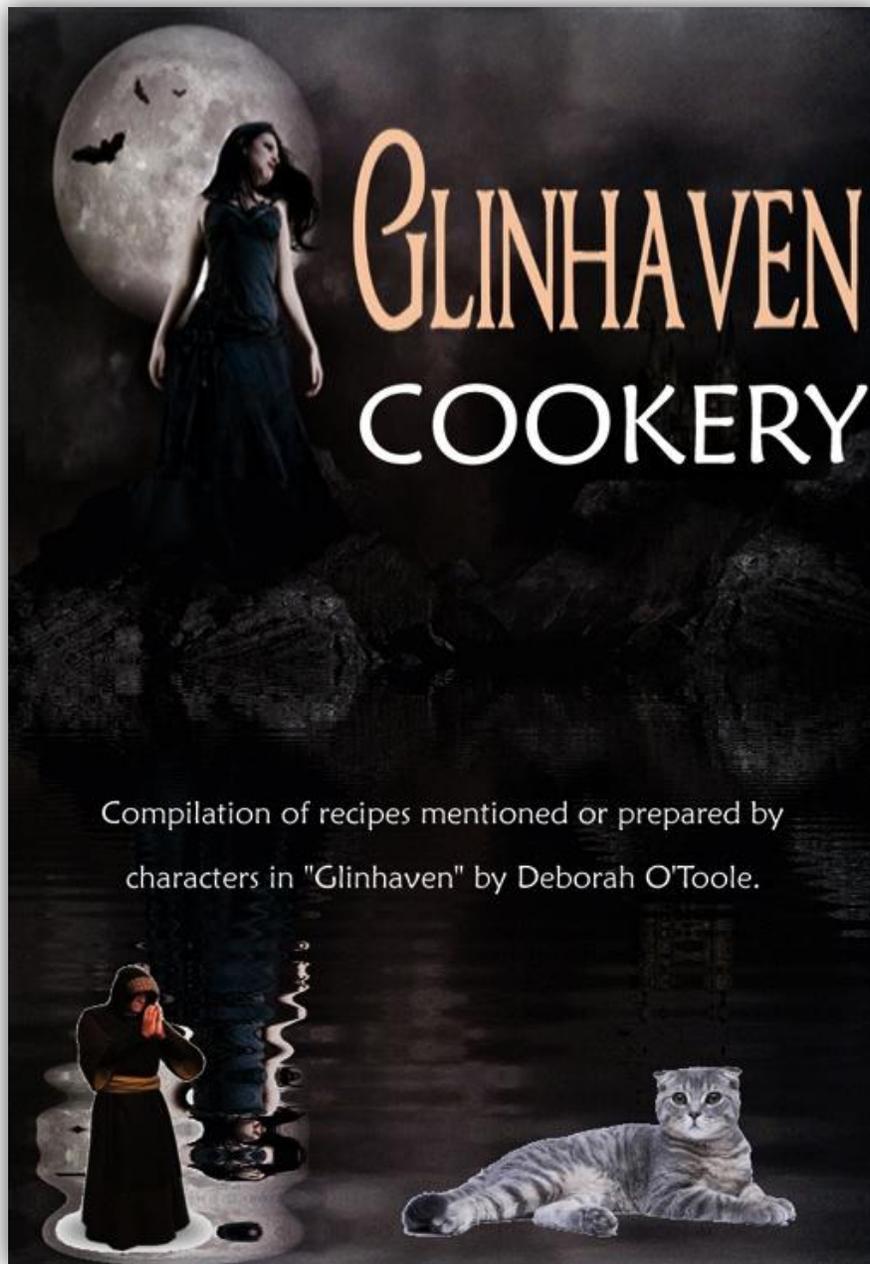


GLINHAVEN COOKERY

Recipes from "Glinhaven" by Deborah O'Toole



Compilation of recipes mentioned or prepared by
characters in "Glinhaven" by Deborah O'Toole.

Glinhaven Cookery

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INTRODUCTION

GLINHAVEN COOKERY is a compilation of more than forty-five recipes mentioned or prepared by characters in the gothic fiction novel "Glinhaven" by Deborah O'Toole. The cookbook is freely available in PDF format only.

Piper Hunt leaves Boston to take over her grandfather's unique curio shop in Glinhaven, Massachusetts. While adjusting to life in the quaint seaside village, she uncovers dark secrets hidden at the forbidding Glinhaven Monastery which may also unlock mysteries from her past.

Glinhaven Monastery drips with sinister eeriness, especially at night when bone-chilling fog rolls in from churning North Shore sea waters. The centuries-old stone structure appears as a hulking ghost in the mist, its walls bloated with history and unspeakable secrets. Yellow light from carriage-style lamps intensify the monastery's forbidding effect, the black-squared globes positioned in four-foot intervals on massive walls which surround the holy nucleus, gazed upon in deadly fear by residents of Glinhaven Village . . .

Because many of the residents of Glinhaven Village are of Scottish descent, their food often reflects their heritage with age-old but tried-and-true recipes, handed down for generations.

Taste Cam MacDevitt's uniquely original bacon meatloaf and Piper Hunt's luscious *Boston Egg Salad*, or her quick and easy spaghetti sauce.

Sample local fare at Glinhaven Village's harbor-side eateries known as Purdy's Cafe and Delaney's Burger Hub, or the Crow's Nest Lodge. Their specialties include *Cape Codder*, *Crab Cakes*, *New England Clam Chowder*, *Double Mushroom Burgers* and homemade *French Fries*.

Or hire the new catering company *Rudeigin Bòidheach* (translated from Scots-Gaelic into *Something Delicious*) for a delectable food array with *Baps*, *Clapshot*, *Cloutie Dumpling*, *Mince & Tatties* and *Scotch Trifle*.

If lucky enough to be invited by Lady Glinhaven, enjoy an elegant yet somehow ominous repast at the Glinhaven mansion ("*Is it poisoned?*" Piper wonders), including tea service or a sumptuous dinner with *Atholl Brose*, *Cucumber Sandwiches*, *Dundee Cake*, *Lamingtons*, *Lobster Bisque*, *Pan-Fried Crusted Sole*, *Potted Shrimp*, *Red Velvet Cake*, *Rumbledhumps* and *Tweed Kettle*.

The monks at the Glinhaven Monastery are also known to be excellent chefs, with a flair for the unusual as well as the ordinary. They produce their own homemade baked goods (*Challah and Manchet breads, coffee cakes, bagels, breadsticks, cinnamon rolls and farmhouse loaves, among others*), along with simple fare such as *Biscuits & Gravy, Ham & Beans, and Shepherd's Pie*.

The resident Scottish Fold felines at the monastery have their favorite meals as well, painstakingly prepared for them by Brother Albert Michaels and Brother Brian MacBee. Try the homemade recipes for *Beefy Cat Dinner, Corny Cat Biscuits, Fish Custard, Kiki Kedgeree, and Turkey & Rice*. Not to be outdone, Moggy Malone and Sith Mochrie from The Thistle curio shop also have their favorite nom-nom's, including *Chicken & Cheese, Fish Balls, Sardine Chicken and Trout Pate*.



Whatever your fancy, enjoy the recipe collection herein.

Slàinte!

Deborah O'Toole



***Glinhaven Cookery** is a compilation of more than 45 recipes mentioned or prepared by characters in the gothic fiction novel "Glinhaven" by Deborah O'Toole.*

Glinhaven Recipes

ASPARAGUS WITH DILL SAUCE

Glinhaven Mansion

- 1-1/2 LBS fresh asparagus
- 1/2 tsp. salt
- 1 C sour cream
- 2 TBS butter
- 1 tsp. dill seed

Place asparagus and salt into a pot of gently boiling water. Cook until asparagus is tender (about ten minutes). Drain. In a bowl, mix together sour cream and dill seed. Heat sauce in microwave until hot (approximately thirty seconds to one minute). Pour dill sauce over asparagus. Serve.

ATHOLL BROSE

Traditional Scottish beverage

- 2-1/3 C scotch whisky
- 1/2 C oatmeal (*steel-cut*)
- 2/3 C heavy cream
- 1/4 C honey

In a bowl, stir together scotch whisky and oatmeal. Cover with cheesecloth; allow to rest in a cool, dark place for about two days. Strain mixture into another bowl, squeezing cheesecloth if necessary to extract all liquid (also known as the "brose"), but discarding oatmeal pieces. Add heavy cream slowly, stirring with a wooden spoon. Add the honey slowly, stirring constantly until fully blended. Pour mixture into a storage bottle. Recipe makes enough for 2-4 servings. **Trivia:** "Atholl Brose" is named after Scottish nobleman John Stewart, Earl of Atholl, also known as Sir John Stewart of Balveny (1440-1512). Stewart reportedly added honey, oats and whisky to the drinking well of John Macdonald, 11th Earl of Ross (last Lord of the Isles) during a rebellion in 1475, thereby intoxicating the rebels and making them easy to capture.



BAPS

Served at Piper's Christmas Dinner at the Glinhaven Mansion.

Catered by Rudeigin Bòidheach (Something Delicious)

- 1 LB flour
- 1 tsp. salt
- 2 oz. lard
- 1 oz. yeast
- 1 tsp. sugar
- 1/2 pint of tepid milk & water (*mixed half-and-half*)
- Milk (*for brushing Baps*)

Sift the flour into a warmed bowl, and mix in the salt. With your fingers, rub in the lard. In another bowl, cream the yeast and sugar together with a wooden spoon until liquid, and then add the tepid milk-and-water mixture. Strain into the flour. Knead the mixture into soft dough, cover, and let rise for an hour in a warm place. Knead lightly on a floured surface; divide the dough into pieces of equal size in the form of oval shapes about three inches long and two inches wide. Brush with milk or water (to give the Baps a glaze). Place the Baps on a greased and floured baking sheet and let stand in a warm place for about fifteen minutes. To prevent blisters, press a finger into the center of each Bap before placing them in the oven. Bake at 400-degrees F for about 15 to 20 minutes, or until lightly browned and no longer doughy. **Note:** Baps are best on the breakfast table, but are also good when the insides are scooped out and filled with meat for a tasty lunch. **Trivia:** *Baps are typically a large soft roll, roughly 5-6 inches in diameter. The dough often contains fats such as lard or butter to provide tenderness to dough. Baps can come in multiple shapes depending on their region of origin. Baps as traditionally made in Scotland are not sweet, unlike the Irish version which may contain currants. The 9th Edition of the Concise Oxford Dictionary (1995) says that the word "bap" dates from the 16th century and that its origin is unknown. [Data Source: Wikipedia].*

BISCUITS & GRAVY

Glinhaven Monastery

- 4 bacon strips, fried & drained
- 3 sausage links, fried, drained & sliced thin
- 1/2 C to 3/4 C Bisquick Baking Mix
- Salt & black pepper to taste
- 1 C milk (*or more to regulate gravy consistency*)
- 1 container Pillsbury Biscuits



Cook the biscuits according to package directions; set aside. Fry bacon in a large skillet until crisp; drain on paper towels. **Important:** Reserve grease in skillet. Fry link sausage in a skillet until cooked; drain on paper towels and then slice. Add Bisquick Baking Mix to grease in skillet; brown over medium to medium-high heat and mash lumps with a fork or a whisk. Add salt and black pepper to taste. Add milk, stirring constantly, until mixture thickens. Add more milk if necessary to thin gravy. Keep in mind the longer you stir over high heat the thicker the gravy will become. Add link sausage slices, stir and heat through. When desired gravy consistency is reached, remove from heat and ladle over biscuits. Serve. Use the leftover bacon as a side accompaniment.

BOSTON EGG SALAD

Piper Mochrie Hunt

- 2 to 3 small eggs, hard-cooked
- Salt & black pepper to taste
- Mayonnaise to taste
- 6 to 8 green olives with pimiento, sliced in half
- Boston (butter) lettuce, torn into bite-sized pieces
- Paprika for garnish



In a small cooking pot, boil eggs until hard-cooked (about three to four minutes). Allow eggs to cool before peeling. Chop egg and place into a bowl; mash with a fork until egg mixture breaks down. Add salt and black pepper to taste; stir in mayonnaise to desired consistency. Place lettuce on a plate; scoop egg mixture on top and garnish with paprika. Serve.

CAPE CODDER

Crow's Nest Lodge

- Ice cubes
- 2 fluid ounces vodka
- 4 fluid ounces cranberry juice
- Half a lime, plus a wedge for garnish

Fill a high ball glass with ice. Pour the vodka and cranberry juice over the ice. Squeeze the juice from the lime half into the drink. Stir gently. Garnish the edge of the glass with the lime wedge. Serve.

CHALLAH

Braided Bread, Glinhaven Monastery

- 2-1/2 C warm water
- 1 TBS active dry yeast
- 1/2 C honey
- 4 TBS vegetable oil
- 3 eggs
- 1 TBS salt
- 8 C unbleached all-purpose flour
- 1 TBS poppy seeds (*optional*)



In a large bowl, sprinkle yeast over warm water. Beat in honey, oil, two of the eggs and salt. Add flour one cup at a time, beating after each addition. On a floured board or surface, knead until dough is smooth and elastic. Add more flour if necessary. Cover with a damp clean cloth and allow to rise for about an hour-and-a-half, or until dough has doubled in size.

Punch down dough; turn out onto floured board or surface. Divide dough in half; knead each half for about five minutes. Add more flour if dough is sticky. Divide each dough half into thirds; roll into long snake about 1-1/2 inches in diameter. Pinch ends of the three snakes together firmly and braid from middle. Place braids on a greased baking sheets; cover with towel and allow to rise for about one hour.

Preheat oven to 375-degrees F. In a bowl, beat the remaining egg and brush over each braid. Sprinkle with poppy seeds if desired. Bake for about forty minutes. Cool for about one hour before slicing. Recipe makes two loaves. **Note:** Challah is typically served on the Sabbath and holidays.

CINNAMON SOUR CREAM COFFEE CAKE

Glinhaven Monastery

Streusel for Coffee Cake:

- 1-1/3 C flour
- 3/4 C light brown sugar, packed
- 1 TBS cinnamon
- 1/2 tsp. nutmeg
- 3/4 C butter, melted

Cake:

- 1/2 C butter at room temperature
- 1 C sugar
- 2 large eggs
- 1 tsp. vanilla extract
- 1 C flour
- 1/2 tsp. baking powder
- 1 tsp. cinnamon
- 1/2 C sour cream (*sub with plain Greek yogurt if desired*)

Streusel: In a bowl, combine together the flour, brown sugar, cinnamon, nutmeg and butter. Mix with a fork until clumps form. Set aside.

Cake: Preheat oven to 350-degrees F. Grease a 9X9-inch baking pan with butter. In a bowl, whisk together flour, baking powder and cinnamon. In another bowl, cream together butter and sugar until light and fluffy, about three to four minutes. Add eggs and vanilla; mix well, scraping the sides of bowl as needed. Stir in the flour mixture and sour cream; mix until well combined. Pour half the cake batter into greased baking pan; spread with a spatula to cover the bottom of pan. Sprinkle half of the cinnamon streusel evenly over the cake batter. Cover with remaining batter; sprinkle top with remaining streusel mixture. Bake for thirty to thirty-five minutes, or until lightly browned and a toothpick inserted in middle comes out with moist crumbs. Cool cake completely before slicing and serving.

CLAPSHOT

Glinhaven Mansion

- 1 LB potatoes, peeled & cut into chunks
- 1 LB turnips, peeled & cut into chunks
- 2 TBS beef drippings, butter or margarine
- 1 small onion, chopped
- Salt & black pepper, to taste
- 1 TBS fresh chives, snipped
- Knob of butter or margarine
- 1 sprig parsley (*for garnish*)

In a large pot full of water, boil potatoes and turnips about fifteen minutes or until tender; drain and return to the pot. Stir over a low heat until mixture is dry. Mash the potatoes and turnips together. In a skillet, melt the drippings, butter or margarine. Add

onion and sauté for about three minutes until soft, but not browned. Add onion mixture to potatoes and turnips; season to taste with salt and black pepper. Stir in the snipped chives and butter; garnish with parsley.

CLOOTIE DUMPLING

Glinhaven Mansion

- Water
- 4 C self-rising flour
- 1-3/4 C dried currants
- 1-2/3 C raisins
- 1/4 LB shredded suet
- 1 C dry breadcrumbs
- 1 C sugar
- 1 egg, lightly beaten
- 1/2 C milk
- 1 tsp. mixed spice (*allspice, cinnamon, nutmeg*)
- 1 tsp. baking powder
- 1 pinch salt
- 1 TBS molasses



Bring a large cooking pot of water to boil. In a large bowl, combine flour, currants, raisins, suet, breadcrumbs and sugar. In another bowl, combine egg and milk with mixed spice, baking powder, salt and molasses. Stir into flour mixture; mix to form a wet dough. Dip a heavy cotton cloth in boiling water; sprinkle with flour. Place dough in the center of cloth; draw opposite corners of cloth together to form a ball, leaving some room for the dumpling to expand. Tie cloth with twine to seal. Place dumpling in the boiling water; reduce heat to a low boil. Cook for about three to four hours, adding more water if necessary. Remove dumpling from the water. Allow to cool before removing the cloth. Place the dumpling in a baking pan and into a 150-degree F oven to dry until dumpling surface is no longer wet. Slice and serve.

CRAB CAKES

Purdy's Cafe

- 2 slices white bread, crusts removed
- 2 TBS mayonnaise
- 2 tsp. Old Bay Seasoning (*see recipe on page 21*)
- 1/8 tsp. cayenne pepper



- 2 tsp. parsley
- 1/2 tsp. prepared yellow mustard
- 1 egg, beaten
- 1 LB fresh lump crabmeat

Break bread into small pieces. Mix in mayonnaise, Old Bay Seasoning, parsley, mustard and egg. Stir in crabmeat. Shape the mixture into patties. Broil for ten minutes without turning or fry until golden-brown on both sides.

CUCUMBER SANDWICHES

Glinhaven Mansion

- 1 medium cucumber, sliced thin
- 1/2 C cider vinegar
- 1 C water
- 8 oz. cream cheese, softened
- 1/4 C mayonnaise
- 1/4 tsp. garlic powder
- 1/4 tsp. onion salt
- Dash Worcestershire sauce
- Bread slices, crusts removed
- Pimento-stuffed green olives, thinly-sliced (*for garnish*)
- Dash of paprika



Score cucumber lengthwise with fork; then slice thin. In medium bowl, combine vinegar and water. Add cucumber slices. Let stand at room temperature for at least thirty minutes; then drain. In the meantime, combine the cream cheese, mayonnaise, garlic powder, onion salt and Worcestershire. Spread two bread slices with cream cheese mixture; top one side with four slices of cucumber, olive slices and paprika. Close sandwich with second slice of bread and cut into squares, if desired. Repeat process with remaining ingredients. **Note:** If preferred, use pumpernickel or rye instead of white bread when making cucumber sandwiches.

DOUBLE MUSHROOM BURGERS

Delaney's Burger Hub, Glinhaven Village

- 2 LBS ground beef
- 1/2 LB mushrooms, sliced thin
- Swiss, Mozzarella or Provolone cheese, sliced

- 1/2 onion, sliced thin
- Salt & black pepper to taste
- 1/2 tsp. garlic powder
- 1 egg, beaten
- 1/4 C breadcrumbs (*use more if needed*)

In a large bowl, combine the hamburger, salt, black pepper and garlic powder. Add the beaten egg; mix into the meat mixture with hands. Add breadcrumbs until the meat is no longer sticky. Shape hamburger patties, forming them to about 1/2" thick. Lay patties flat on a cutting board; push into middle of each patty, making a slight indent. Arrange sliced mushroom, cheese and onion into the indent, pushing farther in. (Do not push all the way through to avoid creating holes). Place another patty on top, making edges as even as possible. Pinch edges carefully, sealing the two patties together with the mushrooms, cheese and onions inside. Either fry, broil or grill the patties until the meat is no longer pink. Substitution: To make sealing the double burgers easier, purchase frozen, pre-shaped patties from the grocery store. Allow to thaw before assembling. **Suggestions:** Serve on a hamburger bun with lettuce and tomato, or serve with French Fries (*see recipe in following pages*).

DUNDEE CAKE

Scottish Fruitcake, Glinhaven Mansion

- 3/4 C butter
- 3/4 C brown sugar
- 3 eggs
- 2 C flour
- 2 tsp. baking powder
- 1 tsp. cinnamon
- 1/2 tsp. ground cloves
- 1/4 tsp. ground nutmeg
- 1-3/4 C sultanas
- 1 C raisins
- 1 C candied cherries, halved
- 3/4 C mixed fruit peel, chopped
- 3/4 C blanched almonds, chopped
- Zest of 1 lemon (grated)
- 2 TBS brandy
- 1 C whole blanched almonds (*for topping*)
- Greaseproof paper



Preheat oven to 325-degrees F. Grease a deep, round cake pan; line base and sides with greaseproof paper and then grease paper. In a bowl, cream together butter and brown sugar until light and fluffy. Add the eggs, one at a time, beating after each addition. In another bowl, sift together flour, baking powder, cinnamon, ground cloves and ground nutmeg. Fold into creamed mixture alternately with remaining ingredients (sultanas, raisins, candied cherries, mixed fruit peel, chopped blanched almonds, lemon zest and brandy), until fully mixed. Pour batter into prepared cake pan; smooth surface and then make a small dip in the center. Garnish top of cake by pressing whole blanched almonds over the entire surface. Bake for about two hours, or until toothpick inserted in cake center comes out dry and clean. Remove from oven. Allow cake to cool in pan for about thirty minutes; transfer to a wire rack to cool completely. Slice and serve. **Storage:** Wrap Dundee Cake in a double layer of aluminum foil; store in a cool place.

EGG-IN-THE-HOLE

Glinhaven Monastery

- 4 slices bread
- 4 eggs
- Butter
- Salt & black pepper to taste



Butter one side of each piece of bread; cut a small circle in the middle of each slice. Place in a heated frying pan, buttered-side down, and butter the other side. Crack open an egg; place in the hole in the bread. Season with salt and black pepper to taste. After the first side of bread is browned, flip over gently to cook the other side. Cook eggs to desired preference (dippy or hard). Remove from skillet and serve.

FISH & CHIPS

Purdy's Cafe

- 1-3/4 C all-purpose flour
- 1 tsp. baking soda
- Salt & black pepper to taste
- 1 TBS white vinegar
- 1 C liquid (1/2 beer, 1/2 water)
- 2 LBS fresh white fish filets (cod or haddock)
- Vegetable oil (for frying)



In a large bowl, mix together the flour, baking soda, salt and black pepper. In a large measuring cup, mix together the white vinegar, beer and water. Make a well in the center of the flour mixture; gradually add liquid in order to form a smooth batter. If mixture is overly thick, add more water as necessary. Allow batter to stand for about one hour. Add vegetable oil to a deep fryer or large heavy skillet (fill about 1/3 up the side). Heat to 375-degrees F over medium heat. Dredge fish filets into extra flour before dipping into batter mixture. Fry fish for three to seven minutes (depending on thickness of filets) or until golden brown in color, turning once to brown both side evenly. Drain cooked filets on paper towels. Recipe makes about six servings. **Substitutions:** Use halibut, pollock or tilapia in place of cod or haddock. **Suggestions:** Serve with French fries ("chips"), coleslaw, lemon wedges, malt vinegar or Tartar Sauce.

FRENCH FRIES

Purdy's Cafe and Delaney's Burger Hub, Glinhaven Village

- 4 large Yukon Gold potatoes, peeled & sliced
- 6 C vegetable oil
- Dollop of butter-flavored Crisco
- Salt to taste

Peel and rinse potatoes. Cut into 1/2" thick slices, then slice diagonally into 1/4" strips. Soak in a bowl of ice water for about twenty minutes to draw out the starch. Drain and repeat. After draining the potatoes a second time, pat dry with paper towels or a dish towel. Heat vegetable oil and Crisco to 375-degrees F in a deep-fryer or deep cooking pot. Add potatoes in small batches and cook until golden, five to six minutes. Remove with a steel slotted spoon; drain on paper towels and season with salt to taste. **Note:** A cooking basket can be used when deep-frying potatoes.

HAM & BEANS

Glinhaven Monastery

- 1 LB dried great Northern beans, soaked overnight
- 1/2 LB cooked ham, chopped into small cubes
- 1/2 C brown sugar
- 1 TBS onion powder
- 1 TBS dried parsley
- 1/2 tsp. garlic salt
- 1/2 tsp. black pepper
- 1/4 tsp. cayenne pepper

- Water to cover

In a slow-cooker, combine together beans, ham, brown sugar, onion powder, parsley, garlic salt, black pepper and cayenne pepper. Pour in enough water to cover the mixture by about two inches. Set slow-cooker to Low; simmer for about twelve hours, stirring occasionally. **Suggestion:** Serve with warmed French bread.

HOT APPLE CIDER

Purdy's Cafe

- 8 C apple juice
- 2 tsp. ground cinnamon (or 2 cinnamon sticks)
- 1/8 tsp. grated nutmeg
- 4 whole cloves
- 1 orange, cut into slices
- 8 cinnamon sticks (optional)
- 1 C whipped cream (optional)

In a saucepan, combine the apple juice, cinnamon, nutmeg, cloves and orange slices; cook over medium heat for about five minutes or until the mixture is hot, stirring occasionally. Strain the apple juice mixture into a pitcher or individual mugs. Garnish with cinnamon sticks and whipped cream, if desired. Serve.

HOT SPICED CHAI TEA

MacDevitt's Books & Java

- 1 (2-inch) piece of fresh ginger, cut into thin rounds
- 2 (3-inch) cinnamon sticks
- 10 whole cloves
- 10 cardamom pods
- 3/4 tsp. whole black peppercorns
- 7 C water
- 6 bags black tea
- 1-1/2 C Half & Half or Coffee Mate
- 1/2 C packed golden brown sugar



Combine ginger, cinnamon sticks, cloves, cardamom, peppercorns and water in medium saucepan. Bring to a boil. Reduce heat to medium; partially cover pan and heat for ten minutes. Add tea bags; steep for five minutes. Remove tea bags. Stir in Half & Half (or

Coffee Mate) and sugar. Heat through. Strain tea into teapot and pour into cups for serving. Makes six servings.

LAMINGTONS

Australian Tea Cakes, Glinhaven Mansion

Cake for Lamingtons:

- 2 C flour
- 4 tsp. baking powder
- 1/8 tsp. salt
- 1/2 C butter, softened to room temperature
- 3/4 C sugar
- 1 tsp. vanilla
- 2 eggs
- 1/2 C milk
- Parchment or waxed paper (*for assembly*)



Icing for Lamingtons:

- 4 C powdered sugar, sifted
- 1/3 C cocoa powder, sifted
- 2 TBS butter, melted
- 1/2 C warm milk
- 1 LB unsweetened dried coconut, shredded

Preheat oven to 375-degrees F. **Cake for Lamingtons:** Grease and flour an 8x12-inch baking pan. In a bowl, sift together the flour, baking powder and salt. Set aside. In another bowl, beat 1/2 cup butter and 3/4 cup sugar with an electric mixer until light and fluffy. Add eggs one at a time, beating in vanilla when adding the second egg. Pour into flour mixture alternately with milk, mixing until just incorporated. Pour batter into prepared pan; bake for about thirty to forty minutes or until a toothpick inserted into the cake comes out clean. Allow cake to stand for about five minutes, and then turn cake onto a wire rack to cool completely. Wrap cake with plastic wrap; store overnight at room temperature. **Icing for Lamingtons:** In a large bowl, combine powdered sugar and cocoa powder. Add melted butter and warm milk; mix well. Cut the cake into twenty-four squares. Place parchment paper or waxed paper on a flat work surface; set a wire rack on paper. Place shredded coconut into a bowl. Dip each cake square into the icing, coating all sides, and then roll in the shredded coconut. Place cakes on the wire rack to dry. Continue until all the lamingtons are coated. Serve. **Note:** Store leftovers in a covered container in the refrigerator.

LOBSTER BISQUE

Glinhaven Mansion

- 1 C chicken broth
- 1 small onion, sliced
- 2 TBS butter
- 2 TBS all-purpose flour
- 2 C milk
- 1/2 tsp. salt
- 1 LB fully cooked lobster meat, cubed
- 1/2 tsp. Worcestershire sauce
- 1 pinch cayenne pepper



In a skillet, combine 1/4 cup chicken broth and sliced onion. Cook over low heat for five to seven minutes, stirring frequently. In a cooking pot, melt butter over medium heat. Slowly whisk in the flour until mixture appears creamy. Gradually pour in 3/4 C chicken broth, whisking constantly. Whisk in milk, salt, onion, lobster meat, Worcestershire sauce and cayenne pepper. Stir in broth and onion mixture. Heat until hot but not boiling (milk will curdle if boiled). Serve.

MANCHET BREAD

Medieval Bread, Glinhaven Monastery

- 1-1/4 C lukewarm water
- 1 TBS yeast
- 3 C flour
- 1 tsp. sugar
- 1/2 tsp. salt
- 4 TBS butter, softened
- Egg wash (*one or two beaten eggs mixed with water*)



In a small saucepan, dissolve the yeast in half the lukewarm water. In a large bowl, mix the flour, sugar and salt. Create a well in the flour mixture; add butter and remaining water. Mix well. If the dough is too sticky to knead, add more flour as necessary. Knead dough for about ten minutes, or until smooth and elastic. Place dough into a greased bowl; cover with a cloth. Allow the dough to rise for 1 to 1-1/2 hours, or until it has doubled in size. Punch down dough and shape into flat, round loaves. Place loaves on a greased baking sheet; cover with a cloth. Allow the loaves to rise for about forty-five

minutes, or until they are double in size. Brush loaves with egg wash; slash tops and prick with a fork. Bake at 375-degrees F for thirty-five to forty minutes. Allow to cool before slicing. **Trivia:** *Manchet, manchette or michette (French), is a wheaten yeast bread of very good quality, or a small flat circular loaf of same. It was a bread that was small enough to be held in the hand or glove. One of the first recipes printed in English for Manchet Breads comes from 1588 and the recipe book "The Good Huswives Handmaide" by an unknown author. Data Source: Wikipedia.*

MEATLOAF

Cam MacDevitt

- 1 LB ground beef
- 1 egg
- Crushed soda crackers or fine breadcrumbs (*so meat is not sticky*)
- 1/2 onion, peeled & minced
- 1 stalk celery, sliced thin
- 2 carrots, shredded
- 2 cloves of garlic, peeled & minced
- Spices to taste: parsley, salt & black pepper
- 1 can (8 oz.) tomato sauce
- 4 strips raw bacon, cut in half
- Nonstick cooking spray

Preheat oven to 350-degrees F. In a bowl, mix together the first eight items. Shape into a loaf pan after coating pan with nonstick spray. Pour tomato sauce over the top; also place the bacon strips evenly on top. Bake uncovered for about one hour, or until meat is no longer pink. Slice and serve. **Note:** Because of the tomato sauce, the meat may still seem red; cut a small piece off one end to check for doneness.

MINCE & TATTIES

*Served at Piper's Christmas Dinner at the Glinhaven Mansion.
Catered by Rudeigin Bòidheach (Something Delicious)*

Mince:

- 1 LB lean ground beef
- 1 onion, finely chopped
- 2 medium garlic cloves, minced
- 2 TBS cornstarch
- 1/4 C red wine



- 1 C beef broth
- 2 medium carrots, peeled & chopped small
- 1 C peas (*fresh or frozen*)
- 2 TBS Worcestershire sauce

Potatoes:

- 4 large russet potatoes, peeled & cut into quarters
- 1 tsp. salt
- 2 TBS unsalted butter
- 1/2 C milk
- 1/2 tsp. black pepper
- Fresh parsley, chopped (*for garnish*)

Mince: In a skillet, brown ground beef over medium-high heat. Add onions; cook for a few minutes or until onions begin to soften but not brown. Add minced garlic and cook; stirring for one or two minutes. Add wine. Deglaze the pan by scraping bottom with spoon. Allow the wine to reduce by half. Sprinkle cornstarch over beef mixture; stir to dissolve cornstarch lumps. Slowly add beef broth, stirring constantly. Bring mixture to a boil, and then reduce heat to low. Simmer, uncovered, for about twenty minutes or until sauce thickens and reduces slightly. Add carrots, peas and Worcestershire sauce. Cook for an additional fifteen to twenty minutes, or until carrots are tender. Season with salt and black pepper.

Potatoes: Place quartered potatoes in a large saucepan; cover with cold water and add salt. Bring to a boil over high heat; then reduce heat to simmer and cook an additional twenty to twenty-five minutes until tender. Drain water and allow potatoes to dry in strainer, but do not rinse. Meanwhile, add milk and butter to saucepan and cook over low heat until milk has warmed through and butter has melted. Return potatoes to saucepan with the milk and butter mixture; mash together until reaching desired consistency. Season with salt and black pepper.

Serve the mince over tatties; garnish with chopped fresh parsley if desired.

NEW ENGLAND CLAM CHOWDER

Purdy's Cafe

- 1 quart clams
- 3 C water
- 2 slices of salt pork, chopped

- 1 medium onion, sliced
- 4 medium potatoes, peeled & cubed
- 3 TBS butter
- 1-3/4 C half-and-half
- 1 TBS salt
- Black pepper to taste
- Fresh parsley, chopped (*for garnish*)



Combine the clams and water in a large cooking pot; heat to a boil. Drain the clams, reserving the broth. Chop the clams into small pieces; set aside. In a frying pan, cook the salt pork until it is lightly browned. Stir in the onion, and cook until translucent. Transfer the cooked salt pork and onions back into the large cooking pot; mix in the clam broth and potatoes. Simmer, stirring occasionally, until the potatoes are tender. Then mix in the butter, Half-and-Half, salt, black pepper and clams. Heat but don't boil; serve immediately. Garnish with chopped parsley.

OLD BAY SEASONING MIX

Purdy's Cafe; see "Crab Cakes" on page 11

- 1 TBS ground bay leaves
- 2-1/2 tsp. celery salt
- 1-1/2 tsp. dry mustard
- 1-1/2 tsp. ground black pepper
- 3/4 tsp. ground nutmeg
- 1/2 tsp. ground cloves
- 1/2 tsp. ground ginger
- 1/2 tsp. paprika
- 1/2 tsp. red pepper
- 1/4 tsp. ground mace
- 1/4 tsp. ground cardamom

Combine ingredients in a bowl; mix well. Store in a sealable container in a dry place.
Uses: As a rub for most seafood, including crab, lobster and shrimp.

PAN-FRIED CRUSTED SOLE

Glinhaven Mansion

- 1 TBS lemon juice
- 2 large eggs

- 3/4 C plain breadcrumbs
- 1 tsp. fresh thyme or 1/2 tsp. dried thyme
- 1/4 tsp. each of salt and black pepper (*or to taste*)
- 4 (8 oz.) sole fillets
- 2 TBS olive oil
- 2 TBS unsalted butter

Sprinkle fish pieces with lemon juice; set aside. In a bowl, beat eggs with a whisk. In another bowl, combine breadcrumbs, thyme, salt and black pepper. Place sole pieces into the dry mixture, and then dip into eggs, and back again into dry mixture, patting on crumbs. In a skillet, heat 1 tablespoon each of olive oil and unsalted butter over medium-high. When butter melts, add two pieces of fish and cook, turning once, until golden (about six minutes). Add remaining olive oil and butter to skillet; repeat process with remaining fish. Serve.

POTTED SHRIMP

Glinhaven Mansion

- 1 LB unsalted butter
- 1/4 C shallots, finely chopped
- Dash nutmeg
- Dash cayenne pepper
- 1 anchovy filet
- 1 TBS lemon juice
- 1 LB small shrimp, shelled & coarsely chopped
- Salt & black pepper to taste
- 2 sprigs fresh thyme
- Buttered toast

In a skillet over medium heat, melt 1/2 cup of unsalted butter with finely chopped shallots; stir frequently until shallots become translucent, about five minutes. Add nutmeg, cayenne pepper, anchovy filet and lemon juice; continue to cook and stir for another minute. Add chopped shrimp and cook, stirring often, until shrimps are pink, about five minutes. Remove skillet from heat; season with salt and black pepper to taste. Using a slotted spoon, divide shrimp between ramekins; divide remaining liquid on top of the shrimp, pressing down to submerge the shrimp. Divide remaining butter between ramekins, making sure shrimps do not break the surface. Scatter thyme over the butter layer. Place potted shrimp in refrigerator until butter sets, about thirty minutes. Remove

ramekins from refrigerator and allow to come to room temperature before serving.

Suggestion: Serve with buttered toast.

PUMPKIN COFFEE CAKE

Glinhaven Monastery

Coffee Cake:

- 2 C flour
- 3/4 C sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1 TBS pumpkin pie spice
- 1 C pumpkin puree
- 1/4 C vegetable oil
- 1 tsp. vanilla
- 1/2 C nonfat milk
- Nonstick cooking spray

Streusel:

- 1/4 C unsalted butter, melted
- 1/4 C flour
- 1 C brown sugar
- 1 TBS cinnamon
- Pinch of salt

Coffee Cake: Preheat oven to 350-degrees F. Coat a 9x9-inch baking pan with nonstick cooking spray; set aside. In a bowl, mix together flour, sugar, baking powder, salt and pumpkin pie spice; whisk to combine. Stir in the pumpkin puree, vegetable oil, vanilla and milk until mixed. Pour into the prepared pan; set aside.

Streusel: In a bowl, mix melted butter with 1/4 cup flour, brown sugar, cinnamon and salt; stir with a fork to combine. Spread mixture on top of pumpkin cake layer in baking pan. Bake for thirty to forty minutes, or until a toothpick inserted comes out clean.

Storage: Coffee cake can be placed covered on the counter for up to two days; or it can be frozen for up to one month.

QUICK TOMATO SAUCE

Piper Mochrie Hunt

- 2 small cans tomato sauce
- 1 small can sliced black olives, drained
- Olive oil
- Parsley
- Garlic powder
- Parmesan cheese

Combine all ingredients in a saucepan and heat until hot, stirring frequently. Ladle desired amount over favorite cooked pasta.

RED VELVET CAKE

Glinhaven Mansion

- 1/2 C unsalted butter, softened
- 1-1/2 C sugar
- 2 eggs
- 2 TBS unsweetened cocoa powder
- 2 TBS brewed coffee
- 1 TBS red food coloring
- 1 C buttermilk
- 1 tsp. baking soda
- 2 C flour
- 1 tsp. salt
- White or cream cheese frosting
- Sliced almonds (*for garnish*)



Preheat oven to 325-degrees F. Grease and flour two 8-inch round cake pans. Cream the butter in a large bowl until fluffy; add sugar and beat until smooth. Add eggs, one at a time, and beat well. Add cocoa, coffee and coloring; beat to mix. Set aside. Whisk the buttermilk and baking soda together in a small bowl; set aside. Sift flour and salt together in a small bowl; add to the creamed butter mixture alternately with buttermilk mixture, beating gently with each addition. Pour batter into prepared cake pans. Bake thirty-five to forty minutes, or until toothpick inserted in middle of each cakes comes out clean. Cool in pans for fifteen minutes. Remove cake from pans and cool completely. Spread frosting between layers of cake and over surface. Sprinkle sliced almonds on top for garnish. Slice and serve.

RUMBLEDTUMPS

Glinhaven Mansion

- 1 LB potatoes
- Water
- 1 LB cabbage, kale or spring greens
- 1 onion (or whites of 2 leeks), finely chopped
- 1/2 cube butter (4 TBS)
- 2 TBS cream
- 1/2 C cheddar cheese, grated
- Fresh chives, chopped
- Salt & black pepper to taste



Peel and thick-slice potatoes; add to a cooking pot of lightly-salted boiling water. Cook for about twenty-five minutes or until potatoes are tender; drain. Place potatoes in a bowl and mash; set aside. Slice cabbage; add to a cooking pot of lightly-salted boiling water. Boil gently until just tender, about eight minutes. Drain and set aside. Add butter and onions (or leeks) to a skillet; cook onions or leeks until tender, about six minutes. In a bowl, mix onions or leeks with the cooked cabbage and mashed potatoes. Add the cream and chives; season with salt and black pepper to taste. Beat mixture together until light and creamy in appearance and texture. Place mixture in a greased baking dish; sprinkle grated cheddar cheese on top. Cook under a broiler until cheese melts and top of casserole browns. Serve. **Note:** *Rumbledthumps* can be served as an entrée or side dish. **Trivia:** The name *Rumbledthumps* is derived from the terms "mixed together" (*rumbled*) and "bashed together" (*thumped*).

RUSSIAN TEA BALLS

Glinhaven Mansion

- 2 C Crisco Mix (see below)
- 1 TBS orange juice
- 1/2 C powdered sugar
- 3/4 C chopped nuts



Crisco Mix for Russian Tea Balls:

- 1 TBS salt
- 6 C flour
- 1 pound Crisco shortening

In a large bowl, combine all ingredients (except powdered sugar). Mix well. Form dough into one-inch balls; place on an un-greased cookie sheet and bake at 375-degrees F for twelve to fifteen minutes. While hot, roll in powdered sugar and serve.

SCALLOPED POTATOES

Glinhaven Mansion

- 1/2 C onion, chopped
- 1 tsp. minced garlic
- 4 TBS butter or margarine
- 3 TBS flour
- Salt & black pepper to taste
- 2-1/2 C milk
- 5 or 6 medium potatoes, peeled, rinsed & sliced thin
- Butter-flavored nonstick cooking spray
- Dried parsley for garnish



Preheat oven to 350-degrees F. In a large skillet, sauté the onions and garlic in butter. Stir in flour, salt and black pepper. Gradually add the milk, stirring constantly. Add more milk if necessary to adjust the thickness of the sauce. Bring to a boil, stirring constantly until sauce thickens. Remove from heat and set aside. Coat a casserole dish with a butter-flavored nonstick cooking spray. Place potato slices in a single layer or slightly overlapped on the bottom of casserole dish; season with salt and black pepper if desired. Pour half the sauce on top; spread evenly. Repeat layer with remaining potato slices; spread the rest of the sauce on top layer. Sprinkle a few pinches of dried parsley on top for garnish. Bake uncovered for one hour or until potatoes are tender but not overly soft. Serve.

SCOTCH TRIFLE ("Topsy Laird")

*Served at Piper's Christmas Dinner at the Glinhaven Mansion.
Catered by Rudeigin Bòidheach (Something Delicious)*

Custard:

- 2-2/3 C half and half
- 6 egg yolks
- 3/4 C dark brown sugar, firmly packed
- 3 TBS flour
- 1-1/2 tsp. vanilla



- 1 C plus 2 TBS whipping cream, chilled
- 1-1/4 tsp. instant espresso powder or instant coffee
- 3 TBS Scotch whisky

Trifle:

- 1 frozen pound cake (1 LB), thawed & cut into 3/4-inch cubes
- 6 TBS Scotch whisky
- 1 C raspberry jam
- 2-1/2-pints fresh raspberries or 2 bags (12 oz. each) frozen unsweetened raspberries, thawed
- 2 large bananas, peeled, halved lengthwise & sliced
- 2 C whipping cream, chilled
- 3 TBS sugar
- 3 TBS Scotch whisky
- 1-1/2-pint fresh raspberries
- Semisweet chocolate, curled or grated
- Sprinkles

Custard: Scald half and half in a heavy saucepan. Whisk egg yolks, sugar and flour in the top of a double boiler until smooth. Gradually whisk in the hot half and half. Set over boiling water and stir until custard is thick, about six minutes. Set top of double boiler over ice and chill custard, whisking occasionally. Mix in the vanilla. Combine whipping cream and espresso powder in a bowl; stir until powder dissolves. Beat to firm peaks. Add Scotch whisky and beat until firm. Fold cream mixture into cold custard. **Note:** Mixture can be prepared one day ahead; simply cover and refrigerate.

Trifle: Place half of the pound cake cubes into a trifle bowl or glass bowl. Sprinkle with 3 tablespoons of Scotch whisky and toss. Heat jam in a heavy saucepan until pourable; spoon half of jam over cake and spread. Top with half of custard. Top with one pint of raspberries, making sure some of the berries show at the sides of bowl. Top with half of the bananas. Place remaining pound cake cubes in another bowl. Sprinkle with 3 tablespoons Scotch whisky and toss. Layer fruit over. Spoon remaining jam over and spread. Top with remaining custard, then with 1 pint of raspberries and remaining banana. Cover and refrigerate until set, at least three 3 hours. **Note:** Mixture can be prepared one day ahead; cover and refrigerate. Place cream and sugar in another bowl and whip to stiff peaks. Add 3 tablespoons Scotch whisky; beat to firm peaks. Mound cream on top of trifle. Garnish with fresh raspberries and chocolate, or sprinkles.

SCOTTISH SCONES

Glinhaven Mansion

- 1-3/4 C flour
- 4 tsp. baking powder
- 1/4 C sugar
- 1/8 tsp. salt
- 5 TBS unsalted butter
- 1/2 C dried currants or raisins
- 1/2 C milk
- 1/4 C sour cream
- 1 egg
- 1 TBS milk



Preheat the oven to 400-degrees F. In a large bowl, sift together the flour, baking powder, sugar and salt. Cut in the butter using a pastry blender; stir in the currants or raisins. Mix together 1/2 cup milk and sour cream in a measuring cup. Pour all at once into dry ingredients; stir gently until well blended. Do not over-work dough. With floured hands, pat scone dough into balls 2 to 3 inches across. Place onto a greased baking sheet; flatten lightly so that the scones barely touch each other. In another bowl, whisk together the egg and 1 tablespoon of milk. Brush tops of the scones with the egg wash; allow them to rest for about ten minutes. Bake for ten to fifteen minutes, or until the tops are golden brown. Slice each scone apart in half. Suggestions: Serve with butter, clotted cream or preserves.

SCOTTISH SHORTBREAD

Glinhaven Mansion

- 8 oz. (1 C) butter
- Pinch of salt
- 1/2 C sugar (*extra for sprinkling, optional*)
- 2 C all-purpose flour (*extra for dusting*)
- 3.5 oz. (7 TBS) cornstarch
- 2 large sheets of parchment paper
- Nonstick cooking spray



Preheat oven to 325-degrees F. In a large bowl, cream together butter, salt and sugar until pale and fluffy. In a separate bowl, whisk together the flour and cornstarch; sift into the butter and sugar mixture. Combine ingredients well, but do not over-mix. Place

mixture on a lightly-floured, flat surface. Knead lightly to form a dough. Roll out to 1/4" thick between two sheets of parchment paper. Prick surface all over with a fork; cut into rounds using a cookie cutter. Place rounds on a baking sheet lightly coated with nonstick cooking spray. Bake for about twenty-five minutes, or until light brown. Sprinkle shortbreads with sugar and allow to cool on a wire rack. **Storage:** Keep in an airtight container.

SHEPHERD'S PIE

Glinhaven Monastery

- 1 LB lean hamburger
- 1/2 onion, peeled & minced
- 1 can cream corn
- 3 to 4 potatoes, cooked, skinned & mashed
- 1/3 C milk
- 2 TBS butter
- Salt & black pepper to taste
- 1/2 C cheddar cheese, grated



Fry the hamburger with the minced onion in a skillet; drain. Spread cooked hamburger and onion evenly on the bottom of a greased baking dish. Pour the creamed corn on top, spreading evenly. Mash the potatoes using the milk, butter, salt and black pepper. Spread the mashed potatoes over the top of the dish, similar to icing a cake. Sprinkle cheddar cheese on top of the potatoes. Bake covered with foil at 350-degrees F until heated through and cheese is melted. Cut into squares and serve.

SODA BREAD

Glinhaven Mansion

- 2 C flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1/4 tsp. cream of tartar
- 3 TBS. butter
- 1 beaten egg
- 3/4 C buttermilk
- 1 additional egg for glaze

In a bowl, combine flour, baking powder and soda, salt and cream of tartar. Cut in butter until the mixture resembles coarse crumbs. Combine one egg and buttermilk; add to flour mixture. Stir just until moistened. On a lightly floured surface, knead the dough gently for twelve strokes. In a greased baking dish, shape dough into a 6" round loaf. With a sharp knife, cut a 4" slit across the top, 1/4" deep. Brush with another beaten egg. Bake at 375-degrees for thirty-five to forty minutes, or until golden. Cool on a rack.

SPINACH & CHEDDAR SALAD

Glinhaven Mansion

- 1 (10 oz.) bag baby spinach leaves or torn spinach leaves, washed
- 1 C (4 oz.) smoked or sharp cheese, shredded or finely diced
- 1/3 C packaged real bacon bits
- 1/4 C thin red onion rings or strips
- 1/4 C radishes, thinly sliced (*optional*)
- 1/3 C bottled red wine or raspberry vinaigrette salad dressing
- 1 hard-cooked egg, chopped (*optional*)
- 1/2 C herb or garlic croutons
- Freshly ground black pepper (*optional*)

In a large bowl, combine spinach, cheese, bacon bits, red onion, and radishes. Add dressing; toss well to coat and transfer to serving plates. Top with egg and croutons. Serve with freshly ground black pepper. Recipe makes four side dish or two meatless main dish servings.

TICHENILLES

Italian Pepper Biscotti/Glinhaven Mansion

- 1 C olive oil
- 1 C water
- 1 tsp. salt
- 1 heaping tsp. black pepper
- 2 tsp. fennel seed
- 1 TBS baking powder
- 3 C all-purpose flour
- 1 egg, lightly beaten
- Parchment paper

Preheat oven to 375-degrees F. Line two cookie sheets with parchment paper. In a bowl, mix together olive oil, water, fennel seed, salt and black pepper. Add flour and baking powder. Work the dough until oily and smooth. If the dough appears too sticky, add a bit more flour. Pinch off 2" pieces of dough. Flour hands and roll the dough pieces into cigar-shapes, approximately 8" in length. Form the dough lengths into "U" shapes, and then criss-cross to braid. Place dough braids on cookie sheets; brush each braid with beaten egg. Bake for forty minutes, rotating cookie sheets halfway through cooking time. Bake braids until golden in color, with crisp bottoms. Cool on a rack; serve. Note: Tichenilles can be stored in a dry, air-tight container for up to one month.

TWEED KETTLE

Salmon Hash, Glinhaven Mansion

- 2 LBS fresh salmon
- Water
- Salt & black pepper to taste
- 1 shallot, chopped
- 1 pinch ground mace
- 1/2 C dry white wine
- 2 TBS butter
- 1/2 C button mushrooms, chopped
- Fresh parsley, chopped

Place salmon in a large pan; barely cover with water. Slowly bring to a boil; simmer gently for about three minutes. Remove salmon from the pan; reserve broth. Skin salmon and remove bones. Cut salmon into cubes. Return cubed salmon to reserved broth in large pan; season with salt and black pepper to taste. Add ground mace and chopped shallot. Stir in wine. Bring mixture to a boil; cover and simmer for about fifteen minutes. In another pan, sauté mushrooms in butter until soft. Add to salmon and broth mixture. Simmer for another five minutes; garnish with chopped parsley and serve. **Note:** Recipe named after the River Tweed near Tweedsmuir in the Scottish Borders region, famous for its salmon. *Tweed Kettle* was highly popular in 19th-century Edinburgh.

VANILLA ALMOND LATTE

MacDevitt's Books & Java

- 2 C vanilla-flavored almond milk
- 2 coffee cups of instant espresso-style coffee, each 1/2 full
- Pinch cocoa (*optional*)

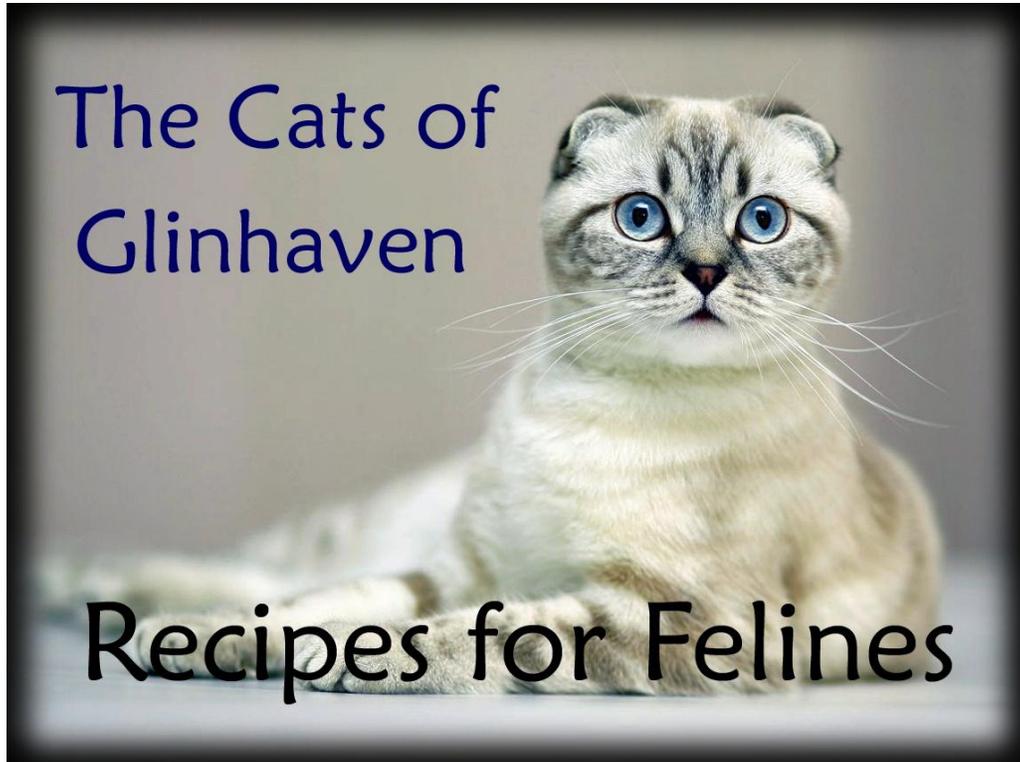
Warm milk in a saucepan or heat in the microwave. Insert whip or blender into warmed almond milk; whip until milk becomes a dense foam. Prepare espresso-style coffee according to package instructions, filling each mug halfway. Divide foamed milk among the mugs and into the coffee. Dust each mug with a pinch of cocoa, if desired.

VANILLA BEAN ICE CREAM

Glinhaven Mansion

- 2 C whole milk
- 1 TBS plus 1 tsp. cornstarch
- 1-1/2 ounces cream cheese, softened (*about 3 TBS*)
- 1-1/4 C heavy cream
- 2/3 C sugar
- 1-1/2 TBS light corn syrup
- 1 vanilla bean, split and seeds scraped
- 1/8 tsp. kosher salt
- Plastic wrap

Fill a large bowl with ice water. In another bowl, mix two tablespoons of the milk with cornstarch. In another bowl, whisk the cream cheese until smooth. In a large saucepan, combine the remaining milk with the heavy cream, sugar, corn syrup and vanilla bean and seeds. Bring milk mixture to a boil; cook over moderate heat until sugar dissolves and the vanilla flavors the milk, about four minutes. Remove from heat; gradually whisk in the cornstarch mixture. Return to a boil and cook over moderately high heat until mixture is slightly thickened, about one minute. Gradually whisk hot milk mixture into the cream cheese until smooth; whisk in salt. Set bowl in the ice water bath and allow to stand until cold, stirring occasionally, for about twenty minutes. Strain the ice cream base into an ice cream maker; freeze according to the manufacturer's instructions. Pack the ice cream into a plastic container. Press a sheet of plastic wrap directly onto the surface of the ice cream and close with an airtight lid. Freeze vanilla ice cream until firm, about four hours.



Glinhaven, Massachusetts was settled by Scottish immigrants in 1656. More than three hundred years later, a new breed of cats known as Scottish Folds were introduced to the community by Edmund Glinhaven after one of his many business trips to Scotland. Several members of the unique breed occupy the fictional setting of Glinhaven Village and its environs. The local monastery is also a sanctuary for cats, most specifically Scottish Folds, but also houses those with special needs, such as felines with missing limbs, eyes, neurological disorders and all other physical and genetic impairments.

The resident cats at Glinhaven Monastery include Beto, Bridget, Elise, Mr. Huang, Jeto, Johnny Cake, Magda, Matilda, Milo, Pepita, St. Ignatius, Susie and Sydney.

Moggy Malone Mochrie and her son Sith Mochrie (fathered by Milo from the monastery) are the only two feline occupants of The Thistle curio shop in Glinhaven Village.

The Cats of Glinhaven: Recipes for Felines

Please Note: The following recipes can be prepared as an occasional treat for cats, but are not intended to replace their daily diets or to address their essential nutritional needs. Use and preparation of the following recipes are done so at the behest of the pet owner. **Recommended:** Add multi-purpose feline vitamins in the preparation of dishes on this page to provide optimum nutrition for your cat (s). Use a mortar and pestle to crush the vitamins into a fine powder, and then mix well with the other ingredients.

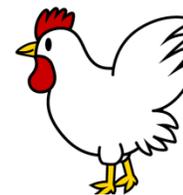
BEEFY CAT DINNER

- 1/2 C raw beef, fat trimmed
- 1 TBS beef broth
- 2 TBS cooked oatmeal
- 1 carrot
- 1 multi-purpose feline vitamin, ground fine

In a small cooking pot, combine beef broth and raw beef. Make sure there is enough broth to just cover the meat. Simmer over low to medium heat until beef is thoroughly cooked. Allow to cool. Remove beef and shred with a fork, and then return to broth. Clean and peel one medium carrot, cutting off root end and tip. In a small cooking pot, boil the carrot until soft. Allow to cool, and then cut carrot into small pieces. Add to beef and broth mixture, and stir in crushed vitamin. Add the oatmeal and mix well. Serve. Store unused portions in a covered container in the refrigerator.

CHICKEN & CHEESE

- 1 chicken bouillon cube
- Leftover chicken, boned & shredded
- Mild cheddar cheese, grated
- 1/2 C warm water
- 1 multi-purpose feline vitamin, ground fine



In a bowl, pour warm water over bouillon cube; stir to dissolve. Add crushed vitamin. Stir. Add shredded chicken; stir again. Sprinkle with grated cheddar cheese. Refrigerate unused portions.

CORNY CAT BISCUITS

- 1 can (6 ounces) tuna, un-drained
- 1 C cornmeal
- 1 C flour
- 1/3 C water
- 1 multi-purpose feline vitamin, ground fine

Preheat the oven to 350-degrees F. In a bowl, mix all ingredients (including crushed vitamin) thoroughly with hands. Roll out to 1/4" thickness and then cut into treat-sized pieces. Place on a greased cookie sheet. Bake for about twenty minutes or until golden. Allow to cool before serving.

FISH BALLS

- 3 baby carrots, cooked until soft
- 1 can (16 ounces) tuna in olive oil, drained
- 2 ounces cooked herring, skin removed
- 2 TBS whole-grain breadcrumbs or oatmeal
- 2 or 3 TBS cheddar or mozzarella cheese, grated
- 2 tsp. brewer's yeast
- Pinch of chopped catnip
- 1 egg, beaten
- 2 TBS tomato paste
- 1 multi-purpose feline vitamin, ground fine

Preheat oven to 350-degrees F. In a bowl, mash together carrots with the fish, crushed vitamin, breadcrumbs or oatmeal, cheese, brewer's yeast, catnip, egg and tomato paste. Mold mixture into small balls the size of a walnut. Place balls on a greased cookie sheet. Bake for fifteen to twenty minutes, or until balls are firm and golden brown. Allow to cool completely before serving. Refrigerate unused portions.

FISH CUSTARD

- 1 C leftover cooked fish, shredded
- 1/2 C warm water
- 1/2 C plain breadcrumbs
- 1 multi-purpose feline vitamin, ground fine



Combine all ingredients (including crushed vitamin) in a saucepan. Cook over medium-low heat, stirring frequently, about one or two minutes. Allow mixture to cool before serving. Refrigerate unused portions.

KIKI KEDGEREE

- 1 C cooked white or brown rice
- 1 TBS margarine
- 1 can (3 oz.) tuna or smoked mackerel, skinned & boned
- 1/2 hard-cooked egg, shelled & finely chopped

- 1 egg yolk
- 1/2 TBS cream
- 1 multi-purpose feline vitamin, ground fine

Cook the rice according to package directions, set aside. In a small pan, melt the margarine and fry the tuna or mackerel and the hard-cooked egg over low heat, stirring constantly. Mix in the rice, and stir until heated through. Blend in the egg yolk, cream and crushed vitamin. Allow to cool. Serve. Store unused portions in a covered container in the refrigerator.

SARDINE CHICKEN

- 1 can sardines in olive oil
- 1/4 C breadcrumbs
- 1 egg, beaten
- 1/2 tsp. yeast
- 2 fully cooked chicken drumsticks, de-boned
- 1 multi-purpose feline vitamin, ground fine

Drain the sardines, but reserve olive oil. In a bowl, mash the sardines. Mix in the breadcrumbs, egg and yeast. Coat the chicken drumsticks evenly in the mixture. Heat reserved olive oil in a frying pan; add coated drumsticks and fry, turning frequently, until lightly browned. Remove from heat and allow to cool. Chop chicken into small pieces, mix in the crushed vitamin. Serve. Store unused portions in a covered container in the refrigerator.

TROUT PATE

- 1 egg yolk
- 1 small trout fillet
- 3 TBS oatmeal
- 1 TBS olive oil
- Cream
- 1 multi-purpose feline vitamin, ground fine



Preheat oven to 350-degrees F. In a bowl, beat the egg yolk. Dip the fillet in the egg yolk mixture, and then coat with oatmeal. Place fillet in small baking dish coated with olive oil. Bake for fifteen minutes, turn over, and then bake an additional fifteen minutes. Remove from baking dish and allow to cool. Place fillet in a bowl and add crushed vitamin. Mash mixture with a fork until it resembles a fine pate. If the mixture appears

dry, add a dash of cream. Serve. Store unused portions in a covered container in the refrigerator.

TUNA BITES

- 1 can (6 oz.) tuna in water
- 1/4 C liquid drained from tuna
- 3 TBS cooked egg white, chopped
- 1/4 C cornmeal
- 1/2 C wheat flour
- 1 multi-purpose feline vitamin, ground fine

Preheat oven to 350-degrees F. Combine the tuna, egg white, crushed vitamin and water. Add the cornmeal and flour; blend to form dough. Knead into a ball and roll to 1/4-inch thick, and then cut into 1/2-inch size pieces. Bake for twenty minutes. Store unused portions in a covered container in the refrigerator.

TURKEY & RICE

- 2 C uncooked white or brown rice
- 4 C water
- 2 LBS uncooked ground turkey
- Pinch of salt
- 2 or 3 feline multi-vitamins, ground fine
- 1 or 2 eggs, scrambled (*microwave*)
- 1 TBS milk



Using a steamer with an overhead basket, add rice to the base with water and a pinch of salt. Place ground turkey in the basket and then return basket over the base. Cook for twenty to thirty minutes covered; allow the dish to cool before handling. Chop the turkey into bite-sized pieces, and mix in with the rice. Stir in the ground vitamins, mix well. Whisk the eggs in a microwave-safe bowl. Add one tablespoon of milk; whisk again. Cook in microwave in thirty-second increments, stirring each time, until light and fluffy. Chop cooked eggs and fold into meat and rice mixture. Since the turkey is cooked over the rice, juices from the meat also flavor the dish, which cats love. Serve to felines tepid; refrigerate unused portions. **Meat Substitutions:** Ground chicken, or chicken breast, steamed until fully cooked and then cut into bite-sized pieces.

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Moggy Malone Mochrie

ABOUT SCOTTISH FOOD

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❖ SCOTTISH FOOD FACTS

The food of Scotland is distinctive, and often based on traditional recipes. Many of the dishes in Scotland are also common to the rest of the British Isles. For example, *Colcannon* is an Irish dish but is also prevalent in Scotland. As with most countries, the cuisine can frequently be based on imported foodstuffs, but it is the natural products of the land which determines the basis of the native food culture.

Scotland has always been a food-producing country even though at one time only one-fourth of the country was cultivated. The climate is wetter and colder in Scotland than in neighboring England, so crops and fruits rarely reach English "perfection." However, Scottish districts such as Clydesdale, Angus, and Moray are extremely fertile. Scots are known for farming with great skill and ingenuity. In the 16th century, when the population was much smaller, resources were more plentiful. The forests were full of game, while rivers and lochs teemed with fish. Sheep were mainly used for wool, while cows were valued for their output of milk (yielding butter as well). Oat and barley crops provided the staple breads, although in later years the grains were gradually replaced with the more popular oatmeal.

Fish has long been a staple of the Scottish diet, especially salmon. In the 17th-century, Dutch fishermen came to Scotland's coasts near the Firth of Forth on a yearly basis to fish. Shell fish and seaweed were typical food items in the 18th-century. Despite the wealth of mutton and beef in the land of the Scots (most notably Angus-Aberdeen beef), its natives have never been particularly over-zealous meat-eaters. Other seafood includes mussels, scallops, shrimp, lobster and crabs.

At one time pork was disliked as "swine's flesh," but in the 1730's in the Kingdom of Fife, a dish made with rabbit and pickled pork became a favorite. In the Lowlands, rabbit was also popular. In the 13th-century, a "rabbit warren and its warrener" became part of every burgh. Poultry dishes included capons, geese, and barnyard fowl. Game birds consisted of pheasant, partridge and wood pigeon. Common vegetables included potatoes, carrots, turnips, cabbages and cauliflower.

In the 16th-century, a typical Scottish home was called a "but and ben" (two-roomed cottage). The "but" was the kitchen end of the house, which contained an *aumry* (a cupboard where milk and other provisions were kept). Above this would be a *skelf* (a

frame made of wood with shelves where crockery and eating utensils were arranged) and a *kist* (chest containing the family's clothing). Also in the "but" end of the house was a box-type bed built into the wall; a *muckle* chair (a wooden chair with arms for the man), and "stools" and "creepies" for the woman and children. There would also be a plunge-churn, a spinning-wheel, a barrel each of oatmeal and salt fish, and a "cruisie" (lantern). Cooking was usually done over an open hearth. *Cottage Bread* (made mainly with barley), mashlum bannocks and oat cakes were baked on the griddle in a thin, round plate of malleable cast iron. Another typical cooking tool was the "kail-pot" (which was a round iron pot with three legs) where porridge was cooked. Oatcakes were finished on a toasting stone once removed from the griddle.

Typical meals in Scotland during the early 1800's consisted of game or fish boiled over a peat fire, along with barley bannocks and oatcakes, cheese and butter, potatoes, oatmeal boiled in water ("brochan"); wild fruit and wild herbs and honey. Mutton or venison broth was also a staple, often thickened with oatmeal and flavored with wild herbs. Other foods were boiled ham, sweet scones, chop-steak stew (known as *soos*), hen broth, crab pie and of course, the famous haggis. Breakfast in Scotland was once described by Faujas de St. Fond as "plates of smoked beef, kippered Tay salmon, cheese of the country and English cheese, fresh eggs, salted herrings, butter, milk and cream; oatmeal and water eaten with spoonfuls of cream, egg yolks, sugar and rum; currant jelly, tea, coffee; three kinds of bread - sea biscuit, oatmeal cakes and thin barley cakes."

Tea in Scotland was introduced by Mary Modena, wife of James VII and II of Scotland and England, respectively. Tea was initially denounced by both medical men and clergy. Acceptance was slow to be established, but by 1750 tea was an integral part of Scottish society and tradition.

❖ COMMON SCOTTISH DISHES

- **Aberdeen Rolls** (*Butteries* or *Rowies*): Commonly compared with croissants, Aberdeen Rolls are round and golden in color when cooked.
- **Arbroath Smokie**: Consists of wood-smoked haddock; mainly produced in the East coast fishing town of Arbroath.
- **Bannocks**: Also known as oatcakes, the griddle-cooked biscuits are made from barley-oat flour. Today, bannocks are most often eaten with cheese.
- **Berwick Cockles**: White and red-striped crumbly mint candies.
- **Black Buns**: Rich fruitcake made with raisins, currants, finely-chopped peel, chopped almonds, brown sugar, cinnamon and ginger. The name derives from the dark color of the cake.

- **Burnt Cream:** Scottish dessert similar to *Crème Brûlée*.
- **Cabbie Claw** (*Cabelew*): Traditional dish of young fish (cod, haddock or whiting) cooked with horseradish and mashed potatoes; served in a creamy sauce of butter, hard-cooked eggs, flour, milk and nutmeg.
- **Carrageen Moss:** Found in both Ireland and Scotland; typically dried for use in a brewed drink known to combat colds and flu.
- **Chicken in the Heather:** Whole chicken baked with curry powder, heather honey, garlic and mustard.
- **Clapshot:** Mashed potato and turnip dish cooked in butter, chives and onions; often eaten with *Haggis* and *Oatcakes*.
- **Clottie Dumpling:** Spiced-fruit dumpling made with whole meal flour, breadcrumbs, suet, baking powder, various spices, raisins, eggs and apples; boiled in a cloth.
- **Cock-a-Leekie Soup:** Chicken-stock based soup with leeks; thickened with barley.
- **Colcannon:** Common to the Western Islands of Scotland; also found in Ireland. *Colcannon* is simply made from boiled cabbage, carrots, turnip and potatoes. The mix is then drained and stewed in a pan with butter, and seasoned with salt and black pepper.
- **Collops:** Thin-sliced or minced beef, lamb or venison which can be baked, roasted or stewed with black pepper, onions, salt and suet; typically served with mashed potatoes or thin toast.
- **Cranachan:** Traditional harvest-home dish made with oatmeal, cream, honey, whisky and fresh raspberries; similar to *Eton Mess* in England.
- **Crappit Heid** (*stuffed fish head*): Head of cod or haddock stuffed with fish liver, oats and onions; poached in fish broth.
- **Crowdie:** A white cheese made from the whey of slightly soured milk, and seasoned with salt and black pepper. The mix is drained and then rolled in oats before eating.
- **Cullen Skink** (*Fish & Potato Soup*): Typically made with haddock, the soup also includes potatoes, onions, milk, salt and black pepper. The haddock can be substituted with other smoked white fish.
- **Dundee Cake:** Traditional fruitcake made with almonds, currants and sultanas.
- **Finnan Haddie:** Cold-smoked haddock; often poached in milk and eaten for breakfast.
- **Forfar Bridies:** Similar to a *Scotch Pie*; delicate oval-shaped pastry filled with minced meat and finely chopped onion.
- **Haggis:** Haggis is the most well-known Scottish delicacy. Made from boiled and minced sheep's offal and then sewn into the sheep's stomach; cooked for up to three hours in the oven.
- **Harigals:** Dish of liver and kidneys.
- **Hotch Potch** (also known as *Gallimafray*, *Hairst Bree* or *Scotch Broth*): Vegetable soup with neck of lamb, carrots, turnips, cauliflower, lettuce, green peas, spring onions and any other fresh vegetables.

- **Jethart Snails:** Boiled sweet with mint flavor and brown color.
- **Lorne Sausage** (also known as *Slab* or *Square Sausage*): Minced beef or pork sausage formed into squares; commonly eaten with a full breakfast of baked beans, black pudding, fried bread and mushrooms. The sausage can also be stuffed into a roll for a quick snack, or used for sandwiches.
- **Mince & Tatties:** Tasty dish made from fried onion, minced beef carrots, oatmeal, beef stock and potatoes.
- **Oatcakes:** Oven-baked oatmeal biscuit; also known as *Bannocks*.
- **Partan Bree:** Soup made with anchovy essence, chicken stock, crab, cream, milk and rice; specialty dish common in north-east Scotland.
- **Petticoat Tails:** Scottish version of shortbread biscuits or cookies.
- **Plain Loaf:** Common sliced bread without side crusts; dark brown on top and bottom.
- **Porridge:** Made from boiled oatmeal; typically thick and wholesome. One of the traditional cooking methods is to boil the oatmeal slowly, stirring continuously with a "spirtle" (a wooden stick about 12" long) to avoid lumps.
- **Rollmops:** Pickled herring filets rolled and stuffed with green olives, sliced onions and pickles.
- **Rumbledthumps:** Made from potatoes, cabbage, onions, leeks, butter, cream, cheddar cheese, chives and seasonings cooked and mashed together. The recipe name is derived from the terms "mixed together" (*rumbled*) and "bashed together" (*thumped*).
- **Scotch Broth** (also known as *Hotch-Potch*): Rich stock made from boiling mutton (mainly the neck), and also chicken broth from chicken bones. Diced vegetables are also added to the broth. The consistency results in a thick, hot soup.
- **Scotch Eggs:** Hard-cooked eggs combined with sausage, flour, breadcrumbs and spices and then deep-fat fried.
- **Scotch Pies:** Round, crusty pastry pie made without using a pie tin and filled with minced meat or offal. Some traditions call for mutton filling, although beef is the most commonly used nowadays. Sometimes onion is added. Two holes are poked into the top of the crust to indicate the addition of onions, and one hole indicates just plain.
- **Scots Pancakes** (also known as *Dropped Scones*): Scottish version of pancakes.
- **Scottish Beef:** Aberdeen-Angus beef are widely known and reared all over the world; the meat is known to be rich and tasty (resulting in prime steaks).
- **Scottish Salmon:** Fresh salmon from the rivers Tay and Tweed are often smoked, thinly sliced and served as an entree.
- **Skirl-in-the-Pan** (also known as *Skirlie*): Made from oatmeal and onions. The fried dish also contains beef drippings and chicken stock; often served with mashed potatoes.
- **Sowans:** Boiled oats served with butter and milk; similar to thick porridge with a sour flavor.

- **Stovies** (also known as *Stovied Tatties*): Potato-based dish containing leftover meat and vegetables. The ingredients take on a mashed potato consistency, although bits of potato are still discernible in the mix.
- **Tablet**: Common sugar confection made with butter and condensed milk; can be flavored with nuts, vanilla and whisky.
- **Tartan Purry**: A dish of chopped kail and oatmeal.
- **Tatties**: Creamy mashed potatoes.
- **Tipsy Laird**: Trifle dessert made with custard, fruit, sponge cake, jelly, whipped cream and *Drambuie* (liqueur of herbs, honey, malt whisky and spices).
- **Tweed Kettle** (*Salmon Hash*): Prepared with fresh salmon, shallots, white wine and mushrooms; named after the River Tweed near Tweedsmuir in the Scottish Borders region, famous for its salmon.

❖ SCOTTISH FOOD TERMS

- **Ashet**: A serving platter for meat.
- **Aumrie**: Cupboard.
- **Battry**: Kitchen utensils.
- **Berry**: Bread soaked in boiling milk and then sweetened.
- **Boss**: A small cask, bottle.
- **Bowie**: Milk-pail.
- **Brick**: A small loaf of bread.
- **Broach**: A flagon or tankard.
- **Brule**: To broil.
- **Buttery**: Snack similar to a croissant.
- **Cannel**: Cinnamon.
- **Caraff**: A decanter for holding water.
- **Chauffen**: To warm.
- **Creish**: Grease.
- **Dublar**: A large, wooden platter.
- **Fadge**: A large, flat loaf or bannock.
- **Fistle**: Noise made by snack wrappers.
- **Flam**: Custard.
- **Flamb**: Baste.
- **Gardyveen**: A case for holding wine.
- **Kickshaw**: A trifle, a dainty.
- **Lamoo**: Wassail bowl.
- **Lent-fire**: A slow fire.
- **Man-miln**: A hand mill.

- **Napron:** Apron.
- **Pecher:** A pitcher.
- **Pottisear:** A pastry cook.
- **Pultie:** A short-bladed knife.
- **Rooser:** A watering can.
- **Saim:** Lard.
- **Scran:** Food.
- **Spairge:** To sprinkle.
- **Squiss:** To beat an egg.
- **Tassie:** A cup.
- **Tattie:** Potato.
- **Vantose:** A cupping glass.
- **Verry:** A glass or tumbler.
- **Vivers:** Victuals.
- **Vodure:** A tray for removing fragments after a meal.

❖ **Honorable Mention: Haggis**

There are no concrete records of the origins of Haggis, but there is mention of a similar sausage in Greek writings (*Aristophanes' Clouds*). It is generally believed Haggis might have originated in Greece and was then passed on by the Romans to France and then to Britain either directly or through the alliance between Scotland and France. The basis of the word *Haggis* is apparently not Latin in origin, but derived from the Swedish word *hagga* (meaning to hew or chop) and the Icelandic word *hoggva* (which has the same meaning as the Swedish version). And yet other historical notes claim Haggis came directly from the French *hachis*, combined with the word "hag" (to chop).

Haggis attained literary fame in the 18th-century when Scotland's famous poet, Robert Burns, ate the dish on his birthday (January 25th) each year. Since then the consumption of Haggis has become a Scottish ritual, typically on Burns' anniversary and on St. Andrew's Day (November 30th). Burns wrote *The Address of the Haggis*, which is recited at every Burns supper across Scotland on the 25th of January. In a way it is the result of Burns poem that Haggis has remained a "Scottish" dish. The English also made Haggis well into the 18th century before abandoning it.

The survival of Haggis is a testament to the national Scottish gift for "making the most of small means." The basis of Haggis consists of the innards of a sheep (the heart, liver, and lungs) flavored with oatmeal, herbs and spices, and suet and then stuffed into the stomach lining. The "bag" is then simmered in water for about three hours, and typically eaten with mashed turnips ("neeps"), or creamed potatoes ("tatties").

Haggis

- 1 sheep's stomach
- Sheep's pluck (*heart, liver & lungs*)
- 1 LB lean mutton
- 1/2 LB oatmeal
- 2 TBS salt
- 1 TBS black pepper
- 1 TBS ground allspice
- 8 oz. finely chopped suet
- 3 large onions, finely chopped
- 1 tsp. cayenne pepper (*optional*)
- Lemon juice or vinegar for flavoring (*optional*)



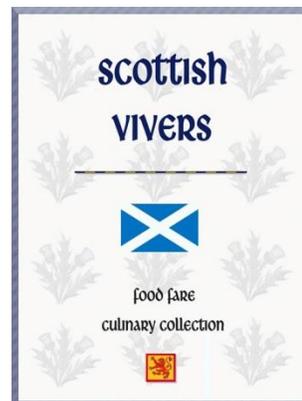
Wash the sheep's stomach in cold water until it is completely clean, and then soak in cold, salted water for about 10 hours. Place the "pluck" in a large pot and cover with cold water. The windpipe should be held outside the pot and hung over the edge, with a container underneath to catch any drippings. Gently simmer the pluck for about two hours, or until tender. Leave to cool. Remove the windpipe and any gristle or skin. Mince the pluck and add to the mutton. Lightly toast the oatmeal over an open fire or under the broiler until it is crisp, dry and a pale golden color. Add the toasted oatmeal to the pluck and mutton mixture, and then mix in the onion and suet. Season the mixture, and stir in enough of the pluck broth to moisten. Pack the mixture into the stomach, filling it just over half-full as the stuffing will swell during cooking. Press down to remove any air, and then sew up the bag tightly, or secure each end with string. Prick the haggis a few times with a needle, and then place it in a large pot of boiling water. Simmer for approximately four hours.

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Websites

- Appetizing Muse (*blog*)
- Food Fare Culinary Collection
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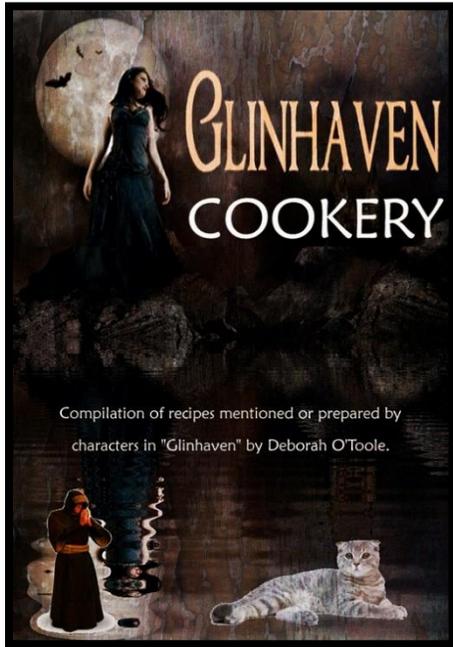
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