



ONWARD, VOYAGER

and Cook!



A collection of our favourite recipes inspired by the flavours of
Orkney, Shetland, Aberdeen and Caithness



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and cook!

*25 of the best recipes from
www.northlinkferries.co.uk*



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Orkney Fudge Cheesecake

The Orkney Fudge Cheesecake is one of the most popular puddings on our ships. It is easy to make but hard to keep around for very long! This recipe was kindly given to us by a retired NorthLink employee, Lily Wroath.



INGREDIENTS

For the Topping

- 400g (1¾ cups) soft cheese (Philadelphia or supermarket brand)
- 300ml (1¼ cups) double cream
- 300g Orkney Fudge

For the Base

- 200g of digestive biscuits
- 85g (½ cup) margarine
- 1 tablespoon brown sugar



METHOD

For the Base

1. Smash up the Digestive Biscuits in bowl.
2. Melt the margarine and brown sugar (in a pot or in the microwave).
3. Add the margarine and sugar to the biscuits and mix.
4. Select a medium sized springform cake tin. Put the biscuit base in the bottom of your tin and squash it down with a spoon to form the base.
5. Put in the fridge for a short time to set.

For the Topping

1. Mash up 200g of the Orkney Fudge. We found grating it was the easiest way.
2. Cut up the other 100g of Orkney Fudge into small squares with a knife.
3. Put the cream, soft cheese and the mashed/grated Orkney Fudge into a bowl.
4. Beat until it starts to thicken. We used an electric whisk to do this quickly.
5. Add half of the cut up pieces of Orkney Fudge and stir them through the mixture.
6. Empty the contents of the bowl on top of the base in the springform cake tin and arrange nicely.
7. Sprinkle the remainder of the cut up pieces of Orkney Fudge on top of the cheesecake.
8. Put in the fridge again before serving.
9. Remove the side of the tin (you may need to use a knife to separate the sticky sides of the cheesecake from the tin).
10. Enjoy!

Orkney Patties

For visitors to Orkney, we'd recommend trying a Pattie supper in a local chip shop. This is mince, tattie and onion mixed together, battered and deep-fried - and it is delicious! The recipe below comes from George O'Neill, Executive Chef on board NorthLink's MV Hamnavoe.



INGREDIENTS

- 500g beef mince
- 1 onion
- 750g potatoes
- 1 beef stock cube
- Salt and black pepper to taste
- Vegetable oil
- 500g (3 cups) plain flour
- 1 teaspoon baking power
- 1 teaspoon bicarbonate of soda
- 25ml malt vinegar
- Approx 1 litre (4 cups) cold water
- 1 egg yolk



METHOD

For the Pattie Mix

1. Peel and halve the potatoes. Boil in a pan with salted water until soft, then drain with a colander. Return the potatoes to the pan, covering with a lid for a few minutes (this removes excess water from the potatoes)
2. Mash the potatoes but don't add milk or butter; it's important to keep the potatoes as dry as possible.
3. Fry the mince in another pan with some vegetable oil. Season the mince with salt and black pepper to taste.
4. Once browned, add a diced onion and a beef stock cube and mix (adding a stock cube gives the mince a depth of flavour.) Cook until the onion is slightly softened.
5. Spoon the mince onto a baking tray and place in the oven at 180°C for 5 minutes (this slightly removes excess fat and gives the patties a better texture)
6. Using a slotted spoon, add the mince to the mashed potatoes, leaving behind any excess fat. Mix together with a wooden spoon.
7. Allow the pattie mix to cool, then use the mix to make 12 balls. Press down with your palm to create the shape. (A small ramekin can be used to ensure all your patties are the same size!) Lay the patties flat on a plate and put in the fridge to set.

For the Batter Mix

1. In a large bowl, sieve the flour then make a well in the centre. Add the baking powder and bicarbonate of soda, before adding the malt vinegar; this will activate the powder, resulting in a crispy batter.
2. Using a whisk, add the egg yolk then the cold water a bit at a time, whisking vigorously until the batter mix is the consistency of double cream (you may not need all of the water to achieve this). Cover the batter and chill in the fridge.
3. Preheat your fryer to 180°C
4. Remove your patties and batter from the fridge. Give the batter a final whisk and dust the patties individually with flour. Dip a patty in the batter mix and drop in the fryer gently, being extremely careful!
5. Cook the patties in batches until golden in colour. Remove them from the fryer and put them on a baking tray in the oven (set to 180°C) until piping hot.

Mince and Clapshot

NorthLink's Marketing Manager, Magnus Dixon, kindly shared his mother's very fine recipe for mince and clapshot - the perfect warming dish for cold nights. Clapshot is an Orcadian dish of mixed mashed tatties (potatoes) and neeps (swede or turnip).



INGREDIENTS

For the Mince

- 750g minced beef
- 1 medium or large onion
- 2 or 3 beef stock cubes
- Bay leaves
- Cornflour

For the Clapshot

- 1kg tatties (potatoes)
- 500g neeps (swede or turnip)
- Salt and pepper
- Margarine or butter



METHOD

For the Mince

1. Heat a tiny amount of oil in a pan and over a medium/high heat.
2. Add the minced beef and cook until it starts to brown, before adding a chopped onion and stirring for a few minutes.
3. Sprinkle in the crushed beef stock cubes (Magnus' mother always added a bay leaf or two at this stage, but it's not essential)
4. Pour in some water so that it barely covers the mince. Little mountains of mince should peak out of the water's surface.
5. Cover the pan and simmer over a low heat for an hour or so.
6. In a cup, mix a tablespoon of cornflour with a little bit of water and pour into the mince mixture, stirring constantly.
7. Once thickened, your mince will be ready to enjoy.

Top tips:

- If the sauce is too thin, add more cornflour mixed with water. If the sauce is too thick, add more water.
- We also think the mince is nice with a couple of chopped carrots or mushrooms added in at the same time as the onion.

For the Clapshot

1. After peeling the tatties and neeps, cut the tatties into halves and the neeps into peedier (smaller) cubes.
2. Put the neeps into a pan and just cover them with water, adding a good teaspoon of salt. (**Tip:** Orcadian poet and relative of Magnus, George Mackay Brown, swore by adding a chopped raw onion at this stage – and we recommend this too!)
3. Bring the neeps to a boil and simmer for ten minutes. Then add the tatties and enough water to cover everything.
4. Bring to the boil and simmer for another 20 minutes or until everything in the pan is tender when tested with a fork.
5. Drain and mash with a scoop of margarine or butter until smooth, adding salt and pepper to taste.

Top tip:

- Clapshot can be made with any quantity of neeps and tatties (our version should serve four), but in our opinion, the ratio of twice as many potatoes as neeps gives the best result.

Fattie Cutties

Fattie Cutties are a delicious traditional treat from Orkney described as being halfway between a biscuit and a fruit bun. This recipe appears in *Deerness Kitchen* - a book compiled by members of the Deerness SWRI - and was contributed by Meg Fiddler of Schoolhouse.



INGREDIENTS

- 150g (1 cup) plain flour
- 35g (¼ cup) sugar
- 50g currants
- 75g (¼ cup) margarine
- Pinch of salt
- ½ teaspoon baking soda
- 25ml milk



METHOD

1. Mix the flour, sugar, currants, salt and baking soda in a bowl.
2. Melt the margarine and add it to the dry ingredients. Add the milk and stir; the mixture should become a dough.
3. Roll the mixture out thinly onto a lightly floured board.
4. Cut into rectangles (ours were 5cm by 10cm) and bake on a medium hot girdle or frying pan which has been dusted with a little flour.
5. Turn once, and when golden, cool on a wire tray.

Top tip: It takes approximately 30 to 40 seconds to brown each side. As you bake all of the cut slices, the girdle will become much hotter, so watch that they don't burn!

Chocolate Kracknel

This Chocolate Kracknel recipe comes from NorthLink's Marketing Officer, Amy Leith. Passed down from her grandma and adapted from the *Friends of Insh Hospital and Community Book*, it's a simple, no-bake recipe - perfect for when you need something sweet!



INGREDIENTS

- 200g (7 oz / ½ cup) golden syrup
- 200g (7 oz / 1 cup) margarine
- 200g (7 oz / ¾ cup) dried milk
- 50g (1¾ oz / ½ cup) drinking chocolate
- 140g (5 oz cornflakes (crushed)
- 6 digestive biscuits (crushed)
- 180g (1 cup) chocolate



METHOD

1. Melt the golden syrup and margarine together in a large bowl. We did this on the hob over a pot of simmering water.
2. Once fully melted, add in the dried milk and the drinking chocolate. Stir until fully combined to be left with a thick chocolatey mixture.
3. Add in your crushed cornflakes and digestives and stir until combined.
4. Transfer the mixture into a lined baking tin (the one we used was 9x9 inches) and press it down into a smooth layer.
5. Place in the fridge to set for at least 20 minutes.
6. To add a little more indulgence, Amy's grandma has always melted some extra chocolate to pour over the top of the Kracknel. You can get as creative as you like with this and use whichever kind of chocolate is your favourite! Her grandma likes to use either a Cadbury's Crunchie Bits Bar or a Daim Bar to add a wee bit of crunch – and it's delicious!
7. Place in the fridge again until the chocolate has set.
8. Slice into small pieces and enjoy with a cup of tea or coffee and friends.

Top tip: Chocolate Kracknel freezes very well, making it the perfect treat to have on hand when family or friends come round to visit!

Orkney Fudge Brownies

If you're looking for a sweet treat with an Orkney flavour then look no further! Try our easy recipe from George o'Neill, Executive Chef on the MV Hamnavoe, which makes a delicious soft brownie with an Orkney Fudge crust!



INGREDIENTS

- 300g (1¾ cups) milk chocolate
- 200g Orkney Fudge
- 250g (1¼ cups) butter
- 600g (3 cups) caster sugar
- 4 eggs
- 1 teaspoon vanilla essence
- 450g (2¾ cups) plain flour



METHOD

1. Chop the chocolate, butter, and 100g of Orkney Fudge into cubes. Add to a medium sized pan, then melt on a low heat, stirring continuously with a wooden spoon (cooking on a low heat is important as the mixture can burn on the bottom of the pan if you are not careful; causing it to taste bitter!). Once everything is completely melted and fully mixed together, remove the pan from the heat and allow the mix to cool slightly.
2. Break the eggs and whisk them. Then add the eggs to the slightly cooled chocolate and fudge mix. It's important to wait until the mixture is cool before adding the eggs or they will separate.
3. Now add the caster sugar and vanilla essence. Beat everything together with a wooden spoon till glossy.
4. Sieve the flour into the pan and fold the flour through the mix carefully, ensuring that the flour is fully incorporated. It is important to sieve the flour to prevent any lumps of flour forming!
5. Pre-heat the oven at 160°C. Grease a baking tin with a little butter and line with a piece of greaseproof paper.
6. Spoon the brownie mix into the tin and flatten it out, with the back of the wooden spoon, evenly into the corners of the tin. You may find that you have enough mix for two small tins.
7. Grate the remaining 100g of Orkney Fudge on top of the brownie mix. As this sticks together we'd recommend using a fork to spread it evenly.
8. Bake the brownie in the centre of the oven for 25 minutes, until the brownie has coloured and is firm around the edges. The centre should still have a wobble.
9. Take the brownie out of the oven, lay a clean tea cloth over the brownie and allow to cool completely in the tin. It essential to not over bake the brownies; the brownie will finish baking in the tray whilst cooling, producing a soft brownie with an Orkney Fudge crust!
10. Once cooled remove from the tin, take away the greaseproof paper and cut into equal size pieces. Enjoy!

Rock Buns

This recipe makes 9 more-ish rock buns that are moist and delicious, packed with a citrus zing and succulent sultanas. It comes from the Harray SWRI (1936-1986) recipe book and they are a breeze to make!



INGREDIENTS

- 227g (8 oz / 2 cups) self raising flour
- 113g (4 oz / ½ cup) margarine
- 113g (4 oz / ½ cup) sugar
- Pinch salt
- 1 egg
- Grated rind of 1 lemon or orange
- 75g (2½ oz / ½ cup) dried fruit (we used sultanas)
- Sprinkle of demerara sugar (optional)



METHOD

1. Put the flour, salt and sugar into a bowl, and rub the margarine into the mixture until it resembles breadcrumbs.
 2. Add the grated rind and dried fruit, stirring well.
 3. Mix in the beaten egg – the ingredients should be quite sticky now!
 4. Line a baking tray with baking paper and create small rough mounds, far apart as the rock buns will spread out when baked (if you like to be precise like me, I made each one around 65g in weight, which made 9 rock buns in total).
- Tip:** You can sprinkle some demerara sugar on top before baking for a sweet crunchy finish!
5. Bake at 220°C (in a fan oven) for 2 or 3 minutes, then reduce to 200°C (in a fan oven) for 10 to 15 minutes until all the rock buns are golden.
 6. These are best eaten when warm and best served to the good people in your life!

Ginger Snaps

These ginger snaps are easy to bake and make 25 sweet biscuits that are crunchy at the edge and slightly chewy in the middle - heaven! This particular recipe comes from the *Orkney Hospitals' Recipe Book (1984)*, and we extend our thanks to the contributor, Enid Fleming.



INGREDIENTS

- 340g (12 oz / 2 cups) self-raising flour
- 1 rounded teaspoon bicarbonate of soda
- 2 rounded teaspoons ground ginger
- 225g (8 oz / 1 cup) sugar
- 115g (4 oz / ½ cup) butter
- 2 tablespoons syrup
- 1 egg (beaten)



METHOD

1. In a bowl, mix the flour, bicarbonate of soda and ginger together.
2. In another bowl, melt the sugar, butter and syrup. We put it in the microwave for 2½ minutes, stirring the mixture halfway through. Once the sugar has dissolved, it is ready. Allow the mixture to cool down for 5 minutes.
3. Mix the sugar, butter and syrup into the flour, and then add the beaten egg and combine into a sticky ball.
4. Line two baking trays with baking paper.
5. Roll into small balls and place a little apart on the trays. If you like to be precise like me, I made each one 30g in weight, which made 25 biscuits in total (with a small biscuit left over).
6. Flatten each ball slightly with a fork.
7. Bake in a preheated oven at 180°C for approximately 15 to 20 minutes. Each Ginger Snap will flatten and spread and become golden brown.

Tip: If you like your Ginger Snaps a bit crunchier, just leave them in the oven for slightly longer.

8. Place on a wire tray to cool (though we highly recommend trying a Ginger Snap whilst it is still warm!)

Peedie Nana's Bran Loaf

Dana Flett, one of our Customer Service Supervisors in the Stromness Ferry Terminal, kindly donated her great granny's (known in the family as Peedie Nana) recipe for a sweet and sticky bran loaf. This recipe uses an unusual ingredient - a popular breakfast cereal!



INGREDIENTS

- 1 cup All-Bran
- 150g (1 cup) sultanas
- 110g (½ cup) sugar
- 240ml (1 cup) milk
- 160g (1 cup) self-raising flour



METHOD

1. Mix the All-Bran, sultanas, sugar and milk in a small bowl. The mixture should be covered by milk.
2. Cover and leave the mixture to soak in the fridge overnight. The following day the All-Bran and Sultanas should have absorbed all of the milk.
3. Add the self-raising flour and mix well. The mixture should be quite sticky at this point.
4. Line a 2lb (1kg) loaf tin with baking paper.
5. Drop the mixture evenly into the loaf tin.
6. Bake for 45 mins at 180°C. To test if the bran loaf is ready, test with a knife and take the loaf out when it is no longer wet inside.
7. Cut Peedie Nana's Bran Loaf into thick slices, and serve warm with butter. This sticky loaf has tasty juicy fruit in every bite, and one slice is never enough!

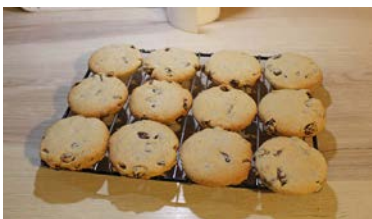
Birsay Biscuits

This classic Orkney recipe for Birsay Biscuits came from the late J. Scott of Chocolate Cottage, now home to the amazing Yellowbird Gallery. Made with beremeal from Barony Mill (or flour as a substitute), this quick recipe yields 24 buttery biscuits packed with sultanas.



INGREDIENTS

- 340g (12 oz / 2 cups) self-raising flour
- 110g (4 oz / $\frac{3}{4}$ cup) beremeal (or plain flour)
- 225g (8 oz / 1 cup) caster sugar
- 225g (8 oz / 1 cup) butter
- 1 egg
- 170g (6 oz / 1 cup) sultanas
- A good pinch of salt



METHOD

1. Cream the butter and the caster sugar together with an electric whisk. We softened the butter a little by putting it in the microwave for 15 seconds beforehand.
2. Add the sultanas, egg and salt, and sieve in the self-raising flour and beremeal.
3. Mix well – this will require a strong wooden spoon and muscles!
4. Use your hands to knead the mixture into a dough.
5. Flour a surface and roll out the dough until it is about 1cm thick. Cut into biscuit shapes. We did this really quickly using our 'The Giddy Limit' mug!
6. Place the Birsay Biscuits onto a baking tray lined with baking paper.
7. Bake for 16 minutes in an oven at 180°C. The biscuits should be a little bit tanned when you take them out.
8. Place on a rack as the biscuits will become crisp when they cool down. We used a metal spatula for the job as the biscuits were still a little soft when hot.
9. Enjoy these golden slices of heaven from Birsay with neighbours and friends over a hot drink and a good catch-up!

Kisses

Kisses - two delicious biscuits jammed together with icing - are a traditional treat served at High Teas in both Orkney and Shetland. This recipe, which comes from the Birsay WRI book, makes 19 kisses and is a luxurious accompaniment to a cup of tea or coffee.



INGREDIENTS

For the biscuits

- 60g (½ cup) cornflour
- 170g (1 cup) self raising flour
- 170g (¾ cup) margarine
- 70g (½ cup) icing sugar

For the icing

- 40g (¼ cup) unsalted butter
- 70g (½ cup) icing sugar
- 1 teaspoon vanilla essence
- 1 tablespoon milk



METHOD

1. Sift the flour and cornflour together.
2. Cream the margarine and the icing sugar together with an electric whisk. I read tips that suggested you keep going for a little while longer after it looks ready.
3. Add the flour and mix it all together.
4. Put baking paper on a baking tray.
5. Roll into balls the size of a walnut and place on the tray. If you like to be precise like me, I made each one 12g in weight, which made 38 balls total.
6. Flatten the balls slightly with a fork so they look more biscuit-like and have a flat edge on the bottom.
7. Bake in a preheated oven at 160°C for approximately 15 minutes.
8. The kisses should be a little bit tanned when you take them out! Allow to cool.
9. To make the icing, sift the sugar and soften the butter. Then add the milk and vanilla essence.
10. Mix with an electric whisk and then put the mixture in the fridge until it is quite stiff.
11. Once both the biscuits and the icing is cool put a generous dose of icing on one biscuit and join it together with another!

Top tips:

- You can get adventurous with grated lemon zest, orange zest or cocoa instead of vanilla in the icing.
- Due to the icing centre, they are best stored in the fridge and finished off within 2 days (this wasn't a problem when we made them!)

Ginger Oat Slice

This tray bake recipe is perfect for those who love oat biscuits and the taste of ginger. The oaty base is moist and sweet, and the creamy ginger topping is a delight! The recipe comes from talented cooks Joanne Torrance and her niece – thank you to them both!



INGREDIENTS

For the base

- 230g (2¾ cups) porridge oats
- 2 teaspoons ground ginger
- 115g (½ cup) soft brown sugar
- 115g (½ cup) margarine.
- 2 tablespoons Golden Syrup

For the top

- 150g (1 cup) sifted icing sugar
- 170g (¾ cup) butter
- 2 teaspoons ground ginger
- 6 teaspoons Golden Syrup



METHOD

1. Grease a 24cm wide by 24cm long tin.
2. Mix the oats, ground ginger and soft brown sugar together in a bowl.
3. In another bowl melt the margarine and no more than two level tablespoons of Golden Syrup. We put it in the microwave for one minute. Mix well.
4. Combine the dry ingredients with the margarine and Golden Syrup and pack the mixture evenly into the tin. We used a potato masher to make sure it was level!
5. Bake in the oven for approximately 20 minutes at 150°C.
6. For the top, put the icing sugar, butter, ground ginger and Golden Syrup into a pan and stir over a gentle heat until melted. Alternatively, use a microwave and whisk until smooth.
7. When the oat base is out of the oven, pour the mixture evenly across the top. Neither need to be cold.
8. Leave to set and after 30 minutes, divide up the slices by scoring deep marks into the icing with a knife. We cut 16 slices in all. This made it much easier to cut them when the slices hardened, and prevented the top from shattering.
9. Enjoy!

Top Tips:

- Joanne and her niece cut the squares diagonally to make triangles, which makes the tray bake last even longer.
- It is important to measure the syrup accurately when making this - as too much will make the slice too hard!

Deep Fried Grimbister Cheese & Cranberry Sauce

Grimbister farm cheese is a delicious firm but crumbly cheese made in Orkney. This recipe comes from Grimbister farm and first appeared in the 'Peenik Fish and Peedie Tatties' recipe book.



INGREDIENTS

For the Grimbister cheese

- 350g Grimbister cheese
- 100g (½ cup) plain flour
- 200g (1½ cup) breadcrumbs
- 3 eggs lightly beaten

For the cranberry sauce

- 250g cranberries
- 30ml lemon juice
- 70g (¼ cup) caster sugar
- 75ml (¼ cup) water



METHOD

1. Start by making the sauce. Drop the cranberries, lemon juice, caster sugar and water into a saucepan and slowly bring to boiling point.
2. Simmer for a few minutes and gently mash the cranberries.
3. Once the mixture is quite thick, take off the heat.
4. Rub the sauce through a nylon or metal sieve into a bowl. This can be quite messy!
5. To make the deep-fried cheese, cut it into small wedges (we divided our block of cheese into three semi-circles, and then cut each semi-circle into four triangles).
6. Coat with flour, dip in the beaten egg and then coat with breadcrumbs. Make sure the cheese is fully coated.
7. Set the deep fat fryer to 180 degrees.
8. Deep fry in hot oil until golden brown – this will only take about a minute. It is worth being delicate when taking the cheese in and out of the fryer basket.
9. Serve with cranberry sauce and salad.

Top tip: If eaten immediately, the cheese will be quite molten – we prefer waiting for 5 minutes before eating!

Cullen Skink

This recipe comes from Victoria Dixon, NorthLink's Social Media Officer. It was passed on from her dad, who lives in Buckie, and he is an expert at making Cullen Skink. The secret is to only use a few simple ingredients!



INGREDIENTS

- 2 smoked haddock fillets
- 2 haddock fillets
- 1 onion
- 6 to 8 small potatoes
- 1 pint (2¼ cups) of milk
- Knob of butter
- Salt and pepper



METHOD

1. Chop the onions into chunks, put the fish and onions into a pan, cover with water and bring to the boil. Cover and simmer for 15 to 20 minutes.
 2. Using a slotted spoon, remove the fish and onions from the liquid and place in a dish. Don't pour away any of the fishy liquid stock!
 3. Chop the potatoes into chunks (about 2cm) and add to the liquid in the pan. Boil the potatoes in the liquid stock.
 4. When potatoes are cooked, add the fish and onion.
- Tip:** Boil the potatoes gently and make sure you don't overboil them as they will just disintegrate in the soup – it's good to have some lovely chunks of tattie!
5. Pour in the milk, add a good knob of butter, season with salt and pepper to taste.
 6. Do not boil – bring the soup to serving temperature and serve!

Top tips:

- Though many offer Cullen Skink as a starter, with a few slices of buttered bread, this soup is filling enough to be the main meal!
- You can keep the leftovers in the fridge for up to 2 days (if there are any!)
- Cullen Skink is often better the day after preparation as it has time to develop more depth to its flavour.

Lemon Drizzle Traybake

High teas are popular in Orkney, Shetland and the north of Scotland, and they are famed for their fancies. This Lemon Drizzle Traybake is perhaps not the best-looking treat, however its sweet, citrus flavour is a refreshing surprise!



INGREDIENTS

- 115g (½ cup) butter
- 115g (½ cup) caster sugar (for the cake mixture)
- 115g (¾ cup) self-raising flour
- 2 eggs
- 2 lemons, squeezed, with peel grated
- 85g (½ cup) caster sugar (for the drizzle)



METHOD

1. Grate the lemon peel from the two lemons.
2. Melt the butter.
3. Mix the butter, lemon peel, sugar, flour, and beaten eggs together in a bowl.
4. Spread the mix evenly into a baking tray. For this volume of ingredients, we used a tray that was 24cm wide by 24cm long.
5. Bake at 160°C for 20 minutes.
6. Meanwhile squeeze the juice out of the two lemons, and then dissolve the sugar in the lemon juice. This mixture will be quite watery.
7. When the traybake comes out of the oven, allow it to cool slightly and then pour the drizzle evenly over the top (there may be liquid slooshing about the top of the traybake, but don't worry, it will quickly absorb!)
8. When it is cool, cut the traybake into slices. It will be a quite moist, so lift the first slices out with care.
9. Serve, and watch these disappear fast!

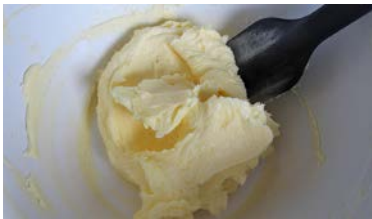
Orkney Beremeal Shortbread

Orkney Beremeal Shortbread is a delicious sweet treat which is easy to make. It uses beremeal, which comes from bere. This is an ancient grain, which is low in gluten and saturated fats, and has been grown for over 5,000 years in Orkney!



INGREDIENTS

- 250g (1½ cups) beremeal flour
- 125g (½ cup) semolina
- 250g (1 cup) butter
- 125g (½ cup) caster sugar
- Pinch of salt



METHOD

1. Preheat a fan oven to 130 degrees celsius
2. Soften the butter (we put it in the microwave for 10 seconds) then cut the butter into cubes.
3. Add the butter and caster sugar into a bowl and cream the mixture until it is light and fluffy. We used an electric whisk for this task.
4. Gradually add the beremeal flour, semolina and salt to the bowl and mix until it is all bound together in a slightly sticky dough.
5. To make the next task easier, divide the dough into 4 portions.
6. Lightly flour a surface and use a rolling pin to roll each quarter to a thickness of roughly 1cm.
7. Use a biscuit cutter to cut into rounds, placing them on baking trays lined with baking paper. Continue until all of the dough is used.
8. Bake in the oven for between 25 and 30 minutes, or until golden.
9. Switch the oven off and remove the trays from the oven. Sprinkle the shortbread with caster sugar.
10. Return the shortbread to the oven (still switched off) until it is cool. This helps the sugar stick to the shortbread.

Top tips:

- If you cannot lay your hands on beremeal, plain flour will work just as well!
- Beremeal is quite expensive so we used plain flour for flouring the surface before rolling.
- Be aware that the rolled mixture can become stickier the more you work with it.
- Keep a close eye on the oven during cooking - the shortbread can turn from golden to incinerated very quickly!

Floorie Bannocks

Bannocks are a traditional Scottish flatbread which use very few ingredients and are super-easy to make. This recipe comes from Mrs A. Findlay, whose recipe was found in an old Orphir SWRI book, and makes 3 bannocks - perfect served with soup, butter or cheese!



INGREDIENTS

- 450g (2¾ cups) plain flour
- 28g margarine
- 1 teaspoon baking soda
- 1 heaped teaspoon cream of tartar
- A generous pinch of salt
- Milk to mix (we used about 200ml or ¾ cup)



METHOD

1. In a medium bowl, mix the flour, salt, baking soda and cream of tartar.
2. Rub the margarine into these dry ingredients.
3. Then add the milk a bit at a time until you have a fairly soft dough.
4. Divide the dough into 3.
5. Roll the bannocks out in flour. Our bannocks were circular in shape, about 15cm in diameter and approximately 1cm thick.
6. Bake on a griddle on a low / medium heat (3 on our oven). We used a frying pan, and we found it was best to heat the pan for a while beforehand. Don't use any oil – just add the bannock dry to the frying pan.
7. The bannock will begin to rise, and will turn golden brown when it is ready. Flip is over a couple of times to ensure it is evenly cooked.
8. Once cooled, serve and cut into slices like a cake, and for buttering, cut through the soft middle and split the triangle in two. Enjoy!

Hoswick Tiffin

For many visitors to Shetland, a highlight is a trip to the Hoswick Visitor Centre for some of their famous, mouth-watering Tiffin. We'd like to thank Rosemary Inkster, who manages the busy Visitor Centre, for sharing the tempting and moreish recipe for this sweet tray bake!



INGREDIENTS

- 220g (1 cup) butter
- 4 tablespoons caster sugar
- 4 tablespoons golden syrup
- 8 tablespoons cocoa powder
- 450g (4½ cups) digestive biscuits
- Raisins – are optional (but why would you not include?)
- 150g (¾ cup) chocolate (for the topping)



METHOD

1. Melt the butter, sugar, syrup and cocoa together in a large pan.
2. Crush the digestive biscuits. Though you might be tempted to whizz the biscuits in a food processor, we'd recommend, having some bigger chunks of biscuits in the bowl. Add the raisins also.
3. Combine the melted chocolate mixture with the crushed biscuits and mix well.
4. Press the mixture into a greased tin. We washed a spoon with hot water, and used this to smooth out the tiffin!
5. Top with 150g of melted chocolate. We used 100g of milk, and 50g of white chocolate, and dropped dollops onto the mixture. We then created the swirling pattern with a knife.
6. Leave it to set for around 30 minutes in the fridge.
7. Cut into squares (we made 16!) and serve to friends and family with a warm cup of tea or coffee!

Easy Oatcakes

For those not from Scotland, an oatcake is a type of flatbread similar to a biscuit or cracker. This recipe was kindly shared by Laurie Goodlad - the writer and tour guide of 'Shetland with Laurie'. It was her grandad's recipe and is simple to make and incredibly tasty!



INGREDIENTS

- 250g (3 cups) of medium oatmeal
- 485g (3 cups) of self-raising flour
- 50-100g ($\frac{1}{4}$ - $\frac{1}{2}$ cup) of sugar
- A splash of milk
- 1 teaspoon of salt
- 225g (8oz / 1 cup) margarine or butter
- 1 beaten egg



METHOD

1. Mix the oatmeal, flour, sugar, and salt in a big bowl.
2. Melt the butter (a minute in the microwave should do the trick!)
3. Pour the butter into the dry ingredients and mix it all together. You'll need to use your hands for this. Eventually the mixture will be evenly coated, golden, and resemble breadcrumbs. It will smell quite oatcake-y at this stage!
4. Add the beaten egg, and a little milk (just a splash) until the mixture binds together into a big ball with a dryish consistency.
5. Roll the mix out onto a floured surface to about $\frac{1}{4}$ inch thick (or however you personally like them).
6. Cut into small circles and place on a tray lined with grease-proof paper. We used a cutter which is about 6cm in diameter, and this makes between 90 and 100 oatcakes!
7. Bake in a preheated fan oven at 160°C for between 17 and 20 minutes. Your oatcakes should be very lightly tanned!
8. Allow to cool before enjoying with copious amounts of cheese, butter, and, our personal favourite, sweet chilli jam.

Dark Island Beef Stew

This is a super-easy recipe for a beef stew that works every time. It uses Dark Island, a rich, dark ale from the Orkney Brewery, which pairs divinely with beef. This recipe serves 6, and is best enjoyed the following day once the flavours have deepened.



INGREDIENTS

- 4 onions
- 800g stewing beef, cut into cubes
- 2 tablespoons flour
- 250ml (1 cup) Dark Island ale
- 250ml (1 cup) water
- 3 beef stock cubes
- 3 carrots (optional)
- 6 mushrooms (optional)



METHOD

1. Preheat the oven to 180°C
2. Chop the onions into big chunks
3. In a large pan, fry the onions with a little oil.
4. When they start to brown, add the meat and stir until the beef is no longer red. If you want, you can add chopped carrots or mushrooms at this point. Or both!
5. Add the flour, then the stock, water and Dark Island. A bottle of Dark Island is 500ml which is a little too much for our needs here. So add half to three quarters of the bottle of beer and find something to do with the rest (we recommend drinking it!)
6. Season with a good dose of salt and pepper and cook for a while until the sauce starts to thicken.
7. Transfer everything to a casserole dish, put a lid on to cover and pop it in the oven.
8. Cook for 1½ hours. After 1 hour, give it a stir to make sure it's not sticking to the sides. If the sauce is too thick, add an extra splash of water.
9. Serve with mashed tatties to soak up all the gravy!

Top tip:

- We think this Orkney beef stew tastes delicious, but we also think it tastes even better if you save it, reheat and serve it the following day!

Porridge Oat Biscuits

The recipe for Porridge oat biscuits was found in the Birsay SWRI Recipe Book from 1979. These biscuits spread out to cookie size and they are absolutely delicious. They are best enjoyed once cooled when they become lovely and chewy!



INGREDIENTS

- 300g (1½ cups) sugar
- 180g (2 cups) porridge oats
- 320g (2 cups) plain flour
- 2 teaspoons baking powder
- 2 teaspoons bicarbonate of soda
- 225g (1 cup) margarine
- 2 teaspoons syrup
- 2 teaspoons water
- 2 teaspoons vanilla essence



METHOD

1. Mix the sugar, oats, flour, baking powder and bicarbonate of soda together in one bowl.
2. In another bowl, melt the margarine, syrup, water and vanilla essence. We put it into a microwave on full power for 1 minute and stirred it afterwards.
3. Pour the melted mixture over the dry ingredients and mix it all until the entire mixture is moist.
4. Make into small balls and flatten into biscuit shapes on a baking tray with grease-proof paper.
5. We made around 22 biscuits across three baking trays.

Tip: Make sure they are well spaced out as the biscuits spread in the oven!

6. Put into an oven and cook for 10 minutes at 200°C.
7. Set aside to cool, and try not to eat them all in a single day!

Mint Chocolate Slice

Another delicious high tea fancy to try is a mint chocolate slice. We received this recipe from a very kind lady whose late mum used to make it often. It's easy to follow and tastes absolutely delicious. Our grateful thanks to both ladies!



INGREDIENTS

- 115g (¾ cup) self raising flour
- 85g (½ cup) soft brown sugar
- 2 heaped teaspoons cocoa powder
- 70g crushed cornflakes
- 115g (½ cup) margarine
- 225g (1½ cups) icing sugar
- ½ teaspoon of peppermint essence
- 1½ tablespoons of water
- A few drops of green food colouring
- 200g melted chocolate



METHOD

1. Crush the cornflakes. We were lazy and blasted them in a food processor.
2. Mix the cornflakes, the flour, brown sugar and cocoa powder together.
3. Melt the margarine and mix it into the dry ingredients.
4. Spread it flat in a baking tin (the one we used was 24cm wide by 24cm long) to make the biscuit base.
5. Cook at 180°C for 20 minutes, then leave to cool.
6. Mix the icing sugar, peppermint essence, green food colouring and water.
7. Spread evenly across the biscuit base. We used two forks and a bit of patience as the mixture is quite sticky!
8. Melt the chocolate in a bowl (we did this by putting it in the microwave for 1½ minutes and giving it a good stir).
9. Use a knife to spread the chocolate evenly over the top.
10. Put in the fridge so that the chocolate sets.

Top tip:

- As the chocolate begins to set (about ten minutes in) we divided up the slices by scoring deep marks into chocolate with a knife. This made it much easier to cut them when the chocolate hardened, and prevented the chocolatey top from shattering!

Orange Biscuits

This recipe comes from the *Fintry Favourites* recipe book. Fintry is close to Turriff in Aberdeenshire. These orange biscuits can be made quickly and easily - they have a lovely zingy shortbread texture, and just the right amount of chocolate!



INGREDIENTS

- 100g (4oz / ½ cup) margarine
- 50g (2oz / ¼ cup) caster sugar
- 125g (5oz / ¾ cup) self-raising flour
- Grated rind of an orange
- 1 teaspoon orange juice (we squeezed the orange!)
- 25g (1oz) chocolate chips or grated chocolate
- Chocolate for decoration



METHOD

1. Cream the margarine, sugar and orange rind in a bowl – we used our electric hand mixer to whisk it into a thick paste quickly.
2. Add the flour, juice and chocolate chips and mix it all together.
3. Wet your hands (the mixture is sticky) and roll the mixture into small balls. If you like to be precise like me, I made each one 20g in weight, which made 15 biscuits in total.
4. Place a little apart on the trays and flatten with a wet fork.
5. Cook until golden brown in a fan oven for about 25 minutes at 160°C.
6. When the biscuits have cooled, decorate with melted chocolate.

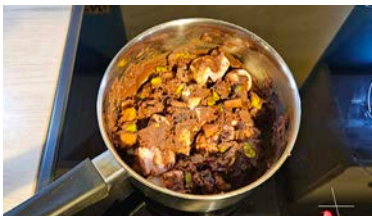
Yuletide Rocky Road Log

Make approximately 10 slices of this moreish Yuletide Rocky Road Log. This fail-safe recipe comes from George o'Neill, Executive Chef on MV Hamnavoe. Best of all, it doesn't take long to make and is quite delicious indeed!



INGREDIENTS

- 200g (1 cup) chocolate
- 50g (¼ cup) butter
- 2 ginger nut biscuits
- 25g pistachios
- 25g glacé cherries
- 25g cranberries
- 100g (2 cups) marshmallows



METHOD

1. Break the Ginger nut biscuits into bite size chunks, remove the shell from the pistachios, and cut the glacé cherries and marshmallows in half.
2. Chop the chocolate and the butter into small pieces and add to a small pan over a low heat. Stir continuously with a wooden spoon as the mixture melts. Cooking on a low heat is important as the mixture can burn on the bottom of the pan if you are not careful; causing it to taste bitter! Once the mix is fully melted, remove the pan from the heat.
3. Add the ginger nut biscuits, along with the pistachios, glacé cherries, cranberries and marshmallows to the pan. Mix everything together with a wooden spoon and allow to cool slightly (cooling the mix is important as it will make it easier to make the log shape).
4. Lay a sheet of greaseproof paper on the work surface, then spoon the rocky road mix into a sausage shape along the middle of the greaseproof paper. Tuck the paper over the mix and pull towards you, creating a parcel. Smooth the paper along the sausage shape until tight, then roll the rocky road mix away from you until an extra tight log shape is achieved. Twist the ends of the paper like a Christmas cracker.
5. Spread cling film onto the work surface and wrap the log in cling film. Use the cling film to make the log extra tight and twist the ends as tightly as possible.
6. Place the Yuletide Rocky Road Log in the refrigerator for a few hours to firm up and set the shape. When ready to serve, remove the cling film and greaseproof paper from the log and cut into equal slices.
7. To cut the rocky road log, neatly, mark the log into equal portions with a small knife as a guide. Add boiling water to a jug, dip your knife into the water, quickly dry the knife with a tea towel. Then cut a portion. Continue with this method and even sized slices of the log will be achieved. Enjoy!

Beremeal Mince Pies

Our friends at the Barony Mill in Orkney created this recipe for mince pies using Beremeal - a grain grown in Orkney for over 5,000 years. This lends these Beremeal Mince Pies a rich, buttery, crumbly pastry that melts in your mouth and perfectly complements the fruity pie centre.



INGREDIENTS

- 125g (4½ oz / ¾ cup) beremeal
- 285g (10 oz / 1¾ cups) plain flour
- 25g (1 oz) caster sugar
- 250g (9 oz / 1 cup) cold butter
- 1 large egg (plus 1 extra egg for glazing)
- A little icing sugar
- 1 jar mince meat



METHOD

1. Pre-heat the oven to 190° / 170° C fan/gas 5 and grease two shallow patty tins.
2. Mix the beremeal and flour together in a deep bowl.
3. Cut the butter into small cubes. Then rub the butter into the beremeal and flour until the mixture resembles breadcrumbs.
4. Add the sugar and 1 large beaten egg and combine into a ball.
5. On a floured surface, roll the mixture out so that it is about 3mm thick.
6. Using a round cutter (about 7½ cm wide) cut out 24 bases, and place them into the patty tins.
7. Drop 1 heaped teaspoon of mincemeat into each.
8. Brush the edge of each pie with a little beaten egg.
9. Re-roll the pastry and cut 6cm lids. Press them on top to seal the pie closed.
10. Glaze with beaten egg, make small cuts in the top and bake for 15 to 20 minutes, until golden brown.
11. Sprinkle with a little icing sugar on top and leave to cool in the tin.

