

Real or made up?

★★ Haggis 2

Haggis is a very old Scottish _____, which combines meat, _____ and _____ to create a very rich, unusual, but delicious dish. It is a kind of sausage, only of a different shape.

Traditionally, a haggis was made from the lung, _____ and heart of a sheep. First, the liver, lungs and heart were boiled. Then they were _____ and _____ mixed with _____ onions, oatmeal, salt, pepper, and spices. Next, the cleaned stomach was _____ with the prepared contents. Then the stomach was _____ (not too tightly, so that it would not explode) and boiled.

_____ haggis is prepared from different kinds of meat. The meat is minced and prepared with oatmeal, onion, salt and spices. It is usually cooked in a synthetic skin instead of the sheep's stomach for about an hour. Haggis is traditionally served with "tatties and neeps", as the Scottish call it, _____ and mashed _____

The origin of the name "Haggis" is uncertain. There are various explanations and one is that it goes back to German "Hackwurst".

Nowadays, there are also meat-free recipes for vegetarians. These are designed to taste like the meat-based recipes.