

**MORE STORIES THAN
ANY OTHER WEEKLY!**

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HELPING REFUGEES IN NEPAL**

CONSUMER MAGAZINE OF THE YEAR

The People's Friend

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A SHORT STORY FOR EVERY DAY OF THE WEEK

JANUARY 25, 2014 No. 7506



Northern Lights

Set sail for the remote and
lovely Shetland Isles

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treats for your
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The hunt for a
new home for
lovable Lucy
the sheepdog

A Wee Taste Of Scotland

Celebrate Burns Night with these tasty treats!

cookery



1
Easy for
beginners



2
Moderately
easy



3
Experience
required

COOK'S NOTE: All these recipes make 6 small portions and can be increased easily to suit your needs.

Cullen Skink

Ingredients

- Finnan haddock or smoked haddock, about 350 g (12 oz)
 - ½ onion, chopped finely
 - Bouquet garni – see Cook's Note
 - 150 g (5 oz) potatoes, chopped small
 - 10 g (¼ oz) butter
 - 150 ml (5 fl oz) whole milk
 - Salt and freshly ground black pepper, to taste
 - Chopped chives
- To serve: toast.*

Method

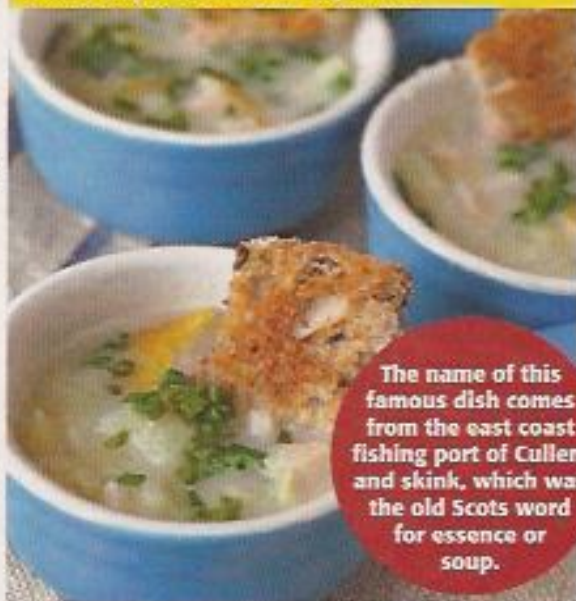
- 1 Put the haddock, onion and herbs into a pan with 250 ml (8 fl oz) water and bring to the boil. Cover and reduce heat and simmer for 15 minutes until the fish flakes easily.
- 2 Remove fish from pan and take off the skin and remove bones. Reserve the flesh and toss the skin and bones back into the pan. Simmer uncovered for 30 minutes to create a good stock.
- 3 Strain the fish stock and return to the pan, adding the chopped potatoes, and simmer for about 20 minutes until potatoes are cooked through.
- 4 Remove the potatoes with a slotted spoon and mash in a bowl with the butter. Add milk to the pan and bring to the boil.

5 Add the mashed potatoes to the soup and stir well. Now add the flaked fish, seasoning and chopped chives. Serve in small cups or heatproof glasses with toast.

Makes approx. 500 ml (18 fl oz) or 6 mini servings.



COOK'S NOTE: Make a bouquet garni with 5-6 sprigs parsley, 2-3 sprigs thyme, and 1 bay leaf, secured together.



The name of this famous dish comes from the east coast fishing port of Cullen, and skink, which was the old Scots word for essence or soup.

Burns Baubles *Traditional Burns Night haggis, neeps and tatties turned into simple nibbles!*



Ingredients

- 150 g (5 oz) potatoes, peeled and chopped
- 150 g (5 oz) turnip, peeled and chopped
- 20 g (¾ oz) butter
- Salt and freshly ground black pepper, to taste
- Plain flour, for coating
- 1 beaten egg
- 4 tbs fresh breadcrumbs
- 150 g (5 oz) cooked haggis
- Oil, for deep frying

To Serve: dips of choice – redcurrant jelly goes well with these.

The Scottish turnip is also known as swede or rutabaga in other English-speaking parts of the world.

Method

- 1 Put the prepared vegetables into cold salted water, cover and bring to the boil. Simmer for 15 to 20 minutes until tender. Drain, cover and shake to remove all the water. Mash with the butter and season to taste.
- 2 Prepare 3 small dishes, one with plain flour, one with beaten egg and the other with fresh breadcrumbs. Make small balls, about the size of large marbles, from the mash mix. Do the same with the haggis. Roll each ball in the flour, dip in the egg and then roll in the breadcrumbs to coat. Once you have all the balls prepared, chill for 30 minutes to firm up.
- 3 Pour oil into a deep high-sided pan and deep fry all the balls for approximately 2 to 3 minutes until they are golden and crispy.
- 4 Skewer one haggis and one vegetable bauble at a time on small sticks and serve with dip of choice.

Makes 6 small portions.

Steak Toasts



Ingredients

- 6 slices wholemeal bread
- 1 tbs mustard
- 1 tbs home-made mayonnaise or good store-bought variety
- 150 g (5 oz) beef fillet
- 1 tbs olive oil
- Mixed salad leaves
- Few slices of red onion
- Sea salt and cracked black pepper
- A few chilli flakes
- ¼ tsp dried oregano

Scottish Aberdeen Angus beef is ideal for this recipe.

Method

- 1** Cut the crusts off the bread and cut each slice into two pieces and toast for approximately 1 minute until golden.
- 2** Mix the mustard and mayonnaise together and spread evenly over the toasted bread.
- 3** Heat a heavy-based pan and brush the meat with the olive oil. Sear the beef in the hot pan for approximately 2 minutes on each side. Remove from pan, cover, and rest for 5 minutes.
- 4** Cut beef into thin slices and arrange on toasts with some salad leaves and onion slices on top.
- 5** Mix together the salt, pepper, chilli and oregano in a tiny dish and serve this alongside the steak toasts for guests to season their own.

Serves 6.



Whisky Granita



Ingredients

- 100 ml (3½ fl oz) whisky
 - 50 ml (2 fl oz) Crabbies Green Ginger Wine (or ginger cordial)
 - Juice of 1 lemon
- To Decorate: tiny pieces of lemon.*

Method

- 1** Mix all ingredients in a shallow container with 100 ml (3½ fl oz) water and place in the freezer.
- 2** Either remove the container from the freezer after 30 minutes and fork over, returning to the freezer and repeating the process

twice more before leaving in the freezer until ready to serve, or leave the container in the freezer for a few hours or overnight and then break the ice by bashing on the table before pulsing in a food processor to form the granita.

- 3** Serve in mini whisky shot glasses with a tiny piece of lemon on top.

Serves 12.

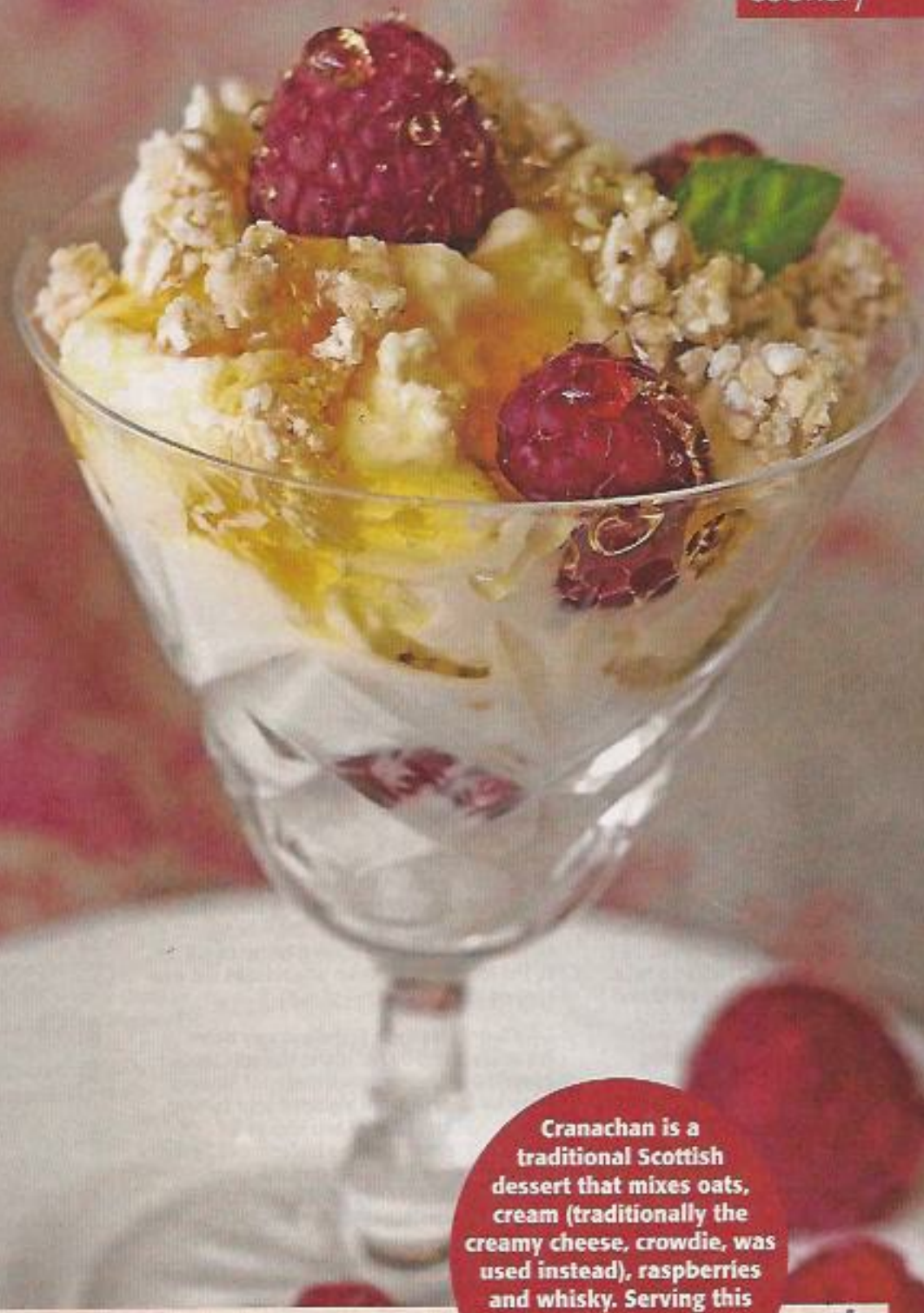
You can vary the quantities to make these as strong or weak as you like.



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These recipes and images are from "Simply Scottish: A Wee Taste Of Scotland" by Karon Grieve, ISBN number 978-1909266018, priced £9.99. You can find more information and recipes on Karon's blog at www.larderlove.com.





Cranachan is a traditional Scottish dessert that mixes oats, cream (traditionally the creamy cheese, crowdie, was used instead), raspberries and whisky. Serving this rich dessert in tiny portions is the perfect treat.

Cranachan Cream

Ingredients

- 60 g (2½ oz) caster sugar
- 60 g (2½ oz) pinhead and medium oatmeal
- 100 ml (3½ fl oz) whipping cream
- 1 tbs whisky
- 250 ml Greek yoghurt
- 2 tbs fresh raspberries
- 2 tbs heather honey

Method

1 Heat the sugar in 2 tablespoons of water until it goes golden and stir in the oatmeal, making sure it all gets covered. Spoon into a shallow dish and leave to cool.

2 Whip the cream and gently fold in the whisky and the Greek yoghurt and some of the raspberries.

3 Spoon into 6 small glasses and top with a few raspberries and a sprinkling of the candied oats and drizzle with the honey.

Makes 6 mini servings.