

Great SCOT!

Scottish Cultural Organization of the Triangle

March 2016

Cary Spring Daze

Coming up April 30, 2016

SCOT will have a booth at the Cary Spring Daze Arts and Crafts Festival, being held Saturday, April 30th at Fred G. Bond Metro Park in Cary from 9 a.m. to 5 p.m.

Diane Hill



History of Clydesdales

DID YOU KNOW CLYDESDALE HORSES ARE SCOTTISH?

There's a reason the majestic looking Clydesdale draft (hauling) horses, are preceded by bagpipe bands in parades, as seen in the famous 2013 Budweiser Superbowl Baby Clydesdale commercial. The Clydesdale breed was born in Scotland in the mid-1700's when a Flemish stallion, with white fur around his hooves, was imported by the 6th Duke of Hamilton, a.k.a. the Marquess of Clydesdale, to be mated with a dark brown mare to create a stronger work horse.

Their name is derived from the River Clyde which runs through Lanarkshire, Scotland (near Glasgow), where the breeding took place. Clydesdale horses were first, officially, shown in 1826. The Clydesdale Horse Society was formed in 1877. The distinguishing characteristics of Clydesdales are their extra large size; 6 feet high at the shoulders (18 hands), 2,000 pound average weight and, especially, their white

feathered hooves. The most common color is “bay.” Bays are “black based horses” so they have black manes, tails and lower legs with bodies of brown, black or chestnut.



Clydesdales were first brought to North America in the 1840's. A century later, Clydesdales became famous as Budweiser mascots on April 7, 1933. A month earlier, the US House had passed the Cullen-Harrison Bill which ended absolute Prohibition and allowed for the immediate sale of 3.2 beer and light wines. For celebration and publicity, an 8 horse Clydesdale hitch left the Anheuser-Busch Brewery in St. Louis, thundering down Pestalozzi Street carrying the first cases of legal beer. Since brewing takes months, it was, technically, only semi-legal beer as it had, clearly, been produced in secret.

Recognizing the popularity of the Clydesdales, Anheuser Busch made the horses their official mascot. Later, in 1953, they developed a breeding program that has allowed for their survival after the need for their use in farming and heavyweight hauling had virtually ceased, due to the rise of combustion engine vehicles. Once categorized by the Rare Breed Survival Trust as “vulnerable” due to the existence of only 80 horses, the Scottish Clydesdale population now stands at a strong 5,000.

Catherine McKinley

Tastes of Scotland

Earl Grey Shortbread Cookies

Recipes change over time. What we consider traditional recipes may taste nothing like the ones eaten two hundred or even fifty years ago. As recipes are shared, cooks make little changes to accommodate personal tastes. For instance, onions may be added or deleted, as may spirits or, cream. Availability of ingredients may change a recipe also. So, brown sugar or honey may replace white sugar or the amount of eggs in a recipe may depend on the mood of the hens in your coop. During times of war and/or famine some ingredients may be totally unavailable. Many are the creative cake recipes from the times of the World Wars. New ingredients may be in style or become more available. One need only to think of all the gluten free options that were unheard of even five years ago. Other changes in recipes occur with new technology. The food created by poor families in small crofts is astonishing considering they were cooking over an open fire with minimal tools. Haggis, cooked in a sheep's stomach is a perfect example of using minimal tools. In many a croft the total implements consisted of a cast iron pot and a cast iron griddle.



This recipe is a fun example of changes made to a traditional recipe. Although tea was available to Scots hundreds of years ago, it is unlikely that a cook, particularly one from the poorer classes, would have frivolously put tea in the shortbread. Another change to this recipe is the use of a food processor. Without it one would have to grind the tea, cut in the butter, and mix by hand. Technology provided the food processor as well as the plastic wrap, refrigerator, and oven that the ancient Scots lacked. The result,

however, has the same wonderful crispness and buttery texture that one expects from shortbread. The tea adds a depth and subtle flavor to an old favorite.

Ingredients

2 cups all-purpose flour
2 tablespoons loose Earl Grey tea leaves
1/2 teaspoon salt
3/4 cup confectioners' sugar
1 teaspoon pure vanilla extract
1 cup (2 sticks) butter, room temperature

Directions

In a food processor, pulse together the flour, tea, and salt, until the tea is just spotted throughout the flour. Add the confectioners' sugar, vanilla, and butter. Pulse together just until a dough is formed. Place dough on a sheet of plastic wrap, and roll into a log, about 2 1/2-inches in diameter. Tightly twist each end of wrap, and chill in refrigerator for 30 minutes.

Preheat oven to 375 degrees F.

Slice the log into 1/3-inch thick disks. Place on parchment or silpat lined baking sheets, 2 inches apart (2 probably needed depending on size of sheets). Bake until the edges are just brown, about 12 minutes. Let cool on sheets for 5 minutes, then transfer to wire racks and cool to room temperature.

My Notes

I tried this recipe several times with different types of teas. I did not have loose tea but the contents of three tea bags is about two tablespoons. I tried Lady Grey tea first and I think it was my favorite. I also tried an herb tea spiced with cinnamon ginger, cardamom, and cloves, and was surprised at the mild result. The cookies I made with a mint tea were also delicately flavored. It would be interesting to discover if loose tea would give these a stronger flavor. I also made this recipe without the tea and it makes a decent shortbread.

My cookies took almost 16 minutes to cook properly.

This recipe is so easy it is fun to try different versions. You may create a new traditional recipe for your own family.

<http://www.foodnetwork.com/recipes/claire-robinson/earl-grey-shortbread-cookies-recipe.html>

Carolyn McDonald Graf



President's Corner

Dear Members,

Here we are almost at the end of March, Spring has officially started and we have several events behind us. We are getting ready for our Cary Indoor event, and also on the same day is The Sister Cities Ceilidh. Then, at the end of the month will be the Cary Spring Daze. This is certainly a busy time for SCOT members and all the hard work entailed.

As we go on through the year, of course there are Highland Games almost every weekend, meaning there is always plenty to keep you going and hold your interest.

Ceud mile failte – One hundred thousand welcomes to our new members Ione Linker and Laura Routhier.

As always, please let us know what we can do to make SCOT the organization you all want it to be!

God Bless, and enjoy each and every day!

Donald Ross

Fifteenth Annual Cary Indoor Highland Competition April 2, 2016

FUSTA and EUSPBA Sanctioned Event including Highland Dance Competition
& Solo Piping Competition.

Location: Resurrection Lutheran School, 100 Lochmere Drive, Cary, NC 27518
From 9:00 a.m. to 4:00 p.m.

A Ceilidh in Cary April 2, 2016

A rousing evening of Celtic music and dance featuring an outstanding variety of traditional
Irish and Scottish performances

Location: The Cary Arts Center, 101 Dry Avenue in Downtown Cary
Adults \$12, Seniors \$10, Students \$5 in advance
Tickets available at the The Cary Theater or online at eTix.com
Admission \$14/\$12/\$5 at the door
www.sistercitiesofcary.org

Calendar of Future SCOT Events and Other Activities

April 2016

Cary Indoor Competition – Cary, NC
April 2, 2016

Sister Cities Ceilidh – Cary, NC
April 2, 2016

Cary Spring Daze – Cary Bond Park
April 30, 2016

June 2016

SCOT Golf Tournament – The Crossings
June 4, 2016

July 2016

Grandfather Mountain Highland Games
Linville, NC
July 10-12, 2016



406 Faculty Avenue
Cary, NC 27511
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.

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We welcome your contributions to this quarterly newsletter! Please forward news of any achievements, births, marriages, or graduations to Amy Mooney (danceramy@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).