

# Haggis, neeps and tatties

Cuisine: English  
Food category: Other



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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
ground black pepper, ground	5	g
milk	30	ml

## Nutrition and allergens

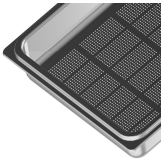
Allergens: 3, 7  
Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn  
Vitamins: A, B, B6, C, D, E, K

Nutritional value of one portion	Value
Energy	170.3 kJ
Carbohydrate	24.3 g
Fat	6.6 g
Protein	2.7 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