

# Seanchas Ìle

## MACLAGAN MANUSCRIPTS

### RECIPES

#### Bainne sleamhnuich (curds.)

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Put into a tureen two quarts new milk sieved as it comes from the cow. Stir into it a half teaspoonful of rennet, leave for twenty minutes. To be served with good cream.

#### Barnaich (limpets.)

Limpets, water, flour, milk, butter or suet and pepper. Wash the limpets in two or three waters, sea water if it can be had. Put them in a pot well covered with water, boil until the meat separates from the shell. Then pour the liquid in which they have been boiled into a basin. Allow it to stand until all sediment sinks to the bottom, and then pour it carefully into another dish, keeping back the grounds. Remove the shells, and pick the limpets, and wash them in the clean liquid: put them into a hot frying pan with melted butter or suet, add a table spoonful of flour mixed in a breakfast cupful of milk, fry for five minutes, and served hot in the gravy.

Wash the limpets in two or three waters, make an Oatmeal Bannock: put the limpets in a pot with enough water to cover them, lay the Bannock on the top of the limpets: cover with lid and boil for a quarter of an hour. Then take the pot off, lift the Bannock on a plate, pour off the liquid, separate the shells, pick the limpets, and eat them with the Bannock.

#### Buntàta is iasg saillte (Potatoes and Salfish.)

Wash the potatoes well, boil them in their skins with layers of salt fish; pour off the water when ready, allow the pot to hang over the fire for two minutes, pour the whole together in a basin and serve at once.

#### Buntàta is sgadan (Potatoes and Herring.)

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Fill a pot with clean washed potatoes: lay as many salt herring as may be required on the top of the potatoes: cover with cold water and place the pot over a brisk fire, and when ready, pour off the water. Let the steam go off for a few minutes. Dish the herring and potatoes separately, and serve at once.

#### Buntàta is feusgan (Potatoes and Mussels.)

Wash and scrub the mussels and Potatoes. Fill a pot nearly half full of the potatoes: fill up with the mussels. Nearly cover with cold water, and boil till ready. Pour off the water, and serve. This is a favourite supper in the Highlands.

#### Buntàta-stobhte (Stewed Potatoes.)

Potatoes, Braxy, and water.

Steep the braxy for a night. Wash and pare the potatoes, put them in a pot with the braxy: nearly cover them with water, stew slowly for four hours.

### Buntàta Pronnagach (Beat Potatoes.)

Potatoes, water, milk, butter, pepper and salt. Wash, pare and wash the potatoes. Put them in a pot, cover them with water, and add a handful of salt. When well boiled, pour off the water. Allow them to hang over the fire for a few minutes with the pot lid off. Then take them off and heat well with milk and butter. Serve at once with milk. This is a favourite dish in the Highlands and the following rhyme is used as expressing the manner of preparing it -

"Buntat Pronnagach,  
Is im na mullach,  
Bainne na bòinne,  
Is cuir e mun cuairt."

### Brochan-cloidheag (Prawn Soup)

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Clean the Prawns well, put them in a pot well covered with cold water. Put them on the fire, and when the water boils, add two handfuls of Barley meal. Boil until ready, and serve hot with potatoes.

### Brochan-càil (Kail Soup)

Kail, oatmeal, butter, or a piece of braxy, and water. Steep the braxy, and the following day wash it well, and put it on the fire with plenty of cold water. When the water boils, put in the kail boil them till they become tender. Remove the fibres, and having wet the oatmeal with cold water, pour it in. A lump of butter may be substituted for the braxy, and in that case salt must be added.

### Brochan-seagal (Rye Meal Soup)

Eight pints water, two handfuls rye meal, and salt. Stir the meal into a pot with the cold water. Put it on the fire, boil for a quarter of an hour, season with salt, and serve hot with bread.

### Brochan-meog (Whey Soup)

Two and a half gallons Whey: One pound Barley meal. Mix the meal with the whey in a pot, put it on the fire. Keep stirred occasionally until ready, serve with Barley Bannocks.

### Brot ceann-chaorach (Sheep's head Soup)

One sheep's head and feet, a good handful of kail, one turnip, two potatoes, a breakfastcupful of barley, a table spoonful coarse salt, and two gallons water. Singe the head, and feet. Remove the hoofs, and split up between them a little way. Split the head, take out the brains, and rub them all over the singed parts of the head and feet, then put the head and feet in cold water and a little salt, leaving it soaking there for ten hours. Wash well in cold water, and afterwards, wash and scrape in hot water. Take out the eyes, and clean well between the hoofs. Put them into a pot with the water, barley and salt. When it is at boiling point, reduce the heat and keep boiling slowly for an hour and a half. Then add the vegetables, well cleaned and chopped, boil briskly for another half hour. The broth is served with oat or barley cakes, and the meat with potatoes.

Brot-mionach (Sheep's-pluck-broth)

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The Pluck, one teacupful barley, kail, turnips, salt. Split up the heart, trim it, and free it entirely from the blood. Put it along with the lights and liver in a pot with the barley, and one and a half gallons of water. Put the pot on a good strong fire, leaving the wind pipe hanging out over the mouth of the pot. Boil for an hour, cut away the wind pipe, add the vegetables, boil for another half hour, season with salt. Serve the broth with oatcake, and the meat with potatoes.

Brot-bainnse (Wedding-broth)

Fowls, Barley, water, salt and pepper according to the number of the company to be served. Pluck, singe, draw and wash the fowls. Put them in the cold water with the other ingredients. Put a fire under them and boil for half an hour after the water has come to the boiling point. Lift out the fowls, and allow the broth to boil for another hour. Put the fowls in another large pot with plenty of butter, and slowly roast them for another hour. Serve the broth with bread and the fowls with beat potatoes.