



Name of the recipe: Scottish Haggis

Contribution of: José Manuel Cerda

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His medieval work has been focused on medieval assemblies, the origin of parliament and the political and monarchical history of Great Britain, having published numerous articles, papers and books.

Make sure you have everything you need and place them on your kitchen counter. This is called “mise en place” (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something. Enjoy!



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Ingredients:

- 1 sheep's heart, lungs and liver (cleaned by a butcher), may add kidneys as well.
- 1 beef intestine (from your butcher)
- 3 cups finely chopped suet, you may replace by 1 cup pork lard at room temperature
- 1 cup medium ground oatmeal
- 1 medium onion, finely chopped
- 1 cup beef stock
- 1 tsp salt
- ½ tsp pepper
- 1 tsp nutmeg
- ½ tsp mace or replace by cloves

How to prepare:

1. Trim off any excess fat and tendons from all viscera, place in a large pan, cover with water and bring to the boil. Reduce the heat and simmer for an hour or until tender. Drain and cool.
2. Finely chop the meats and combine in a large bowl with the suet (or lard), oatmeal, finely chopped onions, beef stock, salt, pepper, nutmeg and mace (or cloves).
3. Make sure the ingredients are mixed well. Stuff the meat and spices mixture into the intestine which should be over half full.
4. Then press out the air and tie the open ends tightly with string. Make sure that you leave room for the mixture to expand or else it may burst while cooking. To avoid this, prick with a sharp needle to reduce the pressure.
5. Place in a pot and cover with water. Bring to the boil and immediately reduce the heat and simmer, covered, for three hours.
6. Avoid overboiling to avoid bursting the skin. Serve the interior mixture hot with mashed/creamed potato and turnips.
7. For added flavour, you can add some nutmeg to the potatoes and allspice to the turnips.
8. Pour a little whiskey over their haggis, you may like it with drambuie too, but not too much or the haggis will be cold.
9. At Burns Suppers, the haggis is traditionally piped in!!!