



Cookbook



This family is Scottish — through and through

By CHARLOT M. DENMON
Staff Correspondent

When members of the Dallas High School varsity soccer team and some of their parents go to Scotland next year, Soccer Coach John McCafferty will introduce them to a variety of Scottish foods, few of which the boys and their parents are familiar.

McCafferty, a native of Scotland and his wife, Mary, also of Scotland, assure the group that they will enjoy the scones, Highland Swags, Shepherd's Pie, Dumplings, and other pastries they will be served while there. Both McCafferty and his wife and children are treated to the Scottish food frequently since Mary's mother, Betty Eshelman, also resides in the local area and enjoys preparing her numerous recipes for her two daughters and their families.

Betty was born in Glasgow, Scotland, and came to the United States after World War II with her late husband, Mason, who was from Wyoming. Betty met Mason during the war when he was stationed in Scotland.

She enjoys preparing her native dishes for her daughter, Mary's family, as well as for her daughter, Carol's family. Carol lives in Pittston. Everyone in the family enjoys "grandma's" cooking and looks forward to visiting her or having her come to their home. The recipes she shares with Post readers this week are among those the soccer group will be served when they go to Scotland and stay at the University.

McCafferty, director of operations at Burger King, came to the United States in 1970 because his wife's family was here. He and his family settled in the Back Mountain to be near Mary's family. The McCafferty's have two children, Liza, sixth grade student, and Steven, fourth grade student.

In his four years as soccer coach, each season has been better and McCafferty is looking forward to this next season being a good year. The kids will have fun, which he believes is what counts. He also is looking forward to the Scotland trip and has many great surprises planned for the players so they will have a great experience.

TEA SCONES

- 2 c. flour
- ¼ c. butter or oleo
- 1 t. baking powder
- ¼ t. salt
- 2 T. sugar
- 2 heaping T. raisins
- 1 egg
- ½ c. milk

Put flour in bowl, rub in butter with fingers, add baking powder, salt, sugar and raisins and mix well. Beat egg and add to milk. Reserve one tablespoon, add remainder to dry ingredients.

Knead to make moist dough, turn onto floured board, roll ¾ inch thick; cut into two inch rounds. Arrange on greased and lightly floured baking sheet, brush with egg and milk mixture. Bake at 425 degrees about 12-15 minutes or until risen and lightly browned. Makes nine.

Cheese scones or plain scones can be made from same recipe. Omit sugar and raisins and add three or four ounces grated cheese and pinch of dry mustard for cheese scones. Omit raisins for plain scones and serve with butter and strawberry jam.

HIGHLAND SWAGS

- 1 lb. ground pork or beef
- 1-oz. bread crumbs
- 2 level t. prepared mustard
- ½ t. salt
- Pepper
- 6 lg. hardboiled eggs (shelled)
- 12 oz. short crust pastry.

Mix meat, bread crumbs, mustard, salt and shake of pepper. Divide into six equal portions and mod each around an egg. Divide pastry into six portions and stand a meat covered egg in center of each. Moisten edges with water, draw corners of pastry up to middle and press together to seal. Stand on lightly greased baking tray and cook in 400 degree oven about 30 minutes. Serve hot or cold.

SHEPHERD'S PIE

- 1 lb. cubed beef (cooked with onions and carrots) or when beef is cooked, add 1 can mixed vegetables.

Pour into 1½ quart greased casserole, top with mashed potatoes, brush with melted butter and sprinkle lightly with paprika. Bake at 400 degrees for 20 minutes or until top is browned. Makes four servings.

SCOTCH SHORTBREAD

- 1 lb. butter or margarine (or half & half)
- 1 c. sugar
- 5 level c. flour

Cream butter and sugar till fluffy, sift in flour gradually, mixing well. Shape into ball and knead a little. Wrap in waxed paper and chill and hour or longer. Pat into pans lined with waxed paper and flatten with palm of hand to ¼ to ½ inch thick. Prick all over with fork. Bake at 275 or 300 degrees for one hour. While still warm and in pan cut into fingers or squares and dust with superfine sugar.

DUMPLING

- 2 c. suet, shredded
- 3 c. flour
- 2 c. brown sugar
- 2/3 c. water
- 4 eggs, beaten
- 1 med. can pumpkin filling



Dallas Post/Charlot M. Denmon

Scottish baking

Betty Eshelman mixes the ingredients for Scotch Shortbread she baked for the Easter holiday.

- ½ t. baking powder
- 2 t. baking soda
- 1 t. salt
- 1 t. cinnamon
- 1 t. ground cloves
- 1 t. allspice
- ½ t. nutmeg
- 1½ c. raisins
- 1½ c. currants
- 1 c. grated apple (optional)

Mix together in large bowl, flour, sugar, suet, adding baking powder, baking soda, salt and spices. Gradually add pumpkin filling, eggs and water till mixture is rather stiff. Pour into cloth which has been scalded and inside covered with flour. Pull up all ends and tie leaving room at top for mixture to swell. Place in large pot of boiling water with dinner plate on bottom of pot. Boil for three and one half hours checking to keep water up to the tie. Always add boiling water when needed. Remove from cloth, invert on to plate and let set till dry (about 20 minutes). Cut into slices. (We sat ours in front of the fire and kept turning for it to dry). This was a favorite fro birthdays.

FLAKY PASTRY

- 8 oz. flour
- Pinch of salt
- 6 oz. butter of ½ margarine & ½ lard
- Squeeze of lemon juice
- Cold water to mix

Sift flour and salt into bowl; let butter stand till soft, divide into four; rub one portion of butter into flour, add squeeze of lemon juice and sufficient cold water to make a soft dough. Roll dough into oblong; cover two thirds with another portion of butter, dabbing it in small pieces over the dough. Fold in three, starting at bottom with uncovered section; bring this up to center of oblong, bring top down over this and lightly press edges together. Half turn pastry to left and roll into an oblong. Repeat from "fold in three" to "roll into an oblong" twice, adding portion of butter each time.

Fold pastry in three once more, wrap in wax paper and refrigerate for one hour before rolling out to use. This pastry is delicious when used to make turnovers or on top of a meat casserole. My favorite was sausage rolls.

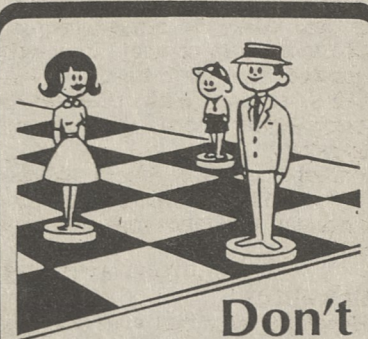
Cut sausage into three or four inch pieces and remove skins. Using flaky pastry, roll out and brush lightly with beaten egg. Put sausage at edge and roll till ends meet. Press edges together securely. Brush tops with beaten egg and make two or three slits across top. Bake at 425 degrees for 15 to 20 minutes.

This pastry can be used to make hors d'oeuvres using any filling.

Strauser takes part in program

More than 175 students from the College of Education at The Pennsylvania State University are putting teacher techniques into practice this spring in a student-teaching program.

Included among the students is Tara Strauser, Pear Tree Lane, Dallas.



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Name corrected

The name of Amy L. Jury was spelled incorrectly in last week's edition of The Dallas Post. Amy was among the winners of a poster contest sponsored by the Dallas Township Elementary School PTO.

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