



Rablogan Castle of Scotland



Haggis

In order to dispel the myths that surround the “Cooking of a Haggis”, we have listed below our recommendations. After all, we don’t want to devote so much care and attention to the making of this finest of Scottish fayre only to find it ” murdert ” at the end of its journey!

It is worth noting that in there are many members of “The McKean Family of Haggis” which have a number of differing applications. While there are other cooking methods, we strongly recommend the traditional simmering method which is applicable to all our natural casing haggis (Chieftain, Sma’ Chief, Clansman & Links).

- Remember to defrost the Haggis first !
- Bring a pan of water to the boil.
- Place the haggis in the boiling water. Make sure you now turn the heat down it is important that the water is not allowed to boil for a second time as this can result in the casings bursting. Therefore **SIMMER ONLY**. (A number of our haggis are provided in a CookIn bag to reduce the likelihood of the casing bursting).
- Allow the Haggis to Simmer. We have provided a Cooking Table at the bottom of the page which advises the length of time the Haggis should be allowed to simmer which is dependant on the size of haggis being cooked.
- The Haggis is now ready for plating. It is now ready for cutting open however there’s only one thing missing that’s right “neeps an’ tatties” (ie. mashed turnip and creamed potatoes!). (For best results, serve on a piping hot plate).

Cooking Time

Chieftain	5lb	2hrs
Sma’ Chief	2lb	1hr 15mins
Clansman	1lb	1hr
Links	1/4 lb	20mins

Warning

The Haggis is a funny Beast
To make it, strong men toil
But in cooking, it is delicate
NEVER should it boil.

It’ll sit at “sub-boiling”
For the best part of a day
Until the time arrives at last
To carry it on a tray.

So people, please take note and
Do not fiddle with the knob
I set the dial earlier
I’ve heated many, I know my job.

If you turn the dial or poke the beast
Thinking you’re one of the testers
I’ll use my sword and send you off
To meet all your ancestors.



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Black or White Pudding

While Black and/or White Pudding may be enjoyed alone, it is usual for them to be served as part of a larger plate combined with such delicacies as Eggs, Bacon, Bangers, Tattie Scones, Fried Tomato and some form of potato. For those who have not enjoyed mouth watering pleasure of Black and/or White Pudding, we want to make sure that you know how to prepare it correctly.

1. At least partially defrost your Black or White Pudding log so as to be able to slice through it.
2. Slice as much of the log as you wish to cook into 3/4" thick rounds and place on a plate to finish defrosting. (You may wrap what you do not need at this time and return it to the freezer for a later day)
3. Melt a little butter in a skillet or frying pan using a moderate temperature
4. Place the rounds in the skillet or frying pan, still at a moderate temperature and gently brown each side while you prepare the other items for the meal.
5. Once browned and heated through, place them on a plate with everything else. Serve and enjoy.

Lorne Sausage

(Square Sausage)

Lorne Sausage is a common accompaniment to a Scottish breakfast plate. Some people prefer Lorne Sausage to Scottish Breakfast Bangers. Whatever your preference, Lorne Sausage is easy to prepare and delightful to enjoy.

1. Your Lorne Sausage comes to you in two separate packs. If you only want to use one pack then cut the plastic wrap between them and put one back in the freezer.
2. At least partially defrost your Lorne Sausage so as to be able to separate the slices.
3. Melt a little butter in a skillet or frying pan using a moderate temperature
4. Place the slices in the skillet or frying pan, still at a moderate temperature and gently brown each side while you prepare the other items for the meal.

Once browned and heated through, place them on a plate with everything else. Serve and enjoy.



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Pies & Pasties

Our Steak, Chicken, Vegetable and Highland Scotch (Lamb) Pies and our Pasties are intended as a single person serve. They may be enjoyed as a quick lunch with your favorite beverage or as a meal accompanied by vegetables or salad. Traditionally, they are most often served with Mushy Peas, Baked Beans and Mashed Potato. HP Sauce or gravy may be used to round off the plate. Remember that all of our pies and pasties are pre-cooked so you are simply heating them. For those who have not enjoyed mouth watering pleasure of our traditional Scottish & British pies and pasties, we want to make sure that you know how to prepare it correctly.

1. Defrost your pies and/or pasties.
2. Preheat your oven to 375°F
3. Lay your pies and/or pasties on a suitable oven tray and place them in the oven once it has reached temperature.
4. Heat your pies and pasties at 375°F as follows but do not let the pastry burn:
 - a. All Pies except Highland Scotch - 20-25 minutes
 - b. Highland Scotch Pies, Pork Pies and Pasties - 15-20 minutes
5. Remove from oven, remove from foil tray, if applicable, and serve.

Sausage Rolls and Bridies

Snack away with our Sausage Rolls and Bridies or make a meal of them with the addition of vegetables or salad. Just like our pies and pasties, HP Sauce and/or gravy may be added to round off the meal. Remember that all of our pies are pre-cooked so you are simply heating them. All you have to do is warm them and enjoy. Here are the simple instructions for you to best prepare them for serving.

1. Defrost your sausage rolls and/or bridie.
2. Preheat your oven to 350°F
3. Lay your sausage rolls and/or bridie on a suitable oven tray and place it in the oven once it has reached temperature.
4. Heat your pastry at 350°F for approximately 10-15 minutes. Do not let the pastry burn
5. Remove from oven and serve.



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Tattie Scones

Tattie Scones are essentially potato pancakes. They come to you pre-cooked. All you have to do is warm them and enjoy. Here are the simple instructions for you to best prepare them for serving.

1. Defrost the number of tattie scones that you need for the meal that you are preparing. Return the remaining tattie scones to the freezer.
2. Melt a little butter in a skillet or frying pan or on a griddle using a moderate temperature
3. Place the tattie scones in the pan or on the griddle and maintaining a moderate temperature warm them through flipping will obtain the best results. It is OK if they brown a little more but be sure not to let them burn.
4. Once heated through, place them on a plate with everything else. Serve and enjoy.



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Arbroath Smokies

The Arbroath Smokie is said to have originated in the small fishing village of Auchmithie, three miles northeast of Arbroath.[1] Local legend has it a store caught fire one night, destroying barrels of haddock preserved in salt. The following morning, the people found some of the barrels had caught fire, cooking the haddock inside. Inspection revealed the haddock to be quite tasty. We firmly believe that you will find this to be so also. Here is how best to prepare them.

1. Defrost your pack of Smokies
2. Preheat your oven to 350°F
3. Take a piece of foil large enough to wrap each Smokie individually
4. Place a generous knob of butter inside the fish cavity of each Smokie. You can also spread butter over the outside of the fish if you so desire.
5. Wrap each fish in their foil and place on a tray place in the oven
6. Allow the Smokies to heat through for about 20 minutes. Remember that these are already smoked and just need to be heated thru.
7. Plate your Smokies together with suitable vegetables such as mashed potato and a green or serve with salad.

Kippers

A kipper is a whole herring, a small, oily fish,[1] that has been split in a butterfly fashion from tail to head along the dorsal ridge, gutted, salted or pickled, and cold-smoked over smouldering woodchips (typically oak). Mallaig, once the busiest herring port in Europe,[12] is famous for its traditionally smoked kippers, as well as Stornoway kippers and Loch Fyne kippers. More often than not, they are served as a breakfast food.

1. Brush your kippers with butter
2. Cook them on a grill either in foil or straight onto the grill.
3. You may also Fry or poach them on the stove top and add an egg.
4. If cooking indoors, be sure that the kitchen is well ventilated.

Finnan Haddie

Finnan haddie is cold-smoked haddock, representative of a regional method of smoking with green wood and peat in north-east Scotland. Its origin is the subject of a debate, as some sources attribute the origin to the hamlet of Findon, Aberdeenshire, near Aberdeen, while others insist that the name is a corruption of the village name of Findhorn at the mouth of the River Findhorn in Moray. The "dispute" goes back to the eighteenth century, although it is hard to trace, as adherents fail to acknowledge even the possibility of the alternative view. It may have been a popular dish in Aberdeenshire since at least as early as the 1640s.

Traditional Preparation

Ingredients:

One pound (500g) smoked haddock
 One large onion, thinly sliced
 14oz (400ml or one and two thirds of a cup) milk
 ½ teaspoon cracked pepper
 1½ teaspoons mustard powder
 1oz (30g or ¼ stick) butter, softened
 2 teaspoons plain flour
 1 finely chopped spring onion
 Some finely chopped parsley

Method:

1. Place the thinly sliced onion in the base of a large pan. Cut the smoked haddock into pieces about ½" to an inch (2cm) wide and spread over the onion.
2. Mix the milk, pepper and mustard and pour over the fish. Bring to the boil slowly, reduce the heat to low and simmer covered for five minutes. Then uncover and simmer for another five minutes.
3. Remove the fish from the pan with a slotted spoon to allow the juices to run off and place in a warm serving dish. Continue to simmer the mixture in the pan for another five minutes, stirring frequently.
4. Mix the warm butter and flour and add to the pan along with the finely chopped spring onion. Stir over a low heat until the mixture comes to a slow boil and thickens slightly.
6. Pour over the fish and serve with some finely chopped parsley and vegetables of choice.



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Finnan Haddie (Cont)

A Modern Twist - Creamy Finnan Haddie

Ingredients:

- 2 Finnan Haddie or 4 fillets
- 1 pint Milk
- 1 Bay Leaf
- 6 Peppercorns
- 2 oz Butter
- 2 Tablespoons Flour
- 2 heaped Teaspoons Mustard Powder
- 5 fl oz Thick Cream

Method:

1. Divide the fish into 4 pieces if necessary and place into a large pan.
2. Cover with milk, add the bay leaf and peppercorns and bring to the boil
3. Reduce the heat and simmer gently until the fish is cooked.
4. Carefully lift out the fish with a slotted spoon, drain and place in a heated, shallow dish.
5. Melt the butter in a pan, stir in the flour and mustard powder and cook for 2 minutes.
6. Add the milk from the fish and bring to the boil, stirring continuously, until it thickens.
7. Remove from the heat and stir in the cream.
8. Reheat but do not allow to boil.
9. Pour over the fish and serve with boiled potatoes and green vegetables.



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Preparing our Traditional Scottish & Highland Foods

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