



# LIGHTER LANCASHIRE HOTPOT

## INGREDIENTS

- 650g Lamb Shoulder
- 4tsp Plain Flour
- 2tsp Rapeseed Oil
- 2 Onions
- 3 Carrots
- 225g Swede
- 3 Thyme Sprigs
- 2 Bay Leaves
- 200ml Chicken Stock
- 1.5tsp Worcestershire Sauce
- 750g Potato

## DIRECTIONS

1. Heat oven to 190C/170C fan/gas 5. Cut boned lamb shoulder into chunky 5-6cm pieces. Coat the lamb pieces with salt and pepper seasoned flour then set aside.
2. Heat 2 tsp of rapeseed oil in a large frying pan. Put the onions (halved lengthways and thinly-sliced), carrots (halved lengthways and cut into bite-sized chunks), swede, thyme sprigs and bay leaves in the pan and season with pepper. Cook on a medium-high heat for 6-8 mins, stirring occasionally, until the vegetables start to go brown around the edges. Pour in the chicken stock and remove the pan from the heat so the stock does not reduce in volume. Stir in Worcestershire sauce.
3. Overlap a layer of potato slices in the bottom of a 2-litre casserole dish. Lay half the lamb over the potatoes, then spoon half the vegetable mix over the meat. Sit the rest of the lamb on top, then tip the rest of the vegetables, herbs and all the liquid over the lamb. Start to layer up the potato slices in 3 tightly overlapping layers, seasoning each layer with pepper and brushing with oil as you go. Cover the dish with a tight-fitting lid and bake for 10 mins.
4. Reduce the oven to 160C/140C fan/gas 3. Cook for 2 hrs until the lamb is tender and the potatoes are cooked. Take the lid off and pop under the grill for 8-10 mins until the potatoes are golden and crisp. Remove and let the hotpot settle for 5-10 mins, then serve scattered with extra thyme leaves.