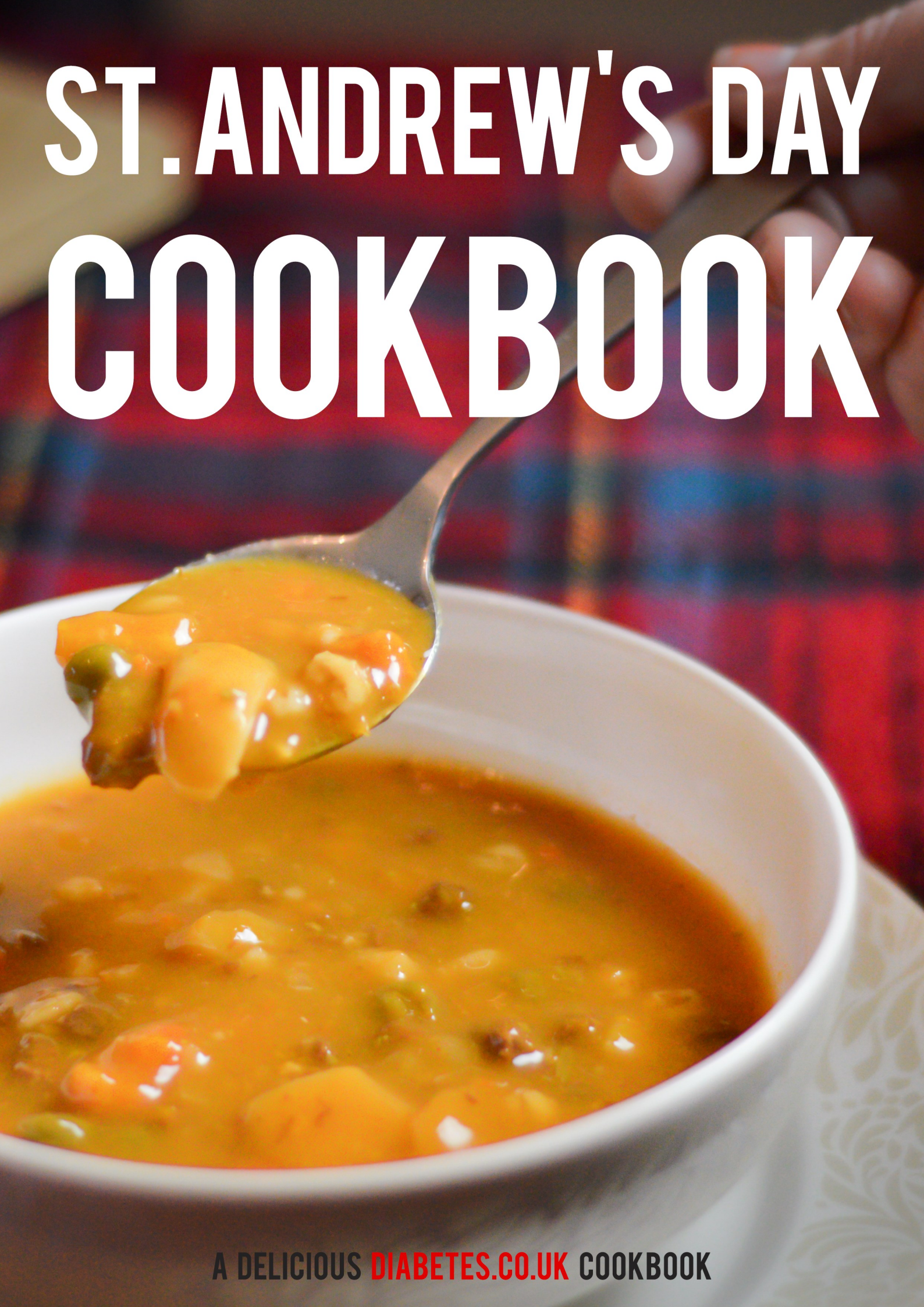


ST. ANDREW'S DAY COOKBOOK



A DELICIOUS [DIABETES.CO.UK](https://www.diabetes.co.uk) COOKBOOK



St. Andrew's Day Cookbook

Introduction

Saint Andrew is the patron saint of Scotland. In 2006 the Scottish Parliament officially designated November 30th as St. Andrew's Day, a national day of celebration of the feast day of Saint Andrew.

Don't forget to share a picture of your own St. Andrew's Day inspired dishes on our [Facebook page](#) and on the [Diabetes Forum](#)!

St. Andrew's Day marks a celebration of Scottish culture through traditional Scottish food, music and dance.

Numerous cultural events are held throughout Scotland to mark this occasion. Edinburgh hosts numerous celebrations, focussed on musical entertainment and traditional ceilidh dancing. Whereas, Glasgow city centre's entertainment includes a large shindig or party.

Scottish food and drink play a fundamental part of this day

Here we have brought you some classic Scottish recipes, adapted to make them lower carb, so you too can enjoy in the celebration of the feast of St. Andrew!

Eat, drink and be joyful!

Love,

Shanta



St. Andrew's Day Cookbook

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We hope you enjoy eating these recipes as much as we enjoyed making them!



Vegetarian Haggis

Serves 4

- 1 tbsp. vegetable oil
- 1 medium onion, finely chopped
- 1 small carrot, finely chopped
- 30g button mushrooms, finely chopped
- 100ml vegetable stock
- 1 tbsp. tinned kidney beans, mashed
- 1.5 tbsp. ground peanuts
- 1 tbsp. ground hazelnuts
- ½ tbsp. soy sauce
- 1 tbsp. lemon juice
- 1 tsp. dried thyme
- ½ tsp. dried rosemary
- A pinch of ground cayenne pepper
- ½ tsp. mixed spice
- 1 free range egg, beaten
- 100g steel cut oats

Preparation Method

Heat the vegetable oil in a saucepan over medium heat and sauté the onion for 5 minutes until soft.

Mix in the carrot and mushrooms and cook for another 5 minutes. Stir in the vegetable stock, mashed kidney beans, peanuts, hazelnuts, soy sauce, and lemon juice. Season with thyme, rosemary, cayenne pepper and mixed spice.



Preparation Method (cont)

Lightly grease a loaf tin.

Bring the mixture to the boil, lower the heat and simmer for 10 minutes. Stir in the oats, cover, and simmer for another 20 minutes.

Next preheat the oven to Gas Mark 5 or 190°C.

Stir in the egg and transfer mixture to the loaf tin. Bake for 30 minutes or so, until set.

Here is a fantastic vegetarian version of the traditional meat based haggis.

Delicious served with a side of carrots and broccoli dressed with some lemon juice and vegetarian gravy.

Enjoy!

Nutritional value per serving

Calories: 250 | Total fat: 13.2g | Saturated Fat: 3.5g | Carbohydrate: 23g | Protein: 1g | Fibre: 7g



Scottish Lamb Stew with Dumplings

Serves 6

For the Stew

400g stewing lamb diced
2 carrots, diced
1 small potato
1 white onion
2 cloves of garlic, finely chopped
1 tomato
700ml water
200ml vegetable stock
2 tbsp. olive oil

1 tsp. dried thyme
1 tsp. dried rosemary

For the Dumplings

200g self-raising flour
200g almond flour
1 tbsp. mixed herbs
50g margarine
1 egg, beaten
Broth or water

Preparation Method

For the Stew

Brown your meat in a tablespoon of olive oil in a pan on medium heat. Place the other tablespoon of olive oil on a medium heat in another sauce pan, add the onion and cook for a few minutes until clear. Reduce the heat to low and add in the garlic, thyme and rosemary.

Pour in the water and vegetable stock and simmer, stirring the stew until it begins to thicken. Then add the remaining ingredients and cover.



Preparation Method (cont)

Add in the salt and pepper to taste and cook on the burner for around an hour and ten minutes until the meat is tender. During last 15-20 minutes of cooking, add dumplings as well as salt and pepper to taste.

For the Dumplings

Combine the dry ingredients, add in the margarine and the egg and mix well.

Divide the mixture into small pieces and roll into even balls with floured hands.

Cook in the stew for the last 20 minutes and relish!

This is a take on the traditional Scottish Lamb Stew with Dumplings.

This dish is makes an extremely wholesome, hearty dinner!

Nutritional value per serving

Calories: 680 | Total fat: 32g | Saturated Fat: 14.5g | Carbohydrate: 38g | Protein: 2.4g | Fibre: 42.2g



Scotch Broth

Serves 4

- 250g stewing lamb
- 200g pearl barley (soaked overnight)
- 2 big carrots, diced
- 1 medium white onion, diced
- 1 leek, diced
- 1 small swede, diced
- 1 tbsp. tomato puree
- 1 tsp. salt
- ¼ tsp. white pepper
- ¼ tsp. ground coriander
- 1 litre vegetable stock
- 1 litre cold water
- 1 tbsp. olive oil

Scotch Broth is almost a meal in itself as it is a very filling soup which originates in Scotland.

The main ingredients are usually barley, stewing or braising cuts of lamb, carrots, potato, swedes and dried pulses.

Preparation Method

Brown the lamb pieces in a sauce pan on medium heat in a tablespoon of olive oil.

Put the lamb in another big pan on a high heat and cover with water



Preparation Method (cont)

and add the vegetable stock. Add in the carrots, onion, leeks, swede as well as the herbs and the tomato puree.

Rinse the barley and put in the pan along with the salt, pepper and ground coriander.

Simmer the soup for around an hour or till the barley becomes soft and the soup is thick. Remove the lamb 20 minutes from the end, let it cool a bit, remove the meat from the bones and discard the bones. Cut the lamb in to small pieces and return to the soup.

Add any more seasoning and water to the soup if necessary and serve.

Nutritional value per serving

Calories: 285 | Total fat: 9g | Saturated Fat: 3.4g | Carbohydrate: 37g | Protein: 15.5g | Fibre: 8g