


| cereals | cereals | cereals | cereals | cereals | cereals |




Porridge

Porridge is a dish made by boiling oats or other cereal meals in water, milk, or both.

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Barley

Barley is the main cereal grown in Scotland. It's recognisable by its light yellow colour and characteristic 'beard'.

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Oats

Oats have been a staple of the Scottish diet since medieval times. It is used to make porridge, haggis and oatcakes.

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Skirlie

Skirlie is a traditional Aberdeenshire dish made with fried oatmeal and onions.

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| cheese | cheese | cheese | cheese | cheese | cheese |



Crowdie

Crowdie is a Scottish cream cheese that is commonly eaten with oatcakes. Its texture is soft and crumbly.

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| cheese | cheese | cheese | cheese | cheese | cheese |



Caboc

Caboc is a Scottish cream cheese, made with double cream or cream-enriched milk. It dates back to the 15th century.

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| cheese | cheese | cheese | cheese | cheese | cheese |



Lanark Blue

Lanark Blue is a cheese produced in Lanarkshire, Scotland. It's one of the best-known blue cheeses made from sheep's milk.

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| cheese | cheese | cheese | cheese | cheese | cheese |

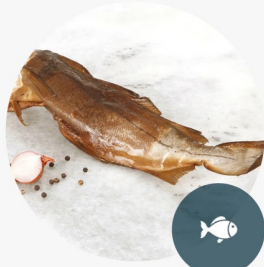


Cheddar

Cheddar is Scotland's most popular cheese and accounts for 75% of all cheese produced.

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fish | fish | fish | fish | fish | fish | fish | fish | fish | fish | fish



Arbroath Smokies

The Arbroath Smokie is a type of smoked haddock – a speciality of the town of Arbroath in Angus, Scotland.

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fish | fish | fish | fish | fish | fish | fish | fish | fish | fish | fish



Finnan Haddie

Finnan haddie is cold smoked haddock, representative of a regional method of smoking with green wood and peat in north-east Scotland.

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fish | fish | fish | fish | fish | fish | fish | fish | fish | fish | fish



Smoked Salmon

Smoked Salmon is a preparation of salmon, typically a fillet, that has been cured and then hot or cold smoked.

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fish | fish | fish | fish | fish | fish | fish | fish | fish | fish | fish



Langoustines

Langoustines are a shellfish and one of the most valuable seafood species in Scottish waters.

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Blackberry

The blackberry is a very dark purple fruit. It's popular in jams, pies and even wines.

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| fruit | fruit | fruit | fruit | fruit | fruit | fruit | fruit | fruit |



Raspberry

A raspberry is a soft red fruit and widely regarded by many as the national fruit of Scotland.

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| fruit | fruit | fruit | fruit | fruit | fruit | fruit | fruit | fruit |



Strawberry

The strawberry is a bright red, juicy fruit and very popular in Scotland. They're delicious in jams or summer puddings.

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| fruit | fruit | fruit | fruit | fruit | fruit | fruit | fruit | fruit |



Tayberry

Bred in Scotland, the Tayberry is a very successful hybrid of the raspberry and blackberry.

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meat | meat | meat | meat | meat | meat | meat | meat



Square Sausage

Square Sausage is minced pork that is shaped into a square. It is usually eaten at breakfast.

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meat | meat | meat | meat | meat | meat | meat | meat



Aberdeen Angus Beef

Aberdeen Angus beef is from a black breed of cattle that originated from the town of Angus in Aberdeenshire.

meat | meat | meat | meat | meat | meat | meat | meat

meat | meat | meat | meat | meat | meat | meat | meat



Stovies

Stovies are a dish containing potatoes, onions and either corned beef, mince or even leftover beef.

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meat | meat | meat | meat | meat | meat | meat | meat



Bridies

Bridies are a Scottish meat pastry containing beef and usually onions. They are said to be invented in Forfar.

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meat | meat | meat | meat | meat | meat | meat | meat



Black Pudding

Black Pudding is a type of sausage made from pigs blood, fat, oats, barley and a special blend of spices.

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meat | meat | meat | meat | meat | meat | meat | meat



Haggis

Haggis is a savoury pudding containing sheep's heart, liver and lungs that's minced with onion, oatmeal, suet, spices, stock and salt.

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meat | meat | meat | meat | meat | meat | meat | meat



Mince and Tatties

Mince and tatties is a popular Scottish dish, consisting of minced beef and mashed potato.

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meat | meat | meat | meat | meat | meat | meat | meat



Scotch Pie

A Scotch pie is a small, double-crust meat pie filled with minced mutton or other meat.

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snacks | snack | snacks | snack | snacks | snacks | snacks



Clooatie Dumpling

A clootie dumpling is a dessert made with flour, dried fruit and spices.

snacks | snack | snacks | snack | snacks | snacks | snacks

snacks | snack | snacks | snack | snacks | snacks | snacks



Edinburgh Rock

Edinburgh rock is different from conventional rock as it's quite soft and has a crumbly texture.

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snacks | snack | snacks | snack | snacks | snacks | snacks



Oatcakes

An oatcake is a type of cracker or pancake made from oatmeal. They are commonly eaten with cheese.

snacks | snack | snacks | snack | snacks | snacks | snacks

snacks | snack | snacks | snack | snacks | snacks | snacks



Scone

A scone is a small baked bread that is usually eaten with jam and a cup of tea.

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snacks | snack | snacks | snack | snacks | snacks | snacks



Shortbread

Shortbread is a traditional Scottish biscuit made from butter, sugar and flour.

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snacks | snack | snacks | snack | snacks | snacks | snacks



Soor Plooms

A Soor ploom (sour plum) is a sharp flavoured, round, green boiled sweet originally associated with Galashiels, Scotland.

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snacks | snack | snacks | snack | snacks | snacks | snacks



Tablet

Tablet is a medium-hard, sugary confection from Scotland. It's usually made from sugar, condensed milk, and butter.

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snacks | snack | snacks | snack | snacks | snacks | snacks



Tattie Scone

A tattie scone (potato scone) is a savoury scone made with generous amounts of potatoes and salt.

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| soups | soups | soups | soups | soups | soups | soups |



Cullen Skink

Cullen skink is a thick soup made of smoked haddock, potatoes, onions and milk.

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| soups | soups | soups | soups | soups | soups | soups |



Cock-a-leekie

Cock-a-leekie is a soup dish made up of leeks and chicken.

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| soups | soups | soups | soups | soups | soups | soups |



Partan Bree

Partan Bree is a seafood speciality from North East Scotland. The soup contains crab, rice and cream.

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| soups | soups | soups | soups | soups | soups | soups |



Scotch Broth

Scotch Broth is a filling soup that contains lamb, mutton or beef with a selection of root vegetables and barley.

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| vegetables | vegetables | vegetables | vegetables |



Kale

The kale is a form of cabbage with green or purple leaves,

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| vegetables | vegetables | vegetables | vegetables |



Neeps (Turnips)

A turnip is a root vegetable with a yellow flesh. It is commonly eaten with haggis or mince.

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| vegetables | vegetables | vegetables | vegetables |



Tatties (Potatoes)

The potato is a starchy vegetable and is the 4th largest food crop in the world behind rice, wheat and maize.

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| vegetables | vegetables | vegetables | vegetables |



Rumbledethumps

Rumbledethumps is a traditional dish from the Scottish Borders. The main ingredients are potato, cabbage and onion.

| vegetables | vegetables | vegetables | vegetables |