



# Haggis

Haggis is Scotland's national dish. It is a type of savoury pudding that combines meat with oatmeal, onions, salt and spices. Often served with the classic sides of bashed neeps and mashed tatties (that's Scots for turnip and potatoes), haggis is traditionally cooked in a sheep's stomach (a historic way of preserving meat), but most haggis nowadays is sold and cooked in a synthetic sausage casing.



Haggis comes in different colours, ranging from light brown to almost black, depending on proportion of ingredients.

Haggis is traditionally served as part of the Burns supper on or near January 25, the birthday of Scotland's national poet Robert Burns. Burns wrote the poem Address to a Haggis, which starts "Fair fa' your honest, sonsie face, Great chieftain o' the puddin-race!" In Burns's lifetime haggis was a common dish of the poor as it was nourishing yet very cheap, being made from leftover parts of sheep otherwise thrown away.

There is a Scottish sport called 'haggis hurling', which can often be seen at Highland Games. The rules of haggis hurling are very specific. The haggis must be cooked and of a certain weight, which differs for male and female contestants. After the haggis has been



inspected to ensure that it is not adulterated with any firming substance and has been prepared according to the traditional recipe, the haggis hurler stands elevated, usually on a whiskey barrel, for the throw. Winning hurls are determined by distance and accuracy.

Imports of traditional Scottish haggis have been banned in the United States since 1971. The US Department of Agriculture has long objected to one of the key ingredients in haggis – sheep’s lung. No food for human consumption, whether made locally in the USA or imported from overseas, can contain sheep’s lung.

*Source: scotland.com  
scotlandnow.dailyrecord.co.uk  
wikipedia*