

“Easy Haggis”

An easy recipe for authentic tasting haggis

Ingredients:

¼ lb	Lamb heart and liver	No lamb ? Beef works, too. No heart? Use just liver.
¼ lb	Ground Lamb	Can mix or replace with beef for a more “American” taste.
¼ lb	White onion	
¼ lb	Steel cut oats	Look in the health-food section for this!
¼ lb	Suet	No suet? Ask the butcher for trimmed beef fat, it’s often free!
1 tsp	Salt	
1 tsp	Ground white pepper	
1/8 – 1/2 tsp	Ground cayenne pepper	Be careful here, cayenne is very variable. Fresh cayenne (100,000 H.U.) can be plenty hot at 1/8 tsp!
½ tsp	Rubbed sage	
½ tsp	Savory	This is a mix of spices, but is often available by this name
½ tsp	Coriander seed powder	
½ tsp	Thyme	

Directions:

For a less “organy” taste, rinse the organ meat with water, then soak it in milk for 2 hrs in the refrigerator, then drain off the milk and rinse the organ meat again. Cook the organ meat and lamb. Traditionally this is done by boiling, but microwaving works just fine, too. Cook thoroughly but without browning, and drain off the juices. Ideally, you should end up with about ¼ lb of total meat (i.e., each should lose about half their weight once cooked and drained).

Divide the oats in half. Lightly toast one-half the oats. This can be done in a non-stick or lightly oiled pan over low heat. Toast until golden.

Finely chop the meats, onion and suet in a food processor. The suet may form a sort of waxy purée – that’s ok!

Mix all the ingredients in a bowl (a fork works well for this, as do fingers!) until well blended. Note the amounts listed are for fresh spices. If your spices are old and dry, you may want to add a little more. Cayenne is especially variable – be careful with it! You may also want to vary the spices somewhat – even in Scotland, haggis varies substantially in how it is spiced. Make it your own!

Place the mixture in a zip-lock microwavable steaming bag, squeezing out as much air as possible. Make sure there’s adequate room for expansion (both of the air and the oats).

Bring a pot of water to a boil, then place the bag containing the haggis in the pot and reduce to a simmer. Simmer covered for three hours.

Serve hot (serves 4-5). For an authentic setting, serve along with mashed potatoes (“tatties”) and mashed turnips (“neeps”).

Haggis can be refrigerated or frozen and reheated in the bag by simmering, steaming or microwaving. It’s also great fried up in a skillet (no oil needed).