

## The British Isles



# The British Isles Historic Society

Heritage, History, Traditions & Customs

## Scottish Hogmanay

Thursday, December 31st, 2020

To

Friday, January 1st, 2021



### Hogmanay

(Scots: [ˌhɔgməˈneː];

English: /ˌhɔgməˈneɪ/  
HOG-mə-NAY) is the Scots  
word for the last day of the  
year and is synonymous with  
the celebration of the New

Year (Gregorian calendar) in the Scottish manner. ...

The origins of Hogmanay are unclear, but it may be derived from Norse and Gaelic observances. The large Hogmanay celebrations, of the likes we see now, date back to pagan times many hundreds of years ago, when people used to mark the end of the harvest and the end of the year with a festival called Samhain. In the Scots language New Year's Eve has been widely known as Hogmanay since at least the 17th century.

Some sources suggest it could have been adopted since Mary, Queen of Scots' return to Scotland from France in 1561. It is thought to derive from the French word 'hoginane' meaning 'gala day'.

## “Haud Hogmanay”



### Why is Hogmanay so important to the Scots?

Although some of these traditions are ancient, Hogmanay celebrations were elevated in importance after the banning of Christmas in the 16th and 17th centuries. Under Oliver Cromwell, Parliament banned Christmas celebrations in 1647.

The ban was lifted after Cromwell's downfall in 1660. But in Scotland, the stricter Scottish Presbyterian Church had been discouraging Christmas celebrations - as having no basis in the Bible, from as early as 1583. After the Cromwellian ban was lifted elsewhere, Christmas festivities continued to be discouraged in Scotland.

In fact, Christmas remained a normal working day in Scotland until 1958 and Boxing Day did not become a National Holiday until much later.

<https://www.tripsavvy.com/hogmanay-traditions-in-scotland>





## Black Bun

A traditional Hogmanay delicacy is black bun. The black bun type of cake in its modern

usage dates from the early nineteenth century, previously called Scotch bun and Scotch Christmas bun. The term "black bun" was first recorded in 1898 and may have been a result of Robert Louis Stevenson referring to the cake as "a black substance inimical to life". The Scotch bun is what we know as black bun, the dense and rich fruit cake often used for the ritual of first-footing at Hogmanay.

The cake was originated as a Scottish King cake for use on Twelfth Night on 5 January – the eve of Epiphany, and the end of the Twelve Days of Christmas. It was introduced following the return of Mary, Queen of Scots from France, and the tradition was that a bean was hidden in the cake – whoever found it became the King for the evening. It has been recorded that Mary herself participated in such games, and in 1563 she dressed her childhood companion Mary Fleming in royal robes and jewelry after Fleming became Queen for the evening. This shocked the English Ambassador, who wrote "The Queen of the Bean was that day in a gown of cloth of silver, her head, her neck, her shoulders, the rest of her whole body, so beset with stones, that more in our whole jewel house was not to be found." Following the Scottish Reformation in 1560, the celebration of Christmas was outlawed in Scotland and the use of a King cake at that time ended.



## First-Footing

First-Footing is perhaps the most famous of Hogmanay traditions, harking back to Viking times.

First footing - the 'first foot' in the house after midnight is still very common in Scotland. To ensure good luck, a first footer should be a dark-haired man. Fair-haired first footers were not particularly welcome after the Viking invasions of ancient times. Traditional gifts include a lump of coal to lovingly place on the host's fire, along with shortbread, a black bun and whisky to toast to a Happy New Year. These days shortbread and whisky will suffice. Showing up empty handed is not only very rude but also bad luck!



## Saining

Saining is a Scots word for blessing, protecting, or consecrating.

Saining is the practice of blessing your house and livestock for the New Year. Saining has ties to water, smoke, and fire. On Hogmanay (NYD) in the Highlands of Scotland, folks would sain their homes and cattle with "holy" water early in the morning to begin the year in prosperity. This would include walking through their fields and sprinkling water atop each member of cattle or livestock on the property. Upon completion, they would move on to their homes with the water blessing.

Another act of saining is almost always done using a prayer or poetry and/or the sign of the cross. A now common way is to use the fire and smoke element. The traditional offering for a fire sain is Juniper or Yew and can be thrown on an existing fire place or smolder in a bowl.



## Black Bun

### Ingredients:

- 250g raisins
- 250g currants
- 75g unsalted butter

- 150g dark muscovado sugar
- 50g black treacle
- 1 tsp ground cinnamon
- 1 tsp ground allspice
- 1 tsp ground ginger
- 1/4 tsp ground nutmeg (freshly grated)
- 1 egg (optional, for glazing)

### For the Sponge Dough:

- 500g plain flour
- 7g sachet fast action yeast, or 15g fresh yeast
- 300g cold water
- 5g salt
- 50g castor sugar
- 150g cold unsalted butter

### Method:

First make the dough by rubbing the butter into the flour in a large baking bowl. Now mix in the yeast, salt and sugar. Stir in the water and mix with your hand to form a fairly smooth dough. You do not need to knead it. Cover with a damp cloth or cling film and leave to rest for 2 hours.

While the dough is fermenting you can weigh out the rest of the ingredients. In a sauce pan slowly melt the butter and sugar together. This mixture will look terrible and split to begin with but keep stirring and it will all come together eventually. Stir in the spices and leave to cool completely.

When the dough has rested remove 400g of the dough, keep this for the top and bottom layer.

In the mixing bowl incorporate the remaining dough with the sugar, butter and spice mixture with your hand. Again this takes a while to incorporate

but it comes together in the end. Now stir in the fruit.

Lightly grease your baking tin with a bit of butter or flavourless cooking oil.

Roll out the remaining dough on a lightly floured work surface. Roll it out to the depth of roughly half a centimetre. It needs to be big enough to cover the bottom and top. You can use the baking tin to cut out the right size.

Lay the bottom layer of dough in the tin. Pour in the fruit mixture and flatten this out. Now lay the top over and brush it with a beaten egg.

Bake in a 150°C oven for anything between 2 1/2 – 3 hours. This depends on the efficiency of your oven. A skewer should come out clean when the cake is ready. If the top is browning too much you can cover it with tin foil. Leave to cool completely before removing from the tin and slicing it.

<https://foodanddrink.scotsman.com/food/a-history-of-the-black-bun>



## Fire Ceremonies,

Fire plays a huge part in traditional Hogmanay customs.

For example, the annual Torchlight Procession sees

thousands of revellers take to the streets with blazing torches, or, in Stonehaven, people parade through the streets swinging balls of fire over their heads. These Scottish fire ceremonies go way back to before Christianity, with some saying the fireballs signify the sun and that they purify the world by warding off evil spirits! Scotland's Bonfires and Fire Festivals on Hogmanay and later in January may have pagan or Viking origins. The use of fire to purify and drive away evil spirits is an ancient idea. Fire is at the center of Hogmanay celebrations in Stonehaven, Comrie and Biggar and has recently become an element in Edinburgh's Hogmanay celebration.

<https://www.tripsavvy.com/hogmanay-traditions-in-scotland>



## Having a Massive Party

Scotland's world-famous and raucous New Year Celebrations stem from the fact that Christmas in

Scotland was banned after the Reformation in 1640. And so, Hogmanay became the biggest celebration of the year! To this day 75,000 people take to the streets of Edinburgh for our epic 6-hour Street Party.

<https://www.edinburghshogmanay.com/explore/view/a-guide-to-hogmanay-traditions>



## Ceilidh Dancing

Traditionally, the word ceilidh means simply 'gathering' or 'party' and was

historically another term for a social gathering in a community space, which often featured music, dancing and storytelling. Rooted in togetherness, these community events were particularly popular around Hogmanay. To this day you'll find traditional ceilidhs all over Scotland where people will gather and dance to traditional Scottish music.



## Singing Auld Lang Syne -

people cross hands and sing, or slur, Auld Lang Syne at New Years, but how many

actually know the words? Also, how many people know that you are only meant to cross arms on the last verse? A little known fact is that Scottish bard, Robert Burns wrote the song but he did not write the melody. He wrote the song with a different melody in mind. The one that became famous was first attached to the song in the late 1790s and Burns, who died in 1796, knew nothing about it. It is sung at midnight to bid farewell to the old year in Scotland and all over the world.



## St. Andrew's Presbyterian Church

The congregation's roots began with the British conquest of Quebec at the Plains of Abraham in 1759. Under the leadership

of Church of Scotland Chaplain Robert MacPherson and soldiers of the famous 78th Fraser Highlanders of James Wolfe's Army in 1759. A congregation evolved under his leadership, until his death in 1765. He was succeeded by another former Chaplain, George Henry.

With the 1763 Treaty, and the coming of merchants from Scotland and New England, the congregation soon assumed civilian status and was known as the Scotch Congregation - in connection with the Church of Scotland.

During the 1802 ministry of Alexander Spark, in response to a petition signed by 148 persons, the present Church site was granted by His Majesty George III, although it was not until 1807 that construction began.

The long-contemplated Church was dedicated on November 30, 1810, on St. Andrew's Day, and appropriately named after the apostle. The building remains virtually unchanged but for the addition of the Vestry in 1900.

The Governor's gallery formerly reserved for the Governor of Canada.

The wooden box pews, arranged in a semi-circle around the pulpit.

Official reproductions of Flags of the Fraser Highlanders.

The First Organ (Harmonium) used in Worship over 100 years ago.

The pipes and drums of the 78th Fraser Highlanders historical society, who rehearse in the church every Thursday night, carrying on a Scottish tradition.





## What do you eat on Hogmanay?

The festivities truly wouldn't be complete without a hefty serving of Scottish New Year scran, of course accompanied by a wee dram of whisky! So expect to find on the menu, a selection of the following:

**Black bun:** If you had to choose one dish that embodies Hogmanay, it would probably be black bun. It's essentially a fruit cake with a Scottish twist, baked with raisins, currants, almonds, citrus peel, allspice, ginger, cinnamon and black pepper.

**Haggis:** The trusty Scots staple and national dish, haggis is comprised of sheep's pluck (heart, liver and lungs), filled with a mixture of oats, suet and spices.

**Neeps and Tatties:** The perfect accompaniment to haggis, (neeps (parsnips) and tatties (potato)) complete the traditional Hogmanay meal.

**Cock-a-leekie soup:** Is Scottish to the core. Leeks, peppered chicken stock, and a small amount of rice creates a thick, hearty soup that's perfect for the cold winter evenings. Traditionalists may also add a handful of prunes to the recipe.

**Steak pie:** An old-fashioned favourite, steak pie is a dish commonly found in many households across Hogmanay.

**Shortbread:** Buttery, crumbly and sprinkled with a touch of sugar,

**Tipsy Laird:** Is a trifle with a Scottish flair – the flair being impressive amounts of whisky or Drambuie. A little softer than an English trifle, tipsy laird brims with booze, a delicious helping of custard, lots of fresh fruit and layers of fluffy whipped cream.

**Scottish Whisky:** Like all Scottish celebrations, Hogmanay festivities are accompanied by plenty of whisky, or uisge beatha (water of life). After all, what's a party without a wee dram?

**Cranachan:** Simple yet ever-popular, cranachan is one of the most traditional Scottish desserts, making it perfect for ringing in the New Year. This delight is formed through a perfect union of whipped cream, toasted oatmeal soaked overnight, honey, raspberries and, of course, the mandatory dose of whisky.



**Dundee** is the home of marmalade - a'bidy kens that! Janet Keiller made it first in her kitchen.

Janet's husband had a shipment of oranges in the harbour and she decided to preserve them by making a spreadable treat. It was so popular that the Keiller family began selling it from 1797. Some argue that though they did not invent marmalade, they were the first to mass produce and sell it commercially and that Scots were the first to eat it for breakfast.



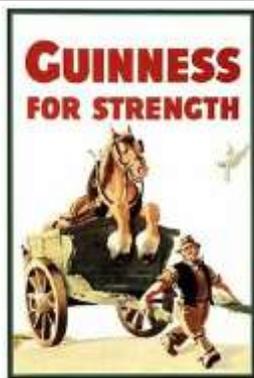
## Redding the House: Is

there a better feeling than welcoming in the New Year with your house and debts in order? The tradition of cleaning ashes from the fireplace at a time when coal fires were common has since evolved to include cleaning up debts and other unfinished business. Rather than a Spring clean, Scots have a New Year clean instead! Peace of heart, peace of mind.



## Loony Dook:

A more recent tradition, the Loony Dook started in 1986 as a novel way to find a Hogmanay hangover cure. The Loony Dook, is an annual event held on New Years' Day in which people dive into the freezing waters of the Firth of Forth at South Queensferry, often in fancy dress. The name "Loony Dook" is a combination of "Loony" and "Dook", a Scots term meaning "dip" or "bathe". Wikipedia



## West Vancouver, the British Properties

The British Properties is a residential area in West Vancouver, British Columbia, Canada. The municipality of West Vancouver agreed to sell 4,000 acres to a syndicate controlled by the Guinness Brewing Company.

The syndicate A.R. Guinness—Br. Pacific Properties developed the area as the Capilano Estates, but Vancouverites nicknamed it the British Properties. The development is credited with starting West Vancouver's slow transformation from a ferry-access only, resort-style beachside enclave into a leafy suburban community with roads, parks, and shopping centres. The development aided the design and construction of the Vancouver landmark, the Lions Gate Bridge, which opened in 1938 and was partly financed by Guinness money.

[https://en.wikipedia.org/wiki/British\\_Properties](https://en.wikipedia.org/wiki/British_Properties)



## Maids of Honour tart

is a traditional English baked tart consisting of a puff pastry shell filled with cheese curds. A variation is to add jam or

almonds and nutmeg. Traditionally the tart was a puff pastry filled with sweetened milk curds.



## The Chocolate Cream bar

created by Joseph Fry in 1866 is the oldest candy bar in the world. Although Fry was

the first to start pressing chocolate into bar molds in 1847, the Chocolate Cream was the first mass-produced and widely available candy bar. The bar features a flavored fondant center enrobed in plain chocolate.

photo source: [bytesdaily.blogspot.com](http://bytesdaily.blogspot.com)



## Faggots

are meatballs made from minced off-cuts and offal, especially pork (traditionally pig's heart, liver, and fatty belly meat or bacon)

together with herbs for flavouring and sometimes added bread crumbs. It is a traditional dish in the United Kingdom, especially South and Mid Wales and the English Midlands.

Faggots originated as a traditional cheap food consumed by ordinary country people in Western England, particularly west Wiltshire, and the West Midlands. Their popularity spread from there, especially to South Wales in the mid-nineteenth century, when many agricultural workers left the land to work in the rapidly expanding industry and mines of that area. Faggots are also known as "ducks" in Yorkshire, Lincolnshire, and Lancashire, often as "savory ducks". The first use of the term in print was in the Manchester Courier and Lancashire General Advertiser of Saturday 3 June 1843, a news report of a gluttonous man who ate twelve of them.

The first use of the term in print, as cited in the Oxford English Dictionary, dates from 1851, in a piece by Henry Mayhew in which he describes a dish identical to the modern product with chopped liver and lights in an outer wrapper of caul. This was in London.

[https://en.wikipedia.org/wiki/Faggot\\_\(food\)](https://en.wikipedia.org/wiki/Faggot_(food))



## John Napier

of Merchiston, nicknamed Marvellous Merchiston, was a Scottish landowner known as a mathematician, physicist, and astronomer. He was the 8th Laird of Merchiston. His Latinized name was Ioannes Neper.

John Napier is best known as the discoverer of logarithms.

[https://en.wikipedia.org/wiki/John\\_Napier](https://en.wikipedia.org/wiki/John_Napier)

## More Scottish Favourites



**Singing hinny** is a dish of griddle-cooked cakes with currants dispersed throughout them.



**Scottish breakfast, potato scone - or tattie scone,**



**Aberdeen butteries, butterie rowies, or simply rowies,** these small breakfast rolls are a popular choice for starting the day all over Scotland.

**Bannock** made from a mixture of different flours is known as mashlum or meslin bannock. This griddle-baked unleavened flatbread hails from the Highlands of Scotland.



**John Lawson Johnston** (1839–24 November 1900) was the creator of Bovril. He was born in 29 Main Street, Roslin, Midlothian. A memorial plaque is on the property and can be seen above the door. The plaque was put there by the Roslin Heritage Society.

Bovril is the trademarked name of a thick and salty meat extract paste similar to a yeast extract, developed in the 1870s by John Lawson Johnston. It is sold in a distinctive, bulbous jar, and also as cubes and granules. Bovril is owned and distributed by Unilever UK. It is similar in appearance to Marmite and Vegemite.



## Encyclopædia Britannica

The Britannica is the English language encyclopaedia that was in print for the longest time: it lasted 244 years. It was first published between 1768 and 1771 in the Scottish capital of Edinburgh, as three volumes.



## RICHARD HENRY

**ALEXANDER**, businessman; b. 26 March 1844 in Edinburgh, Scotland. R. H. Alexander's father, a wine merchant, brought his family to Toronto in 1855, and established himself in the same trade.

In 1887 Alexander had helped establish the Vancouver Board of Trade, and he later spent two years as its president. He served for a time after 1895 as the Peruvian consul in Vancouver and was the first president of the Vancouver Merchants' Exchange in 1914. He was involved in several lumber industry organizations, including the Pacific Coast Lumber Manufacturers' Association and the British Columbia Lumber and Shingle Manufacturers Association Limited. Around 1910 he was active in the Canadian Manufacturers' Association.

A social leader of the community, Alexander was a mason, a member of the Ancient Order United Workmen, and an organizer and founding member of the prestigious Vancouver Club. His avocation was sailing, and he was the commodore of the Royal Vancouver Yacht Club in 1906 and 1907. Politically conservative and an "ardent imperialist," he took part in the work of the Imperial Federation League. He died in Seattle in 1915 while visiting a son.



## The Turkish Delight

**chocolate** was first made in Cobh, County Cork, by the Hadji Bey company in the

1890s and has since moved to a production site in County Kildare, Ireland. Fry's Turkish Delight is a chocolate sweet made by Cadbury. It was launched in the UK in 1914 by the Bristol chocolate manufacturer J. S. Fry & Sons and consists of a rose-flavoured Turkish delight surrounded by milk chocolate. The Fry's identity remained in use after Fry & Sons merged with Cadbury in 1919.



## Robert Burns

Born: January 25, 1759, Alloway, Scotland

Died: July 21, 1796, Dumfries, Scotland

### Burns Night:

Known in medieval Celtic culture as a story teller, verse maker and composer, the word 'Bard' has become synonymous with the world's greatest poets. However, few are as celebrated as Scotland's own 'National Bard', Robert Burns, who we pay tribute to on 25 January each year.

The first Burns supper was held in 1801 and in the 200+ years since then new traditions have been added but the sentiment remains the same: to pay tribute to our national poet.



## Alexander Cumming FRSE

(sometimes referred to as Alexander Cummings; Born; 1731/2, Edinburgh, Scotland, UK, Died 8 March 1814 (aged 82) Pentonville, England

Known for Watchmaker, Clockmaker, First patent for a flush toilet (S-trap), Church organ designer, Inventor of the first accurate Barograph, Inventor of the microtome.

Alexander Cumming was a Scottish watchmaker and instrument inventor, who was the first to patent a design of the flush toilet in 1775, which had been pioneered by Sir John Harrington, but without solving the problem of foul smells. As well as improving the flush mechanism, Cummings included an S-trap (or bend) to retain water permanently within the waste pipe, thus preventing sewer gases from entering buildings. Most modern flush toilets still include a similar trap.

LAPHROAIG  
GUIDE TO THE ULTIMATE  
**BURNS NIGHT**

### THE MENU

It wouldn't be a true Burns Night without the traditional Scottish fare associated with the holiday. Here are three dishes to feast upon, along with a drink of choice: whisky, rock or Laphroaig to create a memorable Burns Night supper.

**Cock-a-leekie Soup**  
This rich soup is an old Scottish staple of herring, leeks and barley. It's a hearty and comforting dish, often served with a slice of bread and butter.

**Haggis**  
The star dish of the Burns Night supper, Haggis is a traditional Scottish sausage made with sheep's heart, lungs and liver, minced and mixed with oatmeal and spices. It's a hearty and comforting dish, often served with a slice of bread and butter.

**Neeps & Tatties**  
No Burns Night supper is complete without the traditional accompaniment, Neeps & Tatties. This is a simple but delicious dish of mashed potatoes and turnips, often served with a slice of butter and a dash of salt.

### THE TRADITIONS

Tradition, tradition, tradition is in the heart of any Burns Night celebration. Follow the below itinerary to ensure the most authentic Burns Night experience possible.

**Gather**  
Celebrate your new night, with a gathering and toast the haggis with whisky.

**Meal**  
The haggis is served to the table and the host makes an opening prayer, usually the haggis prayer below, as a way to begin.

**Piping of the Haggis**  
Crowned at the pipe, the haggis is then piped to the table in a solemn procession. A haggis piper is often hired to perform this tradition to ensure there is music to enjoy.

**Address to a Haggis**  
Robert Burns' "Address to a Haggis" is a humorous poem that celebrates the haggis as a source of food and comfort. The haggis is then roasted for the table to eat.

**Immortal Memory**  
The Chairman of the Dinner delivers the Immortal Memory of Burns to your invited and honorary contributors to the 200 and up of Burns Supper.

**Closing Remarks From The Chairman**  
When the evening comes to a close, the Chairman delivers the closing remarks, good cheer and high spirits. A closing toast is often made to the haggis, and a bowl of whisky is served to the table, clear and pure for a memorable evening.

**And Long Live**  
The traditional Burns Night supper concludes with the singing of "And Long Live" to the haggis, and the haggis is then piped to the table.

### THE COCKTAIL

Roll out the evening for the Burns Night supper with a cocktail. The first Burns cocktail was the "Black & White" by the Laphroaig Tam O' Shanter. This cocktail is a blend of Scotch whisky, lemon juice, and simple syrup. It's a simple but delicious drink that's perfect for the Burns Night supper.

**Tam O' Shanter**

**Ingredients**

- 2 1/2 oz Scotch Whisky (Black & White)
- 1 oz Fresh Lemon Juice
- 1 oz Simple Syrup
- 1 oz Soda Water

**Method**

Add all ingredients together in a shaker. Shake well. Strain into a glass. Garnish with a slice of lemon and a sprig of dill.

### THE SONG

Big old! There's naething to be had like a Burns Night supper, and the tradition comes to a close with the singing of "And Long Live" to the haggis.

**And Long Live**

Should we ever separate  
And never be brought again  
Should we ever separate  
And never be brought again

CHORUS  
We'll add long live to you,  
We'll add long live to you,  
We'll add long live to you,  
We'll add long live to you.

And long live to you,  
And long live to you,  
And long live to you,  
And long live to you.

### GET TO KNOW RABBIE BURNS

1. And it was Queen Victoria and Christopher Columbus, there are some stories globally honoring Robert Burns that are often non-religious again.

2. According to The Guinness Book of World Records, And Long Live is one of the three most popular songs in the English language.

3. Despite being Scotland's most famous bard, Robert Burns had a poor memory - he had just over 100 in his canon.



**BURNS NIGHT**

SOME HAE MEAT  
AND CANNA EAT,  
AND SOME WAD  
EAT THAT WANT IT;  
BUT WE HAE MEAT,  
AND WE CAN EAT,  
SAE LET THE  
LORD BE THANKIT.

1759 - 1796