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## A Taste of Scotland in Food and Pictures

Theodora FitzGibbon

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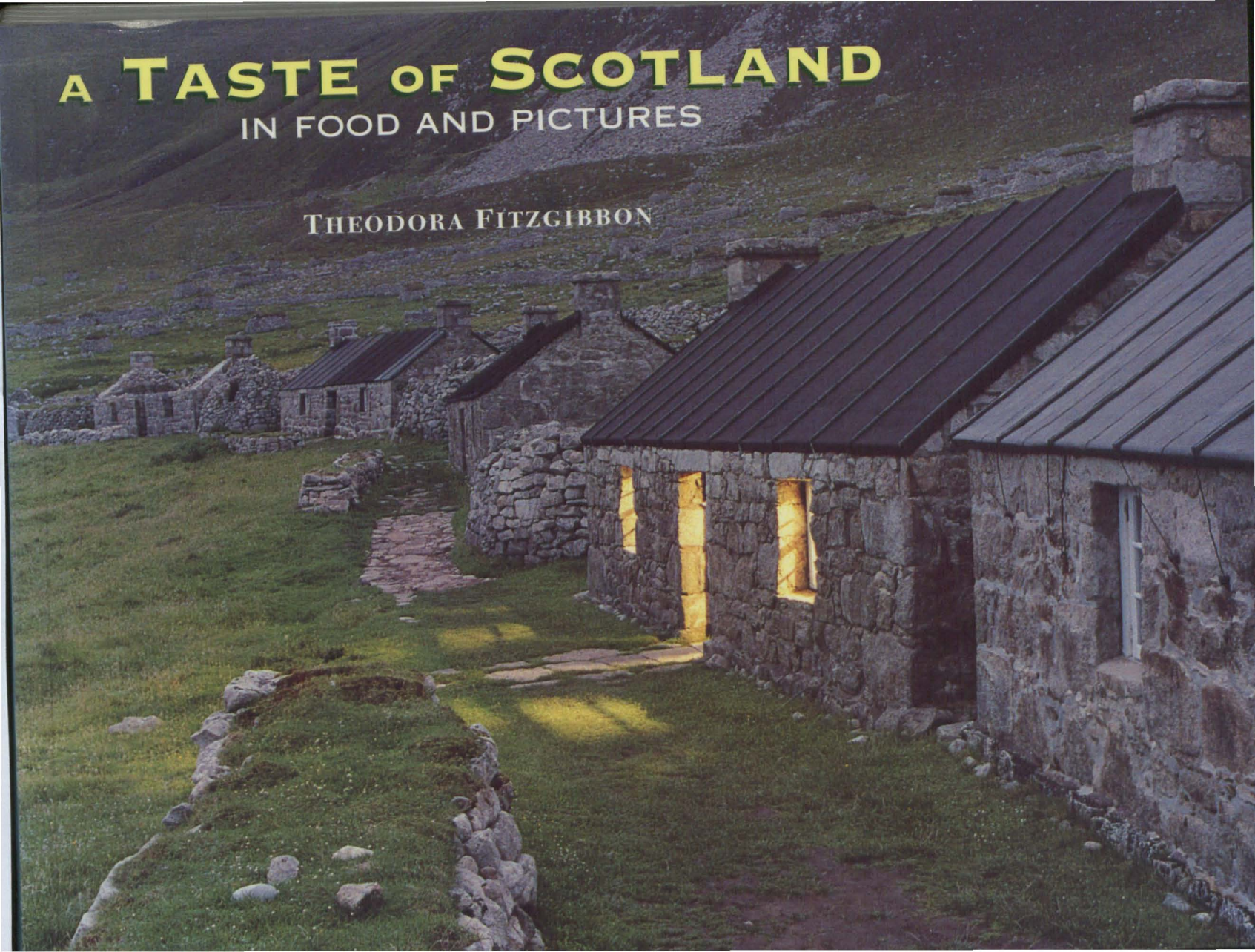
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# A TASTE OF SCOTLAND

IN FOOD AND PICTURES

THEODORA FITZGIBBON





# A TASTE OF SCOTLAND

*Scottish Traditional Food*

THEODORA FITZGIBBON

Period photographs specially prepared by George Morrison



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*For Kitty Forbes, with love and many thanks from us both*

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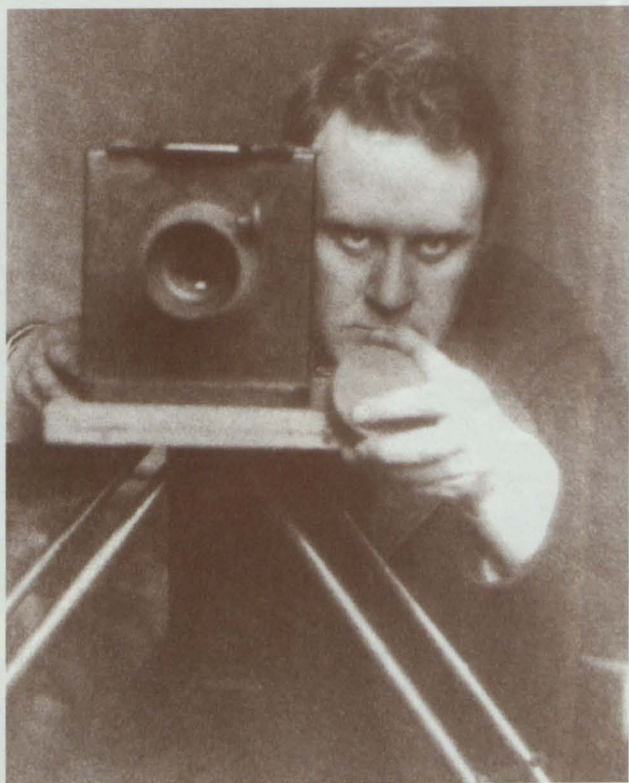
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*Self portrait of Mr. Aird, 1885, aged thirty-nine years,  
photographer of plates on pages 11, 67, 98, 107*

#### **Note for American Users**

The American pint is 16 fluid oz., while the British Pint is 20 fluid oz.  
The American Tablespoon holds 14.2 ml while the British 17.7 ml.  
The teaspoon measure is the same in both countries.

#### **A General Guide**

8oz flour = 2  $\frac{1}{2}$  cups.

Plain flour is known as All-purpose flour and

Self-Raising Flour is known as All-purpose self-raising flour.

8oz oatmeal, fine or medium = 2 cup

8oz Pinhead oatmeal = 2  $\frac{1}{2}$  cups and is known as Irish oatmeal.

8oz sugar, granulated, castery = 1  $\frac{1}{4}$  cups

8oz butter = 1 cup

8oz suet = 2 cups

20fl oz = 2  $\frac{1}{2}$  cups

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