

# HSHC SPORRAN

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



June 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.

**June 30 - 1:00 to 4:30 p.m.**

**OUR JUNE GATHERING  
is our annual picnic!!!  
See page 2 for the details.**

**Remember to bring food to share,  
drink, lawn chairs & games you enjoy.**

**Our September gathering will be at the  
Susky River Brewery, Tuesday, 17 Sept.  
2024, Port Deposit. It'll just be us!**

## Treasurer's Report Dr. John Polk

Period: 1 – 31 May 2024

<b>OLD BALANCE</b>	\$4312.63
<b>Expenses:</b>	
Bank Fee	3.00
Grounds Fee, Harford County 4H	275.00
State Theater, Venue fee	250.00
Catering services, Chesapeake Grill	400.00
Meeting supplies	94.56
<b>Income:</b>	
Whisky raffle	51.00
Meals, collected from members	380.00
<b>NEW BALANCE</b>	\$3721.07



## In the Planning Stages

### Volunteers Welcome !!

Know what makes an event even more fun?? When you've helped make it happen!

We could use help with basically everything. What are you good at, what do you like to do? You just want to clean up or setup for one of our events? Awesome! Are you really good at talking with people? Greet us as we come to a gathering. Like sitting in the shade and meeting new people? Help man our tent at a festival. Maybe book entertainment. Is there a photographer lurking inside you? Take pictures for the Sporrán, our website, and Facebook page. Is there something you really like to do but isn't mentioned here, let us know, we'll find a way to use it.

Want to help with any of these events that we're considering? Contact Laird John Polk at [jfpolk@comcast.net](mailto:jfpolk@comcast.net)

Charlie Zahm – Sunday, 21 July, 6:00-8:00

Ironbirds Baseball – Ripkin Stadium. End of July, or early August

Boat Ride – Havre de Grace, or Chesapeake City

Harford County Celtic Festival 24-25 August,

Maryland Irish Festival, 8-10 November

# FAMILY HERITAGE HSHC PICNIC

**Sunday, June 30, 2024**

**Harford County 4-H Center  
6 Cherry Hill Road  
Street, MD 21154**

(Google for directions)

**Attire:** Scottish (any century) - Picnic attire

**Food:** Bring a picnic food to share that is a favorite of your family.

(Please let Andrea know ([abowden@bcps.k12.md.us](mailto:abowden@bcps.k12.md.us)) what you are bringing by June 20, so we are sure we have a variety of foods-appetizers, salads, meats, veggies, desserts, beverages. We need more than watermelon and beer...)

Pull up to the lodge to unload your goodies and then park in the lot.  
There is a kitchen with running water and a refrigerator.  
Please bring serving containers and utensils.  
We will provide table coverings and disposable plates and utensils.  
Remember to bring your favorite beverage.

**12:00 NOON LODGE OPENS**

**1:00 - PM Picnic Lunch begins.**

Grace led by – SJ Anderson

Toasts- please offer a family favorite

**2:30 PM on - Fun: games, music, dancing, stories.**

Bring a camp chair for outside seating, please

We will have a CD player for music of all genres  
Line dancing? Highland fling?

Games

**Outdoor:** Horseshoes, ring toss, badminton,  
whiffle ball, pickle ball?

Corn Hole: Susan and Ray Buchanan

**Indoor:** Cards, board games, charades  
Quiddler word card game: Andrea Bowden

**4:30 PM Pack Up and Head Home**



# Our Last Gathering



Pics of almost every-  
one who attended.  
Would you please  
share the pics you  
took??



to share your pictures, just send them to SJ in jpg, png, or pdf format - [sallyjoanderson@hotmail.com](mailto:sallyjoanderson@hotmail.com)

# Laird's Letter



Greetings Fellow Highlanders –

June is here and summer is upon on us. I am sure you all have many activities planned or under consideration. So do we.

**HSHC Picnic Sunday, 30 June, 12:00–4:30**, Harford County 4H Camp, Deer Creek Overlook. Same location as last year which worked so well. This will be potluck so good food is guaranteed. See Andrea's notice on page 2 with more about it.

**Charlie Zahm – Sunday, 21 July, 6:00–8:00** – Jerusalem Mills. <https://jerusalemill.org>. Don't miss this. It is public event, not an HSHC meeting, but a wonderful opportunity for us to gather together and enjoy authentic Scottish folksongs and ballads. Charlie is a spectacularly good and powerful balladeer. A small admission charge, (\$5 or \$10). We are not arranging for a meal but you can bring whatever you want to eat. Bring your own lawn chairs or blankets.

**Ironbirds Baseball** – Ripkin Stadium. End of July, or early August. More to follow

**Boat Ride** – Havre de Grace, or Chesapeake City. This is still in planning stages. Stay attuned.

**Susky River Brewery** – Tuesday, 17 Sept, Port Deposit <https://suskyriver.com>. This will be our September Meeting. Beautiful location overlooking the Susquehanna River. Spectacular view. Check the website. They are not usually open on weekdays, but they will do so just for us. Potluck dinner, so look forward to great food.

We will be setting up booths at several Celtic/Scottish events in the coming months and need help with manning them. Please let me know if you can help. These are the ones we plan to be present at:

**Harford County Celtic Festival** – 24-25 August, Constant Friendship Field, Abingdon.

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

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

We had a wonderful tasting trip through the world of Scottish gin at our May meeting. Courtesy of Nancy Plummer who shared six special selections with us, brought back from her trip to Scotland. Too bad for those of you who couldn't make it. **Thank you, Nancy !!!**

Please visit our HSHC website at <https://highlandsocietyofharfordcounty.com>. It has been updated with many new features by Keith Reagan. **Thank you, Keith !!!**

And, **thank you, Andrea and SJ !!!** for another bright and beautiful issue of the Sporrán. We are very fortunate to have two such dedicated and talented people working so hard to put this together every month. It is a LOT of work and needs to be appreciated.

Alba gu bràth,  
John Polk, Laird

# MINUTES OF OUR LAST GATHERING

HSHC May Gathering  
May 20, 2024  
State Theater - Havre de Grace, MD  
15 members were in attendance

During the social hour raffle tickets were sold for a bottle of Whisky and members connected and chatted with each other.

Meeting called to order 7:20 pm  
The toasts given were:

Pledge of Allegiance - All  
Toast to the President - Maryanne Anderson  
King of England - Ray Buchannan  
Scotland - Nancy  
Birthdays - Steve  
Maryann Anderson was toasted as it was her first attendance after a long-time absence. Good to see her back.

Special Guests were recognized and welcomed - Ayliah and Jamey, friends of Nancy.

Dinner was from Chesapeake Grill and dessert was provided by John.

Business meeting - 8:06 pm

John - shared that the last gathering at McGregors was nice. There are advantages to all locations available for us to meet. The State Theater is good and we will go back and forth between locations. Tonight's per person payment was \$25.00, last month's per person at MacGregors was \$25.00. John wants people to know we will pay more per person to gather at MacGregors. John told members that we are also considering Vandivers, he has spoken to the owner and might be able to work something out. We can do presentations there as well.

John shared information on upcoming events: June 30, 2024 - Potluck Picnic \$15/person. Andrea shared the Picnic flyer with logistics. There was a discussion on landmarks to locate the pavilion. SJ will lead the group in a prayer/grace before we eat. People were asked to also bring games, lawn chairs and bug spray. HSHC will provide paper goods.



Susan Wheeler

Looking at summer events like Charlie Zahm at Jerusalem Mills July 21st at 6:00 pm, boat ride on Susquehanna River or C&D Canal, attend an Iron Birds game, and a crab feast were suggested for July or August. These events will not be sponsored by the Highland Society and members were asked to get information about possible dates for the boat ride (SJ volunteered to get info) or baseball game (Dave volunteered to get info) and share information with members. Other suggestions were crab feast (SJ shared that Ski and Angie used to host one every year). Steve shared information about Jerusalem Mills and people can bring their own food for the concert.

September meeting - looking at Susky River Brewing Co. We would have to bring our own food for this venue. October Meeting - Scots in Australia presented by Dave. Please look at the website for information on events and locations. Another idea for the winter is a Hogmanay event.

We need volunteers and to work out logistics for Celtic Games, Covenanter Games and the Irish Festival. For the Irish Festival we only get two complimentary tickets.

John thanked SJ and Andrea for the Sporrán. A request for shared articles and personal writings about anything Scottish was made to the membership.

Nancy hosted a Gin Tasting event with 5 gins, a Powerpoint presentation, her experiences in Scotland visiting distilleries, and a special surprise. Volunteers assisted with filling tasting cups. Members shared their thoughts on each gin.

John thanked Nancy and asked members to take leftover food home.

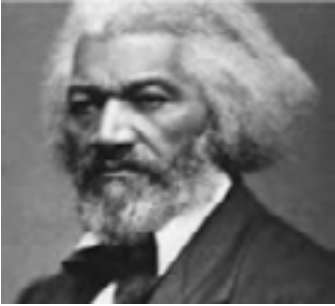
Business meeting closed - 8:32 pm

The May Gathering ended at 9:13 pm.

Respectfully submitted,  
Susan Wheeler, substitute secretary

## FREE CHURCH OF SCOTLAND UNDER FIRE FOR FAILURE TO APOLOGIZE OVER SLAVERY MONEY

from The Guardian



The Free Church of Scotland has been accused of “shameful” behavior after it refused to apologize for receiving money from slavery worth millions of pounds today. The Free Church is known to have accepted donations from

plantation owners in the southern U.S. states soon after its foundation in 1843 and then a significant bequest from a wealthy Glaswegian sugar baron 10 years later. The Free Church of Scotland broke from the Establishment of the Church of Scotland (Presbyterian) in 1843 in protest against what they regarded as the state’s encroachment on the spiritual independence of the church.

To the dismay of some of its members, the church also said it was “unlikely” to still be the beneficiary of those funds because of property transfers with other denominations over the last 180 years. Its fundraising from southern slave owners was notorious at the time

after the emancipated anti-slavery campaigner Frederick Douglass demanded it “send back the money” when he toured Scotland in 1846, addressing large crowds.

Its statement did not mention the largest known gift it received from slavery-derived wealth: an £18,000 bequest from James Ewing, a rich Glaswegian who had slave plantations in the Caribbean, in 1853. The historian Anthony Cooke has found that money was used to build churches and two Free Church training colleges in Edinburgh and Glasgow, buildings the church says it no longer owns. Dr Stephen Mullen, at Glasgow University, wrote in 2022 that it “was powered by wealth derived from West Indian rather than American slavery”.

Estimates vary on exactly how much the Free Church received. Different researchers put the sum donated by southern plantation owners in 1844 at either \$3,000 or £3,000. The exact value of the Ewing bequest is established. Historical inflation rates since 1853 make his £18,000 gift equivalent to £1.9m today, while estimates based on wage growth since then suggest it is worth more than £16m.

## ‘OUTLANDER’ GETS SEASON 7 RETURN DATE; SETS ADDITIONAL SEASON 8 CAST

from DEADLINE, submitted by Dr. Andrea Bowden

As part of the June 1st “World Outlander Day” celebration, Starz has set the premiere for the second half of Outlander Season 7 for Friday, November 22, 2024. New episodes will drop weekly on Fridays at midnight ET on the Starz app, Starz streaming and on-demand. On linear, new episodes will debut at 8 PM ET/PT on Starz in the U.S.

Outlander is also currently in production on a 10-episode eighth and final season. Newly joined cast includes Kieran Bew (House of the Dragon, Warrior), who will be playing “Captain Charles Cunningham,” a retired British soldier; Frances Tomelty (Woman in the Wall, Catastrophe), who will play his mother, “Elspeth Cunningham”; and Carla Woodcock (Such Brave

Girls, A Good Girl’s Guide to Murder), who joins in the role of “Amaranthus Grey,” a new member of the Grey family.

In Season 7 Part 2, Claire (Caitriona Balfe), Jamie (Sam Heughan) and Young Ian (John Bell) are leaving the colonies and arriving in their beloved homeland: Scotland. The perils of the Revolutionary War force them to choose between standing by those they love and fighting for the land they have made their new home. Meanwhile, Roger (Richard Rankin) and Brianna (Sophie Skelton) face new enemies across time and must battle the forces that threaten to pull their family apart. As loyalties change and painful secrets come to light, Jamie and Claire’s marriage is tested like never before. With their love binding them



Outlander stars Sam Heughan and Caitriona Balfe

over oceans and centuries, can the MacKenzies and Frasers find their way back to each other?

Alongside Balfe, Heughan, Skelton, Rankin and Bell, Outlander also stars David Berry as “Lord John Grey,” Charles Vandervaart as “William Ransom,” Izzy Meikle-Small as “Rachel Hunter” and Joey Phillips as “Denzell Hunter.”

The Outlander television series is inspired by Diana Gabaldon’s international best-selling books, which have sold an estimated 50 million copies worldwide.

# WEE NEWS BITS FROM SCOT- LAND

## GENERAL ELECTIONS IN GREAT BRITAIN ON JULY 4th

from TIME, [www.parliament.uk](http://www.parliament.uk) and APnews.com

The U.K. is headed for a general election on July 4, after Prime Minister Rishi Sunak requested that King Charles III dissolve parliament May 30th, sooner than many analysts expected.

People throughout the United Kingdom will choose all 650 members of the House of Commons for a term of up to five years. The party that commands a majority in the Commons, either alone or in coalition, will form the next government and its leader will be prime minister.

When Parliament is dissolved, every seat in the House of Commons becomes vacant. All business in the House comes to an end. Those who wish to be MPs again must stand again as candidates for election, including the Commons Speaker.

Members of the House of Lords are appointed, not elected, and retain their positions. Business in the House comes to an end when Parliament is dissolved.

“The King and active members of the royal family can legally cast a vote at general elections on the same basis as other eligible citizens.” Blackburn, professor of constitutional law at King’s College London, told TIME via email.



## SCOTLAND SUDDENLY HAS A LOT OF MOSQUITOES

As global temperatures rise, so too does the range of vector disease-causing agents -mosquitoes, ticks, fleas, and lice from tropical regions. Scotland has always been plagued by swarms of midges, but the presence of mosquitoes is a relatively new phenomenon.

The University of Glasgow is conducting research by putting special traps in 24 varied locations throughout Scotland- from highland meadows to bogs and cities. They have been surprised that mosquitoes were found in all locations. Sixteen species were identified, a small number given the 4,000 species of mosquito, but diverse enough to be of concern. There are enough mosquitos to transmit disease to animals – and potentially humans. Researchers are particularly interested in the viruses that the insects carry and disease transmission. They are asking Scots and visitors to report encounters to the MOSQUITO SCOTLAND website.

## CONTROVERSIAL PORTRAIT OF KING CHARLES III UNVEILED

Following widespread backlash, an “improved” version of the portrait has been proposed.



The first official portrait of King Charles III since his coronation has been unveiled at Buckingham Palace. The vast oil on canvas shows a larger-than-life King Charles in the uniform of the Welsh Guards. The vivid red work, measuring about 8ft 6in by 6ft 6in, is by Jonathan Yeo, who has also painted Tony Blair, Sir David Attenborough and Malala Yousafzai.



Yeo says the butterfly by the King’s shoulder symbolizes “the beauty of nature and highlights the [King’s] environmental causes”. Yeo decided to use some of the traditions of royal portraiture - the military outfit, the sword - but aimed to achieve something more modern, particularly with the deep color and the butterfly.



## COVER PORTRAIT OF PRINCESS KATE GETS MIXED REVIEWS

from Tatler

The cover of the July 2024 Tatler features a portrait of the Princess of Wales. Painted by Hannah Uzor, a British-Zambian artist who sifted through thousands of pictures of Kate Middleton and chose a picture from the first state banquet of King Charles III in November, 2022.

Critics say that the portrait bears little resemblance to the Princess of Wales and is stiff and not life-like.



# JUNE IS FOR WEDDINGS – OR IS IT?

by Dr. Andrea Bowden

Weddings in June have an ancient origin. The name June is derived from the Roman goddess of marriage, Juno. Families believed when a couple married in June, they would be blessed with happiness forever. If a bride married in June, she was more likely to give birth to her first child in early spring of the next year, giving her plenty of time to recover before the fall harvest. In modern times, the wedding season is from May to October in the United States and much of Europe. These months provide warm and sunny weather, making it an ideal time for outdoor ceremonies and receptions. Interestingly, only 12.5% of weddings in the United States are in June and about the same percentage in July and August.

October is now the favored month for weddings, with 20% occurring then.

Many of the customs in American weddings had their roots in Celtic traditions in the United Kingdom and Ireland. Let's compare Scottish and American wedding customs. The tradition of a *wedding ring* has been around for an eternity and is present in both cultures. The band of the ring literally represents eternity because it doesn't have a beginning or an end. When placed on the finger, there is a never-ending commitment. While the style of the ring itself changes constantly, Celtic symbols are used frequently in Scotland. The bride and groom exchange heartfelt promises during the wedding ceremony. In addition to the popular "in sickness and in health, to love and to cherish, till death do us part," many couples now create their own clever vows that showcase humor or sentimental memories. *Tossing the bouquet* tradition stems from England where the bride was believed to be lucky on her wedding day. While tossing the bouquet still makes an appearance, the more common belief is that whoever catches the flowers will be next to get married.

The "Something Old, Something New, Something Borrowed, Something Blue" tradition is a well-known and cherished Scottish and American wedding custom that has endured through the generations. *Something old* symbolizes continuity, the bride's connection to her past, and her family's history. It is often an heirloom piece, such as family jewelry, a lace handkerchief, or a piece of clothing passed down through generations. By incorporating something old, the bride carries with her the love and blessings of her ancestors as she embarks on her new journey. *Something new* represents optimism, hope, and the bride's bright future. It is usually a new item, often her wedding dress, shoes, or special jewelry to signify the start of a new chapter in the bride's life and her readiness

to embrace the joys and adventures that lie ahead.

## *Something borrowed*

signifies borrowed happiness and the support of family and friends. The bride borrows something from a happily married couple, such as a veil, a piece of jewelry, or a unique accessory. The borrowed item is believed to bring the couple good luck, happiness, and a successful marriage, as it carries the positive energy of a loving union. *Something blue* because blue represents purity, fidelity, and love. The bride incorporates something blue into her attire



or accessories, such as a blue garter, ribbon, or gemstone. It serves as a reminder of the couple's commitment to loyalty and faithfulness.

A Scottish custom is a "*sixpence in the shoe*" (usually the left), is believed to bring prosperity and good luck to the marriage. It is the last line of the poem "Something old, Something new, Something borrowed, Something blue -And a silver sixpence in her shoe!" Another unique Scottish tradition is *the wedding scramble*. After the ceremony as the couple is leaving, a handful of coins are thrown to the children who then 'scramble' for them. It is believed to bring good fortune to the happy couple (and traditionally to the local kids, who would wait outside for just this occasion!) Another Scottish good luck token is *white heather*. Sprigs of this iconic Scottish flowering plant can be placed in bouquets, used in the table decorations or favors, or to create the boutonniere (traditionally worn by the men in the wedding party) and corsages, and can be a more discreet way of adding a Scottish flavor to the day.

Several important customs not usually found in American weddings are the use of bagpipes, the quaich ceremony and handfasting. A common sight and sound at many Scottish weddings, the skirl of the pipes as you follow the piper and are whisked from the ceremony and into dinner is a dramatic way to bring Scottish tradition into the wedding day. The playing of bagpipes is thought to bring good luck, and also to scare off evil spirits. The wedding party is piped into the reception and then groom '*pays the piper*' with a dram of whisky.

The *Quaich* is a traditional Scottish drinking cup that is





significant in Scottish wedding ceremonies. It is a symbol of trust, unity, and the sharing of a common cup in the spirit of togetherness. The Quaich is a shallow, two-handled cup, usually made of wood, pewter, or silver. Its design allows it to be quickly passed between individuals, emphasizing the act of sharing. The cup's two handles represent the hands of the couple coming together in partnership and support. The bride and groom drink out of it multiple times in the wedding ceremony and reception or dinner. The Quaich is a tangible symbol of unity, love, and hospitality in Scottish weddings. It embodies the spirit of sharing and coming together as a couple and as a community. By incorporating the Quaich into their wedding, young Scottish couples pay homage to their heritage and embrace the values of trust, connection, and togetherness that it represents.



A *Handfasting Ceremony* is a beautiful and ancient Celtic tradition that has become increasingly popular in Scottish weddings, particularly among young couples seeking to incorporate meaningful rituals into their special day. Handfasting involves binding the couple's hands with a ceremonial handfasting cord symbolizing their union, commitment, and the joining of their lives. The term "handfasting" refers to making a contract or a pledge by joining hands. A designated officiant or a loved one typically performs the handfasting ritual during the wedding ceremony. The couple's hands are gently clasped, and a length of tartan fabric or ribbon is wrapped around their hands, creating an intricate knot or pattern. This act represents their souls' binding and commitment to one another. Handfasting was also used in the past to "bind" couples until a formal wedding ceremony could occur.

Wedding attire has similarities and differences. In both America and Scotland, the bride usually wears a white dress. In Scotland, she often wears her clan sash and pin. In Scotland there has been a resurgence in men wearing kilts for weddings, but in America, a tuxedo is usually worn. October is also the month of most weddings in Scotland!



# Scottish Women from History You Should Know

from the ScotlandKiltCompany.US // compiled by SJ Anderson



## DR. ELSIE INGLIS

Elsie Inglis attended the Edinburgh School of Medicine for Women and went on to found her own medical college. Born in 1864, Inglis was a Scottish doctor, surgeon, teacher, and suffragist.

Elsie was a massive leader of the suffragist movement, meaning she believed in peaceful campaigning to extend the vote to women.

The greatest example of her fight against misogyny was in response to the First World War when she tried to set up a medical unit to operate for the allies and was famously told "My good lady, go home and sit still." Elsie ignored this advice and went on to operate tirelessly within France, Serbia, and Russia, starting up the project with £100 of her own money. She was at one point captured and sent home to Scotland but immediately returned straight back to the war. Elsie Inglis was the first woman to hold the Serbian Order of the White Eagle.

Shortly after her arrival back in the UK, she died of bowel cancer at just 53. Inglis's body lay in state at St Giles Cathedral in Edinburgh, and both British and Serbian royalty on 29 November attended her funeral there. The streets were lined with people as her coffin went through Edinburgh to be buried at the Dean Cemetery. Winston Churchill commented that her work would shine within history,



## FRANCES WRIGHT

Frances Wright, born in 1795, was a Scottish socialist and philosopher from Dundee, who traveled to America to abolish slavery and fought for the rights of slaves.

In the 1820s Wright was the first woman to ever speak publically about political and social issues. She would gather support for the emancipation of slaves, birth control, equal rights, and liberal divorce laws. Her views at that time were deemed by many (especially the press) as radical, but she was one of the most vocal activists of her time.

Some of Frances' most significant work was the Nashoba Commune she started in Tennessee, which was created as a community to demonstrate how to prepare slaves for eventual emancipation. Wright raised funds and recruited people. Among the first were the Englishman George Flower and his family, who had founded another settlement in Illinois. Wright could not raise sufficient monetary support and ended up using a good portion of her own fortune to buy land and slaves. She called it "Nashua," the Chickasaw word for wolf.

Wright died in 1852, and a plaque was installed in remembrance of her in Dundee, as well as an honorable induction into the National Women's Hall of Fame.

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(SJ note: June 19, 2024, we celebrate Juneteenth - Freedom finally came on June 19, 1865, when about 2,000 Union troops arrived in Galveston Bay, Texas. The army announced that the more than 250,000 enslaved black people in the state, were free by executive decree. This day came to be known as "Juneteenth," by the newly freed people in Texas.)

# Scottish Recipes of the Month

## LEMON CURD CUPCAKES

Contributed by Jeanie Nesbit



Notes: These cupcakes are light and fluffy and delightful on a warm day! If one is short on time, a box lemon cake mix will suffice, just add some fresh lemon zest. I also used a jar of lemon curd from the Farmers Market which worked just as splendidly. The meringue is the key!

### Ingredients

1 ¼ cups all-purpose flour  
1 cup sugar  
1 ½ tsp baking powder  
½ tsp salt  
½ cup milk  
1/4 cup (60ml) vegetable oil  
1 tsp vanilla extract  
2 tsp lemon zest  
1 large egg  
½ cup (120ml) water  
Lemon Curd  
6 tbsp fresh lemon juice  
1 tbsp finely grated lemon zest  
½ cup sugar  
6 large egg yolks  
4 tbsp unsalted butter

### Meringue Frosting

1 cup sugar  
½ tsp cream of tartar  
1 tsp vanilla extract

### Directions

Preheat the oven to 350°F and prepare a cupcake pan with liners.

Add the flour, sugar, baking powder and salt to a large mixer bowl and combine. Set aside.

Add the milk, vegetable oil, vanilla extract, lemon zest and egg to a medium sized bowl and combine.

Add the wet ingredients to the dry ingredients and beat until well combined.

Slowly add the water to the batter and mix on low speed until well combined. Scrape down the sides of the bowl as needed to make sure everything is well combined.

Fill the cupcake liners about half way and bake for 15-17 minutes, or until a toothpick comes out with a few moist crumbs.

Remove the cupcakes from the oven and allow to cool for 2 minutes, then remove to a cooling rack to finish cooling.



To make the lemon curd, combine all the ingredients in a double boiler (or in a metal bowl over a pot of simmering water). Heat while whisking constantly until mixture thickens and reaches 160 degrees or until it coats the back of a spoon.

Pour the lemon curd into a small bowl and cover with clear wrap pressed against the top of the curd to prevent a film from forming. Refrigerate until completely cool and firm, 3-4 hours.

When you are ready to build the cupcakes, make the meringue frosting. To make the meringue, combine the sugar, cream of tartar, vanilla extract and egg whites in a large mixer bowl. Place the bowl over a saucepan or pot of simmering water. You can also use a double boiler.

Whisk constantly until sugar is dissolved and egg whites are warm, to 160 degrees on a thermometer, about 4-6 minutes. Remove from heat.

Using the whisk attachment, beat the egg white mixture on low speed, gradually increasing to high, until stiff, glossy peaks form, 5 to 7 minutes.

To put the cupcakes together, use a cupcake corer (or a knife) to cut a hole in the center of the cupcakes.

Fill the center of the cupcake with lemon curd.

Frost the cupcakes with the meringue frosting. (I use Ateco tip 808).

Finish off the cupcakes with a slice of lemon, if you like, then toast with a kitchen torch.

Finish off the cupcakes with a slice of lemon, if you like, then toast lightly with a kitchen torch.

Refrigerate cupcakes until ready to serve..

# Regency Brownies

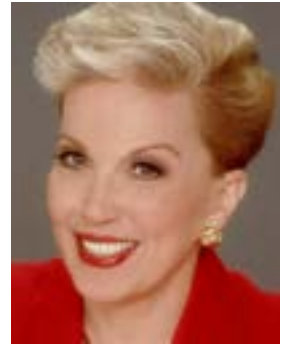
from Dear Abby

## INGREDIENTS

1 cup butter (2 sticks)  
4 ounces bittersweet chocolate  
2 cups sugar  
4 eggs  
1 cup all-purpose flour  
1 teaspoon salt  
2 cups chopped walnuts  
1 teaspoon vanilla

## Frosting

1 cup heavy cream  
8 ounces bittersweet chocolate, finely chopped



## DIRECTIONS

Preheat oven to 350 degrees.  
Line the bottom of an 18-by-12 baking pan with parchment paper and spray generously with butter-flavored cooking spray.  
In the top of a double boiler, over medium heat, melt butter and 4 ounces chocolate.  
In a large bowl, beat sugar and eggs until fluffy.  
Add flour and salt, mixing well.  
Add chocolate mixture, blending thoroughly. Stir in nuts and vanilla.  
Pour into prepared baking pan. (Batter should be about half-inch deep, not more.)  
Bake for 35 to 40 minutes, or until top is crisp and toothpick inserted in center comes out clean. Cool before frosting.  
For the frosting: Bring cream to a boil, stirring constantly.  
Place chopped chocolate in a medium bowl and pour boiling cream over the chocolate.  
Stir to blend well.  
Spread a thin layer of warm frosting over brownies in pan.  
When cool, cut into 2-inch squares.

# BLUEBERRY LEMON ICED TEA

contributed by Dr. Andrea Bowden

## INGREDIENTS

1 ½ cups fresh blueberries  
3 Tbs lemon juice (1 lemon)  
1 lemon or lime – sliced in rounds  
4 cups water  
6 tea bags (black, green or other)  
2 Tbs honey



## DIRECTIONS

Bring blueberries and lemon juice to boil in 1 cup water.  
Cook for 5 minutes and remove from heat. Reserve juice.  
Strain blueberries through fine mesh strainer- use pulp or for another recipe  
Boil 3 cups water and add tea bags. Steep for 5 minutes. Discard tea bags.  
Mix tea and blueberry juice, add honey.  
Chill for at least 1 hour before serving.