

NUTRITION: Lazza's Kitchen

Lancashire Hotpot

**Lazza is still trying out new recipes
Today - he makes his first ever Lancashire Hotpot**

In Lancashire, before industrialisation, families would work at home spinning thread while scrags of mutton stewed slowly over a low fire. Family members could attend to the cooking over many hours. In the initial stages of industrialisation and urbanisation, people of all ages had long, strictly-regulated work hours that made it impossible to cook food that required extensive attention and preparation time.



1kg lamb, diced. (can be expensive, so shop around)
700g onions, thinly sliced or diced
1kg potato, peeled and sliced thinly
I used mushrooms, but can use kidneys
Plain flour - around 25g
Butter - around 50g (to taste)
150ml Chicken Stock
Seal Salt
Black Pepper
(can add carrots to if you like)

In a zip lock/plastic bag, add the flour, season with the salt and black pepper, then add the diced lamb and shake until all covered.

Place the lamb at the bottom of an oven proof casserole dish (large)

Melt half the butter in a pan, add the onions, and gently sweat (no need to brown them off), then spread the onions over the lamb.

I then added mushrooms, but can use diced kidney or carrots.

Melt the rest of the butter and add the potatoes, making sure all get covered, and then place these on top of the lamb and onions.

Pour over chicken stock, then cook for 30 minutes (covered) at 200C.

Lower heat to 150C, cook for another 2 hours. Raise to 200C, uncover, and cook for final 30 minutes, for potatoes to brown on top. Then enjoy.



Yes, it takes around three hours to cook, but it is so worthwhile.

The lamb disintegrated beautifully as you ate, and the onions and potatoes made this a very comfy cosy dish to eat.

The juices from the lamb and onions were also like a tasty gravy. Do enjoy this!!!

During this pandemic I decided to try a new hobby - cooking. Something I have never really experimented with. And it is going so well.

Why not try out some new recipes and foods yourself?

This was a great and very tasty meal to prepare.

I stun myself every week. If I can do it, so can you. Try something new!!!