



BLACK PUDDING HOT POT

8oz Black Pudding

8oz Potatoes - thinly sliced

8oz Carrots - thinly sliced

1 large onion, if available, finely chopped

1 tsp chopped sage, or $\frac{1}{2}$ tsp dried sage

1oz flour

1 tsp gravy powder

$\frac{1}{4}$ pint water & salt & pepper

1. Skin the black pudding and cut into $\frac{1}{4}$ in slices.
2. Arrange a layer of sliced potatoes in a greased casserole, then a layer of carrots and black pudding.
3. Blend the onion and sage and sprinkle half into the casserole.
4. Add another layer of carrots and black pudding, and chopped onion and sage and finish with a layer of potatoes.
5. Blend the flour and gravy powder with water and then heat in a pan until it thickens. Add a little seasoning.
6. Pour the gravy over the ingredients in the casserole and cover with a lid.
7. Bake in a pre-heated oven at 180 C for about an hour.

This nutritious casserole is good served with sliced cooked beetroot.