

# Great SCOT!

Scottish Cultural Organization of the Triangle

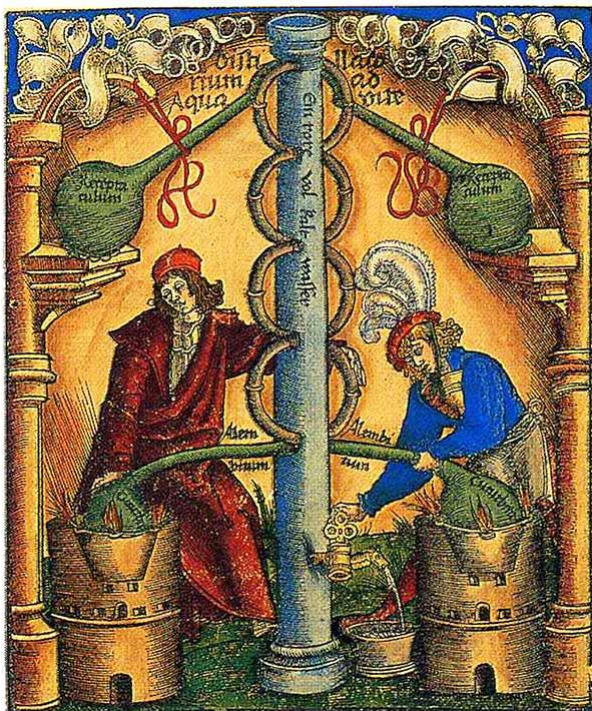
April 2017

## The History of Scotch Whisky

By Catherine McKinley

From all estimations, the history of Scotch Whisky (Scots spell it without the “e”) began in 2000 BC in ancient Mesopotamia with the production process, initially, utilized to manufacture perfumes and aromatics. The distillation process was spread through Europe by traveling

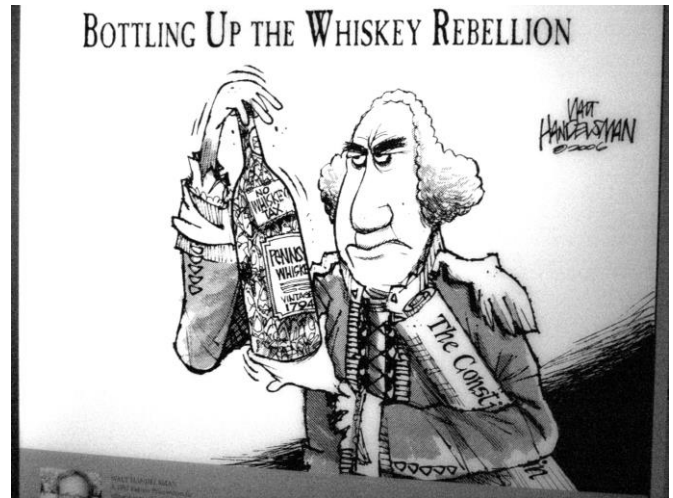
Moors and soon adopted by Christians for ceremonial beverages. It was traveling monks who first brought distillation to Scotland. The lack of the previously main ingredient of grapes caused the resourceful Scots to turn to fermenting grain mash resulting in the first distillation of recognizable modern whisky.



In 1405, the first known written record of “whisky” appears in the Irish Annals in a story about an Irish Clan head who had taken a “surfeit,” i.e. excessive amount, of it at a Christmas celebration. By 1494, whisky distilling in Scotland was fully underway with precious malt allocations by King James IV of Scotland being recorded in the Exchequer Rolls. Whisky production expanded out from monasteries, when King Henry VIII dissolved them. The monks then merged their whisky making skills into the general marketplace in order to continue making a living. (monks distilling image here)

In 1707, the Acts of Union which merged England and Scotland, creating Great Britain, subsequently, resulted in "The English Malt Tax of 1725." In order to avoid this tax, Scottish distillers began producing their product “by the light of the shining moon,” thus giving birth to the terms “moonshine” and “moonshiners.”

During the American Revolutionary War, whisky, which had been brought over by Scottish colonists, was, actually, used as currency. In 1791, the popularity of whisky made it a target for taxation. Taxing whisky resulted in the famous “Whiskey Rebellion.” (Whiskey Rebellion image here) Then, in 1801, Thomas Jefferson capitalized on the opposition to the “whisky tax” and won the Presidential election, in part, by his promise to end it, which he did. Meanwhile, back in Scotland, a Scottish grocer named John Walker began producing what would become the extremely famous “Johnnie Walker Whisky” though, he, himself, did not drink any kind of alcohol.



On this side of the Atlantic, distillers produced blended whisky, which, contain a mixture of malt and grain. Malt whisky is considered the best and is predominantly produced in Scotland. Grain whisky, which is not made from malted barley, is also, from Scotland, and is less expensive due to more economical production methods and shorter aging periods. Whisky continues to climb the heights of popularity with just over 1 billion bottles sold per year.

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## Tastes of Scotland Toad-In-A-Hole

By Carolyn McDonald Graf

In 1908, The Glasgow School of Cookery and the West End School of Cookery combined to form The Glasgow and West of Scotland College of Domestic Science, commonly called The Do, or Dough. At this time all the students copied recipes from their courses in their own notebooks. In 1910 the first edition of The Glasgow Cookery Book, combining all the course recipes and information, was printed. Over time this book, with its practical advice and economical recipes, became a standard in homes worldwide.

The purpose of the college at the time was to train teachers of domestic science and to offer courses to the general public, including servants. During the First World War, catering advice and training were available for military and civil authorities. There were also demonstrations for the public on coping with rationing and food shortages. After the war, there were courses in cooking, laundry, and housework, for war workers. There were also courses in dressmaking for war widows.

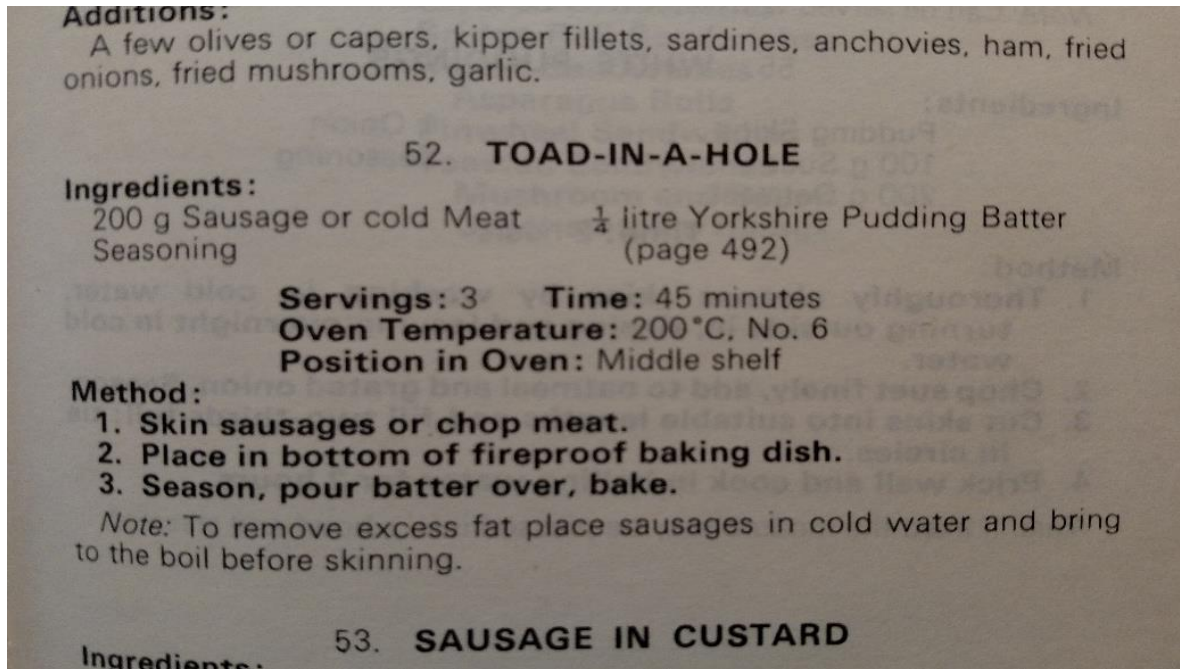
Over time, the courses became more specific, with diplomas for nurses and dieticians and included physiology, hygiene, biology, bacteriology, cooking, laundry, and book keeping. In 1920, courses in “electrical housecraft” and electrical repair were added.

The Dough School graduates went on to careers in science and education and to make large contributions in those areas. In 1975 The Dough School became Queens College and in 1993, merged with Glasgow Polytechnic to become Glasgow Caledonian University.



The Glasgow Cookery Book went through numerous editions, during which recipes were added and measurements were changed to metric. At one point, recipes for some foods, such as sheep's head broth, were removed for food safety reasons, much to the distress of many readers. Through it all, the book has been a favorite of Scots around the world.

Toad-In-A-Hole (shown below) is an example of the style of the recipes in The Glasgow Cookery Book. It is also a favorite dish of many Scots.



Here is another version with American measurements and a delicious gravy.

## Toad in the Hole with Mustard-Onion Gravy

### Ingredients

- 2/3 cup plus 1 1/2 tablespoons all-purpose flour
- 3/4 teaspoon salt
- 1 cup milk
- 2 eggs
- 1 tablespoon vegetable oil
- 4 links pork sausage (about 12 ounces)
- 4 tablespoons butter
- 1 teaspoon chopped fresh parsley, for garnish
- 1 medium onion, sliced
- 1 sprig fresh thyme
- Freshly ground black pepper
- 1 1/2 cups beef or chicken stock
- 1 teaspoon Worcestershire sauce
- 1 tablespoon whole-grain mustard
- 1 teaspoon lemon juice

### Directions



Whisk together 2/3 cup of the flour and the salt in a medium bowl. Whisk together the milk and eggs in a small bowl, and then mix into the flour just to combine. Let the batter sit at room temperature for 30 minutes.

Position a rack in the lower third of the oven and another in the upper third of the oven and preheat to 400 degrees F. Heat the vegetable oil in a large skillet over medium heat, and then add the sausages and brown all over, without cooking all the way through, about 8 minutes. Transfer to a plate. Drain the excess grease from the skillet and set the skillet aside for making the gravy.

Put 1 tablespoon of the butter into a 6-cup casserole dish or cast iron skillet and place on the lower rack in the oven until the butter is melted and the pan is very hot, about 10 minutes. Carefully add the sausages and batter into the dish and return to the oven for 20 minutes. Move the dish to the upper third of the oven and cook until puffy and golden brown, an additional 15 to 20 minutes. Sprinkle with the parsley.

Meanwhile, heat 2 tablespoons of the butter in the reserved sausage skillet over medium heat. Add the onion and thyme, sprinkle with pepper, and cook until the onions start to brown, about 10 minutes. Lower the heat to medium low and cook for an additional 10 minutes. Stir in the remaining 1 1/2 tablespoons flour continuously for 5 minutes to cook, and then increase the heat to medium and whisk in the stock and Worcestershire sauce. Gently simmer for 10 minutes, and then discard the thyme and whisk in the mustard, lemon juice and remaining tablespoon butter. Divide the toad in the hole among 4 plates and spoon the hot gravy over the top.

<http://www.cookingchanneltv.com/recipes/toad-in-the-hole-with-mustard-onion-gravy>

The Glasgow Cookery Book, Queen's College Glasgow, John Smith & Son (Glasgow), 57 Vincent Street, Glasgow G2, 1975.

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## SCOT's Annual Whisky Tasting

By Craig Hill

SCOT's annual Whisky tasting was held on Thursday, March 9 at Prestonwood Country Club in Cary. 26 tasters got to experience the wonders of Scotch whisky while enjoying the sumptuous repast offered at Prestonwood.

The tasting event, led by Dr. Craig Hill, began with the traditional "piping in" of the whisky – many thanks to our University of Glasgow-trained piper, Seamus Russell – after which we "paid the piper" with a wee dram. Participants were entertained with facts and figures (and videos) about the biology, chemistry, history, etymology, and business of Scotch whisky. Tasters sampled, this year, whisky expressions from Auchentoshan (Triple Wood); Glenfiddich (15 year old); Johnnie Walker (Black Label); Bowmore (The Darkest 15 year old); and Ardbeg (10 year old).

Attendees whose tastes run toward the light/delicate end of the spectrum really like the Auchentoshan and Glenfiddich, while those who prefer a smokier, more heavily-peated whisky favored the Bowmore expression.

At this year's event, we also had a separate computer running the "Flavour Behaviour: personality profile test – the results of which match your personality profile to a "whisky profile." Many in attendance had a lot of fun with that; if that sounds interesting to you, you can run the test yourself at [www.flavourbehaviour.com](http://www.flavourbehaviour.com). Here's hoping we see you at next year's Tasting. Slainte!

# Tartan Day at the NC Museum of History

## April 6, 2017

By Diane Hill



SCOT has made plans to have a presence at a newly developed event. “Tartan Day – North Carolina: A Scottish Celebration for the Old North State” is being produced by Celtic Force Enterprises, Inc. in conjunction with the North Carolina Museum of History. The celebration will feature dancing, piping

and historical and genealogical presentations. SCOT will have a table at the event. Dancers from the Annandale Center and Erin Bartow’s Highland Dancers will be performing all afternoon. The program at the museum from 9-5 is free, followed by a ticketed reception at 6 pm and a concert in Daniels Auditorium at 7:15 pm featuring WRAL’s Bill Leslie with Celtic-inspired performers.

It would be really swell if a few of our retirees could show up in Scottish dress for at least part of the event. Unfortunately, the date falls on a Thursday, which limits the ability of many of our members to take advantage of this opportunity or help out at the SCOT table. So any retiree, but most especially those who are native Scots or knowledgeable about Scotland, are really needed to come. Please contact Diane Hill at 919-557-7237 if you think you can come. Program details are still being updated at this writing. Check the Museum’s Events page at <http://ncmuseumofhistory.org/events/tartan-day-north-carolina-scottish-celebration-old-north-state>. You can buy concert tickets on that link.

# Cary Spring Daze – Cary, NC

## April 29, 2017

By Diane Hill

Come Celebrate SPRING DAZE with us!

Hi Members! We would love to have a group of us together enjoying a relaxing day at our booth on April 29, 2017 at Fred Bond Metro Park in Cary. We will be at the Children’s Playground again, perhaps with kid’s golf and other games. As always, the event is chock full of free entertainment on several stages (including the

Annandale Dancers and a great piping/drumming group started by John and Emily Sprague). Plenty of food choices are available. Arts and crafts from around the state will be on offer. Members are needed to staff the booth, which will be open from 9 a.m. to 5 p.m. If you think you can help out for a few hours, please call Diane Hill at 919-557-7237. Thanks and looking forward to seeing you there.



## President's Corner

Dear Members,

We are now into Spring and probably the busiest time of year for SCOT events. There are several events over and quite a few still to take place, such as Tartan Day, being celebrated this year at The NC Museum of History on April 6th. Then we have The Sister Cities Ceilidh on April 22nd, and Cary Spring Daze on April 29th - - that is certainly plenty for one month!!

By the time you receive this newsletter, we will have had the fundraiser organized through Cary City Barbeque. I trust many of you printed off the flyers and supported this Fundraiser. My sincere thanks to the folks who helped organize this event and trust we may be able to do more in the future.

We have had several calls for volunteers recently and I am grateful to everyone who has come forward to help out and lighten the load for the organizers of these events.

Keep an eye on your inbox for updates and other events which will be coming up soon.

*Ceud mile failte* – One hundred thousand welcomes to our new members Elizabeth Brown & Family.

As always, please let us know what we can do to make SCOT the organization you all want it to be! Come along and enjoy our events, they are for you, our members!!

God Bless, and enjoy each and every day!

Donald Ross

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## Calendar of Future SCOT Events and Other Activities

### *March 2017*

**Cary Indoor** – Apex, NC  
March 25, 2017

### *April 2017*

**Tartan Day Celebration** – Raleigh, NC  
April 6, 2017

**Sister Cities Ceilidh** – Cary, NC  
April 22, 2017

**Cary Spring Daze Arts & Crafts Festival**  
April 22, 2017– Cary, NC,

### *May 2017*

**Annual Golf Tournament** –  
May 20, 2017

### *June 2017*

**SCOT Tea** – Raleigh, NC  
June 3, 2017

### *July 2017*

**Grandfather Mountain Highland Games**  
July 7-9, 2017 - Linville, NC,



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Cary, NC 27511  
[www.scot.us](http://www.scot.us)

The Scottish Cultural Organization of the Triangle (S.C.O.T.) is a non-profit organization dedicated to informing and educating the public about the history, culture, and heritage of Scotland and the Scottish people.

#### Board of Directors:

Tiffany Cissel	Lara Seltmann	Cheryl Jones
Doug Cruikshanks	Patricia Johnston	Diane Hill
Catherine McKinley	John Sprague	Donald Ross
Carolyn Graf		

We welcome your contributions to this quarterly newsletter! Please forward news of any achievements, births, marriages, or graduations to Amy Mooney ([danceramya@aol.com](mailto:danceramya@aol.com)) to be included. If you have an article, story, artwork, or bit of Scottish lore to share, please submit it to the Editor ([SCOT.triangle.news@gmail.com](mailto:SCOT.triangle.news@gmail.com)).

**SCOT** Faculty Avenue  
ry, NC 27511

[www.scot.us](http://www.scot.us)

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