

OLD SCOTS RECIPES SERVE UP GRUESOME GRUB

If you thought haggis sounds bleatin' offal..

Turtle



THEY may be an endangered species today but turtle was a favourite of posh families in October 1771.

A recipe was submitted by North Lanarkshire Council.

After cutting off the fins and head, divide the belly, remove the entrails, empty the trites and then scald the insides before cutting the flesh and bones and stew in water. Then add butter, madeira wine, pepper and salt, clove, before chucking in some lemon juice and cayenne pepper to serve. Sounds yummy!

Invalid fruit tarts

THIS recipe that was dreamed up by the dietetic department of the Royal Infirmary of Edinburgh in 1950 would be likely to make patients feel WORSE instead of better.

Ingredients include stale sponge, apple, milk, an egg, sugar and water.

Ben added: "We've found an old indigestion remedy as well. It's quite good."



Sheep's head broth

STUDENTS may be skint today but this recipe from university archives in 1910 proves that previous generations made food stretch that much further.

Ingredients include sheep's head and trotters, parsley, salt, water, barley and root vegetables.

The brains of the sheep are removed and rubbed over the head and trotters then left overnight before being boiled, scraped and cleaned. The trotters are

split, boiled with barley with root vegetables, parsley and seasoning.

The flesh of the head and tongue is served with parsley sauce.

Ben says: "Some of the recipes are gruesome. It is fascinating how things have changed over time."

● For more info or to add your own ancient recipe visit SCOARCH.org.uk where you can download a selection of the Edible Archives Recipe Cards.

IF you thought our national dish haggis was a stomach-churner, you should see what else Scots were tucking into in years gone by.

The National Archive has dug up a host of recipes our ancestors used — including sheep's head broth.

Ben Bennett, research officer at the Scottish Council on Archives, said: "We're trying to build a picture of Scotland through its recipes."

Here, LISA ADAMS looks at some of the strangest . . .



Butler's ginger beer

DOWNTON ABBEY fans can get a flavour of what the servants downstairs enjoyed as a tippie.

This 1840 recipe was written by John Donald, butler at Eaglescarnie House in East Lothian.

The ingredients for the concoction were sugar, bruised ginger, cream of tartar and yeast, which were then added to four gallons of water.

Archive expert Ben says: "This is good because people are interested in food and the diversity of it."

Locust bread



THE recipe for this creepy-crawly loaf was introduced to the Island of Bute by John Stuart, the fourth Marquess, after a trip to Tangiers in a book called Moorish Recipes.

Ingredients include 500g locust caviar, white flour, salt, olive oil, water and yeast. Instructions include pulling heads off female locusts and squeezing out the eggs . . . like caviar.