

Celebrity Chefs join Scottish Women's Institutes in cooking up a classic **Nick Nairn helps SWI celebrate 100 years with new cook book**

Scotland's best known chefs have joined forces with some of the nation's best home cooks and bakers in a new book that celebrates 100 years of Scottish Women's Institutes (SWI).

Nick Nairn, Tony Singh, Lady Claire Macdonald and Neil Forbes have contributed mouth-watering menus for the new SWI Cook Book. The celebrity chefs were keen to get behind the SWI, an organisation that has been at the heart of advancing cookery skills and talents among women in Scotland for the past 100 years.

Nick, who rose to fame after becoming the youngest Scottish chef to win a Michelin star and is familiar face from television, being a staunch supporter of Scottish produce and healthy eating, comments: "I'm very pleased to be supporting the Scottish Women's Institutes and to help celebrate their centenary. It's a great organisation, and although I know it offers a lot more to women in Scotland than a source of home-cooking recipes, I have to say, that's what I most associate with it.

"My great cause in life is to get more people cooking – starting with kids. If you know what you're putting into your body, you are in control and not reliant on big corporations who might not have your best interests at heart. I think bodies like the SWI help represent that spirit – a do-it-yourself attitude, and the idea that helping others is also a good use of your time. I wish the SWI many happy returns and plenty of good luck for the next 100 years!"

Packed with recipes and photos over 160 pages, the spiral bound cook book features starters and soups, fish, game, chicken, meat, pasta and vegetarian main courses, alongside desserts, pastries, baking and preserves.

There's delicious three course meal inspiration for dinner parties from SWI demonstrators and celebrity chefs. Taking account of changing tastes, trends and dietary needs, it includes recipes that are dairy free, gluten free and vegetarian.

The winning recipe from Aldi's national shortbread competition winner Heather Lithgow from Abbey St Bathans in Berwickshire is revealed inside the new cook book; Heather saw her traditional recipe turned into a product sold in Aldi's Scottish stores late last year.

SWI national chairman Christine Hutton is delighted that some of Scotland's best known chefs have joined SWI members from all parts of Scotland, including national judges and demonstrators, in contributing recipes.

“Each recipe has been tried, tested and found to be worth passing on and, just like earlier versions of our cook books, we’re sure this brand new edition will become something of a cookery bible, a go-to reference point for cooks and bakers seeking both guidance and inspiration.

“As well as classic baking recipes like empire biscuits, fruit loaf and scones, for which our members are renowned, global gourmet is well represented with dishes like Sri Lankan Lamb Curry, Moroccan Chicken and Bombe Mexicaine, a great pudding that you can prepare ahead.

“We’ve included time saving tips like how to make raspberry jam in the microwave and recipes that are dairy and gluten free. We’ve even included some liqueurs and punches so we really think this cook book has something for everyone.”

The SWI Cook Book costs £10, plus P&P, and can be purchased from the SWI online shop at

<https://shop.theswi.org.uk/products/new-the-swi-cookbook-featuring-celebrity-chefs>

The SWRI was formed in 1917 by East Lothian farmer’s wife Catherine Blair, who was active in the suffragette movement, and recognised a need for women living in rural areas to gain the benefits of education and training in home skills, family welfare and citizenship. The network spread across the country and there are currently 16,000 members attending 716 Institutes in 32 Federation areas. As well as cake decorating, embroidery techniques and floral art, meetings are just as likely to feature gin tasting, life drawing, upcycling and ukulele playing.

Throughout 2017, a range of events and gatherings are being held to mark the centenary. This will include the SWI’s own version of Tea in The Park – tea parties which will take place in each Federation area on Sunday, 2 July.

An exhibition in Edinburgh from 5-18 April will reflect the changing times of both the organisation and society through artefacts and handcrafts including vintage kitchenalia, handmade baby clothing, rural chinaware and rarely seen archive materials. Also taking place is ceremonial tree planting and garden party; and the creation of craft banners with squares contributed from every Federation area. An Eryngium sea holly plant has been cultivated and named after SWI founder Catherine Blair for the centenary year.

For more details of how to get involved in the SWI, visit www.theswi.org.uk or go to its Facebook pages at <https://www.facebook.com/ScottishWomensInstitutes>

Ends

Photo: The new cookbook from Scottish Women's Institutes
Nick Nairn is pleased to be supporting the SWI in its centenary year.

For more information, please contact:

Esther Green

Senior Account Executive

Tricker PR

O: 01224 646491

M: 07803 922297

E: egreen@trickerpr.com

Notes to Editors

Scottish Women's Institutes - The Scottish Women's Institutes (SWI) is one of the largest educational organisations for women in Scotland, with 716 branches spread across 32 Federation areas. The SWI is celebrating its centenary throughout 2017, with a range of events and gatherings to mark the SWI milestone including an exhibition in Edinburgh from 5-18 April open to the public and reflecting the changing times of the organisation and society through feature artefacts, handcrafts and archive materials including vintage kitchenalia, handmade baby clothing, rural chinaware and rarely seen archive materials.

Also planned is a ceremonial tree planting and tea parties which will take place in each of the 32 Federation areas at venues including village halls, a race course and a castle.

The organisation gives women of all ages the opportunity to learn new skills, build on existing ones and make new friends. Every Federation works to enhance local community life and constantly strives to preserve the quality of Scottish living.

The SWI was formed in 1917 as the Scottish Women's Rural Institutes with two main aims, to advance the education and training of those who live and work in the country, or are interested in country life, in home skills, family welfare and citizenship and to promote the preservation of Scotland's traditions and its rural heritage.

Scottish Women's Rural Institutes is a registered Scottish charity also known as the SWI Charity No SC011901.

www.theswi.org.uk