

The Authors

This wonderful collection of recipes combining whisky and food is the result of Sheila and Graham's love of the countryside of Scotland and its hospitable people, the amazing wealth of its excellent produce and for the magnificent range of whiskies that have made Scotland famous.

Open this book and discover how just one wee dram of Scotch whisky can transform a good dish into one that is utterly sublime. Be astonished at the subtleties of flavour that can be achieved!

Even people who proclaim that they don't care for whisky will be converted to using it in their cooking. The dish frequently does not taste of whisky but of either the background notes or the scent (nose) notes of the individual whisky and this is what ultimately makes the dish so exciting.

You will find soups and sauces, meat, game, seafood and vegetarian dishes as well as salads, cakes, desserts and sweeties all given a greater depth of flavour thanks to the addition of a complementing whisky.

These recipes have been selected for ease of cooking and there are many helpful tips and suggestions. You will also find lots that can be prepared in advance making entertaining or family meals so much more enjoyable for the cook.

Each recipe has tasting notes for the chosen whisky and there is also a matching food and whisky guide so that you can get creative and experiment with your favourite recipes.

Sheila (Beatt) McConachie was born in Dundee, and originally trained as a nurse at Maryfield Hospital. She comes from a long line of master bakers and cooks and has had a passion for cooking since childhood which was encouraged by her mother who was an excellent cook. She has travelled extensively but is fiercely proud of her Scottish heritage and is now delighted to be living in the Highlands of Scotland with partner Graham.

Graham Harvey has always had a great love of food and cooking and started developing his knowledge of Scotch whiskies when he moved to Scotland in 1998. He had been an engineer in the Royal Air Force for 22 years and enjoyed the cuisines of many parts of the world, before, together with Sheila, joining the hospitality sector. They travel abroad every year to sample new dishes and draw inspiration for their modern Scottish culinary approach.

They have received much critical acclaim for their culinary art. They were awarded the title of the UK's Best Vegetarian Menu in 2001 and 2003, were Scottish Caterers of the Year in 2004 and in 2006 they were awarded a prestigious 2 Rosettes by The AA. In 2007 Graham was awarded the title Spirit of Speyside Chef of the Year.