

Stoemp

Mashed potatoes with extra tasty bits.

This is a **Belgian**¹ recipe.

Using simple ingredients, this dish has as many variations as there are people cooking it, and the use of vegetables in this way is traditional in northern European cuisine.

Ingredients

750 g potatoes
750 g carrots
2 medium leeks
100 ml milk

to taste **FAIRTRADE** freshly ground black pepper
3 rashers bacon
good pinch **FAIRTRADE** ground nutmeg
tiny pinch chilli powder
a glug or two Zaytoun **FAIRTRADE** olive oil

Cook the potatoes as per **Mashed potatoes**² and cook the carrots and leeks in a steamer above the potatoes.

Assembly

Add the spices, oil, carrots, leeks and half the bacon bits to the mashed potatoes and mix gently.

Spoon the potatoes into a serving dish and decorate with the remaining bacon bits.

To serve

Serve hot as a main course dish.

Variations

Use soya milk and omit the bacon for a vegan side dish.

Method

Preparation

Peel the potatoes, peel the carrots, clean up the leeks in the usual way.

Cut the potatoes for boiling, the carrots small, and the leeks into finger thick rings.

Trim the fat from the bacon, and use as below.

Cooking

Render the bacon fat for a few minutes in a frying pan and then discard (or consume) the bits.

Fry the bacon until nicely crispy and break up into bits.

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

²http://www.fairtradecookbook.org.uk/recipes/boiled_potatoes.htm