

# A Wee Taste of Ulster-Scots







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Ulster-Scot's food is engrained in our heritage. When Scottish settlers arrived in Ulster in the early sixteenth century they brought with them a work ethic and a thran attitude. They established modern farming methods in Ulster. Food, including fish, was seasonal and preserving what produce they had was vital to cope with the leaner months in the year. In many ways this is how we should be producing and eating food today. Small holdings are now recognised as a more sustainable way to farm. In the past a family would have had crops like barley, wheat and oats, a couple of cows, a few pigs, a goat and some chickens. Each played a part in their own naturally created ecosystem.

In "A Wee Taste of Ulster-Scots" the recipes were all cooked at Arthur Cottage in Cullybackey, ancestral home to Chester Alan Arthur, 21st President of the USA. Many of the dishes were authentically cooked on a griddle over an open turf fire, the way our Ulster-Scot's ancestors would have done. There are recipes for meat and fish dishes including black pudding with Clapshot and Mollygowan with Clappydoos and kale. Traditional Scotch Broth features, as does Partan Bree, a crab soup. If you've a sweet tooth, there are recipes for Cloutie Dumpling with an Elderflower Cider Custard, Potato Apple and Yellow Brochan. The Ulster-Scots were a canny crowd when it came to food waste. When they churned butter, the residue buttermilk was used for sodas, slims and pancakes.

You won't need any fancy equipment or pans to reproduce the recipes in this book, nor will you have to light a turf fire. They're user friendly and tasty – the way good, hamely scrán should be.

Paula McIntyre MBE



This code can be scanned using a QR scanner on your smartphone. When you scan the code you will be able to view videos of Paula McIntyre preparing the dishes in this book. Alternatively you can see the videos at [www.discoverulsterscots.com/a-wee-taste](http://www.discoverulsterscots.com/a-wee-taste)

# Profile

## Paula McIntyre



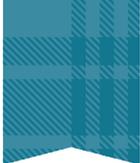
Paula McIntyre trained in Culinary Arts at the prestigious Johnson and Wales University in Rhode Island, USA. In 1993 she opened her own award-winning restaurant in Manchester, before returning to Northern Ireland in 1998 to work as Head Chef in several establishments.

Paula has appeared on a wide range of television and radio programmes as a presenter, food reporter, guest chef and panellist. This includes having presented her own BBC series, making regular contributions to BBC Radio Ulster and Radio 4, and appearing on the Ulster-Scots show Santer.

As well as writing for various newspapers in Northern Ireland, Paula is the author of *A Kitchen Year* (2008) and *Paula McIntyre's Down to Earth Cookbook* (2015).

Paula lectured in catering on the Professional Cookery programme in Northern Regional College for 20 years. She also specialises in fine dining and catering for a variety of events.

In 2018, Paula was awarded an MBE for services to food, drink and hospitality. She works with groups including Food NI and the Taste Causeway food network to promote local produce, showcasing food from Northern Ireland both at home and abroad. In January 2021 she was appointed as High Sheriff to County Londonderry.



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# Black Pudding and Clapshot

Serve black pudding topped with onions and mustard seed juices. Accompany with clapshot, which is made by combining turnip (neeps) with potatoes.



## BLACK PUDDING

### METRIC

280 g black pudding  
 1 onion – finely diced  
 1 tablespoon of rapeseed oil  
 1 teaspoon mustard seeds soaked in 100 ml ale  
 1 tablespoon of honey and 50 ml cider vinegar  
 knob of butter

### IMPERIAL

10 oz black pudding  
 1 onion – finely diced  
 1 tablespoon of canola oil  
 1 teaspoon mustard seeds soaked in 4 fl oz ale  
 1 tablespoon of honey and 2 fl oz cider vinegar  
 piece of butter the size of a walnut



## METHOD

1. Heat the oil in a pan. Add the sliced black pudding, onion and butter.
2. Cook until the onion is soft.
3. Turn the black pudding and cook the other side.
4. Add the soaked mustard seeds and liquid to the pan. Heat through.





## CLAPSHOT

### METRIC

4–5 medium sized cooked potatoes  
½ diced and cooked turnip  
50 g butter  
Salt and black pepper

### IMPERIAL

4–5 medium sized cooked potatoes  
½ diced and cooked turnip  
2 oz butter  
Salt and black pepper



## METHOD

Mix the potatoes and turnip together and roughly mash. Add the butter and black pepper to taste.



# Lamb in Stout and Honey with Neeps

Stout is used in this lamb dish accompanied by neeps (Ulster-Scots for turnip or swede).



## LAMB

### METRIC

2 lamb leg steaks on the bone  
 2 tablespoons oil  
 Salt  
 25 g butter  
 Handful of parsley finely chopped  
 200 g cooked turnip  
 2 chopped scallions  
 50 ml stout

### IMPERIAL

2 lamb leg steaks on the bone  
 2 tablespoons oil  
 Salt  
 1 oz butter  
 Handful of parsley finely chopped  
 8 oz cooked turnip  
 2 chopped scallions (spring onions)  
 2 fl oz stout



## METHOD

1. Heat 1 tablespoon of oil in a pan.
2. Add the lamb and season with salt.
3. Seal on both sides. Add a third of the butter.
4. Cook to medium rare and allow to rest.
5. Heat 1 tablespoon of oil in a separate pan.
6. Add turnip, scallions and another third of the butter. Cook together for a few minutes.
7. Bring the meat back to the heat and add 2 to 3 tablespoons of glaze.
8. Allow the glaze to coat the meat. Slice the lamb off the bone.
9. Pile turnips into the middle of the serving dish and top with meat.
10. Deglaze the pan with stout and the rest of the butter. Pour over the lamb. Sprinkle with parsley.





## HONEY AND STOUT GLAZE

### METRIC

2 tablespoons honey  
200 ml stout or pale ale

### IMPERIAL

2 tablespoons honey  
7 fl oz stout or pale ale



### METHOD

Cook the honey and stout together until syrupy.



# Lamb Hock with Nettle Champ

In this recipe, lamb is accompanied by nettle champ. Champ is a traditional Ulster potato dish, usually made by combining potatoes with scallions (spring onions). Instead of scallions, the champ in this recipe uses nettles (stinging nettles). Nettles are high in iron and used in many dishes in Ulster, including soup. They can be used like cabbage or spinach.



## LAMB HOCK

### METRIC

1 tablespoon rapeseed oil  
 1 diced onion  
 2 sticks celery – sliced  
 1 tablespoon honey  
 330 ml ale  
 Salt and pepper

### IMPERIAL

1 tablespoon canola oil  
 1 diced onion  
 2 sticks celery – sliced  
 1 tablespoon honey  
 11 fl oz ale  
 Salt and pepper



## METHOD

1. Pre-heat oven to 170° C/340° F (fan oven 150° C/300° F) gas mark 3.
2. Sprinkle the lamb with salt. Heat the oil in a large casserole dish and brown the lamb all over to seal.
3. Add the onions and celery and cook until softened.
4. Pour the ale and honey into the casserole and stir all together.
5. Cover and cook in the oven for 2½ to 3 hours until the lamb is tender.

Serve the lamb hock on a bed of nettle champ drizzled with the lamb cooking juices.





## NETTLE CHAMP

### METRIC

1 kg hot mashed potatoes  
3 or 4 finely chopped scallions  
200 ml milk  
50 g butter  
50 g nettle tops and 50 g kale  
blanched in hot water  
Salt and pepper

### IMPERIAL

2.2 lb hot mashed potatoes  
3 or 4 finely chopped scallions (spring onions)  
7 fl oz milk  
2 oz butter  
2 oz stinging nettle tops and 2 oz kale  
blanched in hot water  
Salt and pepper



## METHOD

1. Heat the milk and half the butter gently in a saucepan, add the scallions and allow to infuse.
2. Add the finely chopped nettles and kale and warm through.
3. Beat the milk mix into the hot mashed potatoes.
4. Add the rest of the butter and season well.



# Pork Griskins with Cider and Apple

This pork dish includes apples and cider from County Armagh, accompanied by scallions.



## PORK GRISKINS WITH CIDER AND APPLE

### METRIC

500 g pork griskins or pork tenderloin, cut into rounds  
 1 tablespoon oil  
 ½ Bramley apple\*, cored, peeled and chopped  
 2 teaspoons Dijon mustard  
 100 ml medium dry cider  
 1 teaspoon honey  
 25 g butter and a knob of butter to finish  
 2 scallions, finely chopped  
 Parsley, finely chopped  
 Seasoning

### IMPERIAL

18 oz pork griskins or pork tenderloin, cut into rounds  
 1 tablespoon oil  
 ½ Bramley apple\*, cored, peeled and chopped  
 2 teaspoons Dijon mustard  
 4 fl oz medium dry hard cider  
 1 teaspoon honey  
 1 oz butter and a knob of butter to finish  
 2 scallions (spring onions), finely chopped  
 Parsley, finely chopped  
 Seasoning

\* Any cooking apple may be substituted





## METHOD

1. Pre-heat frying pan or skillet.
2. Add the oil to the hot pan.
3. Place the griskins in the pan and seal the meat.
4. Turn the pork and cook until golden brown.
5. Add the butter and seasoning.
6. Stir in the honey and chopped apples.
7. Pour in the cider and stir to release the browned bits from the base.
8. Simmer for 10 minutes until the pork is cooked.
9. Add the chopped scallions and mustard.
10. Add the knob of butter to the sauce and stir well.
11. Garnish with the chopped parsley.
12. Place the pork on a warm serving plate and pour the sauce over it.



# Whiskey Cured Spiced Beef with Barley and Scallions

This is a recipe for spiced beef cured in Bushmills whiskey, served with toasted barley and fried scallions.



## WHISKEY CURED SPICED BEEF

### METRIC

500 g skirt steak  
 35 g sea salt  
 75 g brown sugar  
 1 teaspoon crushed juniper berries  
 1 teaspoon crushed coriander seeds  
 1 teaspoon nutmeg  
 500 ml warm water  
 30 ml whiskey

### IMPERIAL

18 oz skirt steak  
 1 oz sea salt  
 3 oz brown sugar  
 1 teaspoon crushed juniper berries  
 1 teaspoon crushed coriander seeds  
 1 teaspoon nutmeg  
 18 fl oz warm water  
 1 fl oz whiskey



## METHOD

1. Place a large freezer bag into a mixing bowl.
2. Mix the salt, sugar, juniper berries, coriander seeds and nutmeg together. Put into the bag.
3. Add the beef and top up with water and whiskey.
4. Tie the bag and place in the fridge for 2 days.





## BARLEY AND SCALLIONS

### METRIC

1 tablespoon rapeseed oil  
 6 whole scallions  
 150 g barley  
 500 ml beef stock  
 1 chopped onion  
 1 stick sliced celery  
 Handful of chopped parsley  
 Knob of butter

### IMPERIAL

1 tablespoon canola oil  
 6 whole scallions (spring onions)  
 5 oz barley  
 18 fl oz beef stock  
 1 chopped onion  
 1 stick sliced celery  
 Handful of chopped parsley  
 Tablespoonful of butter



### METHOD

1. Preheat oven to 180° C/350° F. Toast the barley on a baking tray in the oven for 10 minutes or until golden.
2. Place the toasted barley in a saucepan with the stock, onion and celery. Simmer for 45 minutes until the barley is soft.
3. Remove the beef from the brine and dry off.
4. Heat the oil in a grill pan or skillet. Seal the beef on both sides and cook for 5 minutes on each side until the beef is cooked to rare. Allow to rest.
5. Cook the scallions whole in the pan.
6. Add parsley and butter to the barley and pile onto a warmed serving dish.
7. Slice the beef and arrange on top.
8. Garnish with the scallions and drizzle with some rapeseed oil.



# Lough Neagh Pollan with Kohlrabi and Onion Salad, and Apple Butter

Pollan is a freshwater whitefish known only to come from five lakes in Ireland, including Lough Neagh and Lough Erne in Ulster. This recipe uses kohlrabi, which is a root vegetable, and apple butter to accompany the fish. Pollan can be substituted with another fish variety, preferably white fish.



## POLLAN WITH KOHLRABI AND ONION SALAD

### METRIC

2 fillets Lough Neagh pollan  
(or equivalent – fresh water herring)  
per person  
1 tablespoon rapeseed oil  
25 g butter  
½ kohlrabi – trimmed, finely sliced  
and shredded  
½ finely sliced onion  
Dressing (made with 2 tablespoons of  
cider vinegar, 4 tablespoons of rapeseed  
oil and 1 dessertspoon of apple butter)  
Salt and pepper

### IMPERIAL

2 fillets Lough Neagh pollan  
(or equivalent – fresh water herring)  
per person  
1 tablespoon canola oil  
25 g butter  
½ kohlrabi – trimmed, finely sliced  
and shredded  
½ finely sliced onion  
Dressing (made with 2 tablespoons of  
cider vinegar, 4 tablespoons of canola oil  
and 2 teaspoons of apple butter)  
Salt and pepper



## METHOD

1. Put the kohlrabi and onion in a bowl and toss together with the dressing.
2. Heat a frying pan with oil until hot.
3. Season the fish.
4. Add the fish to pan, skin side down. Press down slightly and cook for 1 minute until the skin is crisp. Add the butter.
5. Turn the fish and lightly cook the flesh side. Turn off the heat and allow to rest.
6. Dress a plate with kohlrabi salad and apple butter and serve with the fish.





## APPLE BUTTER

### METRIC

500 g Bramley apples\*  
175 g sugar  
¼ teaspoon ground cloves

\* Any cooking apple may be substituted

### IMPERIAL

1 lb Bramley apples\*  
6 oz sugar  
¼ teaspoon ground cloves



## METHOD

Simmer the apples with the sugar and ground cloves until it becomes a sauce. Puree while heating slowly until the mixture thickens and turns brown.



# Portavogie Clams with Bacon and Parsley Grommel

Portavogie is a fishing community in County Down on the east coast of Ulster. Ulster-Scots language is widely spoken in the region. Scallops or clams are used in this recipe with bacon and breadcrumbs.



## PORTAVOGIE CLAMS WITH BACON AND PARSLEY GROMMEL

### METRIC

2–3 clams (scallops) per person  
 25 g breadcrumbs  
 3–4 rashers dry-cured bacon  
 Handful of parsley (stalks and leaves)  
 finely chopped  
 1 tbsp rapeseed oil  
 50 g butter

### IMPERIAL

2–3 clams (scallops) per person  
 1 oz breadcrumbs  
 3–4 rashers dry-cured bacon  
 Handful of parsley (stalks and leaves)  
 finely chopped  
 1 tbsp canola oil  
 2 oz butter





## METHOD

1. Cook the bacon gently in a frying pan until crisp. Remove the bacon from the pan and set aside.
2. Pour off half the bacon fat and retain for later. Add half the butter to the bacon fat in the pan and lightly cook the breadcrumbs until toasted. Add the parsley.
3. Finely chop the bacon. Mix together with the toasted breadcrumbs and parsley in a bowl to make the grommel.
4. Heat the frying pan until hot. Add the oil and bring up to heat.
5. Season the clams and place in the pan one at a time, in a clockwise direction. Add the remaining bacon fat.
6. When the clams are golden brown and starting to shrink slightly, turn them following a clockwise direction. Add the rest of the butter and cook for 1 to 2 minutes until just firm.
7. Turn off the heat and allow to rest for 30 seconds.
8. Serve the clams drizzled with the cooking juices and top each with a spoonful of grommel.



# Portavogie Herring with Apple and Dulse Salad

Portavogie is a small fishing village on the east coast of Ulster with a strong Ulster-Scots connection. This recipe uses herring and a salad of apple and dulse, which is a dried seaweed.



## PORTAVOGIE HERRING WITH APPLE AND DULSE SALAD

### METRIC

2 Herring fillets per person  
 1 tablespoon rapeseed oil  
 25 g butter  
 1 cup dulse simmered with knob of butter  
 1 eating apple, quartered  
 2–3 scallions – finely sliced  
 Handful of parsley – chopped  
 Dressing made with 1 tablespoon cider vinegar and 3 tablespoon rapeseed oil  
 Salt and pepper  
 Wheaten bread to serve

### IMPERIAL

2 Herring fillets per person  
 1 tablespoon canola oil  
 1 oz butter  
 1 cup dulse simmered with knob of butter  
 1 eating apple, quartered  
 2–3 scallions (spring onions) – finely sliced  
 Handful of parsley – chopped  
 Dressing made with 1 tablespoon cider vinegar and 3 tablespoon canola oil  
 Salt and pepper  
 Wheaten or wholemeal bread to serve



### METHOD

1. Slice the apple into matchsticks. Add to a bowl with scallions, parsley and shredded dulse.
2. Toss together with the cider dressing.
3. Lightly season the cleaned herrings.
4. Heat the oil in pan until hot. Fry the herring skin side down for 2 to 3 minutes until the skin is crisp.
5. Add the butter. Turn the fish and lightly cook the flesh side.
6. Turn off the heat and allow to rest.
7. Serve hot with the dulse salad and wheaten bread.





# Mackerel and Herrings with Mealie Crushie

This dish is prepared using mealie crushie – which is oats fried with bacon. It also uses scallions to accompany fresh mackerel and soused (raw preserved) herrings.



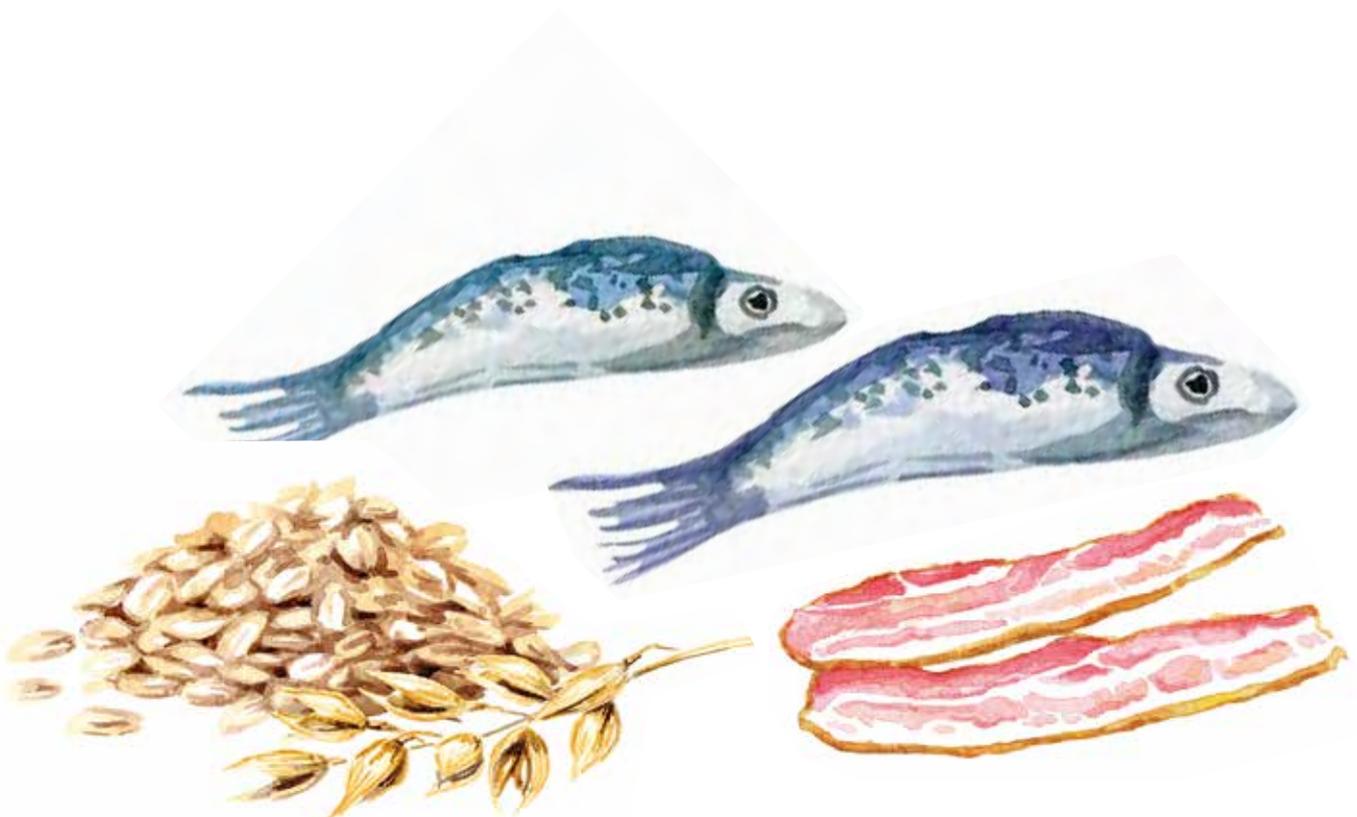
## MACKEREL AND HERRINGS WITH MEALIE CRUSHIE

### METRIC

2 mackerel fillets  
 2 soused or pickled herring fillets  
 100 g diced streaky bacon  
 50 g porridge oats  
 2 chopped scallions  
 1 tablespoon oil  
 25 g butter

### IMPERIAL

2 mackerel fillets  
 2 soused or pickled herring fillets  
 4 oz diced streaky bacon  
 2 oz porridge oats  
 2 chopped scallions (spring onions)  
 1 tablespoon oil  
 1 oz butter





## METHOD

1. Heat the oil in a pan or skillet.
2. Add the bacon and cook until crisp. Remove from the pan.
3. Score the mackerel and cook it in the pan with the bacon fat.
4. To make the mealie crushie, add the butter and cook the oats. Next, add the scallions and cook together.
5. Return the bacon to the pan.
6. Flash fry the herrings to warm through.
7. Serve the fish topped with the mealie crushie.



# Molly Gowan and Clappy Doos with Kale

This is a recipe for monkfish (known as Molly Gowan) and mussels (known as Clappy Doos) with dried and smoked dulse (seaweed) and served with kale.



## MOLLY GOWAN AND CLAPPY DOOS WITH KALE

### METRIC

350 g monkfish (Molly Gowan) cut into rounds  
 250 g scrubbed mussels (Clappy Doos)  
 ¼ finely chopped onion  
 1 tablespoon chopped dried dulse  
 1 teaspoon smoked dulse  
 1 dessertspoon pickled elderberry capers  
 1 tablespoon elderberry pickling liquid  
 1 tablespoon oil  
 15 g butter  
 Handful of parsley finely chopped  
 200 g kale blades

### IMPERIAL

12 oz monkfish (Molly Gowan) cut into rounds  
 8 oz scrubbed mussels (Clappy Doos)  
 ¼ finely chopped onion  
 1 tablespoon chopped dried dulse  
 1 teaspoon smoked dulse  
 2 teaspoons pickled elderberry capers  
 1 tablespoon elderberry pickling liquid  
 1 tablespoon oil  
 ½ oz butter  
 Handful of parsley finely chopped  
 6 oz kale blades





## METHOD

1. Cook the kale in salted water.
2. Cook the mussels in water and cider.
3. Heat the oil in a pan or skillet.
4. Season the monkfish and add to the pan. Cook for a few minutes.
5. Add the onion, elderberry capers, dulse and knob of butter.
6. Season with smoked dulse and add elderberry liquid.
7. Drain the kale and mussels and add to the pan. Stir well together.
8. Place monkfish, mussels and kale on serving dish. Add butter to the pan and stir.
9. Spoon the sauce over the fish.
10. Garnish with parsley.



# Salt Ling Chowder

Ling is a white cod-like fish widely used in Ulster. Before refrigeration was available, salting and drying was a common way to preserve fish. The salted fish was often hung in the chimney and the warm smoke from the turf fire dried and smoked the fish. It was re-hydrated by soaking in water before use.



## SALT LING CHOWDER

### METRIC

500 g salt ling (soaked in water for 24 hours, change water 2 or 3 times)  
cut into chunks  
50 g butter  
1 leek – washed and chopped  
100 ml cream  
750 ml milk  
500 g baby potatoes cooked in their skins  
1 or 2 scallions – finely diced, white and green parts separated  
1 tablespoon fresh parsley – chopped  
Salt and pepper

### IMPERIAL

1 lb salt ling (soaked in water for 24 hours, change water 2 or 3 times)  
cut into chunks  
2 oz butter  
1 leek – washed and chopped  
3½ fl oz cream  
26 fl oz milk  
1 lb baby potatoes cooked in their skins  
1 or 2 scallions (spring onions) – finely diced, white and green parts separated  
1 tablespoon fresh parsley – chopped  
Salt and pepper





## METHOD

1. Heat a pan and melt the butter.
2. Add the leeks and cook gently until soft.
3. Stir in the cream and milk, add the ling and bring up to heat.
4. Simmer for 15 minutes.
5. Slice the potatoes and add to the chowder with white part of scallions.
6. Cook together until the potatoes are heated through.
7. Serve in bowls sprinkled with chopped parsley and green parts of scallions.



# Crowdie Crying Cheese

This is a recipe for crowdie, a ricotta style cheese. The tradition of making it when a baby was born led to it being known as crying cheese.



## CROWDIE CRYING CHEESE

### METRIC

750 ml whole milk  
 1 teaspoon salt  
 2 tablespoons white wine or distilled white vinegar  
 25 g finely chopped toasted hazelnuts  
 Handful of finely chopped parsley  
 A bud of wild garlic or 2 cloves of crushed garlic

### IMPERIAL

25 fl oz whole milk  
 1 teaspoon salt  
 2 tablespoons white wine or distilled white vinegar  
 1 oz finely chopped toasted hazelnuts  
 Handful of finely chopped parsley  
 A bud of wild garlic or 2 cloves of crushed garlic



## METHOD

1. Pour the milk into a stainless steel saucepan and add the salt.
2. Stirring frequently, slowly heat to 84° C/183° F and then add the vinegar.
3. Cook for about 20 seconds until curds form.
4. Cover with a tea towel and leave for 2 hours to cool.
5. Line a sieve with muslin. Spoon in the curds and allow to drip overnight in the fridge.
6. Form the cheese into a ball and place in a serving dish.
7. Mix the nuts, parsley and garlic together.
8. Sprinkle over the cheese and drizzle with oil. Serve with soda farls or oatcakes.





# Partan Bree

Partan is crab and bree is soup in Ulster-Scots. This recipe uses homemade fish stock to make a creamy soup. The soup is thickened with the natural starch in potatoes.



## PARTAN BREE

### METRIC

1 large dressed crab  
 1 onion – finely chopped  
 50 g butter  
 1 large carrot – diced  
 2 sticks celery – diced  
 2 potatoes – diced  
 1 litre fish stock  
 Salt and pepper  
 50 ml cream

### IMPERIAL

1 large dressed crab  
 1 onion – finely chopped  
 2 oz butter  
 1 large carrot – diced  
 2 sticks celery – diced  
 2 potatoes – diced  
 1 quart fish stock  
 Salt and pepper  
 2 fl oz cream



## METHOD

1. Melt the butter in a large saucepan. Add the carrot, onion and celery. Season, cover and sauté together.
2. Add the potatoes and fish stock. Cover and simmer until the vegetables are soft.
3. Blend until smooth and add cream.
4. Add the brown crab meat and warm through. Season to taste.
5. Pour into serving bowls. Sprinkle with the white crab meat.





# Scotch Broth

Scotch broth is a staple hearty meal in Ulster. This recipe uses shin of beef or hough to make stock for a warming broth.



## SCOTCH BROTH

### METRIC

1 tablespoon oil  
 500 g shin or shank of beef  
 Pinch sea salt  
 100 g soup mix or a mixture of dried split peas, yellow and red lentils and pearl barley  
 2 litres cold water  
 150 g diced turnip or rutabaga  
 150 g diced carrots  
 1 chopped onion  
 1 chopped leek  
 Handful of soup celery or a mix of dark celery leaves and parsley  
 Handful of curly parsley, chopped  
 Salt and pepper to taste

### IMPERIAL

1 tablespoon oil  
 18 oz shin or shank of beef  
 Pinch sea salt  
 4 oz soup mix or a mixture of dried split peas, yellow and red lentils and pearl barley  
 68 fl oz cold water  
 5 oz diced turnip or rutabaga  
 5 oz diced carrots  
 1 chopped onion  
 1 chopped leek  
 Handful of soup celery or a mix of dark celery leaves and parsley  
 Handful of curly parsley, chopped  
 Salt and pepper to taste





## METHOD

1. Heat the oil in a large stock pan.
2. Season the beef.
3. Add the beef to the pan and seal on both sides.
4. Add the water and soup mix. Bring to the boil and simmer for 45 minutes to allow the dried soup mix to soften.
5. Add the diced turnip or rutabaga, carrots, onion, leek and celery.
6. Simmer together for 1 hour until the beef is fork tender.
7. Remove the beef from the soup and shred.
8. Add the chopped parsley to the soup and allow to cook down for a few minutes.
9. Add the shredded beef to the soup. Season to taste.
10. Ladle the Scotch broth into a soup tureen or bowls.
11. The flavour will improve if kept to the next day.



# Cloutie Dumpling and Elderflower Cider Custard

Cloutie is Ulster-Scots for cloth and this rich pudding is made by boiling the ingredients wrapped in cloth. The pudding is cooked on a griddle before being served with elderflower cider custard.



## CLOOTIE DUMPLINGS

### METRIC

175 g suet  
17 g breadcrumbs  
100 g dark brown sugar  
100 g plain flour  
275 g mixed dried fruit  
1 teaspoon baking powder  
1 teaspoon cinnamon  
1 teaspoon mixed spice  
½ teaspoon nutmeg  
1 tablespoon golden syrup  
1 egg  
250 ml milk

### IMPERIAL

6 oz suet  
6 oz breadcrumbs  
4 oz dark brown sugar  
4 oz plain flour  
9 oz mixed dried fruit  
1 teaspoon baking powder  
1 teaspoon cinnamon  
1 teaspoon mixed spice  
½ teaspoon nutmeg  
1 tablespoon golden syrup  
1 egg  
8 fl oz milk



## METHOD

1. Place a saucer in the bottom of a saucepan. Fill the saucepan with water and bring to the boil.
2. Put all the dry ingredients into a mixing bowl.
3. Add the syrup, egg and milk.
4. Mix well together to form a stiff dumpling mixture.
5. Lay the linen square on a work surface and place the two sheets of parchment paper over it.
6. Place the mixture in the middle of the paper.
7. Bring the four corners of the parchment paper together over the mixture. Tie the top with string to hold together.
8. Repeat the process with the piece of linen and tie the top, keeping a long tail of string to use as a handle to lift the wrapped dumpling in and out of the saucepan.
9. Lower the wrapped dumpling into the saucepan of boiling water, put the lid on and cook for 3 hours. Check regularly and top up the water, if needed.
10. Remove the wrapped dumpling from the water. Untie the linen and parchment paper and carefully turn the dumpling out on to a serving dish.
11. Serve with the elderflower cider custard.



## ELDERFLOWER CIDER CUSTARD

### METRIC

150 ml sweet elderflower cider  
125 ml whipping cream  
3 egg yolks  
3 tablespoons castor sugar  
1 tablespoon cornflour

### IMPERIAL

5 fl oz sweet elderflower cider  
4 fl oz heavy cream  
3 egg yolks  
3 tablespoons castor sugar  
1 tablespoon cornflour



## METHOD

1. Whisk the egg yolks, sugar and cornflour together in a bowl.
2. Put the cream and cider into a saucepan and scald (heat to just below boiling point).
3. Slowly pour the scalded cream and cider mix into the egg yolk mixture, while whisking together. Return the mixture to the saucepan.
4. Stir over a low heat until the mixture thickens and coats the back of the spoon.
5. Serve warm with a slice of the cloutie dumpling.



### TOOLS

- 2 sheets parchment paper
- string
- large square of linen



# Meadowsweet Buttermilk Cream with Sloe Gin Blackberries and Flakemeal Biscuits

Buttermilk is flavoured with meadowsweet, or mead wort, a wildflower that grows in damp environments, then combined with blackberries with sloe gin and oat cakes.



## MEADOWSWEEP BUTTERMILK CREAM

### METRIC

3 gelatine leaves  
100 ml whole milk  
120 g castor sugar  
1 teaspoon meadowsweet or vanilla extract  
375 ml buttermilk  
125 ml lightly whipped cream

### IMPERIAL

3 gelatine leaves  
3 fl oz whole milk  
4 oz castor sugar  
1 teaspoon meadowsweet or vanilla extract  
12 fl oz buttermilk  
4 fl oz lightly whipped heavy cream



## METHOD

1. Soak the gelatine leaves in a small bowl of cold water for 10 minutes.
2. Simmer the milk, sugar and meadowsweet until the sugar is dissolved.
3. Squeeze the liquid from the gelatine leaves and add them to the milk mixture. Stir until dissolved.
4. When cool, add the buttermilk.
5. Fold in the cream and pour into moulds or glasses. Allow to set in the fridge.





## SLOE GIN BLACKBERRIES

### METRIC

350 g blackberries  
75 g castor sugar  
2 tablespoons sloe gin

### IMPERIAL

12 oz blackberries  
3 oz castor sugar  
2 tablespoons sloe gin



## METHOD

1. Mix all the ingredients together and macerate for an hour before serving.
2. To serve, spoon over the buttermilk cream.



## SWEET OAT BISCUITS

### METRIC

150 g soft butter  
75 g castor sugar  
75 g plain flour  
Pinch baking soda

### IMPERIAL

5 oz soft butter  
3 oz castor sugar  
3 oz plain flour  
Pinch baking soda



## METHOD

1. Pre-heat oven to 180° C/350° F. Line a baking tray with parchment paper.
2. Beat the butter and sugar together until pale and fluffy.
3. Fold in the flour and oats and mix to a dough.
4. Roll out on a floured surface to 1 cm/½ inch thick. Cut into shapes and place on a baking tray.
5. Cook for 15 minutes until firm and golden.
6. Allow to cool and lightly dust with sugar.
7. Serve with the meadowsweet buttermilk cream and sloe gin blackberries.

# Potato Apple

In this recipe, traditional potato bread or fadge is filled with sweetened stewed apples to make a tasty dessert or breakfast snack.



## POTATO APPLE

### METRIC

250 g dry mashed potatoes cooked in salted water  
100 g plain flour  
2 large Bramley apples\*  
(chopped and cooked with 50 g sugar)

### IMPERIAL

9 oz dry mashed potatoes cooked in salted water  
3½ oz plain flour  
2 large Bramley apples\*  
(chopped and cooked with 2 oz sugar)

\* Any cooking apple may be substituted



## METHOD

1. Put the mashed potatoes and flour into mixing bowl.
2. Use your hands to mix to a dough.
3. On a floured surface, knead the dough gently and divide in two.
4. Shape the two pieces of dough into balls and roll out to form rounds.
5. Place cooked apple on one side of the round.
6. Fold over free side to create ½ circle and crimp edges together to stop filling leaking.
7. Cook on a hot griddle or dry frying pan for 5 to 10 minutes until golden, then turn. Cook until both sides are golden and sound hollow when tapped.
8. Eat while hot either as a dessert or with grilled smoked bacon.





# Treacle and Ale Cake with Yellowman Honeycomb

Yellowman is a traditional Ulster honeycomb. It is associated with the Auld Lammas Fair – the oldest fair in Ireland – which is held every year in Ballycastle, County Antrim. The word Lammas is an Anglo-Saxon word meaning loaf-mass. It is a festival celebrating the first wheat harvest of the year.



## TREACLE AND ALE CAKE

### METRIC

165 g plain flour  
 90 g dark brown sugar  
 ½ teaspoon baking soda  
 ¾ teaspoon baking powder  
 1 teaspoon mixed spice  
 1 teaspoon ground cinnamon  
 ¼ teaspoon ground nutmeg  
 25 g chopped preserved ginger or dried fruit (optional)  
 1 egg  
 80 ml rapeseed oil  
 125 ml India Pale Ale  
 60 g golden syrup  
 60 g treacle  
 Lightly whipped cream

### IMPERIAL

6 oz plain flour  
 3 oz dark brown sugar  
 ½ teaspoon baking soda  
 ¾ teaspoon baking powder  
 1 teaspoon mixed spice  
 1 teaspoon ground cinnamon  
 ¼ teaspoon ground nutmeg  
 1 oz chopped preserved ginger or dried fruit (optional)  
 1 egg  
 3 fl oz canola oil  
 4 fl oz India Pale Ale  
 2 oz golden syrup  
 2 oz treacle  
 Lightly whipped heavy cream



## METHOD

1. Pre-heat the oven to 180° C/350° F. Grease and line a 10 inch or 25 cm cake or loaf tin with parchment paper.
2. Sift the flour, baking soda and baking powder into a mixing bowl and add the mixed spice, cinnamon, nutmeg and ginger.
3. Add the oil, water, syrup, treacle and egg to the mixing bowl and whisk together. Add the ale and whisk again.
4. Add the dry ingredients to the mixing bowl and carefully whisk all together to form a smooth batter.
5. Pour the batter into the baking tin and bake for 40 minutes or until a skewer comes out clean.
6. Allow to cool in the baking tin. Remove the paper and place the cake on a serving plate.
7. Add some finely crumbled shards of honeycomb to the lightly whipped cream. Spread the cream on top of the cake.
8. Sprinkle with shards of honeycomb and serve.



## YELLOWMAN HONEYCOMB

### METRIC

100 g castor sugar  
1 tablespoon liquid glucose  
1 tablespoon honey  
2 tablespoon water  
1 dessertspoon baking soda

### IMPERIAL

4 oz castor sugar  
1 tablespoon liquid glucose  
1 tablespoon honey  
2 tablespoon water  
2 teaspoons baking soda



### METHOD

1. Put the sugar, glucose, honey and water in a saucepan and place on a high heat (do not stir as this will cause the mix to crystallise).
2. Cook to a golden amber liquid or 142° C on a temperature probe.
3. Add the baking soda and allow to fluff up.
4. Pour onto parchment paper (don't use greaseproof paper as it will stick)!
5. Allow to cool.
6. Crumble into shards.



# Yellow Brochan

Yellow brochan is a cornmeal porridge dessert. Cornmeal (referred to in Ulster as Indian meal) is frequently used in Ulster-Scots-inspired dishes. Its distinctive yellow colour often results in dishes being referred to as yellow. Yellow soda is the name given to soda bread made with cornmeal.



## YELLOW BROCHAN

### METRIC

200 g cornmeal  
600 ml milk  
2 tsp honey  
50 ml cream  
raspberries to decorate

### IMPERIAL

7 oz cornmeal  
20 fl oz milk  
2 tsp honey  
2 fl oz cream  
raspberries to decorate



## METHOD

1. Add the milk and 1 tsp honey to saucepan. Bring to boil.
2. Sprinkle the cornmeal onto the milk and stir.
3. Reduce the heat and simmer for 10 minutes. Stir occasionally until it forms a smooth porridge consistency.
4. Serve in bowls. Drizzle the brochan with cream and honey and decorate with raspberries.





# Butter and Soda Farls

Here are three recipes for different types of soda farl: plain, Indian and treacle. All three recipes use buttermilk, which is a by-product of making butter. The bread is cut into four farls, which is Ulster-Scots for a quarter or a quadrant and cooked on a dry griddle.



## PLAIN SODA FARLS

### METRIC

300 g plain flour  
1 heaped teaspoon baking soda  
½ teaspoon salt  
250 ml buttermilk

### IMPERIAL

11 oz plain flour  
1 heaped teaspoon baking soda  
½ teaspoon salt  
8 fl oz buttermilk



## INDIAN SODA FARLS

### METRIC

250 g plain flour  
50 g polenta  
1 heaped teaspoon baking soda  
½ teaspoon salt  
275 ml buttermilk

### IMPERIAL

9 oz plain flour  
2 oz polenta  
1 heaped teaspoon baking soda  
½ teaspoon salt  
9 fl oz buttermilk



## TREACLE FARLS

### METRIC

300 g plain flour  
1 heaped teaspoon baking soda  
½ teaspoon salt  
250 ml buttermilk  
1 tablespoon treacle – whisked together with the buttermilk

### IMPERIAL

11 oz plain flour  
1 heaped teaspoon baking soda  
½ teaspoon salt  
8 fl oz buttermilk  
1 tablespoon treacle – whisked together with the buttermilk





## METHOD

1. Pre-heat a griddle or skillet pan to a medium heat.
2. Mix the dry ingredients together in a mixing bowl.
3. Make a well in the centre of the bowl.
4. Slowly add the buttermilk (there may be some left over, depending on the type of flour you use) and mix until a soft dough.
5. Place the dough on a floured surface and knead lightly – don't overwork it.
6. Roll out into a circle about 2 cm or 1 inch thick.
7. Cut into farls and leave for 5 minutes. (The word farl is Ulster-Scots for quadrant and describes the shape that sodas are traditionally made in Ulster.)
8. Cook for 8 to 10 minutes each side until golden brown.
9. Serve with butter and jam.
10. The farls are best eaten on the day they are made.



# Fruit Soda Slims

A slim is made using a traditional soda bread recipe cooked on a griddle. There are some regional variations to what is added to the mix. This recipe is for a County Antrim classic that uses sultanas to make a delicious sweet treat.



## FRUIT SODA SLIMS

### METRIC

350 g soda bread flour  
50 g dried fruit  
(sultanas, raisins or cranberries)  
275 ml buttermilk

### IMPERIAL

12 oz soda bread flour  
2 oz dried fruit  
(sultanas, raisins or cranberries)  
1 cup buttermilk



## METHOD

1. Add the flour and dried fruit to the mixing bowl.
2. Make a well in the centre. Pour in the buttermilk gradually (you may not need the full measure). Mix with a fork until it forms a stiff dough.
3. Turn the dough out onto a floured surface.
4. Knead lightly and roll out to 1 cm/½ inch thickness.
5. Cut into rectangles and leave to rest for five minutes.
6. Place on a hot griddle or dry frying pan. Cook each side until golden brown and hollow when tapped.
7. Split a slim open and eat warm with butter.





# Oatmeal and Treacle Pancakes

Warm oatmeal pancakes are served with a drizzle of fruit syrup. Oatmeal is widely used in Ulster-Scots dishes. Damsons are small blue-skinned fruits similar to plums. They have a sour flavour and very popular in Ulster for making jams and preserves.



## OATMEAL AND TREACLE PANCAKES

### METRIC

100 ml buttermilk  
1 dessertspoon treacle  
1 egg  
100 g soda bread flour  
25 g porridge oats  
Rapeseed oil for greasing

### For the fruit syrup:

500 g damsons or plums  
120 g sugar  
250 ml water

### IMPERIAL

3½ fl oz buttermilk  
2 teaspoons treacle  
1 egg  
3½ oz soda bread flour  
1 oz porridge oats  
Canola oil for greasing

### For the fruit syrup:

1 lb damsons or plums  
4 oz sugar  
1 cup water





## METHOD

### PANCAKES

1. Pour buttermilk and treacle into a mixing bowl. Add egg and beat together.
2. Stir in flour and oats. Mix until it forms a thick batter.
3. Leave batter to rest for five minutes.
4. Oil frying pan or griddle and heat until hot.
5. Reduce heat and drop spoonfuls of batter onto the pan, leaving space between to allow pancakes to expand.
6. Cook for two to three minutes. When bubbles appear on the surface of pancake, flip over and cook the other side.
7. Cook until firm to touch.
8. Build pancakes into a stack and serve warm drizzled with fruit syrup.

### FRUIT SYRUP

1. Place damsons, sugar and water into a saucepan.
2. Gradually bring to a boil.
3. Once boiled, remove from the heat and let it cool.
4. Strain through muslin overnight.
5. The syrup will keep in a sealed jar for five days.



# Potato Bread or Fadge

Fadge is the traditional Ulster-Scots word for potato bread. There are regional variations of the traditional fadge recipe. Here are three recipes for fadge: sparbled fadge (using cornmeal) plain fadge and rousel.



## POTATO BREAD OR FADGE

### METRIC

500 g mashed floury potatoes  
200 g plain four  
½ teaspoon salt

### IMPERIAL

18 oz mashed floury potatoes  
8 oz plain four  
½ teaspoon salt



## ROUSEL (POTATO BREAD WITH OATS)

### METRIC

500 g mashed floury potatoes  
125 g plain four  
75 g oats  
½ teaspoon salt

### IMPERIAL

18 oz mashed floury potatoes  
8 oz plain four  
3 oz oats  
½ teaspoon salt





## SPARBLED FADGE

### METRIC

500 g mashed floury potatoes  
100 g plain flour  
100 g polenta  
½ teaspoon salt

### IMPERIAL

18 oz mashed floury potatoes  
4 oz plain flour  
4 oz polenta  
½ teaspoon salt



## METHOD

1. Mix the potatoes, flour and salt (add the extra ingredients if you are making rousel or sparbled fadge) and bring together into a dough.
2. Roll out into a circle 1 cm or half an inch deep and cut into farls (quarters).
3. Lightly dust with flour.
4. Cook on a dry pan or skillet for about 3 minutes on each side.
5. Serve with butter or fry with bacon.



# Tea Brack

This is a recipe for a rich fruit cake made using dried fruit soaked in strong tea. This version adds a wee dram of whiskey.



## TEA BRACK

### METRIC

350 g dried fruit (any mix of sultanas/cranberries/raisins/dates/dried apricots soaked in a mug (330 ml) of hot tea with a nip of whiskey (optional) for 4 or 5 hours or overnight.

225 g soft brown sugar

1 egg

275 g self-raising flour

1 tsp mixed spice

½ tsp nutmeg

### IMPERIAL

12 oz dried fruit (any mix of sultanas/cranberries/raisins/dates/dried apricots) soaked in a mug (11 fl oz) of hot tea with a nip of whiskey (optional) for 4 or 5 hours or overnight.

8 oz soft brown sugar

1 egg

10 oz self-raising flour

1 tsp mixed spice

½ tsp nutmeg



## METHOD

1. Pre-heat the oven to 180° C/350° F (fan 160° C/320° F) gas mark 3.
2. Add the soaked fruit and brown sugar to a mixing bowl. Stir well.
3. Add the egg and beat together.
4. Add the flour and spices and stir until no traces of flour can be seen.
5. Pour the mixture into a buttered loaf tin and cook for 1 hour or until a skewer comes out clean. Leave to cool in the tin.
6. Slice the tea brack and serve with butter.









