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Jo is my angel'*



Susan Boyle

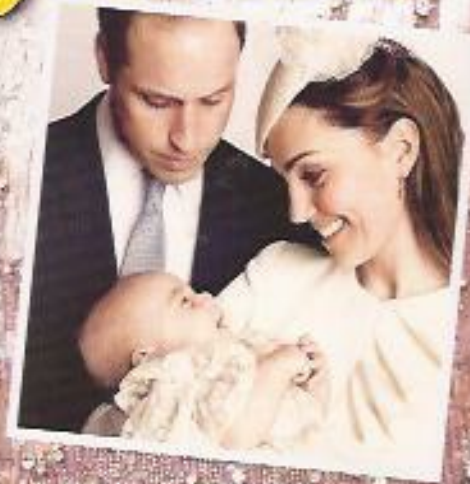


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Five easy PARTY TREATS

A little Highland inspiration goes a long way with these fun party ideas



Savoury Shortbreads

The light, rosemary flavour goes wonderfully with a good, strong cheese

Preparation time: 10 minutes, plus 30 minutes chilling

Cooking time: 20 minutes

- 1 tsp fresh rosemary, chopped
- 75g (3oz) unsalted butter
- ½ tsp salt
- 75g (3oz) plain flour
- 75g (3oz) mix of Parmesan and Cheddar, grated
- Large pinch freshly ground black pepper

Serves	Per serving	Fat	Sat fat
6	176 cals	13g	8.2g

1. Use a food processor for ease here and whizz everything together (or alternatively, beat and mix the ingredients).
2. Roll into a 23cm (9in) long sausage and wrap tightly in cling film. Chill for 30 minutes, to make it easier to work with and aid even cooking.
3. Preheat the oven to 150°C/300°F/Gas Mark 2 and line a baking sheet with parchment.
4. Cut the chilled dough into 20 thin slices and bake on the lined baking sheet for 20 minutes.
5. Remove from oven and cool on a wire rack.

Seared Salmon with Whisky Mayonnaise

Perfect party nibbles, or a great starter to share

Preparation time: 15 minutes, plus chilling time

Cooking time: 5 minutes

For the mayonnaise

- 4 tbsp mayonnaise
- 1 tbsp tomato ketchup
- 1 tsp Worcestershire sauce
- 1 tsp fresh lemon juice
- 1 tsp whisky
- 1 tsp parsley, chopped

- 1 salmon steak
- 1 tsp cracked black pepper
- ½ tsp powdered ginger
- ½ tsp sea salt
- 1 tbsp oil

1. Make the mayonnaise in advance – mix all the ingredients in a small bowl, cover with clingfilm and chill until needed.

2. Remove skin and bones from salmon and cut into large cubes.

3. Mix the dry ingredients and sprinkle over the fish.

4. Heat the oil in frying pan and sear the salmon quickly on a high heat.

5. Pop a cocktail stick into each cube and serve with whisky mayonnaise.

Serves	Per serving	Fat	Sat fat
6	90 cals	6.4g	1.1g



TOP TIP

Chill your mayonnaise for at least a couple of hours to allow all the flavours to develop

Cranachan Cream

Traditionally made with the creamy cheese, Crowdie, instead of cream

Preparation time: 15 minutes

Cooking time: 5 minutes

- 2 tbsp water
- 60g (2½oz) caster sugar
- 60g (2½oz) medium oatmeal
- 100ml (3½fl.oz) whipping cream
- 1 tbsp whisky
- 250ml (8fl.oz) Greek yogurt
- 2 tbsp fresh raspberries
- 2 tbsp heather honey
- Few candied oats

1. Gently heat the water and sugar until 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, yogurt, and some of the raspberries.

3. Spoon into six small glasses and top with the remaining raspberries, some candied oats and a drizzle of honey before serving.

TOP TIP

If you can find pinhead oatmeal, use a mix of this and medium oatmeal to give a fine texture

Recipes from *A Wee Taste of Scotland*, written and photographed by Karon Grieve (www.larderlove.com). Yours readers can buy the book for the special price of £7.99 (rrp £9.99) by quoting offer code YOUR5 at checkout – visit www.scottishbookstore.com until Dec 31, 2013.

A Wee Taste of Scotland



← **Burns Baubles**

A traditional winter meal – bite-sized for your convenience!

Preparation time: 20 minutes, plus 30 minutes chilling and sauce-making
Cooking time: 30 minutes

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

1. Put the prepared vegetables into cold salted water, cover and bring to the boil. Simmer for 15-20 minutes until tender. Drain, mash with butter and season to taste.

2. Prepare three small dishes: one with plain flour, one with beaten egg and the



Serves	Per serving	Fat	Sat fat
6	76 cals	3.7g	2g

other with fresh breadcrumbs.

3. Make small balls from the mash mix, about the size of large marbles. Do the same with the haggis. Roll each ball firstly in flour, dip in egg, then roll in the breadcrumbs to coat. Chill all for 30 minutes to firm up.

4. When ready, pour oil into a deep, high-sided pan and deep-fry each ball for around 2-3 minutes until golden and crispy.

5. Serve with one haggis and one veg ball skewered together.

Flummery

Flummery has featured in Scottish feasts dating back to the 15th century!

Preparation time: 10 minutes, plus 48 hours soaking and 30 minutes chilling
Cooking time: 15 minutes

- 2 tbsp medium oatmeal
- 6 tbsp orange juice
- 1 tbsp caster sugar
- 75ml (3fl oz) double cream
- 1 tbsp whisky
- 2 tbsp heather honey
- 75ml (3fl oz) whipping cream
- Zest of 1 orange, grated

1. Soak oatmeal in 450ml (15fl oz) cold water for 48 hours.

2. Stir the soaked oatmeal, then strain off the liquid into a saucepan. Discard the oatmeal. Add the orange juice and sugar to the liquid, bring to the boil and continue to boil for about 15 minutes, or until the mixture is very thick. Stir continuously.

3. Allow to cool, then stir in the double cream. Pour the mixture into 6 small glasses and chill in the fridge for roughly 30 minutes until set.

4. Mix the whisky with the honey and add a tsp on top of each dessert. Whip the cream then use to finish the flummerys, along with a sprinkling of grated zest.

Serves	Per serving	Fat	Sat fat
6	79 cals	4g	2.4g



TOP TIP

Remember to plan ahead in order to properly soak the oatmeal

Tried & tasted...

LOW-FAT DAIRY

Fruyo Fat-free Greek Yogurt, £1.10/170g

Thick, delicious and creamy, with firm fruit pieces.

My favourite flavour was pineapple; an excellent dessert on its own. Very much at the top end of the price range. While good value in relation to the size of the pot, 125g at a lower price would fly off the shelves, I'm sure. The best fat-free yogurt I've ever tasted.



5/5

The Lake District Dairy Co.

Naturally Fat-free Quark £1.25/250g

Comes in plain and pre-flavoured varieties. Hard to believe this is so low in fat and high in protein. Mixes well with sweet ingredients or savoury – the plain was sharper but would work as a dip; the vanilla and the lemon both work well in cheesecake. Versatile and, best of all, British!



5/5

WeightWatchers 9% fat thick cream, 92p/200g

A plastic top for re-use is a nice touch for a product that might not get used all in one go. The cream is thick, as promised, and doesn't split with hot drinks or puddings. Lacking a little in flavour, but good value. A pleasant alternative to full-fat cream, and great if you're counting calories.



4/5

Tested by Clair Anderson, 64, Dorset

