



Lancashire hotpot

 Popular

READY IN



120 min.

SERVINGS



4

CALORIES



1107 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 900 g stewing lamb cut into large chunks
- ☐ 3 lamb kidneys fat removed sliced
- ☐ 2 medium onions chopped
- ☐ 4 carrots peeled sliced
- ☐ 25 g flour plain
- ☐ 2 tsp worcestershire sauce
- ☐ 500 ml chicken stock see
- ☐ 2 bay leaves

- ☐ 900 g potatoes peeled sliced
- ☐ 100 g dripping

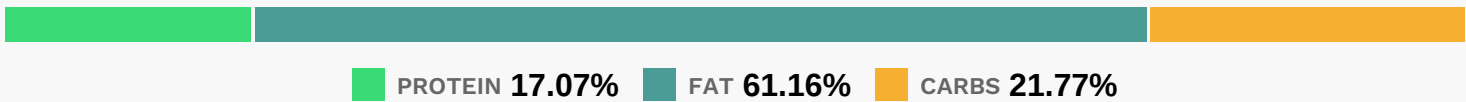
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ grill

Directions

- ☐ Heat oven to 160C/fan 140C/gas
- ☐ Heat a little of the 100g dripping or butter in a large shallow casserole dish and brown 900g stewing lamb chunks in batches, lift to a plate, then repeat with 3 trimmed and sliced lamb kidneys.
- ☐ Fry 2 chopped onions and 4 peeled and sliced carrots in the pan with a little more dripping until golden.
- ☐ Sprinkle over 25g plain flour, allow to cook for a couple of mins, shake over 2 tsp Worcestershire sauce, pour in 500ml lamb or chicken stock, then bring to the boil.
- ☐ Stir in the stewing lamb and kidneys and 2 bay leaves, then turn off the heat.
- ☐ Arrange 900g peeled and sliced potatoes on top of the meat, then drizzle with a little more dripping.
- ☐ Cover, then place in the oven for about 1 hrs until the potatoes are cooked.
- ☐ Remove the lid, brush the potatoes with a little more dripping, then turn the oven up to brown the potatoes, or finish under the grill for 5–8 mins until brown.

Nutrition Facts



Properties

Glycemic Index:70.65, Glycemic Load:35.3, Inflammation Score:-10, Nutrition Score:42.681739599808%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.87mg, Quercetin: 12.87mg, Quercetin: 12.87mg, Quercetin: 12.87mg

Nutrients (% of daily need)

Calories: 1106.99kcal (55.35%), Fat: 75.11g (115.56%), Saturated Fat: 36.37g (227.33%), Carbohydrates: 60.16g (20.05%), Net Carbohydrates: 52.39g (19.05%), Sugar: 9.31g (10.35%), Cholesterol: 222.35mg (74.12%), Sodium: 572.2mg (24.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.16g (94.32%), Vitamin A: 10830.28IU (216.61%), Vitamin B3: 18.89mg (94.47%), Vitamin B12: 5.26µg (87.62%), Selenium: 48.63µg (69.47%), Vitamin C: 52.66mg (63.83%), Vitamin B6: 1.19mg (59.46%), Zinc: 8.84mg (58.95%), Phosphorus: 568.82mg (56.88%), Potassium: 1894.01mg (54.11%), Vitamin B2: 0.75mg (43.97%), Vitamin B1: 0.59mg (39.38%), Iron: 6.29mg (34.97%), Fiber: 7.77g (31.1%), Copper: 0.6mg (30.18%), Magnesium: 119.37mg (29.84%), Manganese: 0.59mg (29.6%), Folate: 117.53µg (29.38%), Vitamin B5: 2.42mg (24.22%), Vitamin K: 22.73µg (21.64%), Calcium: 110.27mg (11.03%), Vitamin E: 1.51mg (10.08%), Vitamin D: 0.23µg (1.5%)