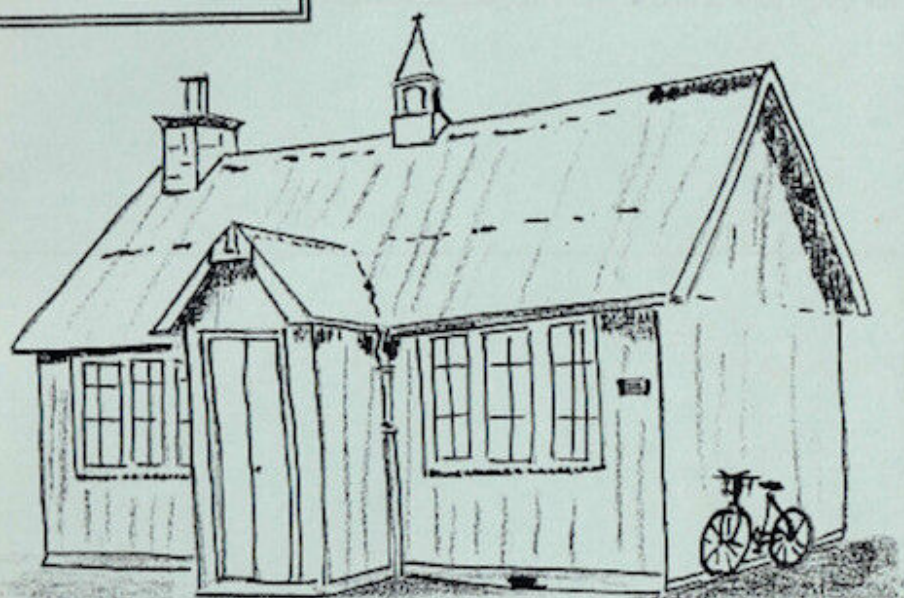


*FAVOURITE
RECIPES OF
PAST & PRESENT
PUPILS*



MEB/95

*RAIGBEG
SCHOOL*

TOMATIN

All recipes are based on 4 - 6 people.

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POTATO SOUP

3 pt (1.65 l) stock
3 lbs (1.5 kg) potatoes
1 carrot
chopped parsley
salt & pepper

Method:

Add diced vegetables to stock and simmer for 1+ 1/2 hours.
Before serving add parsley and seasoning.

SOUP



Liza Davies, P3

STUFFED TOMATOES

1 tomato per person
3 slices brown bread, crumbed
salt and pepper
2 oz (50 g) grated cheese

Method:

Cut a slice from the top of the tomato and scoop out the inside. Remove any hard pieces of tomato. Mix breadcrumbs with the cheese, seasoning and rest of tomato. Spoon mixture into tomatoes and top with the slice of tomato. Serve with salad.

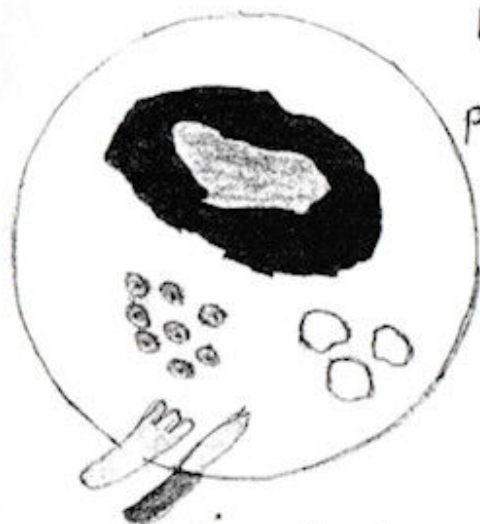
G. Grant, P2

ROAST POTATOES

potatoes
oil

Method:

Part boil potatoes, drain and cool. Add to hot oil and cook until browned.



Roast lamb, roast
potatoes and gravy

Blue Dalton, P4

I like it because it tastes nice,

COLESLAW

Alexander MacDonald, P5

1 lb (450 g) white cabbage
1 small onion
1 small carrot
1 dessert apple
mayonnaise or salad cream

Method:

Shred cabbage, grate carrot and apple, finely chop onion.
Mix all together with mayonnaise or salad cream.

MAIN DISHES

BACON & EGG PIE

Michael Mackay, 1965 - 71

Filling:

1/2 lb (225 g) bacon

2 eggs

1/4 pt (140 ml) milk

Pastry:

6oz (150 g) plain flour

3 oz (75 g) margarine

1 beaten egg, pinch salt

Method:

Rub margarine into flour and mix with egg. Roll out pastry and line deep-sided flan tin. Bake blind for 10 minutes at 300° F (150° C, Gas No. 2). Grill bacon and cut into small pieces, place in pastrycase. Beat eggs with milk and pour carefully on top of bacon. Bake for a further 15 - 20 minutes until egg is set.

Curried mince, potatoes and rice.

I like the mince because it's not too spicy and the rice has peas and carrots in it

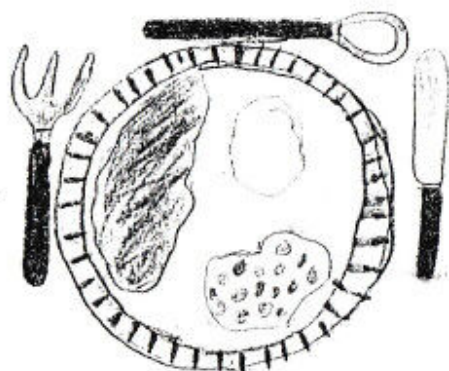
CURRIED MINCE

1 lb (450 g) mince

1 onion, chopped

1 oz (25 g) curry powder

1/2 oz (13 g) flour



Joanne Noble, P6

Method:

Cook mince with onions. Mix curry powder into a paste with flour and a little water. Add to the mince and cook for a further 2 minutes. Serve with boiled rice.

PILCHARD PIE

Sandra Don, 1967 - 74

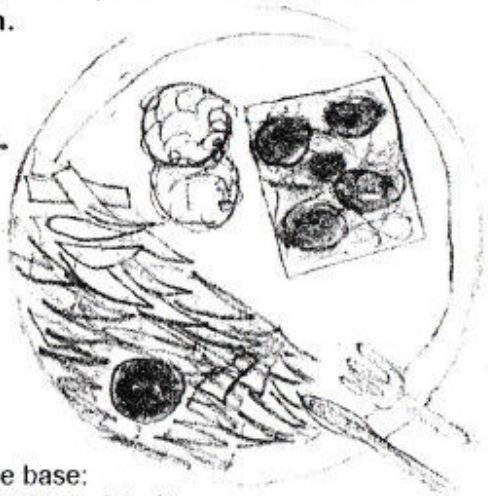
1 x 8 oz (300 g) tin of pilchards in tomato sauce
Shortcrust pastry made with 12 oz (350 g) plain flour
6 oz. (150 g) margarine
1 egg yolk
Some water

Method:

Line loose-bottomed baking tin with 1/2 the pastry. Cut pilchards in 1/2, remove bones and spread on pastry. Cover with remaining pastry, seal edges. Brush with beaten egg or milk. Bake at 400° F (200° C or Gas No. 6) for 30 minutes or until golden.

My favourite food
is pizza

Amy Anderson, P4



PIZZA

Tomato sauce	Scone base:
1 sliced tomato	2 oz (50 g) plain flour
1 small onion, chopped	2 oz (50 g) wholemeal flour
1/2 a sliced sausage or/ some chopped ham	1 oz (25 g) margarine
4 oz (100 g) grated cheese	1 teasp. baking powder
	milk to mix

Method;

Make scone base by rubbing margarine into dry ingredients. Next add milk to form a dough. Roll out into a round and place on greased baking tray. Bake at 425° F (220° C, Gas No. 7) for 10 minutes. Remove from oven and spread on tomato sauce. Add chopped onion, tomato and sausage. Sprinkle cheese on top and return to oven for a further 10 minutes.

MACARONI CHEESE

Mairi Ferguson, 1966 - 73

The pasta:

8 oz (225 g) macaroni

8 oz (225 g) grated cheddar cheese

1 oz (25 g) oatmeal

1 sliced tomato or chopped/

cooked bacon

For the sauce:

4 oz (100 g) plain flour

salt and pepper

4 oz (100 g) margarine

1 pt (550 ml) milk

Method:

Cook macaroni in boiling water until just soft then drain.

Make white sauce and add $\frac{3}{4}$ of the cheese. Add macaroni to sauce and put in greased pie dish. Place sliced tomato or bacon on top. Mix remaining cheese with oatmeal and sprinkle on top. Brown under a hot grill.



Andrew Grant, P2

HAM TAGLIATELLI

1 lb (450 g) cooked ham

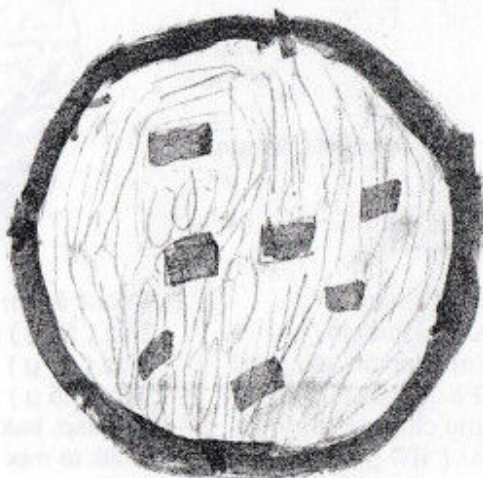
8 oz (225 g) tagliatelle

white sauce as for macaroni, without the cheese

Claire Grant, P5

Method:

Cook and drain the tagliatelle. Dice ham. Make white sauce and add ham. Serve ham sauce on top of tagliatelle.

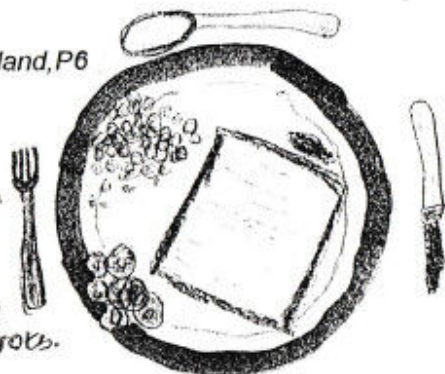


Aimee Holland, P6

SHEPHERDS PIE

1 lb (450 g) mince
1 onion, chopped
1 + 1/2 lb (675 g) potatoes
1/2 oz (13 g) Bisto
1 oz (25 g) flour

*Shepherds pie,
peas & carrots.*



Method:

Peel, boil and mash potatoes. Cook mince with onion and thicken with flour and Bisto. Spread mashed potatoes on top of mince in a pie dish. Dot with butter and place under grill until golden.

MINCE AND POTATOES

1 lb (450 g) mince
1 onion, chopped
potatoes, 2 per person
1/2 oz (13 g) Bisto
1 oz (25 g) flour

Sandy Ferguson, 1968 - 75

David Mackay, 1971 - 77

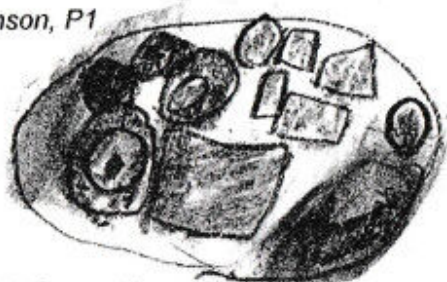
Method:

Cook mince with the onion and thicken with flour and Bisto. Boil potatoes. Serve with favourite vegetables.

EGG SALAD

1 egg per person 1 lettuce
1/2 cucumber 6 tomatoes
coleslaw

Alastair Manson, P1



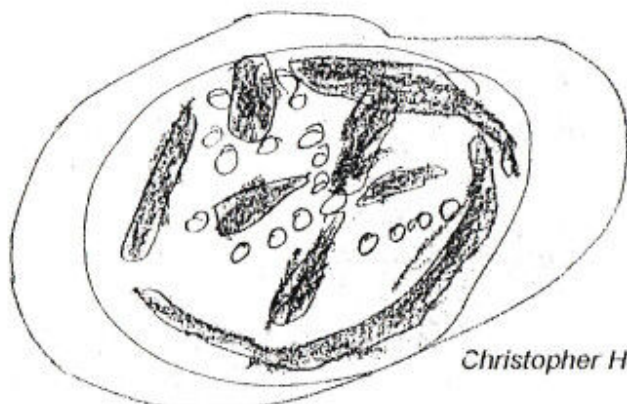
Method:

Boil egg for 10 - 15 minutes then put into cold water. Shred lettuce, slice cucumber, quarter tomatoes. Peel shell from eggs, cut eggs into quarters. Put lettuce on plates with eggs in centre and decorate with tomatoes and cucumber. Serve with coleslaw.

SPAGHETTI BOLOGNAISE

Method:

Cook mince and drain off fat. Saute onions and chopped tomatoes then add to mince. Boil spaghetti until just soft, drain. Serve bolognaise on top of spaghetti.



Christopher Hardie, P2

Spaghetti bolognaise

SPAM FRITTERS

Angela Duthie, 1978 - 85

4 oz (100 g) plain flour
1/4 pt (140 ml) milk
1 egg, salt

1lb (450 g) spam or
chopped ham & pork
oil for frying

Method:

Mix together the flour , egg, salt and milk and leave to stand for 1 hour. Slice spam about 1/4 inch (.5 cm) thick. Heat about 1/2 inch (10 cm) deep oil in a pan. Dip slices of spam in batter so that both sides are covered and fry until golden brown.

PUDDINGS

APPLE PIE

Laura MacPherson, P5

pastry:

2 tablespoon castor sugar
6 oz (150 g) plain flour
4 oz (100 g) margarine
1 egg yolk

filling:

1/2 lemon, juiced
4 oz (100 g) sugar
4 apples, cored, peeled

Method:

Partly cook apples with sugar and lemon juice then put in pie plate. Rub margarine into flour and sugar. Mix with egg yolk and a little water to form dough. Roll out pastry to fit plate, cutting off excess to make strips for placing round edge of plate. Dampen strips with a little water before placing round of pastry on top. Make one or two slits for letting the steam out. Bake for 30 minutes at 300° F (150° C, Gas No. 2). Remove from oven and dust with castor sugar.

CORNFLAKE TART

pastry as for apple pie
jam
2 cups cornflakes
2 tablespoons syrup

Angela Duthie, 1978 - 85 , says " It was magic"

Method:

Line greased flan case with pastry. Bake blind for only 20 minutes. Remove from oven and spread jam on pastry. Melt syrup and add to cornflakes. Spread cornflake mixture on top of jam. Return to oven and bake at 350 ° F (180° C, Gas No. 4) for 10 minutes.

CUSTARD

1 pt (550 ml) milk
2 oz (50 g) sugar
2 oz (50 g) custard powder

Method:

Heat milk until almost boiling then add sugar. Mix custard powder with a little of the milk and whisk into the hot milk. Boil for 3 - 4 minutes stirring all the time until it thickens.



Alexander Mulheron, P1

Custard

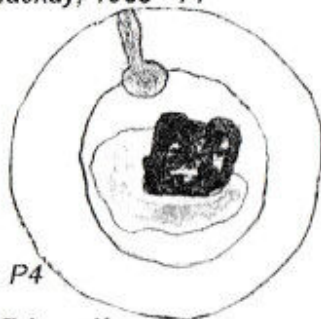
CHOCOLATE SPONGE

4 oz (100 g) self-raising flour
4 oz (100 g) butter or margarine
4 oz (100 g) castor sugar
2 eggs, beaten
1 oz (25 g) cocoa powder
1/2 teaspoon baking powder

Method:

Cream margarine and sugar in a bowl . Sift together flour, cocoa powder and baking powder. Beat in a little egg along with a tablespoon of flour mixture into the bowl. Repeat until all the egg and flour mixture has been added. Spoon into a greased and floured 8 inch (20 cm) sandwich tin. Bake for 20 - 25 minutes at 325° F (175° C, Gas No. 3).
Add icing when cool.

Michelle MacConnell, P4

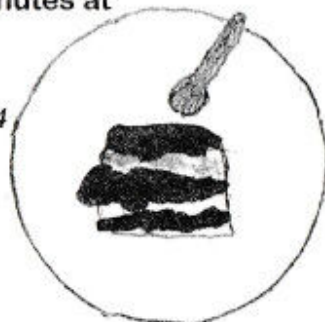


CHOCOLATE GATEAU

Ingredients as for chocolate sponge
whipped cream
grated chocolate

Make a double quantity of the chocolate sponge recipe. When cool, sandwich two sponges together with jam of your choice. Spread whipped cream on the top and decorate with grated chocolate.

Dana Stuart, P4



CARAMEL TART

Blue Dalton, P4

pastry as for apple pie
1 large tin condensed milk
grated chocolate

Method;

Grease and line flan tin with pastry and bake blind for 30 minutes at 300° F (150° C, Gas No. 2). Put tin of condensed milk in pan of boiling water and boil for 2 hours. DO NOT pierce can. DO NOT let boil dry. Remove can from water and cool slightly before opening carefully. Empty can into pastry flan. When cool sprinkle with grated chocolate.

LEMON SPONGE

4 oz (100 g) self-raising flour
4 oz (100 g) margarine or butter
4 oz (100 g) castor sugar
juice of half a lemon
2 small eggs

Lemon sponge
and icing



Joe Dalton, P5

Method|:

Cream margarine and sugar together. Add beaten eggs and sifted flour alternately until both are used up. Add lemon juice. Pour into greased 8 inch (20 cm) sponge tin. Bake for 20 minutes at 350° F (180° C, Gas No. 4). Top with lemon icing - 4 oz (100 g) icing sugar , lemon juice to mix.

GINGER SPONGE

Linda Campbell, P7

4 oz (100 g) self-raising flour
4 oz (100 g) margarine or butter
4 oz (100 g) castor sugar
1 teaspoon ground ginger
1/4 teaspoon baking powder

ginger
sponge



Method:

As lemon sponge, adding ginger and baking powder to the flour instead of lemon juice. When decorating, add 1/2 teaspoon of ginger to 4 oz (100 g) icing sugar before mixing with water.

BREAD AND BUTTER PUDDING

4 slices of white bread, buttered
2 eggs
3/4 pt (420 ml) milk
2 oz (50 g) sugar
2 oz (50 g) sultanas or raisins

David Mackay, 1971 - 77

Method;

Grease pie dish. Cut crusts off bread then cut into cubes. Place one layer of bread in bottom of pie dish. Sprinkle with half of sultanas. Place remainder of bread on top and add rest of sultanas. Whisk eggs and milk together. Sprinkle sugar on bread, then pour on milk and egg mixture. Leave to soak for 30 minutes. Bake at 400° F (200° C, Gas No 6) for 20 minutes until golden on top.

QUEEN OF PUDDINGS

Jeanette Don, 1970 - 77

4 oz (100 g) bread slices, crumbed
3/4 pt (420 ml) milk
2 oz (50 g) sugar
grated rind of 1/2 a lemon
2 eggs, separated
4 oz (100 g) castor sugar
raspberry jam

Method:

Grease pie dish. Beat egg yolks together with milk, add to breadcrumbs along with sugar and grated lemon rind. Pour mixture into pie dish.

Sit pie dish in roasting tin with a little water in bottom of the tin and bake at 350° F (180° C, Gas No, 4) for 30 minutes or until mixture is set.

Remove from the oven and spread jam on top.

Whisk egg whites and castor sugar to make meringue then spread on top of pudding and sprinkle with sugar. Put in oven for 10 minutes. If you prefer a crisp meringue, turn heat right down and bake for 1 hour.

BAKED RICE

Sandy Ferguson, 1968 - 75,
says "liked the crispy skin on top"

- 1 pt (550 ml) milk
- 3 oz (75 g) pudding rice
- 2 oz (50 g) sugar
- 1/2 oz (15 g) butter or margarine
- 1 small can of Carnation evaporated milk

Method:

Grease pie dish and put rice in the bottom. Add sugar and milk. Dot top with butter. Cover and bake for 20 ^{50 or 60} minutes at 300° F (150° C, Gas No. 2). Remove cover and add Carnation milk, stir well. Bake for a further 20 minutes until golden on top.

cheese cake

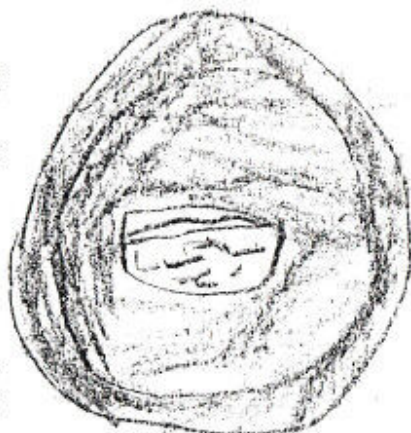
CHEESECAKE

Paul Stuart, P2

filling: cream and fruit to decorate

- 1 pt (550 ml) milk
- 6 oz (150 g) pkt. cheesecake mix

base: 1 + 1/2 oz (40 g) butter or margarine
6 oz (150 g) digestive biscuit crumbs



Method:

Melt the butter or margarine. Stir in the biscuit crumbs and press into an 8 inch (20 cm) loose-bottomed cake tin. Chill for 10 minutes. Whisk cheesecake mix into milk at high speed for 1 minute. Spread mixture over base and chill for one hour. Decorate with whipped cream and fruit.

Alternative filling: 1 x 8 oz (200 g) philadelphia
1 x 8 oz (200 g) crème fraiche
4 tablespoons sugar
1 tablespoon lemon juice

Mix all together and spread over base. Decorate as liked.

APPLE CRUMBLE

4 large cooking apples	6 oz (150 g) plain flour
4 oz (100 g) sugar	3 oz (75 g) margarine
1/2 lemon, juiced	1 + 1/2 oz (40 g) sugar

Method:

Peel and slice apples. Place in pie dish with sugar and lemon juice. Cover and cook slowly until almost tender, 10 - 15 minutes. Mix flour, margarine and sugar to resemble breadcrumbs and sprinkle on top of apples. Return to oven and bake for 15 - 20 minutes at 300 ° F (150 ° C, Gas No. 2).



apple crumble
and custard

Padraig Bryden, P1

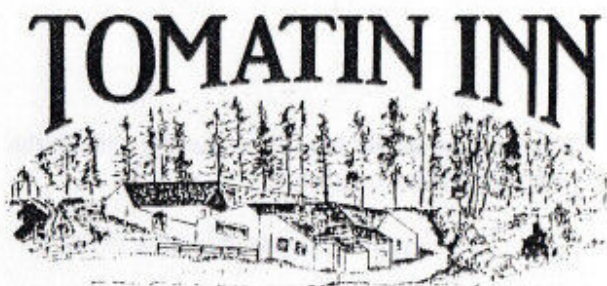
TRIFLE

Josh Croft, P7

1 plain sponge made with:	1 small tin of any fruit
4 oz (100 g) S.R.flour	1 raspberry jelly
4 oz (100 g) castor sugar	jam, cream
2 eggs	hundred's & thousand's

Method:

Make up jelly with 1 pt (550 ml) water. Leave to cool. Cut sponge in half and sandwich two halves together with jam. Cut into cubes and place in deep dish. Drain can of fruit, pouring juice over sponge. Cut fruit into small pieces and put on top of sponge. Leave jelly until almost set, then pour over sponge and fruit. Put in fridge until set. Whisk cream and spread over trifle. Decorate with hundred's and thousand's.



Tomatin, Inverness-shire - Tel: 01808 511291

HIGHLAND APPLE CAKE

10 oz (300 g) self-raising flour
8 oz (225 g) demerara sugar
4 oz (100 g) butter or margarine
2 eggs
6 fl oz (210 ml) milk
1 teaspoon cinnamon or mixed spice

Method:

Mix all ingredients together in a mixer or food processor. Then mix in by hand with a spoon :

8 oz (225 g) chopped apple

2 oz (50 g) sultanas or mixed fruit

Put mixture in a cake or loaf tin which has been greased and dusted with plain flour. Bake in an oven for 1 + 1/2 hours at 350° F (180° C, Gas No. 4).

Recipe donated by Mr G. Warmbath, Tomatin Inn

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- Jean Mackay, the Village Shop
- Grace Ferguson, former dinner lady
- Michelle F. Bertie, editor/designer

AND LAST, but not least, Mrs Christie, our dinner lady since 1968.