Scotland

Have a Burns Night

A Burns supper is a celebration of the life and poetry of the poet Robert Burns, author of many Scots poems including "Auld Lang Syne" which is generally sung as a folk song at Hogmanay (Scottish New Year) and other New Year celebrations around the world. The suppers are normally held on or near the poet's birthday, January 25th, sometimes known as Burns Night, although they may in principle be held at any time of the year.

The first suppers were held in Ayrshire at the end of the 18th Century by his friends on the anniversary of his death, July 21, In Memoriam and, although the date has changed to the 25th of January since then, they have been a regular occurrence ever since. They may be formal or informal but they should always be entertaining, occasionally ending in a Céilidh (gaelic – dance). The only items which the informal suppers have in common are haggis, Scotch whisky (substitute for Ginger Ale) and perhaps a poem or two. More information: http://en.wikipedia.org/wiki/Burns'_Night

Mock Haggis:

250gm liver.
250gm minced beef.
2 med onions.
1cup water from boiled liver.
175g oatmeal.
175 g suet.
pinch nutmeg.
pinch cayenne pepper.
pinch pepper.
1 teas. Salt.

Boil liver for 5 mins, drain and set aside to cool. Toast oatmeal in dry frypan or oven until pale brown. Peel onions and mince with liver. Mix together all ingredients using water from boiled liver to make mixture thoroughly moist but not wet. Turn into greased dish (allow room to swell). Cover with greaseproof paper and cloth and boil/steam for three hours. Serve with mashed potatoes(tatties) and turnips(neeps).

Cock-a-Leekie Soup

1 (2 1/2 to 3 lb.) chicken, cut up
4 c. water
1/2 c. finely chopped carrots
1/2 c. finely chopped celery
1/4 c. finely chopped onion
2 sprigs parsley
2 tsp. salt
1/4 tsp. pepper
1 bay leaf
1 1/2 c. thinly sliced leeks
2 sm. potatoes (or more), pared & diced
1/2 c. quick cooking barley
2 c. light cream or 2% milk

In large saucepan, cook chicken, water, carrots, celery, onion, parsley, salt, pepper and bay leaf. Simmer until tender. Discard parsley and bay leaf. Bone chicken and chop meat. Set meat side. Add leeks, potatoes and barley to soup. Bring to boiling, reduce heat and simmer 15 to 20 minutes. Blend in the chicken pieces and the cream. Canned chicken broth and canned chicken can be used as a short cut. Serves 8.
To commence the meal the **Selkirk Grace** is said (can be sung to the tune of Auld Lang Syne)

Some haemeat and canna eat,
And some wad eat that want it;
But we haemeat, and we can eat,
Sae let the Lord be thankit.

The Haggis is usually piped in with Scottish bagpipes and then the following poem is read before the Haggis is served:

**Address To a Haggis**

Fair fa' your honest, sonsie face,
Great chieftain o' the puddin-race!
Aboon them a' yetak your place,
Painch, tripe or thairm:
Weel are ye wordy o' a grace
As lang's my arm.

His knifesae rustick Labour dicht,
An' cut ye up wi' ready slicht,
Trenching your gushing entrails bricht,
Like ony ditch;
And then, O what a glorious sicht,
Warm-rekin, rich!

Then, horn for horn, they stretch an' strive
Deil tak thehindmaist! on they drive,
Till a' their wed-swall'd kytes bdyve,
Arebant likedrums;
Then auld Guidman, maist liketo rive,
"Bethankit" hums.

Ye Powrs wha mak mankind your care
And dish them out their bill o' fare
Auld Scotland wants nae skinkin ware
That jaups in luggies;
But, if ye wish her gratefu' prayer,
Gie her a haggis!

Wi' perfect scunner,
Looks down wi' sneering, scornfu' view
On sic a dinner?
(Poor devil! see him over his trash,
As feckless as a withered rash,
His spindle shank, a guid whip-lash,
His nieve a nit;
Thrd bloody flood or field to dash,
O how unfit!

But mark the Rustic, haggis fed,
The trembling earth resounds his tread.
Clap in his wallie nieve a blade
Hell mak it whistle
An' legs an' arms, an' heads will sned,
Liketaps o' thistle
(Ye Powrs who mak mankind your care
And dish them out their bill o' fare
Auld Scotland wants nae skinkin ware
That jaups in luggies;
But, if ye wish her gratefu' prayer,
Gie her a haggis!

(olio = olive oil, staw = make sick)

(sonsie = cheeky) (aboon = above)

(nieve = fist) (nive = fist) (sned = cut off)

(duel = devil) (swall'd = swollen) (kytes = bellies)
(belyve = soon) (rive = tear, ie burst)

(luggies = two-handled continental bowls)
A Céilidh (gaelic – dance) usually follows the Dinner. The following is a popular Scottish folk dance which would be danced at a Céilidh (pronounced Kay-lee).

**Strip the Willow**
(Ask girls to be ‘pretend’ boys for the dance, you’ll be surprised how many volunteers you get!)

**Formation:** Longwise sets of 4 couples, men on the right and ladies on the left as viewed from the band. Couples number from nearest the band.


**Bars:**

1-8 1st couple spin RH.
9-20 1st lady turns 2nd man LH, partner RH, 3rd man LH, partner RH, 4th man LH.
21-24 Spin with partner RH to the end of the phrase.
37-40 Spin with partner RH to the end of the phrase.
41-52 1st lady works down men, while 1st man works down ladies, turning 2nd Couple LH, partner RH, 3rd Couple LH, partner RH, 4th Couple LH.
53-56 Spin with partner RH to the end of the phrase.

Repeat ad lib.

More Scottish dances can be found at:
http://www.scottishdance.net/ceilidh/dances.html