

WESCHENFELDER HAGGIS RECIPE

	KG	GRAMS	LBS	OZS
HAGGIS MIX	1	250	2	12
DRIED SUET		680	1	8
COOKED TOPS	1	360	3	0
STOCK	1	250	2	12
TOTAL	4	540	10	00

Method:

1. The Tops, sometimes called 'the pluck', is traditionally made up of Lamb or Beef Lungs, Heart (any sinews removed) and optional Liver. Cook the Tops on a slow simmer for 45-60 minutes.
2. Mince the Tops using a coarse plate and add the dried suet (either from a butcher or packet dried suet).
3. Add Haggis Mix to the Cooked Tops.
4. Then add the stock and mix well.
5. Using luke-warm water, soak either the Natural Casings (for at least 1 hour) or the Nalo Haggis Bags (10 seconds & wait approx. 1 min before filling).
6. Fill your Haggis Mixture into the casings (do not over stuff as the mix will expand) and cook for approximately 45 mins in a pan of simmering water (80-85°C).
7. Once cooked allow to cool and either store in the fridge until ready to cook (also suitable to freeze). To reheat wrap the Haggis loosely in tin-foil and cook in the oven at 180°C for 35-45 minutes, or until piping hot.

INGREDIENTS

OATmeal, Rusk (**WHEAT**, Salt), Salt, Dried Onions, Spices (Pepper, Ginger)
WHEATflour, Spice Extract. **WHEAT** contains Calcium Carbonated (E170), Calcium Sulphate (E516), Iron, Nicotinamide & Thiamine. For allergens, including cereals containing gluten, see ingredients in **BOLD**.

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