

View from the Fridge – Recipes from Brian Donkin

Recipe # 121 – Mince and Tatties

Preparation time: 25 mins – Cooking time: 50 minutes

Ingredients:

750 gms of minced beef
2 stalks celery diced
1 onion peeled and diced
1 carrot peeled and diced
150 gms turnip peeled and diced
25 gms butter
25 gms plain flour
500 mls beef stock
Salt and pepper
Creamed potatoes for four (see recipe on www.leithlinks.co.uk/view.html)

Method

1. Put all vegetables in a pot with the butter and cook gently for 10 minutes stirring occasionally
2. Add the mince and stir regularly until it is loose and brown
3. Add the flour and stir in well
4. Add the stock, salt and pepper, bring to the boil and simmer for 30 minutes stirring occasionally
5. Serve immediately with creamed potatoes

Serves 4

