

Classic North-West England Potato Hash

This dish was a core part of my childhood. Mum used to make a pan at least once a week, and always enough so that we could have it the classic way, served with pickled beetroot and/or pickled red cabbage, and some bread to mop up, and then a second night with chips. The smell hit me with some real nostalgia whilst I was cooking this. This is a dish I'll make many more times.

Ingredients:

1 large white onion, chopped.
2 to 3 carrots julienned
Beyond Steak pieces (or 160g soya mince)
5 medium-sized potatoes (smallish pieces)
2 vegan beef-style stock cubes
2 Tbsp Henderson's Relish
Salt & pepper (to taste)

Optional

¼ white cabbage (finely shredded)
5 or 6 stalks of tender stem broccoli



Method:

Put a little oil in a pan, such as a wok, add the chopped onion, shredded cabbage (if using it) and julienned carrots and fry for a while, moving them around to get some colour on the edges.

Add the soya mince or steak pieces and stir-fry a little longer. Add your chopped potato and stir-fry again for a little while.

Use your stock cubes and relish to make up 1 liter of stock, add that to the pan.

Bring to the boil, then turn down to a simmer and keep cooking until the potato pieces have softened. If you like, wait until some of the potato starts melding into and thickening the sauce.

If you've chosen to add the tender stem broccoli, cut it into pieces with scissors straight into the pan.

You can add whatever other vegetables you choose, but the classic way is just the steak/mince, carrots, onion and potatoes in a thick, rich gravy. There are similar dishes across the North West, including Liverpool's famous scouse — all variations on that wonderful tradition of hearty, one-pot food.