

ULSTER SCOTS COOKERY – REV JIM MATTISON

1. Soda Farls
2. Wheaten Farls
3. Potato Farls
4. Potato Oaten
5. Fruit Soda Scones
6. Bread and Butter Pudding
7. Skirlie
8. Cranaghan
9. Oatmeal and Onion Soup
10. Leek, Turnip and Potato Broth
11. Clapshot
12. Honey Apple and Oatmeal Crumble
13. Champ
14. Salmon Steaks

MENUS

DAY ONE

- (A) Soda Farls
Potato Farls
Bread and Butter Pudding
Clapshot

- (B) Potato Oaten
Wheaten Farls
Cranaghan
Oatmeal and Onion Soup

DAY TWO

- (A) Fruit Soda Scones
Leek and Turnip Broth
Honey Apple and Oatmeal Crumble
Champ and Salmon Steaks

- (B) Soda Farls
Salmon Steaks in Oatmeal
Skirlie
Oatmeal Soup

UTENSILS	INGREDIENTS
<p>Electric Griddle (or frying pan)</p> <p>Electric or Gas Cooker</p> <p>Mixing bowls</p> <p>Baking trays</p> <p>Pie dishes or casserole dishes</p> <p>Medium saucepans</p> <p>Frying pan</p>	<p>Potatoes</p> <p>Soda bread flour (or plain flour and baking soda and baking powder)</p> <p>Salt</p> <p>Pepper</p> <p>Pin head meal</p> <p>Porridge oats</p> <p>Buttermilk</p> <p>Ordinary milk (fresh)</p> <p>Raisins and currants</p> <p>Olive oil</p> <p>Butter</p> <p>Whipping cream (fresh)</p> <p>Loaf bread (a few days old)</p> <p>Fresh lemon</p> <p>Cooking apples</p> <p>Honey</p> <p>Raspberries (fresh)</p> <p>Turnip (swede)</p> <p>Onions</p> <p>Grated cheese</p> <p>Thyme and parsley and mint</p> <p>Chicken stock cubes</p> <p>Scallions (spring onions)</p> <p>Sugar</p> <p>Eggs</p> <p>Salmon Steaks</p> <p>Leeks</p> <p>Wheatmeal flour</p> <p>Blackberries</p> <p>Nutmeg</p>

RECIPES

Soda Farls

4 cups soda bread flour

Pinch sugar

Buttermilk for mixing

Mix together. Knead lightly. Roll out about ½ inch thick. Cut into 4.

Place on heated griddle.

Wheaten Farls

3 cups wheatmeal flour

1 cup soda bread flour

Pinch sugar

Buttermilk for mixing

As above.

Potato Farls

Boil 3 large potatoes

Mash with knot of butter and salt. Add a handful of soda bread flour.

Dust your baking surface and roll out, about ½ inch thick.

Place on heated griddle. Cook both sides.

Potato Oaten

As above, but add one handful of pin-headed oatmeal.

Cook as for potato farls.

Bread and Butter Pudding

8 slices of plain bread (a few days old).

Handful of raisins and currants.

2 beaten eggs.

A little fresh cream.

Fresh milk.

A little sugar.

Butter a pie dish.

Butter the 8 slices of stale bread.

Cut bread in 2.

Line pie dish.

Add raisins and currants.

Sprinkle a small amount of sugar.

Pour over beaten eggs.

Add a little fresh cream and mix in some fresh milk.

Churn or mix all together.

Allow to sit for 15 minutes.

Cook: 200°C for 25 minutes or until brown.

Clapshot

4 or 5 large potatoes

1 chopped onion

Salt and pepper

1 turnip (swede)

Pinch nutmeg

Grated cheese

Knob butter

Boil and mash potatoes.

Add knob of butter, salt and pepper.

Boil turnip and chopped onion until soft.

Drain and add salt and pepper and knob of butter.

Mix the two together and out in a pie dish.

Cover with grated cheese and a little parsley.

Put in oven 200°C for 15 minutes or until golden brown

Cranaghan

Pin head oatmeal

Fresh raspberries

Whipping cream (fresh)

Mint leaves to garnish

Toast pin-headed oatmeal, which has been spread over a swiss roll tin, for about 6 minutes at 200°C.

Allow to cool completely.

Beat cream to a moderate consistency.

Add toasted oatmeal and raspberries to cream and mix just a little.

Serve raspberries on top and a few mint leaves.

Oatmeal and Onion Soup

½ cup Pin-head oatmeal

1 cup fresh milk

2 cups chicken stock

1 large onion (chopped)

1 large knob butter (1 ½ ozs)

Salt and pepper

Parsley (to garnish)

Fry onions in butter.

Add oatmeal and seasoning and cook for a few minutes.

Slowly add stock.

Bring to the boil and simmer for ½ hour (but keep stirring every few minutes).

Add milk and garnish with parsley.

Fruit Soda Scones

4 cups soda bread flour

Butter milk

Pinch sugar

A little olive oil

Raisins and currants

Put flour in bowl.

Add sugar and fruit.

Make a well and then add buttermilk and olive oil.

Mix to a sticky consistency.

Put flour on surface and empty mixture out.

Add more flour and knead just a little.

Roll out $\frac{3}{4}$ inch thick.

Cut into scones.

Cook in oven at 200°C for 15 minutes or until browned.

Salmon Steaks In Oatmeal

1 steak per person

Butter for frying

Pin head oatmeal

2 beaten eggs

Place salmon steaks in beaten eggs. Lift out, one at a time and roll in pin-head oatmeal.

Fry in hot melted butter until cooked (-Delicious!!!)

Skirlie

2 chopped onions

2 ozs butter

¾ cup pin-head oatmeal

Zest of 1 lemon

Salt and pepper

A sprinkling of thyme

Fry chopped onions in butter for a few minutes (don't brown!!)

Add pin-head oatmeal and cook for 2 minutes.

Add zest of 1 lemon, pepper and salt.

(and serve!!)

Champ

6 large potatoes

Chopped scallions (spring onions)

Knob butter

Pepper and salt

A little milk

Boil potatoes. Mash. Add a knob of butter.

Chop scallions. Place in a saucepan and cover with a little milk.

Bring to the boil, add to potatoes and mix (- Marvellous!!)