

A Taste of Scotland

In Scotland we have some of the best natural food to be found anywhere in the world. Our mountains, rivers, fertile lowlands and surrounding seas produce superb meat, fish, fruit and vegetables. A significant - and growing - number of farmers now use organic production methods, many are rediscovering rare breeds and unusual local varieties, and our wild resources are managed with skill and care for harmony and balance.

Food trails from Scotland By Design give you the opportunity to savour every meal as you visit wonderfully scenic parts of Scotland. These tours are for people who love to eat delicious fresh, locally caught, grown or handmade foods and who are interested in meeting the imaginative chefs, the makers and others involved in raising the standard of our national cuisine.

A typical 3-day food trail might include:-



- Visits to local food producers – artisan bakeries, cheese makers, smokehouses, beekeepers
- Tastings of rare malt whiskies, liqueurs, Scottish beers and wines (yes, really!)
- Cookery demonstration or lesson – perhaps with a “celebrity chef”
- Farm visits – Highland cattle, venison, organic lamb, wild boar, Aberdeen Angus
- Seasonal samplings - mushrooms, oysters, game, apple varieties
- Introduction to traditional Scottish specialities, such as tablet, clottie dumpling, bannocks, smokies, haggis, oatcakes, cullen skink

We stay in carefully selected small hotels and guest houses and we seek out eating places whose owners understand real food and who buy local, wild, free-range and organic.

The pace is leisurely, the scenery wonderful and the food is truly special.

Did you know....? A Few Foodie Facts

98% of Scotland's langoustine catch is sent directly to France and Spain

66% of the UK's 2,500 species of mushroom, including the chanterelle and penny bun, are found in Scotland's woodlands and grasslands.

Scottish producers account for over 90% of all the raspberries in the UK and a large proportion of strawberries.

Scotland produces over 300 brands of whisky and export over 40 million gallons per year!