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A Taste of Scotland in Food and Pictures

Theodora FitzGibbon

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A TASTE OF SCOTLAND
IN FOOD AND PICTURES

Theodora Fitzgibbon
A TASTE of SCOTLAND
Scottish Traditional Food

Theodora Fitzgibbon

Period photographs specially prepared by George Morrison

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For Kitty Forbes, with love and many thanks from us both

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Note for American Users

The American pint is 16 fluid oz., while the British Pint is 20 fluid oz. The American Tablespoon holds 14.2 ml while the British 17.7 ml. The teaspoon measure is the same in both countries.

A General Guide

8oz flour = 2 1/2 cups.
Plain flour is known as All-purpose flour and
Self-Raising Flour is known as All-purpose self-raising flour.
8oz oatmeal, fine or medium = 2 cup
8oz Pinhead oatmeal = 2 1/2 cups and is known as Irish oatmeal.
8oz sugar, granulated, castery = 1 1/4 cups
8oz butter = 1 cup
8oz suet = 2 cups
20fl oz = 2 1/2 cups
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