

Haggis

1400g	<i>goat shank</i>	On the day before, boil shank meat, hearts, tongues and menudo in a pressure cooker for about 90min. Don't release steam and let it cool down to room temperature over the next few hours. Remove boiled meats refrigerate. Save the stock.
2	<i>lamb hearts</i>	
2	<i>lamb tongues</i>	
1 lb	<i>menudo</i>	
15g	<i>salt</i>	
1500ml	<i>water</i>	Toast the steel-cut oats in a 350°F (175°C) oven for about 20 minutes and wait until cooled back down to room temperature.
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2	<i>lamb kidneys</i>	
1	<i>lamb liver</i>	Coarsely grind the precooked meat with the uncooked liver and kidneys. Combine with oatmeal, grated onion, ghee, spices, herbs and whisky and about 500ml of the preserved stock. Make sure to use all of the fat that might have floated to the top. This will be a substitute for the more traditional beef suet that is hard to source.
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600g	<i>steel-cut oats</i>	
1	<i>large onion</i>	
50g	<i>ghee</i>	
15g	<i>salt</i>	
8g	<i>peppercorns</i>	
3g	<i>coriander</i>	
2g	<i>nutmeg</i>	Divide into two portions and fill into 90mm sausage casings. Make sure to remove as much air as possible but only fill about half full. The stuffing will expand considerably.
1g	<i>allspice</i>	
6 sprigs	<i>thyme</i>	
6 sprigs	<i>oregano</i>	Steam for 3 hours.
500ml	<i>stock</i>	
100ml	<i>Scotch whisky</i>	