

HAGGIS

*1 Sheep's pluck (heart,
lungs, liver) and bag.*

*2 teacupsful toasted
oatmeal*

1 teaspoonful salt.

8 oz. Shredded suet

2 small onions

*½ teaspoonful black
pepper*

Method

1. Scrape and clean bag in cold then warm water, soak in salt water overnight.
2. Wash pluck then boil for two hours with windpipe draining over the side of pot. Retain 1 pint of stock.
3. Cut off windpipe, remove surplus gristle, chop or mince heart and lungs, grate best part of liver (about half only).
4. Parboil and chop onions, mix all together with oatmeal, suet, salt, pepper and stock to moisten.
5. Pack the mixture into bag, allowing for swelling. Boil for three hours, pricking regularly all over.
6. If bag not available, steam in greased basin covered by greaseproof paper and cloth for four to five hours.

