



CELTIC CHRISTMAS MUSIC SPOTLIGHT

The Christmas Goose
KATE RUSBY

A Christmas Jig
NATALIE MACMASTER

Carol Of The Bells
MOYA BRENNAN

The Christ Child's Lullaby
DOUGIE MACLEAN

Auld Lang Syne
JENNIFER LICKO

The Holly & The Ivy
JENNIFER LICKO

SPOTIFY PLAYLIST LINK



Christmas was Banned in Scotland

Christmas was not traditionally celebrated in Scotland because it was banned for nearly 400 years until the 1950's!

One of the Scottish Christmas traditions that was banned for so many years included the baking of Yule bread. During the ban, bakers were required to give the authorities the name of anyone requesting this holiday staple. A loaf of unleavened bread is baked for each individual in the family, and the person who finds a trinket in his or her loaf will have good luck all year.





Redding the House

A SCOTTISH TRADITION

This annual cleaning rids the home of bad luck from the previous year and encourages good luck in the new. Part of this custom may include burning juniper branches within the house until it fills with smoke, then opening all the windows to cast out spirits.

Make your own shortbread!

Enjoy our recipe for this simple, yet delicious, typically Scottish biscuit

Ingredients

- 1 4/5 cups plain flour
- 2/5 cup self-raising flour / flour with a raising agent mixed in
- 2/5 cup cornflour / cornstarch
- 1 cup butter
- 2/5 cup caster sugar / superfine sugar

Instructions:

1. Heat your oven to 175 °C / 347 °F
2. Cream together butter & caster sugar
3. Add sifted flours and mix with wooden spoon
4. Knead lightly together by hand till smooth
5. Divide into 2 and roll each into 15cm rounds, pinch round edge, cut into 10 triangles and prick with fork several times.
6. Place on greased trays and bake for approximately 45mins until golden.
7. If you like, dust with caster sugar when cool.

