

## Tu b'Shevat Haggis recipe

At a Tu biShevat seder we should eat 15 different types of fruits or nuts. Tu biShevat falls close to Burns night, where we celebrate our national dish. If you prepare this Tu biShevat recipe you can fulfil the mitzvah of the 15 fruits in just a single portion.

All quantities below are approximate and other ingredients, apart from those starred can be added or removed for variation. This should make one large haggis. You will need a vegetarian haggis skin and some string for tying up. Most butchers can supply those and some even have a hechsher:

[https://www.scobiesdirect.com/PDF%20Kosher/KOSH\\_1SC005.pdf](https://www.scobiesdirect.com/PDF%20Kosher/KOSH_1SC005.pdf)

### Method

Cook the lentils in salted water until they are soft (about 20 minutes) and drain. Finely chop or grate the onion and fry gently in the olive oil without letting it brown, add the oatmeal, garlic, stock (just enough to make the mixture into a fairly thick paste) and chopped apple and pear and cook, while stirring for around 10 minutes. The oatmeal should be cooked but still retain its texture. Then stir in the lentils and everything else. Put the grated coconut cream in last (it is standing in for the suet in traditional haggis) and mix in well. Taste to adjust seasoning.

You are now ready to stuff your haggis skin. Tie it up well. It is then best reheated by bringing slowly to the boil in a pan of cold water and simmering for about 10 minutes. I usually wrap it in silver foil in the pan so as to avoid it turning to porridge if the skin leaks.

### Ingredients

200 g black (Beluga) lentils\*

1 onion\*

Olive oil\*

1 crushed garlic clove\*

100g course pin-head oatmeal\*

Vegetable stock\*

1 apple (cored and chopped)

1 pear (cored and chopped)

Zest of 1 orange

Chopped dried fruits (total about 80 g)

Raisins, figs, dates, apricots, prunes

Chopped nuts (about 50g)

Walnuts, hazelnuts, almonds

Pistachios and/or pinenuts – a spoonful of each – I left them whole

Pomegranate molasses – table spoonful

2tsp ground coriander

½ tsp ground cumin

About ¼ of a block (25g) of creamed coconut, grated

Salt and pepper to taste