

Lancashire hot pot

Warm comfort food for the chiller weather



Ingredients

- 400g Neck or middle neck of lamb
- 250g Stewing lamb
- Potato (waxy potatoes are best such as King Edwards) chopped
- 2 Carrots chopped
- 500 mls of water
- 2 tsp of cornflour mixed in some water
- Salt and pepper
- Spray oil

Method

Peel carrots and slice peel and slice potatoes.

Chop the lamb into cubes and add all to a strong casserole dish.

Add water, cornflour, and sliced carrots to the dish, add salt & pepper.

Slice potatoes to 3-4 mm thick slices and place on the top of the stew, spray with oil,

It is better to use a casserole dish with a well-sealed lid if you have one – if not check the dish is not too dry, you may need to add more water during cooking.

Cook for at least 3-4 hours at gas mark 5 (traditionally this hot pot was left to cook all day.)