



Learn about some delicious Scottish foods in this tasty issue. Who knows, you might find something new that you like!

What's for Dinner?

Draw lines between the name of the dish and the description. Can you guess them all?



Cloutie Dumpling

The national dish of Scotland made of onions, oatmeal, spices, suet, and parts of a pig, sheep, or cow and stuffed in a sheep's intestine and boiled.



Scotch Pie

A rich fruit pudding made with flour, breadcrumbs, dried fruit, suet, sugar, spices, milk, and sometimes golden syrup. It is best served with a drizzle of cream.



Black Pudding

A mixture of suet (meat fat), oats, blood, barley, and spices stuffed in a casing and usually served for breakfast.



Haggis

A crust filled meat (usually lamb) pie.



Cranachan

A simple Scottish dessert made of fresh raspberries, whipped cream, honey, and toasted oats.



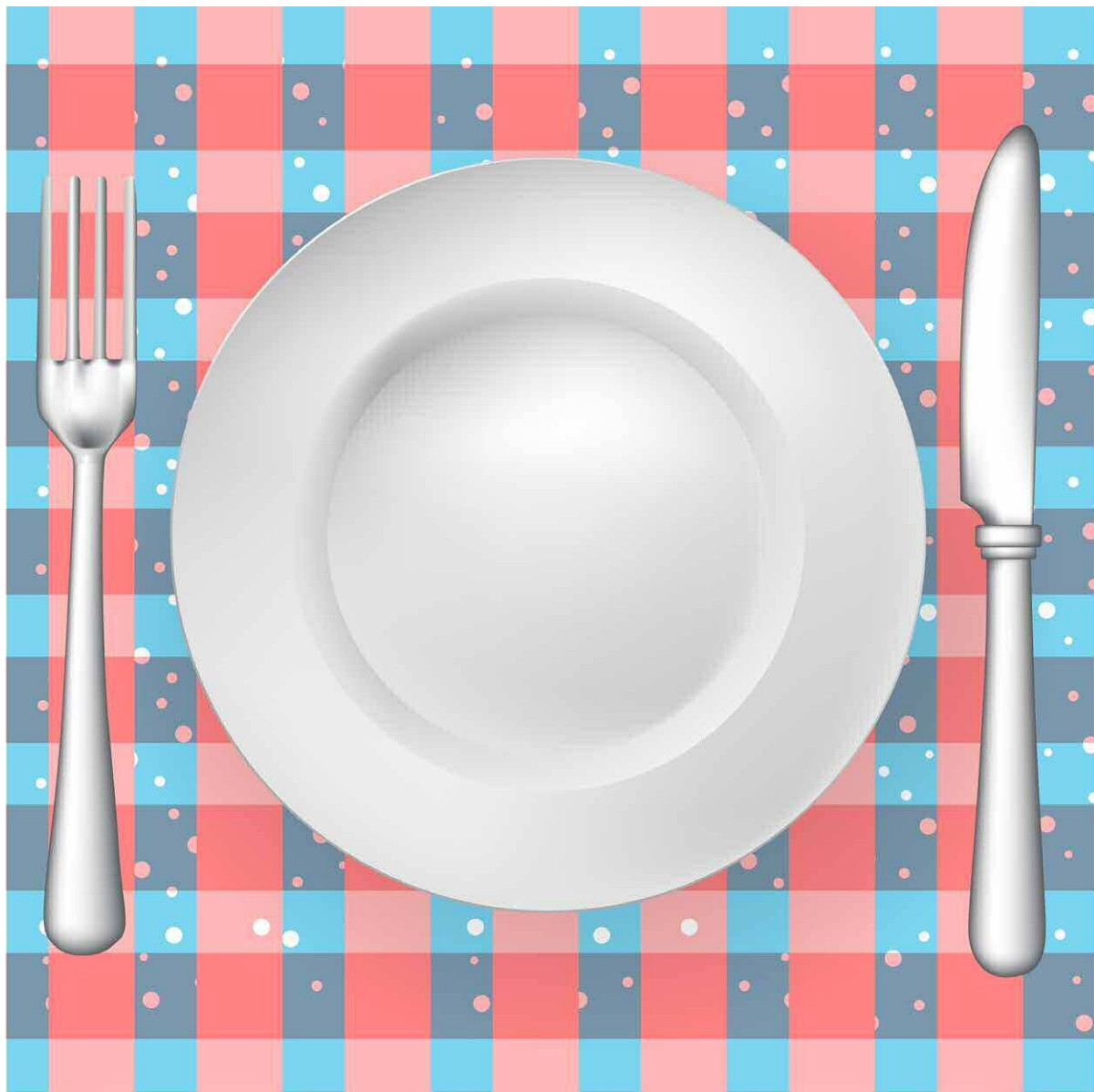
A full Scottish breakfast consists of sausage links, bacon, eggs, potato scones, fried mushrooms, grilled tomatoes, baked beans, buttered toast and black pudding. Other breakfast favorites include porridge, cereal, or yogurts.

What is your favorite breakfast? Draw a picture or write a description and send to bittybulls@turnbullclan.com

Bitty Bull is hungry!



Draw a meal that you would like to eat!



2 tbsp medium oatmeal/
granola mix

300g (11 oz) fresh
raspberries

pinch of sugar to taste

350ml (12 oz) double
cream/heavy whipping
cream

2 tbsp honey

Raspberry Cranachan

Have an adult help you toast the oats in the oven. Enjoy making this easy dessert for your family!

1. If not using granola then toast oatmeal by spreading out on baking sheet and lightly toast until it smells rich and nutty. Let cool.
2. In bowl crush half of the raspberries to make a puree. Sweeten with a pinch of sugar. Add in a some whole raspberries, but save a few for decoration.
3. Whisk the cream until just set and gently fold in the honey. Try not to over-whip. Stir in most of oats.
4. In a glass serving dishes alternate layers of raspberry puree with cream and oats. Top with a few whole raspberries and a sprinkling of the toasted oats.
5. Place in refrigerator for up to an hour before serving.

