

# Quick and Easy Rosemary and Lamb Hotpot

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This lamb dish comes from Ireland, where it was made into a pasty and given to the men to take down the mines.

It is delicious served with the Cauliflower and Potato Cakes in the Seasonal Food activity pack available to download from the Club Zone of the Let's Get Cooking website.



Wheat

Made it? Rate it!



## Equipment

Kettle  
Measuring jug  
Wooden spoon  
Colander  
Peeler  
Chopping board x 2  
Sharp knife x 2  
Scissors (optional)  
Measuring spoons  
Mixing bowl x 2  
Large deep frying pan or wok  
Pan stand

## Ingredients

### Serves 4

300ml water

1 lamb or vegetable stock cube

2 carrots

2 parsnips

1 large onion

3 sprigs rosemary

400g lean lamb meat (rump or leg is good for this)

2 x 15ml spoons plain flour

2 x 5ml spoons ground cumin

20ml vegetable oil

1 x 15ml spoon tomato purée

### Top tip

To make this recipe with a cheaper cut of meat, such as stewing lamb, follow the method and simmer very gently for one hour. You may need to add a bit more water to the stock to keep it from drying out. It could be transferred to an ovenproof dish with a lid after step 12 and put into the oven at 170°C or gas mark 3 for one hour.



30 Skills

Look at the Let's Get Cooking Skills chart to see which skills you have used today.

Skills used: 1, 5, 6a, 7f, 8a, 9h, 11f, 12e, 12l, 14b, 16a, 16b



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## Method

1. Boil 300ml of water in the kettle. Crumble the stock cube into the measuring jug. Add the boiling water and stir until the stock cube is dissolved.
2. Wash all the vegetables. Peel the carrots and parsnips and chop into small cubes about the size of a dice.
3. Peel and chop the onion into small chunks.
4. Strip the leaves off the rosemary stalks and chop up the leaves finely using a knife or scissors. Throw away the stalks as they can be woody and tough.
5. Using a different chopping board and knife, cut off as much of the fat as you can from the lamb, then cut into 1cm cubes. It is important the pieces are small or the meat will take a long time to cook.
6. Measure the flour and cumin into a mixing bowl, then add the lamb and mix well so each piece is coated. Now wash your hands!
7. Put the frying pan or wok onto the hob and heat over a medium heat. Add one 5ml spoon of vegetable oil then carefully add the onion, carrot, parsnip and rosemary.
8. Stir gently for 5 minutes until soft. Transfer the vegetables into the other mixing bowl.
9. Heat one 15ml spoon of oil in the frying pan. Carefully add the lamb and stir on a medium heat until brown.
10. Add the softened vegetables and pour in the lamb stock.
11. Measure the tomato purée and add to the frying pan. Stir well and bring to the boil until bubbling.
12. Turn the heat down and simmer gently (small bubbles) for 30 minutes. The sauce will thicken and the meat should be juicy and tender.

## Something to try next time

- Add mashed potato to the top of the cooked hotpot and brown under a hot grill to make a shepherd's pie. There is a recipe for **Mashed Potato** in the Back to Basics activity pack, available to download from the Club Zone of the Let's Get Cooking website.
- Try making the hotpot with less meat and add a drained can of chickpeas at step 10.

## Prepare now, eat later

### Prepare ahead?

- Prepare the vegetables the day before and store in sealed bags or containers in the fridge.

### Keep for later?

- Cool as quickly as possible and store, covered, in the fridge for up to 24 hours or freeze for up to one month. Defrost thoroughly in the fridge before reheating until piping hot.



SPR10 / AP1 / 9

## Skills

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**Skills used: 1, 5, 6a, 7f, 8a, 9h, 11f, 12e, 12l, 14b, 16a, 16b**



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