

# Tablet or toffee?



(sent in by Suzanne McDonald)

A bite of tablet, washed down with a drink of water quickly followed by a strong urge to eat more. Scottish Tablet is addictively delicious! How many of you have just read this and thought, “Yes that is soooo true!”? Don’t know what I’m talking about? Then read on.

Tablet is a traditional Scottish sweet which dates back to the early 18th century. Also referred to in parts of the North East of Scotland as Swiss Milk Toffee, the traditional recipe used just sugar and cream. Modern recipes have substituted condensed milk and butter for the cream, as it has a tendency to burn when boiled, it is often flavoured with vanilla, whisky or nuts. Tablet is hard to describe to those who have never tried it. The texture is somewhat like a slightly grainy and crumbly fudge with a rich buttery, caramel taste.

Tablet is a traditional after dinner sweet and graces many a Scottish wedding or function as the finale to a special meal.

Making tablet is a tricky and fairly dangerous process. Boiling a huge pan of molten sugar at temperatures of well over 100°C is not the safest thing to do in your kitchen. If the sugar splashes you it will stick fast to your skin and give you very nasty burns and getting the consistency right requires you to beat the boiled mixture with gusto so that it sets properly. A work out in itself!



My memories of tablet mostly involve family get-togethers at Christmas when my Auntie Kathleen would make a huge batch and all the cousins would vie for the best position at the table to grab it first. It was also a staple that could be found on many a cake stall at local fairs during the summer months. My pocket money was often spent on a ‘wee baggie’.

Luckily for me, Auntie Kathleen taught me how to make her delicious toffee. (Yes, I’m from the North East!) She is known in our family as the Toffee Queen so popular her recipe is. She “crowned” me the Toffee Princess soon after I started making tablet for friends at Christmas time here in Dubai. She is very proud that I have kept the family tablet making tradition alive. Her encouragement inspired me to set up my company Toffee Princess so that Scots here in Dubai don’t have to miss out on a melt in the mouth taste of home.

Utterly indulgent and utterly delicious! Sugary, crumbly, buttery...mmmmmm...

You can even add dates to it!



*Suzanne runs Toffee Princess, a company specialising in Scottish Tablet filled favours and gifts for all special occasions. Caledonian Society Members are offered a 15% discount on orders for wedding favours, Christmas gifts and loose tablet. Please visit their website at [www.toffeepriincess.com](http://www.toffeepriincess.com) or contact Suzanne at [toffeepriincess@eim.ae](mailto:toffeepriincess@eim.ae)*