

## Borscht (serves 6)

### Ingredients

1 tbsp olive oil

1 large onion, 1 stick of celery, 2 medium carrots, 1 medium potato, 2 large tomatoes all roughly chopped

2 cloves of garlic, finely chopped

700g raw beetroot, peeled and thinly sliced (good idea to wear disposable gloves)

1 1/2 litres vegetable stock

1 tsp cumin seeds and 1 bay leaf

2 tbsp soured cream and 50g feta cheese, crumbled, to serve (optional)

Fresh dill sprigs or parsley, chopped, to serve

### Method

1. Heat the olive oil in a large saucepan over a low heat. Add onion, celery, carrot and potato and cook for 15 minutes until the vegetables are softened.

2. Add the garlic, beetroot and tomato to the saucepan and stir. Pour in the stock, season, cover and simmer for 45 minutes until everything is tender.

3. Leave to cool and remove the bay leaf before transferring into a food processor. Liquidise until smooth (or use a stick blender).

Gently reheat (do not boil) before spooning into bowls and top the soup with a swirl of soured cream, a sprig of dill or chopped parsley and pieces of crumbled feta (optional). Serve with slices of any of the following breads: rye, soured dough, soda bread or try pirags for something different

**Cooking time 1 hour 30minutes**



## Courgette and Tomato Soup

### Ingredients

1 tbsp butter

2 onions, chopped

1kg courgette, sliced

1kg tomato, chopped

2 tbsp plain flour

### Method

Melt the butter in a large pan, add the onions and courgettes, and cook for 5 mins on a medium heat, stirring occasionally.

Add the tomatoes and flour. Cook for a couple of mins, stirring around to stop the flour from becoming lumpy. Add the turmeric and stock, cover and simmer for 30 mins.

Purée with a stick blender, then sieve if you want a really smooth texture. Serve hot with crusty bread, if you like, or chill, then freeze for up to 2 months.



## Scottish Oat Cakes

### Ingredients

250g / 8oz oatmeal

25g / 1oz Scottish butter, melted

1/2 teaspoon bicarbonate of soda

pinch of salt

150ml hot water

Teaspoon fresh Scottish herbs

### Method

Preheat oven to 180C Gas 4/5 Fan160

Put the oatmeal in a large bowl

Add the bicarbonate of soda and the salt

Add the butter and hot water

Stir well with a wooden spoon

Finally use your hands to bring the soft paste together

Sprinkle the work surface with oatmeal

Roll out the dough – the thickness is up to you. Use a cutter to mark out the rounds

Place on a baking tray

Bake in the oven for about 15 minutes

Remove from oven and cool on wire rack

Keep in air tight container for a few days.

## Ha'en 3 cheese Pâté

### Ingredients

340g cream cheese

170g Orkney cheddar finely grated

170g Dunsyre Bluse

4 Spring onions chopped finely

1 tablespoon mixed fresh herbs

### Method

Mix cream cheese until soft.

Stir in the other cheeses, herbs, caraway seeds and seasoning.

Place in a dish and chill for at least 30 minutes

Or...place herbs on cling film and place cheese mix on top and roll into sausage and chill. You can then slice and place on top of oatcake for a nibble with drinks.

