

# Haggis for Six People

This is the Haggis recipe submitted to the Clan Campbell cookbook, *Cooking with the Campbells: A Collection of Receipts from Families & Friends of the Clan Campbell Society (NA)*, p. 94, by The Former Duchess of Argyll, Inveraray Castle, Scotland, now the Dowager Duchess of Argyll. The dedicated purists among Louisiana cooks may try to duplicate this recipe if they can find suppliers for ox liver and suet.

## ingredients:

- ½ lb. ox liver
- 4 oz. attora suet\*
- 4 ounces pinhead oatmeal (same as steelhead oats)
- 1 onion
- Fresh ground black pepper
- salt

## directions:

Place liver in pan with onion and 1 tea cup of water. Simmer 15 minutes. Toast oatmeal until light brown. Mince liver and onion. Make the liquid up to 1 cup with more water. Season and mix. Turn into a greased pudding bowl and steam for 2 hours. Makes 6 servings.

\*Attora is a British brand of shredded suet which is clarified beef fat, primarily used in the production of pastry and dumplings.

Suet was first mentioned as a key ingredient in a recipe of 1617 for “Cambridge pudding” which was served to the students at that university. At that time, suet was time consuming to use and prepare and involved removing the fat from the beef, clarifying it over heat, and chopping it ready for use. Eventually it became common to find blocks of suet at the grocers, however was not until 1893 that the first pre-shredded suet became available. A Frenchman, Gabriel Hugon, living in Manchester, watched his wife struggling to cut blocks of suet in the kitchen and set about to create ready shredded suet. He called the product *Atora* derived from “toro,” the Spanish word for bull. To reinforce this connection, up until World War II, the suet was transported around the country in painted wagons pulled by six pairs of Hereford bulls.

Today, a lighter version, *Atoralight*, containing 30% less fat is available. It is available from Amazon.com: Grocery & Gourmet Food.