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#PRESTONCOOKALONG
#LEANINTOLocal

EASY LANCASHIRE HOT POT



We are delighted that you would like to take part in our Community Cook-Along on Thursday 12th November.

While we may have to be physically distant at this time our Cook-Along will build community spirit and will be an experience to share and celebrate. 250 households in Preston will be joining together in cooking, share and enjoying a traditional healthy, Lancashire dish sourced entirely from local growers and producers.

INGREDIENTS PACK CONTAINS

Lamb Mince
Potatoes
Onion
Carrots
Beetroot
Butter
Veg Stock Cube
Delicious Pumpkin Soup

We ask, if there are fewer than 4 people in your household then please do share your surplus with neighbours or friends. Remember though to only drop this on a doorstep and comply with social distancing guidance.

JOIN IN WITH THE COOK-ALONG
ON THURSDAY 12TH NOVEMBER



WWW.LARDER.ORG.UK

INGREDIENTS

4-5 Medium Potatoes
400g Lamb Mince
4 Carrots
2 Onions
Veg Stock Cube
2 Bay Leaves (optional)
1 Tbsp Flour
2 Tsp Worcester Sauce (optional)
400ml Water
Salt and Pepper
Butter or Oil

METHOD

STEP ONE: Boil the potatoes for 10 minutes, drain and cool.

STEP TWO: Heat oven to 200C/180C fan/gas 6.

STEP THREE: Heat the oil in a large frying pan and fry the onion and carrot for 10 mins or until starting to soften, add the mince and cook for a further 5 minutes.

STEP FOUR: Tip half the mixture into an oven proof dish.

STEP FIVE: Thinly slice the cooled potatoes and arrange over the top of the mince.

STEP SIX: Add another layer of mince.

STEP SEVEN: Add the stock cube to boiling water, mix the flour with a small amount of cold water and add to the stock. Pour over the mince and potatoes.

STEP 8: Top with a neat layer of sliced potatoes, brush with melted butter or oil and add a sprinkling of salt and black pepper.

STEP 9: Bake in the oven for 20-25 mins until the potatoes crisp and the gravy is bubbling.

FOR MORE INFORMATION VISIT:
FACEBOOK: www.facebook.com/TheLarderLancashire

LOCAL PRODUCERS

CARROTS - Robert Wright & Sons, Ormskirk, Lancashire

Owned and farmed by Philip Wright and his son Stephen. A family business in Scarisbrick, Ormskirk passed down from Stephen's Grandfather Robert. Carrots are the main crop of the farm along with cereal, wheat and barley. The farm grows and packs between 15,000 and 20,000 tonnes of carrots a year, supplying mainly fruit and vegetable wholesalers.

POTATOES & PICKLED BEETROOT - Peter Ascroft, Worthingtons Farm, Mere Brow, Lancashire

The Ascroft family have been farming the land around Holmes on the Lancashire plains since the beginning of the 20th century.

Against the modern trend of monoculture (growing one crop only) we have chosen to stick to the traditional way of growing a variety of crops in rotation to keep the goodness in the soil.

With over five generations of farming heritage we are specialists in our field. Our aim is to produce excellent-quality fresh vegetables for the restaurant trade and consumer.

ONIONS - Goldings Farm, Rufford, Lancashire

LAMB - Bowland Farms, Southmire Farm, Lowgill, Lancashire

Bowlands is an established family-run business based in the Forest of Bowland, a breathtaking Area of Outstanding Natural Beauty (AONB) in North West England.

BUTTER - Carron Lodge, Park Head Farm, Inglewhite, Lancashire

Carron Lodge is a family run business based in Inglewhite, Lancashire.

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