

GF Friendly

Lancashire Hotpot for Two

a rich lamb and potato casserole

Lancashire hotpot is one of those English dishes capable of feeding a hungry family; but as there are just two of us, I adapted Delia Smith's recipe to suit. **Mine is roughly a quarter of the original ingredients** and, because it was smaller I reduced the oven times by about a third for both stages. It is, however, pretty forgiving, so if you're making a big batch, increase the time proportionately and give the potatoes a poke with a fork to ensure they are cooked through.

- 200g lean lamb chops (bone and fat removed)
- 200g potatoes cut in ½ inch (1.5cm) slices
- 1 lamb's kidney (piping removed and chopped small)
- 100g onions (cut in half lengthways through the core, then cut in 3/8 inch (1cm) half rings)
- Salt and coarsely ground black pepper
- 1 dessertspoon flour
- 3 x 15g butter
- 1 Tbsp peanut oil, or light-tasting olive oil
- 250ml hot water
- ½ tsp Worcestershire sauce
- ½ tsp Thyme seeds, or a sprig of fresh



- ½ tsp ground bay leaf, or 1 bay leaf

NB if using fresh thyme and a whole bay leaf, remove after cooking and before serving

In a large frypan, heat 15g of butter in the oil until sizzling, then fry the lamb steaks in batches, turning until both sides are well browned. As they are cooked, place them in the bottom of a 7½ inch (19cm) casserole. In the same pan, brown the chopped kidney and put in the gaps between the lamb; then fry the onions till they start browning at the edges. Sprinkle on the flour. Mix the Worcestershire sauce in the hot water and add this gradually to the onions, stirring constantly to blend. Season with salt and pepper, bring up to simmer point and pour over the meat in the casserole. Sprinkle on the herbs, arrange the potatoes on top and dot with 15g butter.

Bake on 150°C fan-forced (175°C conventional) high in the oven for 45-50 minutes covered; then remove the lid, brush the potatoes with 15g melted butter and cook uncovered for a further 30 minutes. Should you want the potatoes browner, turn up the heat but be careful not to burn them.

Serves 2

potato won't freeze well

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