

Gaelic Food Recipes

This collection celebrates the culinary heritage of Gaelic culture and embraces sustainable and environmentally conscious practices. Each recipe is made up of locally sourced, seasonal ingredients and traditional cooking methods, offering a taste of Scotland's natural cuisine in a way that respects land and heritage.

Preparing the Kitchen

1. **Clean and Clear Surfaces:** Wipe down all countertops and surfaces with a clean, damp cloth or eco-friendly cleaner. Remove unnecessary items to give yourself plenty of workspace.
2. **Wash Hands Thoroughly:** Use warm water and soap for at least 20 seconds before handling any food.
3. **Gather Ingredients:** Collect all ingredients needed for your recipes (bannock, crowdie, oatcakes, berries, heather-honey, cranachan). Measure or weigh them in advance to make the cooking process smoother.
4. **Prepare Cooking Equipment:** Ensure all utensils, mixing bowls, baking trays, knives, and measuring cups are clean and ready. Preheat ovens or stoves if required.
5. **Organize Waste and Recycling:** Have a compost bin or bowl for organic waste like berry stems or oat husks. Keep a bin for general waste and one for recyclables to reduce kitchen clutter.
6. **Check Safety Measures:** Tie back long hair and wear an apron if needed. Make sure pot handles are turned inward and flammable items are away from the stove.
7. **Plan Cooking Order:** Decide which recipe to start with (e.g., bake bannocks and oatcakes first, then prepare crowdie and cranachan). This ensures efficient use of oven and stove space.

Bannock - (Bonnach) - Traditional flatbread made from oats or barley

Ingredients:

- 250g oatmeal or barley flour
- 1 tsp baking powder
- ½ tsp salt
- 150ml water (or milk for richer bannock)

- 1 tbsp melted butter or vegetable oil

Method:

1. Preheat oven to 200°C (180°C fan).
2. Mix flour, baking powder, and salt in a bowl.
3. Gradually add water/milk, stirring until a soft dough forms.
4. Shape into a flat round or divide into smaller rounds.
5. Place on a baking tray and brush with melted butter.
6. Bake for 15–20 minutes until golden.

Tip: Serve with crowdie or heather-honey for a taste of Highland tradition.

Crowdie - (Gruth) - Soft Scottish Cheese

Ingredients:

- 1 litre whole milk
- 2 tbsp live natural yogurt or a few drops of rennet
- Pinch of salt

Method:

1. Warm the milk gently until just below boiling.
2. Remove from heat and stir in yogurt or rennet. Cover and leave for 12–24 hours to set.
3. Once set, drain the whey using a muslin cloth.
4. Add a pinch of salt and gently mix. Chill before serving.

Tip: Spread on bannocks or oatcakes for a simple, traditional snack.

Oatcakes - (Arain-coirce) - crisp, cracker-like biscuits

Ingredients:

- 200g oatmeal
- 50g butter or margarine
- Pinch of salt
- Water as needed

Method:

1. Mix oats, butter, and salt to form a crumbly dough.
2. Add water gradually until it forms a firm but pliable dough.
3. Roll out thinly and cut into rounds or squares.
4. Bake on a preheated tray at 180°C for 15–20 minutes until crisp.

Tip: Perfect for carrying on walks or with crowdie and berries.

Berry Compote - (Dearcan) - a chunky, sweet sauce

Ingredients:

- 200g mixed wild berries (fraochan, raspberries, blaeberries)
- 2 tbsp heather-honey
- 1 tsp lemon juice

Method:

- Place berries, honey, and lemon juice in a pan over low heat.
- Cook gently for 5–10 minutes until berries soften and release juice.
- Cool slightly and serve with oatcakes, bannocks, or cranachan.

Tip: Use as a natural sweetener for bannocks, oatcakes, or in cranachan.

Cranachan - (Crannachan) - traditional Scottish dessert**Ingredients:**

- 100g oats, lightly toasted
- 250ml double cream
- 2 tbsp heather-honey
- 50g berries (fraochan, raspberries, blaeberries)

Method:

- Whip the cream with honey until soft peaks form.
 - Fold in toasted oats and berries.
 - Add whisky if using, mix gently.
 - Chill for 30 minutes before serving.
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Further Recipe Links:

From schools: <https://www.keeptscotlandbeautiful.org/one-planet-picnic/recipes/>

LearnGaelic: <https://learngaelic.scot/watch/#food>