



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. Cook tops (sometimes called 'the pluck') which traditionally would be made up of Lamb or Beef Lungs, Heart (remove any sinews) and optional Liver, on a slow simmer for 45-60minutes.
2. Mince the meats on a coarse plate and add dried suet (either from a butcher or packet dried suet).
3. Add Haggis Mix to the cooked tops
4. Add stock and mix well.
5. Soak either Natural Casings (1 hour) or the Nalo Haggis Bags (10 seconds & wait approx. 1 min before filling) in luke-warm water.
6. Fill into casings (do not over stuff as the mix will expand) and cook for approximately 45 mins in the oven (wrap the Haggis loosely in tin-foil) at 180°C.

INGREDIENTS

OATmeal, Rusk (**WHEAT**, Salt), Salt, Dried Onions, Spices (Pepper, Ginger) **WHEAT**flour, 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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