



How To: Haggis

Use our own organic lamb liver and heart to create the Burns Night classic

Serves: 4

Prepare: 1 Hour

Cook: 4 Hours

Difficulty: medium

Ingredients

- 1 ox bung, soaked for 4 hours
- 1.5kg lamb's pluck ([heart](#), lungs and [liver](#) - tongue and stomach also works)
- 3 medium onions, minced or very finely diced
- 225g [suet](#)
- 500g dry oats
- 2tbsp freshly ground pepper
- 4tsp freshly ground coriander
- 4tsp salt

Method

1. Rinse the pluck in cold water, trimming off any large pieces of fat
2. Place it into a good sized stock pot, and cover with cold water. The lungs will float, so you will need to fill the pot enough to keep the pluck mostly submerged
3. Bring to the boil, skimming the surface regularly. Leave to simmer for 2 hours
4. Lift all the meat from the pot with tongs or a slotted spoon, and rinse each piece in cold water to remove any scum. Place in a bowl and leave to cool
5. Strain the cooking liquid through a fine sieve, and put back on the stove - reduce this down until you are left with just under a litre of liquid. Leave to cool
6. Very finely dice the cooked heart and lungs, grate the liver using the coarser side of the grater.
7. Finely dice the onions and dry oats adding them into the mix along with the herbs, suet, salt and pepper
8. Rinse the ox bung thoroughly in plenty of cold water, turn it inside out and rinse again. Spoon the mixture into the haggis, making sure there is space for expansion
9. When the haggis is the size required, expel any extra air (making sure there is a little extra casing), pinch, tie with string, and cut away from the rest of the bung. Tie the new end of the bung with string, and continue stuffing. Once the haggis are all neatly tied, any spare can be frozen and kept for another day.
10. Pierce a few times with the tip of a small knife or meat thermometer, and place in a pan of cold water, slowly bring to the boil. Simmer for 1.5-2 hours depending on the thickness of the haggis. When you are ready to eat, insert a thermometer into the centre, and check it reads at least 74°C.

11. Serve up with mashed potatoes and enjoy