

Leek Carrot and Potato Pie

This **English**¹ recipe is from "**Recipes for Change**"² by Traidcraft³, but sadly is now out of print.

A warming dish for winter months, serves 4 generous portions.

Ingredients

225 g carrots
450 g potatoes
75 g butter
1 medium onion
450 g leeks

White sauce:

40 g butter
20 g flour
150 ml vegetable stock
150 ml milk
pinch of mace if available
salt
FAIRTRADE freshly ground
black pepper

Topping:

75 g grated cheese
15 ml breadcrumbs⁴
2 pinches cayenne pepper

Peel and chop the onion.

Cut the leeks into small pieces

Cooking

Cook the potatoes and carrots in salted boiling water for 15 minutes.

Drain, reserve the cooking water for the sauce.

Gently cook the washed and drained leeks and chopped onion in 50g (2oz) butter for a few minutes until softened.

Slice the potatoes and carrots thinly and arrange in layers in a baking dish.

Make up the sauce and pour it over the vegetables, scatter the cheese and breadcrumbs and a couple of pinches of cayenne on the top. Dot the surface with butter.

Bake at Gas Mark 4 for 1 hour.

Method

Vegetable preparation

Peel the carrots but leave them whole.

Peel the potatoes and cut them into large pieces.

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

²<http://www.fairtradecookbook.org.uk/specials/rfc.htm>

³<http://www.traidcraft.co.uk>

⁴<http://www.fairtradecookbook.org.uk/recipes/breadcrumbs.htm>