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**East Lothian**
A LIVE, VIRTUAL TOUR TO EAST LOTHIAN, SCOTLAND, UK

APPLE JUICE
Famous Drinks

**SCOTTISH SPRING WATER**
Spring water is a widely-consumed one. There are many companies offering Scottish spring water, from still to sparkling, highland to hillside. While water isn’t the most exciting of drinks, it’s still a staple product and a good one to blend with or re-hydrate after a wee dram or three.

**IRN BRU (IRON BREW)**
The soft drink IRN BRU (iron brew) is orange in color, achingly sweet, and it ranks right up there with plaid, thistles and shortbread in the hearts and minds of Scots. It was first created in 1901 and competes with (and outsells) Coca Cola in Scotland.

**RED KOLA**
is a carbonated soft drink made from fruit extracts, and may include flavouring from the kola nut. Despite the name, it bears no resemblance to more traditional cola drinks in either flavour or appearance. It is bright red in colour and has a unique taste, significantly sharper than cola and with a strong fruit base.

Mix Your Own

**APPLE JUICE**

**INGREDIENTS:**
- 18 Apples
- 1 dash Angostura Bitters
- Cinnamon (optional)
- Sugar (optional)

**DIRECTIONS:**
- Start by washing and then coring the apple to remove seeds. Cut the apples into slices. There is no need to peel the apples.
- Add the apples to the pot and add enough water to just cover them. Too much water and you’ll have pretty diluted juice. This juice may come out a bit strong, but it’s a lot easier to dilute the juice with extra water rather than trying to make the flavor stronger.
- Slowly boil the apples for about 20-25 minutes or until the apples are quite soft. Place a coffee filter or piece of cheesecloth in your fine mesh strainer and place over a bowl.
- Lowly ladle the hot juice/apple mixture into a fine mesh strainer and gently mash the apples. The juice will be filtered through the bottom into your bowl while the apple mush will be left behind. Place the mush in a separate bowl for later. Repeat this process until all of your juice is in the bowl.
- Add a few ice cubes to a glass.
- Pour in the juice and add a dash or two of Angostura bitters on top, and serve.

East Lothian

**THE CITY**
East Lothian, in the Lowlands of Scotland is a region encompassing the southern and central parts of the country with Glasgow and Edinburgh. The area has a strong literary tradition, and is known for its whisky production. The history of the Lowlands is tied to the Scottish nation as a whole, with many events and figures in Scottish history hailing from the region.

Make Your Own

**Potato Scones (Tattie Scones)**

**INGREDIENTS:**
- 1 lb boiled Russet potatoes (peeled)
- 1/2 cup + 1 tbsp flour, sifted
- 1/4 stick butter softened
- 1/2 tsp Kosher or sea salt

**DIRECTIONS:**
1. If you have a ricer, rice the potatoes, if not, mash, ricing gives them more air.
2. Add butter and salt. Taste. Add more salt if needed. Mix in flour. It will come together into a dough. Turn out onto floured workspace, fold over ’til smooth.
3. Divide into 4 or 5 portions, form each into a ball. Roll one ball out to 1/4" thick, prick with a fork, cut into sixths. Repeat with the rest of the balls of dough.
4. Heat a pan or griddle to almost high heat. When hot, cook the scones until brown on each side. Place on a clean dish towel, then cover with the other half to cool.
5. To reheat, fry in the same pan as the morning bacon was fried in, for a Scottish breakfast.

THE TOUR
Join our live guided virtual tour of East Lothian. During our live experience, we will learn about the history and culture of this region as we explore the stunning coastline and countryside. During this tour we will learn as we traverse emerald fields, winding trails, and rugged cliffs dotted with medieval ruins and a quaint seaside village. This interactive 60-minute live tour showcases the natural beauty and rich history of Scotland's captivating east coast region.