

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Scottish Cuisine: Haggis**

**By Kirsten Hawkins**

Haggis is a traditional Scottish highland dish that resembles, in some senses, a rather rough

sausage. It is the national dish of Scotland, and Robert Burns, the great Scots poet, who wrote the famous "Address to a Haggis" called the haggis the "chieftain o' the puddin-race." It is a staple of Scottish cuisine, and is served in the traditional manner, as well as in the "haggis supper" (deep fried haggis with a side of French fries) or even as a haggis burger. It is sold prepared in supermarkets year round. But what is actually in this mysterious and oft-misunderstood food?

Though the traditional response to the question "what is a haggis?" is often answered with a joke about a small highland animal with one pair of legs shorter than the other (to more easily circle the highland hills), the truth is that it is a food designed to let no part of the animal go to waste - hence its popularity amongst the poor in the days of Burns.

While it is sometimes made of deer, the haggis is more often based on sheep. It is a combination of oatmeal and several meats. Normally, the sheep's "pluck" or offal is removed, including heart, liver, and lungs (or "lights"). This is ground, heavily spiced, and combined with onion, suet, spices, and salt. The oatmeal and the other ingredients are mixed with stock and stuffed inside a sheep's stomach. This is the haggis, and it is then boiled and served. Of course, in modern times, a real stomach is just as often replaced with an artificial casing, and vegetarian-friendly ingredients may replace meat and offal.

Haggis is often served with "neeps and tatties" A "neep" is swede, or rutabaga, and is shortened from "Swedish turnip." Tatties are mashed potatoes. Of course, haggis would not be complete without a "dram" of whisky to wash it down, a tradition referred to as "neeps and nips".

Traditionally, haggis is served at Burns Suppers, on January 25 of each year. That these events, someone recites the "Address to a Haggis." It is then doused with a shot of Scotch whisky and cut with a dirk, a large knife that is a traditional highland sidearm. Often, the haggis is paraded in with a bagpiper.

Unfortunately for haggis lovers, some of the ingredients are illegal and it is sometimes hard to make a "true" haggis. For example, in the United States, it is illegal to sell animal lungs for human

## Scottish Cuisine: Haggis

consumption, and so at least one ingredient is missing. Imported haggis from Scotland, which contains bits of lung, has even been rated "unfit for human consumption" by the USDA.

Interestingly, haggis is not used only for eating. There is an official Haggis Throwing World Championship in which competitors must throw a cooked haggis as far as possible for atop a whisky barrel platform - the current record some 180 feet. This developed from an even older practice of throwing a haggis for accuracy, usually by a woman tossing it into the apron of a man's kilt. Some would say this is a far better use for a haggis than actually eating it!

Kirsten Hawkins is a food and nutrition expert specializing the Mexican, Chinese, and Italian food. Visit

<http://www.food-and-nutrition.com/>

for more information on cooking delicious and healthy meals.

## **French is Back: The New Cuisine is Trendy and French**

**By Dylan Miles**

French food is back with a vengeance. French cuisine has evolved into a less pretentious version of its older self. The new French cuisine, or Nouvelle Cuisine, is more accessible and comes in many varieties, including bistro food, brasserie style and the ultimate in luxury food, haute cuisine.

French cuisine is fresh and creative, and a lot more simple than it was in the past. French cuisine is often experimental, but the of the food continues to skyrocket. Basically, the French have gone back to their regional roots and brought a modern version of traditional French cooking. Unlike the sophisticated plates of the past, French food now fits into the public's desire for "real food". But real food is not just about traditional mum's-cooking type of dishes. People want traditional foods and flavors with a distinct contemporary feel. People want the old packaged and presented in a new way. The new French cuisine is exactly this.

Frog's legs are still being served in abundance, but the new French cuisine is also influenced by what is going on outside of France. French food is now transformed by influences from the South American, Asian, Italian and American cuisines. Chefs creating the new French cuisine are incorporating ideas picked up from their travels around the world. These days chefs are knowledgeable of the characteristics of cuisines around the world and can use elements of various cultures in creating their own new cuisine.

The result? The new French cuisine is creative and classical. The new French cuisine is both traditional and contemporary.

Dylan Miles, journalist, and website builder, lives in Texas. He is the owner and co-editor of

<http://www.foodgarden.info>

on which you will find a longer, more detailed version of this article.

Recipes from the Heartland



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**