

Name of the recipe: Scottish Jacket potatoes
(Typical scottish daily meal available to lads and lassies)

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Make sure you have everything you need and place them on your kitchen counter. This is called "mise en place" (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something.



Ingredients:

1. 6 baking large potatoes, scrubbed
2. 1 (400g) pack lean lamb mince
3. 1 onion, chopped
4. 1 clove garlic, crushed
5. 1 green pepper, deseeded and chopped
6. 2 tsp ground cumin,
7. 2 tsp coriander
8. 2 tsp smoked paprika
9. 1/2-1tsp chilli flakes
10. 450g carrots, peeled and coarsely grated (around 3 large carrots)
11. 1 (400g) canned tomatoes
12. 1 tbsp tomato puree
13. salt and ground black pepper
14. 3tbsp chopped fresh coriander
15. sour cream mixed with chopped coriander to serve, if liked

Method:

1. Scrub the potatoes clean, then place on a baking tray. Bake for 35-40mins or until tender.
2. Meanwhile, heat a large pan or wok, add the lamb mince without any extra oil, and sauté over a medium heat for 6-8mins, stirring to break up the mince, until it is nicely browned. Add the onion, garlic and pepper and sauté for 2mins.
3. Add the spices and carrots, cook for 1 min. Then add the tomatoes, puree and plenty of salt and pepper. Bring to the boil, cover and simmer for 10mins. Stir well, then simmer uncovered for a further 5mins or until the juices have thickened slightly. Adjust the seasoning.
4. Split the baked potatoes and spoon a little of the mince mixture into each. Serve topped with sour cream mixed with chopped coriander if liked. Serve on paper holder. Take directly to your mouth, nice and juicy! but we forgive you if you decide to use a fork!

Note: to use other toppings, cook the potatoes in same fashion and change the procedure from n° 3 onwards. You may stuff with cole slaw, chilli con carne, caramelized onion, cheese melt or whatever your imagination dictates.

Preparation: 10mins Cooking: 1hr 10mins - Oven 220°C

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