

Stovies

Mutton is the Broons' favourite for including in stovies, but it could be made with any meat. Ye'll find different versions of stovies in different books and frae different folk - nobody cooks it quite the same way. That Mrs Gow puts sausages in hers but I dinna like that.

2 tablespoons dripping
1 1/2 lb tatties, sliced
1 onion, chopped
2 carrots, sliced
half a small neep

2 tablespoons stock or meat
jelly
4 oz lamb, cooked
Salt and pepper
Lamb stock

Melt the dripping in a large pan and cook the chopped onion in it until softened and almost brown. Add the chopped tatties and mix thoroughly with the onions and dripping. Add the chopped carrots and neep and mix through. Heat the stock or meat jelly and pour over the vegetables. Add the chopped, cooked lamb and mix with the vegetables. Season with salt and pepper. Cover the pot and cook over a low heat for around 30 minutes or until the tatties are soft and floury.

