

HACHIS PARMENTIER



Mash Potato

1 kg/35.27 ounces potatoes, peeled and cut in half
1/2 cup milk, heated until almost boiled
30g/1.1 ounces butter
50g/1.8 ounces grated cheddar
1/4 teaspoon ground nutmeg
salt and pepper to taste

1. Boil 2 litres of water and add the potatoes. Boil until tender.
2. Preheat oven to 200° celcius / 392° fahrenheit.
3. In a frying pan melt butter with the oil on a medium/ low heat. Add onions and garlic and cook stirring often until tender. Increase heat to medium/high and add the lamb cooking until browned. Add salt and pepper to taste.
4. Mash the potatoes with the butter and then add the warm milk. Stir with a wooden spoon adding the nutmeg and salt and pepper to taste.
5. Butter either a large baking dish, or individual ramekins.
6. Add a layer of mash potato to the bottom of the dish/ dishes and top with the meat. Add more mash potato on top and sprinkle the grated cheese. Bake in the oven for about 20 minutes or until golden.

300g/11 ounces left over roast lamb,
minced or processed in a food processor until the same
consistency as mince
1 onion, chopped
1 clove garlic, crushed
5g/.18 ounces butter
1 tablespoon olive oil

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