

Stovies

Ingredients

- 1kg potato
- 150g - A bowl of frozen diced onion
- 450g (6 slices) of Lorne Sausage
- 1 Knorr Ham Stock Cube

Quantities are just a guide as the exact numbers don't matter. One slice of lorne sausage goes a long way in a pot of stovies!

Options

- Instead of sausage, you could try using things such as corned beef, mince or even the off cuts from the Sunday roast!

Equipment

- Big pot
- Decent tattie peeler
- Sharp Knife
- Basic utensils – nothing special!

Preparation

Peel the tatties and dice them. You want a mix of very small to fairly big in size.

The small ones break down sooner and add to the essential "gloop" of Stovies while the bigger ones break down a bit, but mostly just to take the edges off the pieces.

Dice the onion - although it is much easier to use frozen onion.

Dice the sausage.



Method

Add the potato, sausage, onion and stock cube to your big pot and barely cover with water.

Some will tell you to brown the sausage first, but I don't bother now - and it works fine for me without.

Bring to the boil and start the simmer.

Keep an eye on this. If it's not enough water, the potato will not cook properly, but if it's too much water, it will never get the thick consistency that we aim for.

Simmer for 45 minutes to an hour.

Taste and season. If you think you need more salt, add another stock cube instead!

Now is the critical part!

Keep an eye on this, stirring often to stop the mix sticking to the bottom of the pot.

Keep simmering and stirring until almost all the water is absorbed or boiled away.

This could be as much as another hour or so on a very low heat!

There should be no clear liquid at the end – just the white gloopy texture of Stovies.

But, it burns easy so don't take your eye off this for a minute!

Once it has cooled, it gets even thicker (see photo overleaf!)



Portions

Number of portions	6
Final Portion Size	225g
Storage Container	Plastic Tray

Storage

This can be served fresh but also ideal for freezing in a plastic tray for individual meals.

Allow to cool before freezing

Heating & Serving

Heating instructions are a guide only

Be sure the meal is piping hot throughout before serving.

Micro



5 min

Oven



Stove



20 min

Fryer



Cold



If reheating from frozen, increase heating times.

Preferably defrosted overnight before heating.

Add a splash of water to the tray before heating.

Can be eaten directly from the tray.

Reheating Stovies

Stovies are good for freezing but you need to add a bit of water to the mix before heating.

Dry mix does not conduct heat very well and you get a mix of burnt spots and cold spots if you don't add the water.

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

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 Potato



Bulk Cooking Stovies

Adding water before reheating is particularly important if you've made a huge pot in advance for a party. Add plenty water and make sure it gets to the bottom of the pan by digging through the mix with a spatula.



The recipe scales very easily but the largest batch I have cooked in a single pot is 40 portions. After that, I was concerned that the pot contents would be too heavy, causing them to stick and burn.

It was safer to cook 100 portions over 3 pots.

You can keep the stovies warm and serve from a soup kettle or bain-marie.

Tips

Don't go cheapskate on the stock cube. It has to be Knorr Ham Cube to get the authentic flavour that we were brought up on!