

*Now try your hand at some tasty recipes made with produce grown on the soils of the crofts...*

**Good hygiene is required, please wash your hands**

## RECIPE 1

# Vegetable broth

### INGREDIENTS

25g butter

1 onion

2 carrots (about 125g)

1 swede (about 125g)

1 leek

1 cup broth mixture (soaked in water overnight)

2 vegetable stock cubes

Salt and pepper

### WHAT TO DO:

**1** Melt butter in large saucepan.

**2** Chop onion and cook in butter for two or three minutes.

**3** Chop carrots, swede and leek and add to pan.

**4** Add broth mixture to pan.

**5** Dissolve stock cubes in two pints of boiling water and add to pan.

**6** Bring to the boil and simmer until cooked. (If the broth mixture was soaked, cook for about half an hour. If the broth mixture was not soaked the soup will need to cook for a longer time).

**7** Season to taste.

This soup can be adapted e.g. by the addition of herbs or leaving out the leek. There are different types of broth mixture you could try or different varieties of stock cube, or make your own!



## RECIPE 2

### Stovies

#### INGREDIENTS

1 tablespoon vegetable oil

1 onion

1lb potatoes sliced thinly

Left over cooked meat chopped up  
(beef, lamb or pork)

Left over gravy

1 teaspoon gravy salt

Salt and pepper

#### WHAT TO DO:

**1** Warm the oil in a large saucepan then cook the onion until soft.

**2** Add the potatoes and meat and stir.

**3** Add the gravy, gravy salt and a small amount boiling water  
(the amount of water added will depend on how much gravy was added).

**4** Simmer for about an hour, adding more water if required. The potatoes should be well cooked and breaking apart. The mixture should not be too moist.

**5** Serve with oatcakes and beetroot.



# RECIPE 3

## Beremeal Scones

### INGREDIENTS

2 cups beremeal

1½ cups self-raising flour

1 tbsp golden syrup or honey

1½ tsp baking soda

½ tsp salt

1½ cups milk

2oz butter

Substitute other types  
of flour eg wholemeal

### WHAT TO DO:

**1** Put the beremeal, flour, baking soda and salt into a bowl and mix.

**2** Add the butter cut into small pieces and rub into the flour until like breadcrumbs.

**3** Add syrup or honey and milk and mix to a soft dough.

**4** Divide into 2 and kneed for a minute or two.

**5** Roll out to ½ inch thick circles and mark into 4 wedges.

**6** Bake in the oven at 180°C/gas mark 4 for 10–12 minutes.



### \* Did You Know \*

Bere (*Hordeum vulgare*) is an old variety of 6-row barley which was once traditionally grown in the more northern parts of Britain and Scandinavia. Until about the end of the 19th century it was a staple crop in the Northern Isles of Shetland and Orkney where it was well adapted to the local environment. Grains of 6-row barleys dating back to about 3000 BC have been found at Unstan in Orkney. The production of bere today is extremely small.

Bere is ground down into Beremeal and made into breads and bannocks, and was also used to make home brewed ale.

# RECIPE 4

## Oatcakes

### INGREDIENTS

125g medium oatmeal

15ml spoon vegetable oil

Pinch of salt

Pinch of baking soda

Warm water to mix

### WHAT TO DO:

**1** Mix oatmeal, salt, baking soda. Add the vegetable oil and mix with warm water to a soft consistency.

**2** Knead. Roll out thinly, in oatmeal, into a round shape, 2–3mm thick.

**3** Cut in 4 and bake on a hot girdle. When oatcakes begin to curl up, finish the baking in oven at 180°C for 20–25 minutes.



The common oat (*Avena sativa*) is a species of cereal grain grown for its seed. Oats have many uses in food; usually they are rolled or crushed into oatmeal. Oatmeal is chiefly eaten as porridge, but can be used in a variety of baked goods, such as oatcakes, oatmeal cookies, and oat bread. Oats are also an ingredient in many cereals, in particular muesli and granola.

Generally oats are considered “healthy”. The discovery of the healthy cholesterol-lowering properties has led to wider appreciation of oats as human food. Eating oats can spread the rise in blood sugars over a longer time period. Control of blood glucose and insulin levels is essential in preventing many of the complications associated with diabetes. A daily serving of whole oats rich in soluble fibre can reduce hypertension, or high blood pressure, and so reduce the need for anti-hypertensive medication. Fibre is also necessary in keeping bowel movements regular. Oats are high in both soluble and insoluble fibre.

In Scotland, oatcakes are made on a girdle or by baking rounds of oatmeal on a tray.

### \* Did You Know \*

Sodium bicarbonate or sodium hydrogen carbonate is the chemical compound with the formula  $\text{NaHCO}_3$ .

Girdles are round and if the rounds are large, they are then sliced into triangular shapes.

## RECIPE 5

# Buckwheat pancakes

(Buckwheat is gluten free so these are suitable for a gluten free diet)

**CAUTION:** Make sure before you try this to check with an adult.

### INGREDIENTS

50g buckwheat

Buckwheat is from the same family as rhubarb and its latin name is *Fagopyrum esculentum*

50g wholewheat flour (alternatively use white flour)\*

2 teaspoons Baking powder

50g Sugar

Milk to mix

Oil to grease pan

\*If using self raising flour (wholewheat or white) only 1 teaspoon of baking powder required.

### WHAT TO DO:

1 Weigh buckwheat , flour and sugar

2 Add your baking powder

3 Gradually add milk until mix looks like thick cream

4 Put your greased pan onto a medium heat

5 When pan is hot (leave about a couple of minutes) take dessert spoonfuls of the mixture and drop onto pan (normally a circle shape is used but you can use your imagination

#### \* Did You Know \*

Sugar is glucose which is a simple carbohydrate

Baking powder is made of sodium bicarbonate which is a strong alkali and cream of tartar which is an acid

Milk is composed of fats and proteins



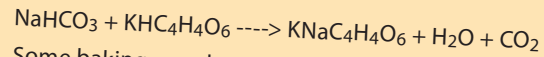
- 6 When the bubbles on top of mixture start to burst  
This is the escape of CO<sub>2</sub> from the reaction of the baking powder with the liquid
- 7 Use a fish slice to go under mixture and turn it over
- 8 Cook the other side for about a minute
- 9 Remove from pan and eat with butter and jam!

**CAUTION: can be very hot!**

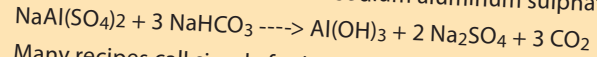
### \* Did You Know \*

Baking powder contains baking soda and cream of tartar. Baking soda, also known as sodium bicarbonate, has the chemical formula NaHCO<sub>3</sub>. Cream of tartar has the formula KHC<sub>4</sub>H<sub>4</sub>O<sub>6</sub>.

The reaction is:



Some baking powders contain sodium aluminum sulphate: NaAl(SO<sub>4</sub>)<sub>2</sub>. The reaction there is:



Many recipes call simply for baking soda rather than baking powder. Usually these recipes use some kind of liquid acid like buttermilk or yogurt to react with the baking soda to produce the bubbles.



Buckwheat flowers

# RECIPE 6

## Rhubarb jam

**CAUTION:** Make sure before you try this to check with an adult.

### INGREDIENTS

1 kg rhubarb

Rhubarb is from the same family as buckwheat, its latin name is *Rheum Palmatum* and is a universal way that scientists refer to plants. Rhubarb is considered a vegetable, but it's most often treated as a fruit — though it's rarely eaten raw.

1 kg sugar

### \* Did You Know \*

Rhubarb is almost unbearably tart on its own and needs the sweetness of sugar, honey, or fruit juice added to it to balance out the acidity

The leaves are poisonous – so only use the stalks!

Aluminium pans should not be used as the acid in the jam can dissolve out the aluminium from the pan!

### WHAT TO DO:

- 1 Wash the rhubarb
- 2 Cut into approx 1cm lengths
- 3 Mix with sugar and leave to stand overnight
- 4 Bring to the boil in the pan very gradually (to ensure that the sugar is completely dissolved) stirring occasionally
- 5 Once all sugar is dissolved boil rapidly for about 30 minutes





**6** TEST now to see if the jam has set – put a teaspoon of the jam onto a saucer, leave for 5 minutes to cool and then see if it has set using the teaspoon

**7** Heat prepared jam jars and fill with hot jam and put wax covers on the top (you can use a screw lid as long as you put it on immediately)

**CAUTION –**  
Care is required as hot jam can cause serious burns

**8** Allow the jam to cool, then put on your pancakes and eat!



**\* Did You Know \***

Mould can grow using the oxygen in air, so seal the jar tightly to exclude any air