

Stampopot – ‘Mash Pot’

Ingredients (makes enough for 5)

- 1kg potatoes
- 600g carrots – grated or cut into strips
- 400g white onions – cut into half rings
- Lump of butter ()
- Splash of milk () to taste
- Salt, pepper, nutmeg ()
- Traditionally served with sausage and gravy (optional)

Method

- 1) Peel the potatoes and cut into small cubes
- 2) Place in a large pan then add the carrots and onions and a pinch of salt
- 3) Add water to the pan until all the vegetables are covered and bring to the boil
- 4) Cook for about 20 minutes until the potatoes are ‘al dente’
- 5) Drain the water out of the pan
- 6) Mash the vegetables and stir in some butter and milk
- 7) Season with salt, pepper and nutmeg
- 8) Serve on its own, or with sausage and gravy!

