


Haggis, neeps and tatties

Cuisine: **English**
Food category: **Other**



Author: **Phil Smith**

Company: **Retigo**



Program steps

1

Steaming

Termination by core probe temperature

75 °C

99 °C

50 %



Ingredients - number of portions - 4		
Name	Value	Unit
Haggis	454	g
swede	500	g
potatoes	500	g
Butter	30	g
egg yolk	2	pcs
salt	5	g
freshly ground black pepper, ground	5	g
Milk	30	ml

Nutrition and allergens	
Allergens: 3	
Minerals: Ca, Cu, Fe, I, K, Mg, Mn, P, Zn	
Vitamins: B, B6, C, K	
Nutritional value of one portion	Value
Energy	1745.6 kJ
Carbohydrate	32.6 g
Fat	32.5 g
Protein	19.9 g
Water	0 g

Directions

Set the Retigo to pre-heat on steam.

When ready, place the haggis onto the stainless steel rack and insert the probe.

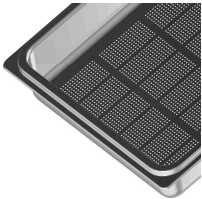
After around 15 mins, place the swede and potatoes into the oven to cook.

When the swede and potatoes are cooked, mash the potato down with some milk and egg yolks and some seasoning.

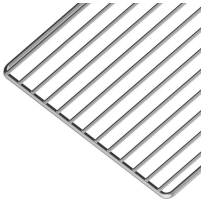
Then mash down the swede and mix in some seasoning too.

Then arrange on the plate.

Recommended accessories



GN container Stainless steel perforated



Stainless wire shelving