

A Taste of **ANGUS**

The Smokie Trail

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What is a Smokie?

The Arbroath Smokie is haddock, smoked over hardwood, using a specific process, in and around the small fishing town of Arbroath in Angus.

The Smokie has a protected status under European law (PGI Status), which means that it can only be called an Arbroath Smokie if it is produced in the traditional specified manner and within a five mile radius of the town.

The Arbroath Smokie is a truly regional Scottish delicacy, which has achieved worldwide recognition with chefs and visitors, throughout the world, for its unique flavour and quality of taste.

How is it produced?

The fish are first salted overnight. They are then tied in pairs using hemp twine, and left overnight to dry.

Once they have been salted, tied and dried, they are hung over a triangular length of wood to smoke. This "kiln stick" fits between the two tied smokies, one fish on either side. The sticks are then used to hang the dried fish in a special barrel containing a hardwood fire. The base of the barrel is lined with slates to protect it and a hardwood fire of beech and oak is lit inside.

When the fish are hung over the fire, the top of the barrel is covered with a lid and sealed around the edges with wet jute sacks (the water prevents the jute sacks from catching fire). All of this serves to create a very hot, humid and smoky fire. The intense heat and thick smoke is essential if the fish are to be cooked, not burned and to have the strong, smoky taste and smell people expect from Arbroath Smokies. The sticks of haddock are then placed over the smoking 'pit' and then, with the true art of the smoker, cooked until the golden-copper tones of a true Arbroath Smokie is achieved.

Typically in less than an hour of smoking, the fish are ready to eat.



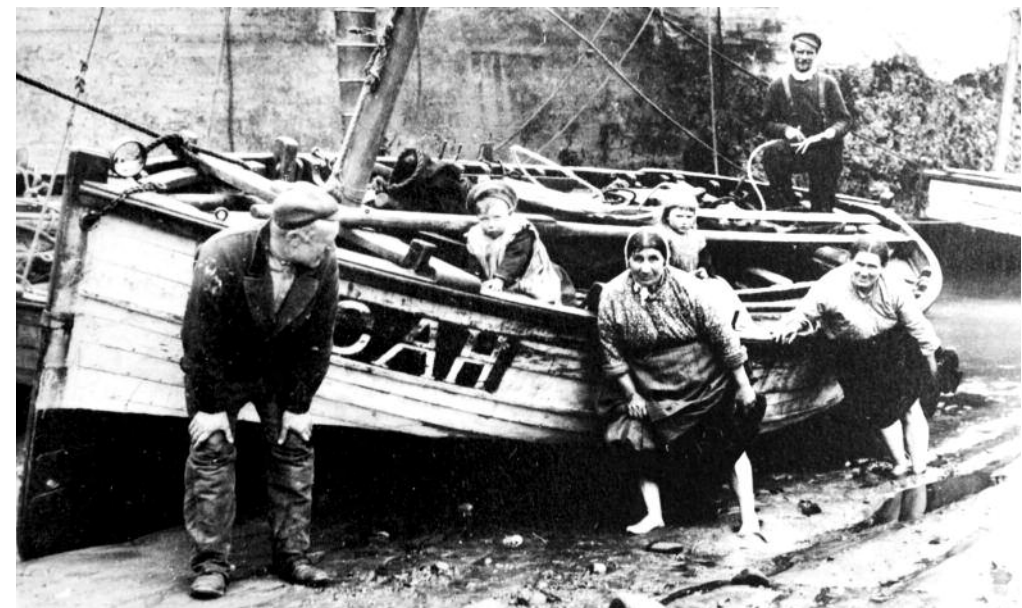
The Smokie Story...

The origins of the 'Arbroath Smokie' begin in the small fishing village of Auchmithie, which lies three miles north of Arbroath. No one can say for certain where this method for preparing fish first came from, however the generally accepted story is that it came across with Scandinavian settlers, during the time of Viking activity along the coasts of Scotland. The Scandinavians have a great tradition in 'smoked seafood'.

Contrary to popular myth the Vikings were not only raiders, but were also traders and

settlers. In Hay's 'History of Arbroath' (pub. 1895) page six, chapter two, he states "on the east coast of Forfarshire, the Norse galleys made occasional appearances, and it may be that the old colonies of fishers on the coast, such as those at Auchmithie near Arbroath, obviously of Scandinavian descent, were planted at this period."

The first known recording of the village of Auchmithie was in the Chartulary Records of Arbroath Abbey in 1434. At the end of the 18th century the village supported some 180 people and six fishing boats. By





the end of the 19th Century the village was in its prime with a population of around 400, with 12 white fish boats and six large boats, which followed the herring fishing and 20 or so small boats engaged in lobster and crab fishing.

The fishwives, smoking the fish on sticks, originally put them onto halved whisky barrels with fires underneath, and the smoke was trapped under layers of coarse sacking, provided by the jute mills in the local area. The world famous Arbroath Smokie follows a process, which is typical of similar smoking processes carried out to this day in Scandinavia and this provides further credence to the Scandinavian influence of its beginning.

In the late 19th century, the fisher people began to move to Arbroath, being lured by the promise of better housing, a better harbour and overall better prospects promised by the Town Council of the time. They settled in the area of Arbroath known as the Fit o' the Toon, and became one of the greatest contributors to Arbroath's economy. Their Arbroath Smokie inadvertently created something, which was

to become the signature of Arbroath and which perhaps more than any other single thing, has made Arbroath a household word throughout the country and even overseas.

There are several theories put forward as to the true origin of the Arbroath Smokie. One of the most popular relates to a cottage in Auchmithie in which haddocks were hanging up to be dried for preservation purposes. Unfortunately a fire broke out and burned the house to the ground. Reputedly, it was then, whilst sifting through the ashes, wood, dust and associated debris that the 'Smokies' were discovered. This seems an unlikely story, however it is this romanticised version of the Smokie's origin which is commonly heard around Arbroath's Fit o' the Toon.

The Arbroath Smokie is the living legacy of the fishing community of Auchmithie and Arbroath.

This was adapted from the history of the Arbroath Smokie by Iain R Spink and R R Spink, see www.arbroathsmokies.net

Taste it...

The Arbroath Smokie has a unique savoury flavour and succulent creamy coloured meat. It is a favourite amongst chefs for its flavours and versatility, being used in all manner of dishes from starters to desserts.

While visiting the area, take the time to try an authentic Arbroath Smokie dish at one of our fantastic local restaurants or cafes.



1. But'n Ben

1-2 Auchmithie, by Arbroath, DD11 5SQ

T: 01241 877223

www.butnbenauchmithie.co.uk

We use local produce to enhance our wonderfully traditional yet creative menu. The freshest possible end-product can only be achieved if the ingredients have travelled the least distance.

Crabs, lobster and other shellfish are caught but a stone's throw from the shores of Auchmithie. Local farmers provide useful advice on fruit and vegetable varieties, ensuring the best possible seasonal menus are achieved and the freshest of produce is available on the menus.

Our signature dish is the Arbroath Smokie Pancake, a truly delicious savoury dish which lives up to its excellent reputation.



2. Darling's Coffee Shop

134 High Street, Arbroath

T: 01241 238375

www.facebook.com/DarlingsCoffee

A café run as a social enterprise in the centre of Arbroath, Darling's has a welcoming and relaxing atmosphere, serving a range of light lunches and drinks, using local produce. Look out for our weekly specials board, which regularly features Arbroath Smokie inspired dishes.





3. Gordon's Restaurant with Rooms

Main Street, Inverkeilor, DD11 5RN

T: 01241 830364

www.gordonsrestaurant.co.uk

We fulfil visitors high expectations with the use of local produce when it is in season and of best quality.

Our food is cooked with respect, keeping its natural flavour in exciting dishes, such as a summer starter of warm Arbroath Smokie mousse with Angus plum tomato dressing.



5. The Bell Rock

3 Ladyloan, Arbroath, DD11 1PW

T: 01241 873656

www.thebellrock.com

We are an award winning fish and chip restaurant and takeaway, which prides itself on using fresh quality ingredients.

Come into our takeaway or restaurant and have your food freshly cooked just for you. We also do the world famous local delicacy, the Arbroath Smokie, as a battered or breaded treat. A fantastic way to enjoy Arbroath Smokies with the skin and bones removed!



4. The Harbourside Grill

61 Ladybridge Street, Arbroath, DD11 1AX

T: 01241 878104

www.harboursidegrill.co.uk

You'll find us near the harbour overlooking the Brothock Burn with a great view of the Marina.

We are a family restaurant which offers a wide variety of dishes from steak to lobsters, chicken to fresh burgers. There is a choice for the entire family. The famous Arbroath Smokie is served everyday and we have extra seafood weekend specials, often sourced straight from the boats in the harbour!



6. The Old Boatyard Restaurant

Fishmarket Quay, Arbroath, DD11 1PS

T: 01241 879995

We pride ourselves on featuring local and fresh produce in our restaurant. The Arbroath Smokie is used throughout our menu, which features Smokie chowder and Smokie paté. Fresh local lobsters and langoustines are also served with Angus steaks and local strawberries and raspberries are available for dessert. Or why not try something different for dessert with our Smokie ice-cream!



7. Sugar & Spice

9-13 High Street, Arbroath, DD11 1BE

T: 01241 437500

www.sugarandspiceshop.co.uk

A traditional tearoom and restaurant where we serve quality food, seven days a week, using locally sourced fresh produce. Our menu includes the freshest Arbroath Smokies from M & M Smith, served in many ways, as well as our homemade Cloutie dumplings, with many more delights in between!



8. Webmors

66 High Street, Arbroath, DD11 1AW

T: 01241 873987

www.facebook.com/webmors

Situated beside the Webster Theatre, we are open seven days a week, serving a range of meals, light lunches and drinks. We use fresh, local ingredients such as the Arbroath Smokie, which is used in our 'Haddie Pot' starter. The ideal place to enjoy a pre-theatre meal!

Eat it...

There are a number of producers in the town who use the traditional methods to make the Arbroath Smokie. They are mostly still located in the old fisher family area of the 'Fit O' The Toon'. Take a walk down to the harbour and explore this old part of the town, buy a Smokie and enjoy the taste while relaxing at the Harbourside.

The producers all sell authentic Arbroath Smokies, made using the traditional method and some also sell Smokie Pate, Smokie Pies and other tasty Smokie-based fare.

9. Alex Spink & Sons

24 Seagate, Arbroath DD11 1BJ
T: 01241 879056
www.arbroathsmokiesonline.co.uk

10. Arbroath Fisheries

5 Seagate, Arbroath DD11 1BJ
T: 01241 872331
www.arbroath-smokie.co.uk

11. Arbroath Smokies Direct

46 Ladybridge Street, Arbroath DD11 1AX
T: 01241 876254
www.arbroathsmokiesdirect.co.uk/

12. B. Swankie Fishmongers

10 East Mary Street, Arbroath DD11 1PR
T: 01241 875213

13. David Cargill Fishmongers

31 West Newgate, Arbroath, DD11 1BZ
T: 01241 873958

14. Derek Spink Fishmerchants

51-55 High Street, Arbroath DD11 1AN
T: 01241 875732

15. E & O Fish

East Grimsby, Arbroath DD11 1NX
T: 01241 873575

16. M & M Smith

22 High Street, Arbroath DD11 1BD
T: 01241 877836

17. M & M Spink

10 Marketgate, Arbroath DD11 1AY
T: 01241 875287

18. Stuart's Fresh Fish

46 Ladybridge Street, Arbroath, DD11 1AX
T: 01241 876254
www.arbroathsmokiesdirect.co.uk/

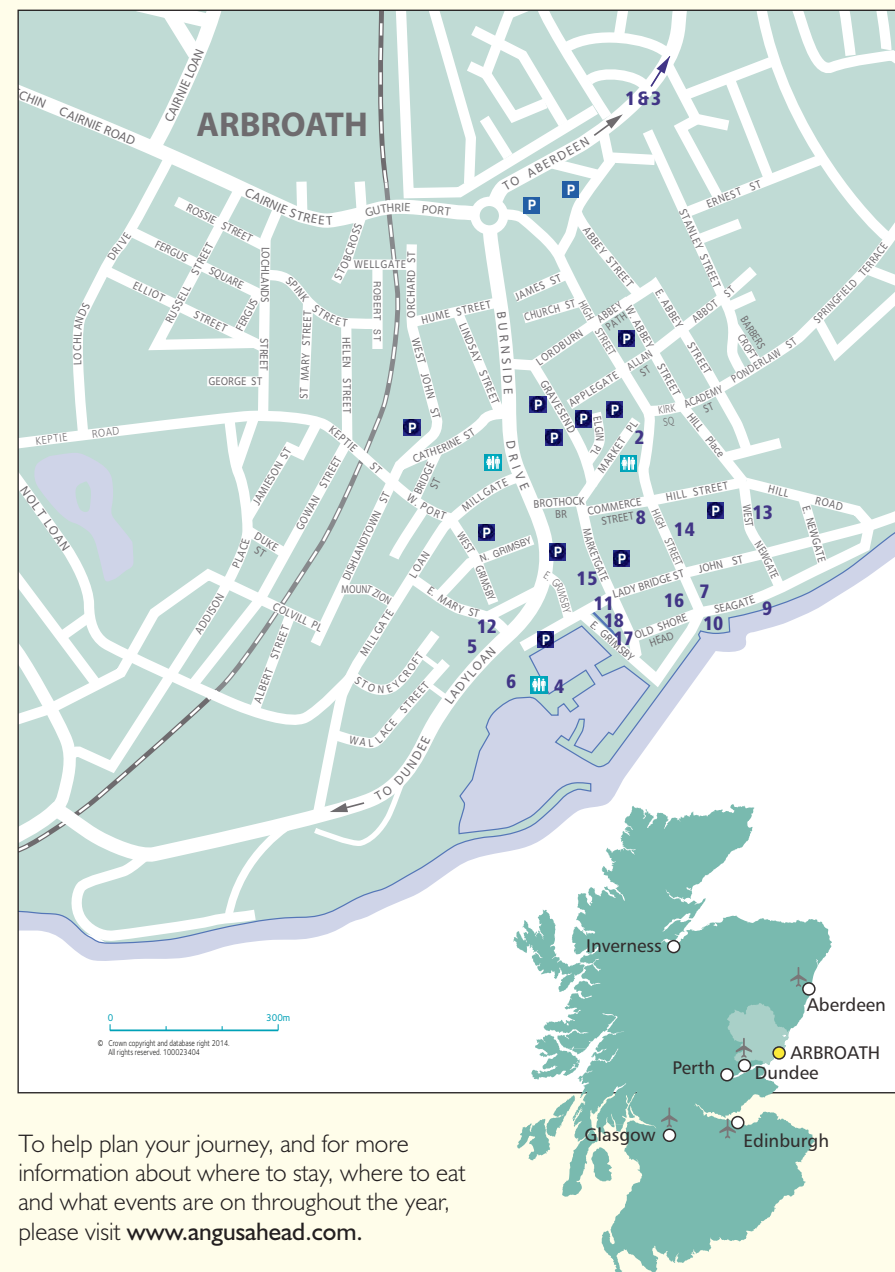
Original Smokies from Arbroath

T: 01241 860303
www.arbroathsmokies.net

Iain R Spink's mobile Arbroath Smokie 'roadshow' demonstrates and promotes the Arbroath Smokie at numerous events and markets around the country. The on-site smoking of the fish in the barrels has proven to be a big attraction and entices many new customers to try the product at its very best; freshly made, straight from the fire. Iain started up his mobile Arbroath Smokie demonstrations over 12 years ago, and is now regarded as something of an ambassador for the product, featuring on television, radio and even writing "The Arbroath Smokie Bible".

If you want to experience Iain's Arbroath Smokies for yourself, check his website events calendar to plan your visit to Iain Spink's Original Smokies From Arbroath.

Where to find Smokies



To help plan your journey, and for more information about where to stay, where to eat and what events are on throughout the year, please visit www.angusahead.com.

Arbroath Smokie Cullen Skink

By The Harbourside Grill, Ladybridge Street, Arbroath



Ingredients

(SERVES 4)

1 medium onion – finely chopped

1pt milk

1pt double cream

3 Arbroath Smokies
(bones and flesh picked)

2lb potatoes

Salt and pepper

2 chicken stock cubes

2oz butter

Method

1. Finely chop onion and soften in butter.
2. Dice potatoes and add to pot.
3. Put all remaining ingredients in pot and cook until potatoes are soft.
4. Check seasoning and serve with crusty bread.

Stuart's Smokie Pie

By Stuart's Fresh Fish, Ladybridge Street, Arbroath



Ingredients

(SERVES 4)

1 pair of Arbroath Smokies
(bones and flesh picked)

2 eggs

½ pt of white sauce

1oz butter

Small amount of grated cheese

Method

1. Make your white sauce (works also with a packet sauce if preferred).
2. Separate the eggs and beat egg white to stiffen.
3. Fold egg yolk into the flaked Smokie and add to the white sauce.
4. Fold the egg whites into the white sauce and add the cheese and butter.
5. Pour the mixture into an oven proof dish and cook at 180°C for 20 minutes and until golden brown on top.

Arbroath Smokie Risotto

By Hayley Wilkes, Resident Chef, Angus Farmers' Market



Ingredients

(SERVES 4)

1 pair of Arbroath Smokies
(bones and flesh picked)

2 tbsps Scottish rapeseed oil

100ml of white wine

1 onion, finely chopped

1-2 cloves of garlic, finely chopped

400g of risotto rice

1 tbsp of white wine vinegar

Seasoning to taste

150g of frozen peas

4 eggs

100-200g grated cheese

50g of butter

1 lemon, grated zest only

Bunch of parsley, fine chopped

30g of chives, fine chopped

Method

1. Place Smokie bones in a pan and cover with water, bring to the boil and simmer to make stock.
2. In a separate pan, heat rapeseed oil, add the onions and garlic and fry until soft, then add the risotto rice and keep stirring until it starts to look translucent.
3. Add wine to the pan to cover the rice and add a good pinch of sea salt. Once all of the wine has been absorbed, add a ladleful of Smokie fish stock. Keep adding ladlefuls of stock and stirring, allowing each ladleful to be absorbed before adding the next. This step takes roughly 15 minutes.
4. Meanwhile poach your eggs in boiling water with white wine vinegar.
5. Make gremolata by mixing half a clove of finely chopped garlic with the parsley and lemon zest, with seasoning and a little oil.
6. Check risotto, add stock until your rice is soft, but still has a bite. Then remove from the heat and add the Smokie meat, the grated cheese and frozen peas. Stir well and then add a knob of butter to the pan and place a lid or some foil on the pan and allow to rest for two minutes.
7. Season the risotto, mix in the chives and serve topped with a poached egg and a drizzle of gremolata.

For more information on monthly Farmers' Markets see www.angusfarmersmarket.co.uk



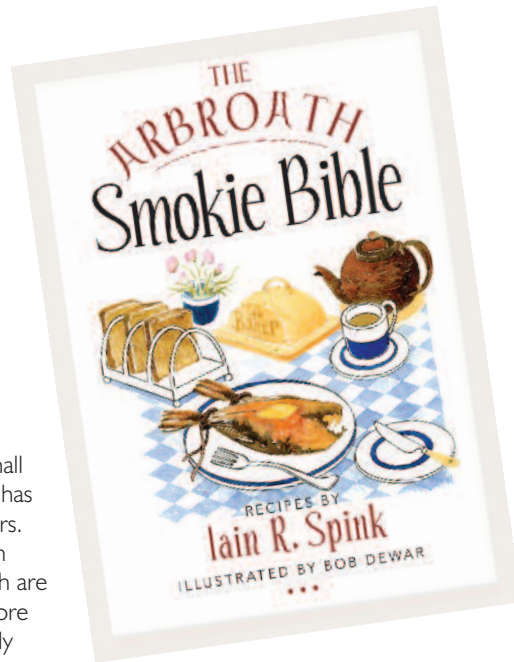
The Arbroath Smokie *Bible*

As befits his passion for the subject, Iain has written a book about the history, preparation and versatility of this unique delicacy. The 'Arbroath Smokie Bible' is available now.

"The Arbroath Smokie is one of Scotland's best loved traditional fish delicacies, taking its name from the small coastal town in the county of Angus it has been on the menu for a thousand years. Unlike its famous fishy relatives, Finnan Haddies and Loch Fyne Kippers, which are cold-smoked and require cooking before heating, Arbroath Smokies are uniquely hot-smoked, making them ready to eat straight from the smoker."

"In this book, Iain R. Spink, whose family have been involved in this traditional way of cooking haddock for five generations, introduces the history of the Smokie and divulges the process involved in its preparation. He also explores its enormous versatility in 30 mouth-watering recipes for all occasions, from Arbroath Smokie and Leek Chowder, and Luxury Fish Pie to Tagliatelle with Creamy Lemon Smokie, and Arbroath Smokie and Spinach Gratin."

For more information on The Arbroath Smokie Bible see www.arbroathsmokies.net/buy-smokies-online.html



The Arbroath Smokie *Tartan*



Fiona, Jane and Campbell Scott launch the Smokie Tartan in Arbroath

The Declaration of Arbroath in 1320 is one of the most important documents in Scottish history – it is the founding document of the Scottish nation. Yet, if you ask people what they associate with Scotland's north-east town of Arbroath, the answer they invariably give is the Smokie. Not only has the humble Arbroath Smokie been awarded Protected Geographical Interest status by the European Commission on par with Parma Ham and Champagne, it also has its own official tartan.

The idea of Arbroath fish merchant Campbell Scott, the tartan was developed in partnership with wife Fiona and the Strathmore Woollen Company, based in Forfar. The first step was to decide which colours should be included in the design and the final result was red, to represent the red sandstone of Arbroath's famous

Abbey where the Declaration of Arbroath was signed in 1320; blue and white, to represent the sea which provides the haddock for making into Smokies; scarlet, for the fire in the barrel which provides the Smokies with their unique taste and finally, golden yellow to represent the delicacy itself. The tartan has three golden yellow lines running through it to represent the sticks on which the Smokies hang when being cured.

Campbell sells worldwide through his website and the main idea behind the Smokie tartan was to give the huge international family of Scottish descent, something to celebrate their heritage with by wearing the Smokie tartan.

The Arbroath Smokie Tartan is available exclusively through www.arbroath-smokie.co.uk