

MODERN HAGGIS

Ingredients:

1 lb beef liver, finely minced
½ lb beef heart, finely minced
½ lb beef kidney, finely minced
½ cup beef suet, finely chopped
1 ¼ cups steel-cut oats, toasted
1 large onion, finely chopped
1 tsp ground black pepper
1 tsp ground coriander
½ tsp ground nutmeg
1 tsp ground allspice
1 ½ tsp salt
¾ cup beef stock .

Directions:

- Heat a dry skillet over medium heat. Toast the steel-cut oats until golden and aromatic. Let cool.
- Heat 1 tablespoon of suet in the skillet. Sauté the onion until softened and translucent. Let cool slightly.
- Finely mince or grind the beef liver, heart, and kidney. Remove any connective tissue or gristle for a smooth texture.
- In a large mixing bowl, combine:
 - Minced beef liver, heart, and kidney, Sautéed onion, Toasted oats, Suet, Spices (black pepper, coriander, nutmeg, allspice), Salt (1 ½ tsp).
- Gradually add the stock, mixing until the mixture holds together but isn't overly wet. Stop adding stock if the mixture becomes too loose, as the oats will absorb liquid during cooking.
- Soak the collagen sausage casings in warm water for 10 minutes to soften them.
- Rinse the casings thoroughly and check for weak spots or holes.
- Fit the casings onto a sausage stuffer or funnel.
- Carefully fill the casings with the haggis mixture, leaving some slack to prevent bursting during cooking.
- Twist into individual sausages, each weighing approximately 6 ounces (170g).
- Place each sausage into an individual vacuum-seal bag, ensuring the shape holds.
- Vacuum seal tightly, removing as much air as possible.
- Preheat your sous vide machine to 165°F (74°C).
- Submerge the sealed haggis sausages in the water bath. Cook for 3 hours to ensure even cooking and flavor melding.
- Remove the haggis sausages from their vacuum bags and pat them dry with paper towels.
- Heat a large skillet over medium-high heat with a small amount of suet or butter.
- Sauté each sausage for 1–2 minutes per side, or until golden brown and crisp