

## FOOD AND DRINK

### Enjoy the Taste of Scotland

From family-friendly restaurants to fine dining, cosy and romantic pubs to quirky cafes - whatever your clients are looking for, they'll find it here. Scotland's unspoiled natural habitats, pristine waters and varied weather conditions are perfect for nurturing fresh fish, fruit and vegetables, first rate beef, lamb and game, and not forgetting, whisky. What's more, we've developed a nationwide Quality Assurance scheme to ensure your clients have the best possible dining experience. All quality-assured businesses are assessed not only on food, but also on ambience, cleanliness and service. Check out [www.eatScotland.com](http://www.eatScotland.com) to help you confidently recommend restaurants to your clients, and even help plan a gastronomic tour of Scotland.

### You can't visit Scotland without trying. . .

**Haggis** is made from sheep's 'pluck' (heart, liver and lungs) minced with onion, oatmeal and spices and is traditionally served with 'neeps and tatties' (Scots: yellow turnip and potatoes, boiled and mashed separately) and a 'dram' (i.e. a glass of Scotch whisky), especially as the main course of a Burns supper. It can also be eaten with other accompaniments, or served with a Whisky-based sauce.

**Arbroath Smokies** are prepared using traditional methods dating back to the late 1800s, involving salting and smoking the local Scottish fish, haddock. Having achieved a unique status (being named part of the EU's Protected Geographical Scheme), Arbroath Smokies are now Scotland's equivalent to Parma Ham!

**Islay Malt Whisky** is Scotch whisky made on the isle of Islay, the southernmost of the Inner Hebridean Islands located off the west coast of Scotland where there are eight active distilleries. The distilleries along the southeastern coast of the island, Laphroaig, Lagavulin, and Ardbeg, have the strong peaty character which is considered to be characteristic of the Islay malts, and is ascribed both to the water from which the whisky is made and to the peating levels of the barley.

**Speyside Malt Whiskies** are single malt Scotch whiskies, distilled in Strathspey, the area around the River Spey in Moray and Badenoch and Strathspey, in northeastern Scotland. It is home to approximately half of Scotland's malt whisky distilleries. This small area of land located to the north west of Aberdeen produces mellow, sweet, and particularly fruity, malty whiskies. Follow the world-famous Malt Whisky Trail through Speyside to seven working distilleries, including a fascinating cooperage and a historic distillery. [www.maltwhiskytrail.com](http://www.maltwhiskytrail.com)

**Scottish Seafood** is the best seafood in the UK. Travel around the coast of Scotland and you can sample the very best lobster, oysters, crab, mussels and prawns caught the very same day by local fishermen. The Scottish seafood trail takes you along the west coast to some of Scotland's best restaurants, famous for their world-class seafood. [www.theseafoodtrail.com](http://www.theseafoodtrail.com)

## Whisky, the Water of Life

Ask people what they associate most with Scotland and you'll probably get a variety of answers – tartan, golf and Robert Burns would certainly all be mentioned. But the most common answer is likely to be whisky.

Acknowledged as Scotland's national drink, whisky – in the Gaelic, *uisge beatha* (pronounced oosh-ga beh-huh), meaning 'water of life' – has been produced here for longer than anyone can remember. Something that began centuries ago as a way of using up rain-soaked barley after a wet harvest, the whisky industry has now grown into one of the country's biggest earners, bringing in hundreds of millions of pounds every year. If whisky is one of your clients' primary interests, then be sure to arrange a tour through a specialist in Scotland who can help you build a whisky itinerary or visitors can follow The Malt Whisky Trail in Speyside, [www.maltwhiskytrail.com](http://www.maltwhiskytrail.com).

## Food and Drink Festivals take place all year round in Scotland

### April

#### CELTIC FOOD AND DRINK FESTIVAL

Scottish Crannog Centre, Kenmore, Perthshire  
[www.crannog.co.uk](http://www.crannog.co.uk)

Visitors can discover Iron Age cooking at this unique venue. The festival's prehistoric cooking demonstrations include the spit roast, pit cooking, bread baking and other ancient techniques, local smoked meats, dairy products and tasty herb and meat dishes all washed down with authentic beverages.

### May

#### THE SPIRIT OF SPEYSIDE WHISKY FESTIVAL

Across Speyside, Aberdeenshire  
[www.spiritofspeyside.com](http://www.spiritofspeyside.com)

The Spirit of Speyside Whisky Festival is a unique celebration of whisky and the cultural heritage of Speyside. Many varied whisky-related events take place throughout the Speyside area, also known as Malt Whisky Country, including exclusive tours of distilleries not normally open to visitors.

The programme features whisky tastings, opportunities to meet the experts, matching food and whisky events, a local food fair, masterclasses and lectures, wildlife walks with whisky treats, arts and crafts, drama and comedy, mountainbiking tours, family fun days and many more entertaining events.

#### LOCH FYNE FOOD FAIR

By Loch Fyne Oyster Bar, Cairndow, Highlands  
[www.lochfyne.com](http://www.lochfyne.com)

A celebration of local food with a farmers' market and food stalls including producers such as Winston Churchill Venison, Isabella's Preserves, Gillies Fine Foods and Fyne Organics, alongside live music. Drinks are supplied by Fyne Ales plus specially selected wines from Europe and New Zealand.

## **ISLAY MALT AND MUSIC FESTIVAL**

Various venues, Islay

[www.theislayfestival.co.uk](http://www.theislayfestival.co.uk)

*Feis Ile* – the Islay Festival of Malt and Music – was founded by the local people of Islay in 1986 to celebrate the heritage and culture of Isle of Islay. Since 2000 Feis Ile has been run in conjunction with the distilleries of Islay and Jura and Port Ellen Maltings. Each distillery has its own open day, putting on special events. Islay has a wealth of musical talent which is very much in evidence at the ceilidhs, while mainland artists are also brought to the island for the festival week.

## **June**

### **TASTE OF EDINBURGH**

[www.tasteofedinburgh.co.uk](http://www.tasteofedinburgh.co.uk)

Taste of Edinburgh brings together some of Scotland's top restaurants and offers the opportunity to buy taster dishes of the best menus around. There are also cookery demonstrations from top chefs and a local producers' market.

## **August**

### **DUNDEE FLOWER AND FOOD FESTIVAL**

The Dundee Flower and Food Festival takes place over two days and offers the best in food, horticulture and live entertainment. As part of the Food and Drink programme, the Festival boasts a spectacular range of quality food products and celebrity cookery demonstrations as well as talks, lectures, and children's activities.

## **September**

### **FLAVOUR FORTNIGHT**

Dumfries & Galloway

[www.flavourfortnight.co.uk](http://www.flavourfortnight.co.uk)

Dumfries & Galloway has an abundance of artisan food and drink producers and Flavour Fortnight celebrates these culinary talents with over 90 events to suit all ages and tastes crammed into just over two weeks.

## **October**

### **BBC GOOD FOOD SHOW**

Glasgow

<http://glasgow.bbcgoodfoodshow.com>

The BBC Good Food Show Scotland is a celebration of the best of Scottish food and drink. Taste fresh regional produce, discover Scotland's rich food heritage and see live demonstrations from local culinary talent. Expect celebrity entertainment and top chefs performing demonstrations.

## **November**

### **SHETLAND FOOD FESTIVAL**

Shetland

The Shetland Food Festival celebrates the island's abundant natural larder from exceptional lamb and fine beef to fresh fish and shellfish and some more unusual specialities too. The programme changes each year but visitors can expect cookery demonstrations, a Producers' Market, special offers for local eateries and kids activities too.

## All year round

### FARMER'S MARKETS

[www.scottishfarmersmarkets.co.uk](http://www.scottishfarmersmarkets.co.uk)

Local growers and producers take personal pride in the food they bring to their Farmers' Market and want you to enjoy it. The emphasis is on freshness, quality and value for money. Buying locally means you can ask how the food is produced and grown and, at the same time, customer feedback is appreciated by the producer. You can also help to reduce food miles and help the local economy.

There are Farmers' Markets across Scotland taking place regularly throughout the year, run by farmers and producers themselves or by town centre management companies, local councils, community councils or private companies.

Many markets widen their appeal by including garden plants and handcrafts and by inviting producers from all parts of Scotland to attend their markets, giving customers real choice and a unique opportunity to see the variety of food produced in Scotland.

*Scotland.  
Welcome to our life.*

**Want to know more about Scotland?**

**Email: [info@visitscotland.com](mailto:info@visitscotland.com)**

**[www.visitscotland.com](http://www.visitscotland.com)**

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