

Mince & Tatties

Ingredients

- 1kg low-fat beef mince
- 100g diced frozen onion
- 150g diced carrot (2 medium)
- 50g frozen peas
- 2tsp Bisto
- 1 kg bag of white potato.
- Knob of butter and splash of semi-skimmed milk

Options

- Traditional recipe that has not changed for over the 50 years that I have cooked this. I'm not sure it needs options or changes!
- Add some suet dumplings – but be aware that they can go a bit rubbery on the top when reheated in the microwave.
- You can use frozen, sliced carrot instead of fresh, diced carrot.

Equipment

- Sharp knife
- Potato Peeler
- 2 Large Saucepans
- Spatula
- Ice Cream Scoop

Preparation

- Get the ingredients and equipment to hand

Vegetables

- Dice the onion, but it is much easier to use frozen diced onion
- Peel and dice the carrot.

Tattie Topping

- Peel, slice and wash the Potato

Slicing the potato makes it cook quicker and that's fine as we are going to mash the potato.

Method

Brown the mince. Start by adding it to the saucepan on a medium heat with a small splash of oil. Keep stirring and working the mince until all the little bits are brown and separated.

Cover with hot water and bring to a boil then simmer for 60 minutes.

Add the onion and carrot. Don't add the peas at this time.

Return to a boil then simmer for 30 minutes.

You may need to top-up with water but only just enough to cover the ingredients. You do not want too much water remaining after the cooking is done.

Meanwhile, pop the sliced potato in another pot and cover with water and add a little salt.

Boil the potato until soft.

Drain thoroughly and return the potato pot to a very low heat to work off any remaining water. Use the spatula to keep the tattie moving so it does not stick. This should only take a couple of minutes. Once dry, add a decent knob of butter (or two!) and mash.

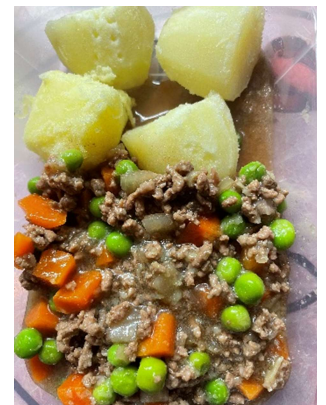
Set the potato aside.

Once the mince and vegetables are cooked, add the peas to the mince.

Add the Bisto to a cup with a splash of water. Mix until there are no lumps then add it to the pot.

Return to the boil and simmer for 5 minutes.

Remove from the heat and allow to cool for 5 minutes.



Portions

Number of portions	5
Final Portion Size	225g Meat 150g Potato
Storage Container	Small Foil Large Plastic

Storage

This can be served fresh but also ideal for freezing in small foil containers or large plastic tubs for individual portions.

Small Foil

Add 225g of meat & veg to the bottom of a small foil tray. This is about 1¼ ladles.

Gently press the mix to the corners and the bottom of the tray and top with the mashed potato. See below for technique.

Allow to cool before freezing

Large Plastic

Add two scoops of potato to one end of the tray and a ladle of mince to the other end. It's ok this way, but the gravy tends to mix with the mash when you come to reheat.

3-Cell

Ladle the mince into the large cell.

Add two balls of mashed potato to one small cell.

Add a 50g mix of peas and sweetcorn.

Heating & Serving

Heating instructions from fresh are a guide only.

Micro 	Oven 	Stove 	Fryer 	Cold 
Plastic Tray 5 min	Foil Tray 30 min	Plastic Tray 10 min		

Adjust times if cooking from frozen.

Pre-heat the oven to 190°, gas mark 5.

Remove the lid and place the foil container on a baking tray.

Be sure the meal is piping hot before serving.

Leave in plastic tray for microwave heating or transfer plastic tray contents to pot for stove top.

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Dicing and Slicing Potatoes
- Dicing and Slicing Carrots
- Browning Mince

Topping With Mashed Potato

Add two ice-cream scoops of mashed potato to the top and use two forks to spread it over the meat. Keep the potato below the lower rim of the foil tray so we can fit the lid.



Freeze in a foil tray or a plastic tray.



Nearing the end of the cooking process



Also freeze on its own in a plastic tub as it works well with a baked potato

**Once defrosted, consume within 24 hours.
Do not refreeze.**