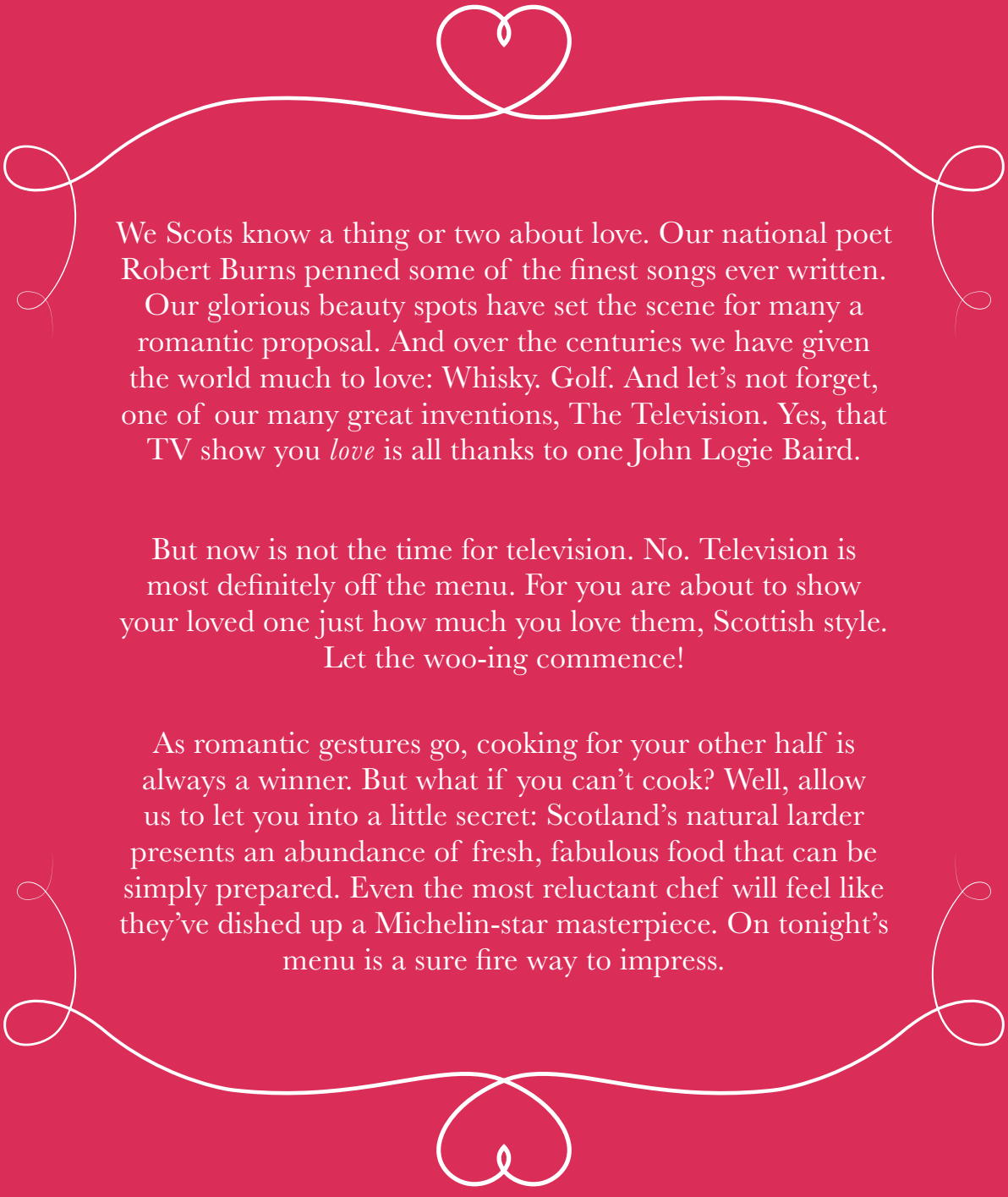


Scottish Recipes for Romance

The ultimate guide to an
unforgettably romantic
night-in with your loved one.



We Scots know a thing or two about love. Our national poet Robert Burns penned some of the finest songs ever written.

Our glorious beauty spots have set the scene for many a romantic proposal. And over the centuries we have given the world much to love: Whisky. Golf. And let's not forget, one of our many great inventions, The Television. Yes, that TV show you *love* is all thanks to one John Logie Baird.

But now is not the time for television. No. Television is most definitely off the menu. For you are about to show your loved one just how much you love them, Scottish style.

Let the woo-ing commence!

As romantic gestures go, cooking for your other half is always a winner. But what if you can't cook? Well, allow us to let you into a little secret: Scotland's natural larder presents an abundance of fresh, fabulous food that can be simply prepared. Even the most reluctant chef will feel like they've dished up a Michelin-star masterpiece. On tonight's menu is a sure fire way to impress.



Starter: Scallops and Panzanella

by Neil Forbes

"If I had to choose one of my favourite things to eat, I'd say scallops. Here, I've coupled them with a delicious Italian Panzanella salad – ideal to use up leftover bread. If you can't get scallops, try some mackerel, or just have the salad on its own! Tomatoes from the Clyde Valley add colour and sweetness to this dish." – *Neil Forbes*

Prep/cooking time:

10 min to prepare and cook

Serves:

4 people

Chef's tip:

Don't leave out the capers or the splash of bramble vinegar as it turns this dish into something outstanding!

Ingredients:

- A chunk of leftover bread; crusts removed and cut into 1cm dice
- 12 hand-dived scallops, removed from the shell and cleaned
- A handful of red and yellow Clyde Valley Tomatoes, halved and quartered
- A few mint and basil leaves
- Good salt and freshly-ground black pepper
- 1 tbsp capers
- 1 red onion, finely chopped
- 1 cucumber, cut into 1cm cubes
- 50ml bramble vinegar
- 50ml cold-pressed rapeseed oil
- A few radishes, sliced
- A few salad leaves

Preparation:

- Firstly, make the croutons by frying the bread in butter for a couple of minutes, tossing all the time.
- Next, heat 25ml of rapeseed oil in a pan. Season the scallops and fry them for a few minutes on each side.
- Make the Panzanella by combining the croutons, tomatoes, herbs, capers, red onion, cucumber, vinegar, remaining oil and radishes in a bowl. Season to taste and mix well.
- To serve, arrange the salad and scallops between 4 plates and dress with a few salad leaves.





Main course:

Fillet of Beef

by Nick Nairn

"A lovely tender fillet of Scottish beef is the ultimate ingredient. First thing you need is a decent piece of meat. Ask your butcher for a good, well-hung native breed.

You can either pepper the steaks after cooking, as we've done here, or you can coat them with a layer of mustard and pepper before frying. This means you cook the pepper crust along with the meat, making it taste less intensely peppery." – *Nick Nairn*

Prep/cooking time:

15 min / 20 min
(including resting the meat)

Serves:

4 people

Chef's tip:

A word of warning: when adding whisky to the pan, the whisky is liable to burst into flames. Have a large lid handy to whack on the pan, and if the pan is alight - remove it from the heat until the alcohol burns off.

Ingredients:

Peppered fillet of beef

- 3 tbsp black peppercorns
- 4 fillet steaks, about 175g each
- 4 tsp Dijon mustard
- 2 tbsp sunflower oil
- Maldon sea salt

Whisky sauce

- 50g butter
- 200g chestnut mushrooms, halved
- 50ml blended whisky
- 4 tbsp double cream
- 4 tbsp chicken and beef stock (or crumble mixed beef and chicken stock cubes into 4 tbsp of boiling water)

To serve

- Half savoy cabbage
- Green beans

Preparation:

- Using a pepper grinder, simply grind enough pepper to cover one end of each steak onto a plate. Set aside.
- Season the steaks with salt. Heat a large frying pan until hot. Add the sunflower oil and heat, then add the steaks – either with or without the pepper crust. You may need to do them in two batches. Give them 2 - 3 minutes on either side (a minute longer if you don't like your meat so rare). Do not move them around once they are in the pan or the caramelised crust will come off. If your steaks are very thick, you may need to hold them on their sides with tongs to achieve a good seal round the edges.
- Transfer the steaks to a warm (not hot) baking tray and leave in a warm place to rest. This is vital, allowing all the juices to redistribute away from the centre making the meat tender and succulent.
- Add the butter to the pan and allow it to colour to nut brown. Toss in the mushrooms and work around in the butter.
- Add the whisky to the same pan and boil over a high heat for 1 minute – the alcohol must be boiled off (see Chef's tip about what to do when the alcohol bursts into flame; be particularly careful if you have a plastic hood or filter over your hob).
- Add the stock, bring back to the boil and pour in the cream. Scrape and stir together any gooey bits from the bottom of the pan. When it boils fiercely, it's ready – you're looking for a coating consistency. Pour any juices from the rested steak back into the sauce and stir.
- Smear one side of the steaks with the Dijon mustard and dip into the crushed peppercorns to coat thoroughly, unless you have already cooked your pepper crust.
- Lightly steam the cabbage, and cook the beans until just firm to the bite.
- To serve, place the cabbage in the centre of four warmed plates, topped with the beans and steaks and spoon around the sauce and mushrooms.



Dessert:

Soft Chocolate Cake

by Nick Nairn

"One of my all-time favourites, this lovely light cake makes a perfect pudding. It's not too heavy as there's no flour, and the caramel sauce and soft chocolateness are irresistible. Try it for yourself!" – *Nick Nairn*

Prep/cooking time:

15 min (plus 10 min for caramel sauce) / 45 min

Serves:

8 people

Chef's tip:

You can serve the caramel hot or cold, but if kept warm, don't let it become too thick (a little water can be added if needed), otherwise you may end up with toffee.

Ingredients:

Soft chocolate cake

- 200g unsalted butter
- 7 eggs, separated
- 200g good quality plain chocolate
- 140g caster sugar
- 2 drops lemon juice
- Crème fraîche, to serve

Caramel sauce

- 375g caster sugar
- 500ml double cream

Preparation:

- Preheat the oven to 160°C/Gas 3. Butter a 25cm springform cake tin and line the base with baking paper.
- Break the chocolate into a bowl and add the butter. Rest over a pan of barely simmering water, making sure the bowl does not touch the water. Leave to melt, stirring occasionally until it's smooth and glossy. Don't overheat. Turn off the heat.
- Carefully separate the egg whites from the yolks. Put the sugar into the egg yolks and immediately whisk until it's pale and thick and leaves a trail on the surface for a few seconds. This takes 4 - 5 minutes. Gently fold into the melted chocolate.
- Whisk the egg whites into soft peaks adding 2 drops of lemon juice first. The tips of the peaks should just fold over not stand upright. Gently fold the whites into the chocolate mixture using a silicon spatula, tipping it all in at once. It's ready when it still has a slightly marbled effect. Pour into the tin and bake for 45 minutes. It will soufflé up during cooking and just crack when ready. When you take it out it will collapse a bit, but it's supposed to. Leave to cool in the tin.
- To make the caramel sauce, heat a thick-bottomed pan over a medium heat, allowing it to warm up empty. Add half the sugar. It should begin to melt as soon as it comes in contact with the bottom of the pan. As it melts, add more sugar until it's all in. Avoid stirring yet as this will form clumps of solid sugar, but towards the end give it a careful stir if needed, until all the sugar is completely fluid. A heatproof spatula is the perfect tool.
- When the melted sugar changes colour and smells of caramel (not too light but not too dark) take off the heat and stir in the cream in two or three batches. The cream will boil and cool the sugar causing it to bubble aggressively. Stir well or the trapped steam can cause the boiling hot sugar to spit across the room. Be careful as the steam will be superheated.
- Place the pan back over the heat to dissolve any lumps of caramel that have formed.
- Dust the cake with icing sugar, cut into wedges and serve with dollops of crème fraîche and the caramel sauce.
- Carefully remove the cake from the tin and peel off the paper.

Love Scotland

Eat Scotland

A lot of love goes into our food. And you can taste it in every bite.



Oysters

They're said to be an aphrodisiac and whilst we can't vouch for that, we can tell you that ours are delicious. Scottish cultivated Pacific oysters can be enjoyed all year round, so you can be romantic as often as you like.

Chocolate

Surely the ultimate food of love? And scientifically proven to get endorphins flowing. Not that we care about the science bit. For our artisan chocolate producers, it's all about pleasure. Pure unadulterated pleasure.



Lamb

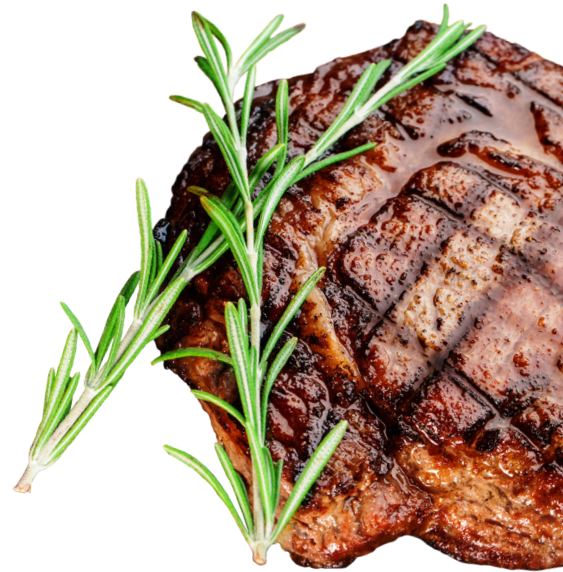
You can't go wrong with melt-in-the-mouth succulent Scottish lamb. Our main breed is the delicious and sweet Scottish Blackface.

A little bit different: North Ronaldsay Lamb. The Orkney breed is fed on seaweed. It not only tastes unique, it's packed full of minerals.

Steak

For a great steak you need a great meat and Aberdeen Angus is one of our finest.

A little bit different: Kobe-style beef. The Japanese style beef comes from Wagyu, now established in Scotland.



Berries

If you're wondering what's romantic about berries, allow us to elaborate: Berries dipped in chocolate...

Get the picture?

And to add even more romance, you could even pick them together.



Find out more

www.visitscotland.com/about/food-drink/recipes

Turn on the music

Scotland style

Love is in the air. Or, at least
it will be just as soon as you
press play.

Bluebells: I'm Falling

Travis: Luv

Simple Minds: Love Song

Wet Wet Wet: Angel Eyes

Texas: Fool For Love

Franz Ferdinand: Love Illumination

Cocteau Twins: This Love

The Jesus and Mary Chain: I Love Rock N' Roll

Orange Juice: L.O.V.E

Belle and Sebastian: Write About Love

Enjoy
Your
Night