

Atholl Brose has been famous since 1475 when the Duke of Atholl captured his enemy the Earl of Ross by filling a well where the Earl liked to drink with this magical potion. Ross (not surprisingly) drank deeply and was taken. As to what became of the rest of the well contents... because this took place in Scotland it seems very unlikely it was wasted!

3 tbs. oatmeal, heaped
Scotch whisky to make up 4 c. (2 pt.)
About 2 c. water
2 tbs. liquid heather honey

1. Put oatmeal into bowl; mix with water to create thick paste.
2. Let stand for 1/2 hour.
3. **In the next step, the aim is to save the liquid; not the oatmeal!**
4. Strain liquid through fine strainer into bowl.
5. Press with back of spoon to extract all liquid, throw away oatmeal.
6. Mix liquid with honey, stir with **silver** spoon until well-blended.
7. Pour into quart bottle; fill up with Scotch whisky, cork tightly.
8. Always shake before using.

Serves 4 - 6.