



# The Olde Scots Kitchen



## Traditional Haggis

### Ingredients

1 sheep's stomach, thoroughly cleaned;  
The liver, heart, and lights (lungs) of the sheep;  
500kg (1 lb) beef suet;  
2 large onions;  
2 tablespoons of salt;  
1 teaspoon of freshly ground black pepper;  
½ teaspoon of Cayenne or red pepper;  
½ teaspoon of allspice;  
1kg (2 lb) dry oatmeal (the old-fashioned, slow-cooking kind);  
2-3 cups broth (in which the liver, heart and lights were cooked).

### Directions

You need: a bottling kettle or a large spaghetti pot, 18 to 25 litre (16 to 20 quart size) with a well fitting lid; a meat mincer; cheesecloth or clean tea towel.

To clean the paunch, turn it shaggy side out and rub it in a sink full of cold water. Change the water and repeat as many times as necessary, until the water stays almost clear and handling the paunch does not produce much sediment after the water drains out of the sink. Soak it in strong brine overnight and rinse again in cold water in the morning.

If the butcher has not already cut apart and trimmed the heart, liver and lungs, do that first. Cut the lungs off the windpipe, cut the heart off the large blood vessels and cut it open to rinse it, so that it can cook more quickly. Free the liver from the rest. Put the lot into a 5 litre (4-quart) pot with 2 to 3 cups water, bring to the boil, and simmer for about 1½ hours. Let it all cool keeping the broth.

Run the liver and heart through the mincer. Take the lungs and cut away as much of the gristly part as you can, then run them through the mincer. Next, mince the raw beef suet. As you finish mincing each thing, put it in the big kettle. Peel, slice and chop the onions and add them to the meat in the kettle. Add the salt and spices and mix.

Whilst it is customary to toast the oatmeal or brown it very lightly in the oven or in a heavy bottomed pan on top of the stove, this is not necessary. Thoroughly mix the oatmeal with the other ingredients in the kettle, add the 2 cups of the broth left from boiling the meat. When you take a handful, it should stick together. If it does, do not add the third cup of broth. If it is still crumbly and will not hold together very well, add the rest of the broth a little at a time and mix thoroughly until the right consistency has been achieved. Have the stomach smooth side out and stuff it with the mixture, about three-quarters full. Sew up the openings. Wrap it in cheesecloth, so that when it is cooked you can handle it.

Wash out the kettle and fill it with 9 litres (2 gallons) of water and bring it to the boil. Turn down the heat, put in the haggis and prick it all over with a skewer so that it does not burst. Do this a couple of times at the beginning of the cooking cycle. **GENTLY** simmer the haggis for about 4 or 5 hours.

If you do not have any cheesecloth to wrap the haggis in, when the haggis is cooked, work a tea towel under with kitchen spoons to make a sling with which you can lift out the haggis in one piece. Wear lined rubber gloves to protect your hands from the hot water while you lift it out with the wet cloth. (Put the tea towel in the pot only after the haggis is done; do not cook the towel with the haggis as you would the cheesecloth).