

# SAMHUINN RECIPE BOOK

EDITED BY LORRAINE PRINCE

DESIGNS BY MATT SCOTT



# SAHMAIN SOUP

By LUZ LOPEZ

1 red kuri squash or 1 small pumpkin  
1 butternut squash  
3 to 4 sweet potatoes  
Spices of your choices (I usually go for turmeric)  
Chestnut (optional)  
Salt, to taste

Cook it in a big pot (I personally use a 5L one) at medium to low heat for between 40 to 60 minutes and then blend it all together. I like it quite thick so I usually don't use a lot of the cooking water when blending it, but that's a personal taste. And then it's ready to serve!



# REDDISH SALAD

By Stew Wilson

Baby spinach leaves

Slices of red onion

Cucumber

Radishes

White wine vinaigrette, to dress

If you're feeling fancy, toss the onions and cucumbers in a mix of white wine vinegar, sugar, and salt to quick-pickle them, and zhoosh up the vinaigrette with wholegrain mustard and dill.

# PUMPKIN AND CHESHIRE PIE

By SARAH BARR

One brown onion, diced

One red onion, diced

1 tsp vegetable oil

1 heaped tsp good butter

1 Tbsp apple cider vinegar

1 tsp dark brown soft sugar

4 cloves garlic, finely minced

300g cooking pumpkin, in ~1-inch cubes

1/2 pint vegetable stock

Grated nutmeg, to taste

Salt and pepper, to taste

About two tsp plain flour

150g Cheshire cheese, crumbled well\*

1 handful frozen peas

1 pack ready-rolled puff pastry, removed from fridge and allowed to come to room temperature

Cheshire cheese works best for this, but in a pinch you could use feta.

Preheat oven to 180C/160C Fan.

1. In a heavy-bottomed saucepan, fry the onions in the oil, butter, vinegar, and sugar, on a medium-low heat, until they go translucent, soft, and brown. This will take a while, assume at least 10 minutes.
2. Toss in the pumpkin and garlic, and lightly stir fry for 2 minutes, taking care not to burn the garlic.
3. Add the stock, cover, and simmer on low for 10 minutes.
4. Uncover, simmer for another 10 minutes, or until the pumpkin is just about tender. Add a drop more water from the kettle if it gets dry.
5. Stir in the cheese, the peas, the nutmeg, the salt, and the pepper. Judge how thick the liquid is, and mix in a little bit of flour a teaspoon at a time, beating it in well, until the gravy gets as thick as you'd like it.
6. Decant into an appropriate casserole dish, roll the pastry out over the top, and bake for 20-30 minutes, or until the pastry has puffed up and is golden on top. If it starts to brown too much before it's cooked, cover with tinfoil.

Variant: make up the vegetable stock using hot apple cider!

# TRUFFLED NEEPS

By LORRAINE PRINCE

1 medium neep  
Truffle infused oil  
Salt and pepper to season  
1 medium potato (optional)  
(Vegan) cheese (optional)

Take a neep. Chop it into small cubes. Roast it for ages in truffle oil with salt and pepper. Like, two-three times as long as you think you need to. Add some cubes of potato half-way through, if you like, or don't.

Optional: add grated (vegan) cheese at the end and melt before serving to feel especially lavish.

# FAVE DEI MORTI (BEANS OF THE DEAD)

By GIULIA FRONTALINI

For roughly 90 cookies:

200 grams ground almonds

130 grams flour

250 grams sugar

30 grams butter

2 eggs

Zest of one lemon

Ground cinnamon

Half a teaspoon vanilla extract

Mix together the ground almonds and the flour, add the sugar, vanilla powder and the lemon zest and whisk it all together. Now add the butter and when it's all incorporated, slowly add the eggs. Work the dough until it's smooth.

To help create an even batch of cookies, you can divide the dough into strips and cut 1 inch long pieces, and then work them with your hands to make them round.

Bake in a pre-heated oven for circa 12 minutes at 180° but pay attention: the cookies will be ready as soon as they start going from golden to honey coloured.

# VEGAN PUMPKIN BROWNIES

By SARAH BARR

200g pumpkin puree (canned is fine, or use blended/very-well-mashed roasted pumpkin.)

250g plain flour

125g cocoa powder

1 tsp baking powder

1/2 tsp salt

100g Bourneville or other vegan dark chocolate, chopped into rough chunks

100g dates, chopped into small pieces

150g dark brown soft sugar

2 tsp vanilla extract

1 tsp ground ginger

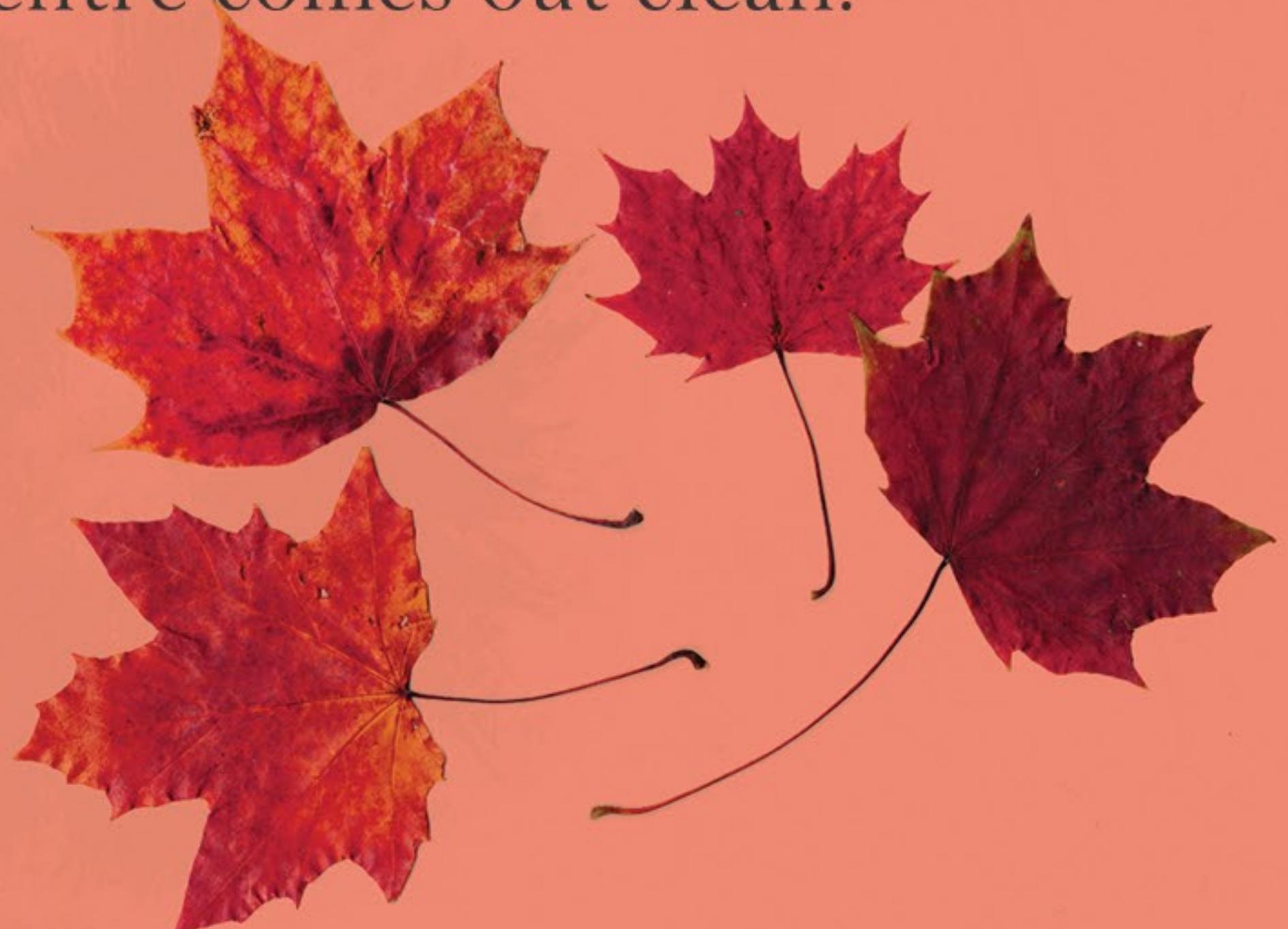
150ml vegan milk

150ml golden syrup

If you're making your own pumpkin puree, you can use Jack O'Lantern flesh, but you'll get much tastier results if you buy a proper cooking pumpkin.

Preheat oven to 180C/160C Fan

1. Sift dry ingredients, except the chocolate chunks and sugar
2. Stir in the chocolate chunks, dates, and the sugar
3. Whisk all the wet ingredients well
4. Make a well in the dry ingredients, and pour the wet into the middle.
5. Beat everything together really well.
6. Grease a cake tray, and bake for 30 minutes, or until a skewer stuck in the centre comes out clean.



# WASSAIL BREW

By NICKY SAUNDERS

500g Bramley or Cox stewing apples  
(peeled and cored about 300g)

100ml water

100g sugar

1 tsp freshly grated nutmeg

1 tsp Ginger powder

750ml good ale



Peel and cut your apples in small pieces and place in a pot along with 100ml of water and the sugar and spices. Stew until soft and puree so there are no bits left.

When ready to serve, heat up the apple puree, and add the ale while whisking. You should get a nice froth while doing so. Serve at once.

## FOR THE ADULTS!

## Actual good neep recipe

By Sara Thomas

1 neep

1 onion, finely chopped. Can also use a bunch of shallots because they're very tasty.

Butter

300ml milk

400ml double cream

3 sage leaves, finely chopped

50g gruyere, grated. I mean, we say 50g. You're definitely going to want to use more because cheese is awesome.

(Optional) thyme to taste

(Pls note - all dairy products can be switched for vegan alternatives & it should still work fine)

Slice neep thinly. This is difficult to do because neeps are TOUGH WEE THINGS, so I recommend using a cheese slice. Seriously, for some reason this works.

Heat oven to 190C/170C fan/gas 5. Boil the neep slices for 3-5 mins to soften a bit, then drain. Cook the onion in the butter in a pan until softened, about 5 mins, then pour over the milk and cream to heat through. Place the neep slices into a large bowl, pour over the cream mixture, sage leaves and half the cheese. Add a bit more cheese. Carefully stir until the neep slices are all nicely coated in the mixture.

Grease a large baking dish (about 20 x 30cm) with a little butter, then tip the neep slices in. Smoosh them down a bit to be flat. This will probably be messy. Smooth over the top, scatter over the remaining cheese and season with black pepper. Add more cheese. Cover with foil and cook for 30 mins, then uncover and cook 30-40 mins more until a fork slides in easily and the top is golden brown.

Adapted shamelessly from <https://www.bbcgoodfood.com/recipes/creamy-cheese-potato-bake>

## Medieval baked neeps

By Nicky Saunders

### PIE FILLING

500g neep  
150g-200g cheese  
50g vegan spread or butter  
1/4 tsp allspice  
1/4 tsp nutmeg  
pepper  
salt

It's the time of year when it's good to have ideas about what to do with the bits of your neep left over from carving out a lantern. Here's a medieval recipe that I quite like. The original is in 'Pleyn Delit' by Constance Hieatt, I've changed it by substituting sheep or goat cheese for the guyere in the original (to cope with allergies) and I've upped the amount of spices.



So, if you're making the recipe with whole neeps then it's sensible to boil them for 15 or 20 minutes to soften them before attempting to slice them. If using the inside of a neep lantern then you're stuck with chopping it out raw. Good luck.

You'll maybe get 500g of neep out of the inside of a lantern. Boil that until it's starting to soften.

And with that have 150-200g of whatever cheese you like (grated or sliced), around 50g of vegan margerine and 1/4 teaspoon each of allspice and nutmeg, plus some salt and pepper.



The original recipe has alternating layers of turnip and then cheese baked in a dish like you'd do for a lasagne. I mixed the cooked neeps with the cheese and flavourings and used it to fill a pie. In classic medieval fashion I made the pie in a shape that did not give a clue as to it's contents.

Didn't get a good picture of the finished pie, I'm afraid, it's in the background of this shot of the table though.

Finally, if you're having trouble chopping a neep with an ordinary kitchen knife, then you could consider using a sword... Just remember to put a cloth down to catch the bits... they can fly quite a long way...



# NEEPS!

## Kelpie (kale pie) - aka Rumbledethumps

By John Wilson

### Filling:

1kg potatoes suitable for mashing (eg. Maris Piper)

250g turnip (swede)

250g carrots

500g kale

2 red onions

Butter (as required)

Sea salt

Black pepper

### Topping:

500g potatoes suitable for mashing (eg. Maris Piper)

Butter (as required)

Sea salt crystals

Black pepper

250g grated cheddar cheese

Dulse (or other seaweed condiment)

Serves: 6 (or 3 hearty eaters)

Preparation time: 30 mins

Cooking time: 30 mins

Oven temp: Preheat oven to 350 F/Gas 4/180 C (170 C fan-assisted)

Kelpies are perhaps the most feared of Scotland's Fair Folk. Shape-changing and malevolent water horses, they lure their victims to a watery demise.



Plenty of finely chopped kale (a round-the-year "seasonal" vegetable, crucial to my pun) and red onions (to honour the blood of their victims) sautéed in a generous measure of butter was mingled with a root mash of tatties, neeps and carrots. The mixture was further seasoned with yet more butter, sea salt and freshly ground pepper and topped with grated cheese and a sprinkling of dulse (a seaweed condiment). For an extra-Scottishy feel, I piped on a saltire of mashed potato.

1. Boil the root vegetables to a mashable consistency
2. Set aside  $\frac{1}{3}$  of the tatties
3. Roughly mash the neeps, carrots and remaining tatties to create a root mash
4. Chop the onions and sweat them with a pinch of salt crystals
5. Finely chop the kale and sautée with the onions in a generous quantity of butter. The kale will reduce quite a lot, so be brave in filling the pan
6. Combine the kale with the root mash and further season with salt, freshly ground black pepper and more butter as you see fit
7. Use this mixture to fill an oven dish
8. Mash the set aside tatties with plenty of butter, salt and black pepper
9. Apply this mashed tattie as a topping, as plainly or decoratively as you like
10. Grate the cheese and sprinkle liberally over the top of the dish
11. Season with black pepper and dulse
12. Cover and place in a preheated oven for 30 mins
13. Remove the cover and cook for another 5-10 mins to allow the top to brown
14. Serve piping hot with other hearty comfort food such as stew or haggis.

# Apple and Bramble Crumble

*Sarah Barr*

For the filling:

4 tbsp butter

1.5 tbsp plain flour

30ml water

100g granulated sugar

4 Granny Smith apples, peeled and cored

1 big handful freshly gathered brambles, washed (or you could use shop-bought blackberries, I SUPPOSE)

1 tsp cinnamon

For the topping:

100g plain flour

60g demerara or brown sugar

60g butter, cut into cubes

20g porridge oats

Optional: lightly bashed walnut/pecan/hazelnut pieces

Preheat oven to 180C/160C Fan

1. Make the sauce: Melt the butter in a saucepan, and stir in the flour with a balloon whisk. Heat on medium, simmer for about a minute, whisking continuously. Whisk in the water and sugar, simmer for about 3 minutes - don't stop whisking! It should look like a light caramel sauce by the end. Take off the heat.
2. Grease a casserole dish with butter, and slice your apples into pinkie-finger-thick wedges. Lay the apples in the dish, toss in the brambles, toss in the cinnamon, and further toss your fruit about to coat it in the cinnamon. Pour your caramel sauce over the top.
3. Make the topping: mix your flour and sugar in a bowl; add the butter and rub it through with your fingertips to create something like fine breadcrumbs. Try not to over-rub it. Stir in the oats, and the nuts if you like.
4. Bake for around 30 minutes, until the crumble is brown and the filling bubbles. You can bake for longer, but it can be nice to still have the bite of slightly firmer apple pieces.

# Chocolate Truffles

By Andria Michael

2 soup spoons (big spoons) of butter  
1 glass of orange juice  
A bit of vanilla (2-3 drops)  
1 glass of coconut  
1 glass of fine sugar  
5 soup spoons (big spoons) of chocolate (cocoa powder)  
1 glass of roasted almonds (I could only find this at the Christmas market)  
1 package of 'Rich Tea Classic' biscuits (200g)



Optional:

Sparkles or chocolate flakes for decoration  
Baking cases  
(You could also add truffle, but I did not add any)

Using a cutting surface, you cut the roasted almonds in small pieces, enough to fill a glass with them. Then you take a medium size bowl and smash the biscuits in it using your hand or a chopping machine (the biscuits should look like a powder). Then you take a big bowl and add the butter, sugar and mix them together (for me it was easier to do this with my hands as the butter sticks everywhere). Then you add the chocolate and mix again (with a soup spoon). Then you add the smashed biscuits, the coconut, the roasted almonds, the orange juice and the vanilla. You mix everything together. Once everything is mixed, take some of the mix in your hands and shape it into small balls, these will be your truffles.

I also used some sparkles to give them a nice appearance. I added the sparkles or chocolate flakes in a small bowl and dipped the truffle in to get coated in the sparkles/flakes. Then I placed them on the baking cases and voila! It's ready for munching.

# Cappuccino recipe aka parents are family too

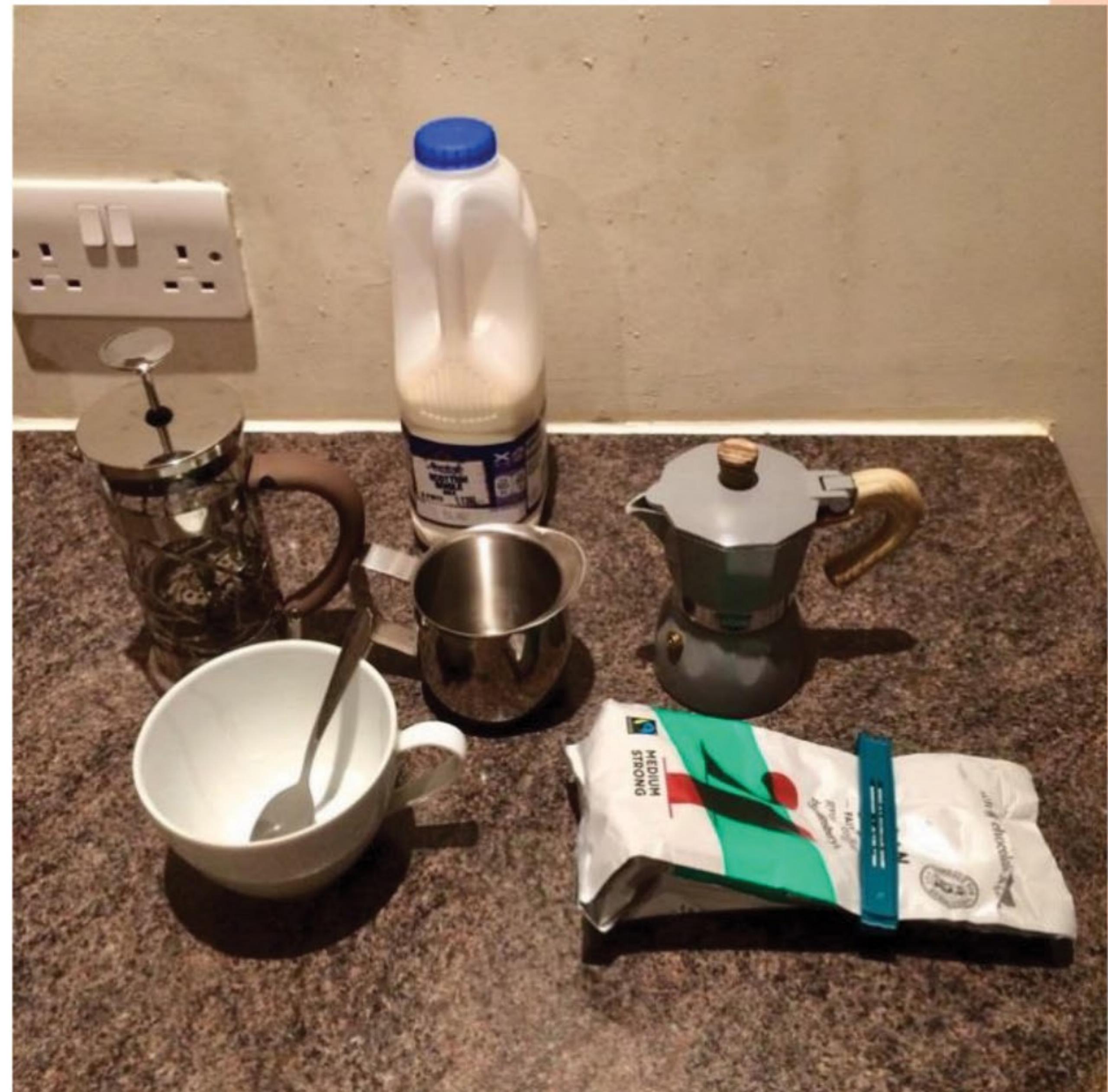
By the Cosy Faerie (Justine Séran)

So you've got a wee moment of uninterrupted time to yourself? Excellent! Those pesky precious children of yours are mercifully asleep or at a play date (or kidnapped by one of us fae...) and you can finally look after number one. I envy you. Human children are hard work, take my word for it. How about a rich foamy potion to unwind and energise all at once, then?

You need to procure these rare artefacts (or substitutes) →

Ingredients:

- Roasted peat powder (or coffee)
- Feral goat juice (or whole milk)
- Sacred grail (or moka pot)
- Whisk pump (or French press)
- Pewter tumbler (or dinky saucepan)
- Stag bone cup (or mug)



1. Fill the “boiler” or bottom part of the moka pot with water up to 1cm under the thread, and lightly pack coffee in the aluminium funnel tank, and screw the top on before putting the pot on the hob, directly on the open fire. When the moka pot sputters gently and you lift the lid to find it full of coffee, it's ready to take off the flame. Yes the photo is blurry – I had to act fast before it burned, you try it!



15:02 →



2. Place the milk in a metal pot or saucepan on the heat.

Stir gently like this is the most precious brew you have ever drunk! Keep an eye on bubbles forming, bubbles are portents of great things to come. Or at least one great cup of delicious cappuccino at home.

But don't let it get too hot! Stick your finger in there like it's your baby's milk bottle and wait just a little longer before removing it from the heat.



↑ Pre-pumping = flat and sad

3. Pour the hot creamy liquid in the whisk pump. No, it's not to make coffee. Yes, you've been lied to all this time. Then, you know, pump. Pump. It. Good. Energetically but while holding the lid in place to avoid spillage. Pump until you get a nice foam and it's grown to about double the initial volume.



Post-pumping = creamy joy →



Look at it, what a sight

4. Assemble your masterpiece by pouring the hot dark juice in your chosen vessel, then topping it with the foam.  
Add cocoa if ya fancy.



The merging of two opposite forces,  
giving birth to something new and,  
some would argue, better...



← last drop

Squeeze it till the last drop



5. PROFIT!!!

With cocoa (or cinnamon or oregano  
or black pepper – I don't know what  
kind of monster you are)



← Cosy Faerie  
enjoying the fruits of  
her labour