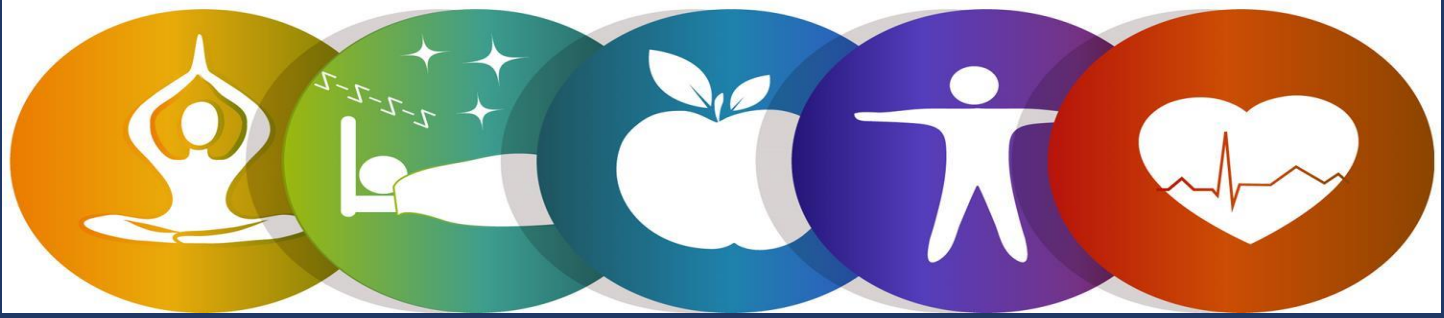


WELLNESS



THIS WEEK'S THEME: SCOTTISH TABLET



This treat is near and dear to my heart. I was born in Scotland and lived in a wee town called Lochgelly for the first 12 years of my life. One of my favourite memories of living in Scotland is remembering my Gran making tablet every year at Christmas time. It was something my cousins and I would drool over and of course, fight over who got to lick the spoon!!! Nobody made tablet like my Gran Mary. She said it was because she stirred the batter in a figure 8 and stood with her right leg bent in the crook of her left leg while stirring! – Who knows, but when I make it, you better believe I follow these instructions to the T!!! BUT truth be told, my tablet will never be as good as Grans!! Tablet is similar to fudge in texture, but with a medium-hard consistency. It is made from sugar,

milk, condensed milk, and butter, which are boiled to a soft-ball stage and allowed to crystallize. It has a sugary, grainy texture that melts in your mouth and is seriously addictive. **You will need:**

- 4.5 Cups of granulated white sugar (Yes, that much sugar!)
- 1 Cup of full-fat milk
- 1 tin of sweetened condensed milk (397g tin)
- 6 Tbsp butter

Although only 4 simple ingredients, Tablet takes a little skill to make!! **TIP – only use a wooden spoon and a BIG pot!!!**

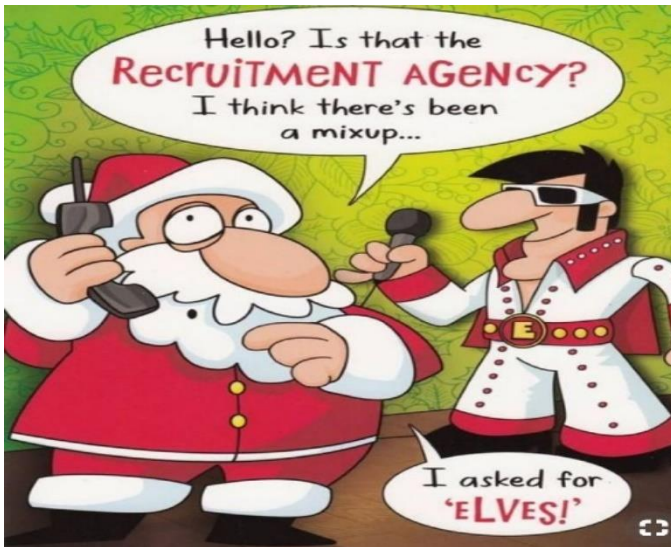
Add everything to a BIG pot (cannot stress this enough) and bring it all to a boil. This is a really important step because if you don't get the mixture hot enough, the Tablet won't set properly. You



need to have a big pot because as the tablet mixture rises with heat and comes to a boil it'll expand. Don't learn this the hard way, use a big pot! "Brisk simmer" for about 20 minutes which means not fully boiling but not on a low heat either.

- The mixture will reduce a little in the pan, and **you should keep stirring the whole time**. You certainly get a workout making Tablet!
- Once you've been simmering and constantly stirring for about 20 minutes, it will start to darken, and then you need to take it off the heat and beat it until it thickens up – again, quite a workout!
- Have ready, a lined baking tray or lasagna-type dish. The depth of your tray will depend on how thick you want the pieces to be when you cut them later.
- Pour your mixture into your tray. As you pour, the tablet will already start to harden. It won't necessarily fully spread over your whole tray but that just makes for some different-sized pieces around the edges!
- After it's been sitting about 20 minutes, use a knife and score the top with lines of where you'll cut later. This means you'll get neater pieces, as it can shatter if you just try and cut it without the lines. You should leave it to set further for at least 2-3 hours or overnight if you can keep people away from it for that long!

And that's how you make traditional Scottish Tablet at home! It sounds complicated but it's really not too bad. You just need to keep an eye on it and keep on stirring! Please let me know if you try it. I will be making this on the weekend!



- What do gingerbread men use when they break their legs? Candy canes.
- How did Scrooge win the soccer game? The Ghost of Christmas passed.
- What do you call a snowman party? A Snow Ball.
- Did you hear about the Winter ski trip? It started off fine but went downhill fast.
- Why do snowmen live at the North Pole? Because it's cool.
- Why shouldn't you trust snowmen? They're always up to snow good.
- What did the ocean say when Santa flew over? Nothing. It just waved.
- What do you call Santa when he's on a break? A Santa pause.
- Why does The Grinch enjoy gardening? He's got a green thumb.
- What's a sheep's favorite Christmas song? Fleece Navidad.
- Do snow globes ever get scared? No, but occasionally they get shaken.
- What did one Christmas tree say to the other? You need to lighten up.

LET THE BAKING WARS BEGIN.....

Gingerbread Creation Contest!!!

- PLEASE SEND ME IN A PHOTO OF YOUR LOVELY AND UNIQUE CREATIONS!!
- YOUR ENTRIES MAY BE SHARED IN A LATER NEWSLETTER
- DEADLINE: DECEMBER 19TH AND WINNER ANNOUNCED DECEMBER 20TH
- 3 GREAT PRIZES TO BE WON!!!!

PRIZES will be given FOR:

- **MOST CREATIVE**
- **MOST BEAUTIFUL**
- **MOST TRADITIONAL**

PHOTOS SENT TO:

dwhyte@sd79.bc.ca

**DOES NOT HAVE TO BE A
HOUSE!!!!**



Hul'q'umi'num Greetings - DECEMBER

Hul'q'umi'num greeting for this week:

Meli Klismus 'i 'lyus Xew's Sil'anum

Merry Christmas and Happy New Year



If you have an idea or a theme you would like to see incorporated into WELLNESS WEDNESDAY'S –
send me an email! dwhyte@sd79.bc.ca

....until next Wednesday....

Take care,

Donna Whyte

Donna Whyte
HR Health & Wellness Manager

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