Preparing your own Peedie Kirk lunch

Guidance from Liz Ashworth and Phyllis Brown

A warm welcome awaits at the annual Peedie Kirk lunches. The hall is decorated with flowers, the tables laid with best china on bright tablecloths and vases of fresh herbs, and the scene is set with banners and paintings depicting atmospheric Orkney landscapes.

The lunches are supported by local food and drink producers and businesses.

It’s an opportunity to meet up with old friends and make new acquaintances, gathered round a table with the best of Orkney food.

Each day at 1 o’clock a toast is given to a notable Orcadian, after which all raise a glass to drink a toast in their honour, with a choice of Scapa Special ale or a soft drink.

This year the Peedie Kirk invites you to take part in a ‘virtual’ Peedie Kirk Lunch wherever you may be. Simply choose your favourite Orkney fare from their special menu, then follow our easy guide to create your own. Why not ask family and friends to lunch and join in the one o’clock toast with a glass in hand!
Ordering Orkney food direct is simple and the Orkney.com website has a direct link to producers.
Order bere meal direct from the Barony Mill. Jill (the miller) or Sue Tyrack will be pleased to help you. You can telephone the Mill on 01856 721439 or email enquiries@baronymill.com.
You can pick your own hamper from a selection of Orkney produce at Jolys of Orkney (tel. 01856 872417).
Scapa Special ale is made by Rob Hill at the Swanay Brewery at Birsay. Tel 01856 721700.

Menu

A selection of home-made soups served with Fresh local crusty bread and Orkney butter
A daily choice of Hot mince rolls or fresh morning rolls with Orkney butcher’s sausages
A buffet of fresh Orkney produce served on Orkney oatcakes, fresh local breads and bere meal bannock
Orkney cold meats
Hot smoked and cold smoked salmon, smoked mackerel, smoked mussels
Farmhouse cheese, Orkney cheddar
Locally produced chutneys and salads
Home-made smoked mackerel pâté and smoked salmon pâté
Vegetarian berrita
A selection of home bakes
Scones and pancakes with Orkney butter and home made jams
Cakes and tea breads
Tea, coffee and soft drinks

Planning in advance

This simple guide will help you pre-order and prepare your own Orkney Peedie lunch to enjoy while you join other revellers online via the Zoom link.

Cook and Freeze

Choose from our selection of recipes for soups, savouries, breads and home-baking. Prepare and freeze in advance to save time.

Practicalities

If you want to do it in style, you could even look out a china tea set, a bright table cloth and napkins. Remember tea pots and coffee pots and glasses for the toast!
If you have guests a small buffet table is helpful.

Lunch day

Set the tables.
Make a selection of topped oatcakes, breads and bannocks. Don’t forget the home-bakes!
Organise the ‘toast’ drinks
Prepare hot rolls if needed
Heat the soup
Prime the tea and coffee pots.

When all is ready log into your zoom call to join other Peedie Kirk Lunch visitors wherever they may be.

Serve lunch and enjoy great food and friendly chat.
Peedie Kirk lunch recipes

Home-made soups
Here are a few favourite Orkney recipes to try.

Lentil and bacon soup
Gently fry the bacon, carrot and onion till soft. Add the rest of ingredients and bring to the boil. Simmer for 1 hour. Blitz smooth, check seasoning and serve hot sprinkled with chopped parsley.

- 115g (4oz) chopped bacon
- 1 onion – peeled and chopped
- 2 carrots – peeled and chopped
- 2 sticks celery – chopped
- 200g (7oz) lentils
- 1 large can chopped tomatoes
- 900mls (1½ pints) chicken stock
- 2 teaspoons Worcester sauce
- 1 bay leaf
- Salt and black pepper

Orkney oatmeal soup
Put the vegetables in a pan with a little oil and stir over a medium heat till soft. Turn down the heat, add a little stock and put a lid on the pan to steam the vegetables for 5 minutes. Stir in the oatmeal and remaining stock then bring to the boil and simmer for 45 minutes. Stir in the milk and season to taste with salt and pepper. Reheat but do not boil. Add the parsley and serve.

- 1 onion – peeled and chopped
- Small piece turnip – peeled and chopped
- 2 sticks celery – peeled and chopped
- 1 leek – trimmed and chopped
- 1 carrot – peeled and chopped
- 30g (1oz) oatmeal
- 600mls (1pt) stock
- 300mls (½ pt) milk
- Salt and ground black pepper
- Chopped parsley to serve

Spicy parsnip soup
Melt butter with the oil and fry the onions and parsnips gently till soft. Add the spices and stir fry 1 minute. Add stock and bring to the boil. Reduce the heat and simmer 45 minutes. Turn off the heat, season to taste with salt and pepper then liquidise smooth. Pour back into the pan and add the cream. Reheat but do not boil, Adjust seasoning if needed and serve hot.

- 45g (1½ oz) butter
- 1 tablespoon sunflower oil
- 675g (1½ lb) parsnips – peeled and chopped
- 1 onion – peeled and chopped
- ½ teaspoon cumin
- ¼ teaspoon chilli powder
- 1 teaspoon ground coriander
- ½ teaspoon turmeric
- 1.2 litres (2pts) stock
- Salt and ground black pepper
- 150mls (¼ pt) cream

Chicken and sweetcorn soup
Cook the ginger and onions in the oil for 1 minute. Add the corn and heat. Pour in the stock and bring to a simmer. Add the chicken and stir allowing the broth to simmer gently – do not boil as it will toughen the chicken. Once the chicken has cooked through, season with salt and pepper and serve.

- 2 spring onions – chopped
- Small piece of grated root ginger
- 1 tablespoon sunflower oil
- Large can of creamed corn or 1 large can sweetcorn whizzed in the food processor.
- 500mls (16floz) chicken stock
- 1 chicken breast – chopped

Mrs. Kendall’s carrot soup
Adapted by Helen Muir from the Covent Garden Soup Book.

Cook all in a large soup pan till tender, about 45 minutes to 1 hour. Blitz smooth and season to taste. Serve hot with plenty chopped fresh parsley.

- 350g (12oz) carrots – peeled and chopped
- 175g (6oz) lentils
- 2 onions – peeled and chopped
- Black pepper
- Salt if needed
- 1.7 litres (3 pints) ham stock
### Tattie drottle
Melt the butter in a deep pan, add the potatoes, onion and celery and stir together. Reduce the heat to very low, cover the pan and leave to steam the vegetables for 5 minutes stirring occasionally to prevent sticking. Add the stock and stir together. Bring to the boil and reduce the heat to simmering, cover and cook 30 minutes. Use a potato masher to roughly mash the vegetables and add the milk. Bring to the boil and season to taste with salt and pepper adding a pinch of nutmeg if you have any. Serve hot with plenty of parsley and crusty bread.

### Home-made pâtes and savouries
- **Helen’s smoked mackerel pâté**
  - Easily made in a food processor or blender.
  - 175g (6oz) smoked Orkney Mackerel
  - 175g (6oz) cottage cheese
  - 30g (1oz) melted Orkney butter
  - Black pepper
  - Fresh lemon juice
  - Whiz all to a smooth consistency and use as required. Store in a sealed container in the fridge for up to 5 days.

- **Hot smoked salmon pâté**
  - Flake the fish into a bowl, add the cream cheese and lemon juice and mix roughly with a fork. Season with ground black pepper. Store chilled in an air-tight container for up to 5 days.
  - 175g (6oz) Orkney hot smoked salmon
  - 175g (6oz) cream cheese
  - 2 tablespoons fresh lemon juice
  - Ground black pepper

- **Potted smoked haddock, mackerel or salmon**
  - Melt 30g (1oz), add 115g (4oz) smoked fish and keep stirring to break up the flesh, add some thick cream, black pepper and a squeeze of lemon juice. Put into a dish and leave to set. Spread on oatcakes, toast or bere bannock and garnish with plenty of parsley.

### Carrot and parsnip soup
Put all the ingredients into a deep soup pan and bring to the boil. Reduce the heat, cover and simmer for 45 minutes to 1 hour till tender. Blitz smooth, adjust the seasoning to taste and serve sprinkled with chopped parsley.

- 225g (8oz) parsnips – peeled and chopped
- 225g (8oz) carrots – peeled and chopped
- 225g (8oz) onions – peeled and chopped
- 60g (2oz) – butter, margarine or oil
- 1.2 litres (2 pints) chicken or vegetable stock
- Salt and ground black pepper

### Potted cheese
A good way to use up small pieces of left over cheese. Grate the cheese allowing 115g (4oz) per 30g (1oz) butter and a little mustard. Beat all together and put into a dish to set. Delicious on oatcakes topped with tomato and or chutney.

### Serving suggestions on bread, bannock or oatcakes
- **Orkney hot smoked salmon**
  - Served with Orkney Isles Preserves chilli jam and natural yoghurt
Home made smoked mackerel pâté
Topped with chutney, tomato and a slice of lemon

Orkney smoked salmon slices
Served on cream cheese with chutney and parsley.

Orkney farmhouse cheese
Serve with salad and chutneys. A local favourite is bere bannock topped with farmhouse cheese and rhubarb and ginger jam!

Hot mince rolls
Easy to make and a great favourite and a great way to use up left-over mince. Choose some nice fresh crusty white morning rolls and warm them a little. Heat a pan of cooked mince. Split the rolls and carefully spoon mince into the roll, cover with the lid and enjoy hot. Delicious.

Bannocks and bread

Jack Muir’s oven-baked bere bannock
INGREDIENTS
- 350g (12oz) Orkney bere meal
- 115g (4oz) plain flour
- 1 teaspoon salt
- 1 level teaspoon cream of tartar
- 1 ½ teaspoons bicarbonate of soda
- 45g (1½ oz) butter
- 600mls (1pt) full cream milk
- 2 tablespoons natural yoghurt

Heat the oven to 200C (180C fan) 400F, Gas 6. Oil and line a deep baking tin 30cm (12in) x 23cm (9in) and sprinkle with bere meal. Sift the dry ingredients into a bowl, rub in the butter then mix with the milk and yoghurt to make a batter the consistency of thick cream.

Pour into the prepared tin and shake a little to even the mixture. Dust with bere meal. Bake in the hot oven for 15 to 17 minutes till risen and firm and the point of a skewer inserted in the middle comes out cleanly. Cool in the tin and complete cooling on a wire tray.

Baker’s tip
Bake the bannock in advance, cut into the required size and freeze to use as required.

Orkney beremeal bread

A rustic home-made bread
INGREDIENTS
- 350g (12oz) strong white flour
- 100g (3½ oz) medium ground beremeal
- 150g (1¾ oz) coarse ground beremeal or pinhead oatmeal
- 1 teaspoon sugar
- 1 packet instant yeast
- 380mls (scant 14 fl oz) warm water

The night before, mix the dry ingredients together in a deep bowl, then stir in the water to make an elastic dough. Cover with cling film and leave on the bottom shelf of the fridge overnight to slowly ferment. The following day, remove from the fridge and leave to come to room temperature for 30 minutes. Oil a large baking tray.

Turn onto a floured board and knead gently for a few minutes into a long thick sausage shape.

Divide in two. Take the flat blade of a sharp knife and cut along each shape to make three equal lengths of dough, keeping the dough attached at one end. Start at the attached end and pleat the dough ‘fingers.’ Damp the ends and tuck under to seal when you have completed the pleat. Lift onto the baking tray.

Prove in a warm place 20 minutes or till doubled in size.
Heat the oven to 230C (210C fan) 450F Gas 8. Sprinkle the top of the loaf with medium beremeal or oatmeal. Bake 15 minutes, then reduce the heat to 200C (180C fan) 400F, Gas 6, and bake till the bread is crust on top and sounds hollow when knocked on the base with the knuckles. Cool on a wire tray and enjoy freshly baked.

You can also make morning rolls. This quantity makes approximately 10 to 12 rolls which will take less time to prove and bake, approximately 10 minutes for each step. The bread freezes well for up to one month.