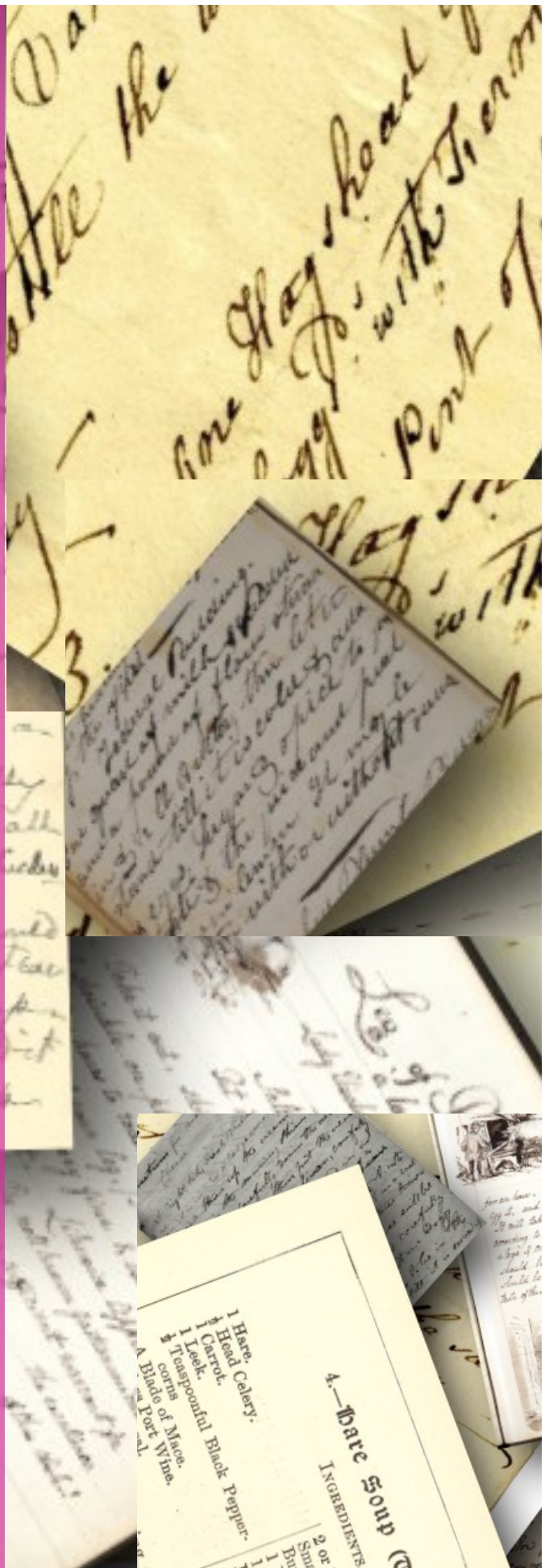
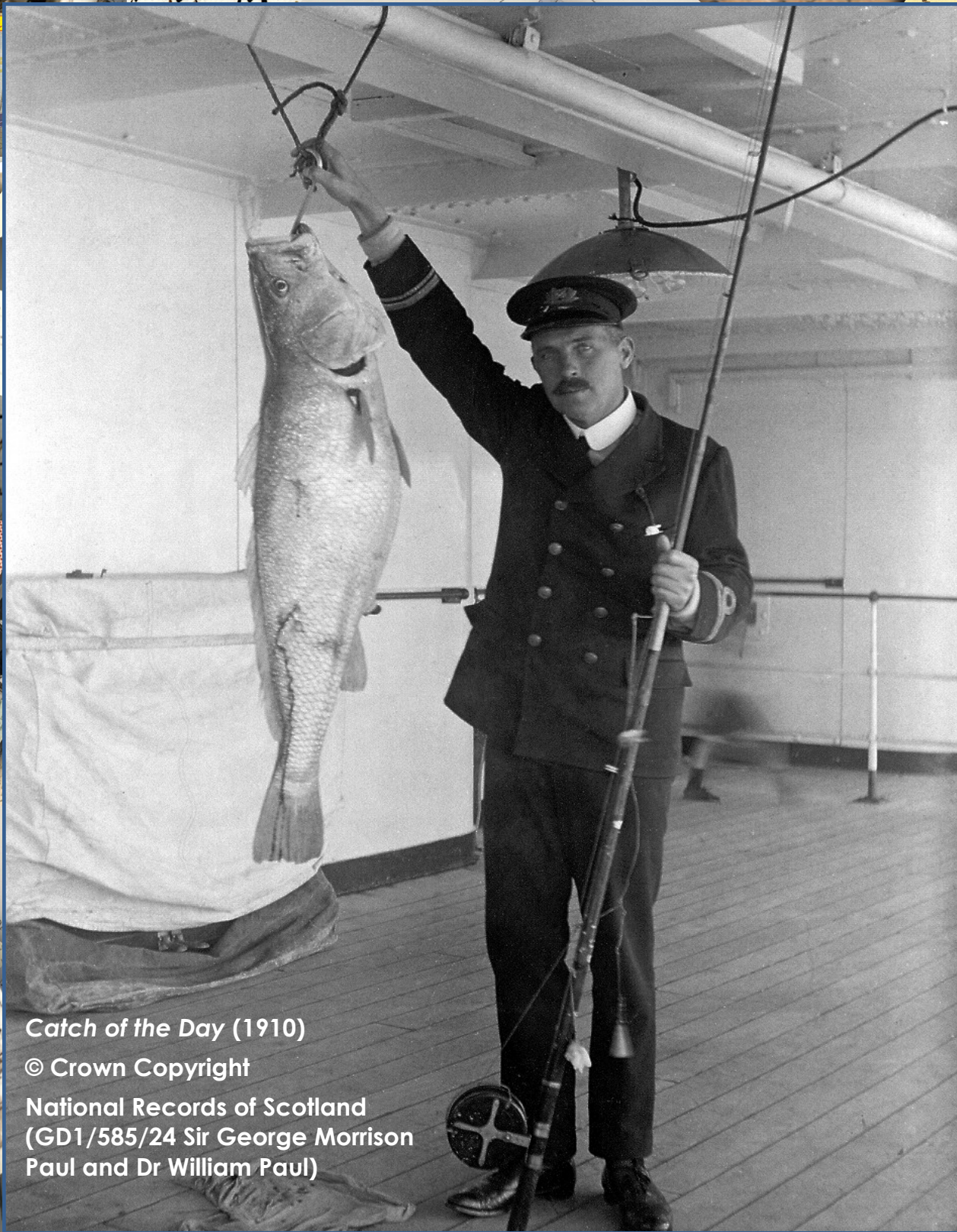


The SCA is the lead advocacy body for archives and records management organisations across Scotland – through a variety of projects and initiatives we support organisations across Scotland who preserve and make available the nation's documentary heritage. Part of what we aim to do is raise awareness of the exceptional collections held in archives across Scotland and to encourage people to access, or at least become aware of the existence of some of the wonderful resources held in archives across the country - including recipes. Every record tells a story!



A collage of historical documents, including handwritten letters and printed forms, with the text "the EDIBLE ARCHIVE" overlaid in pink. The documents are layered and tilted, showing various cursive and printed scripts. Some visible text includes "INVALID FRUIT TART", "RICE IMPÉ", "PÊCHE", "MENU", and "the EDIBLE ARCHIVE". The background is a mix of cream-colored paper with dark ink handwriting and some printed text in black ink. The overall aesthetic is historical and archival.

THE EDIBLE ARCHIVE...



Catch of the Day (1910)

© Crown Copyright

National Records of Scotland
(GD1/585/24 Sir George Morrison
Paul and Dr William Paul)

...what's your story?

SCOTTISH COUNCIL ON
ARCHIVES

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THE EDIBLE ARCHIVE...

TWEED KETTLE

(Serves 4)

1 lb. Fresh Salmon (Skinned, Boned and Cut Into 1 Inch Cubes)

3 fl. oz. Dry White Wine or White Wine Vinegar

3 fl. oz. Water

3 Finely Chopped Spring Onions

A Pinch of Powdered Mace or Allspice

1/4—1/2 tsp. Salt

1 tsp. Finely Chopped Parsley

Freshly Ground Black Pepper to Taste



Place the salmon and white parts of the spring onion in a saucepan with the mace/allspice, white wine/white wine vinegar and water. Bring to the boil and skim off any foam. Lower the heat and simmer for 35 minutes. During cooking, keep the pan partly covered and check occasionally to ensure the fish does not cook dry. The fish should be moistened with the cooking juices, but not swimming in them.

Remove from the heat and gently stir in the rest of the spring onions. Season with black pepper. Allow the mixture to cool and refrigerate before serving. Garnish with chopped parsley and serve with oatcakes.

LLOYDS BANKING GROUP ARCHIVES EDINBURGH

The recipe is from the June 1989 issue of the Bank of Scotland's staff magazine, 'Between Friends'. Tweed Kettle is an adaptation of a traditional recipe, brought to Edinburgh in the nineteenth century by a Kelso woman who ran a modest eatery in the city. Her Salmon Hash, or Tweed Kettle, was said to be a great favourite with local bank clerks!

The historical records of Halifax and Bank of Scotland, including various constituent companies, are held by the Lloyds Banking Group Archives in Edinburgh. The records date back to 1695 and include original documents, images and printed sources.



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THE EDIBLE ARCHIVE...

LS.99
THE ROYAL INFIRMARY OF EDINBURGH

INVALID FRUIT TART

Ingredients

- 1 large or 2 small apples.
- 1 piece stale sponge.
- 1 gill milk.
- 1 egg.
- $\frac{1}{4}$ oz. granulated sugar.
- $\frac{1}{2}$ oz. castor.
- Water.

Method

1. Wipe, peel, core and slice the apple.
2. Put into a pan with dessertspoonful sugar and a little cold water.
3. Stew until apples are pulp.
4. Beat yolk of egg with one teaspoonful sugar.
5. Add the milk.
6. Put apple pulp into a pie-dish.
7. Cover with strips of sponge cake.
8. Soak with the custard.
9. Bake in a cool oven until slightly set.
10. Fold the castor sugar into the stiffly beaten white of egg.
11. Heap on to pudding and dredge with sugar.
12. Cook slowly until slightly brown

© Lothian Health Services Archive

500m.m.11.51

...what's your story?

THE EDIBLE ARCHIVE...

INVALID FRUIT TART

1 Large Apple
1 Piece of Stale Sponge
142 ml. Milk
1 Egg
1/4 oz. Granulated Sugar
1/2 oz. Castor Sugar
Water

Wipe, peel, core and slice the apple and place in a pan with a dessertspoonful of sugar and a little cold water—stew the apples until pulped.

Beat the egg yolk with a teaspoonful of sugar and add the milk.

Place the stewed apples into a pie-dish and cover with strips of sponge cake. Soak with the custard and bake in a cool oven until slightly set.

Fold the castor sugar into the stiffly beaten white of the egg and heap onto the pudding. Dredge with sugar and cook slowly until slightly brown.

LOTHIAN HEALTH SERVICES ARCHIVE

Produced by the Royal Infirmary of Edinburgh (RIE) Dietetic Department in the 1950s, Invalid Fruit Tart forms part of a series of dishes designed with the health of patients in mind. Other recipes include instructions on how to brew a cup of tea and cook vegetables! The RIE established a Dietetic Department in 1924 and the School of Dietetics opened in 1934, offering an 18-month diploma course.

Lothian Health Services Archive holds the historically important local records of NHS hospitals and other health-related material. The Archive collects, preserves and catalogues these records and promotes them to increase understanding of the history of health and for the benefit of all. Check out their blog, Facebook and Flickr pages—visit www.lhsa.lib.ed.ac.uk for more information.



THE EDIBLE ARCHIVE...

Recipe for Ginger Beer

Take 4 lbs. of lump sugar
- 4 oz of bruised ginger
2 oz of Cream of tartar

put them into a vessel, & pour
on them 4 gallons of boiling water
Stir it well up two or three times,
& when it is about the heat of
new milk, add about 3 table
spoonsful of food yeast to it,
& let it settle ~~down~~ for two days,
& bottle it, lay it on its side
for one night, & it should be fit
for use in a few days -

This will make 20 large bottles
or 40 pint bottles -

© The McKellar Family

...what's your story?

THE EDIBLE ARCHIVE...

THE BUTLER'S GINGER BEER (40 Pints)

4 lbs. Lump Sugar
4 oz. Bruised Ginger
2 oz. Cream of Tartar
4 Gallons Boiling Water
3 Tablespoonfuls Yeast

Add the sugar, ginger and tartar to the water. Allow to cool slightly ('to the temperature of new milk'), before adding the yeast.

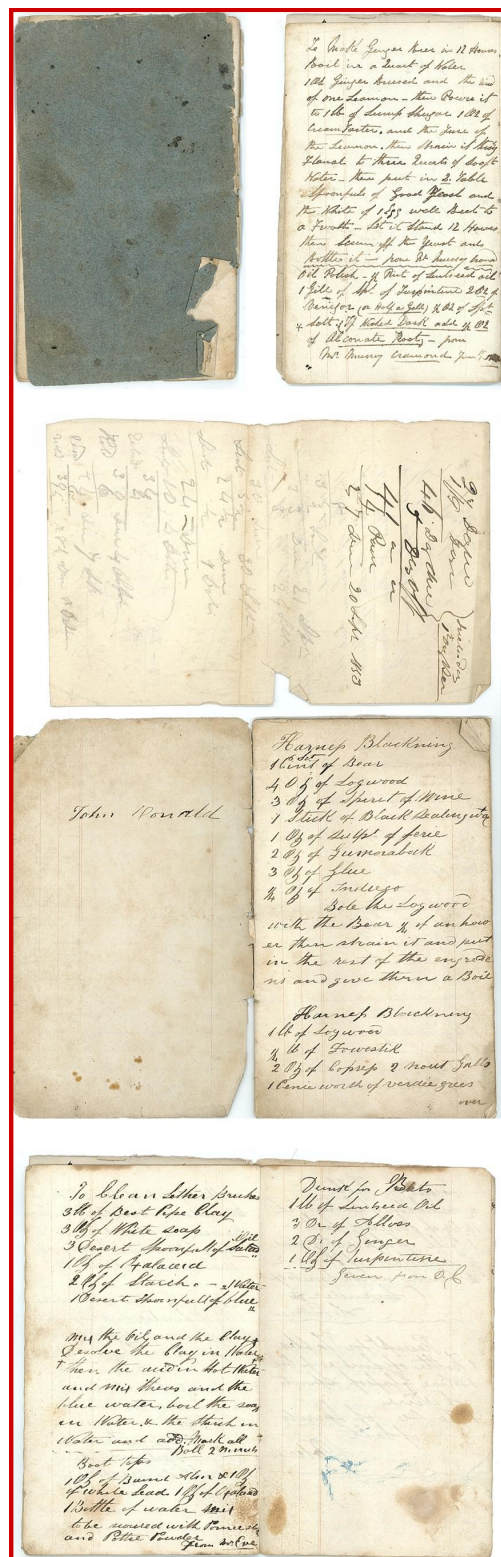
Allow to settle for 2 days before bottling. Lay bottles on their side for 1 night and leave for a few days before sampling.

COURTESY OF MS E McKELLAR

Ms Erica McKellar, from near Stirling, is the proud owner of her grandfather's recipe book. John Donald was the butler at Eaglescairn House in East Lothian and the small handwritten notebook dates to the 1840s.

It includes recipes for harness blackening and instructions on cleaning leather breeches, not to mention lots of other helpful tips to ensure the smooth running of any aristocratic Victorian home.

John seems to have had a penchant for serving ginger beer—it is mentioned at least three times in the tiny book!



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THE EDIBLE ARCHIVE...



Cookery Class at the Glasgow and West of Scotland College
of Domestic Science (The Dough School) c. 1930
© Glasgow Caledonian University Archives

...what's your story?



THE EDIBLE ARCHIVE...

SHEEP'S HEAD BROTH

Sheep's Head and Trotters

Parsley

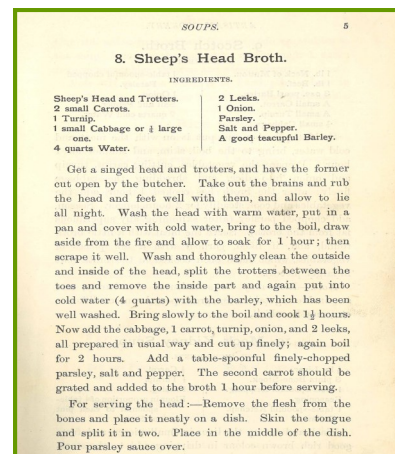
Salt and Pepper

2 Pints of Water

1 Teacupful of Barley

2 Leeks, 2 Carrots, 1 Onion, 1 Turnip

and 1 Small Cabbage



Get a singed head and trotter and have the former cut open by the butcher. Take out the brains and rub the head and feet well with them—allow to lie over night. Wash the head with warm water, put in a pan and cover with cold water. Bring to the boil then take off the heat and allow to soak for one hour before scraping it well.

Wash and thoroughly clean the inside and outside of the head, split the trotters between the toes and remove the inside part and again immerse in cold water with the barley. Bring to the boil and cook for 90 minutes. Add the chopped cabbage, 1 carrot, turnip, onion and the leeks. Simmer for two hours before adding the finely chopped parsley, salt and pepper.

Grate the second carrot and add to the broth 1 hour before serving. To serve the head, remove the flesh and place it on a dish. Skin the tongue and split in half. Serve with parsley sauce.

GLASGOW CALEDONIAN UNIVERSITY ARCHIVES

This recipe from 1910 is part of a selection of handwritten and printed examples from Glasgow Caledonian University. The Archives house not only the University's papers, but also the records of some of Scotland's national bodies and organisations.

The collection provides an insight into the history of Scottish education, from the Victorian era to the development of the 'new' universities of the 1990s and beyond. It also holds information on social history relating to Glasgow and the West of Scotland.



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...what's your story?

[illegible]

72

The Above is a Receipt ^{the} for another Puddin
of Eve's in a new character - which I give you
Key to decipher

~~uo. J W H
3~~

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THE EDIBLE ARCHIVE...

ENCODED RICE PUDDING

(Serves 4)

100g Pudding (Short-Grain) Rice

700ml Semi-skimmed Milk

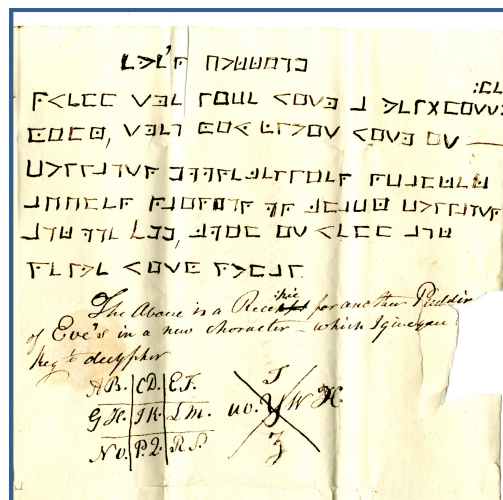
50g Sugar

Fruit (Currants, Apples, Gooseberries, raisins, etc)

Swell the rice with the milk and mix in the sugar.

The recipe then states 'boil it well', however for best results add the mixture to a baking dish and cook for two hours (150c/fan, 130c/Gas 2).

Mix in your chosen fruit and serve with a sprinkling of sugar.



DUNDEE CITY ARCHIVES

The papers of the Wedderburn family of Pearsie, near Kirriemuir, include this coded recipe for 'Eve's [Rice] Pudding'. It was added to a letter written by Lieutenant-Colonel William Rattray of Downie Park to Charles Wedderburn, a neighbouring Angus landowner, on 11 February 1808.

Charles had married William's niece and the two men were close in age. Charles was born in 1748 and William in 1752 and both had served in India. Charles entered the service of the East India Company in about 1768, becoming a Captain of Infantry. William served in the East India Company's Bengal Artillery. Presumably Colonel Rattray would have been well used to ciphers in this context. Helpfully, he provides the key to the code!

The collection at Dundee City Archives includes the official records of Dundee City Council, church registers, sheriff court records, family and estate papers and other materials associated with individuals, businesses, societies and families relating to the area of the City of Dundee.



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THE EDIBLE ARCHIVE...

© Clare Goodwin Gage

<u>Ginger Bread.</u>	<u>Method-</u>
3 cups S. A. flour.	Add, all dry ingredients
1 " Sugar.	together, mix milk & Treacle &
1 " milk	then add whisked egg to these two.
1 " Treacle.	Mix into dry ingredients &
1 egg.	last of all, melt Butter & add
Pinch Salt	to all.
1 Teaspoonful Spice	
1 " Ginger.	
3 oz Butter or Marg.	

Grease bake tin & grease & oven heated, if in small tin, Bake till firm on top or in larger tin, try a wire to test & if it comes out clean then the cake is ready, medium gas

...what's your story?

THE EDIBLE ARCHIVE...

GRANNY GOODWIN'S GINGERBREAD

- 3 Cups Self Raising Flour
- 1 Cup Milk
- 1 Cup Sugar
- 1 Cup Treacle
- 1 Egg
- 1 Teaspoonful Spice
- 1 Teaspoonful Ginger
- 3 oz. Melted Butter/Margarine
- Pinch of Salt

Add all the dry ingredients to a bowl. Mix the milk and treacle, together with the egg and add to the dry ingredients. Add the melted butter and mix well.

DUNDEE CITY ARCHIVES

Elizabeth Wilson Bowman Goodwin's (1889-1989) recipe has been handed down through the generations. Her granddaughter, Clare Goodwin Gage, tells her story;

"Granny was born in Lapicide Place in Leith. I couldn't even begin to fathom a guess at how many times she baked this wonderful bread during her one hundred years, but I can attest to the fact that when she opened her front door the welcome sweet, spicy, ginger aroma would waft down the lobby and put a smile on any visitor's face. Granny's gingerbread was a treat never to be forgotten and a loaf to take home was a-dream-come true.

Who knows where she got this recipe, but one thing is certain, no one makes it like she did; I suspect that there's a secret ingredient that she never did write down.

