

Lonk Lamb Lancashire Hot Pot

Northcote's Michelin Star chef, Nigel Haworth, has twice flown the flag for the North of England in BBC2's hugely popular Great British Menu. But 2009 saw his greatest triumph as he won through to the televised final and the honour of cooking the main course at a spectacular banquet for homecoming servicemen and women. "I feel fantastic! It's one of the best feelings of my life", said Nigel on learning that the judges had put him way out at the top of their list.

Nigel's 'taste of home' was a brand new twist on his famous signature dish...Lancashire Lamb Hot Pot. And the expert celebrity judges were unanimous in their praise with Market Kitchen presenter Matthew Fort, moved to a burst of out-and-out patriotism. "I want to stand up and sing Land of Hope and Glory! That's how strongly I feel about this dish."

Now you can decide for yourself just how good it tastes...without leaving your own kitchen... because Nigel has agreed to publish the full recipe along with recipes for all the classic accompaniments.

Could there be a better way to use your new Nigel Haworth Food with Roots Pottery?

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FOOD
WITH
ROOTS
BY NIGEL HAWORTH

Lonk Lamb Lancashire Hot Pot, Roast Loin, Pickled Red Cabbage, Organic Tangled Garden Carrots and Leeks

Servings:
4 persons

Equipment:
Food with Roots Hot Pot Set

Ingredients:

1	Rack of under shoulder chops, chimed (back plate removed) cut into 4 chops
1	Boneless best end of lamb
440gm	Shoulder, neck & shin of Lonk* lamb, cut into 3cm pieces (equal quantities of each)
600gm	Tartleton* Onions, thinly sliced
500gm	Maris Piper potatoes, peeled, medium size
10g	Plain flour
40g	Salted Butter - melted
2 1/2 tsp	Fine Sea Salt
	White pepper
25gm	Golden granulated sugar
10gm	Melted butter (for brushing the top of the Hot Pot)

Method:

- Season the lamb and the lamb chops with salt, sugar and a good pinch of pepper, dust with flour, put the diced lamb into the base of the Hot Pot dish and place the 4 chops evenly around the perimeter of the dish.
- Sweat off the onions in 15gm of butter with half a teaspoon of salt for 2-3mins (to sweat is to cook without colour in a covered pan, on a moderate to hot temperature). Spread the onions evenly on top of the lamb in the Hot Pot dish. Make sure the top of the chop meat is fully covered with the onions and any juices. The clean bones should be sticking prominently out of the Hot Pot dish.
- Slice the potatoes vertically [2mm thick]. Place in a medium size bowl, add the remaining 25gm melted butter, season with 1 teaspoon of salt and a pinch of white pepper, and mix well.
- Put the sliced potatoes evenly on top of the onions, reserving the best-shaped potatoes for the final layer, and leaving a hole in the centre for the roast loin of lamb to sit.
- Place the Hot Pot in a pre-heated convection oven for 2 1/2 hours on 140C.

- Once the Hot Pot is cooked remove from the oven and reserve. Increase the heat of the oven to 180C. Seal the loin of lamb until in colour. Then roast for 8-10 minutes until pink. Remove the loin and allow it to set for 5 minutes on a cooling rack.

To serve:

- Place the Hot Pot back in the oven for 5 minutes to bring up to temperature.
- Carve the lamb loin and then place in the centre of the Hot Pot.
- Brush the golden potatoes with a small amount of melted butter.
- Serve with pickled red cabbage in one dish and the carrots and leeks tangled together in another.

Pickled Ascroff's Red Cabbage

Ingredients:

300gm	Finely shredded Ascroff's* Red Cabbage
1	Star Anise
400ml	Red Wine
275ml	Malt Vinegar
140ml	White Wine Vinegar
140ml	Balsamic Vinegar
5	Bay Leaves
10	Whole Cloves
1 tsp	Whole Black Peppercorns
1 tsp	Whole Pink Peppercorns
1	Stick Cinnamon (snapped in half)
5	Whole Dried Chillies
250gm	Sugar
80gm	Coarse sea salt

Method:

- Half and quarter the red cabbage.
- De-vein away the large stem and finely slice the red cabbage leaves.
- Put the sliced red cabbage in a bowl or on a tray and salt with coarse sea salt, mix well. And leave for 2-3 hours until a deep rich colour is achieved.
- Drain and wash all the salt away thoroughly – pat dry.
- Place all the vinegars, wine and sugar in a suitable pan and reduce by half.
- Place all the dry ingredients in a pestle and mortar and coarsely pound.
- When the reduction is near completion throw all the dry spices into the reduction and allow to infuse for 5 minutes. Pass the reduction through a fine sieve and, while warm, pour on to the red cabbage, allow to cool.

- Place the cabbage in a Kilner jar and seal. The liquor should just cover the cabbage.

Tangled Organic Garden Carrots

Ingredients:

120gm	Baby Tangled Carrots
500ml	Mineral Water
1tbsp	Natural Sugar
100gm	Butter
	Pinch of salt

Method:

- Carefully wash the carrots and clean thoroughly
- Place the carrots in a heavy bottomed pan, add the sugar, butter and a pinch of salt, barely cover with water. Bring to the boil and cook until tender. Remove the carrots from the cooking liqueur and reserve.
- Reduce the cooking liqueur by half then return the carrots and keep warm.

Tangled Organic Garden Leeks

Ingredients:

2	Bundles Extra Fine Garden Leeks
500ml	Mineral Water
1tbsp	Natural Sugar
100gm	Butter
	Pinch of salt

Method:

- Carefully wash the leeks and clean thoroughly.
- Put the leeks into the boiling salted water with the butter and rapid boil for 30 seconds. Remove and mix with the carrots.

Lonk lamb is a Lancashire regional breed.

Tartleton onions are grown locally in Tartleton.

Peter Ascroff grows red cabbages in Hesketh Bank Nigel always advises that you use good quality products, local to your region.

Nutritional Values:

Hot Pot per serving - 551kcal; protein 23.4g; carbohydrate 42g; fat 33.1g; saturated fat 17.1g; fibre 5.1g; salt 1.6g

Red Cabbage per serving - 362kcal; protein 2g; carbohydrate 69.7g; fat 1g; saturated fat 0.2g; fibre 2.5g; Salt 7.9g

Tangled Carrots & Leeks per serving -426kcal; protein 0.9g; carbohydrate 13.3g; fat 41.4g; saturated fat 26.1g; fibre 1.3g; salt 7g