

## NUTRITION: Lazza's Kitchen Adventure

### Savoury Mince With Garlic Gratin Potatoes

A Brand NEW Recipe from Lazza's Kitchen.  
Lazza made his first ever version of Mince With Gratin Potatoes from scratch

**Gratin Potatoes is another name for Gratin Dauphinois.**  
**The first mention of the dish is from 12 July 1788.**  
**It was served with "Ortolans"**  
**(A Eurasian Bird) at a dinner given by Charles-Henri, Duke of Clermont-Tonnerre and Lieutenant-General of the Dauphiné, for the municipal officials of the town of Gap, now in the department of Hautes-Alpes.**  
**"Pommes De Terre Dauphinoise"**

#### Ingredients

500g Lean Minced Beef - oil to cook  
Diced Onion  
2 Garlic Cloves - + Garlic Puree  
Tin Of Chopped Tomatoes - + Tomato Puree  
125ml Water with Beef Stock  
900g Potatoes: pinch nutmeg  
225ml Milk: 22ml Single Cream  
Garlic Cloves - + Garlic Puree  
Grated Cheese - up to you how cheesy.

Heat a little oil in a large frying pan over a medium heat.  
Add the mince in batches and brown well. After it browns transfer it into a saucepan.  
Add a little more oil to the frying pan then add the onion and garlic and garlic puree.  
Allow to cook for 4-5 minutes.  
Add the onion mixture to the beef along with the tomatoes, tomato purée, water with stock, bay leaf. Season with a little salt and black pepper. Cover and simmer until it thickens, approximately 20 minutes.  
Meanwhile prepare the gratin potatoes. Put the potatoes, milk, cream, nutmeg, garlic, garlic puree, a little salt and black pepper in a large saucepan and bring to the boil.  
Reduce the heat and simmer for 5 minutes, stirring regularly.  
Preheat the oven to Gas Mark 4, 180°C (350°F).  
Transfer the mince into an ovenproof baking dish. Top with the garlic potatoes.  
Sprinkle the cheese over the top.  
Cover with tin foil and bake in the preheated oven for 30 minutes.  
After the first 20 minutes remove the foil to allow the potatoes to brown.  
It tasted fab. I did put a lot of garlic into the potatoes - which I liked.



**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.**  
**Why not try out some new recipes and foods yourself?**  
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**This was a great, and very tasty, dish to prepare.**