

Hotpot



Ingredients

1 onion	200ml stock (reduced salt lamb stock cube and water)
1 carrot	1 x 5ml spoon Worcestershire sauce
1 small leek	1 bay leaf
1 potato	1 sprig of thyme
400g lean lamb	Freshly ground black pepper
1 x 15ml spoon oil	
1 x 15ml spoon plain flour	

Equipment



Method

1. Pre-heat the oven to 170°C or gas mark 3.
2. Prepare the vegetables:
 - peel and slice the onion;
 - peel, top and tail, slice the carrot;
 - trim and slice the leek;
 - peel and thinly slice the potato.
3. Using a clean knife and chopping board, trim away any visible fat from the meat and cut into cubes.
4. Heat the oil in the frying pan, then brown the meat. When brown, place the cubes of meat into a casserole dish.
5. Fry the onion, carrot and leek for 2-3 minutes.
6. Sprinkle flour into the frying pan and stir.
7. Pour in the stock, stirring all the time.
8. Pour all the ingredients from the frying pan to the casserole dish.
9. Stir in the Worcestershire sauce, bay leaf and thyme.
10. Arrange the potato slices on top in an overlapping pattern.
11. Add the black pepper, then cover with a lid or foil.
12. Cook for 1 hour 15 minutes.
13. Turn the heat up to 200°C or gas mark 6, remove the lid and cook for a further 15 minutes to brown the potatoes.

Top Tips

- Wash the vegetables first!
- Try different vegetables such as turnip, parsnip or cabbage in the hotpot.
- Try rosemary instead of thyme.
- Watch out, the casserole dish can get very hot so remember to use oven gloves.

Skills

- Handling raw meat ✓
- Using a knife ✓
- Using an oven ✓
- Measuring ✓

