

Unusual English and Scottish Recipes

By Mary Kotsakou



Stargazy Pie



Stargazy pie is a Cornish (English) dish made of baked pilchards, covered with a pastry crust. The dish is traditionally held to have originated from the village of *Mousehole* in *Cornwall* and is traditionally eaten during the festival of *Tom Bawcock's* to celebrate his heroic catch during a very stormy winter. The pilchards are arranged with their tails toward the centre of the pie and their heads poking up (and sometimes tails) through the crust around the edge, so that they appear to be gazing skyward. Along with the fish, a typical stargazy pie would contain hard-boiled eggs, bacon, onion and mustard. Also *Stargazy pie's* original name is *Starrey gazey pie* and it is served hot.

Soor Plooms

Soor Plooms is a Scottish refreshing lemon and lime flavor boiled sweet. These are round and green shaped sweets. Their ingredients are sugar, glucose, citric acid, flavouring colours.



Cranachan

Cranachan is a traditional Scottish dessert. In modern times it is usually made from a mixture of whipped cream, whisky, honey and fresh raspberries, with toasted oatmeal soaked overnight in a little bit of whiskey. A traditional way to serve cranachan is to bring dishes of each ingredient to the table so that each person can assemble their dessert to taste. Tall dessert glasses are also of typical presentation. Earlier recipes used crowdie cheese and were sometimes called *cream-crowdie*.



Toad in the hole



Toad in the hole is a traditional British dish consisting of sausages in Yorkshire pudding batter, usually served with vegetables. The origin of the name "*Toad-in-the-Hole*" is often disputed. Many suggestions are that the dish's resemblance to a toad sticking its head out of a hole provides the dish with its somewhat unusual name. It is rumoured to have been called "*Frog-in-the-Hole*" in the past, although little evidence exists to support this theory. It has also been referred to as "*sausage toad*".

Ecclefechan tart

This is a traditional Scottish recipe. Named after the town of Ecclefechan in the Scottish Borders, these delicious all butter pastry tarts are filled with the finest ingredients. Sultanas, cherries, almonds, citrus fruit, and a sprinkle of mixed spice.



Good Food

