



1920's Valentine

Scottish Heritage USA

NEWSLETTER
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HAPPY VALENTINE'S DAY!

February brings thoughts of love and romance, attributed to St. Valentine. Why a martyred saint is associated with this day is somewhat of a mystery and to add to the confusion, there are three different St. Valentines mentioned in the early martyrologies under the date of 14 February, leading to different accounts and traditions that explain how he was ascribed the patronage of love (and of epileptics and beekeepers).

One account tells the story of a Valentinus, Bishop of Terni who ministered to the Christians persecuted under Roman rule and was condemned to death for it. In jail awaiting his execution, his jailer asked the saint (known to heal people) if he could cure his daughter's blindness. She was miraculously cured when he placed his hands on the daughter. Valentine formed a deep friendship with her and just before his execution, he wrote one last letter to her signed with the now ubiquitous "from your Valentine."

Another story is of a Valentinus martyred during the reign of Claudius II for marrying Christian couples during the period of persecution in Rome. These marriages also kept the husbands from having to go to war during a time when soldiers were sparse. In order to remind these men of their vows and God's love, St. Valentine is said to have cut out parchment hearts and give them to soldiers and Christians. Thus, the origin of the widespread use of hearts on St. Valentine's Day.

According to the [Catholic Encyclopedia](#), St. Valentine's day became associated with love because of the belief that half-way through the second month of the year, the birds begin to pair.

The poem *Parlement of Foules* by Geoffrey Chaucer, contains the earliest reference to St. Valentine's day as one of love: "*For this was sent on Seynt Valentyne's day Whan every foul cometh ther to choose his mate.*"

And, the oldest surviving Valentine's love letter is found in the Paston Letters, by Margery Brews to her fiancé John Paston in February 1477, addressing her husband-to-be as her "right well-beloved valentine" – the first reference to the custom of couples calling each other their Valentines.

Ahh, whatever the origin, enjoy the day and celebrate with flowers and chocolates!



Article courtesy of Wikipedia
Picture courtesy of Catholictradition.org

WHAT IS HAGGIS AND IS IT FROM SCOTLAND?



Haggis is enjoyed by many Scots as they celebrate the life of famous Scottish poet Robert Burns on Burns Night, but what is Haggis?

Despite being a famous Scottish dish considered 'awfie' delicious by many, the history of the dish is somewhat mysterious. It was popularized by Robbie Burns in the 18th century when he referred to it as that 'great chieftain o' the puddin-race' and to this day the dish is still enjoyed by Scots on 25 January for Burns Night.

However, its legacy as a Scottish phenomenon much like Irn Bru or whisky may not be accurate as the dish has a complicated history. Haggis (known as 'tagais' in Scottish Gaelic) is a dish made from the liver, stomach and heart of Sheep or

Cows. The meat is usually mixed with onion, oatmeal and suet before being boiled in the animal's stomach. Traditionally, the Haggis is then served with 'neeps and tatties' (turnip and potato mash).

Despite being considered THE Scottish dish, there are no clear origins for Haggis as many similar recipes appear across world cultures with some historical evidence pointing to it not originating from Scotland at all! Ancient Romans, for example, made haggis-type dishes that also stuffed offal inside animals' stomachs.

Within the context of Scotland, however, Historic UK reports that the dish may originate from when old Scottish cattle drovers would leave the Highlands to journey to the cattle market in Edinburgh with Haggis being the meal that sustained them on their journey. Some even point to other Scottish ancestors like Vikings who may have imported Haggis to Scotland following their invasion in the late 8th century.

Some people still believe that the Haggis is a small hairy rodent that lives in the wilds of the Highlands. They even have Haggis hunts (similar to our Snipe hunts) in search of the elusive creature. I've never seen one, but you never know...!

Whatever the origins and whoever came up with the dish, it is still considered the quintessential Scottish dish and I'm not going to argue with that!

Taken from an article by Thomas Mackay of The Scotsman



Artist's rendition of Hairy Haggis

ONE OF SCOTLAND'S OLDEST PUBS



One of Scotland's most famous pubs,

located at the very top of Loch Lomond, the Drover's in first opened in the early 18th century (1705). Steeped in three centuries of Scottish tradition it is said Rob Roy himself enjoyed hospitality at this world-renowned hotel, bar and restaurant! Residents vary from those who are stopping over on their west highland adventure to those who are staying purely for the good food and entertainment. The bar regularly hosts local musicians and guests are guaranteed a lively time on Friday and Saturday nights. In the "auld days" Highland drovers used to drive their cattle down the side of Loch Lomond to the markets and would stop in for a pint or two.



Answers to This Month's Quiz

#1. Jura, #2. Creiff, Perthshire #3. Oban, #4 Perth, #5. Tea Cozy, #6. Maureen Macmillan, #7. Scone, #8. Angus, #9. three #10. Edinburgh

Bonus: The Tartan

RECIPE CORNER

SEARED SCOTTISH SALMON WITH PARSNIP PUREE AND GLAZED ROOT VEGETABLES



According to Scotland.org, Scottish Salmon tops menus in restaurants around the world and was the first foreign product to gain France's prestigious "Label Rouge" quality mark! An international favorite dished up from our lochs!

Label Rouge is a sign of quality assurance in France as defined by Law. According to the French Ministry of Agriculture: "The Red Label certifies that a product has a specific set of characteristics establishing a superior level to that of a similar current flower. According to the French Ministry of Agriculture: "The Red Label certifies that a product has a specific set of characteristics establishing a superior level to that of a similar current product... Wikipedia.

INGREDIENTS

2 filets fresh Scottish Salmon	White Wine
1 sprig rosemary	1 lemon
1 bunch parsley	2 tbsp honey
Thyme	1 lb. carrots
Salt	1 lb. parsnips
¼ cup light sour cream	1 lb. turnips
¼ cup 2% milk	Black pepper
2 tbsp unsalted butter	

1. PREPARE THE VEGETABLES

Chop the turnip into small cubes.

Peel parsnips and carrots and cut up using either a normal or oblique cut.

2 CREATE THE PARSNIP PUREE

Place parsnips in pan	Remove from heat
Add 1 cup 2% milk	Remove rosemary
Add 1 sprig rosemary	Puree using hand blender
Simmer for 20 minutes	Add 1 tablespoon sour cream
	Blend

4. PAN SEAR THE SALMON

Add small amount oil to pan
Place pan over high heat
Cook 3-4 minutes per side
Deglaze the salmon by adding a splash of white wine,
a touch of lemon juice and some black pepper
Cook for additional 1- 2 minutes



3. COOK THE TURNIPS AND CARROTS

Melt 2 Tbsp butter in pan	Add 1 cup water
Add carrots and turnips	Add 1 Tbsp honey
Heat about 5 minutes	Cook til most of
over medium-low heat	moisture evaporates
Add 1 Tbsp honey and simmer 3-4 minutes	

5. FINAL PRESENTATION

Spoon a serving of parsnip puree onto middle of plate
Place salmon on top of puree
Add serving of glazed vegetables next to salmon
Add a touch of thyme, parsley, lemon and pepper
Add salt based on taste preference
Finish with a lemon wedge



*Recipe courtesy of Alastair Nisbet Pictures
courtesy of Scotland.org*

SWEETHEART ABBEY

An abbey called Sweetheart is bound to have a story, and this is one for Valentine's Day. In 1268, after her husband, Lord John Balliol died, Lady Dervorguilla of Galloway, had his head embalmed and placed in an ivory casket which she is said to have carried everywhere. She also set up the Cistercian abbey of Dulce Cor (sweetheart in Latin) in his memory. After her death in 1289, she was laid to rest in front of the abbey's altar, clutching her husband's heart. A 16th century effigy of her remains on the property and although her head is now gone, there is still that heart clasped tight to her chest! A bit gruesome for some, but she must have really loved him!



Sweetheart Abbey, Dumfries



JAMES BOND IN SCOTLAND

With Bond fans celebrating the 60th anniversary of the first film featuring 007, here are several places in Scotland that have starred in the movies – and you can visit them!

Sean Connery made his debut in Dr. No which premiered on 5 October 1962. Since then, there have been 27 films with seven actors portraying the iconic role. The author, Ian Fleming, was so impressed with Connery's performance in Dr. No that he gave Bond a Scottish heritage in his later books. In 'You Only Live Twice', it is revealed that the spy went to private Edinburgh school Fettes College, while in 'On Her Majesty's Secret Service', we discover that his father is from Glen Coe.

Here are some places you can visit to follow in 007's footsteps:



Cairngorm Hotel, Aviemore



Aviemore- In 2019 Hollywood arrived to film a car chase scene for 'No Time to Die'; Cairngorms- The car chase went into one of Scotland's two National Parks and the largest in the UK covering 4,500 miles; Gare Loch: played a major part in 'The Spy Who Loved Me' where 007 appears in full Navy regalia; Eilean Donan Castle on Scotland's stunning west coast had a memorable cameo in 'The World is Not Enough'. It provided the backdrop for Q to demonstrate his latest gadget – bagpipes that double as a machine gun!



SCOTTISH KNOWLEDGE QUIZ

1. On which Scottish island did Orwell write 1984?
2. Where did actor Ewan McGregor grow up?
3. McCaigs Tower overlooks which Scottish town?
4. Which Scottish city shares its name with an Australian city?
5. Billy Connolly once said "What man when left alone with a _____ doesn't try it on?"
6. Who was the first MSP to speak Gaelic during a meeting of parliament?
7. Where was the capital of Scotland before Edinburgh?
8. Which Scottish County is also a boy's name?
9. How many people know the Irn Bru recipe?
10. Which Scottish city had the nickname auld Reekie?

Bonus: What Scottish symbol became well known in the punk movement ?

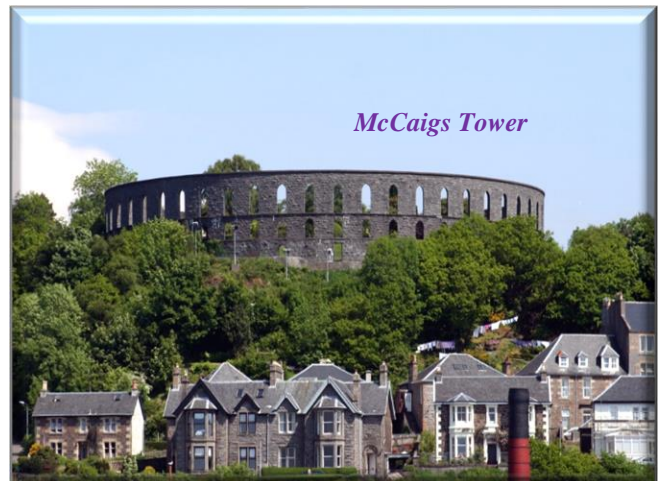
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