

Haggis

Ingredients:

1 sheep's stomach bag
1 sheep's pluck - liver, lungs and heart
3 onions
250g beef Suet
150g oatmeal
salt and black pepper
a pinch of cayenne
150mls of stock/gravy

Method:

1. Clean the stomach bag thoroughly and soak overnight. In the morning turn it inside out.
1. Wash the pluck and boil for 1.5 hours, ensuring the windpipe hangs over the pot allowing drainage of the impurities.
2. Mince the heart and lungs and grate half the liver.
3. Chop up the onions and suet.
4. Warm the oatmeal in the oven.
5. Mix all the above together and season with the salt and pepper. Then add the cayenne.
6. Pour over enough of the pluck boiled water to make the mixture watery.
7. Fill the bag with the mixture until it's half full.
8. Press out the air and sew the bag up.
9. Boil for 3 hours (you may need to prick the bag with a needle if it looks like blowing up!) without the lid on.
10. Serve with neeps and tatties.

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