

INGREDIENTS:

For the meat sauce:

700g lean minced beef,

2 large onions

1 garlic clove

25g butter

2 tablespoons olive oil

1 level teaspoon each cinnamon and
allspice

2 tablespoons tomato puree

1 bay leaf

2 teaspoons dried oregano

Sea salt

Freshly-ground black pepper

For the topping:

1 kilo floury potatoes

50g butter

2 tablespoons crème fraiche

30g grated gruyere or Emmental

Sea salt

Freshly-ground black pepper

1/2 a teaspoon ground nutmeg

TIME: 45 mins**SERVING:** 4-6 people

Heat the oil and butter in a heavy pan, add the meat and fry briskly, turning occasionally. Meanwhile finely chop the onions and crush and chop the garlic clove. When the meat has browned add these to the pan and cook for four or five minutes. Add the spices and mix in then add the tomato puree and herbs, salt and pepper and two or three tablespoons of water. Cook the mixture gently for seven to eight minutes then allow to cool. Use a slotted spoon to transfer to a baking dish, leaving as much of the liquid behind as possible. Boil the potatoes then mash with the butter, crème fraiche, cheese and nutmeg. Season well, spread over the top of the meat, brown under the grill then transfer to an oven heated to 200C gas mark 6 for ten minutes to heat through.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: