

BREAKFAST RECIPE

by Hen Broon

Ingredients: Fried tattie scone, fried soda scone, fried tatties, fried bacon, twa fried eggs - sunny side up, scrambled eggs, sausages, Lorne sausage, black pudding, mealie pudding, fruit pudding, an' BROON sauce.

Method: Cook and eat.

Serve with: Toast an' butter an' jam an' strong tea wi' three sugars - or a can of Bru Bru - or lager!

BRAW!

BREAKFAST BAPS

These baps, or morning rolls, are the perfect accompaniment to a hearty breakfast.

450 g/1 lb strong plain white flour

2 level tsps salt

50 g/ 2 oz vegetable fat or butter

15 g/ 1/2 oz dried yeast

1 tsp caster sugar

125 ml/1/4 pint milk

125 ml/1/4 pint tepid water

Sieve the flour and salt, and rub in the fat. Mix together the yeast, caster sugar and water. Heat the milk until it is lukewarm and then add it to the yeast mixture. Gradually add the liquid to the flour and knead to a soft dough for about ten minutes, or until you feel the dough becoming elastic. Place in an oiled bowl and cover with cling film. Leave the bowl in a warm place for an hour, or in a cool place overnight.

Turn the dough out of the bowl, knead it lightly and divide into around seven ovals. Place them on a greased baking tray, cover and leave to prove in a warm place for a further 30 minutes.

BRUSH WITH MILK AND DUST WITH FLOUR AND PLACE IN THE OVEN AT 220°C/425°F/GAS MARK 7, FOR 15 TO 20 MINUTES

50 g/2 oz fat, dripping or butter

3 onions, chopped

1 kg/2 lb floury potatoes (such as Maris Piper), peeled and sliced

250 g/1/2 lb cooked lamb or mutton, with gravy or stock reserved

1/2 small turnip, diced (optional)

3 medium carrots, sliced (optional)

salt, black pepper, ground nutmeg

Melt the fat and cook the onions. Lower the heat and slice the potatoes in varying sizes. Add the potatoes and cook for 10 minutes on a low

Stovies - Some variations include the addition of beef, lamb or fish - but all include the potatoes being cooked slowly on the stove

heat, stirring occasionally. Add a little stock, gravy or water and then the carrots and turnip. Cook until the potatoes are soft. Add the strands of cooked lamb and heat through. Taste and add seasoning.

Serves approx. three to four

No. 11

