

View from the Fridge – Recipes from Brian Donkin

Recipe # 100 – Lamb Chop Hot Pot

Preparation time: 20 mins Cooking time: 1h 25 mins

Ingredients:

4 Lamb chops
1 carrot sliced
1 onion sliced
2 large potatoes sliced
1 pint of meat stock
30gms butter
Salt and pepper

Method

1. Fry lamb chops on each side for one minute in the butter until sealed
2. Remove chops from pan (put pan to one side – don't throw out the juices!) and place in oven proof dish
3. Cover lamb with sliced carrot
4. Fry sliced onions in the frying pan with remainder of juices until slightly brown and place on top of chops
5. Then fry the potatoes until slightly brown and place them on top of the onions
6. Place dish in oven and bake for 1 hour 15 mins at 190 degrees
7. Remove from oven and serve immediately

Serves 2

