

Vegetarian Pie

Excellent **English**¹ food for a damp November evening. Glorious layers of potato, beans, carrots and leeks, topped with melted cheese. Warmth, energy and a touch of sweetness in the depths.

Serves 4

Ingredients

- 200 g (dry weight) black-eye, cannellini or haricot beans
- 1 large onion, peeled and chopped
- 1 clove garlic, crushed
- a little cooking oil
- 400 ml water
- 30 ml tomato puree
- 5 ml dried basil
- 700 g potatoes peeled
- 450 g carrots, peeled and chopped to 1 cm pieces
- 450 g leeks topped tailed and sliced
- to taste Salt, **FAIRTRADE** ground black pepper, **FAIRTRADE** nutmeg, butter and milk.
- 120 g grated cheddar cheese

Method

Soak the beans in cold water overnight, drain and rinse them.

In a cast iron skillet or nice saucepan fry the onions until starting to turn translucent.

Add the drained beans, garlic and water and bring to the boil. Then simmer uncovered for about 45 minutes to 1 hour until the beans are tender and the liquid well reduced.

Meanwhile:

Cook the potatoes, carrots and leeks, and mash the cooked potatoes with a little milk, margarine or butter, salt, **FAIRTRADE** ground black pepper, and **FAIRTRADE** nutmeg to taste.

And back with the beans:

Stir in the tomato puree and season with basil, salt and pepper to taste.

Lightly grease an ovenproof casserole dish and put the leeks and carrots in the base.

Spread the bean mixture on top and then sprinkle most of the grated cheese on this layer. Now make a mashed potato layer.

Fork over the layer and sprinkle on the remainder of the cheese.

Bake in the oven (pre-heat to Gas Mark 5) for 30 minutes or more until the top is crispy and golden.

To serve

Serve hot with a few brussel sprouts or broccoli.

Variation

None

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