

WAYS WITH CORNED BEEF

Corned beef hash

Dice six large potatoes and the corned beef and chop an onion. Put these in a casserole dish and add $\frac{1}{2}$ pint beef stock. Cover and simmer until the potatoes are soft and the liquid is almost gone. Mash well.

Hotpot

Slice the corned beef and layer with slices of onion and tinned tomatoes. Add stock. Top with slices of potato. Bake in the oven for about 45 minutes at 180°C gas 4.

Shepherd's pie

Boil potatoes and mash with milk and butter. Fry an onion and dice the corned beef. Mix these together and add $\frac{1}{4}$ pint beef stock. Mash. Put a layer of peas or other small vegetable such as sweetcorn or diced carrot in the bottom of the dish. Add the corned beef mixture. Smooth the mashed potato on top. Sprinkle some grated cheese on top. Grill until the cheese is golden brown.

Fritters

Boil potatoes and mash with a beaten egg (and milk or butter if necessary) and some salt and pepper. Boil mixed vegetables (e.g. peas, chopped carrot, chopped celery, chopped cabbage, sweetcorn etc) for 2-3 minutes. Chop an onion and fry. Dice the corned beef. Mix the vegetables, onion and corned beef together and stir this into the mashed potato. Shape the mixture into cakes and fry.

Stew

Put 1 pint water on to boil, then chop up vegetables (such as carrots, celery, onion, potatoes and anything else you like), adding them to the saucepan as you go. Bring the water back to the boil, cube the corned beef and add. Simmer until the corned beef has broken up. Check the taste and add flavourings such as salt and pepper, paprika or chilli powder, herbs.

Caribbean style

Chop up a tomato, onion, red pepper, spring onion (and any other vegetables you like). Break up the corned beef in a frying pan over a moderate heat. Add some black pepper and tomato ketchup. Add the vegetables. Reduce the heat and stir constantly for about 5 minutes. Serve with rice.

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