



Janet Henderson's Vegetarian Haggis

SERVES: 4

INGREDIENTS:

- 225g mushrooms, finely chopped
- 75g brown lentils, soaked for 2-3 hours
- 150g pinhead oatmeal, soaked for 1 hour
- 50g red kidney beans, soaked, cooked and chopped
- 75g butter
- 45g grated carrot
- 6 cloves of garlic, peeled and chopped
- 450g onions, peeled and finely chopped
- 1 tbsp Scottish rapeseed oil
- 1 tbsp tameri/soy sauce
- 1 tsp garam masala
- Freshly milled seas salt and black pepper



METHOD:

1. Saute 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
6. Serve with Neeps & Tatties (mashed potato and turnips)