready for use.

Burnt Sugar:

In heavy pan melt 1/2 cup granulated sugar over low heat; stir constantly. Remove from heat when syrup is golden brown. Slowly add 1/2 cup boiling water; return to heat. Cook and stir until sugar dissolves. Boil to reduce to 1/3 cup, about 5 minutes.



Homemade Yorkshire Relish



Contributed by Jack Waite.

Notes and Tips:

A pennyworth - a small amount

Use as an accompaniment to cold or hot meat dishes or extra flavouring in stews and casseroles.





Rhoda's Fallafels



Contributed by Rhoda Hoult Serves 4 - 6

Notes and tips:

Great as a part of a light lunch or on a vegetable tray.

Ingredients:

- 3 cups cooked chick peas. Canned chick peas will do but drain and rinse before use.
- ½ cup of cooking liquid/water
- 2 tsp salt
- 2 tsp chopped parsley
- 2 cloves of garlic finely chopped
- ¼ tsp pepper
- 2 small eggs beaten
- ¼ cup breadcrumbs
- Oil for frying

Process:

- Puree chick peas, adding liquid as required.
- Add remaining ingredients.
- Shape into small balls about 25 mm in diameter, flatten slightly
- Heat oil in deep pan until very hot
- Deep fry falafels 4 at a time until golden brown
- Drain on paper towel and keep warm until ready to serve.



Ingredients:

- ¼ cup cracked wheat
- 1 cup water
- 2 cups chopped parsley
- ¼ cup chopped mint
- ½ cucumber finely diced
- 1 tomato finely diced
- 2 medium onions thinly sliced/finely diced
- 3 tbsp lemon juice
- 3 tbsp olive oil
- Salt to season



Process:

- Soak wheat in cold water for 15 minutes.
- Drain and squeeze out the remaining moisture.
- Toss vegetables together with wheat.
- Add lemon juice and oil. Mix well.
- Taste and season to taste with salt.



Rhoda's Tabouli



Contributed by Rhoda Hoult

Notes and Tips:

Delicious with home made crusty bread. Serve on a crispy lettuce leaf with tasty olives.





Rhoda's Tahini Sauce



Contributed by Rhoda Hoult

Ingredients:

- ½ cup Tahini (sesame paste)
- 1 clove garlic crushed
- 1 tsp salt
- ¼ cup lemon juice
- ½ cup water

Process:

- In a bowl mix tahina with garlic and salt.
- Add lemon juice and mix well
- Beat in water 1 tbsp at a time until sauce is thick and smooth.



Ingredients:

- Peanuts
- Nutragrain
- French onion soup and chicken soup powder
- Pretzels
- 1 cup vegetable oil - warm

Process:

- Mix the peanuts, nutragrain, pretzels and soup powder in a bowl.
- Drizzle in a little warm oil and toss gently to coat. Keep adding oil until the mix is thoroughly coated but still a dry mix.
- Stir and serve.



Nuts and Bolts



Contributed by Brigette Glynn

Notes and Tips:

A tasty snack that never lasts long at our place. Great for a party or just sitting round the fire watching movies.



Potato and Leek Soup

Contributed by Jack Waite. Serves 4

Notes and Tips:

Garnish with truffle oil, chives, smoked gouda or toasted garlic... you name the taste.

Great on a cold winters night served piping hot with thick crusty bread. See also the crunchy filo croutons.



Ingredients:

- 4 Medium Potatoes, peeled and diced
- 2 Large Leeks, light green and white parts
- 2 Tablespoon Olive Oil
- 3 Tablespoons Dry White Wine
- 4 Sprigs Fresh Thyme, 1 teaspoon dried
- 1/2 Sprig Fresh Rosemary, finely minced,.
- 2 Bay Leaves
- 6 Cups Vegetable Stock or Water
- 1 teaspoon Salt, or to taste
- 1/4 teaspoon Freshly Ground Black Pepper or to taste
- 1 Cup Unflavoured Soy Milk

Process:

- Rinse the leeks well then thinly slice.
- Peel and dice the potatoes.
- In a large stockpot, heat the oil over a medium-high flame. Add the leeks to the oil and sweat until they are softened, about 3-5 minutes.
- Pour over the wine and sauté for an additional minute.
- Add the potatoes and stir well to prevent sticking.
- Add the stock, salt, bay leaves, rosemary and thyme.
- Bring the soup to a simmer and cook until the potatoes are soft, about 20 minutes.
- Add the pepper and remove the bay leaves and thyme stems.
- Then blend with a a food processor until **smooth**.
- Once slightly cooled, stir in the soy milk.
- Adjust salt and pepper, if necessary.



Ingredients:

- 250g Creamed sweet corn
- 2 tbs sherry
- 250g raw chicken – finely shredded
- 1 tbs cornflour
- 125g chopped ham or bacon
- 6 cups rich chicken stock
- 3 shallots finely chopped
- 1 beaten egg
- Salt and pepper to taste

Process:

- Bring stock to boil, add chicken and simmer till meat is tender, about 10 mins.
- Add corn, simmer a further 5 min.
- Mix cornflour and sherry together and mix in with soup and boil.
- Remove from heat add ham and shallots and seasonings.
- Slowly stir in egg to form egg flowers. (Trickle the egg in a circular motion)
- Serve hot.



Chicken Soup

Contributed by Luke Glynn. This an old family recipe passed on to Luke from his mother Susan. Serves 4 - 6

Notes and Tips:

For added zest use the filo croutons recipe.



Scottish Tablet

Contributed by Jack Waite

Notes and tips:

A favourite with kids of all ages.

Ingredients:

- 900g (2lb) Caster Sugar
- 85g (3oz) Water
- 50g (2oz) Margarine
- 2 tbsp Syrup
- Small Tin Condensed Milk

Process:

- Place all of the ingredients into saucepan.
- Heat gently until the sugar dissolves.
- Stirring continuously until it comes to the boil.
- Boil about 30 minutes.
- Remove from heat and beat well and pour into greased tin.
- Mark into squares when cool, cut when cold.





Ingredients:

- 1 ¾ cup Thickened cream
- ¼ cup Icing sugar mixture
- 1 tsp Grated orange rind
- 1 cup Mascarpone
- ¼ cup Cointreau
- 150 g Blueberries
- 250 g Raspberries
- 250 g Strawberries quartered
- 1 cup Fresh orange juice
- 250 g Packed Savoiardi Sponge finger biscuits

Process:

- Beat the cream, sugar and rind until soft peaks form.
- Fold in mascarpone and two teaspoons of Cointreau liqueur.
- Combine the berries and two teaspoons of Cointreau Liqueur in a medium sized bowl.
- Combine the remaining Cointreau liqueur and juice in another bowl.
- Dip the sponge fingers into the juice mixture so that they absorb the liquid but stay firm enough to handle.
- Arrange half of the sponge fingers around the base of a 2 litre serving dish. Top with half of the cream and sprinkle half of the berry mixture on top of the cream.
- Layer the remaining sponge fingers over the berries and repeat the cream and berry layers.
- Cover and refrigerate for three hours or over night.



Berry Trifle

Contributed by Trish Waite from an old family recipe of her mothers.

Serves 6.

Notes and Tips:

Serve by itself or with a scoop of icecream.



Chocolate Crackles



Contributed by Betty Milne

Notes and tips:

A real family favourite.

Ingredients:

- 250 g margarine
- 1 cup caster sugar
- 2 eggs
- 1 ½ cups self raising flour
- 4 cups cornflakes
- ½ tsp vanilla essence
- ½ cup sultanas
- 125 g choc bits

Process:

- In a bowl add margarine and sugar and cream until smooth and creamy
- Beat in eggs one at a time
- Fold in vanilla essence
- Add flour, sultanas, choc bits and 2 cups of corn flakes. Fold gently together
- Roll pieces into balls about the size of a large walnut
- Put remaining cornflakes in a shallow bowl and roll the balls in the cornflakes to coat
- Place on a piece of baking paper on a tray and bake in a moderate oven for 20 minutes.
- Allow to cool before serving.



Ingredients:

- 1 pound of unsalted butter.
- 1 cup of sugar.
- 3 ½ cups all-purpose flour (½ cup reserved for kneading/patting out).

Process:

- Cream butter and sugar.
- Add flour and blend.
- Turn out onto floured board and knead until smooth.
- Pat into a jelly roll pan or into individual pie pans.
- Mark and score with knife into triangles or squares before baking.
- Prick all over with a fork.
- Bake in 275-300 oven until center is set and outside edges begin to brown (about 45-60 minutes).
- Remove, let cool for a few minutes, then cut according to your scoring.
- Keep in an airtight container.



Scottish Short Bread



Contributed by Jack Waite.

Notes and Tips:

I find that I add more flour...until it holds together like dough. You'll want to roll it out so it's no more than ¼ - ½ " thick. I must admit that I use a blender to make mine...and let it run for about 10 minutes with the butter and sugar, then I start adding the flour. Once all the flour is added, I let it mix for another 15+ minutes, then keep adding flour until it forms a ball (like dough). Store in the top cupboard out of reach of the bairns or they won't last long.

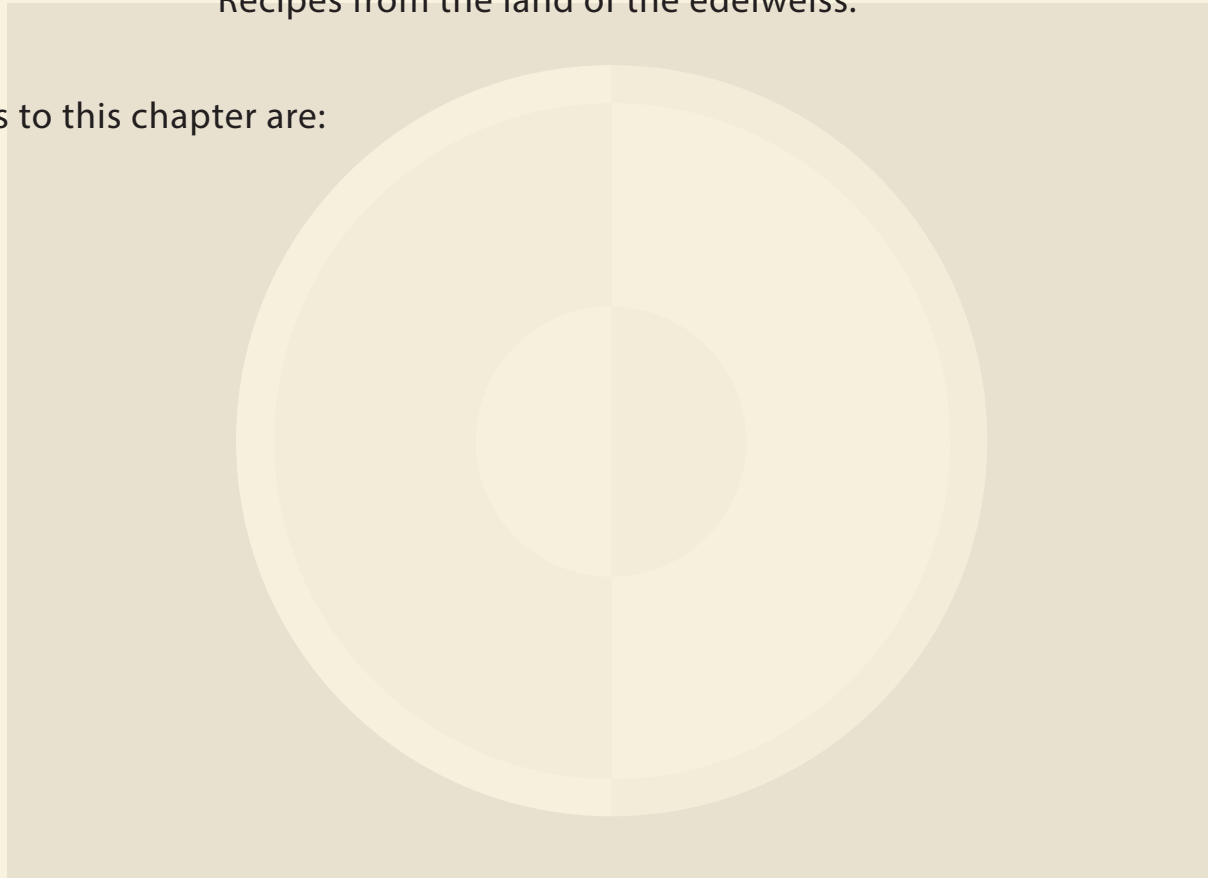


Chapter 3: Austria

Recipes from the land of the edelweiss.

Contributors to this chapter are:

-







Chapter 4: Canada

Recipes from the land of the maple leaf.

Contributors to this chapter are:

- **Dorothy MacIntosh (Mother was Henrietta Blair)**
- **Linda Sullivan (Grandmother was Henrietta Blair)**
- **Meaghan Sullivan (Great grandmother was Henrietta Blair)**







Mashed Potato Casserole



Contributed by Dorothy MacIntosh.

Notes and tips:

This is great if you are having a number for dinner and want to get a head start. Delicious too. Serves 12

Ingredients:

- 5 pounds boiled potatoes (2 kilograms)
- 2 Pkts creamed cheese (6 ozs)
- 1 cup dairy sour cream.
- 2 tsp onion salt.
- 1 tsp salt.
- 2 tbsp of butter.
- Pinch of white pepper

Process:

- Cook peeled potatoes in salt water until tender. Drain them and mash. Beat with electric mixer until smooth. Make sure there are no lumps.
- Add remaining ingredients and beat until light and fluffy.
- Let cool slightly and place into a large greased casserole dish. Dot with butter or if desired with buttered bread crumbs.
- Cover with plastic wrap and refrigerate.
- To serve, remove about an hour before dinner and bake uncovered at 350 degrees F. for 30 minutes or until heated through.



Ingredients:

- 2-3 Medium turnips.
- 1 cup applesauce.
- 6 tsp butter.
- 4 tsp brown sugar.
- 3 tsp salt.
- 1/4 tsp black pepper.
- 2 eggs.
- 1 3/4 soft bread crumbs.
- 2 tsp melted butter.

Process:

- Peel and slice turnips and cut into small pieces. Cook in boiling water until tender. Mash turnips and then beat with an electric beater.
- Add the remaining ingredients except half the bread crumbs and all the melted butter. Mix well.
- Pour into greased two quart casserole dish and top with remaining crumbs and melted butter. let cool slightly.
- Cover with tea towel and allow to stand for a minimum of 30 minutes (2-3 hours is better).
- Cover and refrigerate.
- Remove about an hour before dinner and heat uncovered in a 350 degrees F. oven for about 30 or until heated through.



Turnip Casserole

Contributed by Dorothy MacIntosh

Notes and Tips:

A great dish to make the day before. Serves 12





Dorothy's date Squares

Contributed by Dorothy MacIntosh.

Notes and tips:

Delicious !!!



Ingredients:

- 2 cups dates.
- 1 cup boiling water.
- 1/2 tsp salt.
- 2 tsp brown sugar.
- 1 tsp lemon juice.
- 1 tsp vanilla.
- xxxxxxxxxxxxxxxx
- 1 1/4 cups rolled oats.
- 1 1/4 cups flour.
- 3/4 cup of butter.
- 1/2 cup brown sugar.
- 1 esp baking soda.

Process:

- Combine first 6 ingredients ingredients in a saucepan and cook until smooth.
- Crumble the remaining ingredients together really well.
- Press half the mixture into a 9 x 9 greased pan.
- Spread date mixture on top and cover with remainder of crumbs.
- Bake in 350 degrees F. oven for about 35 minutes.



Ingredients:

- 1 1/3 cups flour.
- 2 tbsp brown sugar.
- 1/2 cup butter.
- xxxxxxxxxxxxxxxxxxxxr.
- 2 eggs.
- 1 1/4 cups brown sugar.
- 2 eggs.
- 1/4 cup butter (melted).
- 1 cup raisens.
- 1 tbsp vinegar.
- 1 tsp vanilla.
- 1 tbsp flour.

Process:

- Mix the first three ingredients together until crumbly.
- Press the mixture into a greased pan to form a thick base.
- Bake at 350 degrees for ten to 15 minutes. (Until it starts to turn golden)
- Beat eggs and brown sugar together until well blended.
- Stir in remaining ingredients. Mix well.
- Spread over base.
- Bake at 350 degrees F. for 25 to 30 minutes until set and golden brown.



★ Dorothy's Imperial Tart Bars. ★

Contributed by Dorothy MacIntosh

Notes and Tips:

These freeze really well.



Nova Scotia Oatcake

Contributed by Dorothy MacIntosh.

Notes and tips:

Make a cup of tea. Sit down, relax and enjoy.

Ingredients:

- 1 cup oatmeal (do not use rolled oats).
- 1/4 cup milk.
- 1 cup butter.
- 1 tsp salt.
- 1 cup brown sugar.
- 2 cups flour.
- 2 tbsp of butter.
- 1 tsp baking soda.



Process:

- Blend ingredients and roll very thin.
- Cut into rectangles or shapes of your choice.
- Bake in 375 degrees F. oven. (Watch them they can burn quite quickly).
- Remove from oven and cool on rack..



Ingredients:

- 3 large pkts jello (orange, lemon, lime).
- 3 times 1 1/2 cups boiling water.
- 2 cups of Grahams wafer crumbs.
- 1/2 cup butter.
- 1/4 cup sugar and 1/2 cup sugar.
- 1 cup pineapple juice.
- 1 pkt gelatin.
- 1 cup cold water.
- 2 cups cream.

Process:

- Mix each jello package individually in 1 1/2 cups boiling water. Stir until clear. Set in 3 8x8 inch cake pans over night.
- Crumble together well wafer crumbs, 1/4 cup sugar and 1/2 cup butter. Pack 3/4 of the mixture in a 14 x 9 inch pan and refrigerate.
- Heat: 1 cup pineapple juice. Mix 1 pkt gelatin in 1/4 cup cold water. Add to pineapple juice
- Whip 2 cups cream with 1/2 cup sugar.
- Fold this into gelatin mixture.
- Cut jello into 1 inch cubes and fold into cream mixture.
- Pour over base and sprinkle remaining crumbs on top..



★ Meaghan's Broken Glass Torte ★

Contributed by Meaghan Sullivan

Notes and Tips:

Makes a delicious dessert. Serves 10 to 12



★ Linda's Strawberry Squares ★

Contributed by Linda Sullivan.

Notes and tips:

Great on a warm summers day with a scoop of your favourite icecream.

Ingredients:

- 1 quart strawberries (fresh or frozen).
- 2/3 cup sugar.
- Dash of salt.
- 2 - 3 tbsp cornstarch.
- 1 tsp vanilla.
- xxxxxxxxxxxx.
- 3/4 cup butter.
- 2 cups flour.
- 1 tsp baking powder.
- 1/2 tsp salt.
- 1 cup brown sugar.

Process:

- Mix first 5 ingredients together in a saucepan and cook until thickened. Set aside.
- Mix the rest of the ingredients together to form a dry crumble mix.
- Pat half of crumble mixture in 9 x9 inch pan.
- Pour strawberry mixture on top of crumb mixture and sprinkle remainder of crumb mixture on top of strawberries.
- Bake at 350 degrees F. until lightly browned.
- Cool and serve.





Chapter 5: England

Recipes from the “Old Dart”.

Contributers to this chapter are:

-





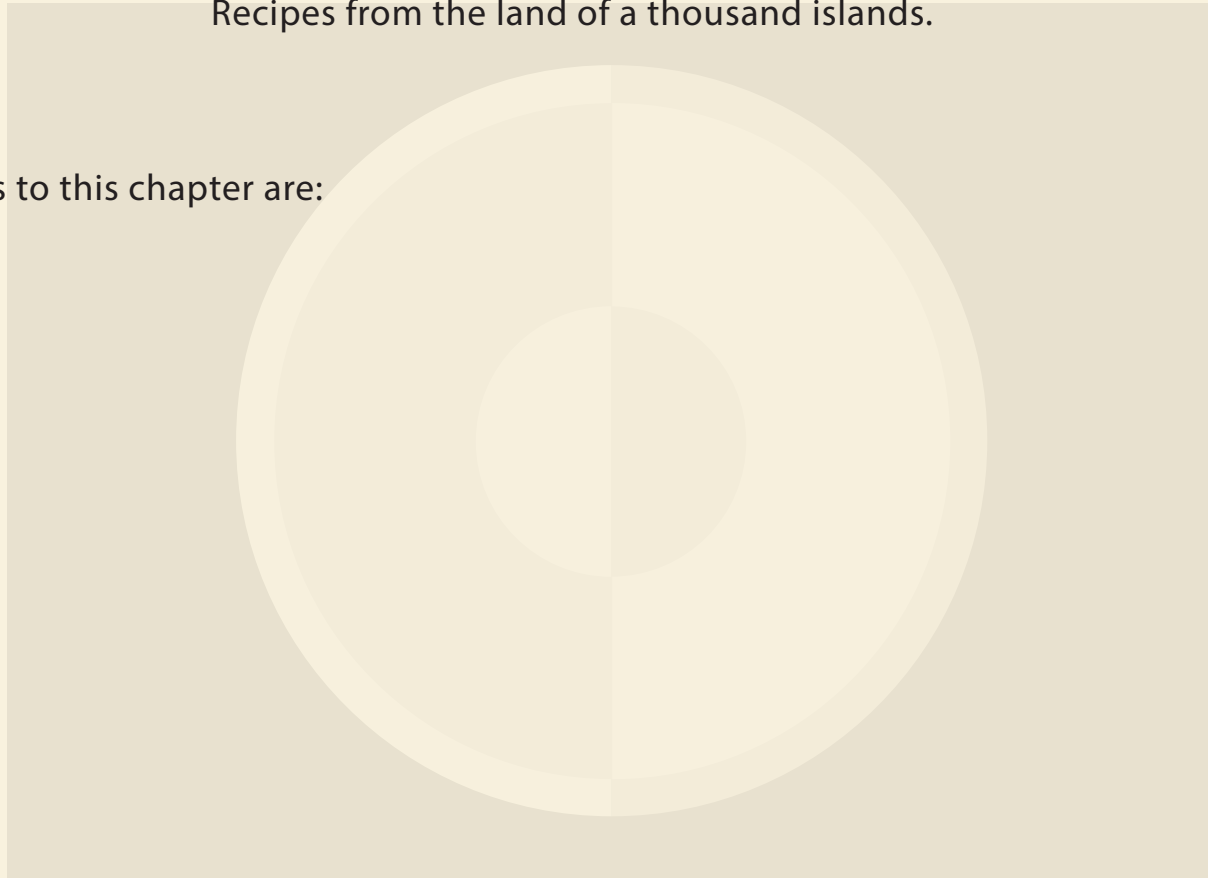
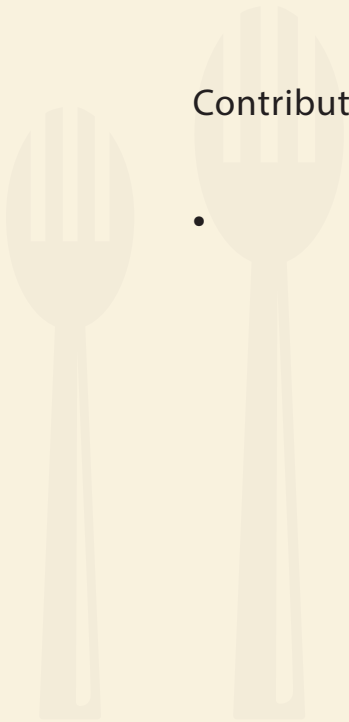


Chapter 6: Indonesia

Recipes from the land of a thousand islands.

Contributors to this chapter are:

-





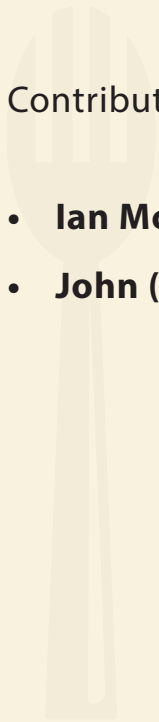


Chapter 7: Scotland

Recipes from the land of the heather and the kilt.

Contributors to this chapter are:

- **Ian Mclean**
- **John (Jocky) Mclean**







Jocky's Stovies

Contributed by John (Jocky) McLean

Notes and tips:

This is a simple traditional dish. Serves 4.

You can use any root vegetable but potatoes are the traditional way of bulking out this dish.

Ingredients:

- 4 ozs cold diced lamb (2/3 of cup)
- 1 1/2 ponds potatoes peeled and sliced. Some people alternate thick and thin slices
- 1 or 2 onions as preferred very thinly sliced
- 1 level tbsn of good beef or bacon dripping. If dripping is not available cooking oil will do but flavour is not as good.
- Stock or water
- Salt and pepper to taste
- Nutmeg or all spice for seasoning
- Chopped parsley or chives

Process:

- Melt the dripping in a large pan with a tight fitting lid.
- Add a layer of potatoes, a layer of onions and then a layer of meat cover with stock or water. Some prefer their stovies dry in which case only add 2 or 3 tablespoons of liquid.
- Repeat the layers and season to taste.
- Cover and cook over a low to moderate heat, shaking the pan occasionally for about 30 minutes until the potatoes are tender and the liquid is absorbed.
- Serve with chives or parsley sprinkled on top and a couple of oatcakes.



Ingredients:

- 1 1/2 pounds potatoes peeled and thinly sliced
- 1 large onion thinly sliced
- 1 tablespoon Lard or beef dripping. You can use oil in a pinch and add an oxo cube for taste.
- Stock or water
- Left over lamb or any other cold meat.
- Salt and pepper to taste.

Process:

- Melt lard/dripping in a large pan with a tight fitting lid.
- Add the onion and cook over a low to medium heat until softened and translucent.
- Add the potatoes and cover with stock or water. If using oil add the oxo cube now.
- Cook over a medium heat until potatoes are soft and start to break down tossing occasionally to prevent from sticking. About 30 minutes. Liquid should be absorbed.
- Add meat and allow to heat through.
- Season to taste.



Ian's Stovies



Contributed by Ian McLean

Notes and Tips:

Just like granny used to make.

Serves 4 medium or 6 small.

Serve hot straight from the pan with oatcakes





Chicken and Brown Rice

Contributed by John (Jocky) McLean

Notes and tips:

A hearty meal for those cold winter days.

You could add a cup of frozen peas to the mixture if desired.

Ingredients:

- 1 skinless chicken breast cut into strips
- 1/2 onion finely diced
- 2 tbsn light soy
- 2 tbsn vegetable oil
- 250g cooked brown rice
- Salt and pepper to taste
- 1/2 red capsicum (pepper) diced
- 3 cloves garlic finely sliced

Process:

- Heat 1 tablespoon of vegetable oil in a large skillet set over medium heat. Add the chicken, bell pepper, green onion and garlic. Cook and stir until the chicken is cooked through, about 5 minutes. Remove the chicken to a plate and keep warm. Repeat the layers and season to taste.
- Heat the remaining tablespoon of oil in the same skillet over medium-high heat. Add the rice; cook and stir to heat through. Stir in the soy sauce, rice vinegar and peas, and continue to cook for 1 minute. Return the chicken mixture to the skillet and stir to blend with the rice and heat through before serving.



Ingredients:

- 1 kg neck of lamb bone in
- 8 cups of water or chicken stock
- 1 cup of carrots diced
- 2 medium onions copped
- 1 cup yellow turnip pared and chopped
- 1 cup celery diced
- 1/2 white cabbage sliced and chopped
- Salt and pepper to taste
- 1/4 tsp rosemary chopped and crushed
- 1/4 cup pearl barley soaked over night

Process:

- Place meat, water, carrots, onions, cabbage, turnip, salt, pepper and rosemary in large kettle, cover; bring to boil. Lower heat; simmer 1 1/2 hours.
- Remove kettle from heat. Remove meat and bone. Skim fat from soup.
- Chop meat into bite size bits and return meat to soup. Add meat and allow to heat through.
- Bring to boiling; add barley. Simmer 30 minutes, or until barley is tender.
- Garnish each serving with chopped parsley, if you wish.
- Season to taste.



Scotch Broth



Notes and Tips:

Just like granny used to make.

A big bowl of Scotch broth on a cold winters day will warm the veryheart of you and set you up for the rest of the day.

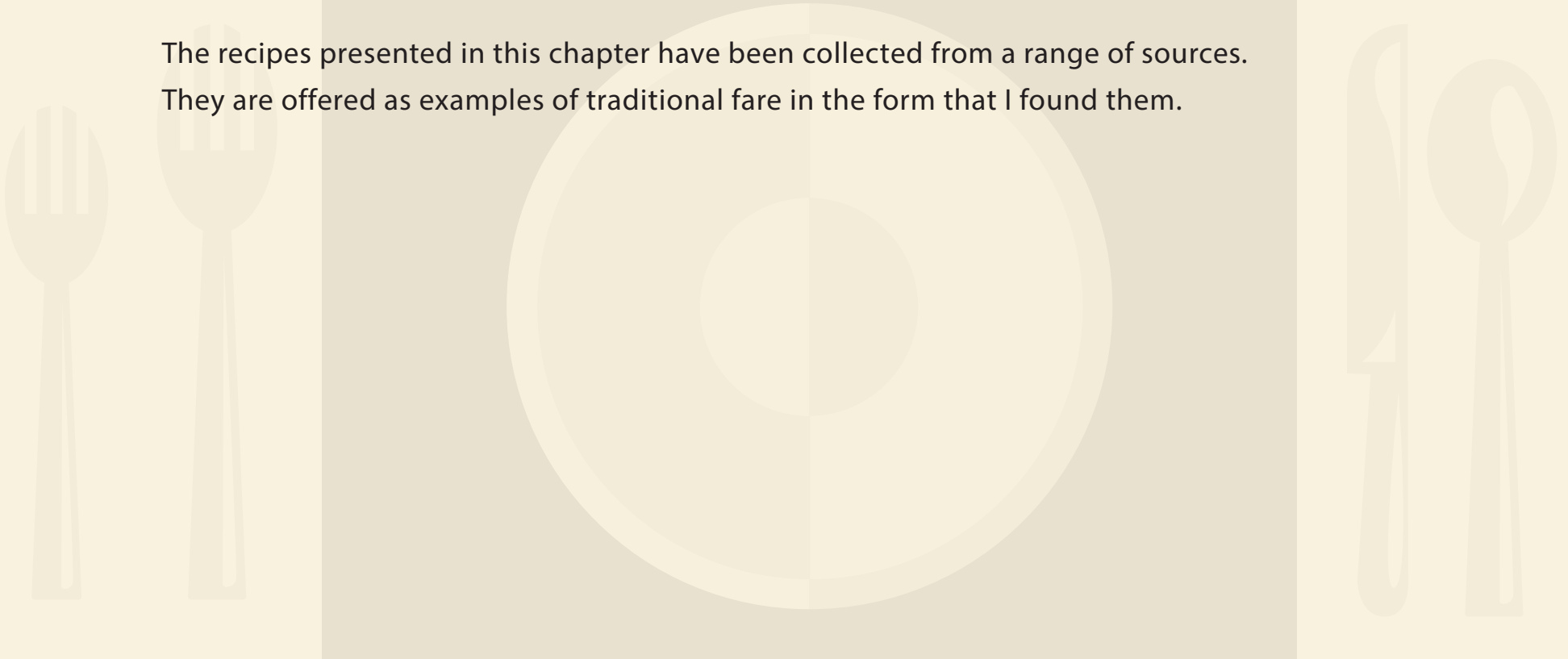




Chapter 8: Auld Lang Syne

Traditional recipes that our ancestors may have enjoyed.

The recipes presented in this chapter have been collected from a range of sources. They are offered as examples of traditional fare in the form that I found them.





Although the family names have their roots firmly established in England and Scotland there are many branches on our tree that have their origins well outside of these two countries.

The Blairs, Milnes, Loves and Japps to name but a few all are very much Scottish based and the Waites, Nobles, Arundales and Linfoots are based in and around York in England.

Did you know however that one Peter Schafer a German from Hanover came to England and served with the British German Legion fighting against Napoleon. He married an English woman and at least one of their daughters was born in Spain during the Napoleonic wars. This daughter later married John Davidson and their offspring now populate parts of at least 3 countries.

The Loves, Blairs, Waites and others also moved around to places as far apart as Canada, America, South Africa, New Zealand and Australia. It is only fair that these be recognised and remembered in the same way that we acknowledge the rest of the family.

In addition these family members married into other families with their roots in various countries. My son married a girl from Austria and my brother's son married a girl from Indonesia. These too have been included and recognised for their contributions to our family group.

This chapter attempts to do this by offering some traditional fare that these ancestors may have partaken of during their travels or at home.



Clapshot

This is a simple traditional dish which originated in the Orkneys. It is often served with haggis, instead of the usual tatties and neeps. Serves 4.

Notes and tips:

Substitute sweet potatoes or pumpkin in place of the potatoes. These of course are not traditional but make a very nice change.

Ingredients:

- 1 pound boiled potatoes (450 grams)
- 1 pound boiled turnip (450 grams)
- 1 or 2 tablespoons chopped chives
- Salt and pepper
- 2 ounces butter or margarine (56 grams)

Process:

- Beat the two vegetables together while still hot and mix in the butter, chives and seasoning.
- If necessary, continue to beat in a pot until it is piping hot before serving.





Ingredients:

- ½ cup of plain flour.
- Pinch of salt.
- ¼ cup of cold milk.
- ¼ cup of iced water.
- 1 large egg.
- Lard or beef dripping (for cooking)

Process:

- Sift flour into a bowl and add pinch of salt.
- Make a crater in the middle of the flour and break egg into it.
- Mix together and beat thoroughly.
- Gradually add milk then water beating as you add it.
- Cover with tea towel and allow to stand for a minimum of 30 minutes (2-3 hours is better).
- Preheat oven to 220 C and grease tins with lard or dripping and put into oven until the tins start to smoke.
- Put mixture into tins and return to the oven for 30 minutes or until the puddings are risen and golden.



Granny Waite's Yorkshire Pudding



Serve as part of the main course with gravy or as a desert drizzled with golden syrup. Serves 4 medium or 6 small.

Notes and Tips:

Pan must be smoking hot before putting the mixture in. I use large muffin tins for individual puddings.



Basic Porridge

Rolled oats, the steamed grain flattened between rollers, has provided a good hearty breakfast to many past generations.

Notes and tips:

Serve with fresh or dried fruit sliced and spread on top of a steaming bowl of porridge. For a creamier porridge replace some of the water with milk.

Ingredients:

- 3 cups rolled oats (not instant).
- 1/4 tsp salt.
- Cream, milk or buttermilk to serve.
- Sugar to serve.

Process:

- Put the rolled oats into a bowl and cover with cold water; stand overnight.
- Next morning, put the oats into a heavy-based saucepan and add 1½ cups water and the salt. Bring to the boil, stirring, then cover and reduce the heat. Cook on very low heat, stirring occasionally, for about 10 minutes.
- Pour the porridge into a large, heated serving dish or individual bowls. Serve with the cream, milk or buttermilk and offer sugar, passed separately.



Ingredients:

- 500 grams mashed potatoes.
- 100 grams plain flour.
- 50 grams butter.
- Pinch of salt.

Process:

- Boil the tatties and then mash them thoroughly. Add butter and salt as needed.
- In a mixing bowl mix in the plain flour with the mashed tatties ensuring the potato scones mixture does not go dry.
- Empty onto a flat surface and use a rolling pin to roll out the mixture evenly and to a desired height of about 3mm.
- Cut into triangles..
- Put each triangular potato scone into the griddle or frying pan and cook on both sides until brown.
- Serve whilst hot for tasty potato scones.



Potato Scones



Many people in Scotland eat their potato scone with a fry up or with beans. Potato scones are traditionally eaten at breakfast time.

Notes and Tips:

A girdle or griddle pan is the best way to make potato scones though a frying pan can also be used. The trick is not to let the potato scones mixture get dry.



Fish and Chips



In my youth this was a special treat bought from the chip-pie on a Saturday night after the pictures (cinema) or on a cold frosty night on my way home from the cubs.

Notes and tips:

To be really traditional this should be served with mushy peas or wrapped in newspaper and liberally sprinkled with salt and vinegar.

Ingredients:

- 2 potatoes per person cut into thick chips
- 1 piece of fish per person sliced thinly
- 1 stubbie of lager beer, at room temperature
- 2 cups of cold water
- Pinch of table salt
- 1 teaspoon of baking soda
- Self raising flour

Process:

- Pour beer into deep mixing bowl and add cold water, salt and some flour. Whisk briskly until a smooth paste is formed.
- Add baking powder while still whisking.
- Add more flour while whisking to ensure a smooth batter. Check batter by dipping spoon in to mixture. Batter is right when the spoon remains coated with mixture.
- Once mixture is right give a good whisk to aerate then cover and put to one side.
- Chips should be cooked in two stages. First cook in deep fryer until partially cooked but not coloured. This should be at a medium heat of 150 – 170.



- Set aside to cool on a tray covered in paper towel. This will help to remove excess oil.
- When ready to cook and serve place enough chips for one serve into a deep fryer basket and cook on a high heat (220) until starting to colour.
- Quickly whisk the batter to invigorate and dip in a piece of fish.
- Place the fish into the basket without removing it from the fryer and hold the fish until it starts to float then release.
- Continue to cook until the batter is crisp and the chips are done. About 2 – 3 minutes.

Fish and Chips continued





Forfar Bridies



These are said to have been made by Maggie Bridie of Glamis (in the days when the county of Angus was called Forfarshire). They were mentioned by J M Barrie (author of Peter Pan) who was born in Kirriemuir in that county. The original recipe used suet but since that is not always to everyone's taste, you can use butter or margarine.

Makes 6.

Notes and tips:

Can be eaten hot or cold, by themselves or with mashed potatoes and peas. For those among us who are diet conscious perhaps this is one receipt that should be avoided.

They're awfae guid.

Ingredients:

- 1½ lbs (700g) boneless, lean rump steak. Lean minced beef can also be used.
- 2 oz (2 rounded tablespoons) suet or butter or margarine
- 1 (or 2) onion, chopped finely
- 1 teaspoon dry mustard powder
- Quarter cup rich beef stock
- Salt and pepper to taste
- 1½ lbs flaky pastry (home made or from a pastry mix packet)
- Pinch of salt.
- ¼ cup of cold milk.
- ¼ cup of iced water.
- 1 large egg.
- Lard or beef dripping (for cooking)





Process:

- Remove any fat or gristle from the meat and beat with a meat bat or rolling pin. Cut into half-inch (1cm) pieces and place in a medium bowl.
- Add the salt/pepper, mustard, chopped onion, suet (or butter/margarine) and stock and mix well.
- Prepare the pastry and divide the pastry and meat mixture into six equal portions.
- Roll each pastry portion into a circle about six inches in diameter and about quarter of an inch thick and place a portion of the mixture in the centre. Leave an edge of pastry showing all round.
- Brush the outer edge of half the pastry circle with water and fold over. Crimp the edges together well. The crimped edges should be at the top of each bridie. Make a small slit in the top (to let out any steam).
- Brush a 12 inch square (or equivalent area) baking tray with oil and place the bridies in this, ensuring that they are not touching. Place in a pre-heated oven at 450F/230C/gas mark 8 for 15 minutes then reduce the temperature to 350F/180C/gas mark 4 and cook for another 45/55 minutes.
- They should be golden brown and if they are getting too dark, cover with greaseproof paper (vegetable parchment).



Forfar Bridies continued





Bubble and Squeak

“BUBBLE and squeak” is a childhood favourite made from the leftover cabbage and mashed potatoes, fried in a round. The traditional dish was so called because of the spluttering noise it made while frying in hot oil.

Serves 4 - 6

Notes and tips:

Not only can you use cabbage, but other cooked greens are also nice - this recipe uses cabbage, but you could also try brussel sprouts, spinach, spring greens or even cauliflower leaves. This can be a very low fat meal if you use a strong half-fat cheddar and grill or bake the patties rather than fry ing them. serve these piping hot with tangy relish or sauce.

Ingredients:

- 1 pound peeled floury tatties (450 grams)
- 6 oz cabbage thinly shredded(170 grams)
- 1 medium onion finely chopped
- 1 carrot grated
- 2 oz strong cheddar cheese (56 grams)
- salt and black pepper.
- 1 tsp mustard

Process:

- Quarter the potatoes and boil or steam until tender. Drain well and mash.
- Put the cabbage and grated carrot into a pot with two tablespoons of water. Cook for about five minutes. This minimum quantity of liquid means the vegetables are virtually steamed and so retain most of their goodness.
- When tender, drain well and mix with the mashed potato. Chop the cabbage into smaller pieces if you prefer.
- Add the onion, grated cheese, mustard and plenty of salt and pepper.
- Shape into four patties and place on a greased grill pan.
- Grill for about five minutes on each side until hot through and golden brown.
- Serve right away piping hot



Ingredients:

- 4 oz cold, diced lamb (two-thirds of a cup)
- 1½ lb potatoes, peeled and sliced. Some people use alternate thin and thicker slices - the thin ones then turn to mush.
- 1 (or two if you prefer) large onion, very thinly sliced.
- 1 level tablespoon good quality dripping (from meat or bacon). If dripping is not available, cooking oil will do (though not as good a flavour).
- Stock or water
- Salt and pepper, nutmeg or all-spice for seasoning. Chopped parsley or chives.

Process:

- Melt the dripping in a large pan (preferably with a tight fitting lid), add a layer of sliced potatoes, then a layer of onion and next a layer of meat.
- Add enough stock or water to cover (though some prefer their stovies dry, in which case add only 2-3 tablespoons).
- Repeat the layers once again and season the dish thoroughly - in addition to salt and plenty pepper, add some nutmeg or all-spice).
- 4. Cover and cook over a low to moderate heat (shaking the pan occasionally) for about 30 minutes or until the potatoes are tender and the liquid is absorbed.



Stovies

The name probably comes from the Scottish and north of England word for stewing. There are many variations on the versatile recipe for stovies but the basic ingredients are usually potato and onions and some form of meat with good fat content. Serves 4.

Notes and Tips:

Serve with a sprinkling of chopped parsley or chives (or chervil).

Awfae guid on a cold winters night.



Kedgeree

Curry powder in a traditional Scottish recipe? Yes, apparently it was a Scottish regiment serving in India that married local curry with smoked fish. "Finnan haddies" (smoked haddock from Glen Finnan in Scotland) are the best but most smoked fish is satisfactory. Serves 4.

Notes and tips:

Kedgeree is often served with softly scrambled eggs but you may prefer mashed potatoes.

Ingredients:

- 2 fillets of smoked haddock, bones and skin removed .
- 2 hard boiled eggs, shelled and chopped finely (some people add more than 2 eggs).
- 350g/ ¾lb long grain basmati rice (or brown rice).
- 300ml/ 10fl oz cups of milk to poach the fish.
- 50g/ 2oz ½ stick of butter.
- 750ml/ 1¼ pints chicken stock.
- Small onion, peeled and finely chopped.
- One bay leaf.
- One teaspoon curry powder (or to your own taste!).
- Half teaspoon grated nutmeg.
- Ground pepper (to taste).

Process:

- Pre-heat the oven to 180C/350F/Gas Mark 4. Cook the onion gently in the butter and add the rice, stirring to coat the rice in butter.
- Add the stock and bring to the boil. Add the bay leaf, cover and cook in the oven for about 20 minutes or until the rice has absorbed the stock.
- Remove the bay leaf at the end of cooking.
- Poach the fish in hot milk for five minutes and drain just before the rice is ready. Flake the fish.
- When the rice is ready, stir in the flaked fish, chopped eggs, curry powder, nutmeg and pepper, using a fork to stir the flaked fish (to prevent the rice from breaking up).



Ingredients:

- Minced lamb - 450g (1 lb)
- Potatoes - 700g (1½ lb)
- Large onion
- Mushrooms - 50g (2 oz)
- Bay leaf
- 2 Carrots
- Plain flour - 25g (1 oz)
- Tomato puree - 1 tbsp
- Butter - 25g (1 oz)
- Milk - 4 tbsp
- Lamb or beef stock - 300ml (½ pint)
- Cheese - 50g (2 oz)

Process:

- Dry fry the lamb with the chopped onion, bay leaf, sliced mushrooms and diced carrots for 8-10 minutes.
- Add the flour and stir for a minute.
- Slowly blend in the stock and tomato puree. Cook, stirring, until the mixture thickens and boils.
- Cover and simmer gently for 25 minutes. Remove the bayleaf and place in a 1.7 litre (3 pint) ovenproof serving dish.
- Cook the potatoes in boiling water for 20 minutes until tender. Drain well, mash with the butter and milk and mix well.
- Spread on top of the mince mixture and sprinkle over with the grated cheese.
- Bake for 15-20 minutes in a pre-heated oven at 200C/400F (Gas Mark 6).



Shepherd's Pie

In a land where sheep were a main food supply, it is not surprising that mutton and lamb form the basis of many Scottish dishes. Serves 6.

Notes and Tips:

Here is the traditional "Shepherd's Pie" - the variant based on beef is usually called "Cottage Pie".

Serve hot with green vegetables



Scottish Rumble Thumps

Great when served with hot or cold sliced meats or fowl.
Serves 4.

Notes and tips:

Serve in the oven proof dish straight to the table. Decorate with tomatoe sliced thinely and placed around the edge of the dish.



Ingredients:

- 1/2 kg boiled potatoes. (Mashed).
- 1/2 kg white cabbage. (Finely sliced).
- 90 grams butter.
- 75 grams grated tasty cheese. (Chedder or something similar).
- 4 tbsp grated parmissan cheese.
- 1 medium onion finely diced. (Some people prefer leeks).
- 100 ml cream.
- 2 tbsp finely chopped chives.
- Salt and pepper to taste.

Process:

- Place cabbage in boiling salted water and cook until tender. Drain and put to one side.
- Meltbutter in a heavy bottomed frying pan and saute the onions on a medium heat until soft. Onions should be transparent and have no brown colour.
- Mix the onions, chives, cabbage and mashed potatoes together and add cream and season with saly and pepper to taste.
- Place the mixture in an oven proof serving dish and cover with the grated cheese. Use both, or if you prefer use only the tasty cheese.
- Place in an oven at 180 C. until the cheese becomes golden brown.
- Remove and sprinkle with some chives or parsley.



Ingredients:

- 4 large eggs
- 8 oz sausage meat
- 2 spring onions, fine chopped
- 1 tsp finely chopped fresh thyme
- 3 tsp chopped fresh chives
- 1 tbs finely chopped fresh parsley
- Seasoned flour
- 1 egg, beaten
- toasted breadcrumbs
- salt and freshly milled black pepper

Process:

- Hard-boil the eggs by covering them in cold water, bringing it to the boil, simmering gently for 9 minutes and cooling them under cold running water.
- Mix the sausage meat with the spring onions and herbs and season well.
- Shell the cooled eggs and coat each one with some of the seasoned flour.
- Divide the sausage meat into four portions and pat each piece out on a floured surface to a shape roughly 5x3 inches.
- Place an egg in the center of each piece and carefully gather up the sausage meat to cover the egg completely.
- Seal one by one, first in beaten egg and then thoroughly and evenly in the breadcrumbs.
- Now heat 1 1/2 inches of oil in a deep frying pan up to a temperature of 350-375 F. Put the eggs into the oil and fry for 6-8 minutes, turning frequently until they have turned a nice brown colour. Drain on crumpled grease-proof paper.



Scotch Eggs

So fattening, but so good. Serves 4.

Notes and Tips:

Cut in half and serve over a bed of lettuce and sliced tomatoes for garnish. If mustard is desired it looks beautiful over this.



Bread and Butter Pudding

Serves 4 - 6

Notes and tips:

The pudding can be glazed with jams, to do this heat some jam and spread onto the pudding after you take it out of the oven and sprinkle with icing sugar. Can be served hot or cold.

Ingredients:

- 6 egg yolks.
- 250 g sugar.
- 500 ml milk.
- 500 ml of thick cream.
- 1 vanilla bean.
- 250 g sultanas.
- 12 – 15 slices of bread. 1 or 2 days old.
- Butter.

Process:

- Put 6 egg yolks and 250 g of sugar into blender and mix.
- Add 500 ml of cold milk to blender a little at a time and continue to mix.
- Add 500 ml of cream to blender and mix.
- Add vanilla bean to mix and stir in, allow to sit and flavour. Remove before using the mixture.
- Butter a deep dish.
- Butter bread slices on both sides and place in layer on the bottom of the deep dish. Make sure the whole of the bottom is covered.
- Cover the bread with sultanas soaked in water.
- Ladle on the mixture and cover the bread with it.
- Put some newspaper into a baking tray and put the deep dish onto it. This will stop the bread from burning.
- Fill the baking tray up with water to half way up the dish.
- Put in a preheated oven at 180 – 200 degrees for 45 minutes. Until mixture is browned.





Ingredients:

- 2 lb potatoes (1 kg). peeled and cut into pieces.
- 1 1/2 lb yellow turnips (750 grams). peeled and cut into 1/2 inch cubes
- 1/4 cup butter melted.
- 1 tsp salt.
- 1/2 tsp pepper.
- 1/3 cup of warm milk.

Process:

- Place potatoes in a saucepan and cover with water, bring to boil over a high heat.
- Reduce the heat to low and cook potatoes until tender. About 20 minutes.
- Place turnips and 1/2 tsp salt in a saucepan and cover with water. Bring to boil over a high heat.
- Reduce heat to low and cook turnips until tender. About 25 - 30 minutes..
- When potatoes are cooked drain well and return to saucepan. Allow to warm over a low heat to remove more of the water.
- When turnips are cooked drain well and place in with the potatoes. Allow to warm over a low heat to remove more of the water. Take care not to burn them.
- When most of the moisture has evaporated mash roughly and add the remaining salt, pepper, butter and milk
- Mix well with a fork until all of the ingredients are combined. Don't try for a smooth mash as it is better to have it only roughly mashed.



Tatties and Neeps.

A great staple of many Scottish meals. Serves 4 -6.

Notes and Tips:

Traditionally served with haggis, but just as nice with a roast, sausages or even on its own. Serve hot from the pot.





Tatties, Neep and Bacon Pie



Cut into wedges and serve as a light meal. Serves 4 - 6.

Notes and tips:

Serve hot makes a nice winter snack. Or serve cold with a small salad.

Ingredients:

- 2 lb potatoes. Peeled and cut into quarters.
- 2 lb yellow turnip. Peeled and cut into 1/2 inch cubes.
- 1/3 cup of warm milk.
- 1/2 cup of butter.
- 12 large slices of streaky bacon.
- Salt and pepper to taste.

Process:

- Place potatoes and turnips in a saucepan and cover with water. Bring to boil over high heat.
- Reduce heat to low and cook until tender. about 25 - 30 minutes.
- Drain well and return to saucepan. Warm over a low heat to evaporate any remaining moisture. Take care not to burn.
- Mash roughly then add most of the butter, salt and pepper to taste.
- Mix well with a fork and slowly add the milk until the desired consistency is reached. It should be a wet mix but not sloppy
- Lightly oil a cake tin and line it with most of the bacon leaving about one third of each slice hanging over the top.
- Spoon the tatties and neep mix into the cake tin patting it down lightly as you go. Place small knobs of butter on top.
- Fold in the bacon pieces over the top and cover with the remaining bacon slices.
- Place in a 180 C oven for about 35 minutes until golden.



Ingredients:

- 2 beef kidneys
- 8 oz. beef steak, cut into bite-size pieces
- 4 tablespoons butter
- 0.5 lb (250 g) mushrooms, sliced and sautéed
- ½ cup Guinness beer
- 1 large onion
- 2 large tomatoes
- 2 tbl parsley minced
- ½ cup beef bouillon
- 1 bay leaf
- marjoram, thyme, rosemary
- Salt, pepper
- 1 lb 2 oz (500 g) puff pastry

Process:

- Wash the kidney, remove membranes and fat, and cut kidney in 1 cubes. Mix flour, salt and pepper; roll kidney and beef pieces in flour mixture.
- Melt the butter in a heavy pot. Add the onions and cook, stirring often, until well browned. Add the steak and kidneys. When the meat is browned on all sides, pour on 2 cups of Guinness, herbs, salt, and pepper. Cover and cook over a very low heat for 1 1/2 hours, or until the steak is tender.
- Preheat the oven to 375 F (190 C). Roll out the pastry and cover the pie plate. Place pastry over meat, sealing pastry edges to edge of dish. Make vents in pastry to allow steam to escape. Bake for 25 minutes, or until crust is golden.



Steak and Kidney Pie

Serve with mashed potatoes and carrots. Serves 6.

Notes and Tips:

This is a family size pie but you could use small pie dishes for individual serves.





Ingredients:

- 8 pork sausages
- sunflower oil
- 120 g (4 oz) cup all-purpose flour
- 3 eggs
- 280 ml (1/2 pint) milk
- pinch of saltives.

Process:

- Sift the flour into a bowl and beat in the eggs. Add milk slowly and beat until very smooth.
- Place oil and sausages in a roasting pan and bake in a preheated 475 F (250 C) oven for 15 minutes.
- Pour the batter into the pan with the sausages and bake 20 minutes until the batter rises up the sides of the pan and turns golden brown.



Toad In The Hole



A hearty main meal served with vegetables and mash or a side salad for a lighter meal. Serves 4.

Notes and tips:

Best with thick pork sausages but beef sausages will do at a pinch. The batter should be thin like a pancake batter. If necessary add a little more milk.



Ingredients:

- 1 cup plain flour.
- 1/2 cup butter or margarine.
- 1 dash poultry seasoning.
- 3 tablespoons cold water.
- 1/2 lb ground sausage meat.
- 1 egg.
- 1/3 cup milk.

Process:

- Mix together flour, butter and water to form soft dough ball.
- Roll on floured surface to desired thickness about 1/8 of inch.
- Cut into strips, 6 x 3 inches long.
- Season sausage meat if using unseasoned meat, and roll into small ovals. Place each in one pastrystrip.
- Roll up, seal edge with water and press firmly together.
- Place on greased cookie sheet, seam side up, one inch apart.
- Mix egg and milk together with a fork. Brush mixture over the outside of each roll.
- Bake at 350 degrees F for 35 minutes.
- Serve warm with mustard.



English Sausage Rolls

Delicious hot or cold as a snack or with vegetables and mash as a main meal.

Notes and Tips:

I like mine hot with tomatoe sauce. Also nice cut into 1 1/2 inch pieces and served as finger food at parties and picnics. For an added flavour sprinkle with sesame seeds before putting in oven.





Scotch Broth

A good old Scottish standby. Serves 6.

Notes and tips:

A meal in its self . Serve piping hot with home made crusty bread.



Ingredients:

- 1 1/2 pound boneless lamb shoulder.
- 6 cups water.
- 1/2 cup barley.
- 1 tablespoon salt.
- 1/2 teaspoon pepper.
- 3 carrots, sliced.
- 2 stalks celery, sliced.
- 2 medium onions, chopped.
- 1 cup diced turnip.
- Chopped parsley.

Process:

- Trim fat from lamb; cut lamb into 3/4-inch cubes.
- Place lamb, water, barley, salt and pepper in a large saucepan with a heavy base and lid. Bring to boil on a high heat.
- Reduce heat to low. Cover and simmer 1 hour.
- Skim fat and oil from top of liquid and discard.
- Add vegetables to lamb mixture. Cover and simmer until lamb and vegetables are tender, about 30 minutes.
- Skim fat again if necessary. Sprinkle with parsley.



Ingredients:

- 3 tablespoons butter
- 2 medium onions, peeled and chopped
- 1/4 cup whole wheat flour
- 2 cups chicken stock
- 1 cup light ale (do not substitute beer)
- Dash or two of Worcestershire sauce
- 1 1/2 cups crumbled Cheshire cheese
- Salt and pepper, to taste
- onion rings or slices of scallion (for garnish)

Process:

- Melt the butter in a large, heavy pan. Gently sauté the onion until golden.
- Stir in the flour and cook for 1 minute.
- Remove from the heat, then gradually whisk in the stock and ale.
- Return to the heat and bring to a boil. Simmer 5 minutes or until thickened. Stir in the Worcestershire sauce.
- Reserve 1/4 cup of the cheese. Stir in the remaining cheese, a bit at a time (keeping the heat low), until the cheese is all melted.
- Season with salt and pepper.
- Garnish each bowl with the reserved cheese and the onions.



Ploughman's Soup



An old English version of French onion soup. Add some thick crunchy buttered bread for a satisfying lunch. Serves 2

Notes and Tips:

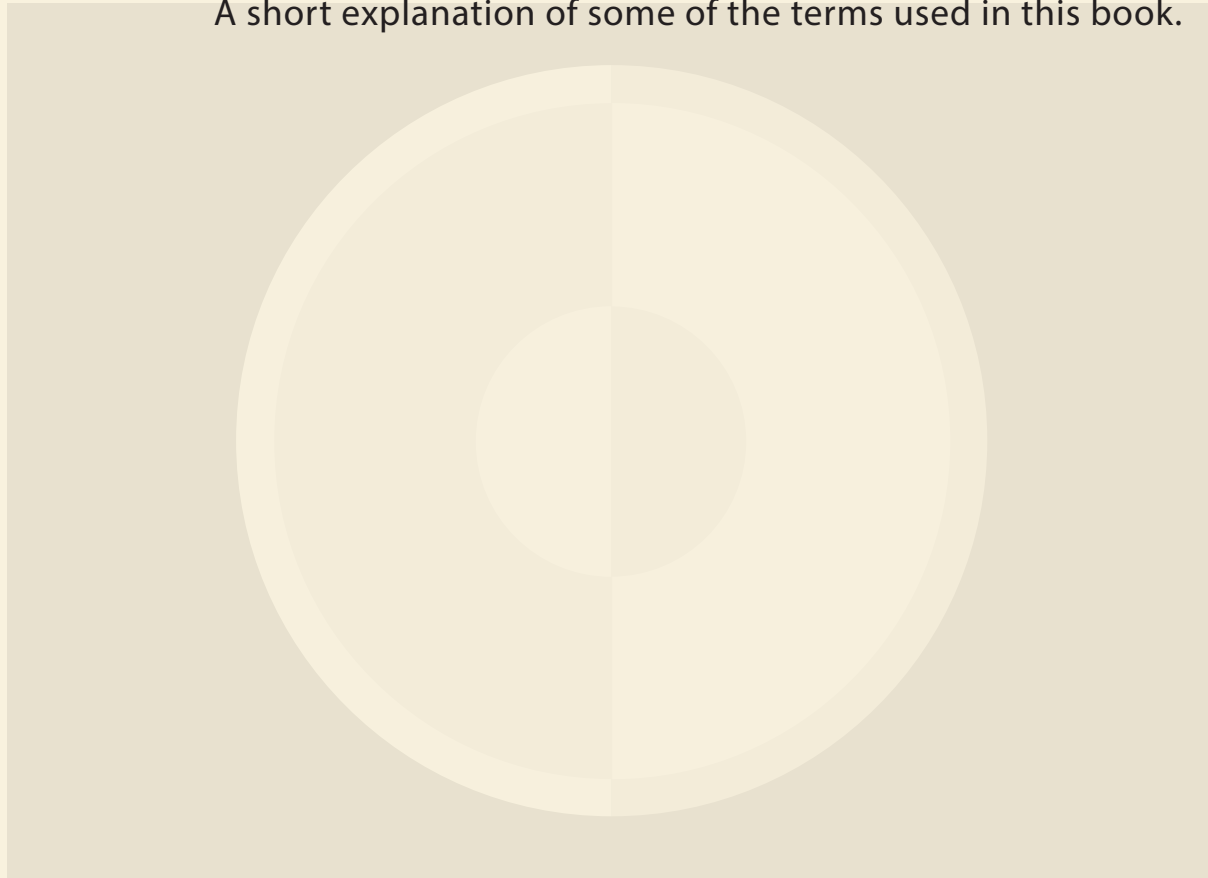
Many of our ancestors worked on the land as ag labs so it is only fitting that we include something for them. Must be served fresh and hot from the pot as it does not keep well nor should it be reheated..





Chapter 9: Glossary

A short explanation of some of the terms used in this book.







Lorem Ipsum
123 Everywhere Avenue
City, St 00000