

HSTR 371 – Summer 2023

Flavours of the Past: Scottish Food History

with Theresa Mackay

This course examines the foodways of Scotland in the long 19th century focussing on the coastal west Highlands and Islands. The roles of indigenous Gaelic-speaking people in traditional food practices will be investigated using a range of sources such as cookery books, folklore recipes, minister reports, travelers' diaries, and material culture, such as tools. Exploring how multi-generational households in western townships sustained themselves during times of bounty, famine, and land dispossession, we will consider the kitchen and rural landscape as a networked hub of coastal culture.



*Clan Fraser grave marker at Culloden Battlefield and Visitor Centre
Credit: VisitScotland / Kenny Lam*