

Haggis Recipe
From John MacLean

As had been used by the St. Andrew's Society of RI
www.sasri.co

Ingredients:

Shoulder Clod (Beef Shoulder)	2 lbs. = 4 cups
Beef Heart	2 lbs. = 4 cups
Beef Liver	1.5 lbs. = 3 cups
Beef Suet (Beef Fat)	1 lb. = 1 cup
Steel Cut Oatmeal (Pin Head)	2 cups
Quick Cook Oatmeal	2 cups
Dried Chopped Onions	1 cup
White Pepper	2 tsps
Nutmeg	2 tsps
Mace	2 tsps
Coriander	2 tsps
Black Pepper	½ tsp
Salt	1.5 Tbsps
MSG	½ tsp

A length of cooking twine

Casings (i.e. Beef Caps)

For the above, buy 3. They are around 24 inches in length.

Mass Importing
255 Main Street
Medford, MA. 02155
781-395-1210 (ask for Rick)

Note: When serving tables of 8-10 persons, there should be one 1.5 – 2lb haggis per table.

Step 1: Preparing the Casing

- a. The casings have been salt cured. Place the casings in a container of warm water for a minimum of 1 hour of soaking.
- b. While they are soaking further preparation steps 2-5 may be undertaken.

- c. When at least an hour has passed, remove the casings from the water and run under tap to rinse. Then, without forcing, open the end and slowly fill the casing with warm water. This will rinse out interior salt and stretch it out and expand it naturally.

Step 2: Toasting the Oats

While the casings soak, place the oats on a baking sheet in a 350 degree oven and very lightly toast the oats to remove moisture.

Step 3: Cooking the Meats

- a. Trim from Heart: fat, large vessels and Silver
- b. Trim from Shoulder Meat: Gristle and heavy fat
- c. In three separate pans, place the liver, shoulder meat and heart and cover with water. Bring them to boil and then lower to a simmer. Simmer until they are just cooked. Remove the three from the broth to cool and then combine the three liquids into one pan. This broth will be used to moisten the haggis mixture.

Step 4:

Combine all of the dry ingredients in a bowl large enough to contain *all of the ingredients*.

Step 5:

When cool enough to handle, grind all of the meats and suet. Add to the bowl and mix by hand, adding broth a bit at a time until it is of a moist consistency and yet holds its own shape. Divide the mixture into 1.5 or 2 pound piles.

Step 6: Filling the Casings by hand*

- a. This is a two-person process. One person holds open the casing whilst the other rolls the mixture into egg-sized balls and drop them in.
- b. Lightly squeeze them to the bottom of the casing which is naturally closed.
- c. Once packed down, lay the casing on the counter.
- d. Leave an empty space in the casing the size of a fist to the right of the haggis mixture for expansion, and tie off in a square knot that will not slip or come undone in the cooking.
- e. Next, from that knot, measure the distance of three or four fingers and tie the next knot. (The center of the space between this knot and the previous knot is where the casing will be cut.)
- f. Repeat Step 6, A through E.

*The video shows filling the haggis with a stuffing machine. If you use this method, increase the amount of haggis mixture show in Step 5 by 8 oz. as that amount of haggis will remain in the machine.

Step 7: Cooking the Haggis

- a. Separate the haggis by cutting the casing in the appropriate places between the knots.
- b. With an implement the size of a knitting needle point, place a couple of punctures in the casing to allow the air to escape as the haggis expands while cooking.
- c. Prepare a pot of boiling water. Gently lower the haggis into the water and, when the water again begins to boil, lower heat source to a simmer and cook for 30 minutes. Remove from pot.
- d. If you are going to freeze the haggis, wrap them in foil once they have cooled and place in freezer.

How to Reheat:

If not frozen, heat a pot of water to a boil, lower heat source to a simmer and place haggis in the water for 20 minutes.

For frozen haggis, place haggis in a pot of cold water and bring to a boil. Then lower heat source to a simmer for 15 to 20 minutes.