

**Atholl Brose**

(original source: http://www.rampantscotland.com/recipes/blrecipe_brose.htm)

Ingredients¹:

3 heaping tbsp (~75 mL) oatmeal
2 tbsp (30 mL) honey (heather honey, if available)
Bottle of Scotch whiskey

Directions:

1. Mix the oatmeal with enough cold water to make a paste.
2. Let this sit for at least half an hour.
3. Strain the oatmeal through a fine sieve or cheesecloth, pressing out as much liquid as possible (it is the liquid you will be keeping).
4. Mix this liquid with the honey.
5. Pour the oatmeal/honey mix into an empty quart (1 L) bottle.
6. Fill the remainder of the bottle with whiskey.
7. Shake before serving.

This drink can be served right away, but the flavours will be better after a week or so. There are a number of recipes for Atholl Brose, including some using cream and/or egg whites. Quoting from the website mentioned above, “The brew is first recorded in 1475, when the Earl of Atholl² was attempting to capture Iain MacDonald, Lord of the Isles, who was leading a rebellion against the King. Hearing that MacDonald drank from a small well, the Earl ordered it to be filled with honey, whisky and oatmeal. MacDonald stayed sampling the concoction and was captured!”

¹Metric measures may be a little off.

²The Atholl area is in central Scotland.