

# Porridge for Parkinson's



## **Sir Walter Scott on Porridge**

Everything tastes of porridge. However we may deceive ourselves, whatever castles in the air we may construct, the fact of home life will always intrude. Sir Walter Scott tells us of an insane man who thought the asylum his castle, the servants his own menials, the inmates his guests. "Although," said he, "I am provided with a first-rate cook and proper assistants, and although my table is regularly furnished with every delicacy of the season, yet so depraved is my palate that everything I eat tastes of porridge." His palate was less vitiated than his imagination.

*E. Cobham Brewer 1810–1897. Dictionary of Phrase and Fable. 1898*

# Porridge for Parkinson's



## **por·ridge**

Pronunciation: 'por-ij, 'pär-

Function: noun


Etymology: alteration of pottage

Date: circa 1643

: a soft food made by boiling meal of grains or legumes in milk or water until thick

- por·ridgy /-i-jE/ adjective

## Porridge for Parkinson's



### **Porridge Introduction:**

Porridge ... "Chief of Scotia's Food' as Rabbie Burns described it - accompanied by a bowl of creamy milk has sustained generations of hardy Scots at home and abroad. 'A *stautan poke fills the fu'est'* is a reminder that in the good old days, porridge was eaten standing up! Milk to accompany porridge was always served in a separate bowl and each spoonful of porridge was dunked in the milk bowl.

## Porridge for Parkinson's



### **Stirring the Porridge**

Some say porridge should only be stirred in a clock wise direction using the right hand so you don't evoke the 'Devil'.

The stirring is done with a straight wooden spoon /stick without a moulded or flat end and known is Scotland as a 'Sputtle' or 'Theevil'. Porridge should always be spoken of as 'they' and old custom states that it should be eaten standing up. A bone spoon should always be used for eating porridge.

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**Porridge by any other name**

Porridge has various names in the different parts of Scotland:

- 'lìte' /*leetch-yuh* Gaelic for porridge
- 'milgruel' in Shetland
- 'tartan-purry' is the thin porridge made with the liquor in which kale has been cooked.

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**Spurtle**

Scottish; wooden stick- ( often formed in the shape of a thistle ) traditionally used to stir porridge. Also known as theevil.

**"She makes that guid a porridge it's a job pullin the spurtle oot."**

(Translation: "She makes a porridge so exceedingly excellent that it is a difficult piece f work to pull the stirring stick out.")

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***bur·goo***

Pronunciation Key (búrg, br-g)

n. pl. bur·goos

Any of several thick stews, originally an oatmeal porridge; A spicy stew made of poultry, game, other meats, and vegetables, usually cooked outdoors. A picnic featuring such a stew.

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***Old Woman of Norwich.***

There was an Old Woman at Norwich,  
Who liv'd upon nothing but Porridge,  
Parading the Town,  
Made a cloak of her Gown;  
This thrifty Old Woman of Norwich.

Anonymous ca 1821

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***Devil's Porridge***

In 1915, Britain was losing the war through lack of ammunition..until 30,000 women and men came from all over the world to work in the massive factory on the Solway. The Devil's Porridge was the explosive paste which these workers fashioned into ammunition at HM Factory Gretna for the British troops and helped to turn the course of history.