

## Traditional Scottish Stovies Recipe

Stovies a simple but classic Scottish dish that you cannot live without if you are a true Scot. Basically stovies consists of tatties (potatoes for the non Scots out there), onions, and meat. The meat that was traditionally used in the old days, was whatever you had leftover from your Sunday dinner, such as lamb, beef or mutton. Ingredients: 50g/2oz dripping

2 large onions roughly chopped

1kg tatties/potatoes (which should be peeled and cut into slices of various sizes)

150ml meat stock

Finely chopped parsley and spring onions, 2 table spoons of each

Salt and black pepper

Cooked meat, basically whatever you have leftover, lamb, beef, mutton, sausage, corn beef. Directions: 1. You will need a large heavy based pan with lid.

2. Put the dripping into the pan and allow to become smoking hot and add the onions.

3. Add the sliced tatties and chopped onions with some salt and black pepper.

4. Cook in the pan with the lid on for 10 minutes stirring regularly.

5. Then add the 150ml of meat stock.

6. Leave to cook for 60 - 90 minutes on a very low heat with the lid on the pan, you should only stir it once or twice during this time.

7. When cooked add the meat and turn up the heat for about 7-12 minutes to brown a little.

8. Mix in the finely chopped parsley and spring onions. Add more salt and pepper if required.

9. Serve with oatcakes.

## About the Author

&nbsp; This may be a traditional old Scottish recipe, but I live in the 21st Century and love a nice glass or two of French red wine with my stovies.

<http://www.2milliondollarbills.com>

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