The British Library holds one of the oldest known recipes for haggis in a text composed around 1430, the Booke of Curtassye (now Sloane MS 1986). The recipe for ‘hagese’ features in English verse along with references to potages, roasted meats and humble pie. The whole collection is translated [here](http://www.pbm.com/~lindahl/lcc/parallel.html). <http://www.pbm.com/~lindahl/lcc/parallel.html>

The hert of schepe the nere thou take
    Thou bowel noȝt thou schall forsake
On the turbilen made & boyled wele
    Hacke all togeder wit gode parsole
Isop saueray thou schall take then
    And suet of schepe take in I ken
Wit powder of peper & egges gode wonne
    And seth hit wele & serue hit thenne
Loke hit be saltyd for gode menne
    In wynter tyme when erbs ben gode
Take powder of hom I wot in dede
    As saueray mynt & tyme full gode
Isop & sauge I wot by the rde

The heart of sheep, the kidneys you take,
The bowel naught you shall forsake,
In the vortex made, and boiled well,
Hack all together with good parsley,
Hyssop, savory, you shall take then,
And suet of sheep take in, I teach,
With powder of pepper and eggs [a] good quantity,
And seethe it well and serve it then,
Look it is salted for good men.
In winter time when herbs are good,
Take powder of them I know indeed,
As savory, mint and thyme, quite good,
Hyssop and sage I know by the Rood.

Le cœur de mouton, les reins que tu prends,

Vous n'abandonnerez rien de l'intestin,

Dans le vortex fait, et bien bouilli,

Mélange tout ensemble avec du bon persil,

Hysope, salé, tu prendras alors,

Et le suif des moutons prend, j'enseigne,

Avec de la poudre de poivre et des œufs [une] bonne quantité,

Et faites-le bien cuire et servez-le alors,

Regardez, c'est salé pour les bons hommes.

En hiver, quand les herbes sont bonnes,

Prends-en de la poudre, je sais en effet,

Comme salé, menthe et thym, plutôt bons,

Hysope et sauge que je connais par le Rood.

thym, hysope, persil  menthe sauge + poivre