

Lancashire Hot Pot

Traditional fare from the red rose county, Lancashire, U.K.¹

This is a member of the worldwide Housepot or Stew² family of recipes.

Ingredients

1 kg lamb
1 kg potatoes
2 medium onions
to taste **FAIRTRADE** freshly ground
black pepper

Uncover and bake for another 30 minutes or so.

To serve

Serve with boiled carrots and peas.

Variation

None needed.

Method

Preparation

Wash the meat if necessary.

Peel the potatoes and slice thickly.

Cube the meat. (I normally get the butcher to bone out a shoulder, and then to trim off the skin and fat).

Top and tail the onions, skin them and slice them into rings.

Cooking

Grease a good heavy casserole dish, and make a layer of potatoes in the bottom.

Brush the potatoes with butter or your favourite oil.

Make a layer of meat and onions.

Season with salt and pepper.

Add water (or stock) just up to around the meat.

Add the remaining potatoes in another layer, and again brush with butter or oil.

Cover and bake in the oven at Gas Mark 4 for 90 minutes.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>

²<http://www.fairtradecookbook.org.uk/recipes/housepot.htm>