

INGREDIENTS:

700g minced beef
2 medium onions
Finely chopped
2 large carrots grated
1 heaped tablespoon each
herbes de Provence and flour
Generous tablespoon each
Marmite and tomato puree
Boiling water
1 kilo floury potatoes
75g butter
2 tablespoons crème fraiche
Sea salt
Freshly-ground black pepper

TIME: 60 mins**SERVING:** 4-6 people

Place a large frying pan over a high flame, wipe with a little oil, add the mince, spread out and leave for two minutes. Turn two or three times, reduce the heat slightly, add the onion, carrot and herbs and cook for four to five minutes until the onions are translucent. Remove from the heat, stir in the flour, mix well and add about 500ml of boiling water. Replace on the heat, stir in the Marmite and tomato puree and add about 10 grindings of black pepper. Cook for a further five minutes over a low heat, stirring constantly, until the sauce has thickened. Turn into a shallow dish and allow to cool. Boil the potatoes, mash with the butter and crème fraiche and plenty of salt and pepper and spread over the top of the meat. Use a fork to make grooves in the surface. Place under a pre-heated grill for seven to eight minutes until the top is well-browned and serve immediately with plain boiled cabbage.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: