

Lancashire Hotpot

Yield: 4 min
Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-lamb-kidney-recipe>

Ingredients:

- 7 1/8 tablespoons dripping or butter
- 2 pounds lamb stewing, cut into large chunks
- 3 lamb kidneys sliced, fat removed
- 2 onions medium, chopped
- 4 carrots peeled and sliced
- 3 1/4 tablespoons plain flour
- 2 teaspoons worcestershire sauce
- 2 1/8 cups lamb stock
- 2 bay leaves
- 2 pounds potatoes peeled and sliced

Nutrition:

1. Calories: 1110 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 190 milligrams
4. Fat: 78 grams
5. Fiber: 8 grams
6. Protein: 47 grams
7. SaturatedFat: 34 grams
8. Sodium: 550 milligrams
9. Sugar: 8 grams

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