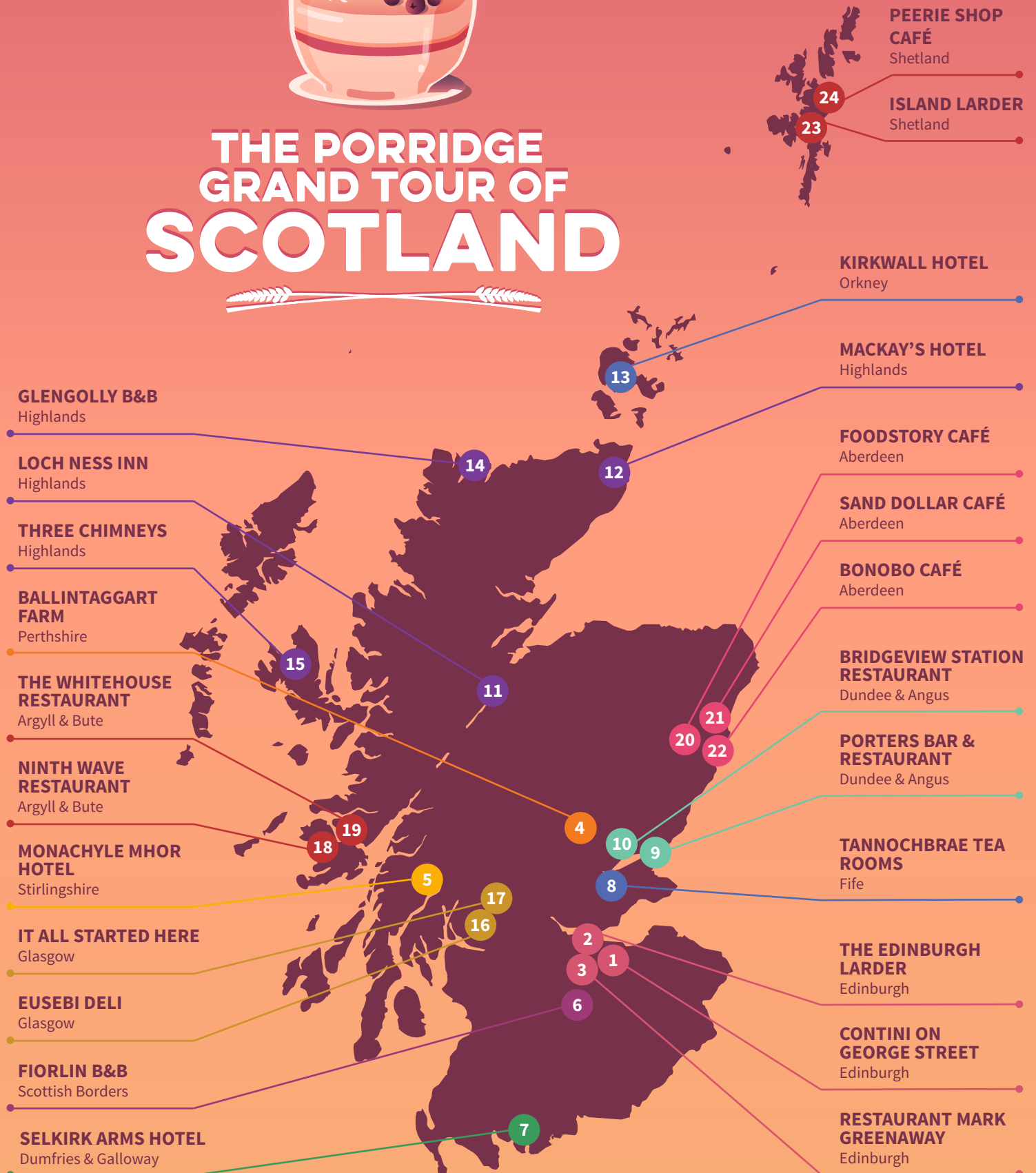




# THE PORRIDGE GRAND TOUR OF SCOTLAND



# THE ITINERARIES

## EDINBURGH TO PERTHSHIRE AND STIRLINGSHIRE

### DAY ONE

When you arrive at Edinburgh via the Caledonian Sleeper, start the day off with a warming bowl of porridge with fresh apricots, bananas and toasted pecans and sunflower seeds at **Contini on George Street** **1** (available from 8am weekdays; 10am weekends).

From there, why not take a walk up the Mound in Edinburgh to explore the **Museum on the Mound** and Edinburgh's historic Royal Mile to work up your appetite for lunch. What's on the menu? Porridge of course! Head to Blackfriar's Street and the **Edinburgh Larder** **2** which has on offer slow cooked meat (beef or lamb) with seasonal vegetables and skirlie (an alternative to stuffing which includes oatmeal).

By now you'll be itching for a bit of history so enjoy an underground history or ghost tour with **Mercat Tours**. Finish the day with some shopping on Princes Street and Multrees Walk, before an evening meal at **Restaurant Mark Greenaway** **3** on North Castle Street, which during the summer can be finished off with a dessert of Paris Brest: choux pastry, with whisky and oatmeal cream, raspberry fluid gel, and raspberry and whisky jelly. Check in for the night, for example at **Hotel Indigo** on Princes Street, or the **Old Town Chambers** on the Royal Mile.

### DAY TWO

Head off bright and early for a trip to **Ballintaggart Farm** **4** near Grandtully in Perthshire, which is just under a two hour drive out of Edinburgh, heading north on the M90 and A9. Once there, enjoy a dish of local barley paired with slow cooked onions. It's delicious with venison and game.

Take a walk nearby and enjoy the views, or curl up with a book in an armchair by the fire and picture window. Alternatively, take a visit to nearby **Blair Atholl Distillery** or the picturesque **Blair Castle**. As a tasty extra for an evening meal with a glass of wine, try local oats with kale and carrot bacon – bizarre but delicious! Get cosy in Ballintaggart's luxury accommodation for a great night's sleep.

### DAY THREE

Start the day with a bowl of porridge with a seasonal topping, such as orchard apples with hazelnut butter, or Ballintaggart plums and cinnamon or strawberry, lovage and champagne porridge. Back on the road, head west towards Aberfeldy, stopping to admire the views at the **Birks of Aberfeldy** and **Tay Forest Park**, including a tour with **Highland Safaris** to take in the local wildlife.

Indulge in your sweet tooth with a tour with the **Highland Chocolatier**. Finally, head towards **Monachyle Mhor Hotel** **5** either for a bowl of warming porridge with ginger as a special request during the day, or the next morning after your stay at the hotel, before heading back to the Capital, via Stirling to explore the Castle and Wallace Monument!

## EDINBURGH TO THE BORDERS AND DUMFRIES & GALLOWAY

### DAY ONE

When you arrive at Edinburgh via the Caledonian Sleeper, start the day off with a warming bowl of porridge with fresh apricots, bananas and toasted pecans and sunflower seeds at **Contini on George Street** **1** (available from 8am weekdays; 10am weekends).

From there, why not take a walk up the Mound in Edinburgh to explore the **Museum on the Mound** and Edinburgh's historic Royal Mile to work up your appetite for lunch. What's on the menu? Porridge of course! Head to Blackfriar's Street and the **Edinburgh Larder** **2** which has on offer slow cooked meat (beef or lamb) with seasonal vegetables and skirlie (an alternative to stuffing which includes oatmeal).

By now you'll be itching for a bit of history so enjoy an underground history or ghost tour with **Mercat Tours**. Finish the day with some shopping on Princes Street and Multrees Walk, before an evening meal at **Restaurant Mark Greenaway** **3** on North Castle Street, which during the summer can be finished off with a dessert of Paris Brest: choux pastry, with whisky and oatmeal cream, raspberry fluid gel, and raspberry and whisky jelly. Check in for the night, for example at **Hotel Indigo** on Princes Street, or the **Old Town Chambers** on the Royal Mile.

### DAY TWO

Heading out of Edinburgh, drive south of the city on the A68 towards St Boswells. Stop by for a visit to **Abbotsford House** and **Melrose Abbey**, before checking into **Fiorlin B&B** **6** in Melrose. The B&B is well-known for its porridge, offering three kinds. They source their oats locally from John Hogarth Ltd which is based in Kelso.

### DAY THREE

Enjoy a warming bowl of porridge before heading off on the road. Take the A7 through Hawick towards the **Devil's Porridge** museum, a five-star visitor attraction in Eastriggs, Dumfries & Galloway. So-called for the cordite that was produced in the munitions factories during the Second World War, visitors can learn the story of how this once quiet area flourished into a hub of wartime activity.

Head towards Kirkcudbright, towards the southern coast of Scotland, for a bowl of barley risotto at the **Selkirk Arms Hotel** **7**. Also enjoy a bowl of porridge for breakfast after your stay with seasonal flavours including apple and cinnamon. The hotel is a great place from which to exploring the region's **Galloway Forest Park**, the very first national park in the UK to be honoured with Dark Sky Park status. The hotel also runs a number of **Stargazing Weekends**.

# THE ITINERARIES

## EDINBURGH TO FIFE AND DUNDEE

### DAY ONE

When you arrive at Edinburgh via the Caledonian Sleeper, start the day off with a warming bowl of porridge with fresh apricots, bananas and toasted pecans and sunflower seeds at **Contini on George Street** **1** (available from 8am weekdays; 10am weekends).

From there, why not take a walk up the Mound in Edinburgh to explore the **Museum on the Mound** and Edinburgh's historic Royal Mile to work up your appetite for lunch. What's on the menu? Porridge of course! Head to Blackfriar's Street and the **Edinburgh Larder** **2** which has on offer slow cooked meat (beef or lamb) with seasonal vegetables and skirlie (an alternative to stuffing which includes oatmeal).

By now you'll be itching for a bit of history so enjoy an underground history or ghost tour with **Mercat Tours**. Finish the day with some shopping on Princes Street and Multrees Walk, before an evening meal at **Restaurant Mark Greenaway** **3** on North Castle Street, which during the summer can be finished off with a dessert of Paris Brest: choux pastry, with whisky and oatmeal cream, raspberry fluid gel, and raspberry and whisky jelly. Check in for the night, for example at **Hotel Indigo** on Princes Street, or the **Old Town Chambers** on the Royal Mile.

### DAY TWO

Heading out of Edinburgh, drive north across the **Queensferry Crossing**, taking in the views of the other Forth Bridges, then on to the M90 and A91 towards Auchtermuchty. Visit **Tannochbrae Tea Room** **8** for a lunch of the speciality pinhead oatmeal frittata with spring onion and parmesan (which can be prepared when booked in advance). After dining, don't forget to stop by for a visit to the **Scottish Deer Centre** in Cupar; as well as to the **Balgove Larder** farm shop, where locally sourced oats can be purchased.

Head north on the A91 and A92 to Dundee, checking into the Malmaison hotel in the city centre. Be sure to stop by the **Porters Bar and Restaurant** **9** for an evening meal followed by cranachan; a delicious Scottish dessert that is traditionally made of a mixture of oatmeal, whisky, raspberries and whipped cream.

### DAY THREE

Visit the **Bridgeview Station Restaurant** **10** for a delicious bowl of porridge with cinnamon, apples and walnuts, before embarking on a tour of Dundee, to include the **RRS Discovery** and the **Dundee Waterfront** where the new **V&A Dundee** will open in the second half of 2018.

## THE HIGHLANDS AND ORKNEY

### DAY ONE

Arrive into Inverness. Drive south along the A82 towards Drumnadrochit. Check in at the **Loch Ness Inn** **11** which has had great reviews of its porridge! Don't forget to check out Loch Ness to see if you can spot Nessie herself!! Take a cruise of Loch Ness with **Jacobite Cruises**, visit **Urquhart Castle** or check out the **Culloden Visitor Centre** nearby.

### DAY TWO

After enjoying a bowl of porridge, set off on the road past Inverness and on to the A9. You are on the famous North Coast 500 touring route. Stop by **Dornoch** to enjoy the beautiful beach and views. Head up to Wick and check into the **Mackay's Hotel** **12**, which is situated on the world's shortest street. Enjoy an evening meal at the No.1 Bistro at the hotel.

### DAY THREE

Enjoy a bowl of traditional Scots porridge, seasoned to taste with salt, sugar & honey. Head out on the road and don't forget to stop at **John O'Groats** to get a selfie at the famous sign marking the most northerly point of mainland Britain.

#### OPTION A

Get the ferry from Scrabster to Orkney. Enjoy a tour with **Red's Orkney Tours**, taking in historic sites such as the **Ring of Brodgar Stone Circle** and the **Italian Chapel**. Check into the **Kirkwall Hotel** **13** in Kirkwall and enjoy a filling bowl of porridge before checking out.

#### OPTION B

Drive to Mallaig, stopping by **Durness** with an optional stay at the **Glengolly B&B** **14** which has a special whisky porridge, available at any point during the day upon special request. The next day, take the Skye bridge, from Kyle of Lochalsh to the Isle of Skye. Check into the **Three Chimneys** **15** for the night, which serves a scrumptious porridge with whisky and cream for breakfast. Explore Skye on an extended trip, including the **Quiraing** and **Fairy Pools**. Head back to Inverness via the Skye bridge and A87 and A82.

# THE ITINERARIES

## GLASGOW TO ARGYLL & BUTE

### DAY ONE

Arrive into Glasgow. Head to the city centre's **Argyle Street, Buchanan Street and Sauchiehall Street** for the great selection of shops. Feeling peckish? Head to the **Eusebi Deli 16** for organic oatmeal with rhubarb compote and a pistachio crumble, available all day. Alternatively, they offer an Italian twist on porridge with a takeaway haggis cannelloni with oatmeal and parmesan gratin. Take a walk to the Kelvingrove Park and visit the **Kelvingrove Art Gallery and Museum** for your cultural fix at one of Europe's great art collections. Visit the art nouveau style **Willow Tea Rooms** and **Merchant City** before taking a taxi to check into 10 Hotel for the night.

### DAY TWO

For another porridge option, East Kilbride-based **Wild Fig events** will be running two porridge pop-up events, at **It All Started Here 17** which is a 10 minute walk from **10 Hotel**, on 10 and 11 February 2018. See [www.wildfigfood.com/events](http://www.wildfigfood.com/events) for full details, but porridge recipes will include coconut milk, banana, soft brown sugar & rum cream and roast hazelnut, earl grey raisins & milk chocolate. After filling up, art and culture fans can visit **House for an Art Lover** or head to the **Glasgow Science Centre**.

### DAY THREE

**From Spring 2018:** Heading out of Glasgow by car, taking in the beautiful **Luss** in **Loch Lomond & the Trossachs National Park**, porridge fans can then head to the Isle of Mull via ferry to drive to the **Ninth Wave Restaurant 18** in Fionnport which, when open from the late spring, serves porridge skirlie benedict with seared Scottish pigeon breast as an evening meal. Travelling on the ferry from Fishnish in Mull to Lochaline, foodies can also head to the **Whitehouse Restaurant 19** which serves pigeon porridge with pinhead oatmeal, brambles and shallots. A trip to the area wouldn't be complete with a drive north to see the **Glenfinnan Viaduct, Glencoe** and **Fort William**, before heading back to Glasgow, or taking the Caledonian Sleeper home.

## ABERDEEN TO SHETLAND

### DAY ONE

Arriving into Aberdeen via train or plane, head straight to **Foodstory Café 20** which offers a vegan-friendly house porridge and superfood porridge, (which is vegan as well as being gluten free). Additionally, a kids porridge is available free of charge. Similarly, the **Sand Dollar Café 21** offers porridge options, including overnight oats (oats soaked over night retaining more nutrients and flavour) or warm creamy porridge made with maple syrup or raspberry puree on the side. The Sand Dollar Café is located right on the beach front, so a stroll along the esplanade - there's a chance at spotting the harbour's resident pod of dolphins playing in the waters! - and then on to the cobbled streets and historic university buildings of **Old Aberdeen**, is a must do. Visitors might also like **Footdee** (or Fittie as its own locally), an old fishing village at the east end of the harbour.

As an additional porridge option, the **Bonobo Café 22** offers porridge with any two of the following: maple syrup, banana, berries, cinnamon and cacao nibs. The café also offers burgers with oats and oats in raw cakes and raw walnut balls on special request (open until 9am -5pm Tues-Fri, until 6pm Saturdays and 11am to 5pm Sun). Savour the tasty treats, before enjoying a cocktail at the Orchid or Dusk, and perhaps a show at **His Majesty's Theatre** (one of only two so named in the world!)

### DAY TWO

Take the ferry from Aberdeen to Shetland (an adventure in itself where you can stay in a cabin overnight on the ferry!) Alternatively, there are flights from Aberdeen Airport to Sumburgh Airport.

### DAY THREE

Head to the **Island Larder 23** in Lerwick in Shetland, which is owned by the **Shetland Fudge Company**. Here you can try Overnight Oats, which are made using local milk or almond, coconut or soya milk as an alternative. Banana, mixed berries, honey, chopped nuts and seeds can also be added - quite a healthy treat! Alternatively, the **Peerie Shop Café 24** serves a yummy winter spiced apple porridge with yoghurt and honey, developed by the chef and manager, James Martin. After 'filling up your boots', don't miss a chance to see **Mousa Broch** (an Iron Age roundhouse) on the isles, which is among the best-preserved prehistoric buildings in Europe. Also a must-see when in Shetland is **Scalloway Castle**. Stay at the Scalloway Hotel, or extend your visit with an overnight stay at a lighthouse in Eshaness and be in with a chance of seeing the Northern Lights, or visit Britain's most northerly bakery, gin distillery, or indeed **Muckle Flugga** - the most northerly point of the UK.

*\*Please note inclusion of hotels, B&Bs and restaurants does not guarantee availability.  
Details were correct at time of going to press.  
Any porridge that includes alcohol should be enjoyed responsibly.*

# THE RECIPES

## MUSHROOM OATMEAL RISOTTO

GRAEME TAYLOR, A SCOTS LARDER

- 1 Rehydrate the porcini in the boiling water. This will form the stock with salt added during the cooking process to taste.
- 2 Once hydrated remove the porcini from the stock and roughly chop.
- 3 In a sauté pan heat the oil and butter over a medium heat, sweat the garlic, onion, sage, and leaves from the thyme, until the onion becomes translucent.
- 4 Add the chopped porcini and cook for a minute then add the chestnut mushroom and cook for another minute.
- 5 Add the oatmeal and stir round, cook for 2-3 minutes constantly stirring ensuring it doesn't burn.
- 6 Add in the red wine and stir until evaporated.
- 7 Add in the stock and bring to a gentle simmer over a low heat, stirring regularly. As the 'risotto' begins to thicken season with a good pinch of salt, taste and add more if required.
- 8 Cook until all the stock has evaporated, it should be a thick porridge like consistency, with the oatmeal still having a bit of bite.
- 9 Add a good grating of the cheese and a grinding of black pepper. Serve with venison steak or pigeon breast.

### WHAT YOU WILL NEED

15g dried porcini mushrooms  
400ml boiling water  
1 onion finely chopped  
2 sprigs of thyme  
6 sage leaves finely chopped  
1 clove garlic finely chopped  
Knob of butter  
1tbsp olive oil  
100g pinhead oatmeal  
150g chestnut mushrooms chopped  
50ml red wine  
Bonnet cheese grated  
(pecorino or parmesan if unavailable)  
Salt and pepper to taste

## SMOKED HADDOCK PORRIDGE WITH CHARRED SPRING ONIONS, EGG AND GIN CURED SALMON

CHRIS STEWART, EDINBURGH SCHOOL OF FOOD & WINE

- 1 To cure the egg yolk mix the salt and sugar together. Place some in a glass bowl then place yolk in and cover with remaining mix, wrap bowl and place in fridge for four days.
- 2 Remove from mix, gently rinse then pat dry. Place a cooling rack over an oven tray, spray with non-stick spray. Place egg on tray and place in hot oven at 70c for 1 ½ hours allow to totally cool before grating.
- 3 Heat the milk, once it starts to simmer then place haddock in a bowl and pour over milk, cover with clingfilm and leave for 15 mins.
- 4 Rub the spring onions with oil and place in a hot pan, ensure you turn them regular so they are not too dark.
- 5 Bring a pan of water to the boil and place the egg in and cook for seven mins then place in cold water to stop it cooking. Peel and cut in two.
- 6 Place the porridge in a pan, add the milk and turn the heat on to a medium gas. Stir while it cooks don't cook at too high a heat.
- 7 Cook for 4 mins, add the flaked haddock and stir through, taste and adjust the seasoning, spoon into a bowl, place half the boiled egg on top, cut the spring onions and place beside the egg, lay cured salmon on spring onions, drizzle parsley oil on it with a grating of the cured egg.

### WHAT YOU WILL NEED

100g smoked haddock  
Spring onions  
300ml milk  
1 sprig of thyme  
1 bay leaf  
50g porridge  
1 egg  
80g salt  
60g sugar  
Non stick spray  
1 slice gin cured salmon  
Parsley oil & rapeseed oil  
1 tbsp double cream  
Salt and pepper to taste

## PINHEAD OATMEAL

PETER MCKENNA, THE GANNET, GLASGOW

- 1 Toast the oats in the oven slightly.
- 2 Soak overnight in water.
- 3 Drain the oats.
- 4 Combine the oats, milk and water,
- 5 Bring to the boil then simmer, cook for 10 mins stirring constantly, fold in the Demerara and salt and continue to cook for a further 5 minutes until cooked.
- 6 Turn off the heat and cover with a lid.
- 7 Leave to stand for 10 minutes.
- 8 To serve- add the sliced banana, honey and a good splash of double cream.

### WHAT YOU WILL NEED

½ cup of pinhead oatmeal  
½ cup of medium oatmeal  
1 cup of whole milk  
2 cups of water  
Generous pinch of salt  
30g demerara sugar,  
Good spoon of Scottish heather honey  
Sliced banana  
A splash of cold cream to serve