



NTS/Rob McDougall

OLD & NEW TOWNS

The Architecture of Food

Visit Gladstone's Land in the Old Town and The Georgian House in the New Town, both run by the National Trust for Scotland, to see how cookery and dining changed with architecture over the centuries.

The kitchen in the seventeenth century merchant's apartment at Gladstone's Land has a cosy and domestic feel. Simple cookery was possible such as boiling meat, grilling fish, and baking things such as oatcakes on a girdle over the fire. Eating out in the many inns and taverns of the Old Town would have been commonplace.

A New Town building such as The Georgian House would have transformed how the middle classes dined. The grand kitchens here are capable of producing a dinner for many guests, allowing much more elaborate dishes and making private dining increasingly popular.

To find out more visit www.nts.org.uk

£1 off adult entry to the National Trust for Scotland's Gladstone's Land or Georgian House with this leaflet.



National Library of Scotland

'Wha'll buy frae me?'

For hundreds of years city residents bought their food at street markets, a tradition kept alive today by the Edinburgh Farmers' Market. The markets have left their mark in many of the names you can still see in the Old Town, in places such as Fishmarket and Fleshmarket Close. In the Grassmarket cattle were bought and sold, with fruit and vegetable stalls associated with the area around the Tron Kirk.

The High Street would also have resounded with the distinctive cries of street sellers, advertising everything from 'wall-cresses an' purpey', to 'green-kail and leeks, come buy in heaps'. The cries of the Newhaven fishwives were immortalised in the folk song *Caller Herrin*: 'Wha'll buy my caller herrin, They're bonnie fish and halesome farin'.

Today the award-winning Edinburgh Farmers' Market takes place on Castle Terrace under the spectacular backdrop of Edinburgh Castle. The market offers a huge variety of fresh local produce from over 50 specialist producers, and takes place every Saturday 9am – 2pm.

To find out more visit www.edinburghfarmersmarket.co.uk



Courtesy of Online

FRUITS OF THE SEA

Seafood has always been important in Edinburgh, and in the past oysters were particularly plentiful. The Firth of Forth was once famed for its oyster beds, which provided such a bountiful supply for the city that they were eaten as cheap snack food. If you look closely at many historic buildings in the Old Town you can still see oyster shells embedded in the walls, used by masons as a handy way of packing joints in the stonework.

In the 1700s there were even 'oyster cellars', a form of entertainment peculiar to Edinburgh. An English visitor once described the scene at one of these basement parties as, '...a large and brilliant company of both sexes', with a large table in the centre, 'covered with dishes full of oysters and pots of porter', all followed by a large bowl of punch and some wild dancing. The visitor found it odd to be 'regaling in a cellar', but was impressed at the cost – a mere two shillings a head.

Today visitors can still enjoy the best seafood at the award-winning Ondine Restaurant in the heart of Edinburgh's Old Town. The emphasis is on the freshest and most sustainable fish and shellfish which is celebrated with knowledgeable and satisfying cooking.

To find out more visit www.ondinerestaurant.co.uk



The *Practice* of Cookery

Edinburgh has a tradition of cookery schools stretching back to the Georgian period, which continues today with the Edinburgh New Town Cookery School.

In the 1750s Elizabeth Cleland set up a cookery school in her house in the Luckenbooths, which once stood next to St Giles' Cathedral. Following on was Susanna MacIver, who started her own school in Steven Law's Close near the Tron Kirk. In 1774 she too brought out a book of her recipes entitled *Cookery and Pastry*, which has the distinction today of including the first printed Scottish recipe for haggis.

These writers were followed in the Edwardian period by Miss Florence B. Jack, a passionate campaigner for women's rights and principal of the Edinburgh School for Cookery and Domestic Economy. She was a prolific writer, but perhaps her best known work is the *Good Housekeeping Cookery Book*, first written by her in 1925 and now regarded by many as the ultimate cooks bible.

The Edinburgh New Town Cookery School follows in this tradition. It is run by Fiona Burrell, co-author of *Leith's Baking Bible* and welcomes students of every ability. Spanning five floors of a traditional Georgian townhouse in Queen Street, the school features a fully equipped teaching kitchen and demonstration theatre.

To find out more visit www.entcs.co.uk



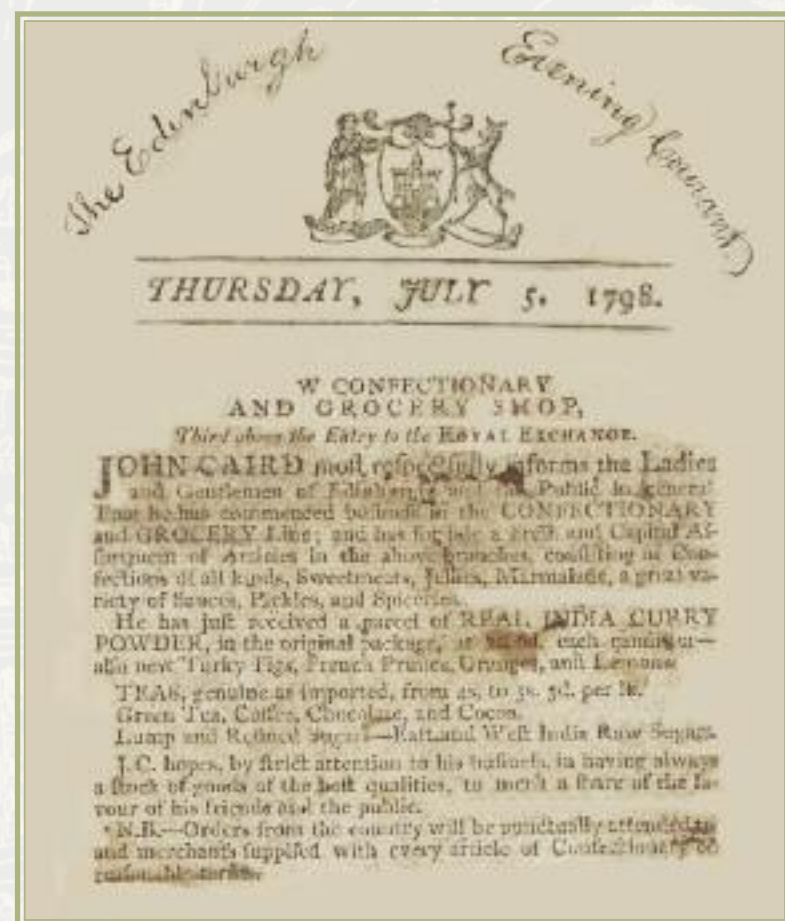
DINE IN *Historic Style*

Edinburgh's World Heritage Site has over 1,600 listed buildings, so there are many opportunities to eat in superb historic surroundings.

Cannonball House is a good example, a seventeenth century townhouse now operated as an award winning restaurant, cafe and ice cream parlour by Victor & Carina Contini. The building dates back to 1630, and look out for the initials of the original owners Alexander Mure and his wife Margaret Nillems, above one of the upper windows. The menu is designed around locally sourced produce from over 70 artisan suppliers. Produce from their own one acre kitchen garden features strongly on the menu.

The Contini's restaurant on George Street provides a contrasting setting in the Georgian New Town. It was designed in 1883 for the Bank of Scotland, in the flamboyant style of an Italian Renaissance palazzo. The bank's coat of arms can still be seen over the main entrance portico, and following the style of architecture, the restaurant specialises in classic Italian dishes with imports of produce from the markets around Italy arriving direct every week.

To find out more visit www.contini.com



National Library of Scotland

A Taste of the *Exotic*

The National Library of Scotland is Scotland's largest library and a leading centre for the study of Scotland and the Scots.

This fascinating snippet from the Library's archives show that the country's love of curry has a long history.

Scots returning from India brought back with them a taste for more exotic food, and the first recipes for curry appear in cookery books of this period.

www.nls.uk



Courtesy of Online

The Edinburgh Food Heritage Trail offers a new way to experience the city's World Heritage Site, revealing some of the hidden links between the city's unique built heritage and its food traditions.

Use this trail to explore the nooks and crannies of the Old and New Towns, discover the city's food history, experience Edinburgh's culinary traditions and dine in some of its historic locations. Find out more at www.ewht.org.uk/visit/edinburghfoodheritagetrail.

Competition

Answer the question below to enter our bi-monthly draw, and you could win a prize offered by one of the heritage attractions or venues on the trail. Send your answer to us at info@ewht.org.uk.

In the 1770s Mrs MacIver's cookery book included the first printed Scottish recipe for which famous dish?

Terms and conditions

Open to UK residents aged 16 years and over. No purchase necessary. Prize draws will take place on 29 June 2015, 31 August 2015, 26 October 2015, 14 December 2015 and 29 February 2016. Winners will be notified within seven days. The prize is non-negotiable and no cash alternative will be offered. No responsibility can be taken for any entries that are unable to be submitted due to internet connection issues, systems failure or anything else that prevents entries being received.

0131 220 7720 | info@ewht.org.uk | www.ewht.org.uk

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Edinburgh Food Heritage Trail



Explore Edinburgh's World Heritage Site and experience its food history



EDINBURGH WORLD HERITAGE



STOCKBRIDGE

Look out for the arched entrance to the old Stockbridge Market in St Stephen Street.



THE GEORGIAN HOUSE

The Georgian House in Charlotte Square highlights the grandeur of life in high society around 1800, with its elegantly furnished interiors and a fully equipped Georgian kitchen.
www.nts.org.uk



EDINBURGH CASTLE

In 1440, David's Tower was the scene of the 'Black Dinner', where the Earl of Douglas was murdered in front of the young King James II during a banquet. One of the highlights is the Great Hall, built by King James IV for state banquets like one staged in 1513 for the Irish chief Hugh O'Donnel of Tyrconnell.
www.edinburghcastle.gov.uk



Edinburgh New Town Cookery School

Follows in the city's long tradition of cookery schools, and offers something for every level of ability, from chefs to homemakers and students to food enthusiasts. www.entcs.co.uk

Welch's Fishmongers

This family-run business maintains the tradition of selling seafood in an old fishmarket dating back to the 1890s. Today a wide variety of fresh, diverse and quality sourced fish is available all year long.
www.welchfishmongers.co.uk



NEWHAVEN HARBOUR

Picturesque Newhaven Harbour was once home to a thriving fishing community, whose fishwives were a familiar sight in the Old and New Towns, selling the day's catch from wicker creels carried on their backs. Car parking is available off Newhaven Place, or take a Lothian Bus 11 or 16 from the city centre.

Contini's

Opened in 2004, serving award-winning classic Italian dishes in one of Edinburgh's beautiful former banking halls.
www.contini.com

The Gardener's Cottage

The Gardener's Cottage has breathed new life into a historic building dating back to 1837 in the leafy setting of Royal Terrace Gardens. With a focus on seasonal cooking and social dining, a 6 course set menu is served in the evenings on long communal dining tables.
www.thegardenerscottage.co



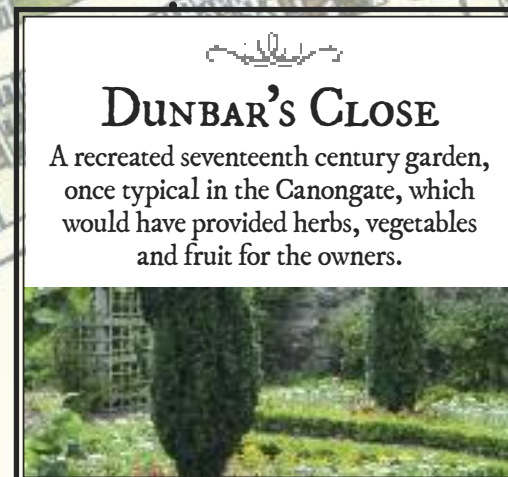
QUEEN MARY'S BATH HOUSE

This quirky building is actually a banqueting pavilion in what was once a private garden, a place to retire to with select guests and enjoy a dessert course.



The Fudge House

The Di Sotto family has been making luxury fudge in the heart of the Old Town for sixty years, with everything made by hand in the kitchens of their shop – a tenement dating back to the seventeenth century.
www.fudgehouse.co.uk



DUNBAR'S GLOSE

A recreated seventeenth century garden, once typical in the Canongate, which would have provided herbs, vegetables and fruit for the owners.



DEAN VILLAGE

Today a picturesque location on the banks of the Water of Leith, but once a bustling centre of the milling industry. Look out for the stone plaque marking the building of the Bakers' Guild, showing cakes and pies going into the oven on paddles.



Edinburgh Farmers' Market

Keeps alive the tradition of street markets in the Old Town, and offers a huge variety of fresh local produce from over 50 specialist producers.
www.edinburghfarmersmarket.co.uk



Cannonball House

A seventeenth century townhouse with stunning views. Taste Our Best Accredited restaurant, cafe and ice cream parlour, serving contemporary Scottish cooking inspired by buying direct from over 70 artisan Scottish suppliers, and the family's one acre kitchen garden.
www.contini.com

GLADSTONE'S LAND

This well-preserved Old Town tenement showcases high-rise living from the 1600s, at the time of wealthy merchant Thomas Gladstones.
www.nts.org.uk



GRASSMARKET

The Grassmarket has been a bustling market place since medieval times, with its inns and taverns for the drovers bringing their cattle for sale.



WEST BOW DOOCOTS

The oval holes on the top floors were intended for pigeons to nest, providing a source of food for the residents.

Ondine

A critically acclaimed seafood and shellfish restaurant, led by Edinburgh-born award winning chef Roy Brett.
www.ondinerestaurant.co.uk

PARLIAMENT HALL

This was the location for Edinburgh's most lavish dinner, the Lord Provost's banquet for King George IV on his visit in 1822. Over 300 people were entertained to an eight course meal served on gold and silver plate.

The National Library of Scotland

The National Library of Scotland is a treasure trove of information and a must-visit for all looking to learn more about Scotland and the Scots. Delve into the Library's archives to discover the history of Scotland's food and drink over the centuries.
www.nls.uk



PALACE OF HOLYROODHOUSE

The Royal Dining Room here was first used by Queen Victoria, and is still used today by Queen Elizabeth II. Also look out for the small supper room, where Mary Queen of Scots was dining with courtiers when her secretary David Rizzio was brutally murdered.
www.royalcollection.org.uk/visit/palace-of-holyroodhouse

Find out more at
www.ewht.org.uk/visit/edinburghfoodheritagetrail