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A Taste of Scotland in Food and Pictures

Theodora FitzGibbon

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A TASTE of SCOTLAND
Scottish Traditional Food

THEODORA FITZGIBBON

Period photographs specially prepared by George Morrison

LINDSAY PUBLICATIONS
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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

8 oz flour = 2 1/2 cups.

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

8 oz oatmeal, fine or medium = 2 cup

8 oz Pinhead oatmeal = 2 1/2 cups and is known as Irish oatmeal.

8 oz sugar, granulated, castery = 1 1/4 cups

8 oz butter = 1 cup

8 oz suet = 2 cups

20 fl oz = 2 1/2 cups
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