

TRADITIONAL HAGGIS

Ingredients:

1 sheep's stomach, thoroughly cleaned and soaked
1 sheep's pluck (heart, liver, lungs, and kidneys)
1 large onion, finely chopped
1 ½ cups steel-cut oats, toasted
½ cup beef suet, finely chopped
1 ½ tsp salt
1 tsp ground black pepper
1 tsp ground coriander
½ tsp ground nutmeg
½ tsp ground allspice
¾–1 cup stock (lamb or beef)

Directions:

- Wash the sheep's stomach thoroughly with warm water.
- Scrub it with salt and rinse multiple times.
- Soak it in cold salted water for several hours or overnight.
- Heat a dry skillet over medium heat. Toast the steel-cut oats until golden. Let cool.
- Finely mince or grind the heart, liver, lungs, and kidneys.
- Remove any connective tissue or gristle to ensure a smooth texture in the final dish.
- In a large mixing bowl, combine:
 - Minced heart, liver, lungs, and kidneys
 - Chopped onion
 - Toasted oats
 - Suet
 - Spices (salt, black pepper, coriander, nutmeg, allspice).
- 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.
- Spoon the haggis mixture into the sheep's stomach, filling it about two-thirds full to allow room for expansion.
- Sew the stomach shut using strong thread or kitchen twine.
- Bring a large pot of salted water to a boil, then reduce to a simmer.
- Submerge the stuffed stomach in the water, ensuring it's fully covered.
- Simmer for 3 hours, turning occasionally to ensure even cooking. Avoid boiling, as this may cause the stomach to burst.
- Carefully remove the haggis from the water and let it rest for 10 minutes.
- Cut open the stomach and serve the haggis hot alongside traditional tatties (mashed potatoes) and neeps (mashed turnips).