

## Episode 2

**Ben:** Hello and welcome to Who's Cooking What? with Ben and Debby, the cooking podcast on how to keep it loose in the kitchen when you're wondering why every recipe feels so complicated.

**Debby:** A month and a half ago, we brought you a dessert that makes the best of your favorite jammy fruit. This week, we're doing a main dish that's a little less healthy.

**Ben:** It might not be healthy, but it's practically the epitome of nose-to-tail eating!

This took a little prepwork, so before we dig in, here's what I did yesterday:

[podcast transition music]

**Ben:** You might need a strong stomach for this part – feel free to skip ahead on your podcast player if offal isn't your thing. You're also going to need a strong stomach for holding everything that goes into this recipe – a sheep's stomach, that is, along with the liver, heart, and tongue. I rinsed out the stomach and let it soak in cold salted water overnight.

Long story short, that's why my roommate is never asking me what something in the fridge is again.

Anyways, we're good to start cooking the rest. I've rinsed the rest of the organs and it's time to cook them in a large pot of boiling salted water over medium heat for about as long as it takes to watch *Braveheart*.

[podcast transition music]

**Debby:** Alba gu bra!

**Ben:** Indeed. Now that that's done, I'm going to remove them from the water, mince them up, and discard any skin or gristle. While I'm working on that, go ahead and toast those oats in a large skillet – you should have the same amount of oats, weight-wise, as a few sticks of butter.

**Debby:** Got it.

**Ben:** Once those have toasted over medium in the skillet, combine those in a bowl with the minced organ meats, an equal part of diced onion, some dried herbs, and salt and pepper to taste. You may also want to add in some of the cooking water to really help things bind together

I've taken the sheep's stomach out of its cold salted water bath and it's time to fill it with most of our mixture – we don't want it to burst while cooking, because this is already gross enough to think about and I don't really want to contemplate it any further. Once it's been filled, it's time to take some kitchen twine and sew the stomach closed, then use a turning fork to pierce the filled stomach as insurance against this bursting

In our large pot of boiling water, it's now time to carefully lower the stomach in and boil this for as long as it takes to watch a double feature of *Under the Skin* and *Brigadoon*!

[podcast transition music]

**Ben:** And there we have it! Burns Night perfection in around 4 hours!

And that does it for this week's episode of Who's Cooking What? - thanks for tuning in! Who's Cooking What? is available on Apple Podcasts, Spotify, and any other place you can download podcasts