

# COOKBOOK OF THE CLAN MACPHILES



Baps (breakfast roll)

Cock-a-Leekie (soup)

Cod with Mustard Sauce

Cullen Skink (soup)

Forfar Bridies (steak pie)

Haggis

Marmalade

Mum's Cake

Oatcakes

Rumbledethumps (vegetables)

Scotch Eggs

Selkirk Bannock (bread)

DDDDDDDDDDDDDDDD **Baps** DDDDDDDDDDDDDDDD  
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**The traditional breakfast roll of Scotland.**

**Ingredients: (To make four baps)**

**2 cups plain white flour**

**1/8 cup lard**

**A teaspoon of sugar**

**3/4 cup milk mixed with water**

**1 ounce of yeast**

**A pinch of salt**

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**Directions:**

**Sift the flour and salt in a bowl. Heat the milk and water until warm. Stir in the yeast and sugar.**

**Mix the lard and the flour. Make a little trough in the middle and pour in the yeast/milk. Mix this concoction up to make a dough. Knead this dough on a floured surface for five minutes.**

**Put the dough into an oiled bowl,**

DDDDDDDDDDDDDDDD **Baps** DDDDDDDDDDDDDDDD  
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cover with wax paper, and leave it in a warm place so it can rise. (In about half an hour, it should be twice the size.) Knead the dough again until it is back to its original size, then cut it into four sections and roll these into balls. Flatten the balls with a rolling pin and put them on a baking tray. (Remember to put some flour on the tray so the baps won't stick.) Leave the tray in a warm place for 15 minutes.

Bake the baps at 420 degrees for twenty minutes. You've got baps!

DDDDDDDD **Cock-a-Leekie** DDDDDDDD  
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**Bird and leek broth. The most famous of all Scottish soups.**

**Ingredients:**

- 1 boiling fowl
- 10 cups of water
- salt and pepper
- 3 tablespoons long grain rice
- 1 bay leaf
- 1 pound of leeks

*DDDDDDDD* **Cock-a-Leekie** *DDDDDDDD*  
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**Directions:**

Put the entire bird into a pot and cook it with the bay leaf and the leeks. When it comes to a boil, skim the surface, then simmer for 3 hours.

Take out the bird and add the rice. Cook for another 30 minutes.

Get a bowl and a spoon!

*DDD* **Cod with Mustard Sauce** *DDD*  
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Tasty fish.

**Ingredients:**

1 cod                    salt and pepper  
1 cup of milk        1 bay leaf

**Sauce:**

1 tablespoon Balsamic vinegar  
1 teaspoon stone ground mustard  
5 tablespoons flour  
2 tablespoons cream  
1 tablespoon butter

**Cod with Mustard Sauce**

**Directions:**

Cut the cod into four sections. Put it into a pan and add the milk, salt, pepper, the bay leaf and 1 cup of water. Poach the fish until it is cooked (usually less than ten minutes.)

**Here's how you make the sauce:**

Take the fish out of the pan. Pour about two cups of the liquid from the

**Cod with Mustard Sauce**

pan into a bowl. Now, melt the butter and stir in the cream and flour. Take off the heat and slowly pour in the fish/milk broth. Boil again and stir until it is nice and thick. Add the vinegar and mustard.

**Eat that fish!**

DDDDDDDD **Cullen Skink** DDDDDDDD  
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**Fish soup with a braw name.**

**Ingredients:**

- 1 haddock**
- 2 1/2 cups milk**
- 1 pound of potatoes**
- salt and pepper**
- 1 large onion**
- 1 tablespoon butter**
- 2 teaspoons parsley**

DDDDDDDD **Cullen Skink** DDDDDDDD  
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**Directions:**

**Cook the fish in a shallow pan for about five minutes with the chopped onion. Remove the skin and bones. Put the skin and bones back into the pan. (That's right, put them back.)**

**Now, take the fish flesh and crumble it up.**

**When the stock is tasty, strain it. Now you can throw away the skin and bones.**

DDDDDDDD **Cullen Skink** DDDDDDDD  
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**Add the milk and fish flesh and bring to a boil.**

**Then stir in the mashed potatoes and butter.**

**Season with parsley and spices.**

**Enjoy!**

DDDDDDDD **Forfar Bridies** DDDDDDDD  
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**Small steak pies.**

**Ingredients:**

**Filling:**

**1 pound chuck steak**

**2/3 cup shredded fat strips**

**1 medium sized chopped onion**

**Pastry:**

**4 cups plain flour**

**1/2 cup butter**

**1/2 cup lard**

**A pinch of salt**

*DDDDDDDD* **Forfar Bridies** *DDDDDD*  
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**Directions:**

Sift the flour and salt in a bowl. Take the lard and mix it into the flour. Pour in enough cold water to make a stiff dough, then place it on a floured surface and knead it. When it's firm, cut it into four sections.

Pound the meat flat with a meat hammer. Cut the steak into thin strips and mix it with the onion and shredded fat strips.

*DDDDDDDD* **Forfar Bridies** *DDDDDD*  
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Roll each piece of dough into an oval shape (about six or seven inches.) Divide the filling and put it into the four ovals. Fold the dough over the filling, seal the edges with water, and scallop the edges with your finger and thumb.

Poke a hole in the center of each Bridie and bake at 400 degrees for twenty minutes. Lower heat to 350 and bake for another forty minutes. Eat them as fast as you can!



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## Haggis

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Robert Burns, the national poet of Scotland, called haggis the "Great chieftain o' the puddin'- race!" What he meant was that haggis is "The King of Sausages."

### Ingredients:

The stomach, heart, liver and lungs of a sheep

3 cups of oatmeal

salt and pepper

2 onions

1 1/2 cups shredded fat

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## Haggis

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### Directions:

Cook up all the ingredients and stuff them into the sheep's stomach. Sew the stomach shut and boil the haggis for three hours.

You've got yourself a haggis!

Note: It is recommended that one bring a plaid barf bag to any Scottish feast so that one can discreetly (and politely) get rid of one's haggis (if the need arises.)

DDDDDDDDDDDD Haggis DDDDDDDDDDDDD  
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Robert Burns loved Haggis. He was so fond of this Scottish delicacy that he wrote a special poem about it.

Robert Burns: Address to a Haggis

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

DDDDDDDDDDDD Haggis DDDDDDDDDDDDD  
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The groaning trencher there ye fill,  
Your hrdies like a distant hill,  
Your pin wad help to mend a mill  
In time o' need,  
While thro' your pores the dews distil  
Like amber bead.

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

DDDDDDDDDDDD **Haggis** DDDDDDDDDDDD  
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Then, horn for horn, they stretch an' strive:  
Deil tak the hindmost! on they drive,  
Till a' their weel-swallow'd kytes belyve,  
Are bent lyke drums;  
Then auld Guidman, maist like to rive,  
"Bethankit!" 'hums.

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

DDDDDDDDDDDD **Haggis** DDDDDDDDDDDD  
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Poor devil! see him ower his trash,  
As feckless as a wither'd rash,  
His spindle shank, a guid whip-lash,  
His nieve a nit;  
Thro' bloody flood or field to dash,  
O how unfit!

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

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

DDDDDDDDDD Marmalade DDDDDDDDD  
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Orange jelly.

Ingredients:

- 2 lemons
- 4 pounds of Seville oranges
- 4 pounds of sugar
- 1 tablespoon butter
- 12 cups of water

Directions:

Chop up the lemons and oranges.

DDDDDDDD **Marmalade** DDDDDDDD  
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**Simmer until soft. Pour this goop into a jelly bag and let the juice drip out over night into a bowl.**

**Measure the juice and use 1 pound of sugar for each 2 1/2 cups of juice.**

**Boil the juice and sugar for fifteen minutes. Stir in the butter. Pour the marmalade into warm, sterilized jars.**

**Put marmalade on your bannocks, oatcakes, and baps. Delicious!**

DDDDDDDD **Mum's Cake** DDDDDDDD  
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**Mrs. Devine's moist fruit cake.**

**Ingredients:**

**7 ounces of self-raising flour**

**pinch of salt**

**15 ounce can of apricots**

**5 ounces of butter or margarine**

**4 and a half ounces of caster sugar**

**2 large eggs, beaten**

**2 tablespoons milk**

**16 ounces of raisins**

DDDDDDDD Mum's Cake DDDDDDDD  
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**Directions:**

Grease and line a 3 pound loaf tin with greased greased-proof paper.

Sieve the salt and flour together.

Drain the apricots and chop freely.

Cream the butter and sugar until light and creamy.

Beat in the eggs, add in the flour, milk, and all the fruit.

Turn into the prepared tin and bake in a warm oven for 2 hours, or

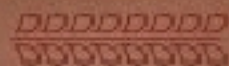
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until cooked.

Leave to cool in the tin.

**Note:**

This is a very moist fruit cake and should be kept in the fridge wrapped in foil rather than in the cake tin.



## Oatcakes



**Delicious, fried cakes.**

### **Ingredients:**

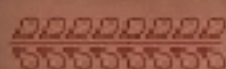
**1 and a half cups of oatmeal**

**1 tablespoon lard (or oil)**

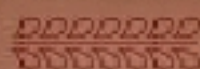
**A quarter teaspoon of soda**

**6 tablespoons of hot water**

**A pinch of salt**



## Oatcakes



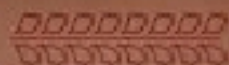
### **Directions:**

**To make good oatcakes, you have to work fast. Here's how you do it.**

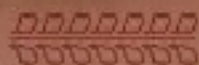
**Mix the oatmeal, salt, and soda together. Then pour the oil in the center. Stir in the water and mix it until the dough is stiff.**

**Cover your hands with oat meal dust so that the dough won't stick to your skin, and knead the dough well.**

**Divide the dough into two sections.**



## Oatcakes

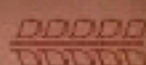


Flatten and roll these into circles. (The finished circles should be a quarter of an inch thick.) Dust the cakes with meal, then fry them on a griddle. They should be done in a couple of minutes.

Take your delicious, brown, hot oatcakes and smother them with butter and jam or marmalade.



## Rumbledethumps



Hearty potatoes and cabbage.

### Ingredients:

1 pound of potatoes

Salt and pepper

1/4 cup butter

1 tablespoon chopped chives

1 pound cabbage



DDDDD **Rumbledethumps** DDDDD  
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**Directions:**

Peel the potatoes, boil them, mash them up and mix with a little cream. Chop up the cabbage and boil it. Now mix the potatoes and cabbage together. Stir in the butter and chives.

**You've got Rumbledethumps!**

DDDDDDDD **Scotch Eggs** DDDDDDDD  
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**An egg masquerading as a sausage.**

**Ingredients:**

6 hard-boiled eggs  
frying fat  
2 cups of sausage meat  
1 large beaten egg  
bread crumbs

**Directions:**

**Divide the sausage meat into six**

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## Scotch Eggs

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**gobs.** Flatten these into oval shapes. Put a shelled hard-boiled egg in the center of each oval, and shape the meat over the egg. Roll these sausage-eggs in the beaten egg, then roll this sticky blob in the bread crumbs (thus making a fine bread-crumbs shell.)

Drop the sausage-eggs carefully into a deep fat fryer (at 350 degrees.) Cook the sausage-eggs for four-five minutes.

Get some napkins!

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## Selkirk Bannock

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Delicious bread.

### Ingredients:

2 cups of white pastry flour

2/3 cup milk

1/2 cup butter

1/4 cup currants

1/4 cup raisins

2 tablespoons sugar

1/4 ounce yeast

A pinch of salt

2 tablespoons lard

*DDDDDD* **Selkirk Bannock** *DDDDDD*  
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**Directions:**

Mix the flour, salt and lard. Warm the milk then add the yeast. Add the sugar to the flour and lard. Pour the milk/yeast into the flour and stir them together to make a sticky dough. Knead it until it is smooth. Put this into a bowl and let sit in a warm place (covered with wax paper) for around an hour. It will double in size.

Take the dough and knead it until

*DDDDDD* **Selkirk Bannock** *DDDDDD*  
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it is back to its former size. Mix in the butter, raisins, and currents. Mold the dough into a roundish shape, and let it sit in a warm place for another fifteen minutes. Bake at 425 degrees for ten minutes, then reduce the heat and bake for another 35 minutes at 350 degrees.

**You're cooking like a Scot!**