

JANET HENDERSON'S VEGETARIAN HAGGIS

Ingredients

- 75g mushrooms, finely chopped
- 75g brown lentils (soaked for 2-3 hours)
- 50g pinhead oatmeal (soaked for 1 hour)
- 50g red kidney beans (soaked, cooked & chopped)
- 25g vegan spread (or butter)
- 150g grated carrot
- 2 cloves of garlic, peeled & chopped
- 150g onions, peeled & finely chopped
- 1tbsp Scottish rapeseed oil
- 1tbsp tamari/soy sauce
- 1tsp garam masala
- Freshly milled sea salt & black pepper

Method

1. Sauté garlic with onion in a little oil until the vegetable is soft, adding the garam masala, soy/tamari and season.
 2. Add the brown lentils and carrot and simmer on a low heat until the lentils are soft, stirring to prevent the mixture sticking. If the mixture starts to dry out too much, add a small amount of vegetable stock or water.
 3. Add mushrooms and allow to soften. Add kidney beans with vegan spread and stir. Heat through.
 4. Add rinsed drained oatmeal to the mixture and combine. The oatmeal should retain its texture to give body to the haggis.
 5. Blend well into the mix and cook through for about 10-15 minutes.
- Serve with clapshot - mashed potato and neeps (turnips).

My Memory by *Barrie Henderson*

This is a recipe that my Grandmother Janet first made on her East Lothian farm. She had a passion for organic, local, vegetarian and vegan food and took a keen interest in early exponents of healthy eating such as Swiss pioneer nutritionist Maximilian Bircher-Benner. Her same recipe has fed hungry diners for over 53 years. I associate this recipe with Edinburgh New Town where it is still served in our basement restaurant on the original site. It is a mix of sustainable modern vegetarian cooking and traditional Scottish, using many local ingredients. I regret I never knew Janet but she was certainly very special – and so are her recipes. We normally serve it with a red wine sauce, or in a filo pastry parcel with caramelised red onions and roasted hazelnuts.

