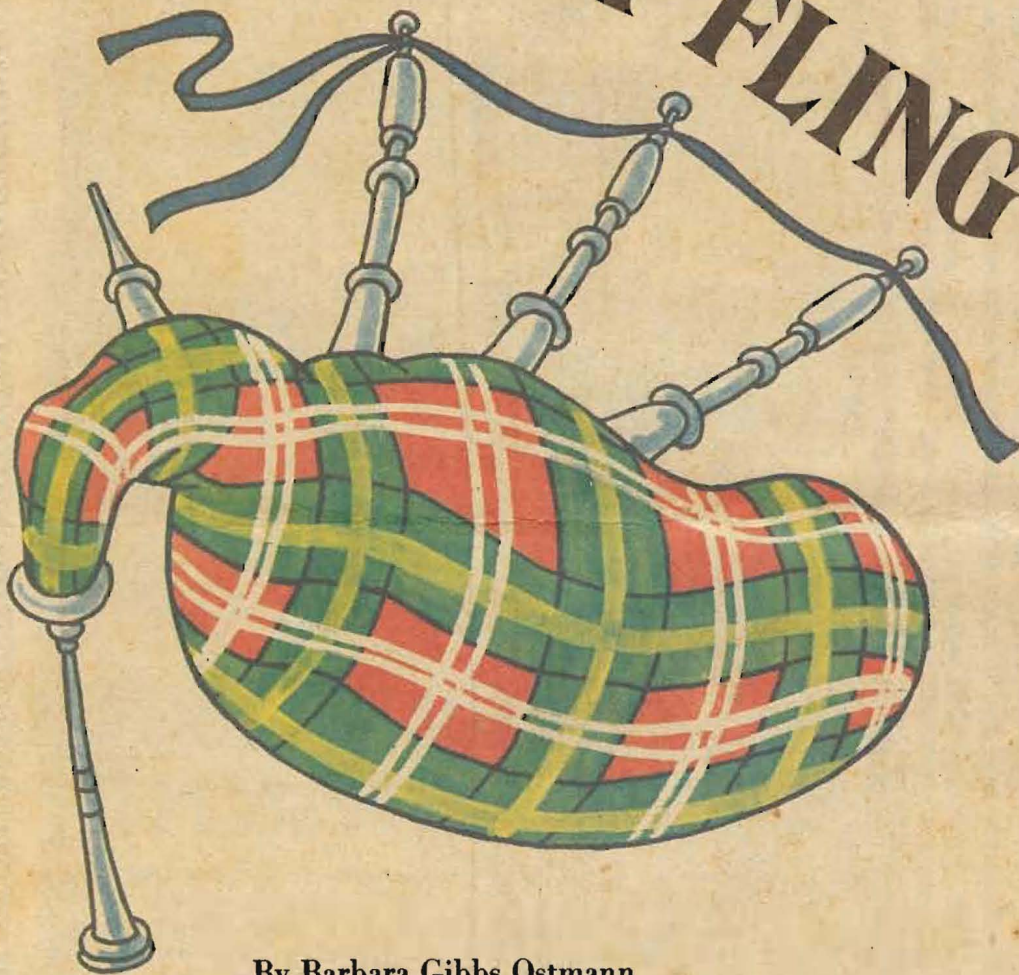


food and recipes

SCOTTISH FLING



By Barbara Gibbs Ostmann
Post-Dispatch Food Editor

Bagpipers will play, Scottish lasses will dance, tartans will whirl and there will be Scottish foods galore at the Scottish Highland Games in Webster Groves this Saturday.

The all-day event, from 9 a.m. to 6 p.m., will feature everything from bagpipes and parades to dancing and sheep herding and even traditional Scottish athletic competitions. The games will be held at Memorial Park, south of I-44 at the Elm Avenue exit.

The games are jointly sponsored by the Scottish St. Andrew Society of St. Louis and the City of Webster Groves. All proceeds will go to children's charities.

Scottish foods will be just one pleasant part of the all-day affair.

Mrs. William Stirrat of Webster Groves, wife of the chairman of the Highland Games; Mrs. Alex Sunter, Groves Co. food chairman; and Mrs.

on a washboard, rinsing and hanging out on the line to dry. As often as not, she had to rescue the almost-dry clothes from the frequent rain showers that are part of Scotland's weather and the plague of the housewife.

In Scotland every house that has a garden also has its own rhubarb patch. An old wives tale says that the first rhubarb of the season has a cleansing effect for the body, so as soon as rhubarb comes into season it is used in a variety of dishes. Typical uses include stewing and making pies and puddings, such as the eves pudding that Mrs. Sunter recalled was her mother's special Sunday dessert.

Enjoy these Scottish recipes at home, or go to the Highland Games Saturday to taste all these and many more Scottish delights. Tickets are \$2 for adults and \$1 for children at the gate; in advance, \$1.75 for adults and 75 cents for children.

Ha

some ahead-of-time baking for the event and share some of their recipes with readers.

Many individuals and groups have been cooking for quite a while in preparation for the games, and these women are no exception. However, they did take time out for tea, that grand old Scottish tradition.

"We love our 'elevenes' and 'threeses'" said Mrs. Sunter, referring to the traditional times for tea in Scotland. And after sampling the cakes and tarts, it is easy to see why they like tea time so much.

Americans generally like big cakes, they agreed, but Scots dearly love the little individual cakes and tarts. Tea at the Stirrats included highland scones (little individual ones), oven scones (large round cake type), coconut queen cakes, shortbread, sausage rolls and lemon curd. Everything was delicious.

Recipes for all these dishes appear here. Many more recipes will be featured in a recipe booklet to be sold at the Highland Games for people who would like some tried and true Scottish recipes to take home.

Although cooking was the major topic of discussion that day, the women, speaking with gentle accents that linger after many years in the United States, recalled recipes and events from Scotland and from their early days in this country.

Mrs. Flynn, who came over on a ship in 1946 as a war bride, remembered that when she arrived many well-meaning but confused Americans told her, "You speak the language (English) so well. Did you have trouble learning it?"

Mrs. Stirrat and her husband came in 1947 with their three sons, the eldest of whom was age 6. When he started school, she recalled, the children would stand in a circle around him to listen to his broad Scottish accent. "He became more American than the Americans so quickly," she said with a laugh.

Talking about Scottish recipes recalled differences in weights and measures between the two countries, as well as different words for different things. For example, a girdle is the Scots' form of a griddle or baking plate. It was a round, solid sheet of iron equipped with a half hoop handle by which it was hung from the chimney crack over an open, glowing peat fire. It was on girdles such as this that Scottish women for centuries baked their cakes and scones. Like other utensils, the girdle has been adapted to modern use. However, many Scottish women still prefer to cook their scones on top of a griddle rather than in the oven.

When talking about Scottish foods, haggis is bound to be mentioned. Haggis, a type of pudding cooked in a sheep's stomach, is typically Scottish, but there is no recipe for it given today. If you would like the recipe, send a self-addressed stamped envelope along with the haggis request to the Food Editor, care of the Post-Dispatch.

"Stovies" and "mince and tatties," both economical dishes, were often on the Scottish housewife's menu on Monday, the traditional wash day. It was a busy day as she went through the chores of boiling the whites, often having to rise before dawn to build a fire under the boiler in the wash house, soaking the coloreds, scrubbing the collars and cuffs

BETTY SUNTER'S HIGHLAND SCONES

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon cream of tartar
- 1 teaspoon salt
- 1 tablespoon butter
- 1 cup or more buttermilk

1. Sift the dry ingredients together. Rub in the butter. Mix in enough buttermilk to make a soft dough. Beat well with a wooden spoon.

2. Turn out onto a floured board, knead very slightly. Quickly roll out about 1/2-inch thick. Cut across into 4 or 8 sections; or cut into rounds with a cutter.

3. Place on hot griddle and bake for a minute or two until lightly browned underneath. Turn over and bake on the other side in the same manner until cooked through. Keep in folded tea towel until ready to serve.

To bake in the oven: These scones may be baked in the oven. To do so, roll them out a little thicker and bake in 500-degree oven for 7 to 10 minutes.

Serve for afternoon tea spread with butter, jam or lemon curd (see recipe).

Variation: For a change, you may add raisins, about 2 ounces, to the batter.

AGNES STIRRAT'S OVEN SCONES

- 3/4 pound all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 teaspoons cream of tartar
- 2 ounces margarine (1/4 cup or 4 tablespoons)
- 3 tablespoons granulated sugar
- Raisins or citrus peel, optional
- 1 egg, optional
- Enough milk to make a fairly moist

1. Preheat oven to hot. Grease two sandwich tins (cake pans).

2. Mix and sift the flour, soda, salt and cream of tartar. Rub in margarine. Add sugar and raisins, if desired. If egg is used, beat well and add to mixture along with enough milk, or milk only, to make proper consistency dough. Dough should be fairly moist.

3. Knead, divide and roll out. Place in tins, brush with a little beaten egg or milk. Bake in very hot oven (about 500 degrees) for 12 to 15 minutes until firm and nicely browned. Cool and store.

Note: This makes a large scone, like a one layer cake. Delicious with butter or jam.

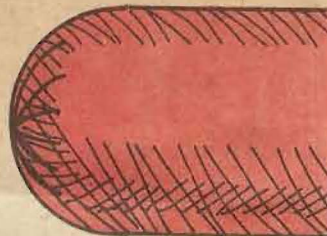
PEGGY FLYNN'S LEMON CURD

- 1/2 cup butter (1 stick)
- 1 cup granulated sugar
- Juice of two lemons, or about 1/2 cup lemon juice
- Lemon peel, grated
- 2 eggs, beaten

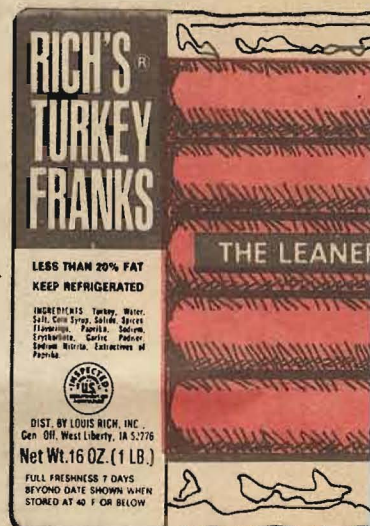
1. Melt butter in heavy pan. Add sugar, lemon juice and a little lemon peel. Heat slowly until all is dissolved and well blended. Cool, and then add the beaten eggs. Heat slowly again, but do not boil, until mixture thickens.

2. Store in glass jars. This makes about enough for 2 one-pound jars. Use lemon curd as a cake or pastry filling, in tarts, or as a preserve. It can also be used as an ice cream or other dessert topping.

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80% lean hot
100% pure all turkey
Fully cooked. Heat



Rich's Turkey Franks have the every hot dog fan appreciates. But and low in calories. High in protein

NUTRITIONAL INFORMATION COM

BRAND	SERVING SIZE (OZ.)	CALORIES
WILSON Pork-beef	1.6 oz. each 10 to pound	155
HYGRADE Pork-beef	1.6 oz. each 10 to pound	143
DUBUQUE Pork-beef	1.6 oz. each 10 to pound	151
ARMOUR Pork-beef	1.6 oz. each 10 to pound	152
OSCAR MAYER Pork-beef	1.6 oz. each 10 to pound	140
LOUIS RICH Turkey	1.6 oz. each 10 to pound	105

*Prepared by an independent testing laboratory. Available upon written request.

We're not comparing ingredi knock our competition.

But because we think it's our the facts. And then let you decide and your family.

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Mrs. Thomas Flynn, Mrs. Alex Sunter and Mr. and Mrs. Bill Stirrat (from left) take time out for tea while planning this Saturday's Highland Games. (Post-Dispatch Photo by Lynn T. Spence)

Have a "Leaner Wiener"
Tonight.