

# HSHC SPORRAN

[www.HighlandSocietyofHarfordCounty.com](http://www.HighlandSocietyofHarfordCounty.com)

August / September 2024 — Alba Gu Brath — Scotland Forever

*The Highland Society of Harford County was incorporated for the preservation of the spirit, lore, poetry, art, dress, welfare, and history of the Scottish people dedicated to the promotion of these traditions among those of Scottish ancestry within Harford County and its environs.*



September 17 -

## OUR SEPTEMBER GATHERING

Time TBD, but probably 5:00 or 5:30 to 8:30-ish pm

*at the Susky River Beverage Co. Farm Brewery*

80 Alstone Farm Lane, Perryville, Maryland 21903

<https://suskyriver.com>

*They are opening just for us !!!*



## THIS WEEKEND!!

### Chesapeake boat ride followed by Dinner at Schaefer's Canal House

**Sunday 25 August**

We leave at 4:00 p.m. from Chesapeake Inn at  
1 Bohemia Ave, Chesapeake City - be there by 3:45 p.m.  
(Chesapeake Water Tours)

Boat Ride is \$19 for seniors // \$22 not seniors  
Dinner at the Schaefer Canal House is whatever you order.

We may bring food onboard but there are no tables

Cash bar is on the boat

Bench and chair seating

If you didn't RSVP to John Polk, their website says they still  
have 13 seats left. Call him and reserve one.

### OPPORTUNITIES TO SERVE HSHC AND HAVE FUN WHILE YOU'RE AT IT.

from SJ Anderson

John Polk's laird's letter on page 2 says  
we could really use your help peopling  
three events and the more volunteers,  
the more opportunities for you to take  
breaks and wander and enjoy the event(s)  
you choose. It's also a dandy time to catch  
up with each other while promoting the  
Highland Society.

Please, please contact John with your  
event(s) of choice - even if you can serve  
for only a short while. (see his letter on  
the next page)

# Laird's Letter



Greetings Fellow Highlanders –

The summer seems to be flying by in superfast time. Only two weeks from Labor Day! Where has it gone?

Since our last general meeting in May we have had some very pleasant gatherings at other venues. On 30 June it was our annual picnic at the Harford 4H Center. On 17 July we gathered at the Charlie Zahm Concert to hear his always fabulous voice and special highland tunes. On 1 August it was a baseball game with the Ironbirds at Ripken Stadium. On Sunday, 25 August, we will cruise the C&D Canal and have dinner in Chesapeake City. These are nice ways to gather without a lot of work on our part. Please see the pictures of the happy attendees at these events in this issue and at our HSHC webpage.

Our September meeting will be a special one – at the Susky River Brewery, with its beautiful view overlooking the Susquehanna. They normally only open on weekends but they are opening just for us on Tuesday September 17. This is really extra special on their part so please make every effort to come. We will start earlier than our usual meetings because we will be outdoors – probably at 5:00 or 5:30. We will post an announcement with definite time as we get closer.

We will have HSHC booths at local Celtic/Scottish events to advertise our special society. Here are the ones that we intend to be at in the next few months:

Harford County Celtic Festival, Saturday, 24 August, Constant Friendship Field, Abingdon

<https://www.visitharford.com/event/harford-county-celtic-festival/14103/>

Covenanter Scottish Festival, Saturday, 7 September, Octorara Covenanter Church, Quarryville PA

<https://www.covenanterscottishfestival.com/>

Maryland Irish Festival, 8-10 November, Maryland State Fairgrounds

<https://irishfestival.com/>

Please let me know if you can help man the booths.

See you in September.

Alba gu brath,

John Polk, Laird



# Our Annual Picnic



# Fun-Filled Summer for HSHC !!

by Dr. Andrea Bowden



Nineteen members and guests gathered Sunday, June 30, 2024, at the Harford County 4-H Center for the annual picnic with a Family Heritage theme. Aide du Laird David Ray presided over the event and Keith Reagan said grace. Traditional toasts were offered. A delicious array of “family favorite foods” were contributed. Attendees sat at tables decorated to look like the Scottish flag. The best casual Scottish dress was worn by Carol Powers, Steve Anderson donned the best traditional attire, and Ski Schiaffino had the best hat. A follow up Picnic Recipe Book was e-mailed to members.

On Sunday, July 21, 2024, fourteen members gathered at Jerusalem Mill Historical Site on the banks of the Gunpowder River for Music in the Meadow. Lee Ann and Steve Anderson are regular volunteers there. The Highlanders Pipe Band, including Tom Ritter, presented a concert of favorites Scottish music. Three talented young ladies performed the Highland Fling and Scottish Sword Dance. The featured artist was the ever-popular Charlie Zam who entertained the crowd of about 250 people for an hour and a half with Scottish, Irish, and American ballads from the 18th and 19th Century as well as some contemporary country favorites. He was very well received by all.

On Thursday, August 1, 2024, twenty HSHC members and guests attended an IronBirds Baseball Game in Ripken Stadium in Aberdeen. It was a beautiful evening to enjoy the game which had been coordinated by Kallie and Mark Lyons. Everyone donned their complimentary IronBirds baseball caps to watch the game. Unfortunately, the IronBirds lost to the Brooklyn Cyclones 8-4, but everyone had a relaxing time.

## The Legend of The Chessie Water Creature in Baltimore

submitted by Dr. Andrea Bowden



Photo by Cryptid Wiki

BALTIMORE, MD - According to information from Cryptid Wiki, over the years, numerous sightings of a large, serpent-like creature known as Chessie have been reported in the Chesapeake Bay. According to Cryptid Wiki, descriptions of Chessie depict it as a long, snake-like creature, ranging from 25 to 40 feet in length, swimming in a sine curve motion through the water without any limbs or crests.

A surge in sightings occurred in 1977 and again in the mid-1980s. In 1980, Trudy Guthrie photographed an unknown sea creature that was later identified as a manatee from Florida. Remarkably, a manatee named “Chessie” was rescued from the Chesapeake in 1994 and returned to Florida but has since revisited the bay, with sightings confirmed by U.S. Geological Survey biologists in 2010 and 2011.

The legend of Chessie dates back to 1943 when fishermen near Baltimore reported seeing a creature with a football-sized head, according to Cryptid Wiki. In 1982, Robert and Karen Frew videotaped a serpentine figure near Kent Island.

The last notable sighting was in 1997 near Fort Smallwood State Park. The tale of Chessie closely mirrors that of the Loch Ness Monster, adding to its allure and mystery.



The Baltimore Sun

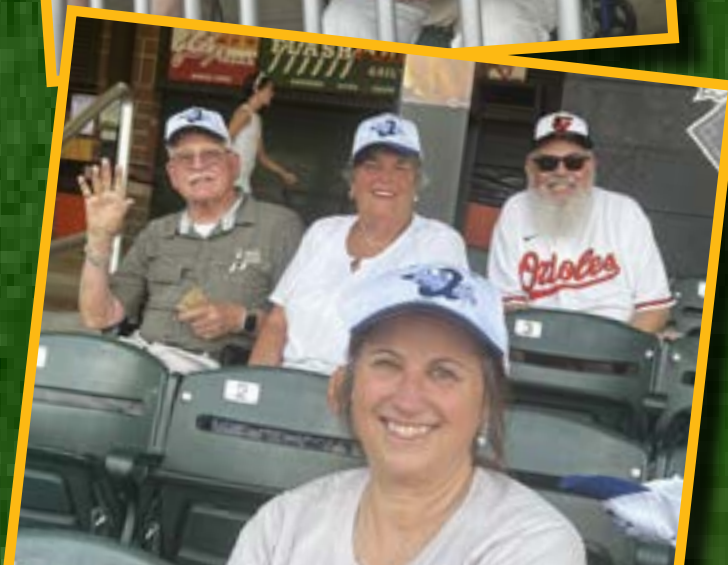


Music on the  
Meadow  
with Charlie Zahm  
and Bel Air's  
Highlanders Pipe  
Band





# GO IRON BIRDS



# A Different take on “Scottish” History

## Why Scotland isn’t European

by James “Ski” Schiaffino

It seems as though throughout most of history The Highlands were a little different than the rest of the country. It wasn’t just the topography, the language or the clan culture. One couldn’t exactly put their finger on it, but The Highlands just seemed to be different. Well, there is a good reason for that idea. The northwest part of Scotland was once a part of North America, not Europe. At one time all of the continents (Pangia) were joined. Then Pangia began to break apart forming plates. It is called plate tectonics (the movement of the earth’s crust.) There are nine major plates in the earth’s crust and they move about 2.75 inches a year. About 425 million years ago they began to drift apart.

About 135 million years ago Greenland was joined to Labrador, Newfoundland, and in a small touch of irony, a wee part of what was later to be called Nova Scotia. This small chunk of Greenland/Labrador/Newfoundland/ Nova Scotia was separated from North America as the newly emerging Atlantic Ocean pushed its way northward. Greenland stayed separated while Labrador/Nova Scotia merged again with the North American Plate. In a wee bit of geographic irony, the land that was to become North-west Scotland split from Nova Scotia. It floated around somewhat aimlessly buffeted by plate tectonics.

It was also a lot further south, about 2,000 miles further. The climate was subtropical as it was near the equator. As the still forming Atlantic Ocean began to grow it worked its way northward. Eventually it crashed into what was to become Europe, and collided with the European plate. A

portion of it was subducted under the plate while North-west Scotland remained above and merged with the European plate England. Thus creating the mountainous area we call the Highlands today. Maybe that’s the real reason the sassenachs have always had a disagreeable view of Scotland.

At any rate the place the two lands met is called the Great Glen Fault. You probably know it as Loch Ness. Not the Loch per se, but the land below it. The fault runs the entire length of Northern Scotland. The land on the east side of the Loch was Europe while the land on the west side was North America.



At that time the land was covered with a glacier. As the glacier grew it pushed rocks and boulders south. When the glacier began to melt and retreated north, the rocks blocked the melt water flow and eventually Loch Ness was formed. This was about 10,000 years ago.

A wee bit further south on The Great Glen Fault a similar event occurred. But the glacial melt water was able to flow away and a fertile valley formed. Today we call it Glen Coe.

Treasurer’s Report	
Dr. John Polk	
Period: 1–31 July 2024	
OLD BALANCE	\$4033.07
Expenses:	
Bank Fee	3.00
Ironbirds tickets	260.00
Insurance	250.00
Income:	
Ticket payments	285.00
NEW BALANCE	\$3805.07

# WEE NEWS BITS FROM SCOT- LAND

compiled by Dr. Andrea Bowden &  
SJ Anderson

## EXPERTS STUNNED BY CHANGES CAUSED BY BEAVERS

The Guardian



Bringing back endangered wildlife has reinvigorated the total environment. Leave it to the eager beavers, as experts in Scotland discovered from the optimistic results of a recent project. The choice to return beavers to one of the Highland's Knapdale rainforests 15 years ago "may have created the right habitat for the area's endangered water voles to flourish. Beavers are incredible environmental change agents and might just be nature's greatest engineers. They are far superior to humans in creating wetlands." By the end of the 19th century, beavers were nearly extinct from hunting. However, these reestablishment efforts are allowing their population to grow as well as create habitat for other species.

## KING CHARLES SPENDS SUMMER IN SCOTLAND

King Charles presided over the Mey Highland Games held near Castle Mey, the retreat of the Queen Mother in the north Highlands. The modern games have been held since 1970. As is his custom, the King wore a kilt to the games as well as to church and other events during his stay.



Charles in 1955 wearing a kilt on his 7<sup>th</sup> birthday while at Balmoral Castle.

## RICK STEVENS SAYS GLASGOW IS WORTH A VISIT



International travel guru, Rick Stevens suggests that a hidden gem of Scotland is the city of Glasgow that combines old charm and modern attractions. Once considered grimy and industrial, Glasgow has been reimagined and is a vibrant city with many cultural, architectural, sports and culinary attractions. It is an hour's drive from Edinburgh and has train service.

## IS BULLET HOLE PROOF OF BOONIE PRINCE CHARLIE ASSASSINATION ATTEMPT? -BBC



Historians have discovered a bullet hole at a Grade A listed house near Stirling, which they believe is proof of an assassination attempt against Bonnie Prince Charlie.

Prince Charles Edward Stuart took shelter at Bannockburn House in 1746, and it has been said that a shot was fired through the window of the room he was sleeping in.

Now volunteer researchers have discovered a musketball hole hidden amidst plaster work and wooden panelling. This remarkable discovery has been announced to coincide with the 279th anniversary of Bonnie Prince Charlie's arrival on Scottish soil.

## RESEARCH SHOWS STONEHENGE ALTAR STONE CAME FROM SCOTLAND, NOT WALES – from the BBC

The ancient ritual meaning of Stonehenge is still a mystery, but researchers are one step closer to understanding how the famous stone circle was created. The unique stone lying flat at the center of the monument was brought to the site in southern England from near the tip of northeast Scotland, researchers reported Wednesday in the journal *Nature*. It's not clear whether the 16-foot (5-meter) stone was carried by boat or across land — a journey of more than 460 miles (740 kilometers).



"It's a surprise that it's come from so far away," said University of Exeter archaeologist Susan Greaney, who was not involved in the study. For more than a hundred years, scientists believed that Stonehenge's central sandstone slab — long called the "altar stone" — came from much closer Wales. But a study last year by some of the same researchers showed that the stone didn't match the geology of Wales' sandstone formations. The actual source of the stone remained unknown until now.

AP correspondent Karen Chammas reports on a new study into the origins of the Stone Henge altar stone. For the study, the team was not permitted to chip away rocks at the site, but instead analyzed minerals in bits of rock that had been collected in previous digs, some dating back to the 1840s. They found a match in the sandstone formations of Orcadian Basin in northeast Scotland, a region that includes parts of the tip of the Scottish peninsula as well as the Orkney Islands.

## LEADERS CONGRATULATE SCOTTISH OLYMPIC ATHLETES

from Mail On-Line

Ahead of the closing ceremony for the 2024 Olympic Games, King Charles II and First Minister John Swinney has commended the Scottish athletes who will have inspired the next generation with their efforts in Paris.

Scottish competitors taking part individually or in team events secured three gold medals, four silver medals and six bronze medals-

13 total, contributing to Team Great Britain's overall medals tally of 65 medals and highlighting, once again, the world class athletes that Scotland has across a number of disciplines.

In either individual or team events Scott Brash, Duncan Scott, and Sholto Carnegie all won gold. In either individual or team events, Duncan



Scott Brash- Scottish Equestrian, Gold Medal in Jumping

Scott, Jack Carlin, Josh Kerr and Neah Evans all won silver. And Beth Potter (two), Rowan McKellar, Nicole Yeargin (two) and Jack Carlin all won bronze.

Several Scots achieved Scottish and British records in their events, including British Records for Josh Kerr in the men's 1500 meters, Jack Carlin's silver in the men's cycling team sprint

and a new Scottish record for Keanna MacInnes in her opening heat of the women's 100 meters butterfly.

Almost two thirds of the Scottish athletes selected for Team GB are female athletes, including Eilish McColgan who became the first Scottish four-time track and field Olympian. The visibility of such strong role models will inspire young women and girls across the country to participate in sport.

The First Minister said: "Competing on the world stage amongst some of the best sporting talent on the planet is a tremendous honour, and I know the whole nation is with me in congratulating our Scottish athletes who have made an enormous contribution to Team GB's success at these Games."

# The Most Popular Food in the World

by Jim Schiaffino

What is the most popular food in the world? Here are a few hints. Since its inception 9 billion cans have been sold. 122 million cans are sold annually worldwide. 12.8 cans of it are consumed every second in 50 countries. In some countries like Guam, the Philippines, South Korea, Japan, Vietnam, and the state of Hawaii it is almost iconic. It is manufactured in Minnesota, South Korea, the Philippines, and Denmark. Any idea yet?

Okay, here's another clue. It's a meat product with a very long shelf life. Hawaii alone consumes 7 million cans a year. The residents of Guam average 16 cans per person, per year. You can even get it at McDonald's: there are six in Guam, and they go through about 400 cases a month.

It is specially processed American meat. The United States sent 15 million cans of it per week to troops during WWII. The troops either gave it away or traded it for local cuisine. About 15 million cans a week were sent to the soldiers. That's about 100 million cans by the time the war was over. Figured it out yet? It's SPAM!

SPAM first became popular among Depression-era families. Then later forming the basis of World War II-era plans to feed Allied troops. They're the ones that spread it all over the world, bestowing upon this rather ordinary tin of meat a sense of patriotism, American ingenuity, and versatile affordability.

SPAM will turn 87 on July 5, of this year. It is not a "mystery meat". There are only six ingredients: pork, there's only six ingredients: pork shoulder, ham, salt, water, potato starch, sugar, and sodium nitrite.

SPAM got its start when Jay Hormel took over as president of the company his father founded. That was in 1929, and all good entrepreneurs know you're always on the lookout for the next big thing. Hormel saw it in the deli case of stores, where they sold canned lunch meat by the slice. It was originally formed into six-pound molds, and customers who wanted some had it sliced at the deli. However, Jay wanted his product to be unique. Hormel figured if he could make it smaller, customers could buy their own little brick.

It was a Hormel employee named Julius Zillgitt who came up with the 12-ounce can that's so familiar today, and he's also the one that helped develop the process of getting the meat into the can — which was more complicated than you might think.

Hormel also wanted to set his product — and his company — apart from all the rest, so he decided that he was only going to use pork shoulder. It was a brilliant move:

not only was he going to create a reputation of not using waste products like pig lips and noses, but he was going to be using a section of the pig that was so hard and time-consuming to process, it rarely got used.

The meat for SPAM is separated and processed at the factory. It's an almost mind-numbingly efficient assembly line where the slaughtered pigs are broken down one piece at a time, and we're talking about a lot of pigs. According to Bloomberg (via Marketplace), 20,000 pigs are processed into SPAM each and every day.

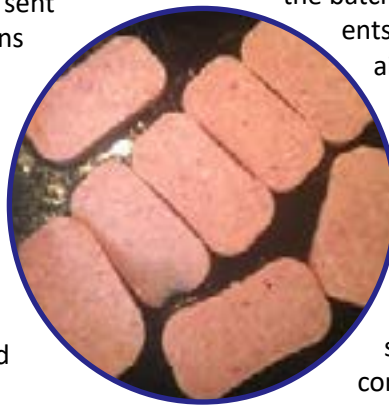
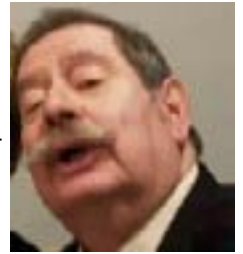
SPAM starts looking less like pigs and more like SPAM when the meat is sliced from the bone — a process done by hand — and ground into 8,000-pound batches. A metal detector is used to make sure nothing has gotten into the batch in any part of the process. Then it's transferred to a series of vacuum mixers that are capable of super-chilling the batch to freezing point. The rest of the ingredients are dumped in, the mixer is sealed to be airtight, and it's mixed. Why the cold and the vacuum? It's to help prevent a huge amount of liquid from being released when the meat is cooked.

But what about the other ingredients? You're familiar enough with the basics, like salt and sugar. But what is the point of some of the other stuff? First, sodium nitrite. You may have heard that it is condemned in popular media as carcinogenic, but according to the World Cancer Research Fund (via the BBC), it's not so much the compounds as it is the prep and cooking methods. When nitrites are mixed into something high in amino acids then cooked, that's when nitrosamines form and that's what has been linked to cancer.

So, why include it? It prevents the growth of bacteria that can cause food poisoning if it's ingested, and no one wants their SPAM with a side of botulism. It's also what gives SPAM that distinctive pink color, thanks to a chemical reaction that happens between the nitrites and the protein in the meat.

What about potato starch? It's included because the long cooking time of SPAM would otherwise leave the contents incredibly dry, and the potato starch helps preserve moisture as well as getting rid of that unappetizing layer of gelatin.

It's in the cooking where things get really weird. The still-raw pork mixture is funneled through a few filling machines until it gets to the cans. Another machine scoops up the raw SPAM and pushes it into the can from the bottom. It's vacuum sealed, stamped, and sent on its



way. The vacuum-sealing of the raw pork product before cooking it in the cans is what gives SPAM that super-long shelf life and makes it pretty much perfect for keeping on the shelf until you get that once-every-few-years craving.

It's the way it's cooked that creates its long shelf life. It is sent to a massive hydrostatic cooker. The scale is crazy: the machine is a full six stories tall and it's full of very, very hot water. It can process 33,000 cans an hour. The cans of raw SPAM approach on a conveyor, and are pushed onto a shelf 24 at a time. That shelf moves the cans through a series of chambers within the cooker, where they're cooked, sterilized, then washed, and finally cooled. There are 11 chambers, and by the time the cans complete their journey from beginning to end they're

almost ready to be sent on their way.

So, how long does it really last? Indefinitely, says Hormel; "as long as the seal has remained intact, unbroken, and securely attached." They do note that flavor and freshness will start to decline about three years after it's made, but say it's still perfectly safe to eat. Eat By Date says SPAM starts to go a little off after about 5 years past the date, and says that storing them in the pantry at around 75 degrees Fahrenheit will help extend the shelf life.

In South Korea: Spam is packaged up as part of a gift set. Budae Jjigae, or military stew, is a hugely popular dish that's part SPAM, part kimchi.

## ALAN BATES KNIGHTED BY KING CHARLES

from BBC

The campaigner and former sub-post-master, Alan Bates, was at the public inquiry into the Post Office scandal when he received the news in June 2024 that he was to be knighted in the King's Birthday Honours. He had travelled from his home in Llandudno, Wales to hear former Post Office CEO Paula Vennells give evidence, breaking her near-decade long silence. "It was all a bit of a surprise," Sir Alan, as he is now known, told the BBC.

For the last 15 years, Sir Alan has campaigned for justice for hundreds of sub-postmasters who were wrongfully prosecuted for theft and false accounting, when faulty software called Horizon made it look like money was missing from their accounts. He had already declined the offer telling the Honours Committee that it would be inappropriate to accept it while Ms Vennells was still in charge of the Post Office and many victims continued to suffer. She resigned earlier this year amid mounting pressure in the aftermath of the ITV drama in January which sparked national outrage over the scandal. He insisted the honor was not just for him but also for his group, the Justice for Sub-Postmasters Alliance, which he started in 2009.

"I think it's another string to my bow to try and drive the rest of the campaign home. We have got to get funding for everybody. And that's been my priority now



for some time. And if it helps there, then great. It's wonderful." Sir Alan said his work was far from finished, adding that he would pursue court action, if necessary, to get financial redress for the victims who took part in the original High Court action that helped expose the Horizon IT scandal.

"I think the nation will support us if we have to go ahead with another case," he said.

The former sub-postmaster's dogged pursuit of the truth began after refusing to accept losses at his own post office which he took over in 1998. Had he ever thought about giving up and letting it go?

"I could never do that. We've all seen the horror stories, and there are so many. I keep hearing from so many more these days who are coming out of the woodwork and stories that have never been told. I mean, they're absolutely diabolical.

"What's happened to people is very sad but at least they're now starting to see some light at the end of the tunnel for themselves." He described his work as the best unpaid job he'd ever had and said he was looking forward to having a holiday this summer. Many congratulated Sir Alan on his knighthood including a victim of the Post Office scandal, Christopher Head, who said he was a "hero" and that the knighthood was "thoroughly well-deserved".

*Mr. Bates vs The Post Office* is a four-part British television drama series for ITV, written by Gwyneth Hughes, directed by James Strong and starring an ensemble cast led by Toby Jones. The series is a dramatization of the British Post Office scandal and was broadcast on four consecutive days from 1 January 2024. The series takes its name from the court case instigated by the former sub-postmaster Alan Bates and others. It is worth watching if you can find it on PBS, YouTube, Amazon Prime Video.

# Scottish Women from History You Should Know

from [www.visitscotland.com](http://www.visitscotland.com) // compiled by SJ Anderson

## DAME KATHERINE GRAINGER

A sporting name that has been in the rowing scene for years, Dame Katherine Grainger was born in Glasgow and is a former British rower and the current Chair of UK Sport. Grainger is a decorated veteran of the sport, being a 2012 Summer Olympics gold medallist, four-time Olympic silver medallist and six-time World Champion.



Aside from competing, Grainger has dedicated a large part of her life to sporting charities and promoting access to sports and exercise for middle and lower income families with children around the world.



## BELLE MOORE

In 1923 Belle Moore became the first and only Scottish woman to win an Olympic gold medal for swimming. The 1912 Stockholm Olympics were the first ever for women's swimming competition. Belle, along with Hall of Famer Jennie Fletcher and two teammates from England, won the 400 meter freestyle relay for Great Britain. medallist, winning silver medals for the 5000 m in 2018 and 10,000 m in 2022, bronze in the 5000 m in 2022, and a bronze for the indoor 3000 metres in 2017. She is the European record holder for the 10 km road race, and the British record holder for the 5000 m, 10,000 m, 5 km and half marathon. She also holds the European best in the 10 miles on the roads.

## LANDMARKS IN WOMEN'S ATHLETICS

compiled by Arnold Black, from [www.scottishathletics.org](http://www.scottishathletics.org)

1919 Women compete at the Aberdeen University Championships; Mathilda Menzies wins the 220 yards, high jump and long jump.

1922 Women's AAA formed in England.

1922 First World Games held in Paris (and the Olympics in 2024, woohoo!)

1930 The first women's cross-country championship is held, won by Shettleston Harriers.

1931 First Scottish Women's Track and Field Championships held at Ibrox Park; Laura Greig wins the 100 yards hurdles and 100 yards flat, for which she wins the Dalziel Trophy.

1932 Nan Robson of Dundee Hawkhill wins the first women's individual national cross-country title.

1932 Constance Johnson becomes the first Scottish woman to win a medal at the WAAA Championships, placing 2nd in the 880 yards.

1934 The Empire Games include women's events for the first time. Scotland send a team of 7 athletes to the Games. The 660 Yards relay team win a bronze medal by finishing third of the three teams.



# Scottish (??) Recipes of the Month

## COLD POTATO SOUP (Vichyssoise)

This simple recipe was developed by Julia Child while living in France.

### INGREDIENTS

- 1 ½ pounds potatoes peeled, cut into 1-inch cubes.
- 4 medium leeks (about 3 pounds), washed, sliced very thin, (use white part of leeks only)
- 2 tablespoons unsalted butter
- 4 cups chicken broth
- 1 cup heavy cream
- Salt, to taste
- Freshly ground black pepper, to taste
- 1 tablespoon finely chopped fresh chives, for garnish.

### DIRECTIONS

Gather the ingredients.

In a large pot over medium-low heat add the butter.

When melted, add the leeks and gently sweat (you don't want them to brown) until they are soft (about 5 minutes).

Add the potatoes and chicken broth. Bring to a boil, then lower to a simmer.

Simmer until potatoes are soft and easily pierced with a fork (about 20 minutes).

Remove from heat and allow to cool for a couple of minutes.

Add the mixture to a food processor or blender and puree until smooth. Do this in small batches (no more than half full) as the hot soup creates pressure and can spray out.

Return the soup to the pot and whisk in the cream. Stirring all the time, bring the soup to a boil and immediately turn down to a simmer. Simmer for about 5 minutes and remove from heat. If the soup is too thick, add a little water or broth.

Taste the soup and season with salt and pepper.

Cool quickly to room temperature, cover with plastic, then refrigerate until chilled (preferably overnight). Just before serving, sprinkle chives over the top



# Scottish (??) Recipes of the Month

## VEGGIE CAVIAR (aka Cowboy Caviar)

### INGREDIENTS

2 (14-oz.) cans black-eyed peas, drained - (Substitute pinto or black beans)

1 (15.5-oz.) can white hominy, drained - (Substitute yellow corn)

2 medium tomatoes, chopped.

2 green tomatoes, chopped.

1 medium green or red bell pepper, chopped.

2 jalapeño peppers, chopped.

1/2 cup onion, chopped.

1/2 cup fresh cilantro, chopped

2 garlic cloves, minced

1 (8-oz.) bottle Italian dressing (your choice).

Tortilla chips, for serving.

### DIRECTIONS

Stir together ingredients in a large bowl.

Add the dressing to the mixture, stirring until combined.

Cover and chill 2 hours.

Drain if serving as dip. Don't drain if using as a side salad

Serve with the tortilla chips.

