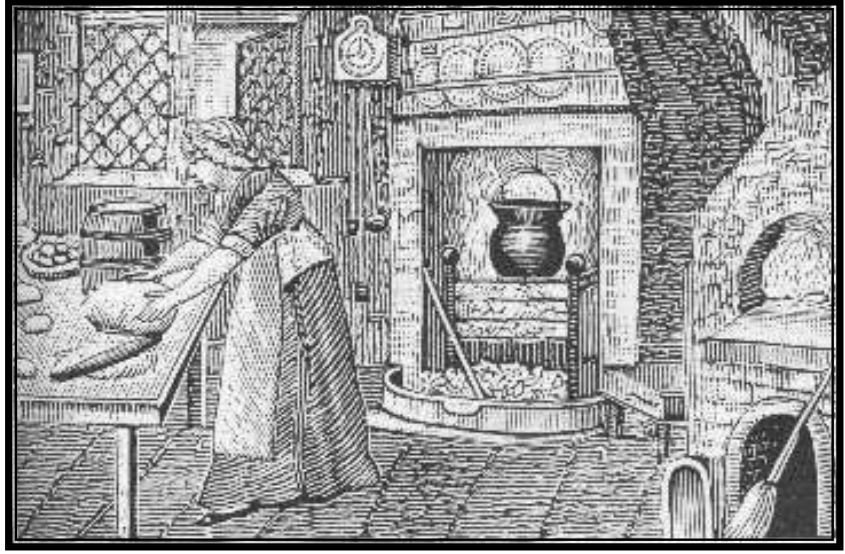




The Olde Scots Kitchen



Beef Haggis

Ingredients

1 lb beef heart
1 lb boneless beef brisket
1 lb boneless lamb shoulder
1 large, onion chopped
Water or beef stock, as required
1 lb beef liver
3 cups pinhead oatmeal or rolled oats
1 cup beef suet
2 tbs. salt
1 tbs. black pepper
Pinch cayenne pepper
Cow's bladder, sheep's stomach or pudding basin (bowl)

Method

Chop coarsely heart, brisket, lamb and onion. Put in large saucepan, cover with water/stock. Bring to a boil and simmer 30 minutes. Add coarsely chopped liver and simmer a further 30 minutes. Pour off cooking liquid and reserve. Chop cooked meat finely and in a bowl mix in, one at a time, oatmeal, suet, salt, pepper and cayenne. Pour in reserved liquid until firm and moist. Spoon mixture into bladder and secure ends with string. Place in top half of a steamer and steam over simmering water for 1½ hours. (If no bladder/stomach is available put into an ovenproof bowl, cover with foil or waxed paper (tied on) and steam as above.)

To reheat for serving, wrap in foil to protect skin, place in a saucepan, cover with water and simmer for ½ hour per pound. (If bowl was used to steam it, put it back into a pan of water and simmer for same time). To serve, cut skin and spoon out. May also be served battered and fried.

This is traditionally served as an accompaniment to other meats on a festive occasion, e.g., Robbie Burns' Birthday. It may also be eaten as a dessert by pouring a few ounces of Drambuie over it.