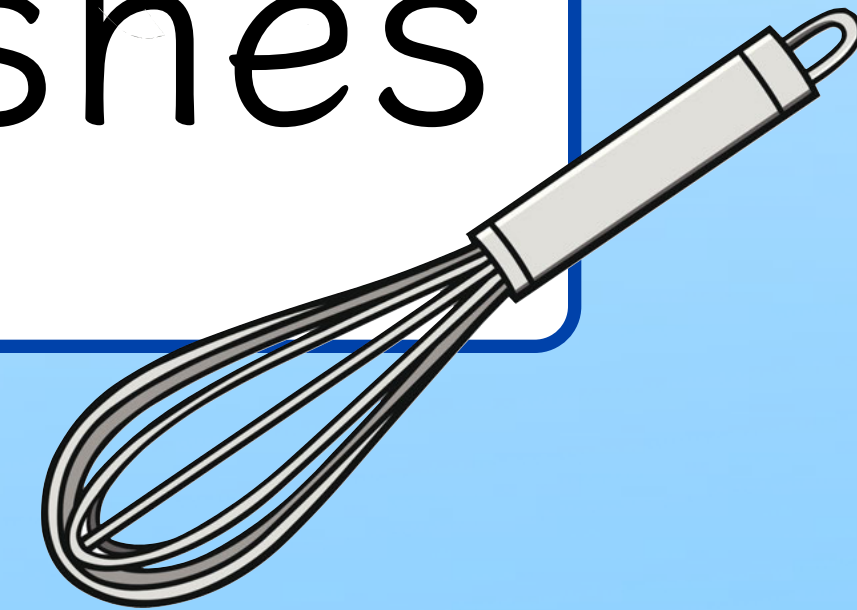




Great British Dishes



Learning Objective:

To learn about and make some national Scottish dishes

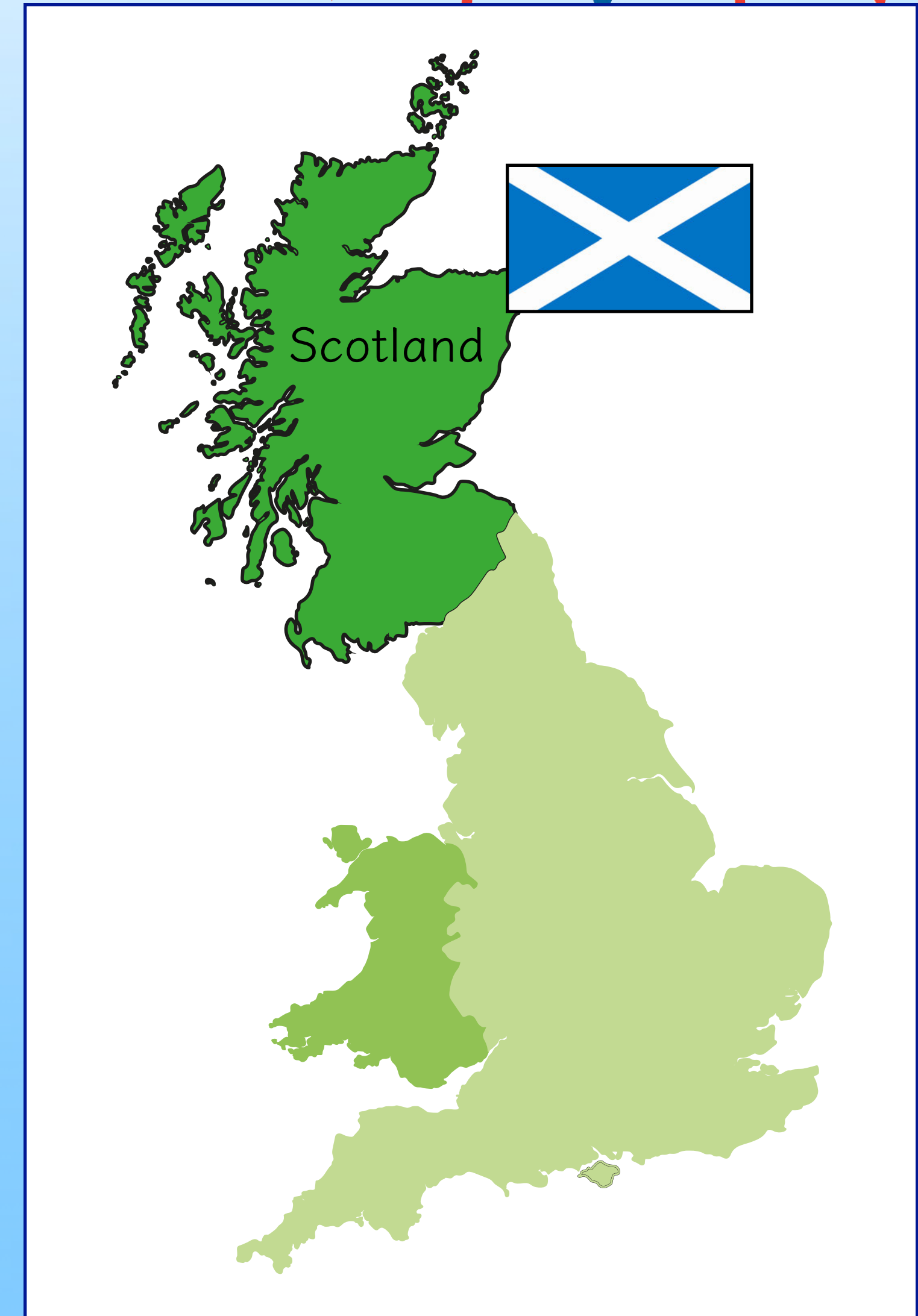




Today, we are going to focus on national dishes from Scotland.

Can you name any dish that is traditionally Scottish?

Think, pair, then share your ideas.



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Oats have been a staple cereal crop in Scotland since the Middle Ages. This is because, unlike crops such as wheat and maize, oats can grow in damp conditions with limited sunlight - the Scottish climate is perfect for this!

Staple means a food that is eaten regularly, and makes up a large part of a person's diet.



A Scottish field in the summer rain.

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Planting the oats

Oats can be planted in both spring and winter. Winter oats are planted in late September or early October, after the soil in the field has been cultivated (turned over) and is ready for the sowing (planting) of the oat seeds.



Oat seeds



Specialist machinery allows farmers to cultivate the soil and sow the seeds at the same time.

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Growing the oats

The seeds germinate (begin to grow) around 2–3 weeks after planting. Winter oats then stop growing until the spring, when the soil heats back up again.

Early summer is an important time for the growth of the oats. They need lots of light, warmth and water. Long days with periods of sunshine and lots of rain are ideal.



By mid-summer, the oats are about 1 metre tall, and bright green.



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Harvesting the oats

By late summer, the oats have turned golden. This is a sign that they are ready to harvest (gather in). A combine harvester strips the oats from the straw, and stores them in the grain tank.

The straw left in the field can be made into bales and used to feed livestock (farm animals). The oats are dried, cooled and then stored until late October.



A combine harvester reaping the crops in the field.

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Preparing the oats

The oats are taken to the mill, where the production process begins. The oats are separated from their dry outer covering, known as husks. They are heated and dried in kilns, which gives them a golden colour and enhances their nutty flavour.

Finally, the oats are milled (crushed) to produce oatmeal.

Oatmeal can be used to make items such as porridge, oatcakes, oatmeal cookies and oat bread. It is also an ingredient of muesli and granola.



What foods have you eaten that include oats as an ingredient?



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Now that you know all about oats, let's have a look at some popular national Scottish dishes which use oatmeal as an ingredient...





Porridge



Porridge was originally made with oatmeal, hot water and a pinch of salt. It was cooled and stored in a drawer. Once cold, it became thick and solid, which meant it could be cut into slices and fried for breakfast or taken for lunch.

Now, it is more often made with milk or cream.

Sugar can be added, as well as a variety of toppings, such as fruit, syrup, honey, cinnamon or even grated chocolate. It is a very nutritious, warm and filling food, perfect for the cold, wet weather often experienced in Scotland!

Have you eaten porridge before? Do you like it?



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Haggis is a traditional savoury pudding, made with minced sheep's pluck (this is the heart, liver and lungs of the animal), onions, oatmeal, suet (the fat from mutton), spices and salt. Traditionally, it was encased in the stomach lining of the sheep, and boiled in water for hours. It was then cut open and the filling spooned out.

Nowadays, an artificial lining is used to encase the mixture. In the 1960s, a vegetarian haggis was created, where pulses, nuts and vegetables replaced the meat.

Haggis



Would you like to try haggis?

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Cranachan



Cranachan is a Scottish dessert made from a mixture of whipped cream, whisky, honey, fresh raspberries and toasted oatmeal. The traditional method of serving the dish was to bring each separate ingredient to the table so that each person could assemble their own dessert according to their personal taste.

Originally seen as a summer dish, consumed in June when Scottish raspberries were in season, it is now served all year round, and is a favourite at special occasions.

Would you like
to try this
dessert?



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Oatcakes

Oatcakes are similar to biscuits or crackers.

Oatmeal is the main ingredient, along with butter, sugar and salt. They are traditionally cooked on a griddle (a large, flat, heated surface) but can also be baked in an oven.

Oatcakes are thought to have existed in Scotland since the time of the Roman Conquest at the end of the 1st century.

In Scotland, they are often eaten at breakfast instead of bread, but they can be a filling snack at any time of the day.



Have you had oatcakes before? Do you like them?

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Now, are you ready to make some
Scottish-inspired food?

Remind each other how to keep
your work area hygienic and safe
before you begin!



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Have you heard of any of these Scottish dishes before?
What do you think they might be?

Neeps and Tatties

Stovies

Tablet

Rumbledethumps

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Neeps and Tatties



‘Neeps’ are turnips, and ‘tatties’ are potatoes; they are often served mashed as an accompaniment to haggis.

Stovies



Stovies is a dish that uses leftover food from another meal - it usually consists of potato, meat and vegetables.

Rumbledethumps



This is a traditional dish originating from the Scottish borders. The main ingredients are potato, cabbage and onion.

Tablet



This is a piece of confectionery, made from boiled sugar, milk and butter. It is more grainy and brittle than fudge.

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Would you like to try any of these dishes?