



ORGAN MEATS

Why What and How

Originally presented at the WISE TRADITIONS 2007 Eighth International Conference of the
Weston A. Price Foundation

About your presenters:

Chef Justin Blaircobb & WAPF Chapter Leader Janice Blair, CPA

- We did NOT grow up eating organ meats
- It took a lot of guts to try some of them
- We have access to top quality organs from our Organic 100% Grassfed Eco-Farm & Ranch
- While some organ dishes have become “Haute Cuisine”, ours is “Updated Farmhouse”

<https://www.westonaprice.org/get-involved/conferences-archive/2007-conference-speakers/>

Be Adventurous!

- New and Different
- Positive Attitude
- Learning Together
- Make it Fun
- Teens can Enjoy it
- Because it's very Unique!



Tasha and Justin
experimenting with
organs in the Kitchen

Why should we learn to cook organs?

- Health benefits
- Traditional foods
- Classic recipes
- Sustainability

Health Benefits

- Organs meats are nutrient dense
- Fat soluble vitamins such as:
 - A
 - AA -Arachadonic acid
 - B-6 and B-12
 - D
 - E
 - K1 and K2
 - DHA

Health Benefits

- Iron
- Creatine
- Factor X (K2)
- CoQ10
- Saturated Fats
- Cholesterol-rich

Health Benefits

■ Trace Minerals

- Manganese

- Zinc

- Chromium

- Iodine

Traditional Foods

- Dr. Price found traditional people ate the organs first, then the muscle
- Certain organs were saved for pregnant women in different cultures
- The entire animal was consumed

Dr. Price Wrote:

- “I found Indians (of the Northern Rocky Mountains) Putting great emphasis upon the eating of the organs of the animals, including the wall of the digestive tract.
- Much of the muscle meat of the animals was fed to the dogs...
- These Indians obtained most of their fat-soluble vitamins and minerals from the organs of the animals”
 - Nutrition and Physical Degeneration 6th edition, pg. 260 and Wise Traditions summer 2007 Food Feature on Bone Marrow by Sally Fallon

Alaskan Moose Heart



Keri Edwards with a fresh moose heart. Photo by Diana Edwards

- This photo is from the Alaskan Wildlife News from the Alaskan Dept. of Fish & Game
- As with most game, moose heart was one of the organs used in traditional cuisine
- (Most Tribal Nations are now advising against traditional high fat and organ meats)
- <http://www.wildlifeneeds.alaska.gov>

Head to Tail Cooking

“can be traced back to just about every cultural cuisine in the world, such as the Native American community who wasted no part of the buffalo”.

~Chef Chris Cosentino of *Incanto*

http://starchefs.com/features/head_to_tail/html/index.shtml

Classic Recipes

- Liver and Onions
- Kidney Pie
- Menudo
- Scrambled brains and eggs
- Haggis
- Rocky Mountain Oysters

Sustainability

- A variety of nutrients supplies a variety of needs-just as in any environmental system
- Waste not, want not
- Use the whole animal
- Where does the excess go?
 - Pet food
 - Landfill – small processors

Sustainable Eating Supports Sustainable Farming



Respect for Life

“Preparing and consuming the entrails, innards and other non-muscular passed-over parts shows a deep appreciation of and respect for the life of the animal being consumed. Just about every part of an animal can be eaten, and if prepared properly, will taste delicious.”

~Chef Chris Cosentino of *Incanto*

http://starchefs.com/features/head_to_tail/html/index.shtml

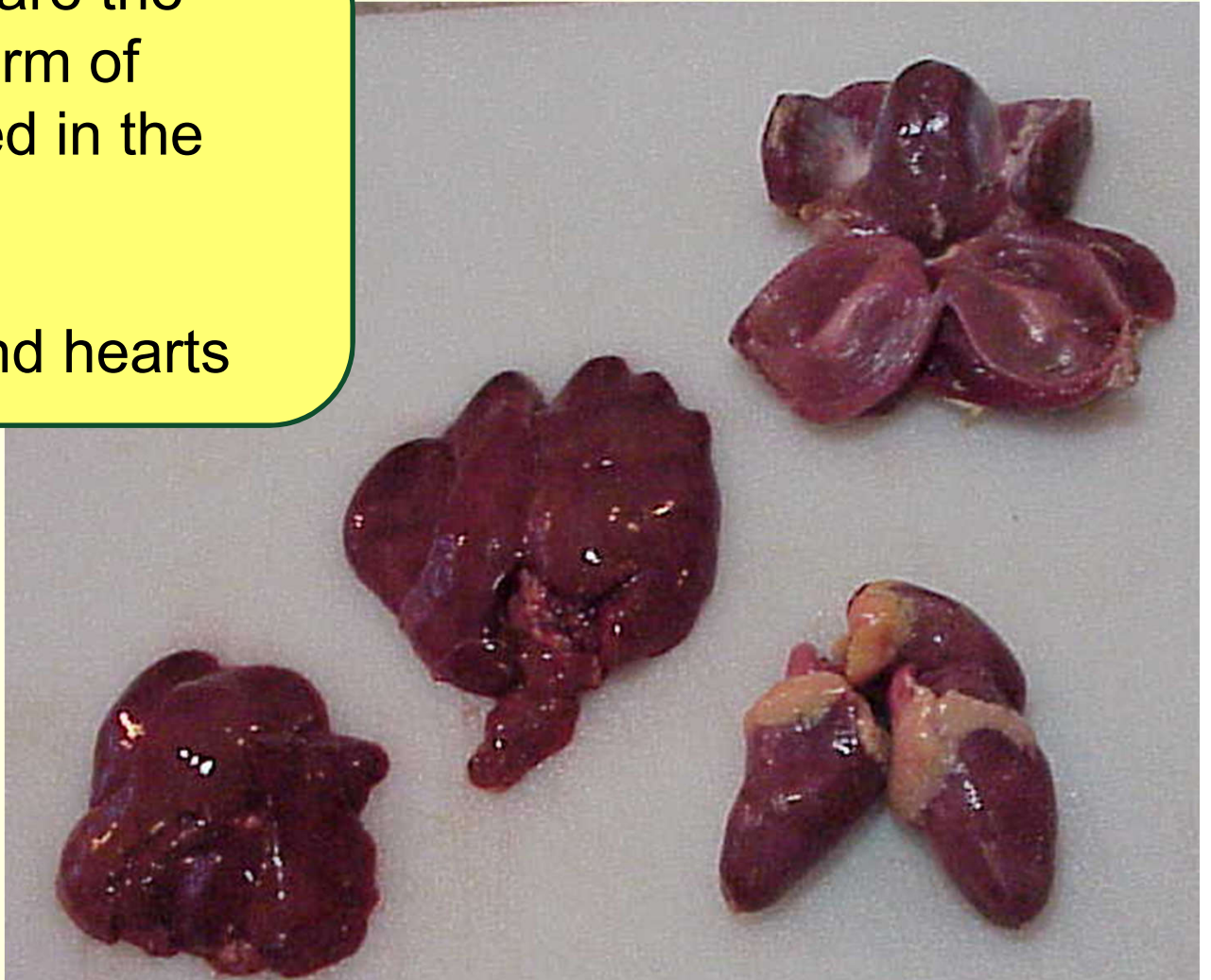
What are the Organ Meats?

- Liver
- Kidneys
- Heart
- Tripe (stomach)
- Sweetbreads
(Thymus gland)
- Spleen
- Brains
- Lungs
- Testicles
- Penis

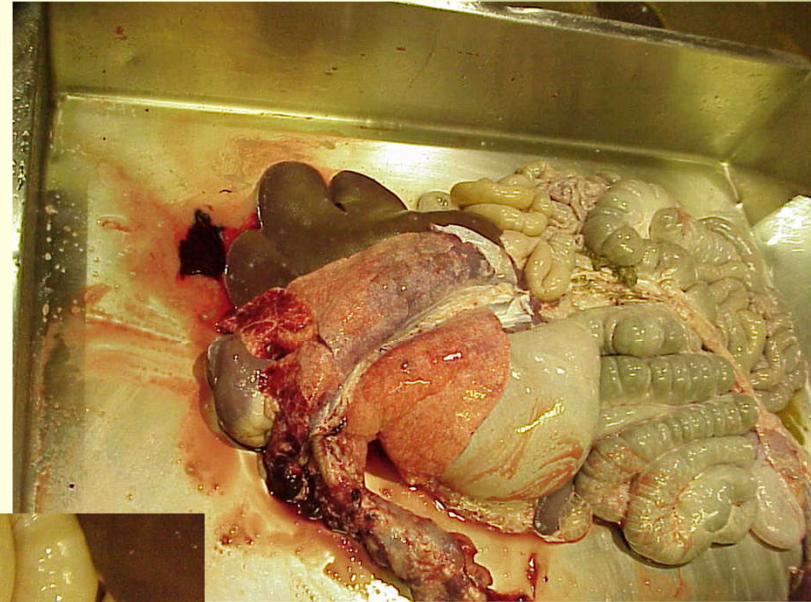
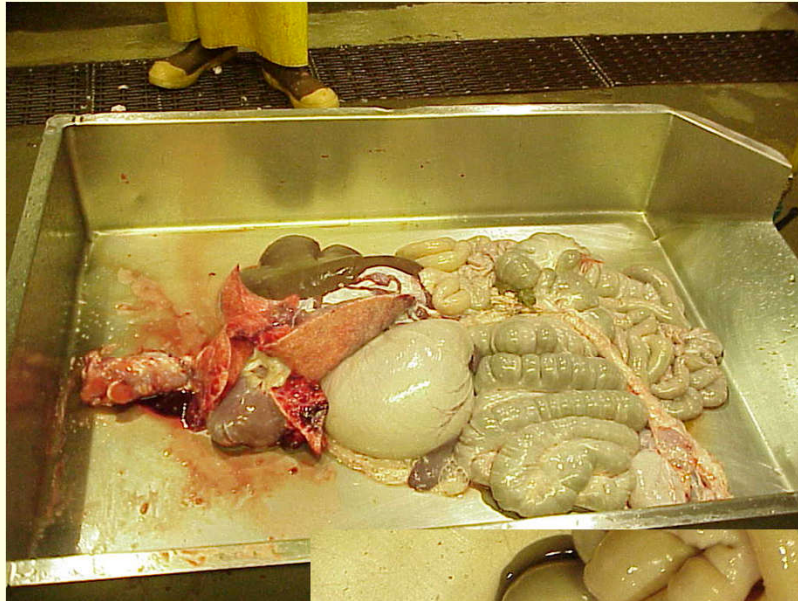
Well Known Organ Meats

Chicken GIBLETS are the most common form of organ meats used in the USA

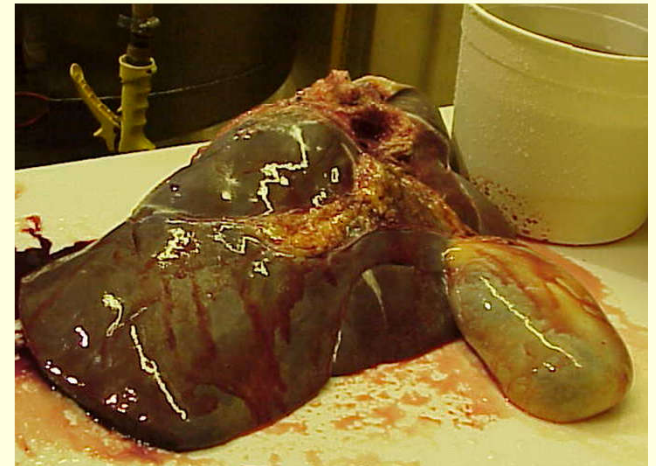
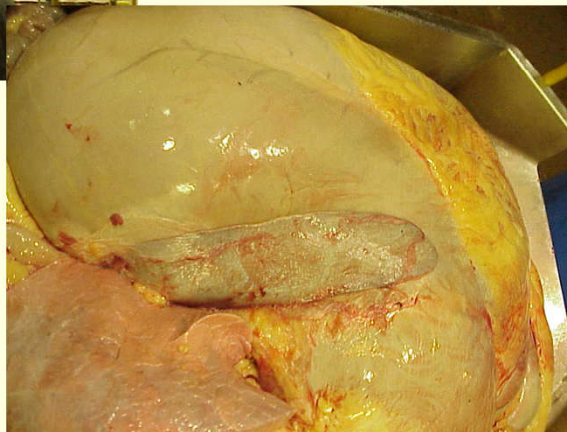
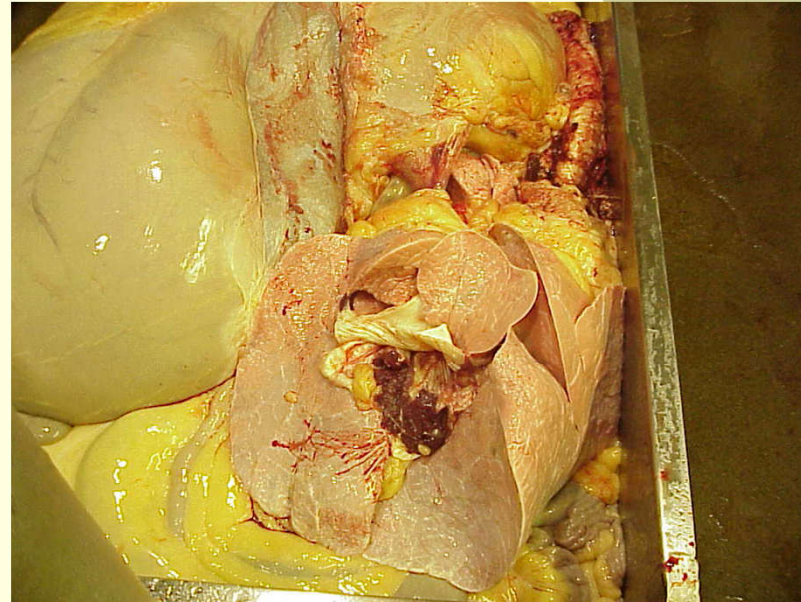
Liver, gizzard, and hearts



Offal: To Fall Off



Offal: To Fall Off



Other Organs or Unusual Parts:

■ Head

■ Feet

■ Tail

■ Ears

■ Bladder

■ Stomach-
whole

■ Tongue

■ Chitterlings
(Chitlins)

■ Skin

■ Intestines

■ Udder

■ Teats

■ Blood

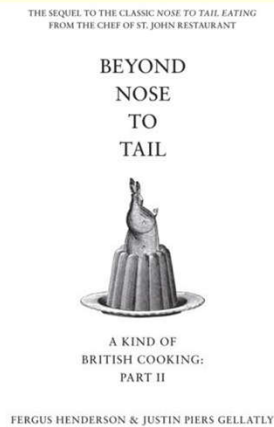
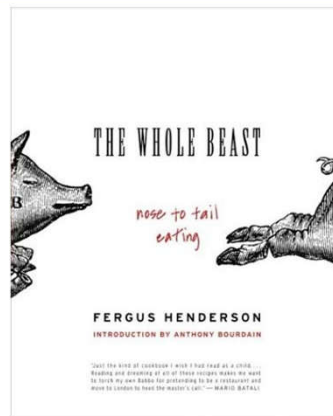
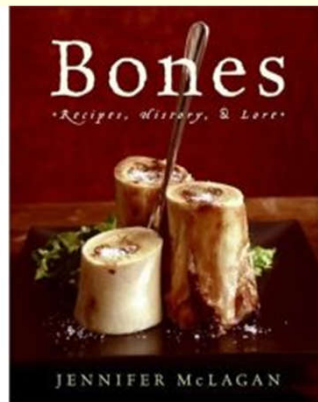
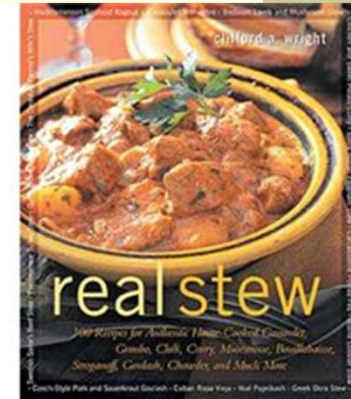
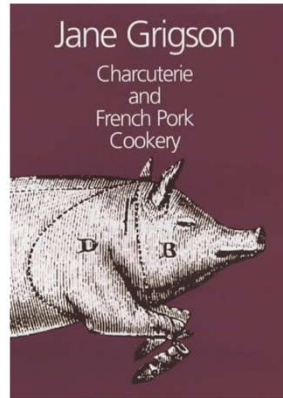
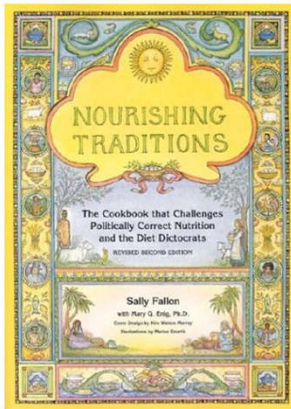
Preparing Individual Organs

- Main Benefit of the Organ
- Special Preparation
- Traditional Dishes
- New Tasty Versions

Cookbooks for Organs

- Nourishing Traditions by Sally Fallon
- Charcuterie and French Pork Cookery by Jane Grigson
- Real Stew by Clifford Wright
- Bones: Recipes, History, and Lore by Jennifer Mclagan
- Nose to Tail Eating
- The Whole Beast
- Beyond Nose to Tail all by Fergus Henderson

Cookbook covers



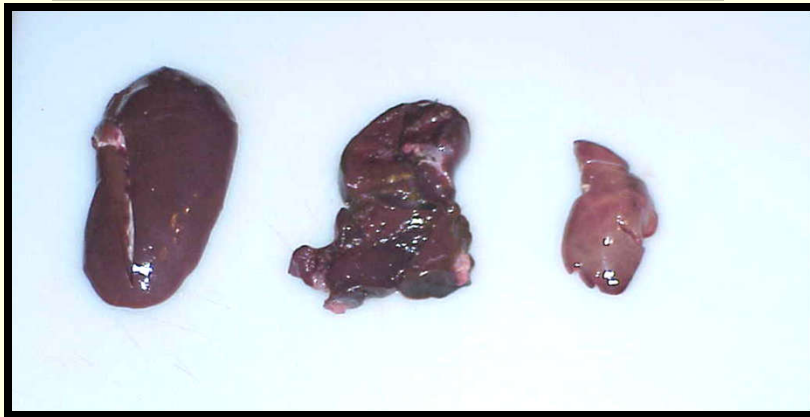
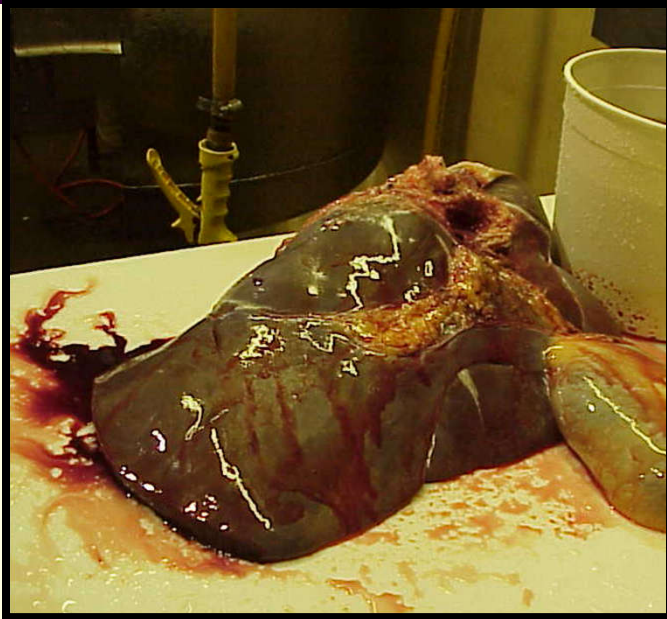
Organs go Trendy!

- Several upscale restaurants including
 - Incanto in San Francisco
 - Offering organ dishes in
 - “sustainable eating” and
 - “head to tail cooking”

Incanto's Clip

- <http://www.offalgood.com/site/blog/offal/innards-working-streaming-video/>

First...LIVER!



- Beef
- Lamb
- Pork
- Chicken
- Other – Buffalo, Yak, etc

Liver – Health Benefits

- “Liver tops the charts for cholesterol content, yet it is also the most-nutrient dense food available, rich in a unique array of vitamins, minerals, RNA and DNA, and an unidentified "anti-fatigue factor" that puts a modern energy drink to shame”.
- From Chris Masterjohn The Benefits of Liver, Cod Liver Oil, and Desiccated Liver
- <http://www.cholesterol-and-health.com/Benefit-Of-Cod-Liver-Oil.html>

Liver – Health Benefits

- “Not only can vitamin A rival the use of testosterone therapy in improving growth in deprived children, but any concerns that excess testosterone can accelerate prostate cancer are tempered by the fact that vitamin A is the most powerful inhibitor of prostate cancer known”.

- ~Chris Masterjohn

Liver – Health Benefits

- “A high-protein diet depletes vitamin A, so it is critical that at least some liver or cod liver oil are included in a meat-heavy, or worse, protein-powder-heavy, diet.
- It's also needed for the synthesis of all steroid hormones, which are responsible for such effects as libido, muscle-building, and even blood sugar regulation”.

■ ~Chris Masterjohn

Liver – Health Benefits

- True vitamin A is a vitamin that occurs only in animal fats.
 - In primitive societies, pregnant women consumed special foods rich in vitamin A—
 - such as liver,
 - spring butter and fish eggs—
 - in a conscious effort to produce healthy, well-formed children”.
-
- From: Vitamin A for Fetal Development By Mary G. Enig, PhD
 - <http://www.westonaprice.org/knowyourfats/vitamin-a-fetal.html>

Liver – Health Benefits

- Major target tissues of vitamin A deficiency

- heart
- central nervous system
- circulatory
- urogenital
- respiratory systems
- development of the skull, skeleton and limbs

- ~ Mary G. Enig, PhD

- <http://www.westonaprice.org/knowyourfats/vitamin-a-fetal.html>

Liver – Health Benefits

- “Vitamin A deficiencies during the period when any of these systems begin specialization can result in abnormalities and defects.”

- ~ Mary G. Enig, PhD

- <http://www.westonaprice.org/knowyourfats/vitamin-a-fetal.html>

Liver – Health Benefits

- “Liver has traditionally been used to treat night blindness, and its juice has been used to treat cancer”.
- From Chris Masterjohn The Benefits of Liver, Cod Liver Oil, and Desiccated Liver
 - <http://www.cholesterol-and-health.com/Benefit-Of-Cod-Liver-Oil.html>

Liver – Health Benefits

- “Calf's liver is an exceptionally nutrient-dense food as it is an excellent source of:
 - Vitamin B12
 - Vitamin A
 - Copper
 - Folate
 - Riboflavin
 - Selenium”
- <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=129>

Liver – Health Benefits

- A very good source of:

- zinc,
- vitamin C,
- protein, niacin, and
- phosphorus;

- and a good source of:

- vitamin B5
- vitamin B6
- Iron

- <http://www.whfoods.com/genpage.php?tname=foods&pice&dbid=129>

Liver – Nutritional Analysis of 4oz

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=129>

| Nutrient | Amount | DV(%) | Nutrient Density | |
|-------------------------------|-------------|-------|------------------|--|
| vitamin B12 (cobalamin) | 41.39 mcg | 689.8 | 66.4 | |
| vitamin A | 30485.26 IU | 609.7 | 58.7 | |
| copper | 9.01 mg | 450.5 | 43.3 | |
| folate | 860.70 mcg | 215.2 | 20.7 | |
| vitamin B2 (riboflavin) | 2.20 mg | 129.4 | 12.4 | |
| selenium | 57.84 mcg | 82.6 | 7.9 | |
| tryptophan | 0.25 g | 78.1 | 7.5 | |
| zinc | 10.80 mg | 72.0 | 6.9 | |
| vitamin C | 35.16 mg | 58.6 | 5.6 | |
| protein | 24.53 g | 49.1 | 4.7 | |
| vitamin B3 (niacin) | 9.61 mg | 48.0 | 4.6 | |
| phosphorus | 361.75 mg | 36.2 | 3.5 | |
| vitamin B6 (pyridoxine) | 0.56 mg | 28.0 | 2.7 | |
| vitamin B5 (pantothenic acid) | 2.59 mg | 25.9 | 2.5 | |
| iron | 2.97 mg | 16.5 | 1.6 | |

Liver -Concerns

- Liver's function is to remove toxic substances from the blood
- Best to use Organic Liver
- Affordable from your local Organic rancher
- Toxins do not stay in the liver, but pass through it
- Although at any time, some may be “passing through” it
- Benefits far out weigh the small amount of toxins which may be in it

LIVER – special Prep

- Liver doesn't have a required special prep
- Liver can be soaked in water with lemon or vinegar for several hours
 - This is often done with beef or pork
 - Sally Fallon recommends soaking in lemon juice
- Overcooking brings out the stronger flavors associated with the dislike of liver.

Liver-Traditional Dishes

- Liver & Onions (beef)
- Chopped Liver (chicken)
- Liverwurst (pork)
- Pates

Liver – Classic Recipes

From Sad Changes in the Standard American Diet

By Sally Fallon and Mary G. Enig, PhD

- A scrapple recipe, submitted by Mrs. Flora Hyde, goes like this:
 - Take a hog's head, heart, tongue and part of the liver. Cleanse thoroughly and soak in salt water twenty-four hours. Put on the boil in cold water.
 - Cook until all the bones can be easily removed. Then take out in a chopping bowl and chop fine.
 - Season highly with sage, salt and pepper. Return it to the liquor on the stove, which you must strain.

Liver- Scrapple Recipe continued

- Then thicken with corn meal and a teacup of buckwheat flour til the consistency of mush.
- Then dip out in deep dishes, and when cool slice and fry a rich brown, as you would mush.
- It is very nice for a cold morning breakfast.
- If you make more than you can use at once, run hot lard over the rest and you can keep it all through the winter.

LIVER:

New Recipes (or New Versions)

- Liver with Wild Mushrooms, White Wine and Walla Walla onion Cream Sauce
- Liver and onions in a Red Wine Sauce with Balsamic vinegar and Kalamati Olives
- New Chopped Liver
 - (egg salad and chopped liver)
- Pates

Liver with Red Onions and Wine



Lightly Sauté Liver in
Coconut Oil

Do Not overcook

Liver should still be pink on
the inside, even a bit rare

Coconut Oil
Liver Cutlets
Red Onions
Variety of Mushrooms
Kalamate Olives
Sun Dried Tomatoes
Red Wine
Splash of Balsamic
Vinegar

Liver with Red Onions and Wine

Chopped Kalamate Olives and
Sun-Dried Tomatoes



Chopped Liver

Lightly sauté liver in coconut butter and let cool
Add chopped eggs, onion, salt, pepper and dill weed
Add a little NT mayo, you may find the coconut oil
eliminates the need for mayo found in the classic recipes



Dirty Rice



A blend of rice, onions,
peppers, chicken livers
hearts & gizzards

General types: Pilaf – Fluffy
 Risotto – Creamy
 Casserole - Sticky

Cooking Dirty Rice

- Precook the rice in stock
- Cook veggies first
- Cook Liver & gizzards briefly
- Mix spices in with veggies and meat evenly
- Combine with the rice and serve

Basic Ingredients in Dirty Rice

Onions
Celery
Peppers
Garlic
Brown rice
Gizzards
Livers
Hearts



Chopped and ready above
Sautéed on the left

Dirty Rice

Variations:

- New Orleans (Trinity vegetables, hot peppers)
- Cuban (red beans and lots of garlic)
- Jamaican (Cuban style with jerk seasoning)
- Jollof (west African, pine nuts, turmeric, cumin)
- Experiment!

Kidneys Health Benefits

- Kidneys are similar to liver in nutrients
- The beef kidney lipid has Vitamin A and AA
- “the proteins of beef liver, and particularly of beef kidney, are superior in nutritive value to the proteins of beef muscle.”

THE PROTEIN VALUE IN NUTRITION OF BEEF LIVER,
BEEF HEART, AND BEEF KIDNEY.

BY H. H. MITCHELL AND JESSIE R. BEADLES.

(From the Division of Animal Nutrition, Department of Animal Husbandry,
University of Illinois, Urbana.)

(Received for publication, November 17, 1926.)

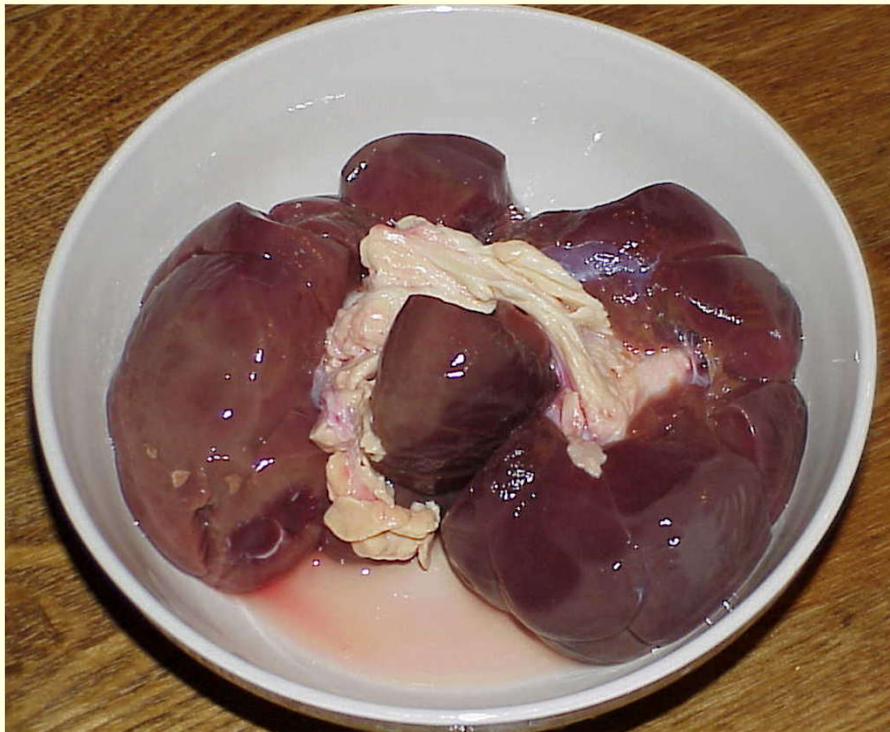
Nutrient Values in 4oz Raw Kidney

| | | |
|------------------|----------|---------|
| Protein | 4.9 g | 9.90% |
| Vitamin A | 396 IU | 7.90% |
| Vitamin C | 2.7 mg | 4.40% |
| Vitamin D | 9.1 IU | 2.30% |
| Vitamin E | 0.1 mg | 0.20% |
| Thiamin | 0.1 mg | 6.70% |
| Riboflavin | 0.8 mg | 47.40% |
| Niacin | 2.3 mg | 11.40% |
| Vitamin B-6 | 0.2 mg | 9.40% |
| Folate | 27.8 mcg | 6.90% |
| Folic acid | - | - |
| Vitamin B-12 | 7.8 mcg | 129.90% |
| Pantothenic acid | 1.1 mg | 11.30% |
| Calcium | 3.7 mg | 0.40% |
| Iron | 1.3 mg | 7.20% |
| Magnesium | 4.8 mg | 1.20% |
| Zinc | 0.5 mg | 3.60% |
| Copper | 0.1 mg | 6% |
| Phosphorus | 72.9 mg | 7.30% |
| Selenium | 40 mcg | 57.10% |

<http://www.mealographer.com/food/Beef/variety-meats-and-by-products-13323.html>

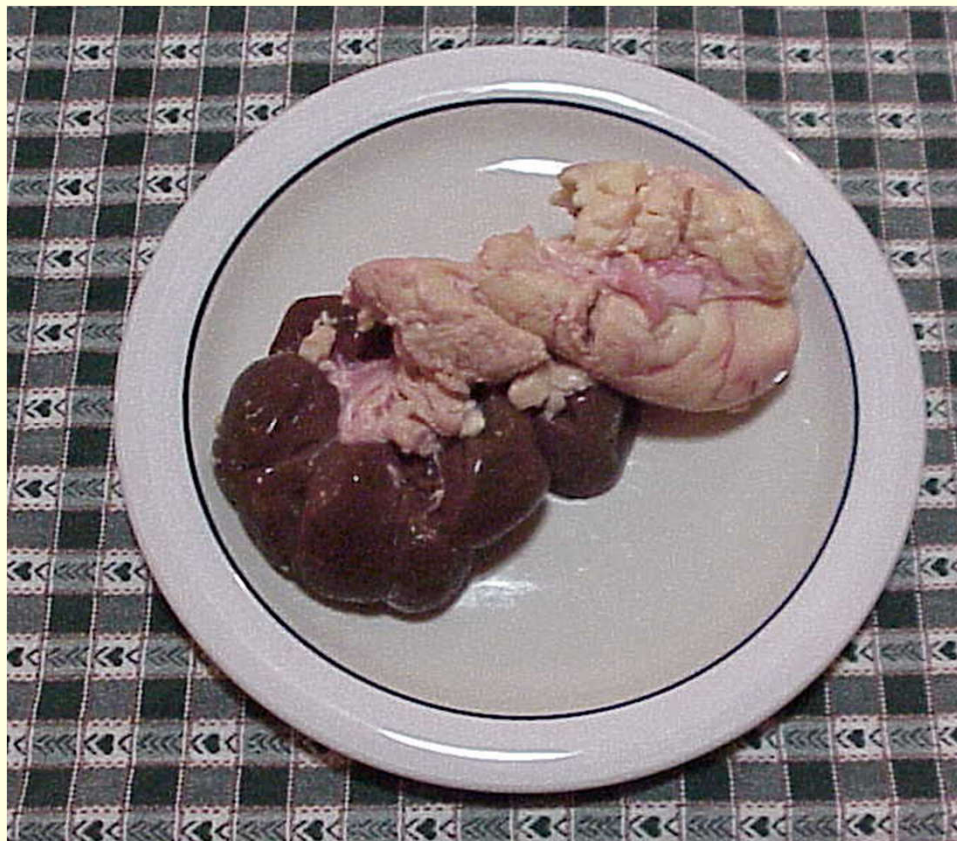
Kidneys-Sizes and Shapes

Beef, Pork and Lamb
Kidneys



Kidney and Suet

Here the Suet (fat) was left on the Kidney



Kidneys-Special Prep

- Kidneys can be cooked without soaking

However: if they have a

“goût très prononcé d’urine si désagréable”

you can soak them in milk or lemon juice

for several hours

This definitely improves their aroma!

Kidney Preparation



Soaking Kidneys in Lemon juice

The inside of the kidneys after soaking, notice the lobes

After Soaking the Kidneys in Lemon Juice overnight, the water was brown and the kidneys had “cooked” about $\frac{1}{4}$ inch into them in the same manner that ceviche ‘cooks’ fish



Kidneys-Special Prep

- Remove outer membrane if still attached
- Outer fat is usually removed
- Ask the butcher to keep the kidney fat with the kidneys, if possible
- This fat is “very nourishing” according to Sally Fallon in Nourishing Traditions.

Kidney Classic Recipes



Steak and Kidney Pie

- Brown beef and kidneys in butter or beef drippings
- add onions and wild mushrooms
- Simmer in Brown ale and a touch of organic Worcestershire sauce for approx. 2 hours
- Meanwhile, make the yoghurt dough found in Nourishing Traditions and create a pie
- Put filling in crust and top with another crust. Bake until golden

New Ideas for Kidneys

- Grilled Kidneys in butter, garlic, oregano, onions and sea salt
- Served with a hazelnut-garlic cream sauce
- And cilantro



Grilling Kidneys



- Use a HOT broiler
- Pour melted butter over the kidneys
- Add garlic and herbs
- Broil for about 2-3 minutes
- Turn over and broil other side
- Do Not over cook
- Kidneys should still be pink inside
- Pork has the most mild flavor

Tongue

- Just a giant muscle
- Use like a roast
- Very little collagen
- Good for extra meat in stews
- Good for making soup
- Like all meat, long cooking times or
 - Much reheating will draw out flavor
 - Leaving the stock flavorful, but the meat bland

Front and Back of a Tongue



First the Tongue will need to be boiled so the skin can be removed



Tongue-Special Preparation

- Has an outer layer of skin that needs to be removed
- This is easily done, once the tongue has simmered for a while.
- Needs long cooking time for tenderness
- Has a definite grain, or direction of muscle fiber
- cut against the grain

Removing the skin from the tongue



Cooked Tongue



Tongue-Traditional Recipes

- Stews!
- Soups
- Chopped and mixed with meat loafs

Italian Tongue Soup with Fennel



Heart!



Keri Edwards with a fresh moose heart. Photo by Diana Edwards

- This photo is from the Alaskan Wildlife News from the Alaskan Dept. of Fish & Game
- As with most game, moose heart was one of the organs used in traditional cuisine
- <http://www.wildlifeneeds.alaska.gov>

Heart – Health benefits

- Heart is considered an organ meat similar to liver or kidney. It would be about as healthy as eating liver, which contains similar nutritional content.*
- Three ounces (100 gm) contains about 188 calories, 274-mg cholesterol and 5.7 grams of fat.
- Because it is animal meat, it is a good source of thiamin, riboflavin, niacin, Vitamin B6, phosphorus, iron and zinc. It is an excellent source of Vitamin B12. The proportions of saturated, mono and unsaturated fats are about equal.*
- *<http://www.dietitian.com/general.html>

Hearts



Heart size comparison

Beef, Pork, Lamb, Turkey, Chicken

Hearts



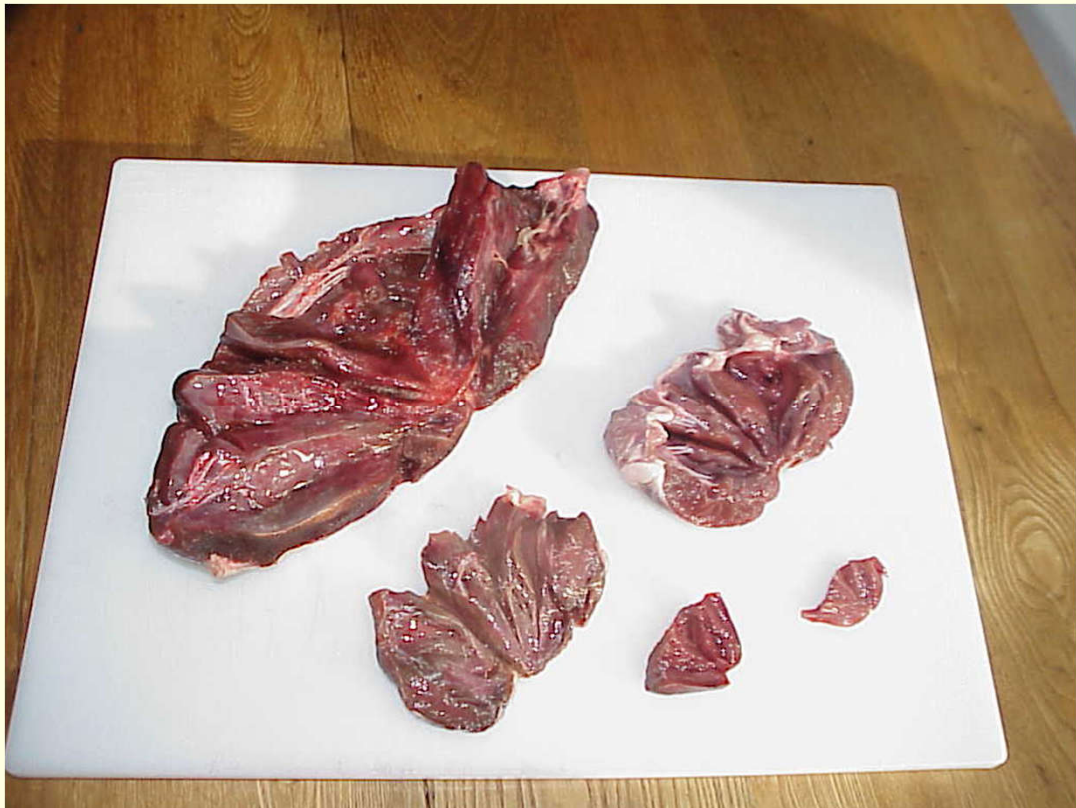
Top view of various hearts, showing the cavities that can be used for stuffing

Heart Special Prep

- Cut out the veins
- Remove outer membrane
- Cut off any extra tissue on the inside of the heart

Hearts

Hearts cut open
showing the
cavities



Heart Steak

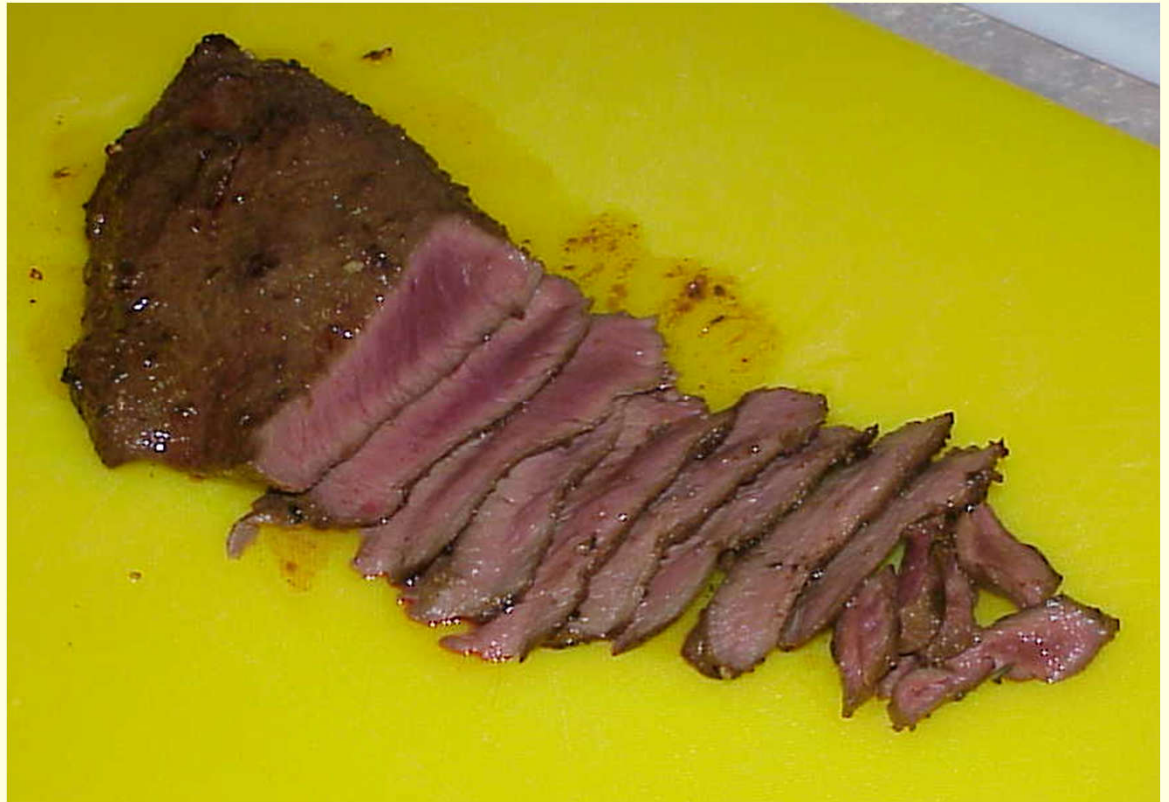
Marinated Heart

Cooked like Flank Steak

Grill on very hot surface

To Medium Rare

Use in the same way you
would Flank Steak



Stuffed Hearts

We used the same basic ingredients for the dirty rice

Sautéed the vegetables then mixed them in with the rice

Spices can be adjusted to the flavors you like-Think cultures

We used the left over dirty rice with the liver in it for two of them



Stuffed Hearts

Here we stuffed the lamb, pork and beef heart with the rice stuffing.

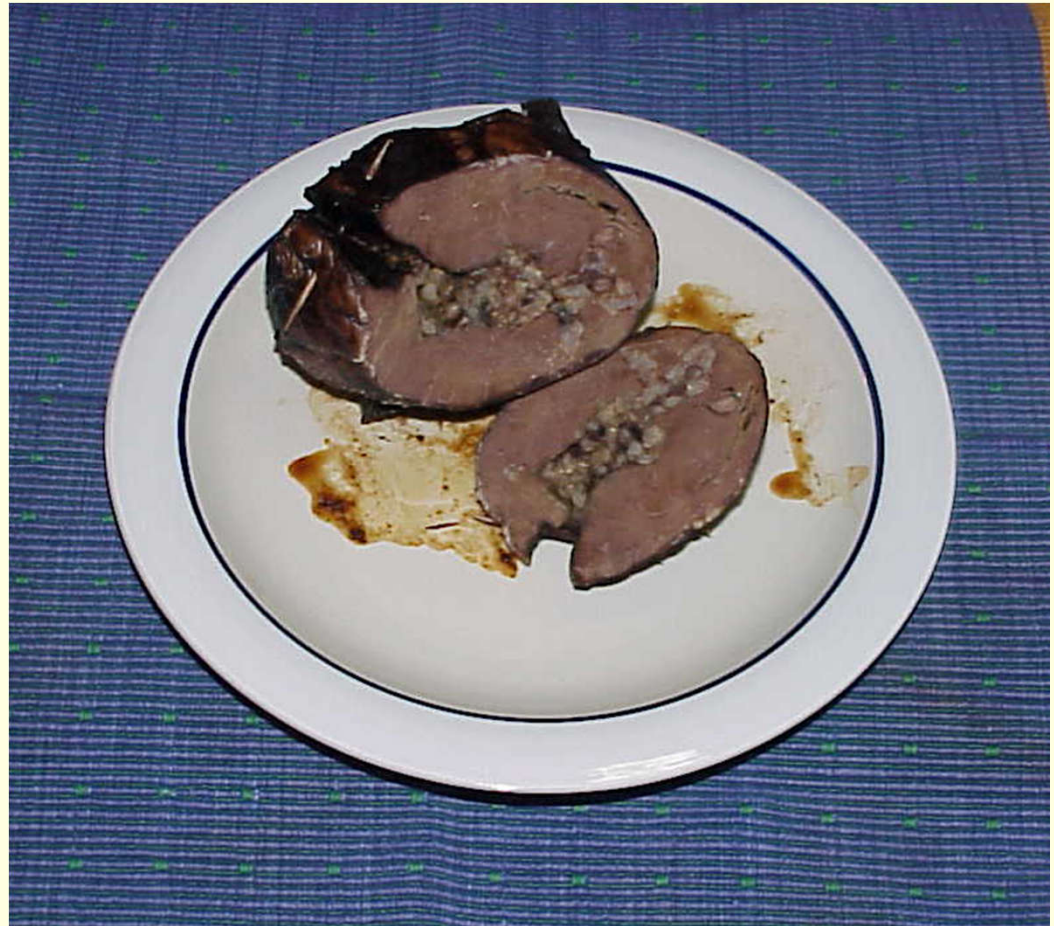
We could have used butcher's twine, but improvised with tooth picks!

We then browned these and transferred them to a dutch oven to cook at 350 with a splash of wine for steam



Stuffed Beef Heart

After roasting-
sliced to show
the meat and
the stuffing
inside



Tongue- Updated recipes

Braised Ox-Tongue

Simmer the tongue in stock for several hours, remove skin, then place in a dutch oven with a small amount of liquid, cover and cook until tender



http://recipes.lovetoknow.com/wiki/Braised_Ox-tongue_Recipe

Tripe Health benefits

- Dr. Price observed traditional societies eating the walls of the digestive track
- The protein in tripe is composed of balanced amino acids, each in low concentrations. some tote this as the ideal food.
- This food is a good source of Protein and Zinc, and a very good source of Vitamin B12 and Selenium.

http://www.hare-today.com/product_info.php?products_id=44

Up Close with Tripe



Interesting Info from a Pet Food Site:

- “The white tripe that you find in the grocery store has been cleaned, scalded and bleached. It has almost no nutritional value.

Green tripe does not necessarily refer to it's color.

Green refers to not having the tripe cleaned, not bleached and not scalded.

It's actual color is brown or black and sometime there will a greenish tint due to the grass or hay the animal ate just before processing.

The spleen is attached to the stomach and is also ground with the tripe.”

- http://www.hare-today.com/product_info.php?products_id=44

Washing Tripe

- A sandstone container at Mid Lambroughton farm, North Ayrshire, Scotland. It was used for washing Tripe.



<http://en.wikipedia.org/wiki/Tripe>

‘Modern’ Tripe Washer



<http://www.wattsmeatmachinery.com.au>

Tripe Traditional foods

A common way of cooking tripe is in Soup



http://www.baliguide.com/balifood/soto_babat.html

<http://www.ericalba.org/dedtest/menudo.jpg>

http://www.foodnetwork.com/food/recipes/recipe/0,1977,FOOD_9936_13816,00.html

Sweet Breads

- There are two kinds of sweetbreads: stomach sweetbreads (also known as heart or belly sweetbreads), which are an animal's pancreas, and neck (AKA throat or gullet) sweetbreads, an animal's thymus gland.
- The two organs have very different biological functions, but look fairly similar and so are considered, for the purpose of cooking, to be comparable.
- Thymus sweetbreads are slightly longer and more irregular, with pancreas sweetbreads being larger and more rounded.



■ http://www.straightdope.com/classics/a2_055a.html

Sweetbreads-The New Haute Cuisine



KistlerChard
Sweetbreads
Kenwood



Incanto's lamb &
sweetbreads ragu

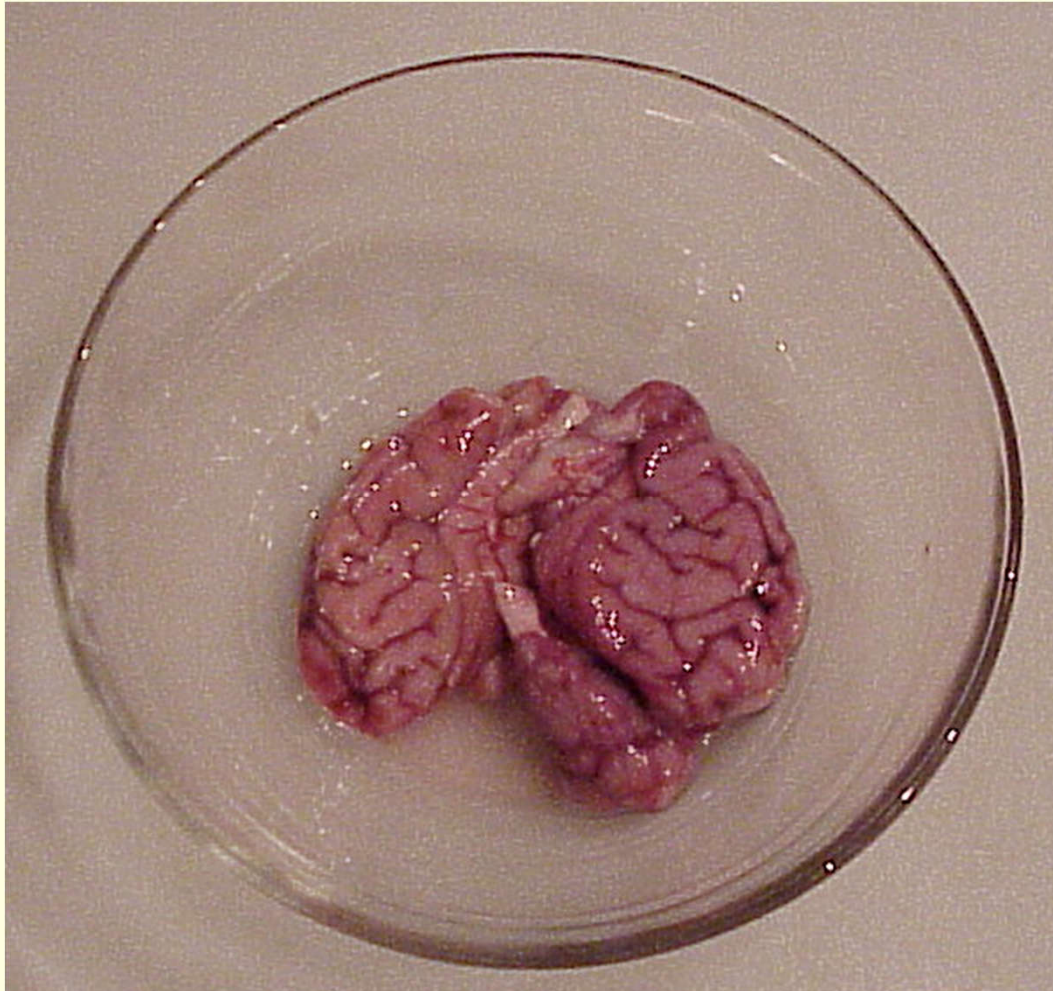


Sweetbreads in Rosemary
<http://www.flickr.com/photos/ulteriorepicure/200767142/>

Sweetbreads - Special Preparation

- Wash, cover with cold filtered water and a little vinegar for 2 hours
- Change the water a few times during the 2 hours
- Place in saucepan and cover with chicken stock and 1 tsp salt
- Simmer for 15 minutes, cool, remove membranes and excess tissues
- Flatten between 2 plates overnight
- They are now ready to use in recipes

The two Brain Hemispheres



Pigs Brains

These are really small brains for such intelligent animals!

Brains - Special Preparation

- Delicate-handle with care
- Wash, cover with cold filtered water and a little vinegar for 2 hours
- Change the water a few times during the 2 hours
- Place in saucepan and cover with chicken stock, juice from $\frac{1}{2}$ lemon and 1 tsp salt
- Simmer for 15 minutes, cool, remove membranes and excess tissues
- Can let flatten between 2 plates overnight

Brains Traditional foods

- Chopped brains were added to baby food to “improve their memory”
 - ~Sally Fallon, Nourishing Traditions pg. 310
- Fear of Creutzfeldt-Jakob Disease (CJD) from cows infected with Bovine Spongiform Encephalopathy (BSE) or Mad Cow Disease has reduced the practice of eating brains
- In our herds there appears no reason to fear brains – but they may be very hard to obtain!

Brains Classic Updated recipes

Use a flavorful array of vegetables, onions, garlic, mushrooms, spinach or basil
Sauté in butter with a little olive oil

Add prepared chopped brains and lightly cook, or create an omelet.

Use a strong flavored cheese, the blandness of the eggs and brains absorbs the flavors and creates a nice blend.

Scrambled Eggs and Brains



Brains in Curry Sauce over rice

- Sauté onions, garlic and chilies in toasted Sesame oil
- Add curry, stirring well
- Add coconut milk, sea salt, ½ teaspoon sucanat, naturally fermented soy sauce and heat for 10 minutes or until sauce thickens.
- add brain slices (can be steamed or sautéed)
- We served this over rice pilaf, but you could also add sweet red bell pepper strips and serve over plain rice or rice noodles

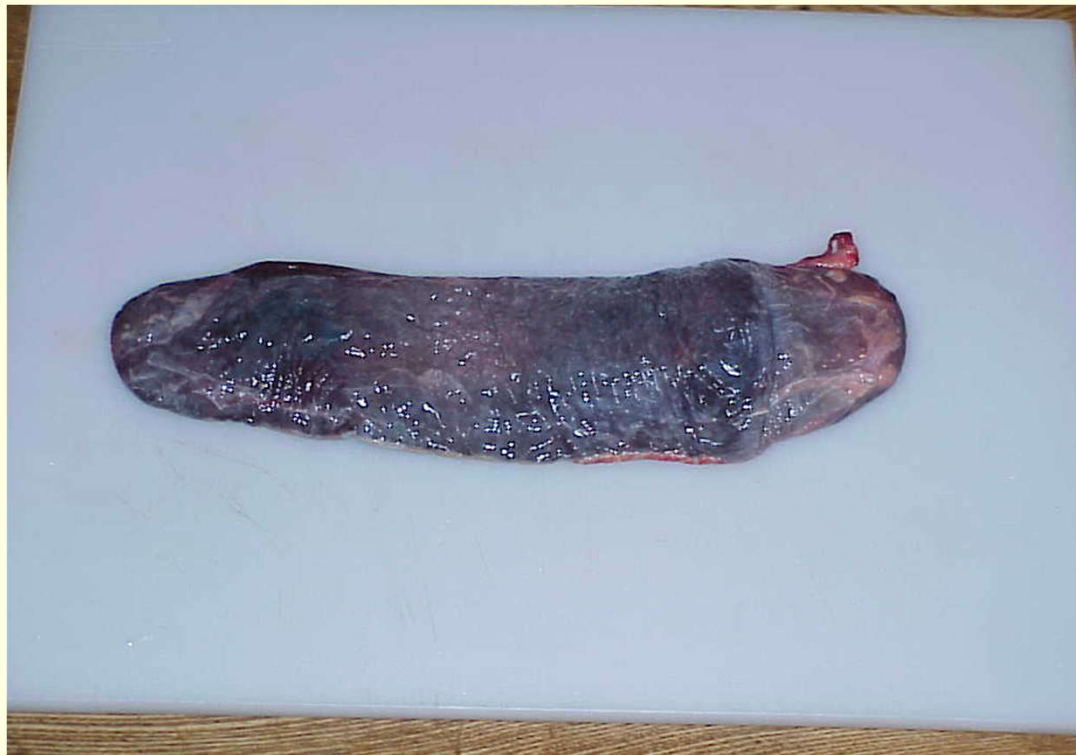


Lungs - Traditional foods

- USDA has decided they are unfit for human consumption
- Factory animals breath in large amounts of ammonia – this may be part of their concern
- Pastured animals breath fresh air and have clean lungs, but you will not be able to get the lungs back unless you butcher your own.

Lung substitute: Spleen

Spleen can be used as a substitute for lungs in classic dishes such as Haggis



Lungs Classic recipes-Haggis

- 1 sheep's stomach bag
1 sheep's pluck - liver, lungs and heart
3 onions
250g beef Suet
150g oatmeal
salt and black pepper
a pinch of cayenne
150mls of stock/gravy
- Other spices are sometimes added

Haggis Cooking Directions:

- 1. Clean the stomach bag thoroughly and soak overnight. In the morning turn it inside out.
- 2. Wash the pluck and boil for 1.5 hours, ensuring the windpipe hangs over the pot allowing drainage of the impurities.
- 3. Mince the heart and lungs and grate half the liver.
- 4. Chop up the onions and suet.
- 5. Warm the oatmeal in the oven.
- 6. Mix all the above together and season with the salt and pepper. Then add the cayenne.

Haggis Cooking Directions:

7. Pour over enough of the pluck boiled water to make the mixture watery.
 8. Fill the bag with the mixture until it's half full.
 9. Press out the air and sew the bag up.
 10. Boil for 3 hours (you may need to prick the bag with a wee needle if it looks like blowing up!) without the lid on.
- OR:
 - Spoon mixture into bladder and secure ends with string. Place in top half of a steamer and steam over simmering water for 1 1/2 hours. (If no bladder/stomach is available put into a ovenproof bowl, cover with foil or waxed paper (tied on) and steam as above.)

Haggis when finished cooking



Haggis Feast

Haggis "is typically served on Burns Night, January 25, when Scotland celebrates the birth of its greatest poet, Robert Burns, who was born in Ayrshire on that date in 1759. During the celebration, Burns poems are read, and the haggis is addressed by a member of the party, ceremonially, in the form of verses from Burns' poem, 'Address to a Haggis.' A typical meal for Burns Night would include Cock-a-Leekie, Haggis with Tatties-an'-Neeps, Roastit Beef, Tipsy Laird, and Dunlop Cheese."

Oh, and did I mention that whisky is also served?

<http://www.smart.net/~tak/haggis.html#one>

The “New Organs”

- Not really organs or offal, as they do not fall off, but have to be cut off.
- We are so unaccustomed to them, we now group them with the organs
- Head, ears, neck, feet, tail are the more common ones

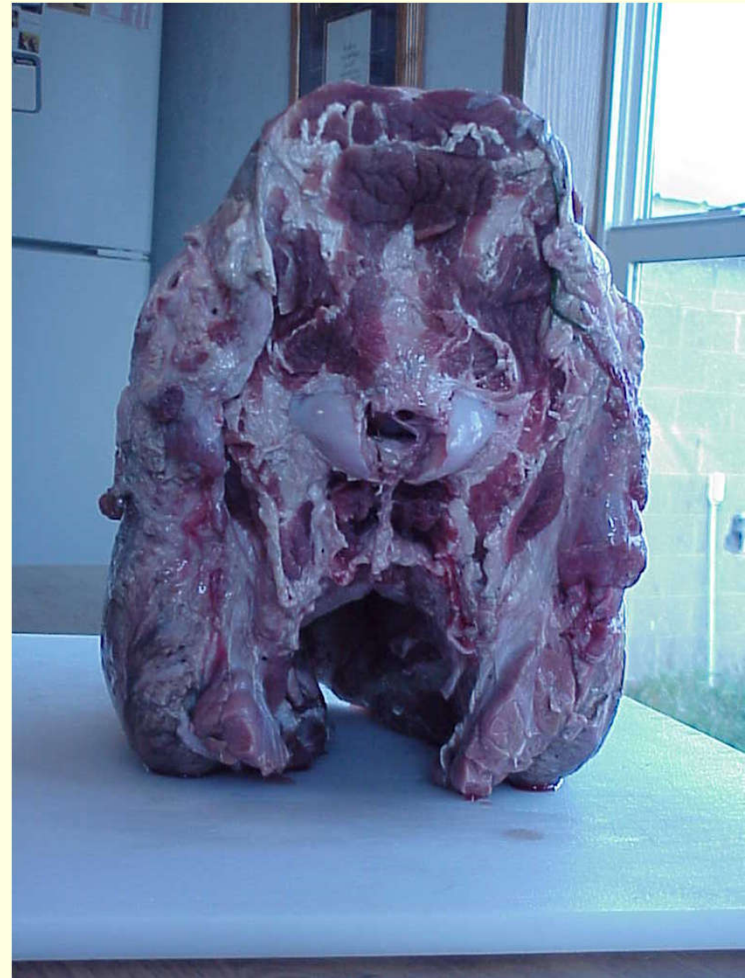
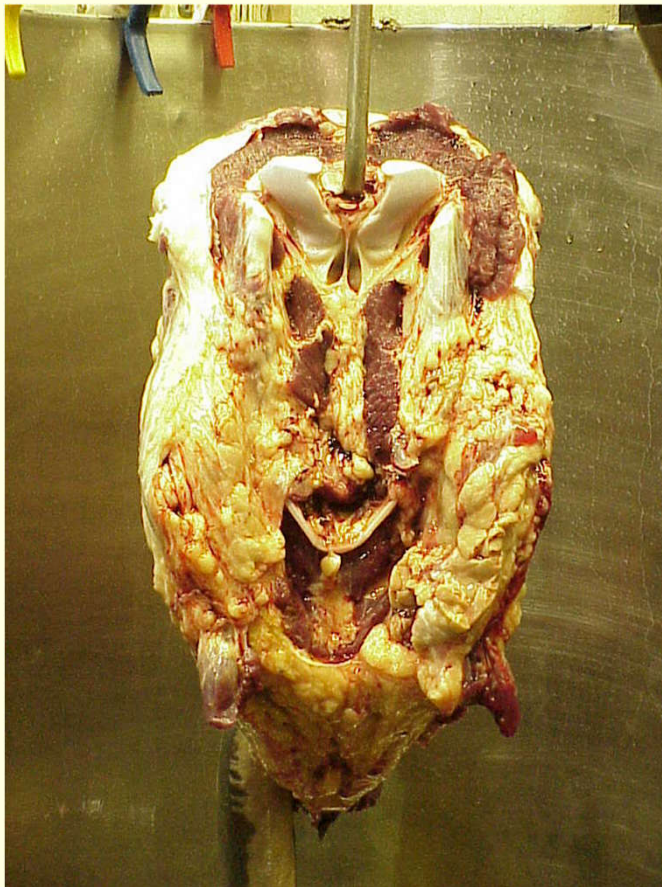
Head

- Beef head is difficult to get from inspectors
- Pig head is relatively easy
- Sheep and goat are questionable
- Some may have better luck with bison

Head

- Most traditionally used for “head Cheese”
- Not a cheese at all, but more of a Terrine
- The head contains a good deal of meat and lots of gelatin
- After everything is cooked, cooled and pressed into a shape, the gelatin holds the mold and it can be sliced like lunchmeat

Beef and Tamworth Hog Head



Necks

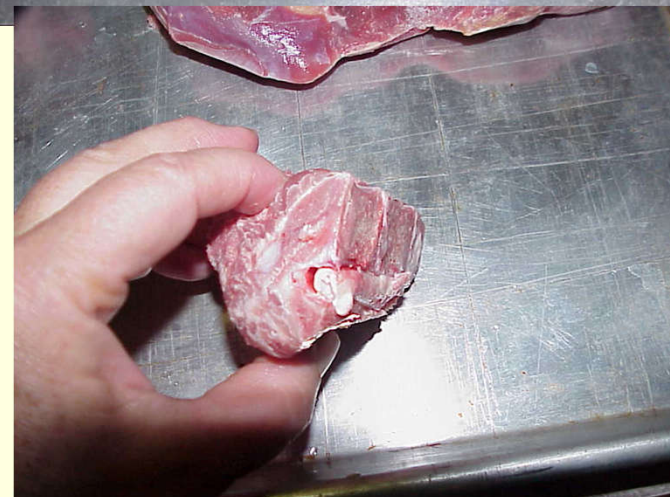
- Good for Stocks and soups
- A neck is basically part of the vertebrae with meat and fat around it.
- Connective tissue
- Gelatin
- Brown them before stewing

Neck Bones of Various Sizes

Pork, Lamb, Turkey, and Chicken
Neck bones

Packaged on the left with cross cuts

Lower right shows the spinal cord in
a pork neck.



Bones Roasting in the Oven First



Bones going into the oven

For Roasting



Bones being removed
from the stock pot



Desert!

- Extra Dark Organic Chocolate
- 75% or greater Cacao content
- Very little sugar (organic evaporated cane juice) is added
- The bitter earthiness goes very well with the deep rich complex flavors of these meals
- Just a little piece is all that is needed!

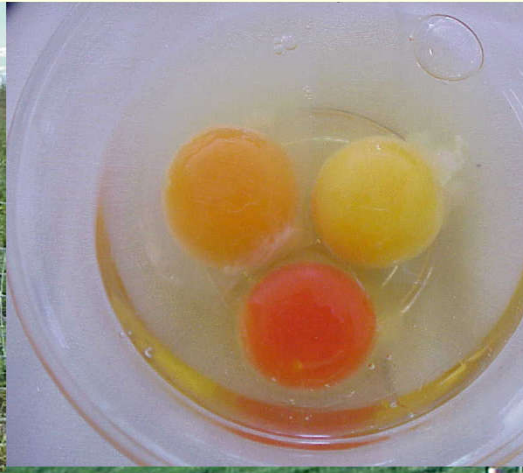
Try This At Home!

- Start with something simple
- Use Flavor combinations you really like
- Increase the spices you enjoy
- Strong spices like garlic, hot peppers, curry and cumin complement the richness of these meats

Try This At Home!

- Use high quality organs, this is not the place to consider the commercial cuts
- Use your own rich stock
- Enjoy the variety, economic and health benefits!

Quality Pastures = Quality Organs



Cookbooks for Organs

- Nourishing Traditions by Sally Fallon
- Charcuterie and French Pork Cookery by Jane Grigson
- Real Stew by Clifford Wright
- Bones: Recipes, History, and Lore by Jennifer Mclagan
- Nose to Tail Eating
- The Whole Beast
- Beyond Nose to Tail all by Fergus Henderson