

## Real or made up?

### ★ Haggis 2

Haggis is a very old Scottish dish, which combines meat, onion and oatmeal 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, liver and heart of a sheep and cooked in a cleaned sheep's stomach.

Nowadays 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, potatoes and mashed

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