

# Great SCOT!

Scottish Cultural Organization of the Triangle

October 2016

## November Holidays in Scotland

By Katherine McKinley

All Souls Day, November 2<sup>nd</sup> is a day when prayers are recited for the “souls” of departed family and friends. Alms (money or goods) are given to the needy. Later in the month, on November 11<sup>th</sup>, Martinmas is observed. It is the last Scottish legal “Quarter Day” when rents and contracts fell due. In order to make payment, farmers often killed their livestock; the offal (internal organs) were mixed with oatmeal to make haggis and the blood used to make black pudding.

However, it is November 5<sup>th</sup> which is Guy Fawkes & Bonfire Night that is most historically significant. While this is much more of a holiday in England, it has been observed in Scotland since the 1707 Act of Union which, officially, created The United Kingdom of Great Britain and included both Scotland and England.



The Act of the Union of 1707 was preceded by the 1603 Union of the Crowns when the son of Mary, Queen of Scots, the Scottish King James VI was crowned king of England, as well, becoming King James I. This union was the direct result of the failure of the Tudor monarchs to produce children. In 1503, James IV, King of Scots, married Margaret Tudor, daughter of Henry VII. Any children would have a claim to the English throne if the Tudor dynasty failed to produce an heir, which is, exactly what occurred. After King Henry VII died, his son became the famous and infamous King Henry VIII. Six marriages produced 3 children: Edward, who died childless at age 16, Mary who married the Spanish King Phillip II, but had no children, and Elizabeth I, who never married.

James VI claim to the English throne was based on his being descended from Margaret Tudor. While others attempted to claim the crown, particularly James' cousin, Arabella Stewart, also descended from Margaret Tudor, James was chosen. He was the senior legitimate descendant, had 2 living healthy sons, and was a Protestant. The English court and citizens approved uniting Scotland and England under one crown to project strength and deter invasion from France. Despite having one monarch, both Scotland and England maintained separate parliaments, for the time being.

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# Tastes of Scotland

## *Scottish Curries*

By Carolyn Graf



Curry Leaf Tree

Curry is sometimes referred to as Scotland's other national dish with its popularity rivaling that of Fish and chips. Although this is considered a modern phenomenon, there is an early mention of curry in 1879, when an Edinburgh grocer informs customers through a newspaper that he "has just received a parcel of REAL INDIA CURRY POWDER in the original package". The price of this is high enough that only the elite would have had the luxury of this dish. Well-travelled elite brought

recipes back from England or even India such as those found in an 1820 cookbooks from the Barkly of Mount Eagle family from Ross and Cromarty.

Curry was introduced to the masses in 1888 when the International Exhibition in Glasgow featured an Indian kitchen. The word curry actually means only a combination spices so there are red curries, green curries, and different curries from many Asian countries. The most familiar curry is the powder bought in the grocery store. That is the sort used in the recipe below adapted from Hannah Glass.

Fry your chickens or rabbits a light brown. Fry three onions and add to the meat. Add water to cover, Cayenne pepper and salt to your taste and two large spoonfuls of curry powder. Cover the pan and boil until the gravy is thick. Add a few pickles chopped small and half the juice of a lemon. You may make it of veal or mutton the same way. The chickens or rabbits are to be cut up as for a fricassee.

The Art of Cookery Made Plain and Easy, Hannah Glass, 1745, London. Reprinted 1994 by United States Historical Research Service, Schenectady, New York.

Another more modern curry recipe is **Caledonia Meatballs**. Caledonia, an ancient name for Scotland, is said to be a corruption of Celyddon, a Celtic word meaning "a dweller in the woods and forests." The word Celt, from the same source, means the same thing.

Meatballs in Caledonia can be traced back to the days when they were called "spoon meat." Since, before the introduction of forks, the food could be eaten with either a spoon or the fingers. These meatballs are great as an appetizer or in a sauce for an entrée. They are also quite wonderful cold and transported to a picnic or Highland Games.

1 cup soft bread crumbs  
½ cup milk

½ cup chopped onions  
1 ¼ pound ground beef  
1 tablespoon Dijon-style mustard  
1 tablespoon Worcestershire sauce  
1 tablespoon curry powder  
1 tablespoon fresh lemon juice  
¼ teaspoon cayenne pepper  
1 teaspoon salt  
¼ teaspoon ground pepper  
Vegetable oil for frying

In a small bowl, soak the bread crumbs in the milk. Squeeze dry and place in a large bowl. Add remaining ingredients. Mix thoroughly and roll a little at a time into small balls. Fry meatballs, several at a time, until brown on all sides. Drain and serve at once. Makes 8 or 9 dozen.

The Scottish-Irish Pub and Hearth Cookbook, Kay Shaw Nelson, 1999, Hippocrene Books, Inc. New York, New York.

Read more at: <http://www.edinburghnews.scotsman.com/news/how-scotland-was-enjoying-curry-as-far-back-as-1700s-1-3800381>

## SCOT Family Picnic

A group of about 50 members and guests had a great time at Diane Hill's place in Fuquay Varina at SCOT's annual picnic on Saturday, September 24th. The pony rides provided by Sandy and her friend gave hours of fun and loving hugs. A full spread of picnic foods was provided by Barbeque Lodge and a wonderful bunch of barbecued ribs fixed by Chuck Mooney. Several members brought desserts to share. Catherine McKinley sent a bunch of bubble toys and other games. Though the day was unexpectedly hot for the time of year, the grounds finally shaded over enough for everyone to enjoy the children's dancing and the piping by Emily and John Sprague.

Anyone who has an idea for a different venue for next fall's picnic, please call or e-mail Donald or one of the other board members. Got a great park in your area with picnic tables, and an array of activities such as canoeing or games? Also, members who have good sized yards or patios may volunteer their own places. We would like to be able to offer new attractions every so often, and get a really good turnout.





## President's Corner

Dear Members,

Having had a very successful AGM (Annual General Meeting), I offer many thanks to Cheryl Jones, once more, for organizing it. It was wonderful to have several of our new members in attendance.

With our slate of Board Members approved and voted on, I look forward to working with them and having another successful year for SCOT.

The Board has now had their annual planning meeting, with plenty of events to look forward to for the next year. Of course we have The International Festival just around the corner, and I hope that many of you will help out at the SCOT Booth and also take time to attend The Festival while it is on.

My sincere thanks to Emily & John Sprague for helping to organize the booth and getting volunteers to help out at The Festival.

Before we know it the Christmas Season will be upon us, and right after that we celebrate The New Year and then Robert Burns Dinners!! ...so there is plenty to look forward to.

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

## *October 2016*

### **International Festival**

October 14-16, 2016  
Raleigh, NC

## *November 2016*

### **Beer Tasting**

November 12, 2016 - Raleigh Brewing  
(possible)

## *December 2016*

### **Jennifer Licko Concert**

December 13, 2016  
PSI Theater, Durham, NC

## *January 2017*

### **Burns Dinner** – Keanansville, NC

January 21, 2017

### **Burns Dinner** – Cary, NC

January 27, 2017



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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
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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](mailto: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](mailto:SCOT.triangle.news@gmail.com)).