

The Scottish English Podcast
E05 Haggis, Neeps and Tatties

<i>Transcript</i>	<i>Vocabulary and grammar structures you should know. *= meaning used in the podcast if there is more than one meaning.</i>	<i>Collocations, idioms and other useful phrases.</i>
-------------------	---	---

Claire | Kilted English:

Are you hungry? You're about to be. A plate of haggis, neeps and tatties is a feast for both the eyes and the soul.

It's a dish that doesn't just fill your belly, it tells a story, one of rugged landscapes, roaring fires and the timeless poetry of Scotland itself.

If you've ever visited Scotland, you've probably heard of this traditional meal. But what exactly is it? And where did it come from? Let's find out.

Hello and welcome to the Scottish English Podcast. Improve your English while learning all about Scottish culture, history and accents. Subscribe wherever you get your podcasts. or on my YouTube channel so you don't miss out on any upcoming episodes. In the description, you'll find a link to download the transcript of today's episode with the key vocabulary that you should know about.

If you don't know me, I'm Claire from Kilted English where I'm building a community of upper intermediate and advanced English speakers, supporting them as they work towards their B2 First and C1 Advanced Cambridge English exams.

If that sounds like you, drop me a comment and I'll let you know all about it.

Feast (noun)

/fi:st/

- a large or special meal, especially for a lot of people and to celebrate something
- a day or period of time when there is a religious festival
- a thing or an event that brings great pleasure*

Belly (noun)

/'beli/

- the part of the body below the chest*
- the round or curved part of an object

Rugged (adjective)

/'rʌɡɪd/

- (of the landscape) not level or smooth and having rocks rather than plants or trees

Roaring (adjective)

/'rɔ:riŋ/

- making a continuous loud deep noise
- (of a fire) burning with a lot of flames and heat*

Timeless (adjective)

/'taɪmləs/

- not appearing to be affected by the process of time passing or by changes in fashion*
- existing or continuing forever

- Fire in the/your belly (a very strong desire to achieve something)
- Go belly up (to fail completely - informal)
- Rugged cliffs
- Rugged beauty

<p>Today we're taking a journey through <u>culinary</u> time as we find out about Scotland's most famous dish, haggis, neeps and tatties.</p> <p>First let's talk about the dish's most famous <u>component</u>, haggis.</p> <p>Now, many people outside of Scotland might think of haggis as something unusual and strange. Some even believe it's a creature with legs of different lengths, so it can deal with the rugged <u>terrain</u> of the Scottish Highlands.</p> <p>But it's really just a <u>hearty</u>, flavour packed dish.</p> <p>Traditionally haggis is made with a mixture of sheep's heart, liver and lungs. Finely chopped and combined with spices, oatmeal and onions. All encased in a sheep's stomach. Yes, a sheep's stomach.</p> <p>This dish dates back to the 14th century. With some suggesting it was eaten even earlier.</p> <p>It was likely invented by Scottish farmers, who needed a way of using the <u>entire</u> animal of the sheep.</p> <p>Haggis became a meal of <u>practicality</u>. Nothing <u>went to waste</u>. And it could feed an entire family for a very small cost.</p> <p>Some even say it was the food of the poor though its delicious flavours and textures have</p>	<p>Culinary (adjective) /'kʌlɪnəri/ - connected with cooking or food</p> <p>Component (noun) /kəm'pəʊnənt/ - one of several parts of which something is made</p> <p>Terrain (noun) /tə'reɪn/ - used to refer to an area of land when you are mentioning its natural features, for example, if it is rough, flat, etc.</p> <p>Hearty (adjective) /'hɑ:ti/ - large; making you feel full</p> <p>Entire (adjective) only before a noun /ɪn'taɪə(r)/ - (used when you are emphasizing that the whole of something is involved) including everything, everyone or every part</p> <p>Practicality (noun) /ˌpræktɪ'kæləti/ - the quality of being suitable, or likely to be successful - the quality of being sensible and realistic*</p>	<ul style="list-style-type: none"> - A component of sth - an essential component of sth - A major/principal/critical component of sth - difficult/rough/mountainous terrain - A hearty breakfast - The entire world - Entire family - Entire life - Entire population
--	--	--

<p>made it beloved by Scots from all <u>walks of life</u>.</p> <p>And of course, you can't mention haggis without talking about neeps and tatties.</p> <p>Now, neeps are simply turnips. And tatties, of course, are potatoes. But don't let their simplicity fool you. They play a <u>vital</u> role in completing this dish.</p> <p>So why turnips and potatoes? It's all about practicality again. Turnips were more commonly used, especially in winter, because they were easy to grow in Scotland's often <u>harsh</u> conditions.</p> <p>The creamy texture of mashed turnips, when paired with the haggis, creates the perfect balance of flavours.</p> <p>However, potatoes, which were a much more recent introduction to Scotland, have become the preferred option for many.</p> <p>Together, haggis, neeps and tatties form a meal that brings warmth and comfort. A true taste of Scotland.</p> <p>Haggis and its influence over Scottish culture.</p> <p>If you've ever been in Scotland in January, You've probably noticed that haggis, neeps and tatties are especially popular around Burns Night, which celebrates the life and work of Scotland's national poet Robert Burns, or Rabbie Burns as</p>	<p>Go to waste (phrase of waste)</p> <ul style="list-style-type: none"> - Be unused or expended to no purpose <p>A walk of life (idiom)</p> <ul style="list-style-type: none"> - a person's job or position in society <p>Vital (adjective)</p> <p>/ˈvaɪtəl/</p> <ul style="list-style-type: none"> - necessary or essential in order for something to succeed or exist* - connected with or necessary for staying alive - (of a person) full of energy and enthusiasm <p>Harsh (adjective)</p> <p>/hɑːʃ/</p> <ul style="list-style-type: none"> - cruel, severe and unkind - (of weather or living conditions) very difficult and unpleasant to live in* - too strong and bright; ugly or unpleasant to look at - unpleasant to listen to - too strong and rough and likely to damage something <p>Chieftain (noun)</p> <p>/ˈtʃiːftən/</p> <ul style="list-style-type: none"> - the leader of a people or a clan* - a powerful member of an organization 	<ul style="list-style-type: none"> - Vital for somebody/something - Vital to something - Of vital importance - It's vital that... <ul style="list-style-type: none"> - Harsh criticism - Harsh realities - A harsh winter/wind/climate
---	--	--

<p>we like to call him. Burns himself wrote a famous poem called Address to a Haggis, where he honours the dish, calling it the Great <u>Chieftain</u> o the Puddin Race.</p> <p>And so every year on January 25th, Scots gather to enjoy this dish, often with whisky, as they celebrate Burns's <u>legacy</u>.</p> <p>Haggis changing with the times.</p> <p>Haggis has undergone a quiet <u>revolution</u> over recent decades.</p> <p>As I mentioned before, the traditional haggis was made from many parts of a sheep. But since the late 20th century, there has been a rise in vegetarian haggis, <u>swapping</u> those body parts for meat free alternatives. So vegetarians like me can enjoy haggis as well as our meat eating friends.</p> <p>At first, vegetarian haggis was met with <u>scepticism</u>. After all, wasn't haggis defined by its rich, meaty heart? But those who <u>dared</u> to try it found something surprising. The nutty bite of lentils and oats, the warmth of nutmeg and black pepper and the same satisfying depth that had made the original a Scottish <u>staple</u> for centuries.</p> <p>Today, Vegetarian Haggis isn't just an <u>afterthought</u>. It's a <u>mainstay</u>.</p> <p>From trendy cafes and restaurants in the capital to family dinner tables in the Highlands, it has</p>	<p>Legacy (noun) /'legəsi/ <ul style="list-style-type: none"> - money or property that is given to you by somebody when they die - a situation that exists now because of events, actions, etc. that took place in the past* </p> <p>Revolution (noun) /,revə'lu:ʃn/ <ul style="list-style-type: none"> - an attempt, by a large number of people, to change the government of a country, especially by violent action - a great change in conditions, ways of working, beliefs, etc. that affects large numbers of people* </p> <p>Swap (verb) /swɒp/ <ul style="list-style-type: none"> - to replace one person or thing with another </p> <p>Scepticism (noun) (North American English: Skepticism) /'skeptɪsɪzəm/ <ul style="list-style-type: none"> - an attitude of doubting that claims or statements are true or that something will happen </p> <p>Dare (verb) /deə(r)/</p>	<ul style="list-style-type: none"> - Swap something for something - Dare (to) do something
--	--	--

<p>earned its place as a worthy <u>successor</u> to the original.</p> <p>It's proof that tradition isn't about staying the same. It's about evolving, adapting and ensuring that Scotland's most iconic dish remains <u>beloved</u> for generations to come.</p> <p>Give it a try. If you ever find yourself in Scotland, make sure you try haggis neeps and tatties. It's more than just a meal. It's a true taste of Scotland's past and present, served on a plate.</p> <p>Thanks for joining us on this tasty journey through history today. I hope you've enjoyed learning about this beloved Scottish dish.</p> <p>Don't forget to download the transcript from this episode. Please subscribe and share this podcast with your friends and family interested in improving their English while learning all about Scotland.</p>	<ul style="list-style-type: none"> - to be brave enough to do something* - to challenge somebody to do something dangerous, difficult or embarrassing so that they can show that they are not afraid <p>Staple (noun) /'steɪpl/</p> <ul style="list-style-type: none"> - a basic type of food that is used a lot <p>Afterthought (noun) /'ɑ:ftəθɔ:t/</p> <ul style="list-style-type: none"> - a thing that is thought of, said or added later, and is often not carefully planned <p>Mainstay (noun) /'meɪnstet/</p> <ul style="list-style-type: none"> - a person or thing that is the most important part of something and enables it to exist or be successful <p>Successor (noun) /sək'sesə(r)/</p> <ul style="list-style-type: none"> - a person or thing that comes after somebody/something else and takes their/its place <p>Beloved (adjective) formal /bɪ'lʌvɪd/</p> <ul style="list-style-type: none"> - loved very much 	<ul style="list-style-type: none"> - 'Dare I say it...' - As an afterthought (they only invited Bill and Tom as an afterthought) - Successor to somebody/something - A worthy successor
---	--	---

Subscribe to the Kilted English YouTube channel to get all the upcoming episodes of the Scottish English Podcast. Follow us on Instagram too!

YouTube: <https://www.youtube.com/@KiltedEnglish>

Instagram: <https://www.instagram.com/kiltedenglish1/>