

Name of Food	Ingredients	Method
Lancashire hotpot	<ul style="list-style-type: none"> • 100g dripping or butter • 900g stewing lamb, cut into large chunks • 3 lamb kidneys, sliced, fat removed • 2 medium onions, chopped • 4 carrots, peeled and sliced • 25g plain flour • 2 tsp Worcestershire sauce • 500ml lamb or chicken stock • 2 bay leaves • 900g potato, peeled and sliced 	<ol style="list-style-type: none"> 1. Heat oven to 160C/fan 140C/gas 3. 2. Heat a little of the 100g dripping or butter in a large shallow <u>casserole dish</u> and brown 900g stewing lamb chunks in batches, lift to a plate, then repeat with 3 trimmed and sliced lamb kidneys. 3. Fry 2 chopped onions and 4 peeled and sliced carrots in the pan with a little more dripping until golden. 4. Sprinkle over 25g plain flour, allow to cook for a couple of mins, shake over 2 tsp Worcestershire sauce, pour in 500ml lamb or chicken stock, then bring to the boil. 5. Stir in the stewing lamb and kidneys and 2 bay leaves, then turn off the heat. 6. Arrange 900g peeled and sliced potatoes on top of the meat, then drizzle with a little more dripping. 7. Cover, then place in the oven for about 1½ hrs until the potatoes are cooked. 8. Remove the lid, brush the potatoes with a little more dripping, then turn the oven up to brown the potatoes, or finish under the grill for 5-8 mins until brown.