



THE REAL ADAM SMITH
A Personal Exploration by Johan Norberg

Free To
CHOOSE
MEDIA

DIY
DO IT YOURSELF
SCREENING KIT

OLD STYLE SCOTTISH RECIPES



The Real Adam Smith



ROSEMARY OATCAKES

Ingredients

- 3½ oz wholemeal flour
- 1½ oz medium or fine oatmeal
- ½ teaspoon baking powder
- Pinch of salt
- 2 oz butter
- 1 tablespoon Muscovado sugar
- 1 tablespoon rosemary fresh (1/2 if dried)
- Milk to mix

Instructions

1. Mix the flour, oatmeal, salt, baking powder and chopped rosemary. Rub in the softened butter and the sugar. Now add the milk a little at a time, you only need enough to make a dough and no more.
2. Roll out to ⅛ - ¼ inch thick and cut into rounds for a traditional oatcake shape. Place on baking paper on oven tray and bake in a moderate oven for approx 15-20 minutes or until golden.
3. This recipe makes 15 nice sized oatcakes. They are just perfect with butter and cheese. Try them with thyme as well for a change. They are also great made smaller and used with a dollop of cream cheese and salmon as an appetizer.





VANILLA SHORTBREAD

Ingredients

- 350g/14oz plain flour (all purpose flour)
- 50g/2oz corn flour or rice flour
- 100g/4oz caster sugar (superfine sugar)
- 225g/9oz butter (unsalted)
- ½ teaspoon vanilla extract

Instructions

1. Preheat the oven to 180C/350F/Gas 4. Line a baking sheet.
2. Sift the flours into a big bowl so you have room to work and make a well in the center.
3. Put the sugar in the middle and the butter and vanilla extract (make sure it is soft enough to work with).
4. Rub the butter into the sugar and then bring in the flours until you have a good dough.
5. Divide this into two pieces and then roll them out on your baking tray into two rounds.
6. Prick all over with a fork and pinch the edges just to finish them off prettily. Now score into quarters or eighths with a knife but don't cut all the way through.
7. Bake for about 40 - 45 minutes or until nicely golden.
8. Sprinkle with caster sugar and cool on a wire rack. Gently break on the score lines to make the traditional triangles.





TATTIE SCONES (BREAKFAST)

Ingredients

- 1 lb/500g potatoes, cooked and mashed
- 1 oz/30g butter, melted plus extra for greasing
- 1/2tsp salt
- 1 medium egg
- 4 oz/125g flour, plus a little extra for rolling out
- 1 tsp baking powder

Instructions

1. Preheat the oven to 395°F/200°C/Gas 6.
2. Place the mashed potato in a large baking bowl and add all the other ingredients to form a sticky dough.
3. Roll out the dough on a floured surface to approx ½ inch/1 cm thickness. Cut into saucer sized rounds then score a cross into the dough to mark 4 equal wedges.
4. Grease a baking sheet with butter and bake the scones for 15 minutes until golden brown and risen. The scones can also be cooked on the stove top on a griddle or heavy-based frying pan. Cook the scones 5 minutes on either side until golden and risen.





BRIDIES

Ingredients

Filling

- 2 lbs. ground beef or chopped rump steak
 - 2 oz butter
 - 1 large onion minced
 - 2 cloves garlic minced
 - 1 tsp chopped fresh thyme
 - 1 tsp chopped fresh rosemary
 - 1 tsp dry mustard
 - 1/4 cup beef stock
 - Salt and pepper
1. Mix the filling together well.
 2. Make sure the butter is distributed evenly throughout.

Pastry

- 2 cups flour
 - 1 tsp salt
 - 2/3 cup lard or shortening
 - 4 to 5 tbsp. cold water
1. Sift together the flour and salt.
 2. Cut in the lard until mix comes together in smallish pieces.
 3. Sprinkle in water a little at a time tossing mix with fork until everything is moist and holds together.
 4. Shape into ball and place on floured surface.

Assembly

1. Roll dough out into large rectangle.
2. Cut into 8 rectangular pieces.
3. Place amount of filling along one side of each rectangle.
4. Fold rectangle in half and seal edges with water.
5. Crimp edges with fork to ensure seal.
6. Cut slit in top of each bridie to allow steam to escape.
7. Place bridies on parchment lined baking sheet.
8. Cook at 450 degrees for 15 minutes.
9. Leaving bridies in the oven, lower the temp to 350 degrees and continue cooking for 45 to 55 minutes or until pastry is golden brown.





WHISKEY GINGER MARMALADE

Ingredients

- 450g/1lb Seville oranges
- 450g/1lb sweet oranges
- 4 lemons
- 2cm/3/4" piece of fresh root ginger
- 1.1kg/2½lb granulated sugar
- 1 liter/2 pints water
- 300ml/1/2 pint whiskey

Instructions

1. Wash all the fruit and pat dry before cutting in half and squeezing out all the juice into your preserving pan.
2. Scoop out flesh and seeds and tie into a muslin cloth and toss into the pan.
3. Shred up all the skins and add these to the pan.
4. Peel and grate the ginger and add this along with the water and bring to the boil.
5. Cover the pan and lower the heat and simmer for about 2 hours until all the peel is tender.
6. Fish out the muslin pouch and squeeze well before discarding contents.
7. Add sugar and cook on low heat till dissolved then raise heat to a boil for about 20 minutes or until the setting point has been reached.
8. Cool for 10 minutes before ladelling into sterilized jars and adding the whiskey and stirring well before popping on the lids.

