



Slow cooked Lancashire Hot Pot

Ingredients

750g boneless leg of lamb, diced (1.5 to 2lbs)
50g plain flour (2 ounces)
2 onions, sliced
2 sticks celery, sliced
1 carrot, cubed
100g swede, cubed (3 ounces)
30ml dry sherry (1.5 tablespoons)
1/2 teaspoon prepared English mustard
1 large pinch ground nutmeg
3 bay leaves
1 teaspoon chopped fresh rosemary
1 teaspoon chopped fresh thyme
400ml beef stock (3/4 pint)
3 cloves garlic, minced
Salt and pepper, to taste
450g potatoes, peeled and sliced (1lb)
2 tablespoons butter

Method

Preparation time : about 20min › Cook:4hr › Ready in:4hr20min

Preheat the slow cooker to High setting.

Coat the lamb with flour then combine all of the ingredients (except the potato slices and butter) in the slow cooker. Season with salt and pepper.

Cover with potato slices then dot with butter and season.

Cover the slow cooker and cook on High for 3 to 4 hours. The lamb and potatoes should be tender. Serve hot.

