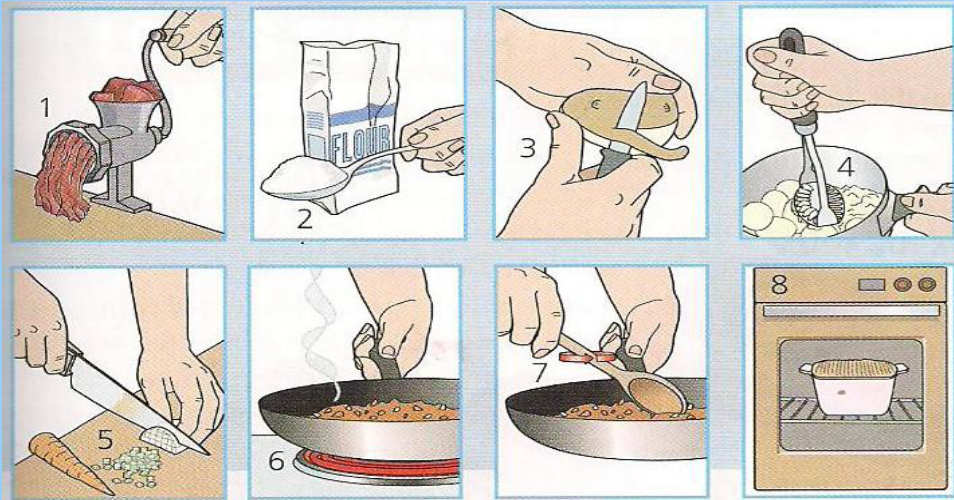


Recipe for Cottage Pie



Ingredients

½ onion

½ carrot

175g lean minced beef

300 ml beef stock

1 tablespoon of flour

2 – 3 chopped tomatoes

butter, salt and black pepper

Peel the potatoes and boil until just cooked. Then mash them with butter. Chop the onion and carrot. Fry the meat and vegetables quickly, then stir in the flour and cook for one minute. Add the stock, tomatoes, salt and pepper, and let it all cook slowly for 20 minutes. Then put it in large dish, cover with the mashed potato and some butter, and bake in a hot oven for 30 minutes.

Key Vocabulary

recipe

ingredients

stock

boil

saucepan

fry

frying pan

add

dish

bake

roast

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

テキスト全文はレッスン受講時に担当講師よりお受け取りください。