

## SCOTLAND: FOOD

### by Ross Mulkern

<http://naukabezgranic.pl/podcasty/scotland/>

Scotland is not famous for its food. In fact, the Scottish people are more famous for having the most unhealthy diet in Europe than they are for the cuisine itself. This is a shame, however, because as we will discover, the country has many delicious treats to offer us.

The most famous is, of course haggis. This gruesome dish, made of a sheep's heart, liver and lungs wrapped in its stomach and boiled, is actually surprisingly delicious. It has a special place in the hearts of Scottish people and is so loved that each year on Burns Night, a celebration of the national poet Robert Burns, a special ceremony takes place before the haggis is eaten. This involves a poem being read to the haggis as it is cut open, followed by a toast with Scotch whisky. It is served with "neeps and tatties" which is simply turnips and potatoes in the Scots dialect.

Scotland is also famous for its great variety of cheeses. Scotland's climate is well suited to cheese production, and there are dozens of cheese makers across the country. Types on offer include tangy cheddar from the Isles of Bute, Arran, Mull, Gigha, and Orkney, as well as Lockerbie, Stranraer, and Campbeltown on the mainland; Crowdie, a soft cheese that was supposedly introduced by the Vikings in the eighth century; Caboc, a cream cheese rolled in toasted oatmeal; and Dunsyre Blue, rich and spicy with a creamy texture.

As far as drinks are concerned, we've already mentioned Scotch whisky – probably the most famous in the world – but Scotland also has a long and proud tradition of Gin making, especially in the south of the country. But what if you want to avoid alcohol? Well, did you know that there are three countries in the world where Coca-Cola is not the most popular drink? Two are North Korea and Cuba, where it is not sold, and the third is Scotland. Coca-cola is sold in Scotland, so what is the magical drink that keeps it from being number one? Its name is Irn Bru, a bright orange fizzy drink that was invented in Scotland and remains the favoured drink of any true Scotsman.

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As for desserts, we have many options. The first is shortbread, a type of simple cake made from sugar butter and flower. This is the traditional option, but in recent years, Scotland has become famous for a different sweet treat: the deep-fried Mars Bar. Yes, you heard that correctly. This is exactly what it sounds like, a Mars chocolate bar fried in batter and often served with ice cream or chocolate sauce. This indulgent delight clocks in at an impressive 600 calories, or as much as two McDonalds cheeseburgers.

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